



# NACS News

*A Tradition  
of Caring*

May 2024  
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**Native American Community Services of Erie & Niagara Counties, Inc.**

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## Memorial Day: Acknowledging Native American Veterans

*submitted by George T. Ghosen, Editor*

Memorial Day 2024 is on May 27 and we pay homage to the veterans who have served our country. Memorial Day was originally known as Decoration Day and was first celebrated in 1868 to observe and honor fallen soldiers of the Civil War – including more than 20,000 Native Americans who served. Memorial Day evolved in 1971 to recognize all soldiers, past or present, not just those who had fallen.

Historically, more Native Americans have served in the U.S. military than any minority group, and their most key supporters are their communities back home. However, many people are unaware of the exceptional contributions of American Indian, Native Hawaiian, and Alaska Native veterans over the past two centuries.

Some may ask, “Why serve a country that has slighted our people?” Many Native Americans will contend that the land is still ours and while we are fraught with many ongoing social complications, the need for defending our country, our land, and our peoples prevails. Nearly 19% of Native Americans have served in the armed

forces since 9/11 alone.

Watch Also: [Why We Serve: Stories of Native American Service](#)

Remarkably, even before Native Americans became citizens of the United States in 1924, during World War I (July 28, 1914 – November 11, 1918), some 12,500 American Indians served in the armed forces. They fought for freedom when they weren’t even citizens of this country. Almost two-thirds of American Indians who served did so in the infantry, where they won widespread praise for bravery and achievement. Almost 5% of American Indian combat soldiers lost their lives, compared to 1% of American forces overall.

### **Native Americans in the U.S. Army**

Throughout our nation's history, Native Americans have served valiantly and with distinction in times of peace and war, while also fighting for the right to be an equal part of our nation. We recognize their rich heritage and honor

their spirit and true devotion to our country. Native Americans have a distinguished legacy in the Army - many thousands have served in the armed forces from the early days of the Revolutionary War, with the Lewis and Clark expedition, as Scouts with the U.S. Cavalry and as Code Talkers in World War II.

### **Code Talkers**

For many years, the code talkers’ work remained classified. Then on June 18, 2002, Congress passed the Code Talkers Recognition Act to recognize the important part that these Soldiers played in “performing highly successful communications operations of a unique type that greatly assisted in saving countless lives and in hastening the end of World War I and World War II.” The act further states that the code talkers operated “under some of the heaviest combat action ... around the clock to provide information ... such as the location of enemy troops and the number of enemy guns.”

Congress recognized the re-

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

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[gghosen@nacswny.org](mailto:gghosen@nacswny.org)

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markableness of the code talkers' achievements, despite societal discrimination against them. The act states that at "... a time when Indians were discouraged from practicing their native culture, a few brave men used their cultural heritage, their language, to help change the course of history."

Leaders of the U.S. House and Senate honored Native American code talkers in a Congressional Gold Medal ceremony held in Emancipation Hall of the U.S. Capitol Visitor Center, Nov. 20, 2013. The medal – Congress's highest expression of appreciation – was awarded in recognition of the valor and dedication of these code talkers as members of our Armed Forces during World War I and World War II. The nation's highest civilian honor, were awarded to 33 tribes.

Former House Speaker John Boehner (R-OH) stated in his remarks, "Because of them, deeds that may well have been relegated to legend will now live on in memory. And heroes who for too long went unrecognized will now be given our highest recognition."

### **Spc. Lori Piestewa**

Remembrance for Spc. Lori Piestewa, a Hopi tribal citizen, who was the first female American soldier to die in the invasion of Iraq. She is also remembered as the first American Indian woman to die for the United States.

Piestewa was born in Tuba City, Arizona, to Terry Piestewa and Priscilla "Percy" Baca. Her father is Hopi Native American and her mother is Mexican-American. The couple first met in 1964 and married in November 1968.

The Piestewa family had a long military tradition; her paternal grandfather served in the U.S. Army in the European Theatre of World War II, and her father Terry Piestewa was drafted in the U.S. Army in September 1965 and served a tour of duty in the Vietnam War before he returned home in March 1967.



*Specialist. Lori Piestewa*

The Piestewa family resided in Tuba City, a town located on the Navajo Indian Reservation in Coconino County. As a child, she was given the Hopi name *Qötsa-Hon-Mana* (Uto-Aztecan pronunciation: [ˈkʰɔtsa ˈhon ˈmana], White Bear Girl). Her surname is derived from a Hopi language root meaning "water pooled on the desert by a hard rain"; thus, Piestewa (Uto-Aztecan pronunciation: [piˈɛstɛwa]) translates loosely as "the people who live by the water."

Lori deployed from Fort Bliss in Texas. She had only been in Iraq for five weeks. Piestewa was only 23 years old when she gave her life in 2003. She left behind two young

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children.

For several years, Terry Piestewa, Lori's father and a Vietnam veteran, wore a cap that read: "All give some, some gave all."

In the immediate years after Piestewa's death, tribal communities across Indian Country celebrated her life and death. At first, her family found the memorials in her honor difficult at first. As time passed, the family found the memorials and tributes to Lori beneficial.

"Now that it's been going on a while, it's been helping us to heal," her father said. "And it helps our grandchildren to know their mother, because when you're that young, you don't know your parents when they leave. Through what is happening to us, our grandchildren are getting to know their mother quite well. They know that there are a lot of people out there still thinking about their mother."

Also watch: [The Warrior Tradition](#)

### **Native American Veterans Memorial**

The National Native American Veterans Memorial opened on



*Native American Veterans Memorial, Washington, DC*

November 11, 2020, on the grounds of the National Museum of the American Indian in Washington, DC. The memorial was dedicated with a procession and ceremony on the National Mall on November 11, 2022. This tribute to Native heroes recognizes for the first time on a national scale the enduring and distinguished service of Native Americans in every branch of the US military.

"Native Americans have always answered the call to serve, and this memorial is a fitting tribute to their patriotism and deep commitment to this country," says the museum's director Kevin Gover.

"Native peoples have served in the United States military since the American Revolution and continue to serve at one of the highest rates per capita of any population group," wrote Smithsonian Secretary Lonnie Bunch in the November issue of Smithsonian magazine. The Memorial "will recognize - for the first time on a national scale - the extraordinary service of these men and women and our shared obligation to honor this legacy," he wrote. "I have always thought that you can tell an enormous amount about a nation by what it chooses to remember. This memorial and others to veterans, both on the National Mall and around the United States, are vital corners of our national memory."

**Harvey Pratt**, who designed and created the National Native American Veterans Memorial, says he believes it

will become a place of strength, power, healing and spirituality. Visitors will be coming "to pray for their family, for their loved ones that are in the military, they're going to pray for ancestors that were in the military, they're going to pray for their grandchildren [who] will be in the military," says Pratt, a 79-year-old multimedia artist, Marine Corps veteran of Vietnam, and member of the Cheyenne and Arapaho Tribes of Oklahoma.

"They will come and make blessings and make sacrifices," he says.

"Harvey Pratt created a space where Native people will be able to - whether in groups or individually - come into the space and if they want to they can do a ceremony to remember their own service or veterans from their community or their family," says Rebecca Trautmann, the museum's curator for the Memorial.

The Memorial - dominated by a 12-foot diameter stainless steel silver circle balanced on a 20-inch-high stone drum - is nestled in a woodlands environment just outside the museum's main entrance. Visitors approach the Memorial on a meandering pathway and can enter a circular seating area from one of the four cardinal directions. There are four stainless steel vertical lances with bronze feathers and tips where visitors can tie prayer cloths. The seals of the five branches of the U.S. armed forces are on a wall nearby.

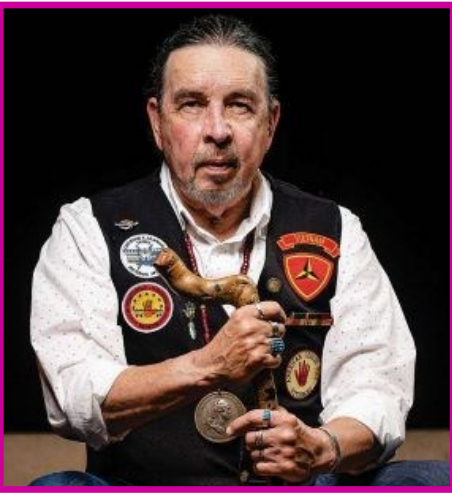
### **Harvey Pratt**

Harvey Pratt, a member of the

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Cheyenne and Arapaho Tribes of Oklahoma and a Marine Corps veteran, almost didn't submit his winning design for the National Native American Veterans Memorial. In spite of the recognition he's earned for his artwork, he thought he would be outcompeted by the more than 100 other artists and architects who participated.

But then, as he recently revealed in an interview with NMAI's cultural interpretation manager Mandy Van Heuvelen (Mnicoujou Lakota/Cheyenne River Sioux Tribe), he was encouraged by another veteran and inspired by a dream. In the morning, he began to sketch a concept that would incorporate elements of wind, fire, water and earth and unite all Native visitors "through ceremony and the spirituality of Native American people." Pratt says, "There are special places on this Earth that Indians go to, into the mountains and in the valleys. And so, I thought, you know, it has to be some place we go to. It has to be a destination."

Pratt brought not only his experience as a Native artist but

as a Marine to the table. Born in 1941, he grew up in El Reno, Oklahoma, a small town just west of Oklahoma City. He served in the Vietnam War in 1963 as part of a unit assigned to protect troops and recover pilots who had been shot down.

After returning to civilian life, Pratt served as a police officer for Oklahoma's Midwest City Police Department. There, he created his first drawing that led to an arrest and conviction. In 1972, he joined the Oklahoma State Bureau of Investigation and spent the next 30 years as an investigator. Upon retirement, he became a forensic artist, reconstructing faces of victims and culprits, aiding national and international law enforcement agencies in high profile cases such as the bombing of the Alfred P. Murrah Federal Building in Oklahoma City in 1995.

Pratt still occasionally helps on cases and serves as a Cheyenne Peace Chief, but his full-time passion is his art. He works in oil, acrylic, watercolors, metal, clay and wood.

Among his favorite art topics are "history, tradition, truthfulness, tribulation and humanity's essence."

Such themes are clearly reflected in his exceptional memorial design.

Listen to Pratt's entire interview on NMAI's YouTube channel: [www.youtube.com/SmithsonianNMAI](http://www.youtube.com/SmithsonianNMAI).

On this Memorial Day, please take time to remem-



ber and honor those fallen warriors who gave all. It is part of the healing process.

Resources:

- [Partnership With Native Americans](#)
- [U.S. Army](#)
- [Native News Online](#)
- [Wikipedia](#)
- [Smithsonian Magazine](#)
- [National Museum of the American Indian](#)
- [NMAI American Indian Magazine](#)



# May is Mental Health Awareness Month

*submitted by George T. Ghosen, Editor*

**M**ental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being. While Mental Health Awareness Month is celebrated in the U.S., a more universal day is also celebrated by the WHO on October 10, and it is known as [World Mental Health Day](#).

## History of Mental Health Awareness Month

Mental Health Awareness Month was first celebrated in 1949. It was commemorated by the Mental Health America organization, which was then known as the National Committee for Mental Hygiene and then later as the National Mental Health Association before it got its current name. The association was founded by Clifford Whittingham Beers. Beers, who was born in 1876 in Connecticut, was one of five children in his family who all suffered from mental illness and psychological distress. All of them also went on to spend time at mental institutions and it was from his hospital admittance that he discovered that the mental health field had a notorious reputation for malpractice, maltreatment, and immense bias.

Beers went on to author “A Mind That Found Itself”, which is a

bestseller even today. Gaining popularity and support from medical professionals, Beers founded the National Committee for Mental Hygiene. Beers and his colleagues at the association wanted to find ways to make sure that mental health patients not only received the right care but also did not feel alone in their fight against mental diseases.

Since 1949, each year, a theme is selected to be highlighted and celebrated throughout May. Recent years have seen themes like ‘Do More for 1 in 4’ (2011), ‘B4Stage4’ (2015), and ‘Nature’ (2021). During the month, various events are held that are covered by media and well-known figures like politicians and actors. Mental Health America also diligently releases a [mental health toolkit](#) for outreach activities.

## Warning Signs and Symptoms

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn’t always easy. There’s no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low

- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don’t exist in objective reality)
- Inability to perceive changes in one’s own feelings, behavior or personality (“lack of insight” or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they’re still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

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- ♦ Changes in school performance
- ♦ Excessive worry or anxiety, for instance fighting to avoid bed or school
- ♦ Hyperactive behavior
- ♦ Frequent nightmares
- ♦ Frequent disobedience or aggression
- ♦ Frequent temper tantrums

### Where To Get Help

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step. Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.

Contact the [NAMI HelpLine](#) to find out what services and supports are available in your community.

If you or someone you know is struggling or in crisis, help is available. [Call](#) or [text](#) 988 or chat [988lifeline.org](#) to reach the 988 Suicide & Crisis Lifeline.

### Receiving A Diagnosis

Knowing warning signs can help let you know if you need to speak to a professional. For many people, getting an accurate diagnosis is the first step in a treatment plan.

Unlike diabetes or cancer, there is no medical test that can accurately diagnose mental illness. A [mental health professional](#) will use the [Diagnostic and Statistical Manual of Mental Disorders](#), published by the American Psychiatric Association, to assess symptoms and make a diagnosis. The manual lists criteria including feelings and behaviors and time limits in order to be officially classified as a mental health condition.

After diagnosis, a health care provider can help develop a treatment plan that could include medication, therapy or other lifestyle changes.

### Finding Treatment

Getting a diagnosis is just the first step; knowing your own preferences and goals is also important. Treatments for mental illness vary by diagnosis and by person. There's no "one size fits all" treatment. Treatment options can include [medication](#), [counseling \(therapy\)](#), [social support and education](#).

Watch Also: [10 Common Warning Signs Of A Mental Health Condition](#)

### Mental Health Treatment Works

Concerned that you or a loved one may be experiencing mental illness? You are not alone. Get professional help. Mental health is an important part of overall health and well-being, yet mental illness affects millions of people and their families nationwide. Know that treatment for mental illness is effective - and help is a phone call away.

### Mental Illness Is Common, But Too Often Not Treated

Before the COVID-19 pandemic, about one in five adults had a mental illness. Without a doubt, the pandemic has affected the state of mental health in our country and made mental illness even more common. It is rare that a family is not touched by a mental health condition, one that can interfere with your or a loved one's ability to work, sleep, eat, and enjoy life.

Mental health disorders in-

clude anxiety, depression, seasonal affective disorder, or more serious illnesses as bipolar disorder, major depression, schizophrenia, post-traumatic stress disorder (PTSD), and more. Unfortunately, most people with mental illness do not receive mental health services that they need.

### Treatment Works, Treatment Is Available

The good news: Research shows treatment for mental illness works. With appropriate treatment, people can manage their illness, overcome challenges, and lead productive lives.

Treatment for mental illness is effective. Mental health services also are covered by most health plans—by law. And like physical health conditions, it's clear the earlier you get treatment for mental illness, the better—and the better you or your loved one will feel and do.

Unsure of how or where to start? [Start here.](#)

### Need Help?

If you or a loved one is experiencing symptoms of mental illness, get treatment or help them get treatment. Call [SAMHSA's National Helpline](#) at [1-800-662-HELP](#) (4357), or text your zip code to [435748](#) (HELP4U) for 24-hour, free and confidential treatment referral.

You can call 1-800-273-TALK (8255) or text 'MHA' to 741741. You can also visit the following websites for more information:

1. Mental Health America: <https://mhanational.org/get-involved/contact-us>
2. Suicide Crisis Lines: [https://en.wikipedia.org/wiki/List\\_of\\_suicide\\_crisis\\_lines](https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines)
3. Suicide Prevention Lines: <https://suicidepreventionlifeline.org/talk-to-someone-now/>



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## Help Prevent Suicide

Suicide can touch anyone, anywhere, and at any time. But it is not inevitable. There is hope.

Suicide takes precious lives. It can affect anyone, anywhere at any time, devastating families and even entire communities. But it is not inevitable. Help prevent suicide and offer support to those in crisis by sharing and airing these resources.

Find more information about [suicide and recognizing suicidal behavior](#).

## At-Risk Populations

### Adults Over the Age of 45

Middle-aged people, especially men, have the highest rate of suicide compared to other groups. Eighty percent of all deaths by suicide in the U.S. are among men and women age 45-54. Men ages 85 and older have the highest rate of any group in the country. Many factors contribute to this risk, including isolation, a history of violence, and access to lethal means.

### American Indians

Young American Indian men - especially in the Northern Plains - are at high risk for suicide compared to other groups. While many of the risk factors are the same as those affecting other groups, young American Indian men face additional challenges such as historical trauma, cultural distress, poverty, geographic isolation, and suicide in the community that can cause increased stress.

### Alaska Natives

Young men living in Alaska are greatly affected by suicide, wrestling with stigma and silence. In 2017, Alaska had the second highest rate of suicide in the nation. But new prevention efforts and knowledge are mak-

ing headway in counteracting challenges such as mental health and substance abuse problems.

Watch Also:

- ♥ [Seven Generations Video for American Indians](#)
- ♥ [Heart of the Land Video for Alaska Native Youth](#)

## Other Groups at Greater Risk of Suicide

- [Veterans](#)
- [LGBTQ+](#)
- [Youth and Young Adults](#)
- [Attempt Survivors](#)
- [Loss Survivors](#)
- [Disaster Survivors](#)

## 5 Facts About Anxiety Disorder

1. Anxiety most common  
In the U.S., anxiety disorder is the most common form of mental illness.
2. Very few people seek treatment  
Anxiety disorder is treatable in many cases but only about 36% of people opt to get help.
3. Multiple factors cause anxiety  
From brain activities to genetics to life events, a host of factors can lead to a person developing an anxiety disorder.
4. Anxiety from a young age  
The National Institute of Mental Health states that 8% of American teenagers already have an anxiety disorder.
5. Exercise to fight anxiety  
Many studies have proven that a little boost of energy from exercise can help lessen the effects of anxiety disorder.

## Why We Love Mental Health Awareness Month

### 1. It's a celebration of mental health

The only way to enjoy life to the fullest and experience all its wonders is if we take care of ourselves, mentally and physically. Don't shy away from talking about what's plaguing you because it might not be your fault, no matter how much society tells you otherwise.

### 2. It's a celebration of changing attitudes

We have come a long way from the times when mental patients were treated as outcasts, not only by their loved ones but also by medical professionals. Times have started changing and more and more people are changing their outlook on mental illnesses. However, we still have a long way to go.

### 3. It's a celebration of humans

We humans are a set of meticulously-put-together details. Our minds (and bodies) work in harmony to bring us amazing feats in technology, science, humanities, literature, etc. Our mental power, therefore, needs to be taken care of for a better tomorrow for the coming generations.

## Resources:

[National Today](#)  
[National Alliance on Mental Illness](#)  
[SAMHSA](#)  
[Mental Health America](#)



# NACS' Evolution Towards Healing, Health, & Wellbeing Continues!

*submitted by Pete Hill, NACS Special Initiatives Director*

Greetings, friends, neighbors & relatives! The Special Initiatives Component at NACS has been working very hard to continue contributing to a greater, wider community movement towards greater cultural pride, identify, and healing, generating more collaborations and partnerships for the good of the community, and expanding on our evolution of how NACS addresses the many challenges and opportunities for Indigenous people and our wellbeing.

Many of our previous projects have been very successful and enlightening as we strive to promote Native wellbeing through cultural teachings and understanding historical challenges impacting Native people.

These efforts included the "Healing Our People through Empowerment" Project funded by the U. S. Conference of Mayors for Indigenous women in Niagara Falls, the "All Our Relations" Project funded by the W. K. Kellogg Foundation, the "Gathering of Good Minds" funded by the NYS Office of Minority Health and Health Disparities Prevention, and a lengthy series of Native American cultural competency trainings for hundreds of organizations throughout the region.

NACS has recently received additional funding for two new programs to continue our journey of understanding historical trauma and continuing challenges through culturally - infused programs and approaches!

- ⊕ First, the **"Together We Walk – An Indigenous Peer Education Project"** is a one-year project that will invite Indigenous people working in health services, students in high school, college, and/or university, and/or all community members who are interested in helping Native people become more aware of various health issues and risks, as well as where to access appropriate, trusted health care. Participants in the "Together We Walk" Project will be supported by a series of webinars, individual and group discussions, and certificates of completion for building a resume, and greater knowledge of personal health. Plus, participants will be eligible for up to \$2,400 for completing approximately 45 hours of training opportunities!
- ⊕ Next, the "Indigenous Health and Wellbeing Promotion" (IHAWP) Program is a new, five-year program that will also be focused on helping Native people become healthier, providing a series of in-person gatherings, virtual presentations by Indigenous Wisdom Keepers and many more people, community discussions about Social Determinants of Health, and free cultural competency trainings for organizations, community groups, educational institutions, human services, and nearly any other entities. There are three job descriptions that are available through the IHAWP Program, including a Program Facilitation Coordinator, Cultural Events Planner, and Program Facilitation Assistant. All three positions will be stationed in NACS' Buffalo office in the Special initiatives Component and supervised by the Special Initiatives Director (Pete Hill). Please see the enclosed job descriptions in this newsletter for all three positions and how to apply.
- ⊕ Both grants are provided by the NYS Department of Health/AIDS Institute and will follow the recommendations made by the Statewide Native American Advisory Task Group for the state's "Ending the Epidemic" strategy to reduce and/or eliminate health disparities relating to HIV, Hepatitis C, and sexually transmitted Infections. At the same time, we will follow two key recommendations from this Native Advisory Group for how services should be provided for Indigenous communities: A strong focus on approaching all areas of health holistically, with destigmatizing, non-judgmental, and welcoming efforts, while also addressing the underlying, contributing factors and dynamics that have largely contributed to the many health disparities impacting Indigenous people and provide opportunities for greater understating, community and personal wellness, and healing.

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Please watch for more announcements coming very soon as we embark on these two new & exciting activities!

Nyah-weh! Thank you!

*(Please see the IHAWP Flier & Job Postings on pages 24 to 27)*

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## **Indian Humor Used in a PSA Addresses Need to Use Seat Belts**

*By Levi Rickert, [Native News Online](#), March 22, 2024*

Good old-fashioned Indian humor is used in a recently released public service announcement (PSA) to drive home the requirement to wear seat belts.

The Oglala Sioux Tribe's Department of Public Safety hired Toby Brusseau, who owns Rapid City, S.D.-based Prima Materia, to create the PSA.

### [Oglala Sioux PSA](#)

The Public Safety Department wanted a PSA that could resonate with its tribal citizens of the Oglala Sioux Tribe who reside on the Pine Ridge Indian Reservation.

The result was the "Click it or Ticket" version of two Native Americans on horseback wearing seat belts.

"They wanted a new ad that would resonate with viewers," Brusseau said to a local South Dakota television station. "Most of the time, you see an overplayed public service announcement that doesn't really resonate, they can be very negative."



The actors in the PSA are two Oglala Sioux Tribe citizens. The two characters are seated in a car, and the passenger tells the driver that he doesn't want to wear a seatbelt because "our ancestors never wore them." The next scene is a flashback with both men on horseback wearing seat belts.

The Oglala Lakota Nation posted this message on its website:

"Watch as Lyle and Arlo bring their unique brand of humor to the importance of buckling up. With an unexpected twist and laugh-out-loud moments, this campaign proves that promoting safety can be both entertaining and essential."

Other Indian Country organizations that have utilized Brusseau's talents and services include Indian Community School, InterTribal Buffalo Council, and Indian Tenure Land Foundation.

[Native News Online](#)

# May is Mental Health Awareness Month

*submitted by George T. Ghosen, Editor*

Women's Health Month is observed annually in May. It was the National Cervical Cancer Coalition (N.C.C.C.) that recognized each May as Women's Health Month. During the month of May, spring is in full swing, flowers are blooming, the weather is heating up, and mothers are being celebrated on Mother's Day for all of the amazing things they do. The observation officially kicks off every year with National Women's Health Week. This is also an annual observance pioneered by the U.S. Department of Health and Human Services Office on Women's Health. The goal of the holiday is to empower women in such a way that they can make health a priority. It also equips women with the knowledge to help other women on their journeys to improve their health. With the efforts of individuals and healthcare workers, every woman can live a healthy and happy life.

## The Importance of National Women's Health Month

Women's Health Month serves as a reminder to take care of your overall health and make it a priority in your life. This includes seeking medical help when you need it, but it also involves engaging in [preventive care](#) to keep you healthy, like scheduling checkups, examinations, vaccinations, living a healthy lifestyle, and more. Around [15% of women over the age of 18 are in poor health](#).

Women's Health Month also acts as an opportunity to educate women on the most common risks to their health, the symptoms, the warning signs, and when they should seek medical attention, so they know when something is out of the ordinary. Here are some of the most important health concerns that women should consider during Women's Health Month:

### Common Health Concerns for Women

- ♦ Breast Cancer – Breast cancer is the second most common type of cancer in women in the United States. Each year, there are [nearly 250,000 new cases](#) of the disease diagnosed, meaning that [around 12% of the female population](#) will be diagnosed with breast cancer at some point in their life. In order to keep yourself safe, it's important to [know the symptoms of breast cancer](#) and have annual breast examinations to check for any signs.
- ♦ Cervical Cancer – There are [over 300,000 women living with cervical cancer](#) in the U.S., with around 14,000 new cases being diagnosed each year. Cervical cancer is most commonly caused by human papillomavirus (HPV), which is one of the most widespread sexually transmitted infections (STIs). It can take years for cervical cancer to develop, so it's important to know the symptoms, but also to [get vaccinated against HPV and schedule routine screenings](#) (Pap smears).
- ♦ Ovarian Cancer – There are [around 19,000 new cases of ovarian cancer](#) diagnosed in the U.S. each year. There are several [risk factors for ovarian cancer](#) that are important to be aware of, such as age—[two-thirds of all cases are diagnosed in women over the age of 55](#). You should also get regular pelvic examinations to check for the disease.
- ♦ Sexual and Reproductive Health – A vital area of a woman's overall health is [sexual and reproductive health](#). Many of the health concerns mentioned above factor into sexual and reproductive health, but another key area is [practicing safe sex](#). Safe sex can limit your risk of contracting [STIs](#) and help you avoid many of the symptoms and issues that come with them.
  - ◊ Caring for your sexual and reproductive health not only keeps your reproductive system healthy and safe, but it also ensures that you don't develop any underlying issues. For women who are pregnant or thinking about becoming pregnant, it's also vital to take proper [prenatal care](#), and continue to [prioritize your health throughout your pregnancy](#).
- ♦ Mental Health – Anxiety and depression are two major health concerns for everyone, but [different disorders can affect women and men differently](#). That's why it's important to take care of your mental health by [maintaining positive mental health](#), being aware of the potential signs of mental health issues, and seeking help when you notice changes in how you feel.
- ♦ Physical Activity – [More than 60% of women](#) in the U.S. do not engage in the recommended

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amount of physical activity. This can lead to other health issues, like obesity, weak muscles and bones, hypertension, cardiovascular disease, and more. Generally, it is recommended that women get around 30 minutes of moderate physical activity each day (such as brisk walking). Staying physically active will help to improve your overall health and well-being.

- ♦ Diet – Another important part of your health is what you eat. If you eat an unhealthy diet, then you are more likely to develop certain health conditions, like obesity. Eating a [well-balanced diet](#) will help to keep all parts of your body healthy, and prevent the development of other health issues.
- ♦ Osteoporosis – Osteoporosis is a disease that thins and weakens the bones, reducing bone density. Osteoporosis is more common in women than in men, with [over 80% of cases in the U.S. occurring in women](#)—around 8 million. Some [important tips for avoiding osteoporosis](#) include eating a diet with plenty of vitamin D and calcium, not smoking, and exercising regularly.
- ♦ Cardiovascular Disease – Cardiovascular disease is the leading cause of death among women in the United States, resulting in [nearly 300,000 deaths each year](#)—the equivalent of 1 out of every 5 deaths in women. That's why it's crucial to know the risk factors—diabetes, obesity, unhealthy diet, physical inactivity, smoking, and drinking too much alcohol—and take the proper steps in your life to reduce your risk of developing heart disease.

Women's Health Month is a great time to prioritize your health and to educate yourself further on the most common health risks women face. It's also a perfect time to schedule any preventive care appointments, such as screenings, examinations, and tests.

### **National Women's Health Week – May 12-18, 2024**

National Women's Health Week starts each year on Mother's Day. This health observance encourages women and girls to make their health a priority.

Taking care of yourself includes caring for your physical, mental, social, and emotional health. There's a lot that you can do – from practicing healthy habits to making and keeping all health care appointments. Practice healthy behaviors to get the care you need.

### **Talk with Your Health Providers**

Regular check-ups are important. Talk to a healthcare provider:

- To find out about [screenings and exams](#) you may need and when they should occur. You can also explore the [covered preventive services for women](#) and other services available for women at no cost.
- If you are pregnant or within the year after delivery, seek immediate care from a healthcare provider if you are experiencing [urgent maternal warning signs](#).
- If anything doesn't feel right or is concerning. Make an appointment or contact your doctor or nurse by phone or e-mail. Write down any questions or issues you may have and take them to your appointment.

### **Enjoy a Healthy and Balanced Diet**

Nutrition is an essential part of a healthy lifestyle. Learn the basics of healthier eating habits.

- Include a [healthy eating plan](#) that consists of fruits, vegetables, whole grains, fat free or low-fat milk and other dairy products, and lean meats. You can also add to or substitute dairy products with lactose-free versions and fortified soy beverages and yogurts. Your eating plan should be low in salt, saturated and trans fats, and added sugars. Learn more [healthy eating tips](#).
- If you could become pregnant, take 400 micrograms of folic acid every day. Taking folic acid before and during pregnancy reduces the risk that the baby will have a major birth defect of the brain or spine.
- Avoid [drinking too much alcohol](#). Excessive alcohol use has immediate effects that increase

*(Continued on page 12)*



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the risk of many harmful health conditions and can lead to chronic diseases. If you choose to drink alcohol, do so in [moderation](#), which is up to 1 drink a day for women. Check your drinking habits and [make](#) a plan to [drink less alcohol](#).

## Get Active

**Move more and sit less.** Every little bit of physical activity helps. Start small and build up to 2 hours and 30 minutes a week. You can break it into smaller amounts of time, such as 20 to 30 minutes a day.

Get out and about and enjoy the spring and summer weather. Physical activity is one of the most important things you can do for your health. Physical activity has [many benefits](#), including lowering your risk for [heart disease](#)—the leading cause of death for women.

- Adults should do at least [2 hours and 30 minutes](#) each week of aerobic physical activity that requires moderate effort. You don't have to do it all at once.
- Adults should do strengthening activities at least 2 days a week that include all major muscle groups.
- More than [one out of four](#) older people falls each year and [women fall more often](#) than men. Strength and balance training can help reduce falls.

## Prioritize Mental Health

What you can do

- [Take five](#). Take a deep breath and relax. Even five minutes to take care of yourself can help.
- [Be active](#). Take a walk, stretch, or exercise.
- [Connect with others](#). Reach out to friends and family.
- [Seek support from friends, family, and trusted organizations](#). Talk about your feelings with others. Reach out to clergy or others in your faith community.
- [Get help from a professional](#). Talk to a health care provider about how you are feeling.
- [Make an appointment with a counselor](#).
- [Contact the 988 Suicide & Crisis Lifeline](#). If you or someone you know is struggling or in crisis, help is available. Call or [text 988](#) or [chat 988](#).
- [Take time to unwind and enjoy your favorite activities](#).

Keep your mind and body healthy. Research shows that positive mental health is associated with better overall health and well-being. There are some important steps you can take to get the support you need to cope with stress and improve your well-being.

## Practice Healthy Behaviors

- If you menstruate, [maintain healthy habits during your period](#), like changing your menstrual products regularly and tracking your cycle. Learn about your [menstrual cycle](#) and talk to a healthcare provider about any concerns you have. Reach out to local health or social service organizations if you need help affording menstrual products.
- [Menopause](#) is a normal change in a woman's life when periods stop. A woman has reached menopause when she has not had a period for 12 months in a row. If you are experiencing menopause, learn about ways to help relieve your [menopause symptoms](#).

## Take care of your body.

Staying physically healthy can improve your emotional well-being. Here are some suggestions:

- **Take steps to prevent yourself from getting sick**—Keep up with regular health appointments and make sure to get [vaccinated](#).
- **Get enough sleep** for your overall health. It impacts how you feel and perform during the day. Adults need at least 7 hours of sleep each night. [Good habits](#), such as following a regular sleep schedule, including weekends, make it easier for you to get the sleep you need.

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- **Avoid using illegal drugs or prescription drugs** in ways other than prescribed. Don't take someone else's prescription. Substance use [treatment](#) is available and [recovery starts with asking for help](#).
- **Avoid [smoking](#), [vaping](#), and the use of other [tobacco](#) products.** People can and do [quit smoking](#) for good.
- **Make time to unwind.** Try to do some activities you enjoy.
- **[Connect with others](#).** Having quality relationships and a sense of belonging is important for both our physical and mental health. Talk with people you trust about your concerns and how you are feeling.
- **Find a local support group.** Support groups provide a safe place for people to find comfort. You are not alone.
- **Recognize when you need more help.** If stress gets in the way of your daily activities for more than two weeks, or you are thinking about suicide, talk to someone who can help. You can talk to a psychologist, social worker, or professional counselor.
- **If you or someone you know is struggling or in crisis**, help is available. Call or text [988](#) or chat [988](#).
- **If you are experiencing violence**, reach out for support. Visit the [National Domestic Violence](#) Hotline or call 1-800-799-7233 and TTY 1-800-787-3224.

### Why National Women's Health Week is Important

#### ♥ Happiness starts with good health

Healthy women have more energy to get through the day and approach life with more hope and optimism. They are less stressed and experience lower levels of anxiety. Use National Women's Health Week as a reminder to breathe.

#### ♥ Kids need their moms

For moms, living a healthier lifestyle and taking preventative measures means they'll be around longer for their kids. Also, kids tend to adopt their parents' habits; healthy moms are likely to have healthier kids.

#### ♥ Good health is infectious

When friends and family see how happy you are by living a healthier lifestyle, they'll want a piece of that happiness pie. Living and eating well shows others that they can do it too.

### Resources:

- ♥ [National Today Women's Health Month](#)
- ♥ [MyAllyHealth](#)
- ♥ [CDC.gov](#)
- ♥ [National Today Women's Health Week](#)



Women's Health  
awareness





Native American Community Services

# SAGE Program

Supporting Assets, Growth and Economics

**\*DAY\***

**Thursdays**

**\*TIME\***

**12:00pm - 2:00pm**

**\*PLACE\***

**1005 Grant St., Buffalo, NY 14207**

For Native American community  
members aged 50 and over.

The program will feature craft classes,  
guest speakers, estate planning,  
expert presenters, and community choice.

Contact Colleen Casali for more information @ 716-548-1348

Funded by Niagara County Office for the Aging, Five Star Bank and LifeSpan



NATIVE AMERICAN COMMUNITY SERVICES

# Corn Husk

INSTRUCTOR: BERNADETTE SCOTT

All Classes 5:30-8:30pm

## ERIE COUNTY

May 22nd  
June 5th  
June 12th  
June 26th

20 Person Limit Per  
County

REGISTRATION COVERS  
ALL 4 WEEKS OF CLASS

Contact:  
Colleen or Arriana  
(716) 874-2797 ext. 334

## NIAGARA COUNTY

May 23rd  
June 6th  
June 13th  
June 27th



## R O O T S

### REDISCOVERING OUR ONKWEHON:WE TRADITIONS

Funded By: The Department of Health &  
Human Services-Administration for Native  
Americans

# SEEKING PARENTS OR GUARDIANS

## PARENTING & HEALTH RESEARCH STUDY

### Eligibility

- ▶ Self-identify as American Indian or Alaska Native & live in urban area
- ▶ Primary caregiver of American Indian or Alaska Native youth age 12-17

**REGISTER NOW**



**(716) 874-4460**



Your family could be eligible to receive up to \$200 in gift cards  
Contact the Project Coordinator for more details

**ASU** Global Center for  
Applied Health Research  
Arizona State University

ASU IRB IRB # STUDY00016808 | Approval Period 3/17/2023 – 3/19/2025





## Who Can Foster

- Singled/Married
- Working/Retired/Stay at home parent
- 21 and Over
- Rent/Own
- Adequate Income
- Stable Home
- Reside in Erie/Niagara County

## Greatest Needs

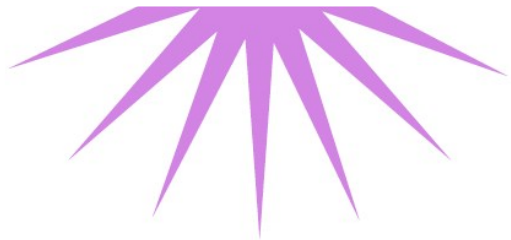
- Racially & Ethnically Diverse Children
- Sibling Groups
- Various Age Groups Birth -18 Years Old
- LGBTQ+ Youth

**BE THE DIFFERENCE, BE A FOSTER PARENT  
TAKE THE FIRST STEP AND CONTACT US AT**

**☎ (716) 574-8940  
✉ [jfrappa@nacswny.org](mailto:jfrappa@nacswny.org)**

**NATIVE AMERICAN COMMUNITY SERVICES**





SAVE THE DATE!

NATIVE AMERICAN COMMUNITY SERVICES PRESENTS

# SUMMER KIDS CAMP



JULY 8-AUGUST 16, 2024



## ACTIVITIES:

- HAUDENOSAUNEE LANGUAGE LEARNING
- ARTS AND CRAFTS
- GAMES
- FIELD TRIPS



AGES 5-13



FOR MORE INFORMATION, CONTACT SARAJANE GOMLAK-GREEN

[SGOMLAKGREEN@NACSWNY.ORG](mailto:SGOMLAKGREEN@NACSWNY.ORG)

716-874-4460 EX. 341



## Native American Community Services Program Offerings through the Stages of Life Empowerment (SOLE) Program



The following programs can be conducted throughout a variety of venues in **Erie and Niagara Counties** for FREE, including but not limited to schools, youth programs, family nights, parent events, etc. Please contact **SOLE Program Director Simone Alston** at 716-983-2564 or [sshuster@nacswny.org](mailto:sshuster@nacswny.org) for more information or to book programming.

*\*All programs can be adapted to meet your group's specific needs, and programs can be created on other topics by request\**

*\*Adult workshops available upon request, please contact for more information\**

Target Population	Program Name	Program Description	Implementation Guidelines
<b>EVIDENCE-BASED CURRICULA FOR YOUTH</b>			
<i>*These curricula have undergone rigorous scientific evaluations that have shown their effectiveness*</i>			
<i>*Ask about our other Evidence Based Programs*</i>			
Youth, Ages 13-18	<b><i>Be Proud! Be Responsible!</i></b>	Evidence-Based Curriculum that provides youth with a comprehensive approach to gain the knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of sexually transmitted infections (STIs), HIV and pregnancy.	-Seven 50 minute sessions
<b>YOUTH WORKSHOPS</b>			
<i>*Other Workshops available: Unhealthy Relationships, Barrier Demonstrations, etc.*</i>			
Youth, Ages 10-18	<b><i>A Youth's Guide to Adolescent Development</i></b>	Helps youth understand the changes they undergo during adolescence, and pays special attention to understanding changes, anatomy, and encourages respect for sexual orientation and gender diversity.  <i>*Recommended workshop prior to Evidence-Based Curricula*</i>	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Female Puberty: We All Go Through It!</i></b>	Walks young females through the biological changes they will encounter during puberty with special attention to anatomy, hygiene, menstruation, and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Male Puberty: What to Expect</i></b>	Walks young males through the biological changes they will encounter during puberty with special attention to anatomy, hygiene, and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>A Youth's Guide to Puberty &amp; Hygiene</i></b>	Walks young people of all genders through the biological changes they will encounter during puberty with special attention to hygiene and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>A Youth's Guide to Healthy Relationships</i></b>	Allows youth to explore the basics of healthy relationships (romantic and platonic) and provides insight to keep their current relationships healthy.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Safer Sex: Online Safety, Privacy, and Digital Intimacy</i></b>	Offers youth helpful tips about safe internet use as they begin to use social media more frequently, highlighting the consequences of sexting, sexual harassment, and cyber bullying.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Skills for a Healthy Life</i></b>	Focuses on the importance of healthy life skills, as they are the building blocks for overall health and wellness. Special attention is paid to stress management, time management, and goal-setting.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>You Have Rights: Minors' Rights to Reproductive Health Care</i></b>	Provides an overview of minors' rights in accessing sexual and reproductive health care services in New York State. Many youth are unaware that they do not need parental consent to receive these services.	-Approximately one 45 minute session

Funded by: NYS Department of Health/Bureau of Child & Adolescent Health and Cicitelli Associates Incorporated; as well as businesses, foundations, and caring individuals.

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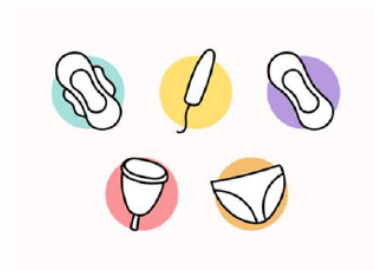


Youth, Ages 10-18	<b><i>A Youth's Guide to Consent</i></b>	Walks youth through the elements of consent, allows them to practice strategies for giving and receiving consent, and identifying its presence or absence.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>A Youth's Guide to Effective Communication</i></b>	Compares different strategies of communication, allowing youth to identify the most effective strategies, practice them, and identify them.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>A Youth's Guide to Boundaries</i></b>	Offers youth the helpful tools to establish consent and create and enforce boundaries in all relationships.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>A Youth's Guide to Anti-Bullying</i></b>	Allows youth to explore types of bullying, develop skills to prevent bullying, and provides insight into its consequences.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Period Care</i></b>	Offers insight to what to expect throughout menstruation, as well as information on menstrual products and personal hygiene.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Budgeting</i></b>	Allows youth to brainstorm ways to reduce spending and discuss the purpose of saving.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>LGBTQ+ 101</i></b>	Introduces youth to common terminology and concepts of LGBTQ+ communities, exploring inclusive ways to talk about and understand sex, gender, and sexual orientation.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>All About Abortion Access</i></b>	Introduces youth to the concept of abortion and abortion options, discusses who has abortions and why, compares myths and facts about abortion, and details abortion access and laws in New York State.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Clinic Tours</i></b>	This is an opportunity for youth to receive free scheduled tours and education about their local reproductive health clinics and facilities to reduce any associated stigma with receiving services. We pick you and your youth group up and drop you off!	-Groups of 5 or more -Approximately one-two hours -By request only -Call for Info -In clinic setting
	<b><i>Clinic Transportation</i></b>	We offer (youth) groups transportation to and from clinics and health care facilities for appointments to eliminate obstacles that prevent youth from accessing care.	



## Condom Availability Program

*Free condoms and other barrier methods are available for you or your organization, provided via pick up or drop off.  
Contact Simone Alston or contact us on our social media for availability.*



## Period Pouch Program

*Free Period Starter Pouches are available for you or your organization, provided via pick up or drop off.  
Contact Simone Alston or contact us on our social media for availability.*

## Social Media



NACS HEALTH AND WELLNESS



@NACS\_SOLE



NATIVE AMERICAN COMMUNITY SERVICES

Funded by: NYS Department of Health/Bureau of Child & Adolescent Health and Ciatelli Associates Incorporated; as well as businesses, foundations, and caring individuals.





### ABOUT NACS CLUBHOUSE:

NACS Youth Clubhouses are an alcohol and drug free space for Native youth ages 12-17.

Native youth are welcome to join our drop-in days. The clubhouses are open in the evenings during the school year. Snacks and dinners are provided for youth!



SCAN ME

FOR UPDATES ON EVENTS,  
UPDATED SCHEDULES, AND  
CURRENT SCHEDULES SCAN  
OUR QR CODE OR FOLLOW  
OUR INSTAGRAM!  
**@NACS\_CLUBHOUSE**

# ERIE AND NIAGARA YOUTH CLUBHOUSES

Clubhouse Locations (select days):

Erie County: 1005 Grant Street, Buffalo, NY 14207

Niagara County: 1522 Main Street, Niagara Falls, 14305



## POSITIVE OUTLETS

- MAKE YOUR VOICE HEARD
- ONE ON ONE SUPPORT AND GUIDANCE
- SAFE AND INCLUSIVE ENVIRONMENT
- LEARN FINANCIAL RESPONSIBILITY WITH CLUB BUCKS!

## CLUBHOUSE PERKS

### YOUTH HANGOUTS

ALL NACS CLUBHOUSE LOCATION PROVIDES:

- POOL TABLE
- DARTS
- MOVIE/GAME NIGHTS
- GUEST SPEAKERS
- FIELD TRIPS
- DINNER/SNACKS
- TRANSPORTATION



### CULTURAL IMPACTS

- LANGUAGE PROGRAMMING OPPORTUNITIES
- SOCIAL DANCES / HISTORY OF SOCIAL DANCING
- CULTURAL & EDUCATIONAL WORKSHOPS



For more information, please contact:

Hillary Beaudouin, Erie County Clubhouse Manager: (716) 449-6472

Kashmir Bowser, Niagara County Clubhouse Manager: (716) 449-6405

Funded By: The Office of Addiction Services and Supports, foundations, businesses, and caring individuals





**ATTENTION NATIVE YOUTH OF ERIE  
COUNTY AGES 12-17**

# **ON-CALL HOURS**



**HAVE A QUESTION? NEED RESOURCES?  
JUST WANT TO CHAT? HERE'S YOUR  
CHANCE!**

**EVERY MONDAY, 2-5 PM  
TEXT OR CALL HILLARY - (716) 449 6472  
OR SEND DMS TO OUR INSTAGRAM  
@NACS\_CLUBHOUSE**

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)

**ATTENTION NATIVE YOUTH OF  
NIAGARA COUNTY AGES 12-17**

# **ON-CALL HOURS**



**HAVE A QUESTION? NEED RESOURCES?  
JUST WANT TO CHAT? HERE'S YOUR  
CHANCE!**

**EVERY MONDAY, 2-6 PM  
TEXT OR CALL KASHMIR - (716) 449 6405  
OR SEND DMS TO OUR INSTAGRAM  
@NACS\_CLUBHOUSE**

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)



# TOGETHER WE WALK - PEER EDUCATION PROJECT

*Calling all Indigenous college students, human service providers, health workers, and community members!*

## INDIGENOUS PEER EDUCATION & HEALTH TRAINING

at  
Native American Community Services  
of Erie & Niagara Counties, Inc. (NACS)

*Compensation of up to \$2,400 for  
completing 45 hours of online trainings!*



**INTERESTED?** Please contact NACS Special Initiatives  
Director Pete Hill to get started! Once registered, participants  
will be scheduled to attend an orientation and be directed to  
set up their virtual learning portal.

Please email Pete at [phill@nacswny.org](mailto:phill@nacswny.org) OR call/text 716-574-8981

### Included Trainings:

“Providing Culturally Relevant Native Peer Services”  
“Health Literacy in HIV, STI, Viral Hepatitis Care”  
“LGBT Cultural Competency”  
“Trauma Informed Care”

And More!

FUNDED BY THE NEW YORK STATE  
DEPARTMENT OF HEALTH / AIDS INSTITUTE

# IHAWP 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  
960 James Street • Syracuse, NY 13203 • (315) 322- 8754

Equal Opportunity Employer

## Position: Indigenous Health & Wellness Promotion (IHAWP) – Cultural Events Planner

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$17.23-\$19.23

Office: Buffalo (Travel Required)

### Summary:

*The IHAWP Cultural Events Planner is responsible for assisting the IHAWP Coordinator in the performance of day-to-day duties in delivering and providing culturally infused events. The goal of the IHAWP program is to improve the health of Indigenous people through holistic, inclusive, and non-judgmental efforts. 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).*

### OTHER ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Liaison with and engage Indigenous communities and persons.
- Coordinate with the IHAWP Program Facilitation Coordinator to ensure all plans, logistics, expenditures, and related details are implemented successfully.
- Provide and deliver culturally infused events including community discussions addressing traditional Indigenous cultures and teachings, social determinants of health, trauma, historical traumas, healing, professional development trainings on Native American cultural competency, trauma informed care, and an Indigenous peer education component.
- Be present at all in-person gatherings and virtual community conversations to help ensure all details and logistics are addressed in advance of the sessions.
- Manage virtual platforms used by the IHAWP program and troubleshoot any issues that arise.
- Ensure philosophy of healing from historical trauma and Trauma-Informed Care perspectives, values, and practices are maintained.
- Implement and plan in-person and virtual programming in areas such as but not limited to: interventions delivered to individuals and groups, community level interventions, health communication, and public information.
- Ensure that all reporting systems, forms, and additional obligations that are required by the NYS Department of Health/AIDS Institute are completed in accordance with all applicable guidelines by all IHAWP program staff.
- Recruit participants for the IHAWP program through outreach events and materials.
- Travels to all NACS office areas (Buffalo, Niagara Falls, Lockport, Rochester, and Syracuse) as necessary for programming.
- Assist in the Data Management Plan

### EDUCATION, QUALIFICATIONS, SKILLS:

- Bachelor's degree in human services or related field of study preferred. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- 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.
- Effective problem solving, organization, time management, and communication skills.

### BENEFITS:

- |                               |                             |                       |
|-------------------------------|-----------------------------|-----------------------|
| • 403 (b) Retirement Plan     | • Health & Dental Insurance | • Life Insurance      |
| • Employee Assistance Program | • Flexible Spending Account | • Paid Time Off (PTO) |

For Consideration send resume to [humanresources@nacswny.org](mailto:humanresources@nacswny.org)

# IHAWP Job Posting



NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.  
MICHAEL N. MARTIN, EXECUTIVE DIRECTOR

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  
960 James Street • Syracuse, NY 13203 • (315) 322-8754

Equal Opportunity Employer

## Position: Indigenous Health & Wellness Promotion (IHAWP) –Facilitation Assistant

Type: Part-Time/Hourly / Non-Exempt

Hours- 20 hours per week

Salary/ Range: \$17.23-\$19.23 –

Office: Buffalo (Travel Required)

### Summary:

*The IHAWP Facilitation Assistant is responsible for assisting the IHAWP Coordinator and Cultural Events Planner in the performance and duties in delivering and providing culturally infused events. The goal of the IHAWP program is to improve the health of Indigenous people through holistic, inclusive, and non-judgmental efforts. 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).*

### OTHER ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Assist as directed by the Program Director or IHAWP Coordinator to support all needs, tasks, and obligations.
- Support and be present with the successful implementation of the IHAWP program during virtual and all in-person gatherings.
- Support in the delivery of culturally infused events including community discussions addressing traditional Indigenous cultures and teachings, social determinants of health, trauma, historical traumas, healing, professional development trainings on Native American cultural competency, trauma informed care, and an Indigenous peer education component.
- Ensure philosophy of healing from historical trauma and Trauma-Informed Care perspectives, values, and practices are maintained.
- Participate in all relevant trainings, staff meetings, community events, and outreach efforts.
- Ensure that all reporting systems, forms, and additional obligations that are required by the NYS Department of Health/AIDS Institute are completed in accordance with all applicable guidelines by all IHAWP program staff.
- Reports to and collaborates with the IHAWP staff to ensure compliance with all contractual goals, objectives, and requirements.
- Participate in the Data Management Plan.

### EDUCATION, QUALIFICATIONS, SKILLS:

- Bachelor's degree in human services or related field of study preferred. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- 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.
- Effective problem solving, organization, time management, and communication skills.

### BENEFITS:

- Paid Time Off (PTO)
- Health & Dental Insurance
- Employee Assistance Program

For Consideration send resume to [humanresources@nacswny.org](mailto:humanresources@nacswny.org)



# IHAWP 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  
960 James Street • Syracuse, NY 13203 • (315) 322-8754

## Equal Opportunity Employer

### Position: Indigenous Health & Wellness Promotion (IHAWP) - Program Facilitation Coordinator

Type: Full-Time / hourly non-exempt

Set Salary: \$20.67/hour

Office: Buffalo (Travel Required)

#### Summary:

*The IHAWP Program Facilitation Coordinator is responsible for assisting the Special Initiatives Director in the performance of day to day duties in delivering and providing culturally infused events. The goal of the IHAWP program is to improve the health of Indigenous people through holistic, inclusive, and non-judgmental efforts. 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).*

#### OTHER ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Attends weekly staff meetings to provide updates, reports issues, concerns, and relevant information.
- Provide and deliver culturally infused events including community discussions addressing traditional Indigenous cultures and teachings, social determinants of health, trauma, historical traumas, healing, professional development trainings on Native American cultural competency, trauma informed care, and an Indigenous peer education component.
- Be present at all in-person gatherings and virtual community conversations to help ensure all details and logistics are addressed in advance of the sessions.
- Assist the Cultural Events Planner with managing virtual platforms used by the IHAWP program and ability to troubleshoot any problems.
- Reports to and collaborates with the Special Initiatives Director to ensure compliance with all contractual goals, objectives, and requirements.
- Ensure philosophy of healing from historical trauma and Trauma-Informed Care perspectives, values, and practices are maintained.
- Implement and plan programming in areas such as but not limited to: interventions delivered to individuals and groups, community level interventions, health communication, and public information.
- Ensure that all reporting systems, forms, and additional obligations that are required by the NYS Department of Health/AIDS Institute are completed in accordance with all applicable guidelines by all IHAWP program staff.
- Fosters and maintains community partnerships relating to the design and implementation of the project.
- Travels to all NACS office areas (Buffalo, Niagara Falls, Lockport, Rochester, and Syracuse) as necessary for programming.
- Assist in the Data Management Plan
- Supervises the Cultural Events Planner and the Facilitation Assistant.

#### EDUCATION, QUALIFICATIONS, SKILLS:

- Bachelor's degree in human services or related field of study preferred. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- 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.
- Effective problem solving, organization, time management, and communication skills.
- Supervisory skills and experience

#### BENEFITS:

- 403 (b) Retirement Plan
- Health & Dental Insurance
- Life Insurance
- Employee Assistance Program
- Flexible Spending Account
- Paid Time Off (PTO)

For Consideration send resume to [humanresources@nacswny.org](mailto:humanresources@nacswny.org)

## Save the Date!

## WORKFORCE DEVELOPMENT SERVICES



*A Tradition of Caring*

### 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

### **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

### Counties we serve:

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

*Funded by the US Department of Labor*



# 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
• Assistance in identifying barriers to employment	• 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)



**\*\*\*If you are a NEW client you must come in before 12 noon\*\*\***

**\*\*\*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.

# 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  
960 James Street ● Syracuse, NY 13203 ● (315) 322- 8754

## Equal Opportunity Employer

### Position: Workforce Development Specialist

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$17.00-\$19.50 / 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.

#### 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 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

#### BENEFITS:

- 403 (b) Retirement Plan
- Health & Dental Insurance
- Life Insurance
- Employee Assistance Program
- Flexible Spending Account
- Paid Time Off (PTO)

For Consideration send resume to [humanresources@nacswny.org](mailto:humanresources@nacswny.org)



# Job Posting



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

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100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984  
960 James Street ● Syracuse, NY 13203 ● (315) 322-8754

Equal Opportunity Employer

## Position: Family Preservation Caseworker – Erie County

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$17.23- \$19.23 / hour

Office: 1005 Grant Street, Buffalo NY, 14207

### 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).*

### ESSENTIAL DUTIES AND RESPONSIBILITIES

- 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 and sensitive information.

### EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study required with experience in child welfare.
- Knowledge of ICWA, ASFA, Federal and State regulations, as well as mandated reporting requirements.
- Must 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.

### BENEFITS

- 403 (b) Retirement Plan
- Health & Dental Insurance
- Life Insurance
- Employee Assistance Program (EAP)
- Flexible Spending Account (FSA)
- Paid Time Off (PTO)

For consideration send Resume to: [humanresources@nacswny.org](mailto:humanresources@nacswny.org)

## Job Posting



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

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100 College Avenue, Suite 200 • Rochester, NY 14607 • (585) 514-3984  
960 James Street • Syracuse, NY 13203 • (315) 322-8754

Equal Opportunity Employer

### Position: Family Preservation Caseworker – Niagara County

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$17.23- \$19.23 / hour

Office: 76 West Ave., Lockport NY, 14094

#### 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).*

#### ESSENTIAL DUTIES AND RESPONSIBILITIES

- 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 and sensitive information.

#### EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study required with experience in child welfare.
- Knowledge of ICWA, ASFA, Federal and State regulations, as well as mandated reporting requirements.
- Must 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.

#### BENEFITS

- 403 (b) Retirement Plan
- Health & Dental Insurance
- Life Insurance
- Employee Assistance Program (EAP)
- Flexible Spending Account (FSA)
- Paid Time Off (PTO)

For consideration send Resume to: [humanresources@nacswny.org](mailto:humanresources@nacswny.org)

## Job Posting



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

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100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984  
960 James Street ● Syracuse, NY 13203 ● (315) 322-8754

Equal Opportunity Employer

### Position: Erie County Clubhouse Youth Leader – 3 openings

Type: Part-time Hourly / Non-Exempt

Salary/ Range: \$16.00- \$17.00 / hour

Office: 1005 Grant Street, Buffalo, NY 14207

#### Summary

*The Youth Leaders assist the Clubhouse Manager in providing 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 12-17. Leaders will provide transportation, supervision, and leadership. Recruitment through outreach and attending and participating in weekly staff meetings will also be required. Leaders must be available for non-traditional hours, meaning evenings, and weekends. The Clubhouses are open 25 hours per week both in-person and virtually. 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

- Supervise, provide leadership, and be a positive role model for youth.
- Deliver workshops and activities in a confident, organized manner.
- Ensure youth programming utilizes a percentage of evidence-based prevention models.
- Provide safe transportation and/or supervision of youth to and from clubhouse activities.
- Recruit youth through local outreach efforts.
- Adhere to data collection and performance measurement requirements determined by contractual obligations.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.

#### EDUCATION, QUALIFICATIONS, SKILLS

- Bachelors or associates degree in human service or related field of study preferred.
- Experience working with community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Have knowledge and understanding of substance use, and experience with at-risk youth.
- Must be flexible to evening and weekend hours as needed.
- 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.
- Familiarity with and sensitivity toward local Native American communities.
- Interpersonal skills to work cooperatively and effectively with individuals and groups.
- Effective problem solving, organization, time management, and communication skills.

#### BENEFITS

- Paid Time Off (PTO)
- Employee Assistance Program

For consideration send Resume to: [humanresources@nacswny.org](mailto:humanresources@nacswny.org)



# 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  
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100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984  
960 James Street ● Syracuse, NY 13203 ● (315) 322-8754

Equal Opportunity Employer

## Position: Niagara County Clubhouse Youth Leader – 3 openings

Type: Part-time Hourly / Non-Exempt

Salary/ Range: \$16.00- \$17.00 / hour

Office: 1522 Main Street, Niagara Falls, NY 14305

### Summary

*The Youth Leaders assist the Clubhouse Manager in providing 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 12-17. Leaders will provide transportation, supervision, and leadership. Recruitment through outreach and attending and participating in weekly staff meetings will also be required. Leaders must be available for non-traditional hours, meaning evenings, and weekends. The Clubhouses are open 25 hours per week both in-person and virtually. 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

- Supervise, provide leadership, and be a positive role model for youth.
- Deliver workshops and activities in a confident, organized manner.
- Ensure youth programming utilizes a percentage of evidence-based prevention models.
- Provide safe transportation and/or supervision of youth to and from clubhouse activities.
- Recruit youth through local outreach efforts.
- Adhere to data collection and performance measurement requirements determined by contractual obligations.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.

### EDUCATION, QUALIFICATIONS, SKILLS

- Bachelors or associates degree in human service or related field of study preferred.
- Experience working with community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Have knowledge and understanding of substance use, and experience with at-risk youth.
- Must be flexible to evening and weekend hours as needed.
- 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.
- Familiarity with and sensitivity toward local Native American communities.
- Interpersonal skills to work cooperatively and effectively with individuals and groups.
- Effective problem solving, organization, time management, and communication skills.

### BENEFITS

- Paid Time Off (PTO)
- Employee Assistance Program

For consideration send Resume to: [humanresources@nacswny.org](mailto:humanresources@nacswny.org)

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

Please share this newsletter with family, friends and co-workers. If you know of anyone who would like to receive NACS News monthly by email, please have them send their first and last name and current email address to:

[gghosen@nacswny.org](mailto:gghosen@nacswny.org)

You can also look for our newsletter on our website:  
[http://www.nacswny.org/news\\_and\\_events.html](http://www.nacswny.org/news_and_events.html)

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YES, I'D LIKE TO HELP NACS CONTINUE ITS TRADITION OF CARING!!

<p>Please accept my contribution of:</p> <p><input type="checkbox"/> \$5   <input type="checkbox"/> \$10   <input type="checkbox"/> \$25   <input type="checkbox"/> \$50</p> <p><input type="checkbox"/> \$100   <input type="checkbox"/> Other: _____</p> <p>I'd like to volunteer my time. I can...</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Please detach and return to:</p> <p><b>Native American Community Services of Erie &amp; Niagara Counties, Inc.</b> <b>1005 Grant Street, Buffalo, New York 14207</b></p>	<p>_____</p> <p>Name</p> <p>_____</p> <p>Address</p> <p>_____</p> <p>City / State / Zip Code</p> <p>_____</p> <p>Phone</p> <p><input type="checkbox"/> Please add me to your mailing list!</p>
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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; 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; Erie County Department of Mental Health; NYS Research Foundation for Mental Health; NYS Medicaid Program 29-I; Western New York Foundation; New York State Department of Health/AIDS Institute, as well as businesses, foundations and caring individuals.