

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 resilience, 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

- 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.
- Treat every youth as an individual, with a unique history, family, circumstance, and dream.
- 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?

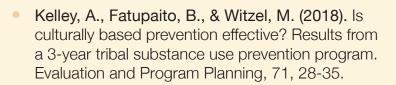


When should culture-based programs occur?



How do we know if culture-based programs work?

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



- Kelley, A., Witzel, M., & Fatupaito, B. (2019). A review of tribal best practices in substance abuse prevention. Journal of Ethnicity in Substance Abuse, 18(3), 462-475.
- Kelley, A., & Small, C. (2020). Documenting Resiliency of American Indian Youth: Preliminary results from Native PRIDE's Intergenerational Connections Project. Journal of Indigenous Research, 8(2020), 5.



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

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