

APRIL 2020

THE BASKET WEAVER

Two Feathers Native American Family Services Newsletter

Picture Gifted By: Dr. Cutcha Risling Baldy

Two Feathers-NAFS First Newsletter Edition!

Two Feathers Native American Family Services is thrilled to bring you monthly updates about our programs, events, and news from our agency to your inbox. Just as a basket is woven, we hope that *The Basket Weaver* will weave connection, inspiration, and community with our local families and communities in Humboldt County.

Please Subscribe, Share and Forward the Newsletter to Colleagues, Friends & Family
[Click Here](#)

-Two Feathers-NAFS Team



Our Mission:

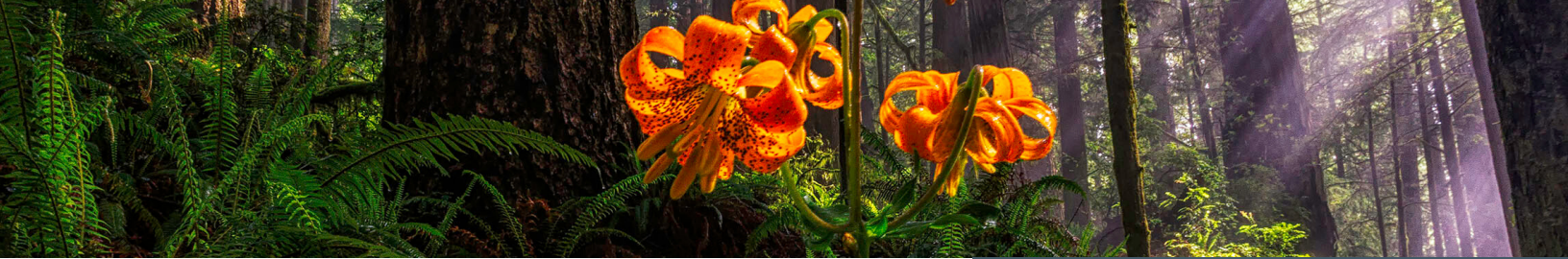
To build our families and villages, one generation at a time, by empowering youth and families who have been most disconnected and lost.

Our Vision:

To reduce unnecessary suffering among Native American children and Families in Humboldt County.

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Two Feathers Programs

Making Relatives

A strengths-based program that helps Native American youth and families grow their team of relatives to include family, community, and service providers that can mentor, model and support each other, as well as helping families practice traditional cultural values in being a good relative themselves. Making Relatives provides the following: Alcohol and Drug Services with Assessments and Referrals, Crisis Services, Cultural Programming through various cultural activities and events, and Intensive Case Management with a Care Coordinator and Support Counselor.



A.C.O.R.N.

A culturally based mental health prevention and early intervention program, A.C.O.R.N. brings Native youth (ages 7-17) together to learn from local elders about traditional practices and ceremonies. Based on two culturally specific practices- the Stick Game and Flower Dance, this innovative mental health program incorporates teachings from all ancestral groups in the area including Wiyot, Hupa, Yurok, Karuk, and Tolowa Peoples. The ACORN program began in April 2019 and included over 100 local Native youth from Del Norte & Humboldt County. The next ACORN program will be starting in May/June 2020.

Intertribal Youth Mentorship Academy

Serves Native youth (ages 7-17) in Humboldt County. The goal of the mentorship academy is to create a safe space for youth to build health and supportive relationships with peers and college age mentors. The program provides local cultural teachings and emphasizes ways Native youth can thrive in multiple worlds. Youth are connected with local Native college-aged mentors who work with each youth on developing critical life skills. The first mentorship academy started in June, 2019 and is currently happening until June, 2020. Keep a lookout for more information about our next mentorship academy and how to refer youth for intensive mentorship programs.





Klamath Trinity - Two Feathers Youth Wellness

Assists students in the Klamath-Trinity Joint Unified School District to develop healthy wellness habits and thrive in the 21st Century. Numerous Two Feathers staff have offices in the Hoopa Wellness at Hoopa High school. At the Wellness Center, our team members offer trauma informed programming including individual psychotherapy, group therapy, supportive groups, substance abuse counseling, mentorship and fun, interactive, and educational events. Currently we have our Licensed Clinical Psychologist, 5 social work therapists, 3 mentors, Family Advocate and numerous other team members at the Wellness Center throughout the week.

Chekws - Hope For Tomorrow

Provides screening, early intervention, counseling, recovery support, crisis and postvention services to Native American youth ages 10-18 and their families. The program serves the Klamath-Trinity Joint Unified School and Northern Humboldt Union Unified School Districts.

Who Can Access the C-HFT Program? Any Native youth (ages 10-18) who is experiencing life stressors and risk factors that might put them at risk of suicide can be referred by family, school staff, other professionals or self-refer. The program focuses heavily on prevention so pre-crisis referrals are encouraged.

Hewech'-Restoring Trust & Strengthening Futures

Serves youth aged 3-18 who are survivors of child abuse, neglect, sexual assault, teen dating violence, commercially sexually exploitation, and who are bullied at school; and, Adults who are survivors of intimate partner violence, sexual assault and stalking. We offer a variety of services such as: individual counseling for youth, crisis Counseling for adults, crisis intervention, advocacy, and emergency services such as food, shelter, and clothing.



Referrals to all Two Feathers Programs: To request a screening and/or referral, call (707) 839-1933 or download a referral form from the Two Feathers website www.twofeathers-nafs.org and email to: referrals@twofeathers-nafs.org



COVID-19 and MENTAL HEALTH

Two Feathers Update

With respect to the CDC guidelines for social distancing and shelter-in-place order in California, Two Feathers began operating with staff working remotely as much as possible until further notice. Phone and virtual online meetings are being held, while still providing our emergency services as needed.

"Everything on the earth has a purpose, every disease an herb to cure it, and every person a mission."

MORNING DOVE SALISH

Suicide, Substance Abuse, and Self-Harm Prevention

If you are struggling to cope right now with big feelings, you are not alone! Having schools closing, events being cancelled, and losing income, many of us are feeling the strain of finances and resources. It is common to feel overwhelmed and fearful about the virus spreading to our communities and endangering the lives of our loved ones.

Common Difficult Feelings: Depressed, Anxious, Uninterested, Irritable, Humiliated, Agitated, Enraged, Tired

Sometimes being cooped up at home can intensify thoughts about suicide or the desire to use substances or self-harm.

Signs someone may be thinking about suicide: ~ Drinking more alcohol and using drugs ~ Looking for ways to end their lives, including searching online for possible methods ~ Withdrawing from activities ~ Isolating themselves from family, friends, and loved ones ~ Sleeping too much or too little ~ Saying goodbye to others ~ Giving away valued possessions ~ Becoming aggressive

We encourage you to limit your exposure to the news and social media if it causes you to feel overwhelmed. Try calling a loved one, doing an activity you enjoy, taking a walk, burn root, etc. If none of those work and you are in distress, please reach out to one of the following resources:

Crisis Lines:

Two Feathers Crisis Line (M-F 8am-5pm) (707) 382-0629
Humboldt County 24 Hour Mental Health Crisis Line (707)445-7715
Suicide Prevention Lifeline: 1(800)273-8255
SAMHSA Hotline: 1(800)662-4357
Crisis Text Line: Text HOME to 741741
Call 911 if you or someone you love is in danger



Word/Phrase of the Month



English: Wash your hands
Yurok: Pe'wetewes
Hupa: 'a:dila' na:kitdeh!
Karuk: chimi ipakxúuyvutih
Tolowa: nnla' nanlh-t'e
Wiyot: Klhu'shan

**Remember,
nature isn't
cancelled! You can
still practice social
distancing while
spending time with
the land.**

**Click on the Bird for 75
Fun and Educational
Indoor Activities!**



**Need help studying
from home?
Two Feathers is providing
tutoring services via
Zoom! Visit our Facebook
page for dates, times,
and zoom links.**



Family Activities

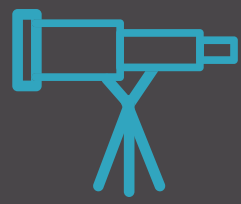
Our House Scavenger Hunt

Use family phones for picture taking and have a list of crazy things that need to be photographed in a certain amount of time. Ideas can be "dad's oldest T-shirt" or "mom's favorite purse." Give each team a staggered list so everyone isn't trying to get the same picture at once and let the crazy chaos ensue.

Create a Thankfulness Jar

Take any old jar or cup and decorate it. Put pieces of paper and a pen/pencil next to jar. Have family members write down things they are thankful for and put them in the jar. Over time, the jar will fill up. Take time as a family to read the slips of paper together.





Word Search

Fun Things To Do At Home

H C U T Y D O E A K M P A Y K M A Z D K T X U X Y A V H I Q
O I Q N W Y Z S S R F I P D X R N U Z Y G O Z N P K O L O S
X F M G X A V L M J W Q P R J D A W Y H J L Z V D L Y Q T U
L Y J D L L J E V W I E D A T O M B A I R F R G S A Y P Z J
A L P O N S N E H G Z G A W L Q T O Q T D D B H S U M A A L
S E T U R X R K J C Y N H V N E Q N D T E N Z O H G Q I T V
L B A S E B A L L O A J D Y E G Z V L R U A M M A H I N L K
N T T S D M R Q B O S Z N M V A K Q D E M F M E T R P T A V
G T R L A W F T H K E B H I C L X T Y L R Q I W C O N Z Q D
M D V B U I L D F O R T S C G I L T Y E A G O O V F F V Q U
A J E T D G H K A Y A V J G U N L E O F Q Y T R U U N N R X
F B R N D Q B M Z U M B Z Y Z Q R S A Y K T J K J D O J L G
V E C G P M W B B T I Y T A S Z S E S R S U U H E I V L W H
J A C X U Y B Z X O U P M P E W X I Y Q N D W G A J K D N P
C D Z A T R Q A M O O R U L W N R H N Y Z A A P Q F K L Z J
I O I R F F B M E B X A O B Q K E M L G H N O M K I N W U Z
D E C U A J E H Z P B P T E S Y A R O A P C U C A W T J F X
J G X T B V Z M C X D I Z E O V D N Y A Q E R B P L T I T V
O Z V T H V I D Q H J I S T T N B F Q I M L F N J Q T A G R
Q B K P O A Y A Q K J Q W S M Z O Y K S Z U U S P Y P F R Q
V R O P S A R W O B A C T S E M O J Q D G D D C F T I D D T
I P A E F D T F S C P L E I E A K Q Z W U T Y M M S Y V L U
E U Y K D Y B S V T M E C K L W S P R E U Y U Q I O A Q I B
D P S R V S K C L M D A B B A S K E T B A L L Q L S M C Z Y
H S Z V C M C P Q Q F N A O X V G R B M T J N R B O D I P S
P Q T J D K N L E P F U P E E L L Z O B K L U G F B U F S Z
K R F Q W I B K X G W S Z A I K E B P R E P M R U N R R L C
S G Z A L H K D S L C Q I E E O D Y P A Y M K E G X C C J C
V P I Z N C Z J P L A Y O Y T I M F W I M A K E M U S I C S
U E R X K O L N Z F E G Q W B U A Q Y D O F N A C F Z S B Z

Basketball

Build Forts

Read Books

Make Music

Baseball

Homework

Braid

Learn

Dance

Paint

Clean

Laugh

Weave

Toys

Cook

Bead

Play

Draw

Sing

Sew

Art

Run