



JUNE 15, 2021 | ISSUE 1

# The Messenger

*Mental Health and Wellness Resources for You, Your Students, and Families  
Culturally Relevant, Evidence-Based, and Trauma-Informed Services*

## Welcome to *The Messenger*!

Our twice-monthly newsletter will feature behavioral health and wellness resources and information on upcoming Bureau of Indian Education (BIE) Behavior Health and Wellness Program (BHWP) events.



## BHWP Online

Our website, [www.biebhwp.com](http://www.biebhwp.com), will be available in early June 2021. You will find behavioral health and wellness resources for students and educators, information on upcoming events, wellness tips, helpful videos, and resources to assist you in your classrooms, schools, and homes.

## Wellness Wednesdays – Please [Register Now. We hope to see you online!](#)

Our mental health and wellness webinars, called Wellness Wednesdays, are offered once a month, and are facilitated by our BHWP specialists. Each hour-long session will feature culturally relevant topics to foster healthy approaches to self-care. Two duplicate sessions will be offered on each date to accommodate varying schedules. **Upcoming dates and times: June 16 and July 14, 2021.**

### Session 1

4:30 p.m. Eastern  
3:30 p.m. Central  
2:30 p.m. Mountain  
1:30 p.m. Pacific

### Session 2

6:30 p.m. Eastern  
5:30 p.m. Central  
4:30 p.m. Mountain  
3:30 p.m. Pacific





## In Case You Missed It!

The first Wellness Wednesday webinar was held May 12, 2021 for BIE staff. More than 70 BIE staff participated in this webinar. You can [view the May 12 session recording here](#).

## Wellness Minutes

We are pleased to introduce short, 60-second, informative videos focused on research-based self-care activities. The first Wellness Minute video discusses the advantages of spending time in nature. The second Wellness Minute video focuses on maintaining a healthy work-life balance. These fun, useful videos will be offered on a weekly basis. In addition, tip-cards will accompany and complement each video with more activities and resources. **Look for our Wellness Minute video series on [BHWP Online](#)!**



## Additional Training and Resources

We have training and resources available for students and staff on a schoolwide basis. To request additional information, a school administrator may contact BIE Student Health Program Specialist Teresia Paul via email at [Teresia.Paul@bie.edu](mailto:Teresia.Paul@bie.edu).

## Elsewhere in the BIE: Social Media

Initiatives and efforts important to American Indian and Alaska Native educators, parents, or stakeholders are highlighted on BIE social media sites. On Twitter, BIE celebrated Teacher Appreciation Week with a video from [Director Tony Dearman expressing support for educators](#). On Facebook, BIE encouraged youth to [learn about financial literacy](#).

### BIE Twitter Feed

#FeatureFriday



### BIE Facebook Feed

#FinancialLiteracy



We welcome your suggestions!

Contact us at [biebhwp@tribaltechllc.com](mailto:biebhwp@tribaltechllc.com).