



CHILDREN OF THE SUN PREVENTION COALITION

Sarah McNew
B.A./CDPT/EMT-B

WHAT IS IT?

Grassroots

Group of people with shared and vested interest in the health and wellness of our community

For the people by the people

All members of community

Sectors of representation

Time commitment 1-2 hours per month



COALITION COORDINATOR

Sarah McNew

Masters of Social Work student

Addictions Counseling and Prevention Minor

Disabilities Studies Minor

EMT-Basic

20 hours per week

Suicide Prevention and Intervention

CALM facilitator

OUR COALITION

State Targeted Response Team to the Opioid Crisis

Grant requirements

8 to 12 sectors of representation

Spokane Tribal Network 501(3)(c) fiscal agent

Coalition Coordinator

DBHR and CPWI umbrella

Partnership with Wellpinit School District

OUR COALITION MEMBERS

Coalition members can be leaders in the community

Can be followers in the community

Must be aware of the issue and have a willingness to help in whatever capacity they choose to bring to the table

Coalition coordinator recognizes the strengths of each coalition member and utilizes their skills, expertise, and knowledge to allow them to be engaged in the community process

Focus on empowering members; they are capable of creating change and community work involves personal motivation



OUR PROUD PARTNERS

Health and Human Service Prevention Team

Housing Authority

Wellpinit School District

Youth Centers

Tribal Probation

Tribal Administration

Reardan Community Coalition

Tribal Health Program

Indian Health Services

Tribal Business Council

BIA

Community parents



BE THE CHANGE YOU WISH TO SEE IN THE WORLD

Action oriented agendas

Task oriented group

Not blamed focused

Positive and safe environment

Meetings located in central hub of community

Meetings are first Wednesday of every month

Food donated by local store

Meetings accessible to all populations of persons within our community

COMMUNITY RISK REDUCTION

Coalitions are involved in community risk reduction

Process that involves the entire community

Starts with an individual

The individual is the catalyst for change and has the ambition to reduce preventable deaths and injuries; i.e. – opioid use, misuse, and abuse.

Individuals (catalysts for change) all come together to form a group (coalition) in an organized process to work on reducing risk factors and increasing protective factors

LOGO TIME!

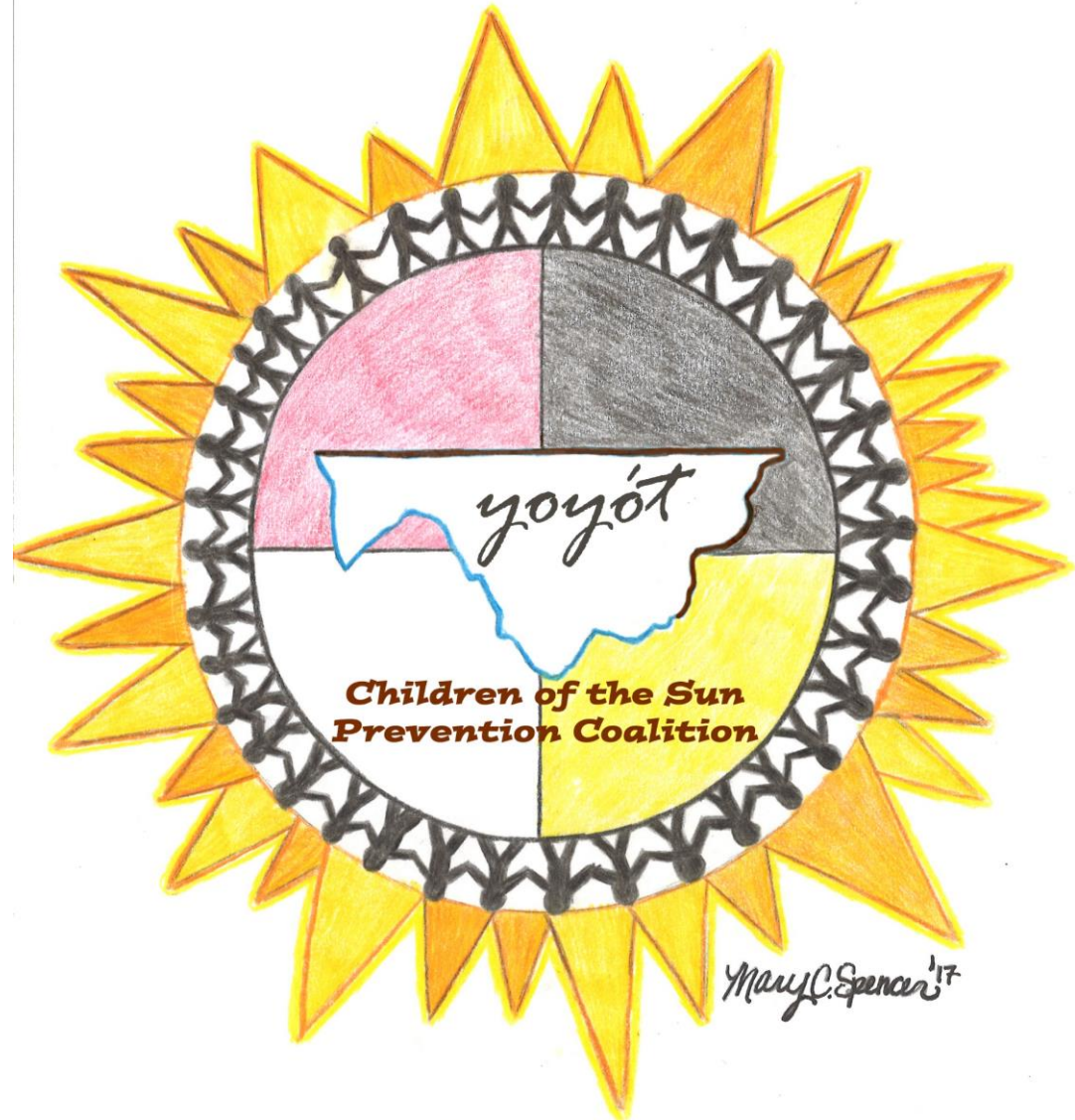
Youth drawing contest

Adult drawing contest

Spokane Tribe was originally referred to as the “Children of the Sun” hence the sun around our medicine wheel.

Community holding hands in embrace around our community and the medicine wheel (our framework we live by)

The word yoyot means STRONG in our Salish language





OUR VISION

Our mission: Children of the Sun Prevention Coalition will work collaboratively with the Spokane Indian Reservation community in a partnership with the entire community to address the opioid crisis through education, awareness, support, mentoring, and inspiring a positive healthy environment.

Our vision is to have drug free youth living in a healthy community that supports and encourages their positive choices.

STRATEGIC PLANNING PROCESS

8 coalition meetings in the strategic planning process

Each meeting was 1-2 hours

Strategies:

60% evidence based

40% cultural/innovative

We had 3-10 sector representatives at the table for each meeting; if they couldn't come to us, we went to them

EVIDENCE BASED PROGRAMS

Strengthening Families

Botvin Life Skills

PAX Good Behavior Game

Prevention Intervention Specialist – Wellpinit School District



INNOVATIVE AND CULTURAL PROGRAMS

GONA – Gathering of Native Americans

- 4 day journey
- Embraces four themes: mastery, belonging, generosity, and interdependence
- Suicide prevention/intervention

Cultural Mentor Group

- partnership with Mentoring Works WA for 7th generation kinship mentoring between coalition, law enforcement, court system and “high risk” youth.
- Mentor/mentee matches
- Application process, background checks, and interviews
- Cultural activities

OUTREACH ACHIEVEMENTS

Key leader event – over 55 community members in attendance including law enforcement, chemical dependency, BIA, mental health, health and human services, park rangers, DCFS, local press, prevention professionals, youth center staff, boys and girls club, housing authority, tribal business administration, and tribal council.

Summer Leadership Institute – Sarah McNew presented on coalition successes

Tribal Prevention Gathering – Sarah McNew presented on coalition development and Chanel Ford facilitated a GONA break out session

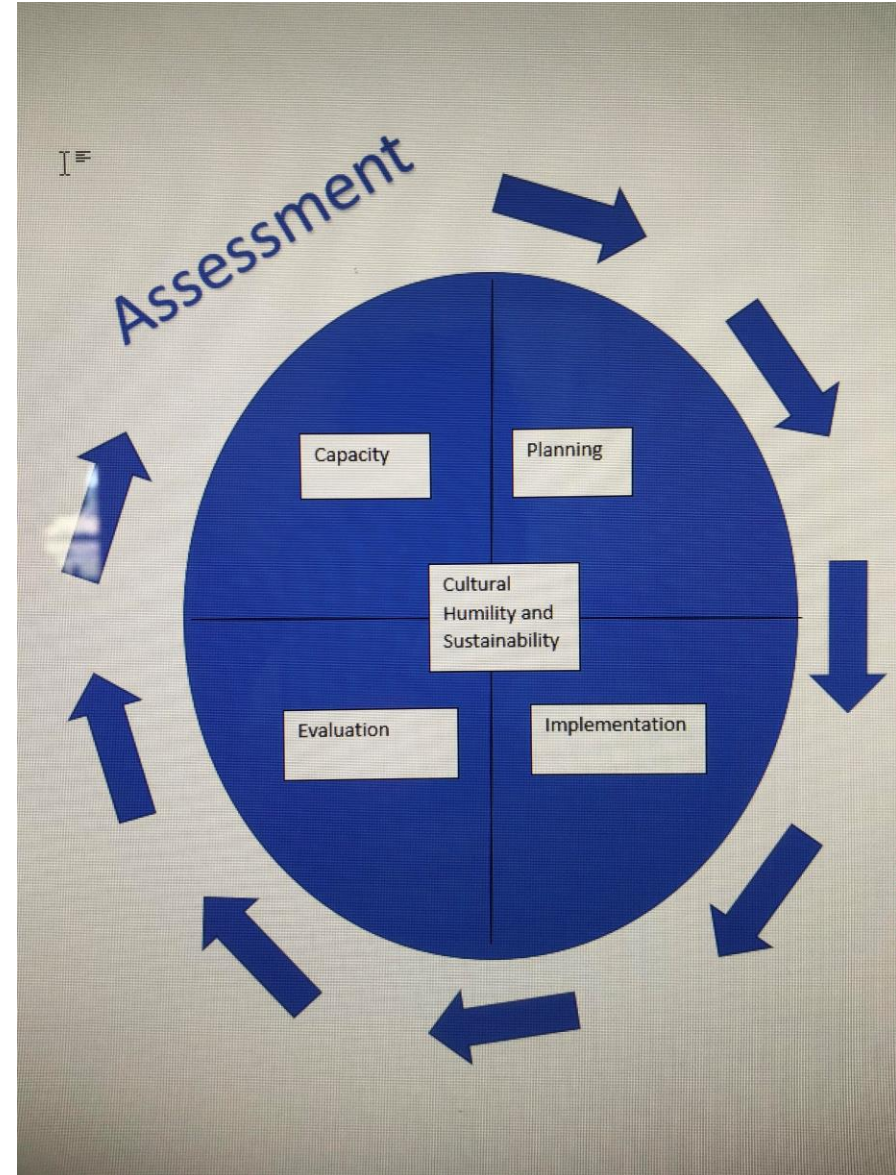
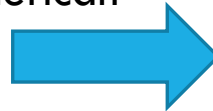
Boys and Girls Club Prevention – Sarah McNew facilitated an activity with oranges helping the youth to understand that all oranges are different on the outside but very similar on the inside.

Youth Center Prevention – Sarah McNew facilitated a “Power of I Am” activity with the youth helping them to speak positive affirmations and have positive self-talk

FRAMEWORK



Strategic
Prevention
Framework in the
form of a medicine
wheel – applicable
to Native American
Communities.





Activity!!!!!!

ENERGY

Positive Energy

New research shows that positive people, positive communication, positive interactions, and positive work and team cultures produce positive results.

Not “rah rah – cheer leader” energy

Optimism, trust, enthusiasm, love, purpose, joy, passion, and the spirit to live, work, and perform at a higher level.

To share contagious energy

Treat others how you want to be treated

Excitement sells!

RECRUITMENT OF COALITION MEMBERS

Positive People and Positive Teams Produce Positive Results

Don't get hung up on membership

- We need law enforcement on our coalition – but we have and will continue to extend the invite and that is all we can do – work with the people who are willing to come to the table
- Don't take it personal – people may be too busy to commit to your coalition
- If they can't attend coalition meetings, who can? Who can they send in place of themselves?
- No right now, doesn't mean no forever – continue to extend the invite to community members in hopes that they will one day join

Personally invite individuals to attend your coalition members – be personable, authentic, and genuine

Specifics:

- Why do you want them at your table? What skills, strengths, or expertise do they have? Praise them, genuinely!
 - What do you hope they can do?
 - What is the time commitment?
-
- Do not oversell your coalition; be short and specific – what do you want from them – people are weary of the unknown so give them the basic details – don't scare them off before they have a chance to attend a meeting

Quality over quantity

Interested in becoming a coalition member, email Sarah McNew at Sarahm@spokaneTRIBALnetwork.org



Arawyn Dillon, Miss Spokane 2017-2018

DATA: IN THE LAST 30 DAYS, 93% OF WELLPINIT 8 THROUGH 12 GRADE STUDENTS HAVE NOT USED PAIN KILLERS TO GET HIGH.
(WELLPINIT COMMUNITY NEEDS ASSESSMENT, 2017)



Mary C. Spencer '17

Children of the Sun Prevention Coalition

Data: 80% of Wellpinit 8 through 12 grade students **have not** drank alcohol and drove a vehicle within the last 30 days!

(Wellpinit Community Needs Assessment, 2017)

Interested in becoming a Children of the Sun Prevention Coalition member, contact Sarah McNew at sarahm@spokaneTRIBALnetwork.org



Featuring: Cameron Samuels Ford (8 years old, second grade) Photo Credit: Mikki Samuels



POSITIVE SOCIAL NORMS FEATURING COMMUNITY YOUTH



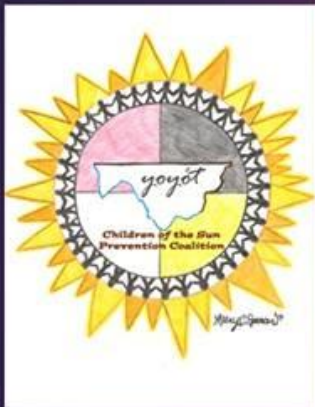
Interested in becoming a coalition member contact Sarah McNew at sarahm@spokaneTRIBALnetwork.org or Chanel Ford at Chanel@spokaneTRIBALnetwork.org



Data: In the last 30 days 73% of Wellpinit 8 through 12 grade students have not drank alcohol.

(Wellpinit Community Needs Assessment, 2017)

Michael Bourgeau dancing at 1881 Powwow in Wellpinit in January.



In the last 30 days 75% of Wellpinit 8 through 12 grade students **have not** drank alcohol.

Interested in becoming a Children of the Sun Prevention Coalition member? Please contact Sarah McNew or Chanel Ford at sarahm@spokanetribalnetwork.org or Chanelf@spokanetribalnetwork.org



Top: Social Norm Ad featuring community youth

Top right: youth center prevention guest speaking event and activity

Bottom right: coalition prepared breakfast for the canoe journey men and women



WHAT HAVE WE DONE THIS FAR



RX TAKE BACK DAY – SECURED 15 POUNDS OF MEDICATION IN SECURED MEDICATION LOCK BOX – PARTNERSHIP WITH OUR LOCAL CLINIC

KEY LEADER EVENT – OVER 55 COMMUNITY MEMBERS IN ATTENDANCE – PARTNERED WITH LAW ENFORCEMENT, TRIBAL ADMIN, TRIBAL COUNCIL, TRIBAL HEALTH PROGRAM, BIA, AND HEALTH AND HUMAN SERVICES TO EDUCATE COMMUNITY ON THEIR CURRENT POLICIES, PROCEDURES, DATA, AND TRENDS TO INFLUENCE AND INCREASE POSITIVE PERCEPTIONS IN OUR COMMUNITY

TOWN HALL EVENT – OVER 50 COMMUNITY MEMBERS IN ATTENDANCE – PARTNERSHIP WITH HOUSING AUTHORITY

COMMUNITY COALITION TRAINING WITH JOE MARKIEWICZ

TRAINED 5 NEW STRENGTHENING FAMILIES FACILITATORS FOR OUR COMMUNITY

WHAT WE HAVE DONE SO FAR

Medication safe keeping and proper disposal with elders at the senior center

Trained 20 Wellpinit School District staff on PAX Good Behavior Game

Partnership with Reardan Community Coalition to train 9 additional Wellpinit School District Staff on PAX Good Behavior Game

Positive Social Norms Advertisements throughout community

Prevention activities and youth centers and boys and girls club

Partnership with Springdale Community Coalition and Rural Resources for Cultural Humility Training



EDUCATIONAL CAMPAIGNS

POSITIVE SOCIAL NORMS UTILIZING OUR COMMUNITY YOUTH

“STARTS WITH ONE” – WASHINGTON STATE OPIOID CAMPAIGN

“YOU CAN” – WASHINGTON STATE MARIJUANA CAMPAIGN



TO PLANT A GARDEN IS TO BELIEVE IN A GARDEN

Prevention is planting seeds – you plant seeds for years, you water them, and watch them grow.

Communities may take years to become ready for coalitions – continue planting seeds because eventually those seeds grow to roots and roots to trees that blossom

Praise the people before you who planted the seeds and allowed your garden to grow

We are not the experts, the community is the expert.



WHAT'S TO COME

Looking at merging additional community groups to make best use of community members times; specifically groups that have similar or shared interest in general health and wellness of our community

Specific community outreach to our local pharmacy and dentist on opioids

Implementation of our 5 chosen strategies

Targeted recruitment of coalition members;

- Law enforcement
- Elder sector

Training for coalition members

- CADCA
- Prevention Summit

SARAH MCNEW

SARAHM@SPOKANETRIBALNETWORK.ORG

FACEBOOK: CHILDREN OF THE SUN PREVENTION COALITION

Like Robert Johnston said, “When we communicate, we heal! Community equals communication and unity!”