

# Behavioral Health Prevention

Our Mission: The Behavioral Health Prevention Program strives to provide the highest quality of prevention services to the Saginaw Chippewa Indian Tribe and its community. We define prevention as a proactive process, which empowers community members, community families and community systems to meet the challenge of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles.

## Meet the Team

**Jen Crawford,**  
Prevention Coordinator

**Consuelo Gonzalez,**  
Prevention Specialist

**Mary Heintzelman,**  
Prevention Specialist

**John Johnson,**  
Prevention Specialist

**Brian Loney,**  
Prevention Specialist



**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **Behavioral Health Men's Circle**

**Contact Person:** Brian Loney

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**Program Description:** The goal of the Men's Circle Program is to instill traditional and contemporary Anishinaabe values and behaviors into our families, communities and our Nation through the use of talking circles and peer-to-peer support and/or mentoring.

**Program Location:** The Men's Circle Program takes place in the Behavioral Health Winter Lodge, located in the backyard of Behavioral Health.

**Target Audience:** The Men's Circle Program is geared towards adolescent/adult males between the ages of 10-Elder.

**Referral Process:** Participants for the Men's Circle Program can be referred by anyone. It is always open to the community.

**Length of Program:** The Men's Circle Program takes place from 6pm-8pm on Tuesdays from September through June.

**Open or Closed:** The Men's Circle Program is an open program to the community, meaning that new referrals may join in at any time.

**Evaluation Process:** The Men's Circle Program is evaluated using a pre and post questionnaire. The program evaluation takes place at the beginning of September and at the end of June.

**Program Developer and contact information:** The Men's Circle Program was developed by Brian Loney. For more information please call 775-4882. Miigwetch

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **Bingo with Friends**

**Contact Person:** John Johnson

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**Program Description:** Bingo with Friends is a great combination of education and fun! Each session begins with education regarding a variety of topics within the realm of substance abuse prevention. The lessons are in the format of a game, puzzle, word-find, etc. so as to make that part of the program fun as well. All lessons are followed by bingo.

**Target Audience:** Bingo with Friends is geared towards those who are 50 years old and up, and they can be tribal members, descendants and/or community friends.

**Referral Process:** Participants for Bingo with Friends can be referred through Behavioral Health. or the community in general.

**Length of Program:** Bingo with Friends takes place on the 3<sup>rd</sup> Wednesday of each month from 1-3pm at the Andahwod Center communal area.

**Open or Closed:** Bingo with Friends is an open program, meaning anyone can join at any point in time.

**Evaluation Process:** Bingo with Friends is evaluated using pre and post surveys that takes place before the program starts and after the program ends.

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **Daughters of Tradition**

**Contact Person:** Mary Heintzelman  
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**Program Description:** The Daughters of Tradition Program (DOT) is a prevention education program for Native American girls age between the ages of 8-12. It is designed to coincide with the school year and also to extend over the summer months with special events. The primary theme of the DOT Program is "being good at something, being good for something."

**Program Location:** The Daughters of Tradition Program is held at the Saginaw Chippewa Academy on Mondays from 3:30 pm to 5:00 pm.

**Target Audience:** DOT is targeted for adolescent girls between the ages of 8-12.

**Referral Process:** All girls at the Saginaw Chippewa Academy within the age limits are encouraged to join the Daughters of Tradition Program. Referrals to the program can also be made by counselors, social services and other agencies at any time.

**Number of Sessions:** The Daughters of Tradition Program is held on Mondays from September to June throughout the school year.

**Open or Closed:** The Daughters of Tradition Program is always open- youth may start at any time.

**Evaluation Process:** The Daughters of Tradition Program is evaluated using a survey. The program evaluation takes place at both the beginning and end of the program.

**Program Developer and contact information:** The Daughters of Tradition Program was developed by White Bison. For more information go to: [www.whitebison.org](http://www.whitebison.org)

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

**Families of Tradition**

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**Program Description:** Families of Tradition focuses on teaching parents how to use family talking circles and how to create a vision for a healthy family. The program is based upon traditional teachings from elders, spiritual leaders in our community and from many other Native American communities.

**Target Audience:** Families of Tradition is geared towards the residents of the Residential Treatment Center at Behavioral Health.

**Referral Process:** Participants for the Families of Tradition Program can be referred through the Residential Treatment Center or by a counselor at Behavioral Health.

**Length of Program:** The Families of Tradition Program is a 16 week program that meets once a week for two (2) hours.

**Open or Closed:** The Families of Tradition Program is a **closed** meeting because at this time because it is implemented to the residents of the Behavioral Health Residential Treatment Center. However, new residents may join the program at any time.

**Evaluation Process:** The Families of Tradition Program is evaluated using a Pre-Survey and a Post-Survey that takes place before the program starts and after the program ends.

**Program Developer and Contact Information:** The Families of Tradition Program was developed by White Bison. For more information go to [www.whitebison.org](http://www.whitebison.org).

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **Friendship Circle**

**Contact Person:** Mary Heintzelman  
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Consuelo Gonzalez  
989-775-4386  
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**Program Description:** The Friendship Circle was created so that women can support each other through education and cultural activities. Information is passed out weekly on a health topic related to women. It is discussed by the group, and they are able to take the information home. A light meal is provided that is shared with the Men's Circle participants.

**Program Day and Location:** The Friendship Circle meets in the Behavioral Health Staff room on Tuesdays from 6pm-8pm.

**Target Audience:** The Friendship Circle is geared toward women and young women. They are also welcome to bring their children.

**Referral Process:** Participants for the Friendship Circle Program can be referred by counselors, courts, ACFS and themselves.

**Length of Program:** The Friendship Circle meets every Tuesday for two hours.

**Number of Sessions:** The Friendship Circle meets weekly.

**Open or Closed:** The Friendship Circle is open- anyone can join at any time.

**Evaluation Process:** The Friendship Circle is evaluated through a cultural survey.

**Program Developer and contact information:** The Friendship Circle was developed by the Behavioral Health Prevention Staff.

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **Full Moon Ceremonies**

<b>Contact Person:</b>	Consuelo J. Gonzalez	Maryanne Heintzelman
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**Program Description:** Every Full Moon, women/young women come together to ask for direction, strength, prayer for oneself or others. Tobacco/cloth, water and the four sacred foods are offered to a sacred fire. This ceremony is also explained at the ceremony.

**Target Audience:** Full Moon Ceremonies are open to all Kwe (Women) beings that are warm of heart, open of mind and have a yearning soul seeking their own natural and spiritual heritage or identity.

**Referral Process:** Participants for the Full Moon Ceremony can be self-referred or by a counselor of Behavioral Health. All participants must be attending on their own free will.

**Length of Program:** The Full Moon Ceremony takes place once a month on the night of the Full Moon.

**Open or Closed:** The Full Moon Ceremony is an open ceremony. Participants may join at any time.

**Evaluation Process:** The Full Moon Ceremony is evaluated by suggestions, comments, etc.

**Program Developer and Contact Information:** The ceremonies are facilitated by Spiritual Leader, Mae Pego.

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **Red Cliff Prevention Program**

**Contact Person:** Mary Heintzelman

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**Program Description:** The Red Cliff Prevention Program is a wellness curriculum that is for youth in grades Kindergarten through 6<sup>th</sup> grade. It was created to help the cultural, emotional and social growth of Native American youth in a school setting. Through the lessons given in the school it will help prevent alcohol and drug use with kids.

**Program Location:** The Red Cliff Program takes place at the Saginaw Chippewa Academy.

**Target Audience:** The Red Cliff program targets Native American youth from Kindergarten through sixth grade.

**Referral Process:** There is no referral process for the Red Cliff Prevention Program, as it is a school-based program that is provided to each student at the Saginaw Chippewa Academy.

**Length of Program:** Dependent upon the amount of time available from the school, the program typically takes place for eight-ten weeks.

**Open or Closed:** The Red Cliff Prevention Program is closed, as it takes place within each classroom at the Saginaw Chippewa Academy.

**Evaluation Process:** The Red Cliff Prevention Program has a survey that was developed specifically for the program.

**Program Developer and contact information:** Ron DePerry [ron\\_deperry@yahoo.com](mailto:ron_deperry@yahoo.com) from Red lake alcohol and Drug Education Curriculum Project, a program funded by a grant U.S. Department of education, Office of Indian education.



**Saginaw Chippewa Behavioral Health Prevention  
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## **Residential Treatment Center- Ojibwemowin**

**Contact Person:** Brian Loney

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**Program Description:** The RTC Ojibwemowin classes cover basic Ojibwe language to increase the residents' knowledge of their traditional language. They learn how to discuss themes such as weather, self introductions and basic conversation skills.

**Program Location:** The RTC Ojibwemowin classes take place within the Behavioral Health Residential Treatment Center.

**Target Audience:** The RTC Ojibwemowin classes are geared for residents of the Behavioral Health Residential Treatment Facility.

**Referral Process:** Referrals are not necessary as this program takes place on a weekly basis with the residents currently residing in the facility.

**Length of Program:** The RTC Ojibwemowin classes take place every week throughout the year.

**Open or Closed:** The RTC Ojibwemowin classes are closed as they are only for the residents of the Behavioral Health Treatment Center.

**Evaluation Process:** The RTC Ojibwemowin classes are evaluated using a quarterly survey.

**Program Developer and contact information:** The RTC- Ojibwemowin Program was developed by Brian Loney. For more information please call 775-4882. Miigwetch

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **Sons of Tradition**

**Contact Person:** Brian Loney

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**Program Description:** Sons of Tradition is a prevention education program for Native American boys between the ages of 8-12. It is designed to coincide with the school year and other weekly programs. The focus of this program is establishing identity and learning what it is to be a Native American man. The curriculum is based upon the teachings of Native American Elders. Facilitators are trained in a three day program that introduces them to the principles, laws, and values that form the basis of the program.

**Program Location:** Sons of Tradition takes place on Mondays right after school dismissal at the Saginaw Chippewa Academy.

**Target Audience:** Sons of Tradition is geared towards adolescent males between the ages of 8-12.

**Referral Process:** Referrals for the Sons of Tradition Program can be made by anyone.

**Length of Program:** Sons of Tradition takes place during the school year: September – June.

**Open or Closed:** Sons of Tradition is open to all adolescent males between the ages of 8-12.

**Evaluation Process:** The Sons of Tradition Program is evaluated using a Pre and Post Questionnaire. The program evaluation takes place at the beginning of September and at the end of June.

**Program Developer and contact information:** The Sons of Tradition Program was developed by White Bison. For more information please call 775-4882 or visit [www.whitebison.org](http://www.whitebison.org). Miigwetch

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **Spring Day Camp**

**Contact Person:** Consuelo J. Gonzalez

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**Program Description:** The Spring Day Camp is an annual two-day event geared for Native American youth between the ages of 5-9 that takes place during their school spring break. Activities during the camp focus on team building, drug prevention, cultural teachings, and increasing self esteem.

**Program Location:** The Spring Day Camp takes place at the Seventh Generation Ceremonial Building.

**Target Audience:** The Spring Day Camp is geared towards Native American children between the ages of 5-9.

**Referral Process:** Participants for the Spring Day Camp can be referred by parents, teachers, counselors, self referred, etc.

**Length of Program:** The Spring Day Camp is held for two days during Spring break of the Mt. Pleasant Public School system.

**Number of Sessions:** The Spring Day Camp is held on an annual basis.

**Open or Closed:** The Spring Day Camp is open, meaning that new referrals may join in at any time.

**Evaluation Process:** The Spring Day Camp is evaluated using a verbal survey that takes place before the program starts and after the program ends.

**Saginaw Chippewa Behavioral Health Prevention  
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## **Summer Youth Job Corp**

**Contact Person:** John Johnson

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**Program Description:** The Summer Youth Job Corp was created to provide youth between the ages of 14 to 18 a summer employment experience in one of the Saginaw Chippewa Tribal Departments. This experience will introduce youth to the workplace, imparting valuable employment skills, ATOD education and a summer income. This experience will also allow youth to gain the self confidence, career awareness, financial literacy and interpersonal competencies to succeed in the long term.

The program is also designed to assist youth in developing important life skills such as:

- Decision making
- Goal Setting
- Analyzing personal strengths
- Monitoring self talk
- Healthy conflict management
- Solution finding
- Creating a self- image

**Target Audience:** The Summer Youth Job Corp targets 14-18 year old Tribal Member Youth.

**Referral Process:** Participants for the Summer Youth Job Corp can be self-referrals or referred by Behavioral Health., Tribal Education, Human Resources, family members, etc.

**Length of Program:** The Summer Youth Job Corp is a 9 week program that meets 4 days each week for five (5) hours.

**Open or Closed:** The Summer Youth Job Corp is for Tribal member youth only.

**Evaluation Process:** The Summer Youth Job Corp is evaluated using surveys that takes place before the program starts and after the program ends.

**Program Developer and Contact Information:** The Summer Youth Job Corp utilizes both the Medicine Wheel and the 12 step Program, which was developed by White Bison. For more information go to [www.whitebison.org](http://www.whitebison.org)

**Saginaw Chippewa Behavioral Health Prevention  
Program Spotlight**

## **12 Steps Wellbriety for Youth Program**

**Contact Person:** Mary Heintzelman

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**Program Description:** The 12 Steps Wellbriety for Youth Program helps youth work through the 12 steps of AA (Alcoholics Anonymous). It uses mind-mapping to help them understand where they came from and what might have led them to making unhealthy decisions, such as using substances. The program then guides the participants into understanding their own spirituality and how that is important in their wellbriety. It focuses on building that “healthy forest” around them so that they can lean on those who will help them stay on their path to wellbriety.

**Program Location:** The 12 Steps Wellbriety for Youth Program takes place on Thursdays from 4 pm to 6 pm for 8 weeks. It will be announced when another cycle will start.

**Target Audience:** The 12 Steps Wellbriety for Youth Program is geared towards adolescents between the ages of 11 and 20 who are in need of assistance with their path to wellbriety.

**Referral Process:** Participants for the 12 Steps Wellbriety for Youth Program can be referred by counselors, probation officers, parents and social workers.

**Length of Program:** The 12 Steps Wellbriety for Youth Program is a 8 week program that meets 1 time per week for 2 hours.

**Number of Sessions:** The 12 Steps Wellbriety for Youth Program is made up of 14 lessons, which are spread out among 8 weeks of programming.

**Open or Closed:** The 12 Steps Wellbriety for Youth Program is open until the third session and then it is closed. Once the program has moved beyond the third session, new referrals will be placed on a list for the next cycle.

**Evaluation Process:** The 12 Steps Wellbriety for Youth Program is evaluated using a pre and post survey. The program evaluation takes place on the first and last sessions.

**Program Developer and contact information:** The 12 Steps Wellbriety for Youth Program was developed by White Bison. For more information go to:

[www.whitebison.org](http://www.whitebison.org)