



National Council of  
Urban Indian Health



EXCELLENCE · EQUITY · EFFECTIVENESS

# CEDAR Branch: Strategic Planning for Community Advisory Boards

Kevin LaChapelle & Margie Anderson

San Diego American Indian Health Center

November 16<sup>th</sup>, 2021

2 – 3 p.m. EST

Your  
feedback is  
important!



# Agenda

Time Allocated	Topic	Presenter(s)
2:00 p.m. EST	Welcome	Sebouh Kouyoumjian
2:03 p.m. EST	Housekeeping: <ul style="list-style-type: none"><li>• About NCUIH</li><li>• House Keeping</li><li>• Asking Questions &amp; Emoji engagement guidance</li><li>• Upcoming events</li></ul>	Sebouh Kouyoumjian
2:04 p.m. EST	Introduction of Presenters	Sebouh Kouyoumjian
2:05 p.m. EST	Learner Objectives, Skills Check & CEDAR Branch model	Margie Anderson, SDAIHC
2:12 p.m. EST	Developing an effective, community advisory circle.	Margie Anderson, SDAIHC
2:21 p.m. EST	Turn qualitative community feedback into a comprehensive strategic plan.	Margie Anderson, SDAIHC
2:26 pm EST	Build coalition focused on community culture/healing & helping our allies	Margie Anderson, SDAIHC
2:32 p.m. EST	Activity: “Stand and Share You Strengths”	Margie Anderson, SDAIHC
2:47 p.m. EST	Presenter Info /Q & A	Margie Anderson, SDAIHC
2:55 p.m. EST	Post Survey and Upcoming Events	Sebouh Kouyoumjian
3:00 p.m. EST	Adjourn	Sebouh Kouyoumjian

# ABOUT NCUIH

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The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCIA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality, accessible health care centers.



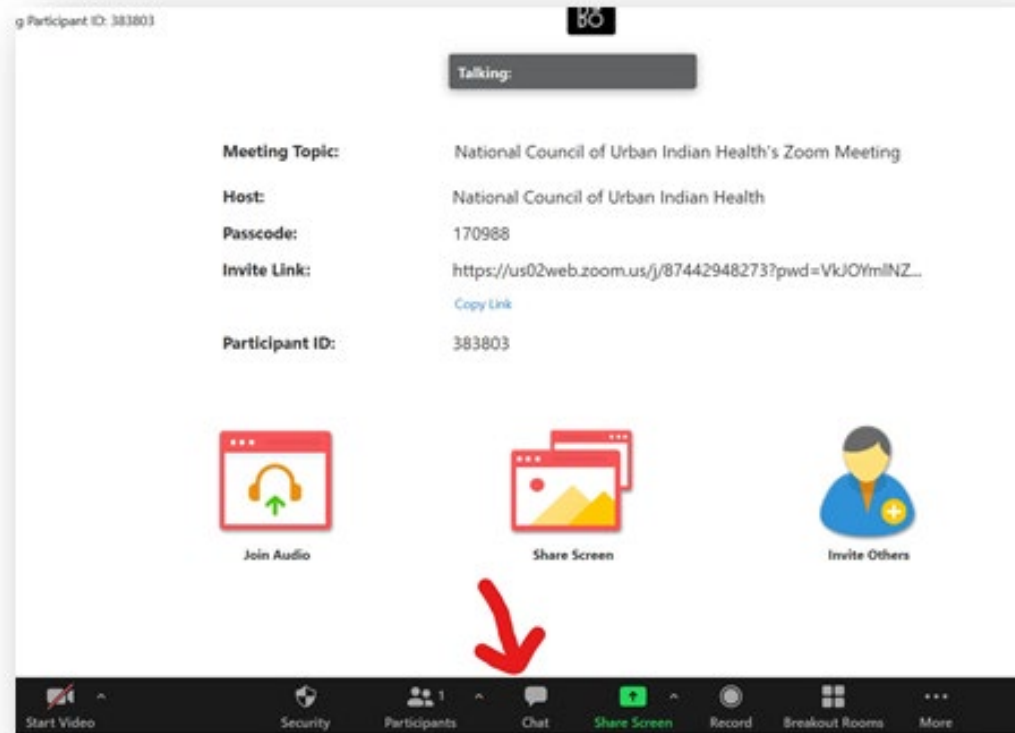
# Housekeeping

- Webinar is being recorded
- All mics have been muted
- Questions can be typed into the chat box
- Emojis based feedback will also be used during session
- Instructions will be provided
- There will be a session activity after presentations
- Q&A session will be offered at the end of this session

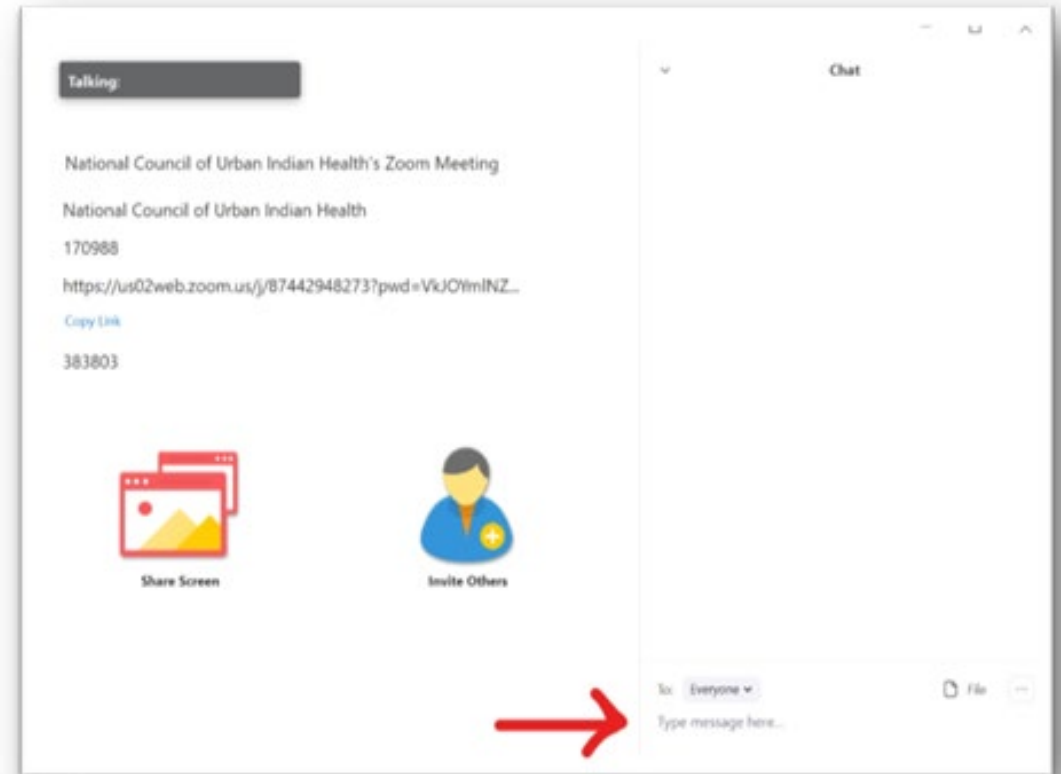


# How To Ask A Question Or Comment

First, select “Chat” at the bottom of your ZOOM screen

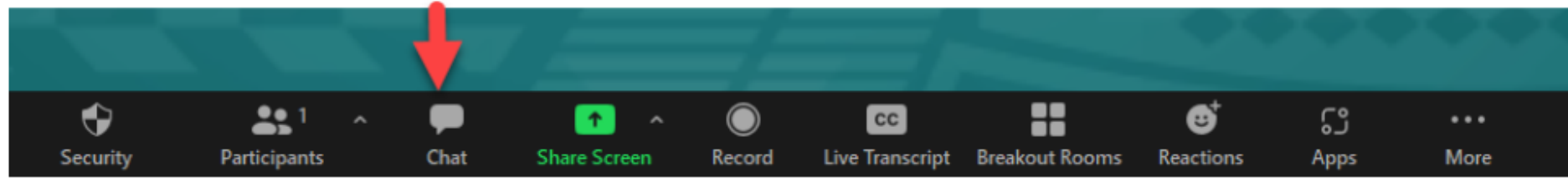


Then, type your question or comment into the chat box that will appear on the right

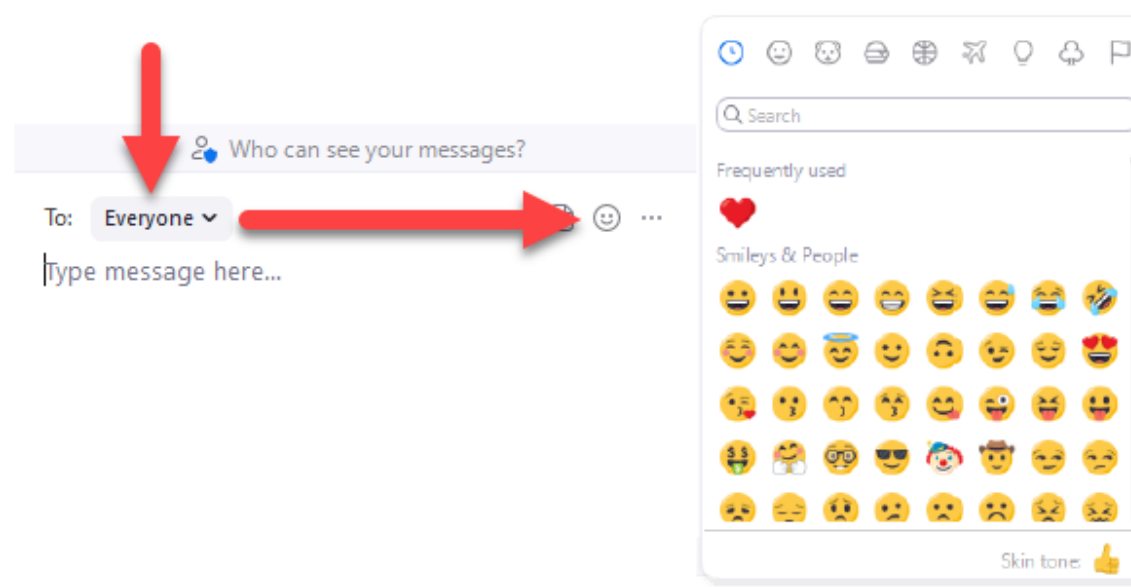


# How to use the emojis for this session

To use emojis to respond, first open the Chat box.



Make sure your chat box setting reads “Everyone” and then open the smiley face to select your emoji.



# Upcoming Events

## Messengers In Health COL:

**11/17/21** | *Messengers In Health*: Tis The Season To Vaccinate – Flu, Pneumonia, And Covid-19

## Setting Policy Priorities for 2022 Focus Group Series:

**11/18/21** | *NCUIH UIO Focus Group*: Limited Ambulatory for 2022” from 1-2:30 pm ET

**11/18/21** | *NCUIH UIO Focus Group*: Outreach and Referral from 3-4:30 pm ET





# Upcoming Events

## Setting Policy Priorities for 2022 Focus Group Series:

**11/19/21** | *NCUIH UIO Focus Group*: : Full Ambulatory from 1-2:30 pm ET

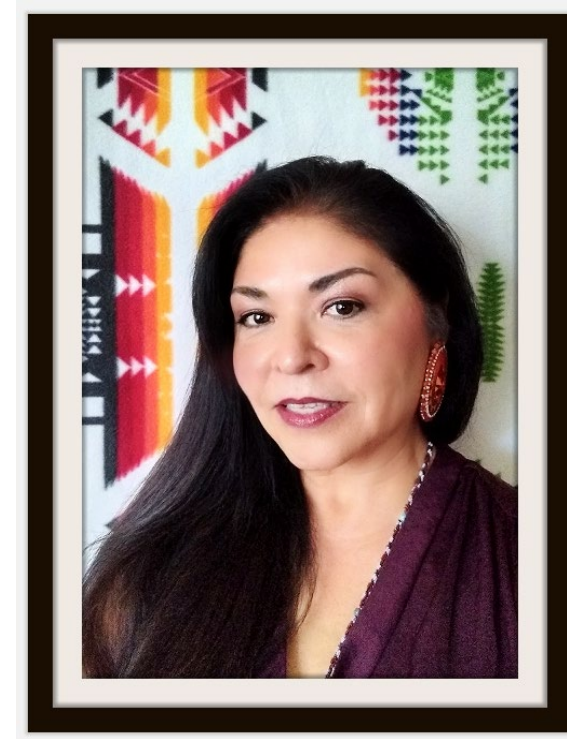
**11/19/21** | *NCUIH UIO Focus Group*: Outpatient and Residential from 3-4:30 pm ET



# Presenter



**Kevin LaChapelle, EdD, MPA**  
Chief Executive Officer,  
San Diego American Indian  
Health Center



**Margie Anderson**  
(Yoeme Apache Hawaiian)  
Substance Abuse Provider,  
San Diego American Indian  
Health Center





# "CEDAR Branch"

**Strategic Planning for  
Community Advisory Boards**



*Body - Mind - Spirit*

# Overall Objectives

1. Understand the “CEDAR Branch model: Community, Engagement, Diversity, Action, Revitalization
2. Learn to develop an effective, diverse and culturally competent BH community advisory circle.
3. Turn qualitative community feedback into a comprehensive strategic plan.
4. Build an engaging coalition focused on community culture and healing.
5. Activity: “Stand and Share Your Strengths”

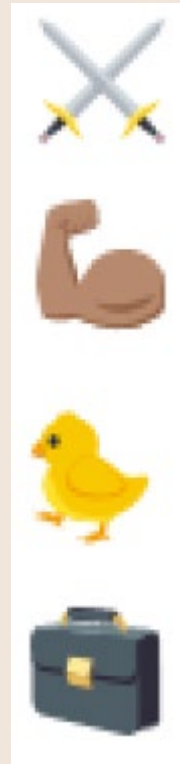




# Exercise: Skills Check

Please use the emojis in the chat box to answer the question:

Utilizing What is your knowledge on strategic planning  
Skill Key:



= I'm a Jedi Master


= I'm Competent

= I'm a Beginner

= I'm a Newbie, let's get to work!







# “CEDAR Branch” Model: Community, Engagement, Diversity, Action, Revitalization



## ➤ **CEDAR (grant support meeting) seeds “CEDAR Branch”**

CEDAR need for a steering committee to support Partners for Success 5-yr. grant objectives

CEDAR Branch building a successful community coalition

## ➤ **CADCA Native American Boot Camp Training (Community Anti Drug Coalition of America)**

- Focus: Increase capacity for Tribal / NA Urban to form and sustain prevention coalitions.
- Improve substance use prevention practices within their Tribal/ NA Urban communities
- Enhance abilities to competently respond to grant objectives and directives





# Developing an Effective, Diverse and Culturally Competent BH Community Advisory Circle

- **Learning about our environment and how we serve our community.**
  - San Diego American Indian Health Center (Non-profit 501C3)
    - Behavioral Health, Substance Abuse Treatment, Medical, Dental and Youth Center
    - Close to downtown San Diego
    - Urban NA/AI and all walks of life
  - Creating CEDAR Branch
    - During COVID – safe in person meeting guidelines
    - Welcoming community and providers together
    - Prayer (opening/closing)/ Meal
    - Embracing language, traditions and culture
    - Storytelling, honoring, drum, flute, medicinal, teachings, talking circle etc..





# Developing an Effective, Diverse and Culturally Competent BH Community Advisory Circle

- **Learning about our environment and the community we serve.**
- Welcoming our Urban Native American Community

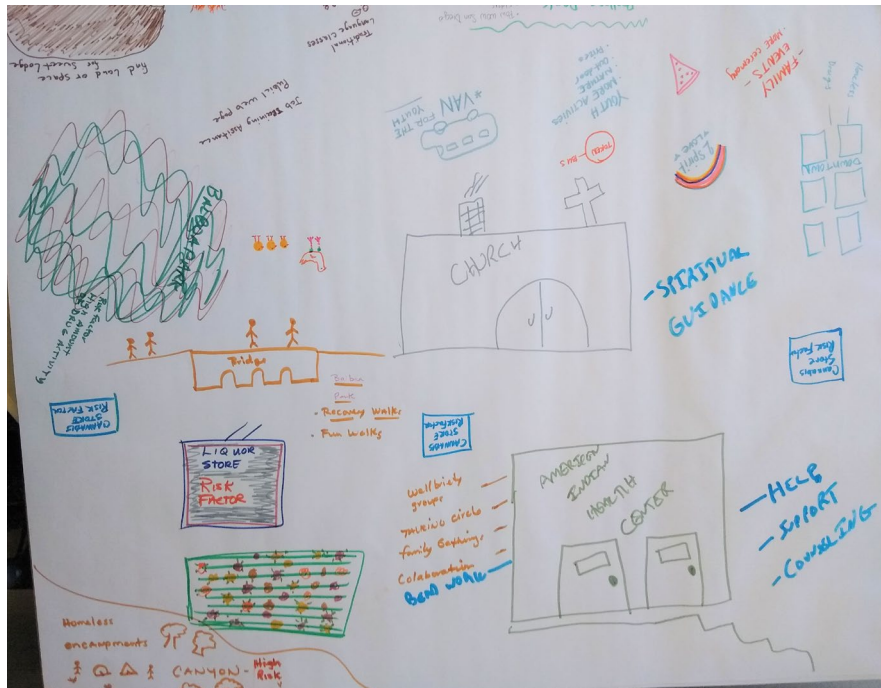
## **CEDAR Branch Agenda** **10/27/2021** **P4S/ZS/NC**

1. Prayer (Rob Anderson, Spiritual Advisor) / Meal 5:15PM
2. Grant objective / data, updates (Martin / Brooks) other announcements
3. Introductions "Stand and Share Your Strengths"
4. Cultural Activity Storry-telling of Tsée
5. Fentanyl / Opioid / NARCAN Education (Margie Anderson)
6. Discussion open discussion
7. Closing activities (prayer)



# Developing an Effective, Diverse and Culturally Competent BH Community Advisory Circle

- Learning about Strategic Prevention Framework (SPF)
- Using CADCA NABC training tools and suggestions
- Community Coalition – Community Environment
- Needs assessment (community letter / assessment)
- Coalition Achieve Community Level Change





# Turn Qualitative Community Feedback into a Comprehensive Strategic Plan

- Using CADCA training tools and suggestions  
Logic Model

HO#9

Needs Assessment Data

A needs assessment describes:

- **Consequences** of drug use
- **Drug use** and misuse in your community.
- **Root Causes** / Risk Factors in the community
- **Local conditions**
- **Community Readiness**

**Consequences**

- Poor School Performance:** 127 students missed graduation rates in 2019
- Sexual Activity & Teen Pregnancy:** 27 girls to mothers younger than 17 years old in 2019
- Youth Violence:** 50% of parents were concerned under the influence of alcohol.

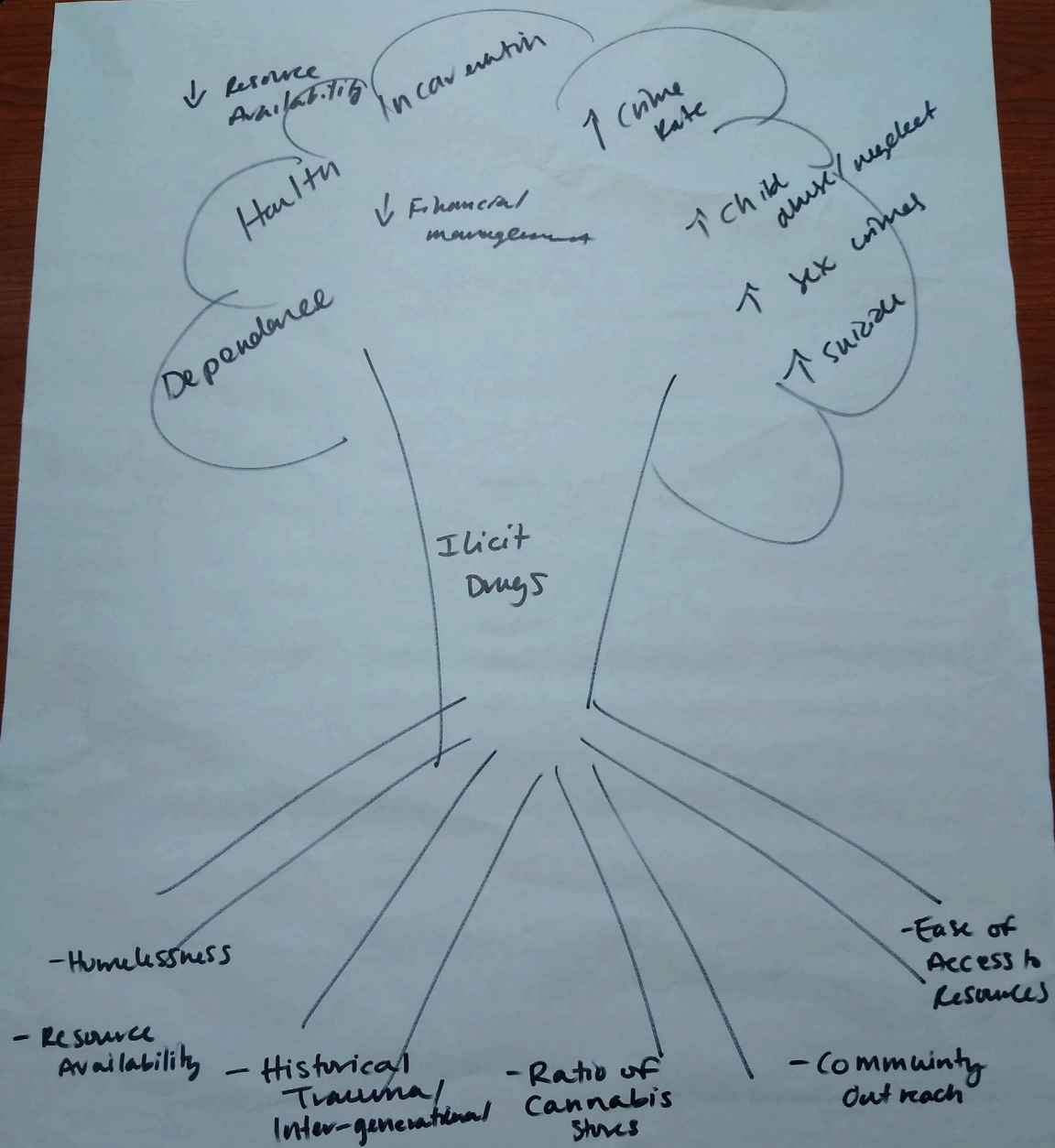
**Drug Use**

- Underage Drinking:**
  - 58 % of 12th graders drank alcohol in the last 30 days.
  - 21% of 10th graders were binge drinkers in the last 20 days.
  - 27% of 8th graders have already tried alcohol.

**Root Causes & Local Conditions**

- Local Conditions:**
  - 1 in 6 students not getting 1 in 3 sleep (over 10%)
  - 32% of youth say their friends use
- Parental Approval:**
  - Allow underage parties in their homes (22%)
  - Provide alcohol or prescription drugs (14%)
  - Permit child or teen to drink (14%)



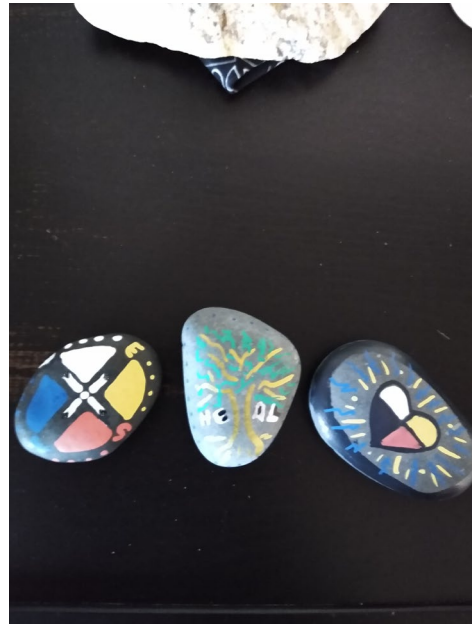


Body - Mind - Spirit



## Build an Engaging Coalition Focused on Community Culture and Healing

- **Culture is Prevention**
- Diversity among Native Americans
- Talking circle format
- Native language
- Drum
- Songs
- Use of traditional medicines / Eagle feather
- Ceremonies and Honoring's
- Crafts





**What traditional or cultural teachings do you infuse your in-person or virtual gathering/meetings?**





# Helping Our Allies

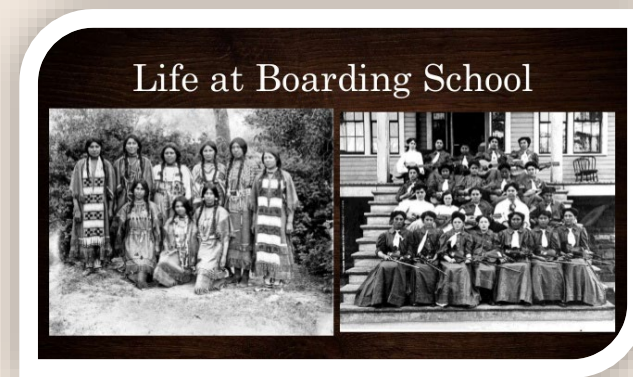
## Understanding and working with Native Cultures

- Become familiar with local communication styles; modify yours as appropriate (slow down, listen, don't interrupt)
- Ask about their tribe, their family history
- Ask about their ideas of healthcare (personal practices, expectations)
- Rapport building may take longer –When establishing rapport, asking what issues are of concern
- Understand the possibility of “system transference”

“System Transference” is when past experience with a system(s) (Federal Government) influences current feelings and reactions to a system(s)

### Community

- History of genocide, warfare and disease –
- Broken Treaties
- Reservation Policy







## Activity: “Stand and Share You Strengths”

Learning about our community





# CADCA Contact Info

Melanie Johnson email: [kiskutchee@gmail.com](mailto:kiskutchee@gmail.com)



## Virtual Native American Boot Camp Training

CADCA's four day boot camp training is a condensed version of our National Coalition Academy, covering:

- The public health model and prevention science
- Coalition work
- CADCA's Seven Strategies for Community Change
- All elements of the Strategic Prevention Framework:

Facilitated by:

- *Melanie Johnson*
- *Raquel Ramos*
- *Dave Shavel*





# SDAIHC Presenter Contact Info

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Website: [www.sdaihc.org](http://www.sdaihc.org)



# Q & A



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