

FEBRUARY 2020



TWO FEATHERS

NATIVE AMERICAN FAMILY SERVICES

Program Evaluation Data Highlights

"Two Feathers is doing SO much good in Humboldt County, mental health support, cultural enrichment and activities, prevention based services and more. Thank you TF's, you are invaluable in our schools and communities."

~Angie Brenes- Student service navigator,
Northern Humboldt Union School District.

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Landscape Photography by Zack Stanton

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ABOUT TWO FEATHERS

Two Feathers' mission is to inspire healthy and balanced Native American communities in Humboldt County.

*"You all are doing
outstanding work,
Great Job."*
Judge Heinrich

To achieve our goal, we work with Native American children and families in a good way which includes using culturally based interventions that promote holistic health and developing respectful collaborations with both Native and Non-Native agencies

Our vision is to reduce unnecessary suffering among Native American Children and Families living in Humboldt County.



Our Values

Build Family

Achieve Holistic Wellness

Teamwork

Mindsets in a good way

Accept Accountability

Needs of the Community

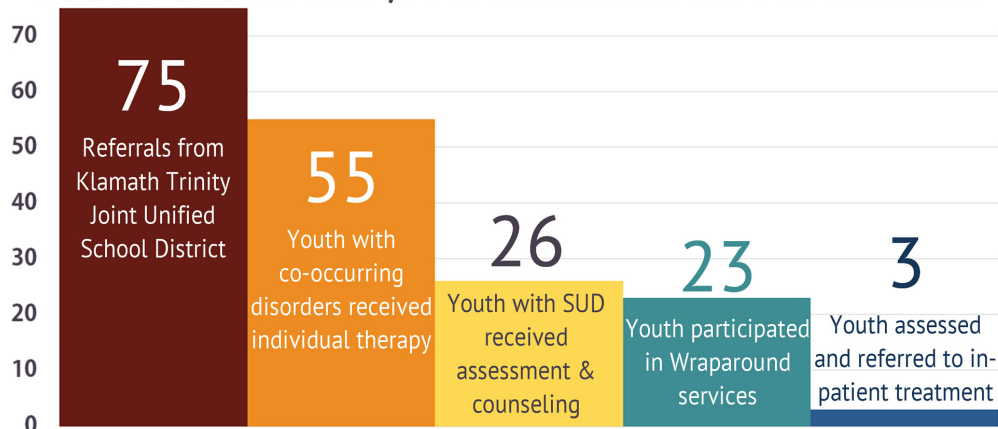


TWO FEATHERS NATIVE AMERICAN FAMILY SERVICES

Family Oriented. Native Based. Wellness Center

2019 AT-A-GLANCE

TWO FEATHERS TREE/MAT SUBSTANCE ABUSE SERVICES



225

Stakeholders attended the

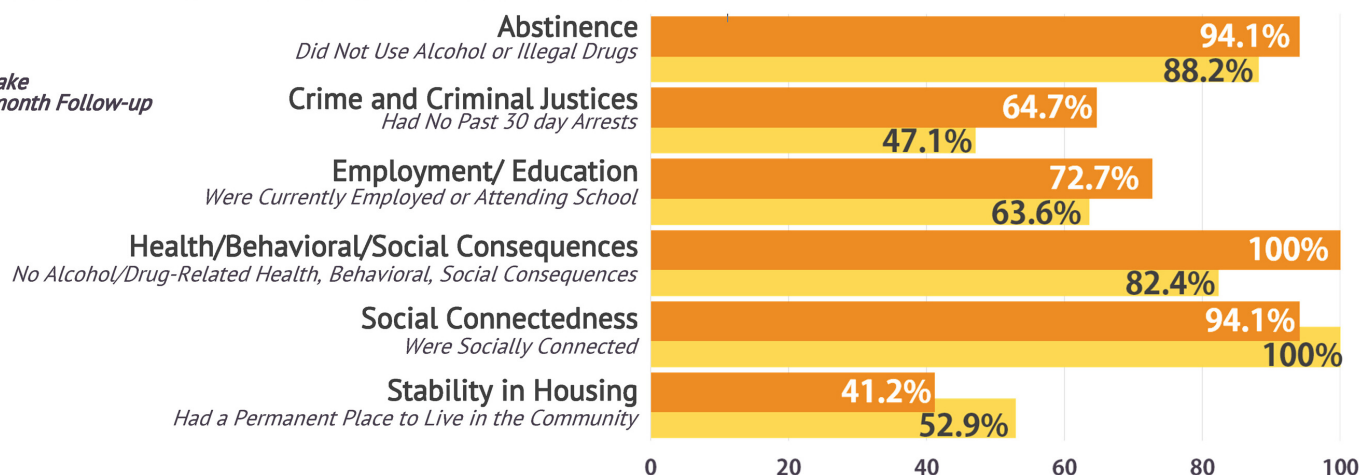
2019 Critical Issues in Native American School Based Mental Health Conference

PRELIMINARY SNAPSHOT OF TREE OUTCOMES AT 6-MONTH FOLLOW-UP

INCREASED PERCENT OF INDIVIDUALS RECEIVING SERVICES WHO:

N=17

% at Intake
% at 6-month Follow-up



YOUTH INVOLVEMENT

450 Participated in culturally-based prevention activities

50 Registered through A.C.O.R.N. Cultural Prevention Program Services



GLS AND TREE PREVENTION SERVICES

86 Youth & families identified & referred for services
96% successfully engaged in services

110 Youth participated in Substance Use Disorder prevention/early intervention group

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ABOUT THE PROGRAM

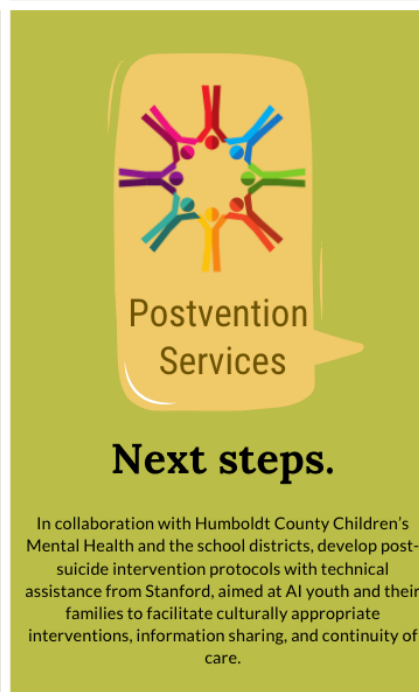
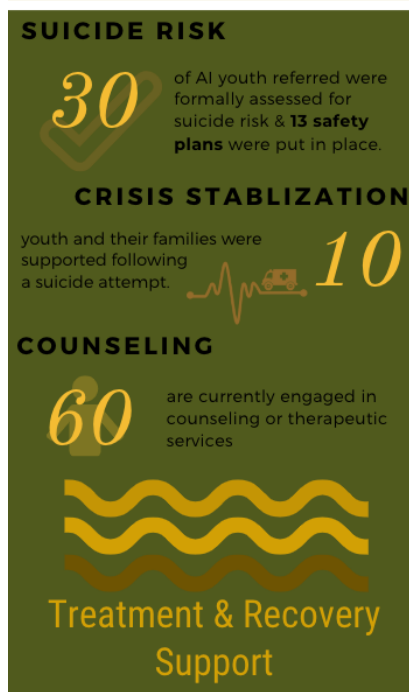
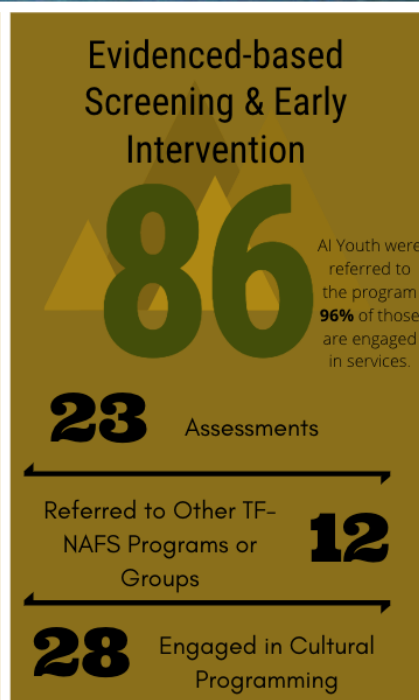
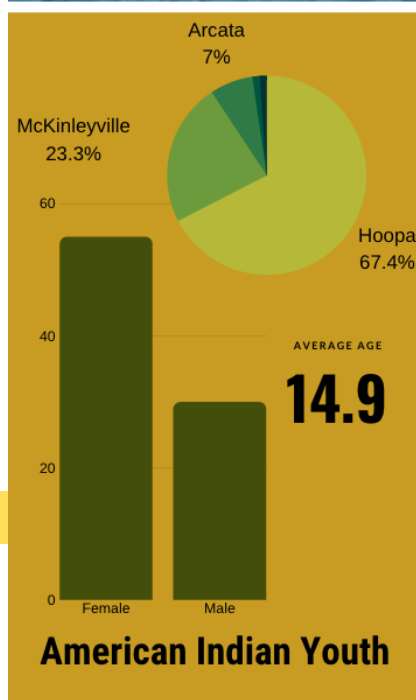
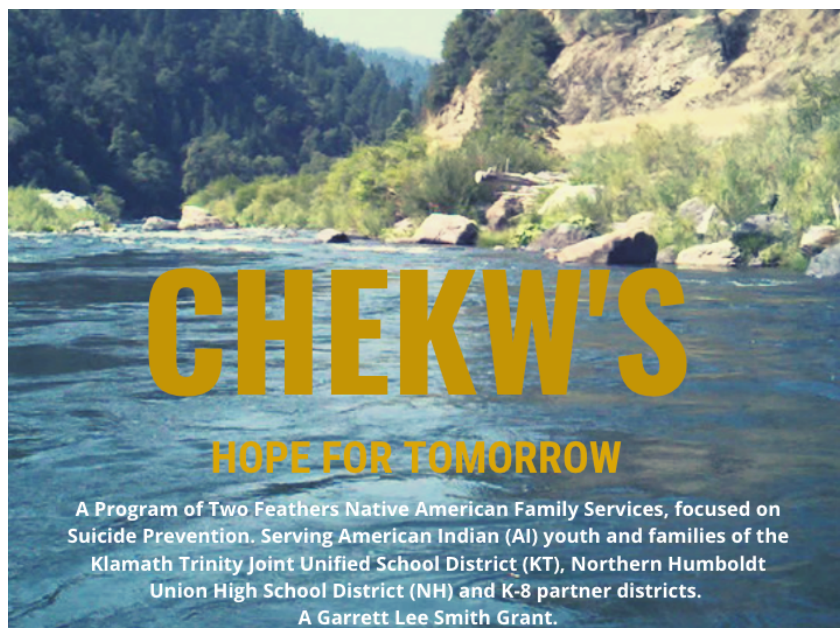
Chekws: Hope for Tomorrow (C-HFT) is a program (TF) to serve primarily American Indian (AI) youth and families of the Klamath Trinity Joint Unified School District (KT), Northern Humboldt Union High School District (NH) and K-8 partner districts.

The C-HFT comprehensive program provides evidenced-based screening, early intervention, treatment, recovery support, telemedicine psychiatric services and postvention services to AI youth ages 10-18 and their families in Humboldt County, California— ancestral territory of the Wiyot, Hupa, Yurok, Karuk, and Tolowa people. The area, known as the heart of California Indian country, is home to eight federally-recognized tribes and has the most AIs per capita in the state.

2019/2020 HIGHLIGHTS:

In addition to those accomplishments noted in the infographic to the side,

- 6 **parents** of these youth were engaged in other support services to stabilize the family system,
- 2 TF-NAFS were trained as trainers of **Sources of Strength (SoS)**. In December 2019, 12 High School personnel and 4 TF staff were trained in SoS in Hoopa, CA.,
- GLS staff have completed **70 screenings** since January 2020, and
- In February 2020, 8 TF-NAFS staff and 7 community partners from Humboldt County DHHS and Hoopa School District were trained in **Family Intervention for Suicide Prevention (FISP)**.



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HEWECH'

**Funded through grants from Cal-OES ACHAT
& COT**

2019 HIGHLIGHTS:

- The program served 319 adults & children
- 62% of the youth served identified as female
- 71% of those served were under the age of 12 years old
- The most common reason for seeking services were: (1) Child physical abuse or neglect; (2) Domestic violence; and (3) Bullying.
- Services provided include: Personal advocacy, emotional support and safety planning, counseling, emergency shelter, and emergency financial assistance.

"Two Feathers is a blessing to our kids and community." Angie (Hoopa)

ABOUT THE PROGRAM:

Two Feathers Domestic Violence Program aims to end Domestic Violence and Sexual Assault among Native American people living in Humboldt County. We are committed to helping organize community efforts to end violence against women and children in Native communities through strengthening the traditional native beliefs and teachings that have guided our people for thousands of years. We believe social change is necessary to address the disproportionate rates of violence impacting our communities. We also believe in all rights of all people to live without fear, threat, violence and oppression. This belief includes the rights of gender and sexual minorities who may be oppressed by ongoing patriarchy and other forms of gender and sexual violence.





MAKING RELATIVES

SAMHSA FUNDED: YOUTH & FAMILY TREE AND TRIBAL MAT PROGRAMS

Two Feathers SAMHSA-funded TREE program uses the **Making Relatives Program** and works closely with Klamath Trinity Joint Unified School District staff to train them to recognize the signs of substance abuse and mental illness, and the impact of historical trauma so that they are better able to refer youth to services.

TREE is specifically serving the highest risk youth, those that present with high acuity in both substance abuse and mental health disorders and, ultimately, those most impacted by intergenerational trauma. A comprehensive set of services have been offered, including: trauma informed school-based psychotherapy, a weekly SUD group, locally informed prevention programs, and culturally based intensive wraparound support (in school or home).

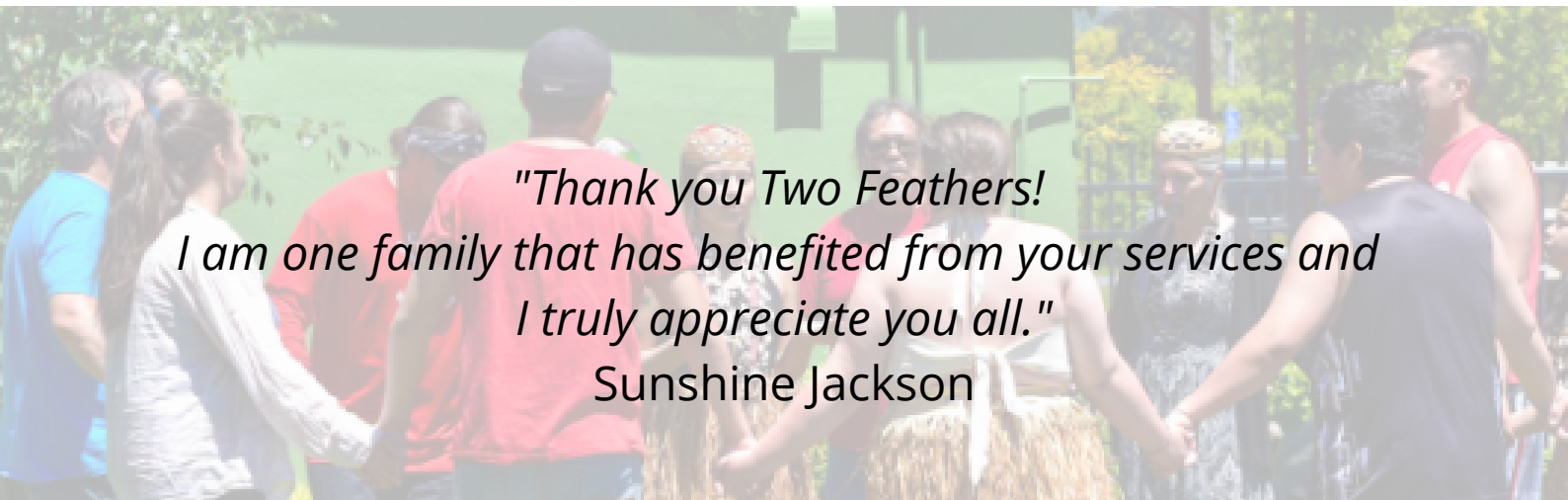
The **Making Relatives Program** emphasizes restoring relationships by bringing meaning back to the idea of “being a good relative.” This approach assists youth through the creation of a team of relatives including family, community members, and professional service providers that mentor, model and support youth and families in the achievement of wellness and balance in home-school life.

With innovative components grounded in the western system of care “**Wraparound**” approach, this team works with youth and families to reconnect to traditional cultural values and practices, including locally informed tribal child rearing, wellness practices, and traditional life skills. The program serves youth and their families with treatment and recovery services through care coordination, including connecting youth and families to Medication Assisted Treatment and intensive outpatient and/or in-patient substance abuse services. The Making Relatives Program offers *Motherhood and Fatherhood is Sacred* weekly classes; individual and group counseling; and connection to traditional practices that support recovery such as sweats and engagement in other local cultural activities.

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MAKING RELATIVES - 2019 HIGHLIGHTS

- Executed MOU with Two Feathers and Klamath Trinity Joint Unified School District.
- Submitted the first round of the full Medi-Cal Organizational Provider application, negotiated billing rates, revised the policies and procedures after County feedback, and had a pre-certification site visit. **On February 26, 2020, Two Feathers NAFS became the first Native American Organizational Provider of speciality mental health services in Humboldt County.**
- Established a screening protocol with the Klamath Trinity Joint Unified School District and has received 75 referrals over the course of the first year of the project.
- 23 youth have entered the full “Making Relatives Program” including Wraparound Services; 55 youth with co-occurring disorders have received individual therapy and 26 youth with SUD have received individual assessment and counseling.
- Three youth have been assessed and referred to in-patient treatment.
- A weekly SUD prevention/early school-based intervention group has been provided to 110 youth since November 2018.
- Over 450 youth participated in culturally-based prevention activities.
- Changes in GPRA scores from intake to 6-months indicate improvements in employment/educational status, health/behavioral/ social consequences, social connectedness, and stability in housing.
- Developed a “Short Form Outcome Measure” to be collected at intake, every 6 months, and at discharge for all youth participating in services across the agency.



*"Thank you Two Feathers!
I am one family that has benefited from your services and
I truly appreciate you all."
Sunshine Jackson*

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TRIBAL MAT

Two Feathers Tribal MAT is also grounded in the **Making Relatives Program**. Tribal MAT is a partnership with three Northwest California American Indian tribes (Big Lagoon Rancheria, Trinidad Rancheria, Bear River Band of the Rohnerville Rancheria) to develop a community based, tribal youth and family services consortium in Humboldt County. The aim is to address current gaps in mental health and substance abuse treatment (e.g., opiate abuse) by offering a culturally-based home and community system of care for AI youth and their families. The broad system goal is to build a more effective, collaborative, and sustainable structure within an AI framework to address substance use disorders.

My family and I have had the privilege of working with the Wrap-Around program staff since December of 2018. I am a single mother of 3 children. My children were taken from my custody in September of 2017. Since that time, there were many days that I felt very alone and without hope. Since I began working with Two Feathers and their staff, I have gained a newfound confidence and strive to do and be better each and every day. Two Feathers and their staff have helped me to not only set goals for myself, but also to help make dreams come true for my family and I. Being able to attend ceremony this summer with my kids was a learning experience for both my children and I. We all learned so much. Brush dance season fed my spiritual hunger and left me thirsty for more. I am so excited to see what the years to come have in store for my family and I. All of the opportunities we experienced this summer wouldn't have been possible without the support of Two Feathers and their staff.

Community-based services ensures ready access and confidential treatment for adolescents and help to develop a local recovery community in an incredibly high-need and isolated area with limited service providers.

2019 HIGHLIGHTS:

- Provided intensive case management, substance abuse treatment, and wraparound to 10 youth and 21 of their family members.
- Developed Consortium charter.
- Implemented the Youth Native Mentorship Academy, a youth leadership program that incorporates cultural programming, socio-emotional skills, and teachings from local Native leaders, with the goal of promoting youth resiliency and outreaching to youth who might be eligible for substance abuse services.
- Mapped existing youth and family behavioral health services, including schools/county/tribal/United Indian Health programs.
- Implemented ACORN, a culture-based program that incorporates physical and psycho/social interventions including values and traditions based in local Stick Game and Flower Dance teachings. Activities focus on culture and fitness (traditional and contemporary), healthy nutrition (ancestral diet), body awareness, mental health, mentorship, positivity, hope, teamwork, relationships and community building.

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A.C.O.R.N.

“Being able to connect with so many people who share my culture in this area is amazing. You can tell the kids are involved and proud of who they are. I think it’s pretty important to know your culture.”

The ACORN Youth Wellness Program has three parts. Each part have various workshops revolving around the acronym ACORN:

A- Acknowledging Our Whole Selves
C- Connecting Language and Culture
O- Opportunity and Access
R- Relationships with Others
N- Nurturing Nature and Spirit

The purpose of the **Make it Stronger** wellness program is to provide American Indian youth with the knowledge and skills to prosper in the 21st century. To achieve this goal, a holistic approach to wellness is employed. The program incorporates both physical and psycho/social interventions including values and traditions based in local Stick Game and Flower Dance teachings. Physical activities promote a healthy mind body and spirit as it relates to individual wellness, as well as wellness to family, culture, community and world renewal. Physical activities include discussions woven to include culture and fitness (traditional and contemporary), healthy nutrition (ancestral diet), body awareness, mental health, mentorships, positivity, hope, teamwork, relationships and community building. Traditional stories and native languages are emphasized to help youth internalize teachings. Local guest speakers from Tolowa, Wiyot, Yurok, Hupa and Karuk communities enrich sessions with their expertise and knowledge.

2019 HIGHLIGHTS:

The program served 50 registered youth from local tribes, with Yurok, Hoopa and Big Lagoon being the most strongly represented. Sixty percent (60%) of the youth were between ages of 12- 17. In addition, programs were open to anyone who wanted to attend and the attendance at each workshop ranged between 46-86 youth, with over 300 youth participating.

