



JULY 30, 2021 | ISSUE 2

# The BHWP Messenger

*Culturally relevant, evidence-based, and trauma-informed behavioral health and wellness resources for schools, staff, students, and families*

## Welcome!

Welcome to the BHWP Messenger! We are pleased to offer helpful resources including essential skills training, informative webinars, and short, weekly, meditative videos to enhance mindfulness for your well-being.

## Wellness and Self-Care Opportunities

### Mark Your Calendar!

- **Wellness Wednesday 4: Strength-Based Wellness and Recovery Planning**, is scheduled for **Wednesday, August 18, 2021**. This interactive presentation will focus on historical and current challenges, as well as the power of recovery and resilience happening across Indian Country. BHWP Behavioral Health Specialist Connie O'Marra, and guest presenter Carlos Rivera, Executive Director of Generation Red Road, will be the facilitators. Mr. Rivera will discuss his work with individuals and communities and his commitment to youth empowerment.

"Native communities have always practiced ways to support families, clan, and community members when challenges occurred," said Ms. O'Marra. "These practices focused on the strengths of the individual, family, and community by promoting balance, healing, and overall wellness. Historical factors and trauma have impacted Native communities, but these wellness practices have endured."

**Wellness Wednesday** is a webinar series for any interested Tribal/Federal employee at any BIE-funded school or college/university to boost overall wellness and self-care.

[Register here for the August 18, 2021, webinar.](#)





- **Open Virtual Talking Circles** will be held each week in August and September. These events are open to staff members at any BIE-funded school/college/university. Talking circles are a safe and sacred space led by respected knowledge keepers. They are held in a judgment-free and confidential environment. Our facilitators are trauma-informed and will ensure there is mutual respect where everyone is equal, acknowledged, and given the opportunity to speak or share.

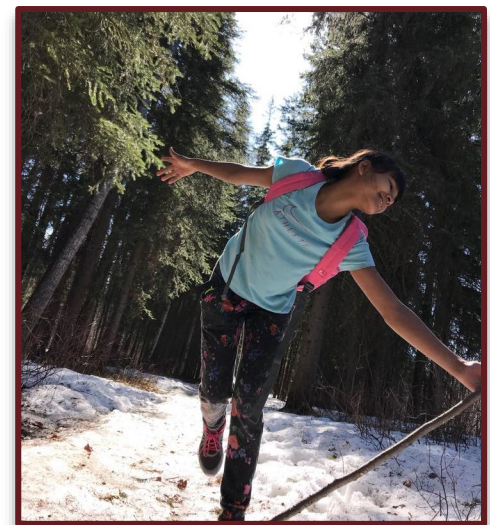
We will meet virtually over Zoom and breakout rooms will be available to ensure a safe, confidential environment. You are welcome to join whenever you can. **The dates for the upcoming open talking circles are August 3, 12, 17 and 26, 2021.** [Please click here to view the schedule for each date and time zone and to register.](#)



- **Youth Mental Health First Aid (YMHFA) 2.0** is an eight-hour training and certification for parents, family members, caregivers, teachers, peers, community members, and staff who work and interact directly with youth.

The course introduces common mental health challenges for youth and teaches a **5-step action plan to help young people in both crisis and non-crisis situations**. Participants develop skills and resources for suicide prevention and learn ways to support youth dealing with anxiety, depression, substance use, trauma, and other challenges. The course integrates culture and resilience as an integral part of restoring a youth's balance and positive life experiences.

Participants who successfully complete the training receive a Youth Mental Health First Aid Certificate from the [National Council for Mental Wellbeing](#). To learn more about YMFHA 2.0 or other available trainings, please contact us at [biebhwp@tribaltechllc.com](mailto:biebhwp@tribaltechllc.com).





## Wellness Moments: Videos and Tip Cards

### Videos


Our weekly Wellness Moments videos are a great way to take a few minutes and decompress from daily stress and tension. Each Wellness Moment is unique and addresses ways to find a few moments of calm amidst hectic daily schedules. The videos provide calming messages, activities, and suggestions for implementing wellness into your daily life. One Wellness



Moment video is released each week. A variety of topics will be addressed in upcoming videos. We currently have several videos available. Find us on **YouTube**--[Click here to subscribe!](#)

### Tip Cards

Each Wellness Moment is paired with an accompanying tip card. Tip cards include guided activities that you can do either at home or at your desk during the day to help you develop evidence-based, trauma-informed, self-care practices that bring awareness and understanding of your body's needs and your mental health. Additional resources are listed on each tip card to provide more information. Start a new wellness practice today!

 **Wellness Moment**  
**Finding Calm Moments During a Busy Day**

Do you have moments of stress during your busy day? Do you have trouble concentrating on a task? Here is a simple way to find a moment of calm, ease tension and relax your body.


**Activity**

- Try a deep-breathing exercise. Deep breaths allow you to gain control over your body's physiological and psychological responses to stress. Through repetitive practice, you can slow your heart rate, calm your emotions, and improve concentration.
  1. Close your eyes and inhale for five seconds.
  2. Hold your breath for five seconds.
  3. Exhale your breath for five seconds.

Repeat this breathing exercise three more times.

**Resources**

[Using 5-5-5 Breathing to Calm Down | Thoughtful Learning K-12](#)







## Meet one of the BHWP Counseling and Wellness Team Members

**Fredricka Hunter,**  
Licensed Clinical Social Worker and  
Behavioral Health Specialist

“Okii! My name is Fredricka Hunter (Freddie). I am an enrolled member of the Piikani (Blackfeet) of Northern Montana, south of the Canadian border.”

### How do you practice self-care?

“When I reflect on what brings me happiness and provides self-care, it is dancing as part of Northern Women’s Traditional in the powwow circle. My heart soars when I enter the circle – the sound of drums, the laughter, smiles, hugs, teasing and most importantly the sense of belonging. Dancing fills my soul and helps me find balance.”



Ms. Hunter is a Licensed Clinical Social Worker (LCSW), and a BHWP Team Lead. She works with the Youth Mental Health First Aid training team, is a contributor to the Wellness Wednesday webinars, and serves as a talking circle facilitator and knowledge keeper. Be sure to check back to learn more about our BHWP team members!

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## Elsewhere in the World of Behavioral Health and Wellness



### Save the Date: NATCON22 April 11-13, 2022

The National Council for Mental Wellbeing is hosting their national conference in 2022. NATCON is the largest conference on mental health and substance use care and your destination for next-level learning, peer-to-peer engagement, and high-octane entertainment. The event will be held at National Harbor in Washington, D.C.

We welcome your suggestions for the BHWP Messenger.  
Contact us at [biebhwp@tribaltechllc.com](mailto:biebhwp@tribaltechllc.com).