



### A Tradition of Caring

April 2023 Volume 27, Issue 4

Native American Community Services of Erie & Niagara Counties, Inc.

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### National Alcohol Awareness Month

submitted by George T. Ghosen, Editor

pril is Alcohol Awareness Month, a good time to reflect on our drinking patterns and the role that alcohol plays in our lives. National Alcohol Awareness Month is sponsored by the National Council on Alcoholism and Drug Dependence (NCADD) to educate the masses about America's #1 health problem: alcohol dependence. The program was started in April 1987 with the intention of targeting collegeaged students who might be drinking too much as part of their newfound freedom. It has since become a national movement to draw more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

Claiming the lives of more than 90,000 people every year, this month focuses on raising about alcohol awareness abuse and dependency before it is fatal. Alcohol has touched almost all of our lives in one way or another. The general goal of this month is to create some sort of catalyst for change and awareness.

A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those struggling with alcoholism or alcohol abuse. They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit. Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation.

With this in mind, Alcohol Awareness Month gives public health bodies, community centers, and treatment facilities the chance to increase their efforts to reach people who may not fully appreciate the dangers of unhealthy alcohol consumption.

These campaigns can include advertising, especially in areas that are prone to abusive alcohol consumption like college campuses. According to the 2018 National Survey on Drug Use and Health (NSDUH), 54.9% of full-time college ages 18 to 22 students drank alcohol in

the past month among, 36.9% engaged in binge drinking in the past month, and 9.65% engaged in heavy alcohol use.

Programs like Alcohol Awareness Month exist to ensure that families and communities have the resources, information, and options available to control the crisis of alcoholism.

#### origins Alcohol The of **Awareness Month**

Alcohol awareness month was started in 1987 by the National Council on Alcoholism and Drug Dependence (NCADD). It was started as a way to get the word out and possibly draw attention to those who suffer from alcohol use disorder. Most of us associate this disease as alcoholism.

The National Council on Alcoholism and Drug Dependence, originally called the National Committee for Education on Alcoholism, was founded by Marty Mann in 1944.

Once an alcoholic herself, she knew that there were many others going through the same struggles she had to, without anyone there to help. There

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### MOVING/CHANGE **OF ADDRESS?**

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was a stigmatism surrounding alcoholism. It wasn't looked at as a disease like it is today. She wanted to reach out and share her experiences with others to help aid in their recovery.

### The three creeds of the National Council on Alcoholism and Drug Dependence are:

- 1. Alcoholism is a disease, and the alcoholic is a sick person;
- 2. The alcoholic can be helped. and is worth helping;
- 3. Alcoholism is a public health problem, and therefore a public responsibility.

Mann traveled the country educating individuals on the effects of alcohol. She needed people to understand the consequences drinking had on the body. Though she died before alcohol awareness month was created, she was the inspiration for it.

### Alcohol Use Disorder (AUD)

To understand why there is an alcohol awareness month, you must first & understand the disease itself. A lot of us have heard of the term alcoholism and assume that this is the only form of alcohol abuse that occurs. Many are not aware that alco-•hol abuse can come in several different forms. The true term for alcohol abuse is Alcohol Use Disorder. This can still include alcoholism but ■is not limited to only that.

Alcohol Use Disorder is an affliction that can be observed if you use alcohol to the point where it becomes an issue. If you cannot control your If you are planning on urges and continue to use it even moving or changing your though it causes problems, you could be suffering from this. You may also start to notice withdrawal symptoms if you stop drinking and an increase in your tolerance.

Binge drinking is another type of Alcohol Use Disorder. This is the consumption of excessive alcohol in a short period of time. For women this means consuming 4 drinks within 2 hours, for men, 5 drinks. This can have long-term and shortterm effects on your health. This is not an obvious form of alcohol abuse, mostly because it can occur as little as once a week. However, this is the most common form of Alcohol Use Disorder.

### What signs to look for

There are many different signs to look for when determining if someone suffers from alcohol use disorder. Some are very apparent while others require you to take notice. If you are experiencing hangovers often accompanied by nausea, shakiness, sweating, and trouble sleeping; these are short term symptoms. Many people try to fight off these symptoms by drinking more. While these may seem like minor consequences, if this becomes a pattern, that is a sign there may be a problem. If you try to stop drinking and are unable to because you constantly crave alcohol, then this is a clear sign it is time to ask for help.

Drinking can cause a lot of conflict in your life aside from your health. If you start missing out on daily activities like work or outside interests due to hangovers then your life is being affected by drinking. Keep an eye out for family and friends. They may not consciously realize what they are doing. When drinking creates problems with friends or family it is a clear sign that you may have an addiction. Ask yourself how is my drinking affecting myself and those I care about?

### Alcohol's Effects on the Body

Drinking too much - on a single occasion or over time - can take a se-

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rious toll on your health. Here's how alcohol can affect your body:

### Brain:

Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works. These disruptions can change mood and behavior and make it harder to think clearly and move with coordination.

### Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy Stretching and drooping of heart muscle
- Arrhythmias Irregular heartbeat
- Stroke
- High blood pressure

### Liver:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

### Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

### Cancer:

According to the National Cancer Institute: "There is a strong scientific consensus that alcohol drinking can cause several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US

Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen."

"The evidence indicates that the more alcohol a person drinks-particularly the more alcohol a person drinks regularly over time-the higher his or her risk of developing an alcohol-associated cancer. Even those who have no more than one drink per day and people who binge drink (those who consume 4 or more drinks for women and 5 or more drinks for men in one sitting) have a modestly increased risk of some cancers. Based on data from 2009, an estimated 3.5% of cancer deaths in the United States (about 19,500 deaths were alcohol related."

Clear patterns have emerged between alcohol consumption and increased risks of certain types of cancer:

- Head and neck cancer, including oral cavity, pharynx, and larynx cancers.
- Esophageal cancer, particularly esophageal squamous cell carcinoma. In addition, people who inherit a deficiency in an enzyme that metabolizes alcohol have been found to have substantially increased risks of esophageal squamous cell carcinoma if they consume alcohol.
- Liver cancer.
- Breast cancer: Studies have consistently found an increased risk of breast cancer in women with increasing alcohol intake. Women who consume about 1 drink per day have

- a 5 to 9 percent higher chance of developing breast cancer than women who do not drink at all.
- Colorectal cancer.

For more information about alcohol and cancer, please visit the National Cancer Institute's webpage "Alcohol and Cancer Risk"

### Immune System:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections — even up to 24 hours after getting drunk.

Do your drinking habits affect how productive you are at work? Maybe the money you spend on alcohol often exceeds your budget's bandwidth. Or perhaps, you've been waking up groggy ever since your nighttime routine interlaced with alcohol.

Alcohol can impact different facets of our lives—from our decision-making and productivity to our finances, health, and relationship with loved ones.

Of course, there isn't anything wrong with enjoying some alcohol to wind down or get you into a social mood. But for many of us, our drinking habits may play a larger role in our daily lives than we might realize.

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And that's where alcohol awareness comes into play. On a larger scale, alcohol awareness programs serve as educational opportunities to break the stigma surrounding alcoholism and remind the public about the health risks related to excessive drinking.

But at a more personal level, alcohol awareness can also be a valuable tool for just about any individual who drinks.

## Organizations Fighting Alcohol Use Disorder

Taking that first step toward recovery may seem daunting. Though we have already mentioned the National Council on Alcoholism and Drug Dependence, many organizations and groups have been developed and funded to help aid in the recovery of alcohol use disorder:

Alcoholics Anonymous: The first and most common would-be AA or Alcoholics Anonymous. The reason this group has gained so much popularity is because it is run by a community of recovering alcoholics. They too have been where you are now and will understand better than anyone what you need to her. They have free meetings in almost every city or town around the country. Their 12 step process will give you an optimistic, driven path to follow on the road to recovery.

# National Institute on Alcohol Abuse and Alcoholism (NIAAA):

This is an organization that publishes material to help you stay informed. They stay up to date with alcohol and treatment research so that you always have a place to find the answers. If

you have questions about the effects of alcohol and other consequences this is the organization to reach out to.

National Institute on Drug Abuse (NIDA): If you have questions about the science behind alcohol abuse, this is the organization to check out. They release data that shows the long term and short term effects of alcohol use. They also may help lead you to a correct diagnosis; if you are unsure of how severe the problem is that you or someone you care about is struggling with.

Al-Anon and Alateen: There are a lot of resources available to those on the path to recovery. However, they are not the only ones that need help. If you know someone struggling with this disease you may not know how to help them or deal with the stress that accompanies supporting someone through this tough time. This is group you can reach out to in person or over the phone when things seem to be getting too hard. They will show you how to be both encouraging and understanding.

While these are only a few of the groups that you can reach out to, there are many more ready and willing to help. Check your area to find groups that are specific to your local and may be able to help.

### Spread the word

While a month is not enough time to educate and help everyone recover, it at least gets the public talking. Do what you can in your community. Create pamphlets, or newsletters and distribute them around your neighborhood town. Host an event and invite everyone around the community to learn and spread alcohol awareness. Host a fundraiser to donate money to a local non-profit treatment facility.

The most important thing we can do as a society is to recognize that there is a problem. With that realization only then can we move forward. There are many people still in the dark about this disease. There are those who struggle with the disease or some who may know, but not recognize someone who is suffering. Maybe this month is an opportunity for us to fix that.

# Four Facts About Alcohol Consumption

Alcohol use disorder

An estimated 414,000 adolescents aged 12 to 17 have alcohol use disorder in the U.S.

Alcohol-impaired driving deaths
It accounts for 10,625 deaths,
which is 29% of the overall driving fatalities.

It's taking a toll on the economy
In 2010, binge-drinking-related costs reached \$249 billion.

<u>It makes students perform poor</u> in academics

A report revealed that one in every four college students have trouble focusing on studies and receive lower grades overall.

### Resources:

**American Addiction Centers** 

Alcohol Awareness.org

National Institute on Alcohol Abuse & Alcoholism

**National Today** 

Alcohol is the most commonly used addictive substance in the United States. –NCADD-

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### **Sexual Assault Awareness & Prevention Month**

submitted by George T. Ghosen, Editor

Sexual Assault Awareness and Prevention Month calls attention to the fact that sexual violence is widespread and it brings advocates and communities together to help prevent these crimes.

Every 73 seconds, an American is sexually assaulted. And every 9 minutes, that victim is a child.

Each one of us can help promote healthy and positive relationships that are based on respect, safety and equality.

Sexual violence is sexual activity when consent is not obtained or freely given. It is a serious public health problem in the United States that profoundly impacts lifelong health, opportunity, and well-being. Sexual violence impacts every community and affects people of all genders, sexual orientations, and ages. Anyone can experience or perpetrate sexual violence.

The perpetrator of sexual violence is usually someone the victim knows, such as a friend, current or former intimate partner, coworker, neighbor, or family member. Sexual violence can occur in person, online, or through technology, such as posting or sharing sexual pictures of someone without their consent, or nonconsensual sexting.

Drug-facilitated sexual assault occurs when alcohol or drugs are used to compromise an individual's ability to consent to sexual activity. These substances make it easier for a

perpetrator to commit sexual assault because they inhibit a person's ability to resist and can prevent them from remembering the assault.

Alcohol remains the most commonly used drug crimes of sexual assault. Drugs being used by perpetrators in crimes of sexual assault include, but are not limited to. Rohypnol, **GHB** (Gamma Hydroxybutyric Acid), GBL (Gamma-Butyrolactone), and ketamine. In certain amounts, any drug can leave you helpless.

Sexual assault can happen anywhere including college campuses. Being aware of the risks of sexual assault and learning how to protect yourself, especially first year students in a new environment, is important for all students in colleges and universities. According to RAINN (Rape, Abuse & Incest National Network):

- 13% of all students experience rape or sexual assault through physical force, violence or incapacitations (among all graduate and undergraduate students).
- Among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence or incapacitation.
- Among graduate and professional students, 9.7% of females and 2.5% of males experience rape or sexual assault through physical force, violence, or incapac-

itation.

The consequences of sexual violence are physical, like bruising and genital injuries, and psychological, such as depression, anxiety, and suicidal thoughts.

The consequences may also be chronic. Victims may suffer from post-traumatic stress disorder, experience re-occurring reproductive, gastrointestinal, cardiovascular, and sexual health problems.

Sexual violence is also linked to negative health behaviors. For example, victims are more likely to smoke, abuse alcohol, use drugs, and engage in risky sexual activity.

The trauma resulting from sexual violence can have an impact on a survivor's employment in terms of time off from work, diminished performance, job loss, or being unable to work. These issues disrupt earning power and have a long -term effect on the economic well-being of survivors and their families. Coping and completing everyday tasks after victimization can be challenging. Victims may have difficulty maintaining personal relationships, returning to work or school, and regaining a sense of normalcy.

Sexual Violence Is More Prevalent at College, Compared to Other Crimes
About 1 in 5 college-aged female survivors received assistance from a victim services agency.

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23.1% of TGQN (transgender, genderqueer, nonconforming) college students have been sexually assaulted. <u>RAINN</u> Campus Sexual Violence

Additionally, sexual violence is connected to other forms of violence. For example, girls who have been sexually abused are more likely to experience additional sexual violence and other forms of violence and be a victim of intimate partner violence in adulthood. Perpetrating bullying in early middle school is linked to sexual harassment perpetration in high school. https://rainn.org/

Sexual violence can affect many aspects of a survivor's life, including safety and health, family and work situations, and finances. These challenges often lead to perplexing personal and legal questions. To receive basic assistance, victims often must navigate a maze of governmental and community agencies.

For help and support, there is a national network of community-based rape crisis centers with centers available in every state and territory. This confidential assistance includes advocacy, accompaniment during medical exams and law enforcement interviews; education; follow-up services and referrals to other resources.

There are also Sexual Assault Response Teams (SARTs) to help survivors with community services available to them and uses the experiences of survivors to improve those services.

Sexual Assault Response
Teams

# NYS - Sexual Violence Prevention Program

The Sexual Violence Prevention Program's (SVPP) mission is to improve societal response to sexual violence and promote primary prevention strategies that reduce the incidence of victimization from rape or sexual assault in New York State. SVPP approaches sexual violence from a public health perspective, with emphasis on primary prevention, including efforts to change social norms, behaviors, and practices, to cultivate a community climate free from violence.

### What is sexual violence?

The Center for Disease Control and Prevention defines sexual violence as any sexual act committed against someone without that person's freely given consent. Sexual violence includes:

- ★ Completed or attempted forced penetration of a victim.
- ★ Completed or attempted alcohol/drug-facilitated penetration of a victim.
- Completed or attempted forced acts in which a victim is made to penetrate a perpetrator or someone else.
- \* Completed or attempted alcohol/drug-facilitated acts in which a victim is made to penetrate a perpetrator or someone else.
- Non-physically forced penetration which occurs after a person is pressured verbally or through intimidation or misuse of authority to consent or acquiesce.
- ★ Unwanted sexual contact.
- ⋆ Non-contact unwanted sexual experiences.

### What is consent?

New York State defines affirmative consent as a knowing, voluntary, and mutual decision among all participants to engage in sexual activity. Consent can be given by words or actions, as long as those words or actions create clear permission regarding willingness to engage in the sexual activity. Silence or lack of resistance, in and of itself, does not demonstrate consent. The definition of consent does not vary based upon a participant's sex, sexual orientation, gender identity, or gender expression.

### Sexual Violence Helplines

- ★ In an emergency, call 911.
- ★ 1-800-942-6906: New York State Domestic & Sexual Violence Hotline for confidential assistance.
- ★ 1-844-845-7269: Report sexual assault on a New York college campus to the New York State Police.
- ★ New York City: 1-800-621-HOPE (4673) or 311.

# What to do after a rape or sexual assault?

- ★ Get to a safe place. If you are injured or in danger, call 911.
- \* Seek medical treatment as soon as possible for all HIV post-exposure, sexually transmitted diseases, and pregnancy testing and treatment options at the nearest emergency department.
- \* HIV post exposure prophylaxis (PEP) should be initiated as soon as possible after exposure, ideally within 2 hours. Decisions regarding initiation of PEP beyond 36

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hours post exposure should be made on a case-by-case basis.

- \* Upon arrival, the hospital will offer assistance from a local rape crisis advocate. The advocate will be able to answer any of your questions about a forensic exam, accompany you through the entire examination, and provide follow-up resources.
  - A forensic exam, also known as a "rape kit", is the collection of evidence in the emergency department after a sexual assault occurred or within 96 hours.
  - To preserve as much DNA as possible, do not shower, use the bathroom or wash your clothes prior to going to the emergency room.
  - If you are uncomfortable with any part of the exam, you do not have to consent.

For more information about what to do after an assault, please call the NYS Sexual Violence Hotline at 1-800-942-6906 to be connected to your local rape crisis center (available 24/7/365) or visit the National Sexual Violence Resource Center website at nsvrc.org.

★ Click here for more information about the New York State Sexual Assault Forensic Examiner (SAFE) Program.

The 'New York State Sexual Assault Victim Bill of Rights' must be provided to every presenting sexual offense victim before a medical facility commences a physical examination of a sexual offense victim,

or a police agency, prosecutorial agency or other law enforcement agency commences an interview of a sexual offense victim. The health care professional conducting the exam, police agency, prosecutorial agency or other enforcement law agency shall inform the victim of the victim's rights by providing a copy of this sexual assault victim bill of rights and offering to explain such rights. Also available in the following languages: Arabic, Bengali, Haitian Creole, Italian, Korean, Russian, Simplified Chinese, Spanish, Yiddish.

# New York State Approved Rape Crisis Programs

Rape crisis programs around the state provide care and support to victims of sexual violence. Every program offers the following services:

- ★ 24-hour crisis intervention services
- \* Short-term counseling
- Accompaniment and advocacy
- Information and referral services
- ★ Development of a community support system
- Community education, professional training and outreach.

# Rape Crisis Programs by County

To find the nearest Rape Crisis and Sexual Violence Prevention Program, click to view the full list here.

### **Erie County Sheriff's Office**

Domestic Violence Unit -Phone Numbers and Resources

Click <u>HERE</u> for the list of resources.

If you are in an Abusive Relationship, You Are Not Alone...

## 5 Facts About Sexual Assault Awareness

### 1. Activism leads to change

Thanks to the efforts of survivors and advocates, the justice system now does more to protect victims of sexual assault and imposes harsher sentences on perpetrators.

# 2. There are over 1,100 rape crisis centers

There are over 1,100 RAINN-affiliated rape crisis centers in the U.S., and many other organizations provide services and support to survivors, allies, and advocates.

# 3. Rape frequently happens between partners

In more than half of rape cases involving female victims, the perpetrator was an intimate partner.

# 4. Men experience rape at one tenth the rate of women

In the U.S., 21% of women and 2.6% of men have experienced rape. However, this still amounts to a significant figure, with over 3 million men reporting a rape during their lifetime.

# 5. Sexual assault has financial costs too

The estimated lifetime financial loss due to rape is \$122,461 per victim. This includes medical costs, the loss of productivity, criminal justice costs, and other associated losses.

### Resources:

US Drug Enforcement Administration
RAINN
NYS Department of Health
National Today – Sexual Assault
Awareness

# APRIL IS NATIONAL GARDEN MONTH

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Though Spring started back in March, April is when the ground really starts to thaw, and we see the buds then the leaves return to the trees. The weather gets warmer, the days get longer, and most people crave the outdoors. This is the perfect time to ready your garden for the summer. Whether you have a large backyard or a potted plant on the porch, anyone can grow greenery if your heart desires it. The month-long observance brings gardeners, gardening groups, and those new to gardening together to share tips and offer support for a bountiful season!

Here are some tips and tricks on how to observe National Garden Month and get yours started:

- Start small Gardening can feel like an investment, but it doesn't have to be. Start with container gardening if you want to give it a whirl. Tomatoes and peppers will provide color and produce to eat. Herbs such as basil, sage, and rosemary can also be brought in during the winter if planted in a container. If kept in a sunny window and watered when they are dry, they should survive the winter.
- Soil matters Use the right soil for the plant. Depending on the plant, you may need to check with the garden center or extension service to determine if you have the right soil to grow a particular plant or tree. Areas with clay soils do not drain well and your plants will have wet roots in rainy weather. Sandy soils drain easily, but

in a drought, the plant will require more water unless the plant is drought resistant.

- 3. Potted plants are still a garden If you don't have the ability to dig up the ground around you, feel free to use pots and other containers to hold your fruits and floral. Just remember that anything in a container, such as a clay, plastic or resin pot will require more watering than a plant that has been placed in the earth. Depending on the daily temperature, these plants will likely need to be watered at least twice a day. So, for the hot ones this summer, plan to water both morning and night for the happiest plants.
- 4. Green thumbs are not required Learning to garden can happen at any age and at any point of life. Gather gardening seminars to gain knowledge. Read up about the plants that thrive in your zone. Start with some easy plants to grow such as:

**\*\*\*\*\*\*\***\*

Radishes
Lettuce
Potatoes
Herbs
Zinnias
Pansies
Bachelor Buttons
Marigolds

5. Just enjoy the greenery – If the idea of gardening really isn't your cup of tea, that's okay too! There are other ways to highlight this month without getting your hands dirty. You can visit the Botanical Gardens or one of the many local gardens around Buffalo! Have a Happy Spring!

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### The Largest Holder of Native American Human Remains is Preparing to Return Thousands of Indigenous Ancestors

By Jenna Kunze, Native News Online, April 01, 2023

The single-largest holder of Native American human remains - a federally-owned power company in Tennessee - is taking steps to complete the decades-long repatriation of more than 14,000 Native American ancestors who were unearthed in dam construction projects across the Tennessee valley from the 1930s through the 1970s.

The Tennessee Valley Authority (TVA) is a federal agency created by Congress in 1930 to deliver electricity to Tennessee and six surrounding states. Nearly a century ago, in preparation for its construction of large dams to prevent the valley from flooding, TVA partnered with archeologists from local universities to conduct salvage archeology and "remove everything of cultural nature," Meg Cook, an archeologist and NAGPRA specialist for TVA, told Native News Online.

In 1990, Congress passed legislation—the <u>Native American Graves Protection and Repatriation Act</u> (<u>NAGPRA</u>)—that directs federal agencies and museums with possession or control over holdings or collections of Native American human remains and funerary objects to inventory them, identify their geographic and cultural affiliation, and notify the affected Indian tribes or Native Hawaiian organization.

But TVA—along with other institutions across the country—took 21 years to culturally affiliate ancestors and begin returning them to their present-day tribal nations. The TVA didn't return any ancestors until 2011, after they were specifically called out in a Government Accountability Office report that noted that "almost 20 years after NAGPRA, key federal agencies still have not fully complied with the act for their historical collections acquired on or before NAGPRA's enactment."

"There was a lot of contemplation and time spent in the past on cultural affiliation, and picking the exact correctness of the affiliation," Cook said. "We're just... broadening it, because tribes are able to make those determinations on their own."

Since 2011, TVA has published a total of 67 notices of inventory completion and returned a total of 9,277 human remains and 119,630 associated funerary objects to their respective tribal nations, according to federal documents.

But this week, TVA abandoned its piecemeal approach to publishing notices of inventory completion by rolling the remaining 4,871 ancestors in their possession—from different states and held by different museums—into a single notice.

"They could have piecemealed this out, like they had been doing in the past," said Melanie O'Brien, the National NAGPRA Program manager. "But TVA made the decision to change their approach and to just complete the work— the administrative regulatory process for all of these ancestors—by publishing this one notice."

In its notice, TVA broadly affiliated the ancestors and their belongings with dozens of tribal nations with ancestral homelands in Alabama, Kentucky, and Tennessee.

"We have broadly culturally affiliated, and now we want to rely on more consultations [for tribes] to tell us who is taking the lead, and how we can best meet [their] needs when it comes to preparing for reinterment," Cook told Native News Online.

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The broad cultural affiliation allows tribes to officially move forward with a request for repatriation. "Requests for repatriation may be submitted by (1) any one or more of the Indian Tribes or Native Hawaiian organizations identified in this notice [or] (2) any lineal descendant, Indian Tribe, or Native Hawaiian organization not identified in this notice who shows, by a preponderance of the evidence, that the requestor is a lineal descendant or a culturally affiliated Indian Tribe or Native Hawaiian organization," the notice reads.

TVA's wholesale approach to cultural affiliation can serve as an example for other Federal agencies and museums, which still hold the more than 100,000 Native American ancestors reported under NAGPRA, said O'Brien.

"The TVA notice demonstrates that the process for repatriation can be completed effectively and efficiently under the existing regulatory framework," O'Brien told Native News Online.

"This notice also reflects the Department of the Interior's stated goals in proposing regulatory changes last fall. The proposed regulations would remove the burden on Indian Tribes and Native Hawaiian organizations to initiate the repatriation process and add a requirement for museums and Federal agencies to complete the regulatory process within a set timeframe. With this notice, TVA has completed the regulatory process for more than 14,000 individuals, the largest collection of Native American human remains reported under NAGPRA."

Although they've officially completed their paperwork for NAGPRA, TVA staff told Native News Online that their work is not done.

"We're not saying that we're done just because we may have completed the paperwork for NAGPRA," Marianne Shuler, an archeologist and tribal liaison at TVA told Native News Online. "We're probably still going to be working for a number of years to work out all the details with the tribes on how they want these individuals prepared and treated until [they] can rebury them."

NNO EDITOR'S NOTE: The story has been updated to reflect the proper number of states that the TVA delivers electricity to.

### New Report Urges Federal Government to Rethink How it Collects Data in Indian Country

By Native News Online Staff, 4/10/23

The federal government needs to change how it collects data on Native Americans, a new Brookings research report published March 30 says.

That's because - under its current collection, aggregation, and publication method of race and ethnicity data - the government could be excluding more than three-quarters of Native Americans from official data sets, the report says.

"These practices may bias research, contribute to negative policy impacts, and perpetuate longstanding misunderstandings about Native American populations," researchers Robert Maxim (Mashpee Wampanoag Tribe), Gabriel Sanchez, and Kimberly Huyser (Diné) wrote.

Currently, the Census Bureau collects race data based on the 1997 U.S. Office of Management and Budget (OMB) standards on race and ethnicity. The 1997 OMB standards define "American Indian or Alaska Native" as "A person having origins in any of the original peoples of North and South

(Continued on page 11)

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America (including Central America), and who maintains tribal affiliation or community attachment."

While racial data captured in the 2020 census shows that the vast majority of white Americans, Black Americans, and Asian Americans self-identify as one race alone, more than half of all Native American and Alaska Natives identify as mixed-race. Between 2010 and 2020, the number of people who identified as Native American alone or in combination with another race almost doubled from the previous census release in 2010, and the number of Americans classified as two or more races more than tripled.

"This is problematic because government agencies and non-governmental researchers often choose to aggregate all multiracial individuals into a single 'two-or-more-races' category," the report said. "When that happens, it removes a majority of Native Americans and lumps them into a catch-all category with groups that have significantly different backgrounds and life experiences."

Additionally, the authors note that aggregating Native Americans - the only census-defined racial identity that is also a political identity - into a monolithic racial group can have problematic implications on tribal sovereignty. In the pending <u>Supreme Court case Haaland v. Brackeen</u>, opponents argue that it's unconstitutional to give Native Americans adoption preferences for Native children based on their race, whereas defenders say that the preference comes from tribal citizenship to a nation, regardless of an individual's racial background.

"While federal government data collection has no direct bearing on how the Supreme Court will rule in the case, the broader treatment of Native Americans as a 'race' - which is underscored in government data collection and reporting - may influence how non-Native people perceive or misunderstand Native American identity," authors wrote.

The authors proposed short-term and long-term recommendations for the U.S. government to change its data collection practices when it comes to Native Americans. They suggested:

- > Separating race and tribal citizenship in data collection by creating an additional census question to ask about Native American identity with a write-in for tribal affiliation.
- Encouraging federal government agencies to publish public data on American Indian and Alaska Native populations alone and in combination with other groups, in addition to single race data.
- > Empowering tribes to collect and manage data on their own populations.

"Regardless of how the U.S. government chooses to proceed, it's clear that the current practice of measuring Native Americans using mutually exclusive, single-race data is not working well," the report said. "Moreover, the growing population of mixed-race Native Americans may foreshadow broader demographic trends in the country as a whole. Given that, it is time for both the federal government and non-governmental researchers to rethink how they measure Native American identity, as well as reconsider the broader use of mutually exclusive single-race categories upon which U.S. data publication has long relied."

### **Gathering of Nations Spotify Playlist**

By <u>PowWows.com</u>, Blog

The Gathering of Nations Pow Wow is the largest Pow Wow in North America. The Pow Wow is held the last weekend of April in Albuquerque, New Mexico. Have you been?

Is this on your bucket list?

Whether you have been or plan to go, I've got just the thing to get you in the mood for Gathering of Nations! I've compiled songs from Gathering of Nations into a playlist. Enjoy over 5 hours of music from your favorite Pow Wow.

**Gathering of Nations Pow Wow Playlist** 



SATURDAY, APRIL 22, 2023 2PM-5PM

> Buffalo Academy for Visual and Performing Arts 450 Masten Ave. Buffalo, NY 14209

Co-hosted by the BPS Native American Resource Program (NARP) and Native American Community Services (NACS)

# Featuring:

Indigenous Spirit
Dancers

### FOR MORE INFORMATION, CONTACT:

Charity Hill (NARP) at chillebuffaloschools.org or 716-816-3371

Amy Huff (NACS) at ahuff@nacswny.org or 716-830-9198











# NACS' ERIE & NIAGARA YOUTH CLUBHOUSES

# OPENING SOON!!!

NACS Youth Clubhouse is an alcohol & drug free space for Native youth ages 13-18 years old!

Native youth are welcome to join our drop-in nights. The clubhouses will be open 3-6pm.
More info coming soon!

Clubhouse locations: Buffalo: 1005 Grant St.

Niagara Falls: 1522 Main St.





- Make your voice heard!
- You'll have a chance to speak with someone one on one for support and guidance

### **YOUTH HANGOUTS!**

- Safe & supportive environment
- Guest speakers, workshops, and fun activities!

# IMPACT YOUR COMMUNITY!

- Build awareness on substance use prevention
- Cultural based activities
- Weekly challenges
- Weekly check-ins!

FOR MORE INFO:

716-983-1251 OR EMAIL STAR AT:

SWHEELER@NACSWNY.ORG

Funded by: The Office of Addiction Services & Suppports, foundations, business and caring individuals





NACS News

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### WORKFORCE DEVELOPMENT SERVICES



### Services we provide:

- ⇒ Case management/career counseling
- ⇒ Job search and placement assistance
- Assistance in identifying employment barriers
- ⇒ Occupational skills training/skills upgrade
- ⇒ Interview preparation
- ⇒ Resume writing assistance
- ⇒ Educational resources and information
- ⇒ Resources for entrepreneurs
- ⇒ Referrals and Linkages to other services
- ⇒ Status card/Tribal documentation assistance

### **Counties we serve:**

Erie, Niagara, Orleans, Genesee,
Wyoming, Monroe, Livingston,
Wayne, Ontario, Yates, Seneca,
Cayuga, Oswego, Onondaga,
Cortland, Oneida, Madison

# Funding Available to Eligible Native Americans for:

- Work Experience Positions
- On-the-job Training
- \* Tuition/Books/Educational Support
- \* Work Clothes/Tools
- \* Training/Certification Programs
- \* Other Supportive Services

For more information and/or to make an appointment, contact: Native American Community Services

Buffalo Office 716-574-9731

Rochester Office 585-514-3984

Syracuse Office 315-322-8754

We have offices in Buffalo, Niagara Falls, Lockport, Rochester and Syracuse

Funded by the US Department of Labor

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# Native American Community Services Workforce Development Services



Native American Community Services has a workforce development program that offers employment and education services to the Native American community in Erie and Niagara Counties. The following is a list of services that are available to eligible participants which includes limited financial assistance related to...

### Services provided to eligible participants:

Case Management related to workforce activities	Educational resources and information
<ul> <li>Assistance in identifying barriers to employment</li> </ul>	Tuition/Book assistance
Career counseling/exploration	Entrepreneurial/small business technical assistance training information
Job search and placement assistance	Follow-up services
6-week work experience program	Referral and linkage services
Resume/Cover letters and interview     assistance	Status Card/Tribal documentation assistance
Occupational skills training/Skills upgrade	Supportive Services
On-the-job training	Supplemental Youth Services

### The following are requirements needed to qualify as an eligible participant:

- 14 years of age or older
- Reside on/off the reservation in our service area
- Native American, Alaska Native or Native Hawaiian
- Tribal documentation of enrollment in a federal or state recognized tribe
- Males 18+ have registered with Selective Service
- Unemployed or under-employed
- Laid-off, furloughed or dislocated workers
- Veteran or Spouse of Veteran
- ❖ Meet all WIOA eligibility guidelines

We provide these services to Native Americans living in the following counties of New York State:

- Erie
- Niagara
- Orleans
- Genesee
- Wyoming
- Livingston
- Monroe
- Wayne
- Ontario

- Yates
- Seneca
- Cayuga
- Oswego
- Onondaga
- Cortland
- Oneida
- Madison

# Native American Community Services 1005 Grant Street, Buffalo, NY 14207 (716) 874-4460

# Food Pantry Guidelines

### **OPEN:**

Tuesday 10:00am – 1:00pm

Wednesday 10:00am - 1:00pm



### **Required Documents:**

- Must live in the 14207 or 14216 zip code
- Must have Picture ID
- Must have **ID** for everyone in household
- Must have proof of address (current utility bill)





\*\*\*Please note that clients may come to the pantry one (1) time each calendar month and they may receive service from **ONLY** one (1) food pantry.\*\*\*

Our organization is here to provide families with a supplemental food base. These supplemental items, when combined with your own provisions, help stretch each family meal. We provide service for numerous families each month and strive to treat each client with fairness and respect. We appreciate your cooperation and understanding of our policies.

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# TRIO ADULT EDUCATIONAL OPPORTUNITY CENTER (AEOC)



EDUCATIONAL OPPORTUNITY CENTERS



LOOKING FOR FURTHER EDUCATION OR CAREER TRAINING?

### **FREE Services Include:**



High School Equivalency Assistance (TASC, GED, etc.)



Researching Schools & Programs



**College & School Applications** 



Scholarship Searches & Financial Aid Paperwork



Student Loan Counseling



**Veterans' Education Benefits** 



**Career Exploration** 

AEOC serves adults, college students, and high school seniors residing in or considering school in the following New York counties:

Genesee | Orleans | Livingston

Wyoming | Allegany | Cattaraugus

Our professional Outreach Specialists can help you prepare to apply to and enroll in any:

College | University | Stand-Alone Classes

Career Training Programs

Trade School | Technical School

High School Equivalency Programs

Our staff is also trained through the New York State Financial Aid Association to best assist with the student financial aid process.



AEOC@GENESEE.EDU



TRIOAEOC

APPLY TODAY: FLOW.PAGE/AFO

0

585-483-1813 (CALL OR TEXT)



GENESEE.EDU/AEOC

TRIO Adult Educational Opportunity Center is funded by the U.S. Department of Education & hosted at SUNY Genesee Community College

Continued on page 17

**NACS News** 

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# TRIO ADULT EDUCATIONAL OPPORTUNITY CENTER (AEOC) FAST FACTS

TRO

OPPORTUNITY CENTERS

Email: AEOC@genesee.edu Call or Text: 585.483.1813

4,892

Number of square miles covered in our six-county target area



\$0

Cost for participants to receive AEOC's educational and financial services, including help with all applications



1,311

Number of participants we are funded to serve each year

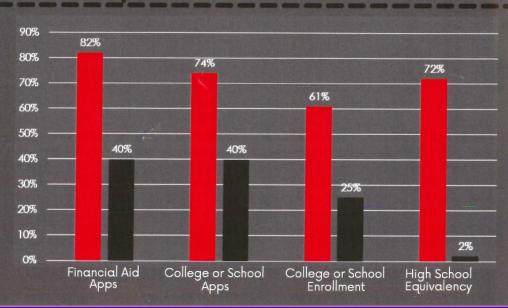


250+

Number of veterans served since 2016



AEOC PARTICIPANTS VS GENERAL PUBLIC



### **Job Posting**



### NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street ● Buffalo, NY 14207-2854 ● (716) 874-4460 ● Fax (716) 874-1874
1522 Main Street ● Niagara Falls, NY 14305 ● (716) 299-0914 ● Fax (716) 299-0903
76 West Avenue ● Lockport, NY 14094 ● (716) 302-3035 ● Fax (716) 302-3037
100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984
Syracuse Office: TBD

Equal Opportunity Employer

Position: Family Preservation Caseworker

Type: Hourly / Non-Exempt Salary/ Range: \$19.23 / hour

Offices: Erie & Niagara Counties (multiple open positions)

#### Summary :

The Family Preservation Caseworker works in conjunction with the Local County Department of Social Services (LCDSS /DSS) and is responsible for providing prevention services to families referred from DSS. Incumbent helps children remain safely in their homes and prevent placement outside of their home. All efforts will be performed with understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

**GENERAL RESPONSIBILITIES:** This position description is not intended to be all-inclusive but to give a general outline of duties to be performed.

- Provide effective and efficient case management for assigned families
- Maintain strong communication with the family working toward stabilizing and strengthening the family unit, with regular face-to-face contact
- · Make use of appropriate counseling, parent training, home management, support, and advocacy services
- Work collaboratively with referral sources, community service providers, and family members to meet goals
- Produce accurate, thorough, and timely progress notes in CONNECTIONS
- Ensure all court mandated or recommended services are applied and supported
- · Provide transportation for meetings, services, and appointments in a safe, reliable vehicle, as necessary
- Maintain confidentiality per agency standards and all applicable codes of ethics
- Other duties as assigned

### EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study preferred, with experience in child welfare required.
- Knowledge of ICWA, ASFA, Federal and State regulations, as well as mandated reporting requirements.
- Must be able to work remotely and in-person and be flexible to evening and weekend hours.
- Must pass all background checks and pre-hire requirements.
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations.
- Knowledge of local Native American communities.
- Ability to become certified in CPR and First Aid
- Must be able to lift minimum of 30 lbs.
- Must be able to perform in a smoke-free environment.

ForConsideration: Send Resume to:

humanresources@nacswny.org

### **Job Posting - Erie County**



### NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street ● Buffalo, NY 14207-2854 ● (716) 874-4460 ● Fax (716) 874-1874
1522 Main Street ● Niagara Falls, NY 14305 ● (716) 299-0914 ● Fax (716) 299-0903
76 West Avenue ● Lockport, NY 14094 ● (716) 302-3035 ● Fax (716) 302-3037
100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984
Syracuse Office: TBD

Equal Opportunity Employer

Position: Workforce Development Specialist

Type: Hourly / Non-Exempt Salary/ Range: \$19.00 / hour Office: Buffalo (Travel Required)

#### Summary:

The Workforce Development Specialist assists in planning and implementing goals and objectives of the Workforce Development Component as well as ensuring quality of service provision to clients. Incumbent will be flexible to evening and weekend schedules. All efforts will be performed with understanding of and in accordance with Good Mind Principles, while also adhering to the principles of Trauma Informed Care (TIC).

### **ESSENTIAL DUTIES AND RESPONSIBILITIES:**

- · Conducts Initial intake and comprehensive testing to determine client eligibility and needs.
- Develops an Individual Employment Plan (IEP) with client.
- Develops and provides workshops to clients in such areas of academic, life skills, and technical areas.
- Keeps abreast of current trends in the local job market.
- Establishes an effective support network and provides referrals for clients.
- Attends and participates in weekly component staff and other required meetings.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.
- Develops an outreach action plan to successfully recruit and retain participants and employers into the program.
- Conducts outreach to academic entities, unions, coalitions, service providers, and other individuals/agencies to promote services, develop linkages, build network opportunities and advocate for issues in the Native American Community.
- Develops and nurtures relationships with employers for on-the-job training agreements and work experience
  opportunities for clients.
- · Other duties as assigned

### EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study preferred, with three (3) years' experience in workforce
  development including supervision and program management, or a combination of education and work experience
- Knowledge of local area service providers
- Must be able to work remotely and in-person
- Must pass all background checks and pre-hire requirements
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K
- Intermediate computer skills and understanding of office applications including MS Office Suite
- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations
- Knowledge of local Native American communities
- Must be able to lift minimum of 30 lbs.
- Must be able to perform in a smoke-free environment

For Consideration: Send Resume to:

humanresources@nacswny.org

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### Job Posting - Erie & Niagara Counties



### NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street • Buffalo, NY 14207-2854 • (716) 874-4460 • Fax (716) 874-1874
1522 Main Street • Niagara Falls, NY 14305 • (716) 299-0914 • Fax (716) 299-0903
76 West Avenue • Lockport, NY 14094 • (716) 302-3035 • Fax (716) 302-3037
100 College Ave. Suite 200 • Rochester, NY 14607 • (585) 514-3984 • FaxTBD

### **Equal Opportunity Employer**

Posting Date: March 13, 2023
Position: Clubhouse Youth Advocate

Type: Full-time (40 hours) / Hourly / Non-Exempt

Hours: Non-Traditional (evenings and weekends required)

Salary: \$19.23 hourly

Office: 1005 Grant Street & 1522 Main Street -2 counties Erie & Niagara

### Summary

Under the guidance of the Youth Services Director, the Youth Advocate will provide a safe, supportive, culturally appropriate, alcohol and drug free environment for all members. The Youth Advocate will ensure that youth, receive resource information for their appropriate needs, services, supports, and/or activities to ensure overall good health. The Clubhouses welcome self-identified Native American youth and young adults ages 13-18. This program empowers youth to work with and support each other to achieve personal and common goals related to Native culture and free from alcohol and drugs. Must be able to exhibit and provide strong leadership and have proven sound decision-making skills. Youth Advocate must be available for non-traditional hours, meaning evenings and weekends. The Clubhouses are open 25 hours per week. Clean, valid NYS driver license is required.

#### Essential Duties and Responsibilities:

- Have knowledge & understanding of substance use
- · Recruit youth participants through outreach efforts at community events, local schools, etc
- Establish and expand a network of referral resources to provide relevant, and appropriate services to youth
- Meet with youth one-on-one and in group settings, and develop individualized Advocacy plans with youth
- Ensure youth programming is evidence-based and assist with delivering curriculum
- Get and stay versed in prevention theories, strategies, and practices
- Assure Clubhouse maintenance, cleanliness, and safety
- Adhere to data collection & performance measurement requirements determined by SAMHSA & OASAS
- Raise awareness in community regarding the Clubhouse and substance use

### **Education, Qualifications, Skills:**

- Bachelor's degree from accredited institution with supervisory experience or relevant role
- Experience w/ at-risk youth
- Intermediate computer skills and understanding of office applications including MS Office Suite
- Familiarity with & sensitivity toward local Native American community, its traditions & teachings
- Effective oral, written, and social media skills
- Able to abide by a smoke-free policy
- Capable of lifting at least 35 lbs. and able to stand for at least 2 hours
- Clean valid NYS driver's license w/ own transportation & auto insurance liability coverage 100/300k minimum

Acceptable outcome of background investigations

For Consideration: Send Cover & Resume to: humanresources@nacswny.org

### **Job Posting - Erie County**



### NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street • Buffalo, NY 14207-2854 • (716) 874-4460 • Fax (716) 874-1874
1522 Main Street • Niagara Falls, NY 14305 • (716) 299-0914 • Fax (716) 299-0903
76 West Avenue • Lockport, NY 14094 • (716) 302-3035 • Fax (716) 302-3037
100 College Ave. Suite 200 • Rochester, NY 14607 • (585) 514-3984 • Fax TBD

### **JOB POSTING**

Equal Opportunity Employer **Posting Date:** February 1, 2023

Position: Youth Clubhouse Site Manager

Type: Full-time (40 hours) / Hourly / Non-Exempt

Hours: Non-Traditional (evenings and weekends required)

Salary: \$19.23 hourly Office: Buffalo, NY

The information following indicates the general nature and level of work expected of this position. It is not necessarily a comprehensive inventory of all duties, responsibilities, qualifications, and objectives required of this position.

### Summary

Under the guidance of the Youth Services Director, the Managers will provide a safe, supportive, culturally appropriate, alcohol and drug free environment for all members. The Clubhouses welcome self-identified Native American youth and young adults ages 13-18. This program empowers youth to work with and support each other to achieve personal and common goals related to Native culture and free from alcohol and drugs. This position will assist in the oversight of activities, cultural programming, and staffing of Curriculum Presenter and Youth Leaders. Must be able to exhibit and provide strong leadership and have proven sound decision-making skills. Managers must be available for non-traditional hours, meaning evenings and weekends. The Clubhouses are open 25 hours per week. Clean, valid NYS driver license is required.

### Duties / Tasks include (but not limited to):

- · Have knowledge & understanding of substance use
- Implement a Youth Clubhouse Program
- Monitor staff and provide constructive feedback
- Oversee workshops and activities
- Ensure youth programming is evidence-based
- Maintain a productive & interesting environment
- Serve as a facilitator & member of the Youth Advisory Council (YAC)
- · Coordinate scheduling of Youth Leaders
- Organize safe transportation for members
- · Get and stay versed in prevention theories, strategies, and practices
- · Assure Clubhouse maintenance, cleanliness, and safety
- Adhere to data collection & performance measurement requirements determined by SAMHSA & OASAS
- Raise awareness in community regarding the Clubhouse and substance use
- Prepare any paperwork and reports on time

#### \*Qualifications:

- Bachelor's from accredited institution
- Supervisory experience or relevant role
- Experience w/ at-risk youth
- Computer skills & Microsoft savvy
- Ability to identify problems and solve them
- Understanding of non-profits
- Demonstrated ability to organize and get things done
- Familiarity with & sensitivity toward local Native American community, its traditions & teachings
- Effective oral, written, and social media skills
- Able to abide by a smoke-free policy
- Capable of lifting at least 35 lbs. and able to stand for at least 2 hours
- Clean valid NYS driver's license w/ own transportation & auto insurance liability coverage 100/300k minimum

• Acceptable outcome of background investigations

For Consideration: Send Cover & Resume to: <a href="mailto:humanresources@nacswny.org">humanresources@nacswny.org</a>

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Native American Community Services of Erie & Niagara Counties, Inc. 1005 Grant Street Buffalo, New York, 14207

Please detach and return to:

1005 Grant Street, Buffalo, New York 14207

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YES, I'D LIKE TO HELP NACS C	ONTINUE ITS TRADITION OF CARING!!	
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\$100		
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FUNDED BY: Erie County Department of Social Services; Erie County Youth Bureau; New York State Office of Children & Family Services; New York State Office of Alcoholism & Substance Abuse Services; NYS DOH/Family Health; Community Foundation for Greater Buffalo; Niagara County Department of Social Services, Niagara County Office of the Aging; US Department of Labor; Administration for Native Americans (ANA); Jessie Smith Noyes Foundation; The Oishei Foundation, as well as businesses, foundations and caring individuals.

Native American Community Services of Erie & Niagara Counties, Inc.

Phone

City / State / Zip Code

☐ Please add me to your mailing list!