

# EFFECTIVE ENGAGEMENT & COLLABORATION WITH AMERICAN INDIANS & ALASKA NATIVES IN CALIFORNIA



UC San Diego  
SCHOOL OF MEDICINE

INLAND DESERT TRAINING &  
RESOURCE CENTER  
UC SAN DIEGO



PUBLIC HEALTH INSTITUTE

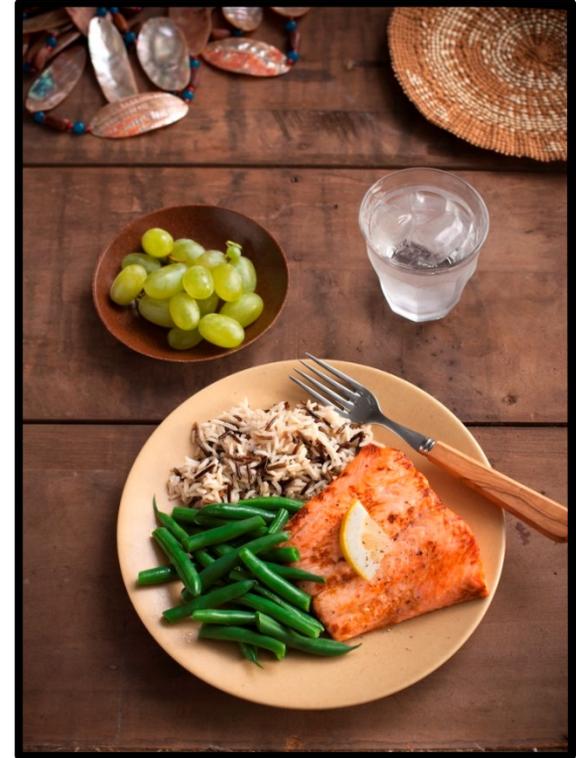
# WELCOME!

FACILITATOR:  
ELLE MARI

PANEL:  
REBECCA GARROW  
JACOB DUNLAP  
CALVIN HEDRICK

# OBJECTIVE

Learn how to effectively outreach to American Indian and Alaska Native audiences and build cultural awareness in partnering with tribal organizations.



# OVERVIEW

- **Background of American Indians and Alaska Natives (AIAN) in California**
    - Cultural strengths
    - Existing community assets
  - **Importance of Partnerships**
  - **Everything You Wanted to Know but Were Afraid to Ask**
  - **Collective Wisdom: Group Discussion**
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# NEOPB AIAN CAMPAIGN OVERVIEW

- Established FFY 2014
- Public Health Institute staff @ NEOP
- Culturally competent materials
- Focus groups, pilot testing
- **3 Subcontractors**
  - 5<sup>th</sup> Direction
  - Sacramento Native American Health Center
  - United Indian Health Services



# CALIFORNIA INDIANS



# CALIFORNIA

- 723,225 AIAN (1.9%)
- 109 Federally Recognized Tribes
- 45 Tribes seeking reinstatement or recognition
- Tribal population: ranges from 5 to over 4,000



# California Tribal Health Programs & Urban Centers



# California Indian Pre-contact Tribal Territories



# California Indians Root Languages



# CALIFORNIA AIAN HISTORY

- ??? – 1769 (Pre-Contact)
- 1769-1950's (Genocide, Assimilation, Relocation)
- 1950's – Present



# CALIFORNIA AIAN HEALTH STATUS

- ??? – 1769 (Pre-Contact):  
Indigenous foods & healthy lifestyles
- 1769-1950's :  
Food Insecurity & Malnutrition
- 1950's – Present:  
Food commodities, diabetes, revitalization

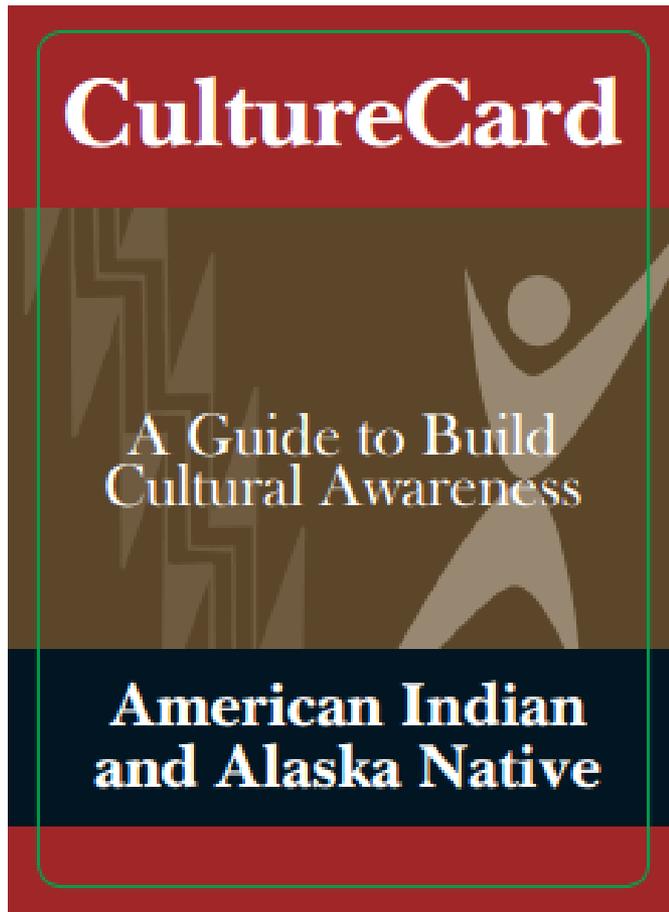


# WHAT'S UP WITH AIAN?

- Aren't we supposed to say Native American?
  - Hey, Alaska Natives – aren't they Indians, too?
  - How about Indigenous groups from Mexico? Canada?
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**FREQUENTLY ASKED QUESTIONS:  
AMERICAN INDIANS & ALASKA NATIVES  
(AIAN)**





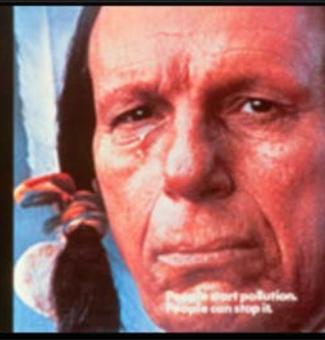
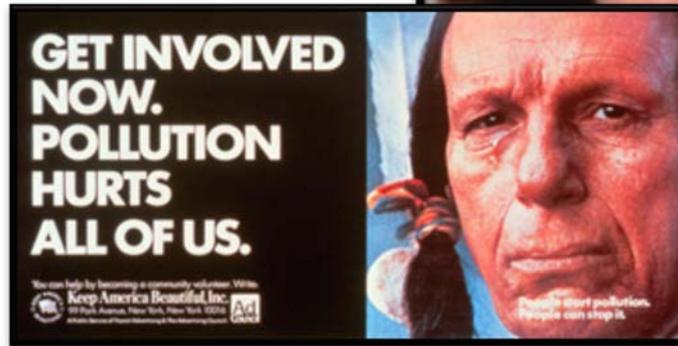
Available at:  
[www.samhsa.gov](http://www.samhsa.gov)

**“Some spiritual principles are universal across all tribes in California: Being honest. Having courage and integrity. Forgiving self and others. Loving.”**

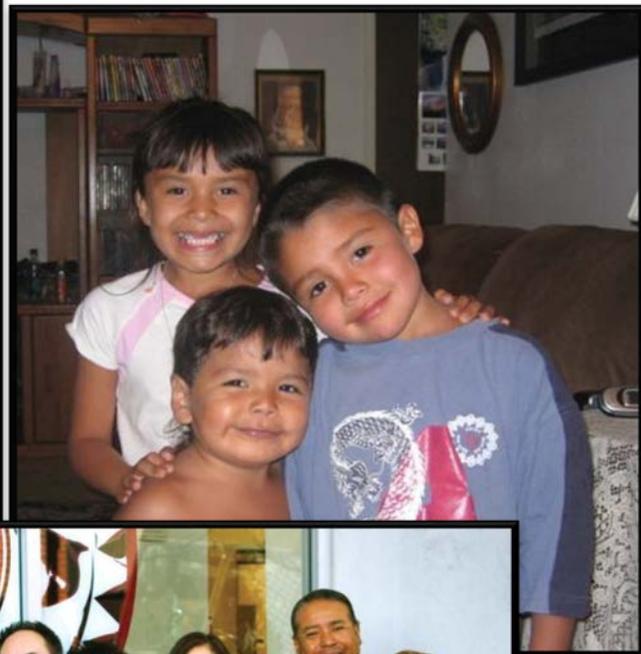
*Albert Titman Sr. (Miwok)*  
*Behavioral Health Manager*  
*Sacramento Native American Health Center*

# MYTH: AIAN ARE SPIRITUAL AND LIVE IN HARMONY WITH NATURE

- Broad generalization
- Romantic stereotype



# MYTH: YOU CAN IDENTIFY AIAN BY HOW THEY LOOK



# MYTH: AIAN HAVE THE HIGHEST RATE OF ALCOHOLISM

- Control for socioeconomic status = no difference in rates
- AIAN have highest rate of complete abstinence from alcohol



# MYTH: AIAN PEOPLE ALL GET “INDIAN MONEY” AND DON’T PAY TAXES.

- AIAN pay income and sales tax – just like the rest of us!



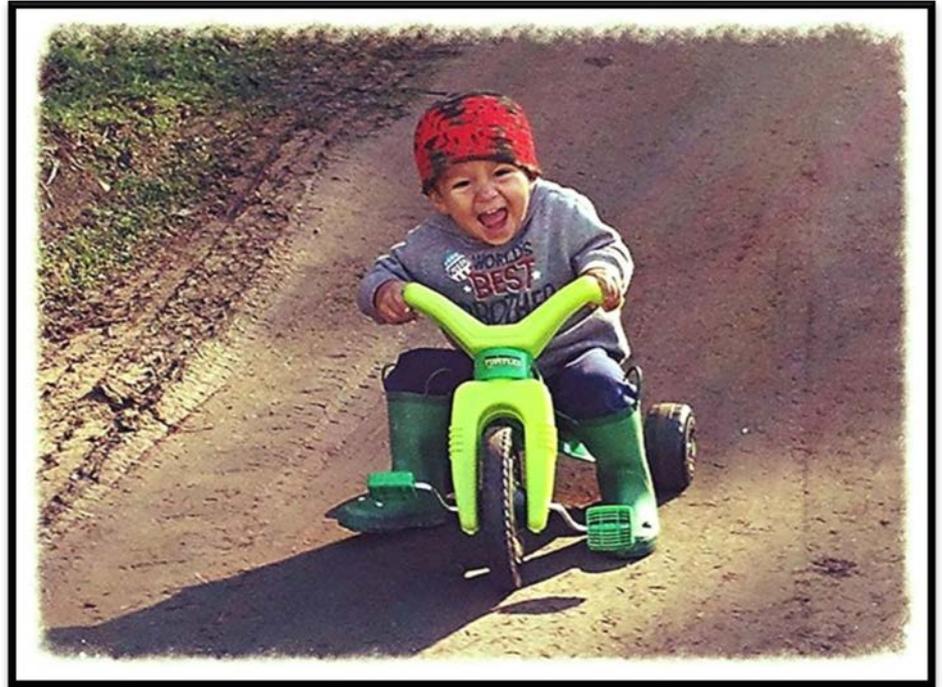
# MYTH: THANKS TO CASINOS, AIAN ARE RICH!

- Of 560 Tribes across the nation, less than half operate gaming facilities
  - 75% reinvest \$ directly in to community
- Only 73 tribes distributed direct payments (“per capita”) to tribal members



# STRENGTHS OF AIAN COMMUNITY

- Role of elders; family, community
- Indigenous and generational knowledge/wisdom
- Survival skills and resiliency in the face of multiple challenges



# STRENGTHS OF AIAN COMMUNITY

- Community pride
- Retention & reclamation of traditional language and cultural practices
- Ability to “walk in two worlds” (mainstream & AIAN culture)

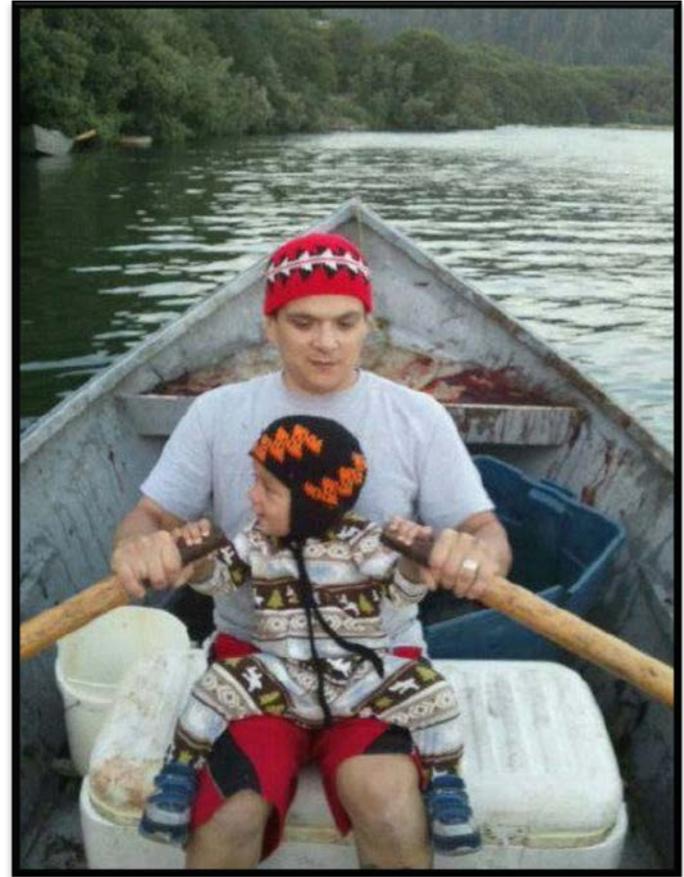


*Facebook Photo Caption:  
Cap+North Face Jacket = Modern Indian*

# WORKING WITH TRIBES AND AIAN

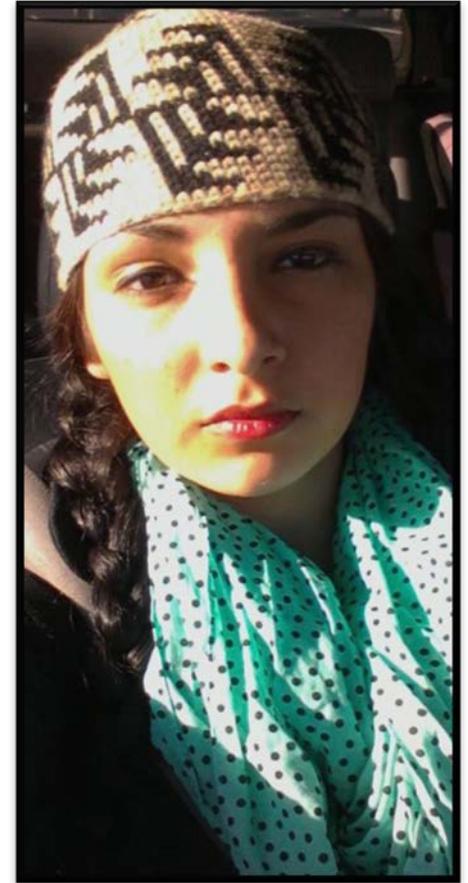
## ETIQUETTE DO'S

- Learn how the tribe refers to itself/its people
- Be honest , clear, respectful
- Establish rapport with casual conversation, self-disclosure, allow humor
- Allow storytelling and sharing
- Admit limited knowledge of AIAN culture
- Accept food/beverages
- Respect confidentiality
- Avoid jargon



# WORKING WITH TRIBES AND AIAN ETIQUETTE DON'TS

- Stereotype
- Interrupt; Ask intrusive questions
- Impose your personal values/beliefs
- Touch people/objects without permission
- Take pictures without permission
- Use any information or pictures gained by working with the community for presentations/research/etc. without **express written consent.**
- Tell stories of distant AIAN relatives in your genealogy as an attempt to establish rapport unless you have maintained a connection with that community



# **BUILDING PARTNERSHIPS: WHERE TO START?**

- Call, email, face-to-face
- Start with the Tribal Secretary
- Home field advantage
- Attend the meeting
- **Tribal Health Councils**
  - Board of Director Meetings
  - Health Program Councils

# BUILDING PARTNERSHIPS: CLEAR INTENTIONS

## Be CLEAR in Your Intentions

- History of distrust
- Give honest answers; admit when you don't know
- Be familiar with eligibility requirements.
- When tailoring resources: know your audience
  - North America – California – Region – Tribal specific

# SNAP VS. FDPIR PROGRAM

## Food Distribution Program on Indian Reservations

- Food packages for low-income households on Indian reservations
- Administered locally by Indian Tribal Organizations or State government
- Many households participate because they do not have easy access to SNAP offices or authorized food stores
- Households may not participate in FDPIR and SNAP in the same month.

USDA United States Department of Agriculture

Food and Nutrition Service  
Nutrition Program Fact Sheet  
July 2014

### Food Distribution Program on Indian Reservations

#### 1. What is FDPIR?

FDPIR provides USDA Foods to low-income households living on Indian reservations, and to American Indian households residing in approved areas near reservations or in Oklahoma. Many households participate in FDPIR as an alternative to the Supplemental Nutrition Assistance Program (SNAP), because they do not have easy access to SNAP offices or authorized food stores.

The Food and Nutrition Service (FNS), an agency of the U.S. Department of Agriculture, administers FDPIR at the Federal level. The program is administered locally by either Indian Tribal Organizations (ITOs) or an agency of a State government. Currently, there are approximately 276 tribes receiving benefits under FDPIR through 100 ITOs and 6 State agencies.

USDA purchases and ships USDA Foods, selected from a list of available foods, to the ITOs and State agencies. These administering agencies store and distribute the foods, determine applicant eligibility, and provide nutrition education to recipients. USDA provides the administering agencies with funds for program administrative costs.

FDPIR is authorized under Section 4(b) of the Food and Nutrition Act of 2008 (codified in the Agricultural Act of 2014) and Section 4(a) of the Agriculture and Consumer Protection Act of 1973. FDPIR is authorized through 2016. Federal regulations governing the program can be found at 7 CFR Parts 250, 253 and 254.

#### 2. What are the eligibility requirements for FDPIR?

Low-income American Indian and non-Indian households that reside on a reservation and households living in approved areas near a reservation or in Oklahoma that contain at least one person who is a member of a Federally-recognized tribe, are eligible to participate in FDPIR.

Households are certified based on income standards set by the Federal government and must be recertified at least every 12 months. Elderly and disabled households may be certified for up to 24 months. Households may not participate in FDPIR and SNAP in the same month.

#### 3. What foods are available through FDPIR?

Each month, participating households receive a food package to help them maintain a nutritionally balanced diet. Participants may select from over 70 products including:

- frozen ground beef, beef roast, chicken, canned meats, poultry, and fish
- canned fruits, vegetables, beans, soups, and spaghetti sauce
- pastas, cereals, rice, and other grains
- cheese, egg mix, lowfat ultra high temperature milk, nonfat dry milk, and evaporated milk
- flour, cornmeal, bakery mix, and crackers
- dried beans and dehydrated potatoes
- juices and dried fruit
- peanuts and peanut butter

For more information regarding the program, and what does it cost?

Average monthly participation for FY 2013 was 75,500 individuals. In FY 2014, \$184 million was appropriated for FDPIR—approximately

For more information regarding the Supplemental Nutrition Assistance Program (SNAP) issues, please dial or call the USDA SNAP Hotline at (800) 221-4359. If you are unable to call, visit the Data Information System (DIS) at [http://www.fns.usda.gov/snap/contact\\_info/system.htm](http://www.fns.usda.gov/snap/contact_info/system.htm).

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Page 2

<http://www.fns.usda.gov/>

PERSONAL PERSPECTIVES FROM OUR PANEL

# FOOD AND CULTURE



JACOB DUNLAP  
MINNESOTA OJIBWE

PERSONAL PERSPECTIVES FROM OUR PANEL

# FOOD AND CULTURE

CALVIN HEDRICK

MOUNTAIN MAIDU



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REBECCA GARROW

PUBLIC HEALTH INSTITUTE

AIAN CAMPAIGN MANAGER



# PANEL Q&A

{ 5 Minutes }

**Everything you want to know  
(but might be afraid to ask!)  
about AIAN in California**

- Please submit questions via chat function or raise hand (both on side panel).

# COLLECTIVE WISDOM: GROUP DISCUSSION

{ 5 Minutes }

**We want to hear from you!**

- Best Practices;  
Lessons Learned;  
Success Stories
- Take-away  
thoughts/inspirations?

# THANK YOU!

## GET IN TOUCH:

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