

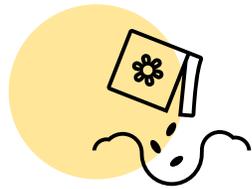
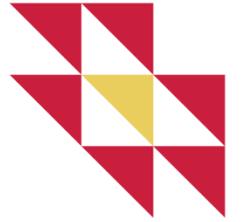
# **REPORT & RECOMMENDATIONS**

2021 Indigenous Youth Wellness Summit  
“Community Resilience: Nurturing and  
Protecting Youth Wellness”

April 22, 2022

Credit Courtesy: IYC & NM IAD/key partners

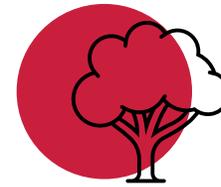
# NM Indigenous Youth Council



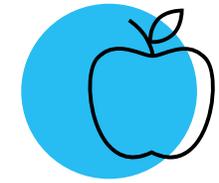
December 2020 -  
January 2021



February 2021 -  
May 2021



June 11-12, 2021



August 2021

The IAD held two virtual listening sessions with Indigenous youth.

Youth desired more mental health resources and to share and celebrate their culture and language with other Indigenous youth.

The IAD establishes the inaugural Indigenous Youth Council.

The IYC partners with IAD and Honoring Native Life to plan the virtual Indigenous youth wellness summit.

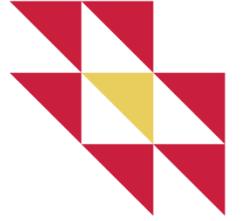
The IYC convenes 50 Indigenous youth aged 16-25 years old at the 2021 virtual Indigenous Youth Wellness Summit..

The IYC utilized the Summit participant feedback to draft a list of recommendations to the state and tribal leaders.

The IYC presents the final report and recommendations to state and tribal leadership at the 2021 State-Tribal Leader Summit.

The IYC plans to present to the New Mexico Legislature's Indian Affairs Committee in the fall of 2021.

# INDIGENOUS YOUTH WELLNESS SUMMIT



- Hosted virtually on June 11-12, 2021.
- Convened fifty Indigenous youth aged 16-25 years old.
- Summit organized in the Gathering of Native Americans (GONA) model, a culture-based planning process when community members gather to address community-identified issues.



# INDIGENOUS YOUTH WELLNESS SUMMIT

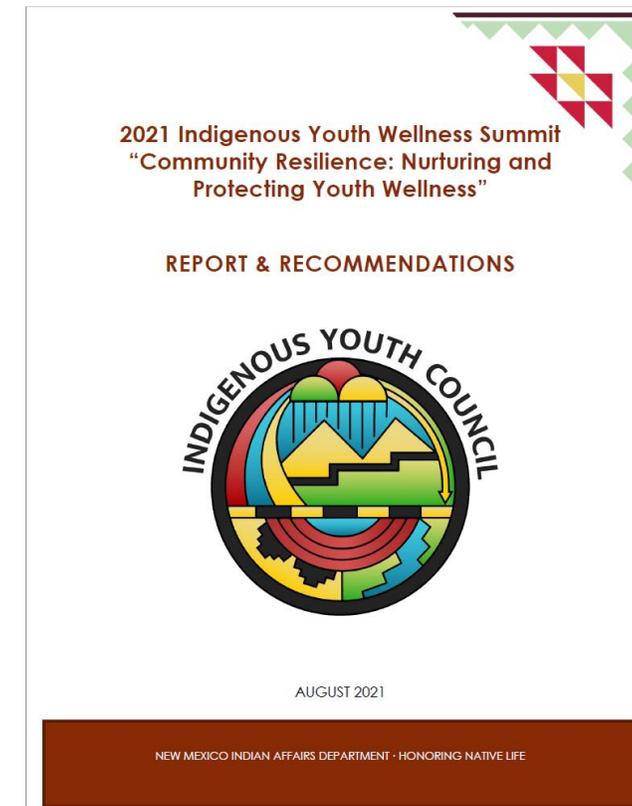


- Plenary sessions addressed holistic wellness through mental health resilience and skill-building, which included presentations on art therapy and healthy relationships and boundaries.
- Four breakout sessions were conducted to gather and record participant feedback.
- The IYC utilized this feedback to develop list of recommendations geared to better support Indigenous youth to improve their holistic wellness.



# SUMMIT RECOMMENDATIONS

- Organized into four priority areas grouped under the holistic view of health and well-being (e.g. physical being; mental being; social & emotional being; and spiritual & cultural being) and two other priority areas.
- Organized into target timelines:
  - Short-term (Less than 2 years)
  - Mid-term (2-5 years)
  - Long-term (More than 5 years)
- For complete list, please see:  
[IYC Report & Recommendations.](#)



# PHYSICAL BEING

“To promote movement and physical health.”

## Short-term (> 2 years)

- To provide regular education and outreach on interactive movement, such as walking and hiking clubs, yoga, etc. at tribal wellness centers.

## Mid-term (2-5 years)

- To invest in tribal seed-sharing programs, communal gardens, plant nurseries, fields, and especially tribal wellness centers and spaces that encourage holistic wellness.

## Long-term (5+ years)

- To further protect and defend Indigenous peoples' religious freedoms and access to sacred sites and natural and cultural resources.
- To allocate land and water to tribes outside tribal areas, especially protecting water from contamination.

KYUNH'PAYA'MAH"

DETSEMAK TS'UMME

DUU BEE JAAN EE DEEDA

CHA'BAHTZ'TH'IYA HOPAH

NAING GI KAY • AKWEMIAM

NÁAŁWO • HOŁ BOHÓNEEDZá

MAH MAUH SOOH LOOM MAH



# MENTAL BEING

”To nurture mental health through self-care strategies.”



## Short-term (> 2 years)

- To promote and fund Indigenous youth and elder-talking circles, community wellness events, and health and fitness challenges.
- To transform physical education classes in public schools to classes that integrate holistic wellness approaches with an emphasis on mental health.

## Mid-term (2-5 years)

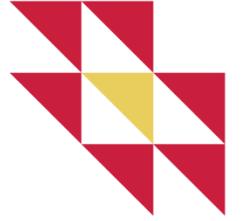
- To fund the construction and/or maintenance of adequate tribal community facilities for community behavioral health programs, nutrition programs, and community centers.

## Long-term (5+ years)

- To educate and normalize the concept of self-care and self-care strategies in and outside tribal communities.

# **SOCIAL & EMOTIONAL BEING**

”To increase understanding about healthy relationships, healthy boundaries, and strengthening self-confidence.”



## **Short-term (> 2 years)**

- To provide elder mentorship opportunities for Indigenous youth, young adults aged 25-30+, and those living in urban centers.
- To encourage access to workshops and training on the prevention of alcohol and substance misuse.

## **Mid-term (2-5 years)**

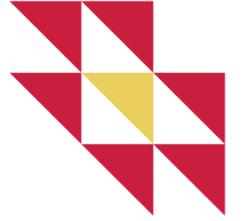
- To fund and conduct educational programming for youth on healthy relationships in tribal and urban Native communities.
- To invest in pre-professional and educational opportunities in behavioral health to increase Indigenous workforce.

## **Long-term (5+ years)**

- To provide access to behavioral health services and resources to Indigenous youth on and off the reservation.
- To fund training and educational initiatives for state and tribal leadership on healthy relationships to address systemic gender discrimination stemming from colonization.

# SPIRITUAL & CULTURAL BEING

”To grow and invest in activities that support cultural revitalization, cultural grounding, and traditional healing.”



## Short-term (> 2 years)

- To advocate for a statewide multiagency proclamation supporting Indigenous language revitalization in New Mexico.
- To recognize all Indigenous languages of the 23 Nations, tribes, and Pueblos as official languages of New Mexico.
- To provide an annual Indigenous culture week (e.g., Native Language Day, Indigenous Peoples’ Day, statewide Day of Prayer, etcetera).
- To implement a land acknowledgement standard for New Mexico, including an intertribal land acknowledgement for major cities in the state.

# SPIRITUAL & CULTURAL BEING

”To grow and invest in activities that support cultural revitalization, cultural grounding, and traditional healing.”



## Mid-term (2-5 years)

- To invest in the revitalization and preservation of Indigenous languages in ways that respect and promote tribal data sovereignty.
- To ensure that all state employees tasked with the care of public lands that contain tribal cultural sites are adequately educated on tribal nations’ ties to and continued access to these lands.

## Long-term (5+ years)

- To fund, educate staff, and support technology and infrastructure of tribal libraries and the development of language revitalization programs.
- To advocate for digital preservation and protection of data at the tribal level, developing tribal-informed archive systems.



# COVID-19 PANDEMIC

”To integrate lessons learned from the COVID-19 Pandemic and its impact on tribal communities.”



## Short-term (> 2 years)

- To support a tribal convocation to review lessons learned from the COVID-19 Pandemic, discuss emergency management planning, celebrate the return to traditional practices and communal gatherings, and provide a space for Indigenous youth perspectives on how to build back better.

## Mid-term (2-5 years)

- To develop Native-specific hotlines and warmlines for mental health crisis response.
- To provide technical assistance to tribes on the use of social media as a means of information sharing during emergency response.

## Long-term (5+ years)

- To support the continued development of emergency communication systems and crisis response planning for tribal communities.

# YOUTH VOICES

“To elevate Indigenous youth voices and representation in critical decision-making.”

## Short-term (> 2 years)

- To establish a permanent fund for the Indigenous Youth Council that will be used to fund activities like annual/bi-annual Indigenous youth summits, in-person events, and Indigenous youth scholarships.

## Mid-term (2-5 years)

- To expand leadership roles for Indigenous youth, particularly for Indigenous women and girls.
- To create a New Mexico tribal youth policy fellowship in partnership with tribal and state organizations similar to the Santa Fe Indian School Policy Institute.

## Long-term (5+ years)

- To implement youth workshops within tribal communities on the holistic frameworks of well-being.



# CONCLUSION

- The IYC hopes that the Summit's recommendations will
  - Serve as a catalyst in making instrumental change for Indigenous youth and their holistic wellness.
  - Reach state and tribal leadership from a sincere place of wanting to contribute to the well-being of our communities and tribal members.
- The IYC asks for hope and trust in the vision that we have laid throughout these priorities and recommendations.



**THANK YOU!**  
**AXÉHEE'**

