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The BHWP Messenger

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

Fall Virtual Talking Circles

Our next Talking Circle will be held Tuesday, October 19, 2021.

Registration is open however space is limited. The Talking Circles are hosted by BHWP and are open to any staff or employees working for a Bureau-operated schools (BOS), Tribally controlled schools (TCS), Navajo K-12 schools, Southwestern Indian Polytechnic Institute (SIPI), Haskell Indian Nations University or any Tribal college and university (TCU), and employees within any BIE department. Space is limited to ensure that our team is aligning with best practices to keep group sizes small so each participant will have an opportunity to share if they desire. [Please register here for the next Talking Circle](#) and watch our [Talking Circle PSA](#).



Upcoming Wellness and Self-Care Opportunities for FALL



As another busy school year gets underway, it's important to prioritize self-care for our mental health and well-being. The BHWP program offers several resources to help you add wellness into your daily routine.

Our last Wellness Wednesday webinar was October 13, 2021, in recognition of Domestic Violence Awareness Month, BHWP Deputy Project Manager Cherrah Giles and Digital Communications Specialist Blaine Leal

presented **Domestic Violence: History, Resources and Resilience**.

In case you missed it! All webinars and Wellness Moments are on our [YouTube channel](#).





Cultural Connections

BHWP Behavioral Health Specialist Hunter Genia shares how singing his tribal music and playing the drum has helped him strengthen his resilience and connection with his tribal culture. To watch Mr. Genia's video: Giwesini Nagamo, [please click here](#). Cultural Connection videos are part of our Wellness Moment series and are also featured on our YouTube page. These videos highlight Indigenous cultural practices which serve as protective and healing factors and contribute to wellness overall.



Meet a member of our BHWP Counseling and Wellness Team

Cherrah Giles, BHWP Deputy Project Manager



"Hesci and Osiyo! (Hello!) I am Cherrah Giles, Muscogee and Cherokee from the Fuswvlke (Bird Clan) and Rekackv (Broken Arrow) Tribal town. I am honored to serve as the BHWP Deputy Project Manager.

During the early months of this pandemic--like so many others, my job was furloughed and eventually eliminated. I found myself in a slump--full of stress and eating for comfort. In a leap of faith, my family and I moved from Florida to Virginia to be closer to our family.

Thankfully, I was able to start a new job and rebuild my once solid foundation (sadly carrying an additional 30 pounds!) These days I have found comfort in walking in my new neighborhood and eating for my health and not my stress. I have already lost 10 pounds in the last 3 months just by making small weekly changes. I started

walking one mile a day and I am now up to four miles a day. When I find myself short on time, I take victory in just being able to walk around the block. Small steps to a healthier (and hopefully smaller) me! I invite you to check out our BHWP resources for boosting your overall mental health and wellness, and throughout our Indigenous communities."

We welcome your suggestions for the BHWP Messenger.

Contact us at biebhwp@tribaltechllc.com