

## Spookinaapi (Good Health) Project

### Project

- 5-year SAMHSA grant
- (3) Tier socio-cultural-ecological approach
- Target Areas
  - Under-Age Drinking
  - Marijuana use
  - Prescription pain Killers (Opioids)
  - Suicide
  - Family engagement
- Target population
  - Grades 2-12

Goals & Objectives for the program

Goal 1. Provide Prevention education, activities and awareness for the schools and community.

Goal 2. Continue to serve caseload in each building and provide access to Mental Health services.

Goal 3. Establish a mentoring program for each building and target at-risk students.

### Current Projects

The Spookinaapi program will be starting its last year of the grant. The program will collaborate with 21<sup>st</sup> century and Blackfeet Tribal Health and provide prevention education and activities. The Spookinaapi program will administer the YRBS and the Prevention assessment to the High and Middle School students,

Cinnamon Crawford is located at the Buffalo Hide Academy as the Spookinaapi Director, she over sees the day-to day operation of the project, Cinnamon will be working closely with the Blackfeet Tribal health programs to better serve the youth and the community. Currently the Spookinaapi Program is collaborating with the student activities, and wellness committee

Kiana McClure; Browning High School- At the High School, I collaborated with Crystal Creek Lodge on the Sobriety Ball event which served 350 participants. The second project I am working on is Operation Birthday Cake which is a project to bring shelf-stable birthday cake kits to the BPS students. This objective has served 5 students for the month of November. Weekly substance abuse trivia has resumed and will continue through the year. There have been 46 students for the month of November who have done the trivia and been given incentives. Insight class is scheduled for restorative. Fridays and 4 students have completed it. Future plans include continued community collaboration and events with the students.

Kayla Burns; Browning Middle School Specialist – For the two weeks of November I was here, below is a description of the following activities and education I did with BMS students:

-Healing Bags Activity with SPED class covering the topics of identifying emotions and how to cope with such emotions especially utilizing grounding techniques for anxiety. This activity is also cultural based as the healing medicine we put in the bags is significant cultural medicines for the Blackfeet.

-Daily Wellness exercises with SPED class. I did "soft warm ups" with the SPED class implementing daily breathing exercises and positive affirmations to begin each class on a positive note. I did this everyday except for Fridays.

-Vaping Presentation: I presented a Vaping Presentation to around 100 students including three 6th grade classes and two 8th grade classes. I utilized resources from Everfi and youtube, as well, used hands on activities to capture the reality of the dangers of vaping.

Kailey Hall ; Browning Elementary Specialist - At Browning Elementary, we have touched base on Bullying and lessons on Friendships. We wrapped up with the coloring contest, each classroom had a winner, including the self-contained classroom.

A few days out of the week, I have lunch group with students. We touch base on social skills or just have lunch visiting other students. I have my door open to anyone who would like to come in and enjoy lunch together. It is a safe space for the students.

Other activities I have taken part in was helping with the Sobriety Ball, helping decorate, attending and cleaning up afterwards.

We attending The Global Exchange Conference '23 at Orlando, Florida. This conference specialized in mental health and addictions. It was an exceptional conference that gave us the view of outside resources and information that can be ideal for children and families on the reservation.

Tessa Wells; Napi Elementary as the Prevention Specialist- There are some great things happening in the Browning community and I felt it was important to highlight some of those areas. During the month of October, the Browning Public Schools, celebrated Red Ribbon Week and with that the Napi elementary school welcomed the Crystal Creek Lodge to deliver a presentation to the students about the different areas of their treatment facility. Students were able to learn the various job responsibilities and duties within the Crystal Creek Lodge. The employees shared their stories and why they chose to work in recovery focused work. Students were very engaged and curious about the process of a client entering and completing treatment.

Providing education as such, provides students with the knowledge to understand addiction and how treatment can provide healing, recovery, or hope for our community members. Although, this was a great presentation I felt it wasn't enough time to elaborate on a few

questions that students may have been curious about. So, for this month in Spokinaapi specials, the students and I talked about their presentation and reviewed important concepts. Students and I made a list of before presentation knowledge and after presentation knowledge, allowing a visual narrative of growth in students understanding about treatment.

Before the presentation students had very limited knowledge and understanding of treatment. Some students thought treatment was a place of punishment when adults made wrong choices, a place where they could not come out of their rooms, and where they associated it to jail. Ultimately their ideas seemed to have a negative and scary perspective of treatment.

After the Crystal Creek Lodge presentation, the students' perspectives had changed about treatment and share that it's a place of hope, recovery, healing, and they still get to do fun activities. These type of presentation by the community programs are important factors for student knowledge and easement on their well-being. It is also an example of why Prevention Education for Drugs and alcohol are so important for students.

Students also felt compelled to inspire and encourage clients at the Crystal Creek Lodge to keep faith in their work at the Crystal Creek Lodge by creating inspiring cards. The cards are not addressed to anyone in particular and not signed by any student. The spokinaapi specials felt it would be in best interest to remain anonymous and only focus on the cause of gesture. I want to also note that in each lesson Spokinaapi set classroom boundaries and students were asked to not share any personal stories, names, or experiences upon reviewing the presentation.

The Spokinaapi team also helped plan and carry out the Sobriety Ball event that happened on the 4<sup>th</sup> of November. This is the second annual event, that provides a space for celebration of sobriety and honor a guest speaker that shares their story with the attendees in hopes to inspire everyone in their phases of healing. The person that orchestrates this event is Kiana McClure, Kiana along with Crystal Creek Lodge employee Kayla White. Together they have created this vision and did all the work in planning to make this event happen again. It's also very important for me to acknowledge Cinnamon Crawford as she supports the ideas and work that we all do in each building. Cinnamon is a great leader in support of Drug and Alcohol prevention for our school and community.