



November 1, 2021 | ISSUE 5

The BHWP Messenger

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



Virtual Talking Circles

Our next Talking Circle will be held Thursday, November 4, 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 any 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.](#) You are also invited to watch our [Talking Circle PSA.](#)

Upcoming Wellness and Self-Care Opportunities

As winter approaches, 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.

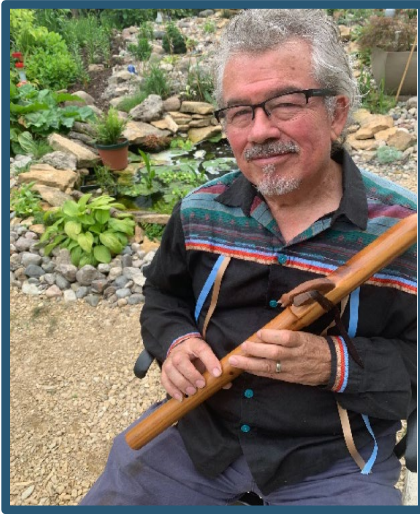
Our next Wellness Wednesday webinar will be November 17, 2021. The topic is **Culture is Prevention** to honor November as Native American Heritage Month. Wellness Wednesday is a webinar series for staff to boost overall wellness and self-care.



In case you missed it!

All webinars and Wellness Moments are available our [YouTube channel](#). We invite you to subscribe to our channel to receive wellness-focused resources to help you in your daily life.





Cultural Connections

BHWP Behavioral Health Specialist Dave Brave Heart is Oglala Lakota from the Oglala Sioux Tribe and the Crow Creek Sioux Tribe in South Dakota. This Wellness Moment features Mr. Braveheart playing a traditional Lakota song originally composed by William Horn Cloud, a survivor of the Wounded Knee Massacre.

To watch Mr. Brave Heart's video, [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 Team

Blaine Leal, BHWP Digital Communications Specialist

"Hello! My name is Blaine Leal, and I'm a Digital Communications Specialist for the BIE Behavioral Health and Wellness Program. I'm honored to be part of this program serving the BIE community, and I look forward to sharing my advice for practicing self-care."

How do you practice self-care?

"I practice self-care by taking care of my loved ones and myself on a regular basis. I enjoy being productive and spoiling my pets, including my cat, Akoya. Being productive and caring for others helps me maintain a healthy self-image and sense of belonging. Also, I enjoy working out physically, and have a collection of workout equipment that makes exercising from home easy and convenient. When I'm having a stressful day or tough moment, I enjoy going for a walk, or simply looking out the window at the trees."

Blaine Manuel Leal resides in Tacoma, Washington, and was born and raised in the Central Valley of California. He earned a B.A. in English from Cal Poly University, San Luis Obispo, and enjoys reading and writing immensely. He's an advocate of the LGBTQ2+ Community, as well as those who have been impacted by incarceration. Blaine previously worked for the State of Washington over five years, mostly in the prison system, as well as community programs.



Blaine Leal (third from right) volunteering with friends

We welcome your suggestions for the BHWP Messenger.

Contact us at biebhwp@tribaltechllc.com