



Allyson Kelley and Associates PLLC

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# Tips for Culture-Based Programs that Build Resiliency

**Abstract:** AKA created this resource for culturally-based prevention programs based on their experience working with Northern Cheyenne youth. Simple tips include how to design a culture-based program, recommendations for building resiliency, key questions to ask, and examples from the Northern Cheyenne prevention efforts.

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Tips for

# Culture-based Programs that Build *Resiliency*

## How to design a CULTURE BASE PROGRAM?

- ● ● **Acknowledge that...** American Indian youth cultures are not monolithic; it is important to recognize their rich diversity and histories.
- ● ● **Determine...** what resources, support, time, and effort necessary to implement a culture-based program.
- ● ● **Define...** what culture and resiliency mean to the community.
- ● ● **Engage...** with the community, stakeholders, youth, elders, teachers, and partners to get their feedback about the kinds of culture-based programs that could work.
- ● ● **Design and implement...** culture-based programs that are feasible, led by community members, and are of interest to youth.
- ● ● **Offer...** programs consistently, stick to a schedule.
- ● ● **Address...** inequalities and inequities, what is happening within a family or home that may impact youth involvement in a program.
- ● ● **Evaluate...** what is working, what is not working, and what next.

## Four Recommendations for BUILDING RESILIENCE in American Indian Youth

- 1 Look for organizations and people who have the time and energy to help.
- 2 Use a trauma-informed lens when considering how youth overcome adversity and the types of programs that build resilience.
- 3 Treat every youth as an individual, with a unique history, family, circumstance, and dream.
- 4 Connect youth to their homeland, family, culture, history, and way of life... back to the 1700 and 1800s.

*“When you tie something to a person’s identity and who they really are, it makes things more relevant and meaningful to them.”*

– Northern Cheyenne Youth

## Key Questions to Ask

- ✓ Why are culture-based programs so important for AI/AN youth?
- ✓ Where should culture-based programs live?
- ✓ When should culture-based programs occur?
- ✓ How do we know if culture-based programs work?

## Want more information on evaluation and culture-based resiliency programs?

- Kelley, A., Fatupaito, B., & Witzel, M. (2018). Is culturally based prevention effective? Results from a 3-year tribal substance use prevention program. *Evaluation and Program Planning*, 71, 28-35.
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## Online Apps for Northern Cheyenne Language and Culture

**The Cheyenne Online Dictionary website:**

<http://www.cdkc.edu/cheyennedictionary/index.html>

**Apps:**

Cheyenne Ethnobotany App  
Cheyenne Vocab Builder  
Lame Deer Public Schools