

# Native Aspirations helping youth, community

Young people and their crew leaders are working around the reservation on many community projects:

From clearing and cleaning around the Simnasho Longhouse, to cutting and edging in the Sunnyside neighborhood.

From building a shed at the Family Resource Center, to cleaning up used fireworks from July Fourth, to working on the fields around the Community Center:

These are just some of the many projects of the Native Aspirations Soaring for the Future work program.

## Native Aspirations

A statement in the Warm Springs Health and Human Services Branch mission reads:

"... The people have the need, and have expressed the desire, for the community to provide better support to its members through high quality healthcare, elimination of substance abuse, and support of families."

This was the foundation for the creation of the Warm Springs Native Aspirations Soaring for the Future work program.

The Warm Springs Native Aspirations Soaring for the Future work program builds capacity within Warm Springs' workforce by providing training opportunities for youth, 14-18 years of age, and college students.

In designing the program, the Health and Human Ser-



Dave McMechan/Spilyay

A Native Aspirations Soaring for the Future work crew built a shed at the Health and Human Services building. The mentor for the project was Nathan Brown. He and Donmic Nelson are the crew leaders for the first-year workers.

vices Branch looked at how to create ways for the youth to bond with their families, schools, peers and community through community service projects, mentoring and work experience.

What concluded from these discussions are the program-created avenues to gain work and life skills to assist in building a foundation for a healthy workforce,

in addition to healthy community members.

For instance, each participant throughout their training within this program has an opportunity to be exposed to education in some of the following areas:

Cultural diversity, finance, career planning, injury prevention, conscious discipline, Pharmacology education and prevention; and other

health related topics.

Native Aspirations' work experience partners are:

Culture and Heritage, Family Preservation, Health and Human Services' Prevention, Fire Management, Early Childhood Education Center, Vital Statistics, Human Resources, the Utilities Department, OIS, and the Senior Program.



## Big changes

There have been some big changes for Native Aspirations. Some of the main ones are:

### Forty hours of health related training.

Every employee in Native Aspirations attended 40 hours of health related training. This was a requirement of the program, because the dollars that funded the program are health related dollars.

The training was held during the first week of work, and the theme of the training was 'Trauma.'

The training covered topics like historical trauma, grief, domestic violence, and trauma and the brain.

At the training the mentor groups also had time to start planning their community service projects.

**Work crew:** A majority of first-year workers (the 14-year olds) spend half of their time in the program on a work crew, working on a number of community improvement projects.

They spend three and a half weeks on the work crew, and three and a half weeks at a worksite.

The main focus of the community improvement projects are Elmer Quinn Park, the Stick Game barbecue area behind the Community Wellness Center, and the baseball and softball

fields.

The works includes cleaning, weeding, reseeding, table and bench repair, painting, etc.

Other projects include fuel reduction at elder homes in rural areas, street and sidewalk clean up, playground clean up, etc.

**Mentoring:** Native Aspirations hired seven high school age mentors, and three college worker mentors, completing eight weeks of one-on-one mentoring with every youth in the program.

Each mentor is assigned between nine to 11 other youth in the program. The mentors spend 30 to 60 minutes each week with those youth, as well as doing job shadowing at their job sites for 20 hours each week.

**Community service projects:** Each mentor group also completes a community service project. Each group member must complete 10 hours of work towards that project.

The location of Native Aspirations Soaring for the Future Work Program is at the Health and Human Services Branch administration, 1144 Warm Springs Street.

The point of contact are Reina Estimo and Amanda Henderson.

## Surveying with the Native Food Sovereignty Project

Did you know that the Warm Springs community was once a stable and self-sufficient land where tribal members could provide for themselves by gathering traditional food and game, gardening, farming, and raising animals?

The Tkwatwaq'ishwitai Food Sovereignty Project is

a way to assess the food system on the reservation by asking various questions pertaining to agriculture, traditional foods, and the local community's food habits.

We are working with many local residents to get their perspective on the local food system, and trying to find the source behind all

the health issues that are beginning to rise in Warm Springs.

We have been doing surveys and one-on-one interviews with locals.

We have a Facebook page and we will be at the Warm Springs Outdoor Market every Friday staffing a booth.

These surveys and inter-

views will begin to point us in the right direction to fixing these various health issues.

We will be doing multiple surveys over the course of this summer, as well as a community dinner to allow us to ask more in-depth questions in a shorter amount of time.

We will be uploading all the dates, surveys and results to the Tkwatwaq'ishwitai Food Sovereignty Project Facebook page.

This project is a collaboration between OSU Extension 4-H and the Native Aspirations Program.

For more information, call us at 541-553-3238. Thank you.

Ellise and Jackie.

## Summer meals program for young people

Nutritious meals are provided free of charge to all youth 18 and younger, thanks to the Summer Food Service Meal Program.

Breakfast is served at the Warm Springs Youth Center in the Boys & Girls Club from 8:15-9 a.m.; and lunch from 11:45 to 12:30.

Parents, please remind

your child to clean up after themselves after they eat—take any leftovers or containers to the garbage cans.

4202 Holliday St. Call 541-615-0555

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