



NACS

NEWS

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**Native American
Community Services**

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National PTSD Awareness Month

National PTSD Awareness Month is observed in June, and it ushers in an array of awareness campaigns run for the benefit of PTSD survivors. PTSD, which stands for post-traumatic stress disorder, occurs in people after they have experienced a particularly traumatic event like war, violent physical/sexual/verbal assault, accidents, and so forth. Symptoms include depression, anxiety, nightmares, paranoia, insomnia, disturbing thoughts, and much more. Many people recover from PTSD after a few days, weeks, or months. Yet, for others, the recovery road might mean one year or more. This mental disorder is highly treatable, but due to the lack of knowledge around it as well as the stigma attached to seeking mental help, many choose to ignore the problem and suffer through it

History of National PTSD Awareness Month

In 2010, the U.S. Senate declared June 27 to be National PTSD Awareness Day. However, in 2014, it designated the whole month of June to be observed as National PTSD Awareness Month. This was a welcome move by many PTSD organizations and support groups as many felt that more awareness campaigns needed to be held for people to seek help when it came to PTSD. The U.S. Department of Veterans Affairs, one of the most active forerunners in the fight against PTSD, has released a special June calendar that people can download. This special calendar features several activities (like raising awareness on social media through sharing PTSD helplines, articles, subscribing to YouTube channels, finding local PTSD therapists, etc.) aimed to increase awareness and support for PTSD

survivors.

PTSD is not a newly recognized mental disorder. The disorder dates back to 50 B.C. when it was described in a poem by Hippocrates. He talks about the experiences of a soldier returning home after a battle. PTSD started gaining more attention after the wars between England and France when many people, civilians and soldiers alike, reported experiencing symptoms like anxiety, insomnia, intrusive and disturbing thoughts, and flashbacks. This continued throughout WW1 and WW2, with PTSD being named as 'Shell Shock' and 'Battle Fatigue', respectively. It was during the 1970s' Vietnam War that the mental disorder was renamed PTSD. Earlier treatments related to electric shock therapy and other painful options. But today's modern technology and extensive research have led to much better and effective treatments like group therapy, counseling, and antidepressants.

National PTSD Awareness Month timeline

50 B.C. - Earliest Recorded PTSD Evidence

Hippocrates' poem, narrating a soldier's symptoms after a war, becomes the earliest recorded instance of PTSD in history.

1910s–1940s - Different Names for PTSD during World Wars

PTSD is named 'Shell Shock' and 'Battle Fatigue' in WW1 and WW2, respectively.

1970s - PTSD Coined During Vietnam War

The U.S. military veterans describe their trauma and its symptoms after the Vietnam War, resulting in the mental dis-

order being named 'post-traumatic stress disorder.'

2014 - U.S. Senate Declaration of PTSD Awareness Month

The U.S. Senate designates June as the official month for PTSD Awareness.

National PTSD Awareness Month FAQs

What is National PTSD Awareness Month?

June is National PTSD Awareness Month. Its goal is to raise awareness about said mental illness for people to recover from it by seeking better treatments.

What color ribbon is used for PTSD?

PTSD is symbolized by the color teal.

How do you spread awareness about PTSD?

You can spread awareness about PTSD by making/sharing social media posts related to it, participating in/organizing PTSD-centered events, designing posters and hashtags, and sharing resources and helplines for PTSD survivors.

How To Observe National PTSD Awareness Month

1. Stand with PTSD survivors

PTSD survivors need care, attention, and love. Research shows that people recover faster from illness if they have supporters in the shape of friends and/or family. Be there for them by being informed about their specific symptoms, directing them to professional help, or just lending them an ear.

2. Learn about PTSD

Research about PTSD's causes, symptoms, and treatments. You will be better equipped in

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helping people in the future or even yourself.

3. Talk about PTSD

The main aim of National PTSD Awareness Month is to spread awareness about it. Talk to your friends and family, go to events related to it, and donate to PTSD organizations if you can afford to. But whatever you choose to do, don't stop spreading information about the disorder.

5 Facts About Trauma That Will Blow Your Mind

1. 8% of the population will experience PTSD

The National Center for PTSD states that around 7–8% of the population will experience PTSD in their lifetimes.

2. Women are more likely PTSD sufferers

Women are twice more likely to suffer from PTSD than men due to a sexual assault/trauma event.

3. 'Big T' and 'Small t' types of trauma

There are two types of trauma and they range in the severity of the causes and triggers: the 'Big T' is any type of trauma that has occurred due to a life-threatening situation like wars, natural disasters, physical assault, etc., while the 'Small t' is caused due to a disturbing event that is not life-threatening like divorce, abrupt relocation, financial woes, etc.

4. Trembles are normal after trauma

Experts state that it is completely normal and healthy to experience shivers and trembling after a traumatic, stressful event as it is the body's way to release all of the excess adrenaline.

5. PTSD is not just from personal experience

Many people can develop PTSD simply because they heard or witnessed someone else going through a traumatic event.

Why We Love National PTSD Awareness Month

A. It's a reminder of human strength

The human mind and body work in complex ways to keep us alive and going. This month, we are reminded not only of the human mind's immense strength but also some of its limitations. It is a reminder that we are not machines and that it is completely normal to feel the emotions that we do. And unlike machines, we have the strength to get better on our own by helping each other.

B. It's a reminder of this mental disorder and more

The more talk there is about PTSD, the more people will become aware of it, and the more people will seek treatment for it. This domino effect will also help shed light on other types of mental disorders that people suffer from after a traumatic event.

C. It's a reminder of the road to recovery

The road to recovery may look different from one person to another, but it is always there. The month raises awareness about better treatment options. It also talks about the different trigger points and what people can do to reduce or avoid them.

(From [National Today](#))

How To Observe

If you or someone you know might be experiencing PTSD, visit these resources below, or seek professional care from a therapist who has experience treating PTSD.

- [Veterans Crisis Info - National Center for PTSD](#)
- [Find Therapist - National Center for PTSD](#)
- [Help for Veterans - National Center for PTSD](#)
- [National Alliance on Mental Illness](#)

Use [#PTSDAwarenessMonth](#) to share support, resources, and follow on social media.

PTSD Awareness Day

National PTSD Awareness Day is observed every year on 27 June. The day, which falls in the wider National PTSD Awareness Month, is dedicated to raising public understanding of post-traumatic stress disorder, reducing the stigma that prevents people from seeking help, and pointing those affected toward effective treatment.

What is PTSD Awareness Day?

National PTSD Awareness Day is a US national observance held each year on 27 June. It was created to acknowledge that post-traumatic stress disorder affects millions of Americans, including veterans, first responders, survivors of assault and accidents, and anyone who has experienced or witnessed a traumatic event. The day is led in the United States by the National Center for PTSD, part of the Department of Veterans Affairs, and supported by mental health charities, veterans' organizations, and clinicians worldwide

Why PTSD Awareness Day Matters

Post-traumatic stress disorder is

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more common than many people realize. According to the National Center for PTSD, around 6 out of every 100 adults in the United States will experience PTSD at some point in their lives, equating to roughly 13 million Americans in any given year. Among veterans the figure is higher, at about 7 percent lifetime prevalence, rising to as much as 29 percent for those who served in Operations Iraqi Freedom and Enduring Freedom. Female veterans are more than

twice as likely as male veterans to be diagnosed. Despite effective treatments being available, many people delay seeking help because of stigma or a lack of awareness, which is why a dedicated day matters.

Why is PTSD Awareness Day on 27 June?

The date marks the birthday of Army Staff Sergeant Joe Biel of the North Dakota National Guard, whose family campaigned for the original Senate

resolution after he died by suicide in 2007 while suffering from PTSD.

Spread the Word

Help raise awareness by sharing PTSD Awareness Day with your friends, family, and followers. Use the hashtags [#PTSDAwarenessDay](#) and [#PTSDAwarenessDay2026](#) on social media. The more people who understand PTSD, the easier it becomes for those affected to ask for help.

(From [Awareness Days](#))

Immigrant Heritage Month

By [LegalClarity Team, Immigration Law](#), Published Apr 6, 2026

History and How to Observe It

Immigrant Heritage Month is observed every June to celebrate immigrants' contributions to American life. Here's its history and how to participate.

Immigrant Heritage Month is observed every June as a nationwide recognition of the contributions immigrants have made to the United States. Launched in 2014, the observance highlights the cultural, economic, and social impact of the roughly 46 million foreign-born people living in the country and the generations that came before them.^[1] June was chosen deliberately, and the month has grown from a grassroots advocacy effort into an observance recognized by presidential proclamation, city councils, and community organizations across the country.

When Immigrant Heritage Month Is Observed

Immigrant Heritage Month takes place every June. That timing has held steady since the first observance in June 2014, and it coincides with other related recognitions, including [World Refugee Day](#) on June 20.^[2] The overlap is

not accidental. Placing both observances in the same month creates a concentrated period for events, public conversations, and media attention focused on migration and cultural exchange.

Who Created It and Why

The observance was created in 2014 by the "I Am an Immigrant" campaign, now known as I Stand With Immigrants, which operates as part of the nonprofit Welcome.us and is powered by the FWD.us Education Fund.^[3] The founders worked with elected officials to declare June as Immigrant Heritage Month and enlisted public figures to direct and appear in short films celebrating immigrant stories.^[4]

The motivation behind the campaign was straightforward: shift the public conversation about immigration away from political friction and toward the lived experiences and contributions of immigrants themselves. Rather than debating policy in the abstract, the organizers wanted Americans to hear the stories of neighbors, coworkers, and business owners who came from

somewhere else. That storytelling focus remains central to how the month is observed today.

Official Government Recognition

Immigrant Heritage Month does not exist as a permanent designation established by federal law. Its official recognition depends on discretionary action by the sitting president, and that action has not been consistent across administrations. Former President Barack Obama issued the first presidential proclamation designating June as National Immigrant Heritage Month in 2014, and he continued issuing proclamations through the end of his term. President Biden renewed the practice, issuing proclamations in both 2023 and 2024.^[5,6]

During President Trump's first term and again in 2025, no presidential proclamation for Immigrant Heritage Month appears in the [Federal Register](#). That gap matters because a presidential proclamation carries symbolic weight and often triggers programming at federal agencies, but its absence does not prevent others from rec-

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ognizing the month. State and local governments fill the gap independently. City councils, county boards, and mayors' offices in dozens of jurisdictions issue their own resolutions or declarations designating June as Immigrant Heritage Month in their communities.

Why the Observance Focuses on Economic Contributions

A major theme of Immigrant Heritage Month is the economic impact of immigration, and the numbers back up the emphasis. According to Census Bureau data, the foreign-born population reached 46.2 million by 2022, representing about 14 percent of the total U.S. population.^[1] Immigrants and their children have founded or co-founded roughly 43 percent of Fortune 500 companies, a figure that rises to 57 percent among the top 35 companies on the list. Immigrants are also disproportionately represented among entrepreneurs and workers in science, technology, engineering, and math fields.

The month also draws attention to a widely cited piece of American genealogy: approximately 40 percent of the U.S. population can trace their ancestry through Ellis Island, the New York immigration station that processed over 12 million arrivals between 1892 and 1954.^[2] That statistic alone illustrates how deeply woven immigration is into the country's demographic fabric.

Historical Context Behind the Timing

Understanding why immigrant heritage warrants a dedicated month is easier with a quick look at the policy shifts that shaped modern immigration patterns. For roughly 40 years before 1965, U.S. immigration policy relied on a

[quota system that heavily favored immigrants from northern Europe and the British Isles](#) while largely excluding people from Asia and discriminating against those from southern and eastern Europe. The [Immigration and Nationality Act of 1965](#) abolished those quotas and replaced them with a preference system based on family relationships and professional skills, fundamentally changing who came to the United States.

Later, the [Refugee Act of 1980](#) aligned U.S. law with the United Nations definition of a refugee, creating the U.S. Refugee Admissions Program and the Office of Refugee Resettlement to systematize how the country admitted and supported people fleeing persecution. These two laws reshaped the country's immigrant population from predominantly European to genuinely global, which is why Immigrant Heritage Month today celebrates such a wide range of cultural traditions and national origins.

How to Observe the Month

Immigrant Heritage Month is designed to be participatory. The organizers behind **I Stand With Immigrants** encourage people to share their own family immigration stories publicly, and many communities build programming around that idea. Here are concrete ways to engage:

- **Support immigrant-owned businesses:** Seek out restaurants, shops, and service providers run by immigrant entrepreneurs in your area. Economic participation is one of the most direct ways to reinforce the contributions the month highlights.
- **Attend cultural events:** Many cities host festivals, art exhi-

bitions, film screenings, and storytelling events during June that showcase traditions from immigrant communities.

- **Share your own story:** The **I Stand With Immigrants** campaign invites people to post their family's immigration history on social media or at community events. Even families who have been in the country for generations often have a migration story worth telling.
- **Volunteer with resettlement organizations:** Nonprofits that serve immigrant and refugee families often need volunteers for language tutoring, job readiness programs, and navigating government paperwork. June is a good time to start.
- **Host or attend educational programming:** Schools, libraries, and community organizations frequently organize panels and workshops during the month. These create space for dialogue about immigration history and the experiences of newer arrivals.

The USCIS Citizenship and Integration Grant Program also funds organizations that provide citizenship preparation services to [lawful permanent residents](#), including English classes and [naturalization application help](#). Eligible organizations include nonprofits, public institutions of higher education, and local governments.^[3] If you work with or for an organization that serves immigrant communities, that grant program is worth exploring as a funding source for June programming and year-round services.

1. U.S. Census Bureau. [New Report on the Nation's Foreign-Born Population](#)
2. American Association of School

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- Librarians. [National Immigrant Heritage Month](#)
- I Stand With Immigrants. [A Decade of Celebration: I Stand With Immigrants Initiative Marks June as Immigrant Heritage Month](#)
 - I Stand With Immigrants. [I Stand With Immigrants](#)

- The American Presidency Project. [Proclamation 10593 – National Immigrant Heritage Month, 2023](#)
- The American Presidency Project. [Proclamation 10772 – Immigrant Heritage Month, 2024](#)
- National Park Service. [Fact Sheet: Ellis Island – Statue of](#)

[Liberty NM](#)

- Grants.gov. [FY 2024 Citizenship and Integration Grant Program: Citizenship Instruction and Naturalization Application Services \(CINAS\)](#)

(From [Legal Clarity](#))

Pride Month 2026

Origins:

Pride Month began with the [Stonewall riots](#) a series of riots for gay liberation that took place over several days beginning on June 28, 1969.

Who started it?:

Bisexual activist [Brenda Howard](#) is known as the "Mother of Pride", for her work in coordinating the first LGBT Pride march.

What is Pride?

Pride is a global movement and set of celebrations that promote the dignity, equality, and visibility of LGBTQ+ people, rooted in the fight against shame and discrimination.^[1]

What Pride Means

Pride (also called *LGBTQ Pride*, *Gay Pride*, or simply *Pride*) is centered on self-affirmation, rights, and community visibility for lesbian, gay, bisexual, transgender, queer, and other LGBTQ+ people. It stands in direct contrast to the shame and stigma historically imposed on LGBTQ+ identities.^[1]

Why Pride Exists

- To promote equality and human rights for LGBTQ+ people.
- To celebrate identity and community in a joyful, affirming way.
- To increase visibility, especially in places where LGBTQ+ people face discrimination.
- To commemorate LGBTQ+ his-

tory, especially the Stonewall Uprising of 1969.^[2]

Historical Roots: The Stonewall Uprising

Pride traces back to the [Stonewall riots](#) in New York City on June 28, 1969, when LGBTQ+ patrons of the Stonewall Inn resisted a police raid. This sparked days of protests and became a turning point for the modern LGBTQ+ rights movement.^[2,3]

One year later, on June 28, 1970, activists organized the **first Pride march** (Christopher Street Liberation Day), marking the beginning of annual Pride traditions.^[4]

What Happens During Pride

Pride events range from solemn to celebratory, and may include:

- Pride parades** and marches
- Rallies** and political demonstrations
- Festivals**, concerts, and dance parties
- Memorials** for victims of hate crimes or HIV/AIDS
- Community days**, workshops, and educational programs^[1]

When Pride Is Celebrated

- In the U.S. and many countries, **Pride Month** is June, honoring the Stonewall anniversary.^[2]
- Some countries celebrate at

different times due to climate or local historical events.^[3]

Pride Symbols

Common Pride symbols include:

- Rainbow flag** - representing LGBTQ+ diversity
- Pink and black triangles** - reclaimed from their use in Nazi concentration camps
- Lambda symbol (λ)** - an early symbol of gay liberation^[1]

Why Pride Matters

Pride is both **celebration and activism**. It:

- Honors LGBTQ+ history and resilience
- Raises awareness of ongoing discrimination
- Builds community and solidarity
- Encourages people to live openly and safely

(¹ [Wikipedia](#), ² [Brittanica](#), ³ [History](#), ⁴ [Library of Congress](#))



June Awareness—Gay Pride Month 2026

Submitted by Bonnie LaForme, IHAWP Facilitation Assistant



Why There Are So Many Pride Flags

There isn't just one way to be LGBTQ+. As language, understanding, and visibility have evolved, so have the symbols people use to represent themselves.

Different pride flags exist to:

- * Reflect specific identities or experiences
- * Build community and connection
- * Help people feel seen and recognized
- * Increase visibility and understanding


Each flag is a way of saying: *this identity exists, and it matters.*

The Most Common Pride Flags

Below is a guide to many of the pride flags you may see at Pride events, online, or in communities. Each flag represents an identity, history, or shared experience—and each exists because people wanted a way to be seen.

Community & Movement Flags


The 1978 Pride Flag (Original Rainbow Flag)



The original rainbow Pride flag was created for San Francisco's **1978 Gay Freedom Day Parade**, after **Harvey Milk encouraged artist Gilbert Baker** to design a new symbol of pride and liberation. The first version had **eight stripes**, with colors meant to represent values like life, healing, and spirit, and it was **hand-dyed and sewn by volunteers**.


This refers to versions that intentionally honor **Gilbert Baker's original 1978 concept** - especially the earliest **eight-stripe** design (including colors later dropped in mass production). It's often used today to reconnect the rainbow flag to its **San Francisco roots** and its original "values-based" symbolism.

The Traditional Gay Pride Flag (Rainbow Flag)



The most widely recognized Pride flag today. This **six-stripe** rainbow became standard as the flag spread and needed easier mass production, becoming broadly adopted by **1979**. Over time it became the most common umbrella symbol for LGBTQ+ pride, visibility, and solidarity worldwide.

Two-Spirit Pride Flag



"Two-Spirit" is a modern umbrella term developed and adopted in **1990** at an intertribal Indigenous LGBTQ+ gathering in **Winnipeg**, created to better reflect Indigenous-specific understandings of gender and sexuality. There is **no single universally "official" Two-Spirit flag** many designs exist, and communities often use symbols tied to their own Nations and traditions.

[PFLAG San Francisco](#)

Buffalo Pride is a joyful celebration of Buffalo's LGBTQIA2S+ history and culture. Throughout the month of June and beyond, our community, allies and chosen families come together to love and uplift each other in the spirit of Pride.

Buffalo Pride strives to empower our LGBTQIA2S+ community with the [Buffalo Pride Parade](#) and the [Buffalo Pride Community Calendar](#), which spotlights the many community-led events throughout Pride Month that bring us together in the spirit of celebration.

Men's Health Month

Men's Health Month in June 2026 aims to raise awareness about men's health issues. This initiative encourages men to take charge of their well-being by focusing on various health concerns, including heart disease, mental health, and specific conditions like prostate and testicular cancers.

Key Focus Areas

- **Health Awareness:** Emphasizes the importance of regular check-ups and screenings.
- **Lifestyle Improvements:** Encourages better diet and exercise habits.
- **Community Engagement:** Promotes events like Wear Blue Day to foster community support.

Resources Available

- Flyers and educational materials are provided to help spread awareness.
- Digital toolkits for organizations to participate in awareness campaigns.

What are the main health issues for men?

Heart disease is the [leading cause of death](#) among men in the United States, followed by cancer and accidents.

[Cardiovascular disease](#) affects more than half of American adults, while conditions like diabetes, prostate cancer, lung cancer, and respiratory diseases are also major health concerns for men. Early detection through regular screenings and lifestyle changes like exercising, eating well, and quitting smoking can help prevent or manage most of these conditions.

Cardiovascular & Metabolic Conditions

Heart disease and related condi-

tions dominate men's health risks across all age groups.

- ♥ **Heart Disease** – Approximately [one in three](#) adult men have some form of cardiovascular disease. [Lifestyle changes](#) like adopting a heart-healthy diet, regular exercise, and stress management can reduce risk by up to 80%.
- ♥ **Diabetes** – [More than half a billion](#) people worldwide have diabetes. Left untreated, high blood sugar can damage the kidneys, nerves, and eyes.
- ♥ **High Blood Pressure** – [50.8% of men](#) age 18+ have hypertension. Regular monitoring and lifestyle adjustments are critical for prevention.

Respiratory & Cancer Risks

Smoking remains the leading preventable risk factor for multiple serious conditions.

- ♥ **Lung Cancer** – [Smoking causes about nine out of 10](#) cases of lung cancer in men. There is no early detection test, so quitting smoking is the best prevention strategy.
- ♥ **COPD** – [More than 15 million Americans](#) struggle with chronic obstructive pulmonary disease. Former smokers are at highest risk.
- ♥ **Skin Cancer** – Men have significantly lower sunscreen use rates than women, increasing skin cancer risk. A [whole-body skin exam](#) can detect suspicious areas early.

Mental Health & Lifestyle Factors

Men face unique mental health challenges and are less likely to seek professional support.

- ♥ **Depression & Suicide** – [At least 6 million men](#) suffer

from depressive disorders annually. Men are more likely than women to commit suicide and often delay seeking help.

- ♥ **Alcohol-Related Issues** – [Men binge drink twice](#) as much as women, increasing risk for mouth, throat, and liver cancers. Alcohol also interferes with testicular function and hormone production.
- ♥ **Obesity** – [39.2% of men](#) age 20+ have obesity, which increases risk for heart disease, diabetes, and certain cancers. Regular exercise and a balanced diet can help maintain a healthy weight.

(Sources: [Cleveland Clinic](#); [Hamilton Health Center](#); [Hims.com](#); [Health-Line.com](#); [MedianHealthCare.net](#); et al)

What lifestyle factors contribute most to heart disease in men?

The most significant lifestyle factors contributing to heart disease in men are smoking, high blood pressure, high cholesterol, physical inactivity, and an unhealthy diet— together these account for approximately 50% of cardiovascular disease burden worldwide.

[Smoking and high blood pressure](#) stand out as the two most important factors driving heart disease risk, with smoking tripling the risk of death from heart disease in middle-aged men. Excess weight, poor diet choices, chronic stress, and insufficient exercise also substantially elevate cardiovascular risk and often occur together.

Smoking & Tobacco Use

Smoking remains one of the most damaging modifiable risk factors for men's cardiovascular health.

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- ♥ Immediate vascular damage – Smoking introduces harmful chemicals that [damage blood vessels](#), raise blood pressure, and lower oxygen delivery to the heart
- ♥ Dramatic risk elevation – [Smoking triples the risk](#) of dying from heart disease and stroke in middle-aged men and women
- ♥ Quitting benefits – Quitting smoking is one of the best preventive actions men can take, with significant cardiovascular improvements beginning within weeks

Physical Activity & Weight Management

A sedentary lifestyle is a leading modifiable risk factor, with inactivity doubling cardiovascular risk.

- ♥ **Exercise impact** – [Sedentary lifestyle, low levels](#) of physical activity and fitness are strongly associated with increased mortality from atherosclerotic cardiovascular disease
- ♥ **Weight control** – Obesity substantially increases strain on the heart; maintaining a healthy weight through exercise and diet reduces multiple related risk factors like diabetes and hypertension
- ♥ **Dual benefit** – Regular physical activity strengthens the heart muscle, improves circulation, supports weight control, and reduces stress simultaneously

Diet & Cholesterol Management

Dietary choices directly influence blood cholesterol levels and arterial health, with lasting cardiovascular consequences.

- ♥ **Saturated and trans fats** – [Diets high in saturated fats](#), trans fats, and added sugars lead to elevated cholesterol and triglyceride levels that promote

atherosclerosis

- ♥ **Plaque accumulation** – When excess cholesterol builds up in artery walls, it narrows arteries and [decreases the blood flow](#) to the heart, brain, kidneys, and other vital organs
- ♥ **Preventive nutrition** – A heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins helps maintain healthy cholesterol levels and reduces overall cardiovascular burden

Stress & Mental Health

Psychological factors and chronic stress significantly amplify heart disease risk through multiple physiological pathways.

- ♥ **Blood pressure elevation** – [Chronic stress can raise](#) blood pressure and increase the risk of developing heart disease independently
- ♥ **Behavioral cascade** – Stress [can also lead to unhealthy](#) coping mechanisms like smoking, excessive alcohol use, or overeating, which further compound cardiovascular risk
- ♥ **Psychosocial support** – Managing stress through meditation, counseling, exercise, and social connection helps reduce both direct physiological stress responses and secondary behavioral risk factors

(Sources: [CDC.gov](#); [NHLBI-NIH](#); [ScienceDirect](#); [Heart.org](#); [Link-Springer](#); et al)

How often should men schedule routine physical exams after age forty?

Men aged 40 to 49 should generally schedule a routine physical exam every one to two years to

monitor their health, with frequency often determined by individual risk factors. While some guidance suggests annual visits for older groups, the specific interval for men in their 40s is flexible based on medical history and personal [risk factor assessments](#).

Ages 40–49

[Every 1–2 years](#)

Early screening for chronic conditions

Ages 50–64

Once every year

Intensive cancer and metabolic monitoring

Ages 65+

Yearly or twice yearly

Managing multiple chronic illnesses

Planning Your Checkups

Proactive medical engagement is vital because many chronic conditions, such as hypertension or high blood sugar, often emerge silently without early symptoms.

- ♥ Your provider may recommend [more frequent exams](#) if you have a family history of diabetes, heart disease, or cancer.
- ♥ Regular visits establish a [personal health baseline](#) that helps doctors track subtle physiological changes over time.
- ♥ These routine appointments are the ideal time to discuss [mental health concerns](#) and emotional well-being alongside physical screenings.

Preventive Screening Priorities

During your physical exam, specific tests are prioritized to catch potentially serious issues before they progress into advanced stages.

- ♥ Colorectal cancer screenings typically [begin at age 45](#) for

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- men at average risk, though family history may necessitate earlier testing.
- ♥ Blood pressure should be monitored [at least annually](#) to mitigate risks associated with cardiovascular health and potential stroke.
 - ♥ Cholesterol testing should occur [at least every 5 years](#) for most men, while those with additional health conditions

may require more consistent lab work.

You should consult with your healthcare professional to tailor these guidelines to your specific needs, as your personal medical background and lifestyle choices may influence your optimal screening schedule.

(Sources: [MedLinePlus](#), [Mayo Clinic](#), [Cedars-Sinai](#))

Social: [@MensHealthNetwork](#); [@MensHlthNetwork](#) #MHM; #MensHealthMonth; #MensHealth; #MensHealthNetwork
For more information, contact: 202-543-6461, ext. 109; communications@menshealthnetwork.org; info@menshealthnetwork.org

For more information, visit: <https://menshealthmonth.org/>

Father's Day – June 21, 2026

Father's Day is a celebration honoring fathers and father figures. It is observed on the third Sunday of June in many countries, including the United States. The day recognizes the important role fathers play in the family and society, promoting awareness of fatherhood and paternal bonds.^[1,2]

Historical Background

Father's Day originated in the early 20th century, with Sonora Smart Dodd often credited for its establishment in the U.S. She wanted to honor her father, a Civil War veteran who raised her and her siblings.^[3,4]

Cultural Significance

The day complements other family-oriented celebrations, such as Mother's Day, and serves as a reminder of the contributions fathers make to their children's lives and well-being. It encourages appreciation and recognition of paternal influence in nurturing healthy, happy families.^[3]

(¹ [Wikipedia](#), ² [TimeAndDate.com](#), ³ [The Pioneer Woman](#), ⁴ [Brittanica.com](#))

National Holiday

At Congress' request, President Lyndon Johnson declared June 19, 1966, would be the first official Fa-

ther's Day across the country. "I urge all our people to give public and private expression to the love and gratitude which they bear for their fathers," Johnson shared in his proclamation. He also directed officials to display the American flag on all government buildings that day.

Because Johnson only mentioned 1966, nationwide observance of Father's Day continued unofficially over the next five years. Finally, in 1972, while in the middle of a hard-fought presidential reelection campaign, [Richard Nixon](#) signed a proclamation making Father's Day a permanent national holiday at last.

Today, the holiday is one of the most celebrated days of the year in the U.S. In 2025, Americans were projected to spend a record \$24 billion on Father's Day, according to the National Retail Federation and Prosper Insights & Analytics. Popular purchases include greeting cards, clothing, special outings, gift cards and personal care products.

In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

(From [History.com](#))

What does it mean to be a Father
 Being a father encompasses love, responsibility, and lifelong commitment. Fatherhood is not just a title; it involves being present, supportive, and dedicated to the well-being of children. It means nurturing their growth and helping them become their best selves, which can significantly impact their social, educational, and health outcomes.^[1,2]

Key Aspects of Fatherhood

- ◆ **Emotional Support:** Fathers provide emotional stability and guidance, fostering a secure environment for children.^[3,4]
- ◆ **Active Involvement:** Engaging in daily activities and being available during crucial moments in a child's life is vital.^[4]
- ◆ **Role Model:** Fathers serve as role models, influencing their children's values and behaviors.^[5]
- ◆ **Adaptability:** The role of a father can vary based on family dynamics and children's needs, requiring flexibility and understanding.^[6]

(¹ [Faurit.com](#), ² [ParentsPlusKids.com](#), ³ [Mistherapy.com](#), ⁴ [Psychcentral.com](#), ⁵ [TheFatheringProject.org](#), ⁶ [DadCentral.ca](#))

Onondaga Community College's 63rd Commencement Kierra Yager Graduates Magna Cum Laude, May 16, 2026

Submitted by, Rebecca Waterman, NACS Workforce Development Specialist - Syracuse office

Kierra J. Yager, Onondaga Nation, Beaver Clan continues to shine! Kierra not only graduated in the Liberal Arts & Sciences: Humanities & Social Sciences program, she graduated Magna Cum Laude and was also chosen as the Student Commencement Speaker, delivering an incredibly inspiring speech to her fellow graduates and all present!

Kierra is also the first member of her family to earn a college degree.

Kierra was accepted and is choosing to attend University of Buffalo (UB) as a Psychology Major. UB will be her next stop to earn her Bachelor's degree on her path of her long term goal to earn her PhD to be a Pediatric Clinical Psychologist.

Kierra's recognized accomplishments also include 2025 Section 166 Outstanding Participant recipient of the 45th National Indian and Native American Employment and Training Conference (NINAETC) where Kierra, her uncle and aunt traveled to Rhode Island to receive her award.

Kierra was also nominated and chosen to receive the prestigious Norman R McConney Jr. Award for EOP Student Excellence, which honors outstanding students in New York's Educational Opportunity Programs. She was honored on March 9, 2026, statewide ceremony in Troy, NY.

May 4th, 2026, Kierra accepted 4 more awards from OCC Trio Student Support Services and EOP program and she was the Student Guest Speaker at the OCC awards ceremony. 2 awards were for participation in both programs, TRIO Outstanding Service Award, EOP Outstanding Achievement Spring 2026 Cumulative GPA of 3.0 or higher.

While at OCC Kierra has worked at the Counseling & Community Care Hub, served as a Resident Assistant (RA) in the Residence Hall, and was President of the Native Club on campus.

Kierra has proven her resilience and hard work matters.



Pictured above L-R: Kierra Yager adorned with her Haudenosaunee Graduation Sash; Kierra and Onondaga Faithkeeper, Oren Lyons who was the recipient of the SUNY Honorary Degree; Kierra showing the awards she received for EOP Certificate of Participation; EOP Academic Achievement; and the TRIO Outstanding Service Award.

Congratulations Kierra from everyone here in the NACS family and we hope you have an excellent summer!

SUNY Honorary Degree Recipient Faithkeeper Oren R. Lyons

Onondaga Community College celebrated its 63rd commencement ceremony on Saturday, May 16 in the SRC Arena on campus.

SUNY Honorary Degree

During commencement, an honorary degree was awarded to – Oren R. Lyons – Faithkeeper for the Onondaga Nation Council of Chiefs, upholding traditional Haudenosaunee culture; instrumental in establishing the U.N. Working Group on Indigenous Populations and advancing the UN Declaration on the Rights of Indigenous Peoples; All-American lacrosse goalie at Syracuse University in the 1950s who co-founded the Haudenosaunee Nationals lacrosse team; Professor Emeritus of American Studies at the University at Buffalo; published author focused on Native American history and environmental issues.

(Source: [Roger Mirabito, SUNY/OCC](#))

OCC awarded four people with honorary degrees

Faithkeeper for the Onondaga Nation Council of Chiefs Oren Lyons earned a degree from SUNY. Former Syracuse Police Chief Joe Cecile, Key Bank's Central New York President Stephen Fournier, and Learn As You Grow Child Care Centers founders Kevin and Kathy LaGrow earned honorary degrees from OCC.

Lyons advocated for Indigenous people within the United Nations, helped create the Native American Studies at the University of Buffalo and co-founded the Iroquois Nationals lacrosse team, said OCC President Warren Hilton.

“Your influence in both cultural preservation and sport wards special significance for Onondaga Community College,” Hilton said.

(Source: [Emalyn Muzzy, Syracuse.com](#))



Haudenosaunee Faithkeeper Oren Lyons received a standing ovation when he was presented with his SUNY Honorary Degree.

Photo by Roger. Mirabito, SUNY/OCC



Student Speaker Kierra Yager (right) holds artwork made by Oren Lyons, who is seated on the left. Behind him is Rex Lyons.

Photo by Roger. Mirabito, SUNY/OCC



For a more concise biography of Oren Lyons, visit [Wikipedia](#).
Also, read [Onondaga Nation](#)



Faithkeeper for the Onondaga Nation Council of Chiefs Oren Lyons sits next to keynote speaker Kierra Yager, who is from the Onondaga Beaver Clan. Yager graduated from Onondaga Community College on May 16 while Lyons earned an honorary degree from SUNY.

Photo by Roger. Mirabito, SUNY/OCC

Clubhouse Corner

MAY 2026

We welcomed in another month by attending the **Tuscarora Social**. Some of the Clubhouse Youth started making Ribbon Skirts with the RAAP Girl's Group. We also invited Rhonda back for Fry Bread Friday, but with a twist, we cooked up and enjoyed a giant pot of Three Sisters Soup!



Follow us on Instagram!



If interested or to get more information, please contact us:

NACS Clubhouse (Erie County)
Supervisor, Jes: 716-449-6405

NACS Clubhouse (Niagara County)
Hotline: 716-983-1251

Gary Farmer Health & Wellness Talk



Balancing traditional knowledge grounded in culture, with western medicine to improve the health & wellness of Indigenous peoples

Hosted in partnership by the Friends of Ganondagan, the Indigenous Health Coalition of Common Ground Health, and Native American Community Services.



INDIGENOUS
HEALTH COALITION



Join us, as actor, musician, and advocate for advancing Indigenous media representation, Gary Farmer (Cayuga), shares his inspiring health and healing journey grounded in Haudenosaunee traditional knowledge and culturally affirming foods, in conjunction with western medicine. Gary will speak about how prioritizing Indigenous knowledge informed his wellness journey and how cultural practices led him to improved health.



🌀 **Tuesday, June 9th, 2026, 6PM – 8:00 PM**

🌀 **Rochester Museum & Science Center, Bausch Auditorium
57 East Ave, Rochester, NY**

🌀 **FREE & Open to the Public**

🌀 **Indigenous community members strongly encouraged to attend!**

🌀 **Haudenosaunee White Corn inspired tastings and recipes**

🌀 **Indigenous health & wellness resources**

This program focuses solely on improving Indigenous health & wellness, and was made possible by the generous support of the Greater Rochester Health Foundation.





PRESENTED BY



Every golfer receives an Orlimar Spin Tech Wedge courtesy of Seneca Holdings

**MONDAY
JUNE 15, 2026**

Seneca Hickory Stick
4560 Creek Rd.
Lewiston, NY 14092



REGISTRATION FEES

SINGLE PLAYER
\$175

TEAM OF 4
\$600

ELDER 4
\$500

Registration: 11am
Shotgun Start: 1:30pm
Dinner: 6pm



FOR MORE INFORMATION 716-574-0471 MARKETING@NACSWNY.ORG

99TH JAY TREATY BORDER CROSSING CELEBRATION OF RIGHTS

PRESENTED BY THE INDIAN DEFENSE LEAGUE OF AMERICA IN COMMEMORATION OF THE JAY TREATY OF 1794

MUST HAVE VALID ID TO CROSS BORDER AT RAINBOW BRIDGE

SATURDAY, JULY 18, 2026

THIS YEARS EVENT WILL BE LOCATED ON TUSCARORA

Go to upper Mtn Road, travel east to Susie's Lane Rd. Turn left at sign "7 Clan Group".



BEST DRESSED REGALIA

Male and Female 16 years +

MALE OR FEMALE AMBASSADOR

16-30 years old

Shelley Squire (519) 757-2565

SMOKE DANCE COMPETITION

Must be in regalia

Amber Squire

BABY SHOW

Ages 0-4 - Must be in regalia

Sherry Lickers

FOOD VENDORS MUST REGISTER

with Audrey Hill (519) 732-1462

INDIGENOUS CRAFT & FOOD VENDORS ONLY

**REGISTRATION BEGINS AT BRIDGE @ 10:30am
CANADIAN SIDE**

PARADE MARSHAL

Shelley Squire

TOBACCO BURNING CEREMONY

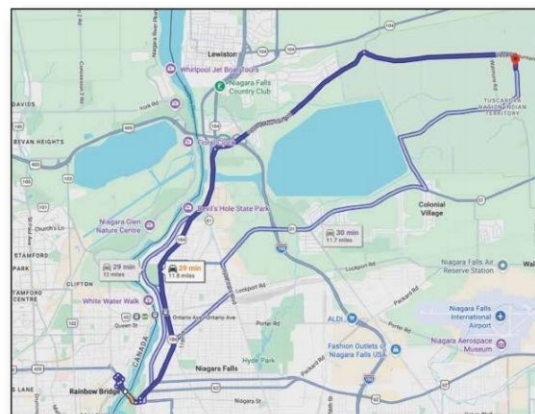
Katsenhaienton Lazare

MASTER OF CEREMONIES

Joe Martin

GUEST SPEAKER

Karl Dockstater



25 minutes

**PARADE WILL LEAVE AT 11:30AM • PROGRAM STARTS AROUND 1:00PM
PLEASE PLAN TO ATTEND THE CELEBRATION • NO DRUGS OR ALCOHOL
DONATIONS WARMLY WELCOMED • STATUS CARDS REQUIRED FOR ALL COMPETITIONS**

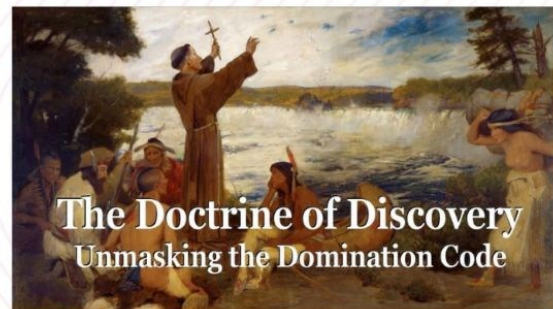


Indigenous Health and Wellbeing Promotion (IHAWP) Program

Presents

“Native American Cultural Competency: Examining Historical Trauma, Residual Consequences, and Opportunities to Move Beyond Continuing Dynamics”

Featuring a screening of the powerful
documentary *The Doctrine of Discovery:
Unmasking the Domination Code*,
with a discussion/debrief to follow



Wednesday
June 24, 2026
9:00 AM - 4:30 PM

Lunch provided by NACS

NACS
1005 Grant St.
Buffalo, NY 14207

Limited Seating!
Pre-register using QR CODE
or link in the comments.



Contact Pete Hill, Special Initiatives Coordinator,
at phill@nacswny.org with questions

The IHAWP Program is funded by the New York State Department of Health / AIDS Institute



Native American Community Services

In Development: Healthy Generations

A Culturally-Based Home Visiting Program
for Native American Families

Through personalized home visits, families will receive:

- A program culturally grounded in family traditions and values, offering trauma-informed care that supports healthy beginnings.
- Prenatal and maternal support to promote healthy pregnancies
- Early childhood support for growth, learning, and development
- Health and wellness guidance for parents and children
- Connections to community resources that strengthen family well-being

Healthy Generations is a new, culturally-based home visiting program supporting families with children ages 0-5. Home visitors will work directly with families to provide guidance, resources, and support that honor culture and help families thrive at home, in the community, and for generations to come.



For more information, contact:

Sherrie Kechego

Healthy Generations Coordinator

716-574-3378

skechego@nacswny.org

~From Our Traditions, Healthy Generations Rise~

COST FREE SUMMER PROGRAMS 2026

BCAT BUFFALO CENTER FOR ARTS & TECHNOLOGY
368 Sycamore St
(716)259-1680
bufcat.org

JULY 6th - August 13th
Monday - Thursday
12pm - 5pm



Join us for a free, creativity-powered summer! Our 6-week program gives young people hands-on access to arts and technology in a fun, supportive environment. Participants will build real projects, learn new skills, and explore future creative pathways. Lunch and snacks are provided. Registration is first come first serve, space is limited to fill out the interest form today!

Level up your creativity this summer in...

- DIGITAL ARTS**
- MUSIC PRODUCTION**
- 3D PRINTING**
- FINE ARTS**



YOUTH & ARTS TECH

visit bufcat.org
or scan below
for more info
& registration



BCAT's programs are made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.



**REDISCOVERING OUR
ONKWEHON:WE TRADITIONS**

ABOUT US

ROOTS is here to increase the availability of cultural education programs and resources for the urban Haudenosaunee people. We aim to implement opportunities to learn about Haudenosaunee traditions and practices through an increased number of Haudenosaunee cultural programs

CLASSES

arts/cooking classes
cultural speaker series
elder and youth information exchange
community socials
singing and dancing classes
yearly marketplace

GOAL

The long-term community goal would be that all Native Americans have access to opportunity, knowledge, and the ability to incorporate traditional concepts and teachings within their families and communities

Arriana Smith
ROOTS Project Specialist
asmith@nacswny.org

Colleen Casali
ROOTS Project Coordinator
ccasali@nacswny.org

Dakota Jonathan
ROOTS Project Specialist
djonathan@nacswny.org

FUNDED BY: THE DEPARTMENT OF HEALTH AND HUMAN SERVICES-
ADMINISTRATION FOR NATIVE AMERICANS



PARENTING *Circle*

This Native American Family Research program is aimed at enhancing family dynamics to reduce your child's risky behaviors and to learn about family health preparedness.

STUDY REQUIREMENTS

- 10 weekly classes
- Participation in a parenting and health research study
- Families will be randomly selected to participate in Parenting in 2 Worlds or Healthy Families in 2 Worlds

ARE YOU ELIGIBLE?

- ✓ Self-Identify as Native American
- ✓ Live in urban area of Erie & Niagara County
- ✓ Are a primary caregiver of Native American youth 12-17 years old

HIGHLIGHTS

- Childcare services provided for enrolled participants
- Healthy food provided
- **Your Family could be eligible to receive up to \$300 in gift cards**

✉ pjacobs@nacswny.org
jrose@nacswny.org

☎ 716-339-1831 (Peter)
 716-574-3041 (Justine)

Participation is voluntary

ASU IRB IRB # STUDY00016808 | Approval Period 3/17/2023 – 2/20/2026

Employment Opportunity



www.nacswny.org

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

MICHAEL N. MARTIN, EXECUTIVE DIRECTOR

1005 Grant St. Buffalo, NY 14207 • Phone: 716-874-4460 • Fax: 716-874-1874
 1522 Main St. Niagara Falls, NY 14305 • Phone: 716-299-0914 • Fax: 716-299-0903
 76 West Ave. Lockport, NY 14094 • Phone: 716-302-3035 • Fax: 716-302-3037
 100 College Ave. Suite 200, Rochester, NY 14607 • Phone: 585-514-3984 • Fax: TBD
 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Foster Care Caseworker
Salary/range: \$21.00- \$23.00

Type: Full- time/ hourly/ non-exempt
Office: Erie & Niagara Counties – travel required

SUMMARY:

This position works in conjunction with the Local County Department of Social Services (LCDSS) and is responsible for protecting the health, safety, and well-being of the children on their caseload and provides support to foster parent(s) through case management services, crisis management, home visits, weekly contact, monitoring of service compliance, documentation, ongoing training, and advocacy. The main objective for this position is to effectively work towards reunification, achieving permanency for children while actively assessing the needs of the child, foster parents, and coordinating interventions when necessary. Incumbent will be responsible for day-to-day casework duties ensuring the Indian Child Welfare Act (ICWA) of 1978 is followed when placement of Native American children into foster care is indicated. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Provides all aspects and elements of casework services to an assigned caseload. Conducts casework contacts with families, as needed but at least twice a month, face-to-face in their homes and community settings to focus on goals.
- Assists in the National Training & Development Curriculum (NTDC) classes.
- Responsible for case planning with children in foster care and their families to achieve a positive and safe permanency plan.
- Participates in the compliance and implementation of ICWA as well as new/current social service laws and regulations.
- Assists all foster parents in attaining training requirements specific to foster care certification.
- Must enter and maintain required child welfare information including but not limited to person and family information, periodic family assessment and service plans, plan amendments, and progress notes in CONNECTIONS.
- Makes detailed and completes case studies, recommending and defining short and long-term social needs and goals of children and families.
- Participates in DSS permanency planning, court hearings, and school related meetings for the child(ren).
- Maintains regular and consistent contact with all appropriate members of the 29-I (VFCA) license team, providing current information and responding to requests as needed.
- Responsible for facilitating visitations including providing safe and reliable transportation when needed.
- Must consistently remain vigilant and proactive in assessing safety and risk concerns at all times.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree required, in a human service field or related field of study.
- Knowledge of ICWA, Adoption Safe Family Act, Federal and State regulations, as well as mandated reporting requirements.
- Effective problem solving, organization, time management, and communication skills.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Familiarity with and sensitivity toward local Native American communities.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements including a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

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

For consideration send resume to: humanresources@nacswny.org

Employment Opportunity



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 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Foster Care Homefinder
Salary/range: \$21.00-\$23.00

Type: Full-time/ hourly/ non-exempt
Office: Erie & Niagara Counties – travel required

SUMMARY:

The Foster Care Homefinder will recruit, train, and retain families who have been identified as having an interest in becoming foster parents. The Homefinder is primarily responsible for the recruitment, training, certification/approval, and on-going development of foster parents in the Foster Care program. Must be flexible to evening and weekend program schedules. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Works with NACS Marketing & Development Specialist and Foster Care Coordinator to develop and implement foster parent recruitment plan.
- Provides information and conducts initial assessment of prospective foster parents via phone or face-to-face inquiries.
- Coordinates and conducts monthly general information meetings to provide information on the organization, program, children served, and steps to becoming a foster parent.
- Coordinates and co-facilitates National Training & Development Curriculum (NTDC) trainings a minimum of three times yearly. Coordination will include invitations, reminders, and agenda letters to applicants, assisting in the assignments of NTDC sections to participating trainers and preparing materials for upcoming trainings.
- Works in collaboration with the caseworker in supporting foster parent's capacity to meet the needs of child/children in their home.
- Completes home study assessments for all prospective homes within four months of their application and acceptance to the program; completes home study addendum on an as needed basis.
- Maintains all resources on the CONNECTIONS and BINTI database to include opening new foster homes, reauthorization of foster homes, and closing of foster homes.
- Schedules and organizes foster family retention events.
- Participates in recruitment and outreach events to recruit potential foster parents.
- Acts as an organization liaison to the Coalition of Adoption and Foster Family Agencies (CAFFA).
- Maintain necessary documentation and ensures the timely completion of all necessary recordkeeping.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree required, in a human service field or related field of study.
- Knowledge of ICWA, Adoption Safe Family Act, Federal and State regulations, as well as mandated reporting requirements.
- Effective problem solving, organization, time management, and communication skills.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Familiarity with and sensitivity toward local Native American communities.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements including a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

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

For consideration send resume to: humanresources@nacswny.org

Employment Opportunity



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 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Niagara County Youth Clubhouse Site Supervisor

Type: Full-time/ hourly/ non-exempt

Salary/Range: \$20.00- \$21.00 / hour

Office: 1522 Main St, Niagara Falls, NY 14305

SUMMARY:

Under the guidance of the Health & Wellness Coordinator, the Youth Clubhouse Supervisor is responsible for assisting and leading in the performance of day-to-day duties in delivering and providing a safe, supportive, culturally appropriate, alcohol and drug free environment for all Native American youth (ages 12-17 years old) clubhouse members. This position will lead in the oversight of activities, cultural programming, and supervise youth leaders. Incumbent must be available for non-traditional hours (evenings and weekends). The Clubhouses are open 25 hours per week. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Implement, plan, and lead program activities, field trips, and workshops in accordance with contractual obligations both virtually and in-person.
- Have knowledge and understanding of substance use and ensure youth programming utilizes a percentage of research and evidence-based and best practices prevention models.
- Serve as a facilitator and member of the Youth Advisory Council.
- Coordinates scheduling of the Clubhouse Youth Leaders.
- Organize, supervise, and provide safe transportation for youth clubhouse members.
- Ensures Clubhouse maintenance, cleanliness, and safety is maintained.
- Recruit participants for the clubhouse program through outreach events and materials.
- Maintain necessary documentation and ensures the timely completion of all necessary recordkeeping, including the utilization of database systems.
- Ensures the program remains compliant with all contractual obligations and requirements.

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree from accredited institution with supervisory experience or relevant role.
- Experience working with at-risk youth, community and group settings. Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Knowledge and understanding of substance use.
- Effective problem solving, organization, time management, and communication skills.
- Computer skills: ability to use Microsoft Office Suite.
- Familiarity with and sensitivity toward local Native American communities.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements including a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

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

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 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Prevention Specialist

Type: Full-time/ hourly/ non-exempt

Salary/Range: \$19.00-\$20.00 / hour

Office: 1005 Grant Street, Buffalo, NY 14207 – travel required

SUMMARY:

Incumbent provides and presents evidence-based prevention curricula to youth and community as part of an overall strategy that addresses alcohol and substance-use and prevention and other at-risk topics. Key roles include outreach, recruitment, and engagement of participants. Must be comfortable speaking in front of an audience. All efforts will be performed with the understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Plans, coordinates, and delivers prevention presentations comfortably and accurately to both youth and adults.
- Performs effectively within a classroom setting and through video conferencing platforms.
- Delivers comprehensive, evidence-based, medically accurate, age and stage appropriate education workshops/sessions.
- Delivers and collects pre/post surveys to participants for monthly reports.
- Connects participants with appropriate services and develops referral resources and linkages.
- Collaborates with local community resources and conducts regular outreach.
- Attends and participates in weekly component staff and other required meetings.
- Accurately collects and maintains necessary documentation and ensures the timely completion of all necessary recordkeeping per regulatory requirements.
- Maintains confidentiality of sensitive information and handles it with utmost discretion

EDUCATION, QUALIFICATIONS, AND SKILLS:

- Bachelor's degree in health or human services or related field of study preferred, with two (2) years' experience with at risk youth.
- Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Competency in issues regarding alcohol/substance abuse, family planning, and reproductive health.
- Effective problem solving, organization, time management, and communication skills.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Familiarity with and sensitivity toward local Native American communities.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements including a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

- Paid Time Off (PTO)
- Life Insurance
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 960 James St. Syracuse, NY 13203 • Phone: 315-322-8754 • Fax: TBD

Equal Opportunity Employer

Position: Workforce Development Specialist

Type: Full-time/ hourly/ non-exempt

Salary/Range: \$19.00-\$20.00 / hour

Office: 100 College Ave. Suite 200, Rochester, NY 14607 – 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 as needed. All efforts will be performed with the 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 clients.
- 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 in 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, AND SKILLS:

- Bachelor's degree in human services or related field of study preferred, with three (3) years' experience in workforce development including supervision and program management.
- Work experience may replace some of the education requirements at the discretion of the Executive Director.
- Knowledge of local area service providers.
- Effective problem solving, organization, time management, and communication skills.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Familiarity with and sensitivity toward local Native American communities.
- Must be flexible to evening and weekend hours as needed.
- Must pass all background checks and pre-hire requirements including a clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300k.

BENEFITS:

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

For consideration send resume to: humanresources@nacswny.org

Nya:wëh, Thanks for reading!

Please share this newsletter with family, friends, and coworkers. If you know of anyone who would like to receive the month NACS News by email, please have them send their first name, last name, and current email address to: gghosen@nacswny.org

You can also look for our newsletter on our [website](#).

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