

**JUVENILE DELINQUENCY PREVENTION GRANT
SECTION I: APPLICANT INFORMATION**

A. APPLICANT IMPLEMENTING THE GRANT

APPLICANT NAME	FEDERAL ID NUMBER	TELEPHONE NUMBER
Two Feathers NAFS	68-0285726	707 839-1933

STREET ADDRESS	CITY	STATE	ZIP CODE
1560 Betty Court Ste A	McKinleyville	CA	95519
MAILING ADDRESS	CITY	STATE	ZIP CODE
SAA			

B. PROJECT SUMMARY (brief 3 or 4 sentences describing the project)	C. GRANT AMOUNT AWARD
See attached.	\$50,000.00

D. APPLICANT PROJECT DIRECTOR

NAME AND TITLE	TELEPHONE NUMBER		
Dianna Heimstadt, Assistant Director	(707) 476-3093		
STREET ADDRESS	FAX NUMBER		
SAA	707 839-1726		
CITY	STATE	ZIP CODE	E-MAIL ADDRESS
			therapist1@twofeathers-nafs.org

E. APPLICANT PROJECT FINANCIAL OFFICER

NAME AND TITLE	TELEPHONE NUMBER		
Shawna Neyra, Board Member	(707) 839-1933		
STREET ADDRESS	FAX NUMBER		
SAA			
CITY	STATE	ZIP CODE	E-MAIL ADDRESS
			biglagon@pacbell.net

F. APPLICANT DAY-TO-DAY CONTACT PERSON

NAME AND TITLE	TELEPHONE NUMBER
Shaylynne Masten, Youth Prevention Director	707 601-8233
EMAIL ADDRESS	
culturalcoordinator@twofeathers-nafs.org	

G. APPLICANT'S AGREEMENT

By signing this application, the applicant assures that the grantee will abide by the laws, policies and procedures governing this funding.

NAME AND TITLE OF PERSON AUTHORIZED TO SIGN AGREEMENT
Dianna Heimstadt, Assistant Director

APPLICANT'S SIGNATURE	DATE
	10/19/2020

Two Feathers Juvenile Delinquency Prevention Program: Project Narrative

Section II: Service Provider History

Who we are: Two Feathers Native American Family Services (Two Feathers) is a Tribally chartered non-profit 501(c)3 that operates under the federally-recognized Big Lagoon Rancheria and has provided prevention, therapy, advocacy and case management services to all American Indian (AI) people in Humboldt County regardless of their Tribe for the past 20+ years, by a majority AI staff of twenty eight. Two Feathers is governed by a Board of Directors that consists of all officers of the Big Lagoon Rancheria Tribal Council. Two Feathers mission is: to inspire healthy and balanced Native American communities in Humboldt County. To achieve our goal, we work with Native American children and families in a good way, which includes using culturally based interventions that promote holistic health and developing respectful collaborations with both Native and Non-Native agencies.

What we do: Two Feathers has been serving American Indian individuals in Humboldt County for over 20 years. Two Feathers has been a leader in advocacy for equity and justice in systems such as child welfare, mental health and juvenile justice for the local AI community. Two Feathers is known as a safe place to seek assistance for various youth and family needs including substance abuse treatment, individual and group counseling, intensive case management, crisis intervention, prevention services, and victim advocacy. Throughout its history, Two Feathers has offered culturally based wellness programming for youth including, regalia making, language classes, drumming, basket weaving, mentorship activities and other culturally based activities. Two Feathers is currently running three projects funded by the California Department of Health Care Services, the California Department of Public Health and SAMHSA, focused on youth and family wellness and substance abuse prevention and treatment. In the last year Two Feathers has expanded these services to rural reservation areas within Humboldt County, where resources are most lacking.

How we do our work: Two Feathers leaders and staff are determined to pursue our mission of building healthy American Indian communities in Humboldt County and we know this mission will take the testing of a number of different strategies to see what will propel us closer to our goal. In a broad view, we know that we must offer a continuum of services and empowering activities that are individualized to the needs of the youth and families we aim to serve, which are those experiencing the most unnecessary suffering and therefore often the hardest to reach. Because of this focus, Two Feathers is constantly assessing our community landscape, identifying gaps in services and how we can meet community needs, which is one of our primary organizational values. All strategies for our work come from the question: How can we best meet community need?

1. Engagement with the hardest to reach youth and families: All of Two Feathers programs are currently at capacity or maintaining a waiting list. Given the aversion to behavioral health services due to stigma and historically oppressive practices in tribal communities, this level of engagement is unusual, and yet, is the key to the success of all of Two Feathers programs. We have found that this engagement requires finding and meeting the unmet needs of the youth and families in our community.

2. A holistic approach with intensive services. Two Feathers offers a wide array of intensive services that aim to not only increase youth protective factors but also to change the environment that youth live in daily, including their families, communities, peers and institutions, such as

schools, and other child serving organizations. Because of this holistic approach, Two Feathers services range from prevention to crisis based, and include culturally appropriate individual and group therapy sessions for adults and children; intensive case management; court, school & interagency advocacy; crisis intervention; substance abuse individual and group counseling; school based mental health and crisis services, care coordination and recovery support; emergency shelter, food and clothing; client transportation; referrals to victim support services; trainings/outreach for schools and other child serving organizations; ICWA (Indian Child Welfare Act) services; and, youth wellness programming and activities. This prevention to crisis service continuum is focused not only on changing the youth but also changing their environment. For those youth that are the hardest to reach and with the most in need, we know we have to serve in a range of ways.

Two Feathers beyond partnering with youth and their families, actively seeks partnerships with other youth serving agencies in our community. Partnerships include; UIHS Behavioral Health, K'ima:w Behavioral Health, Humboldt County DHHS, Open Door Community Health Clinics, Hoopa Valley Tribal Education Department, Bear River Band of the Rohnerville Rancheria, Trinidad Rancheria, Blue Lake Rancheria, Yurok Tribe, Humboldt Domestic Violence Services, Humboldt County Juvenile Probation, Humboldt County Victim Witness, North Coast Rape Crisis, Humboldt County Office of Education, Stanford Psychiatry, and Humboldt State University Departments of Social Work, Early Childhood Education and Native American Studies, to name a few.

Section III: Project Need

Our local Native American Youth are currently over-represented in the Juvenile Justice system, making up 30% of Von Humboldt enrolled students, the school serving students incarcerated in Humboldt County's Juvenile Hall, in the 2018/2019 school year.¹ This is over four times the Native American representation in Humboldt County of 6.4% according to the U.S. Census² and is not unlike state and national trends, where AI/AN youth are most likely to be over-represented in juvenile justice systems.³ In addition, research on historical trauma⁴ documents the high prevalence of intergenerational transmission of substance abuse among select AI/AN families. Local AI/AN people experience profound co-occurring substance abuse and mental health crises due to historical grief and loss, manifesting as suicide, substance use, domestic violence, and child abuse. **Our Youth Juvenile Justice Prevention Project will work with Juvenile Probation to target youth and families with entrenched cross-generational traumas and who experience multiple adverse childhood experiences.** In Humboldt County, "The rate of unintentional injury deaths in Humboldt's American Indian population is substantially higher than both the County and the state overall rates, which may be a contributing factor to a lower average age at death within the County's American Indian community".⁵ Thus, among rural

¹ (Humboldt County Office of Education Juvenile Hall Court Student Accountability Report Card , 2019)
<http://www.sarconline.org/Sarc/About/1210124010620>

² (US Census Quick Facts: Humboldt County, 2019) <https://www.census.gov/quickfacts/humboldtcountycalifornia>

³ <http://www.ncai.org/policy-issues/tribal-governance/public-safety-and-justice/tribal-juvenile-justice>

⁴ Myhra, L. L. (2011). " It runs in the family": intergenerational transmission of historical trauma among urban American Indians and Alaska Natives in culturally specific sobriety maintenance programs. *American Indian and Alaska Native Mental Health Research*, 18(2), 17.

⁵ Humboldt County Department of Public Health. (2013). Community Health Assessment 2013. Retrieved August 4, 2019 from <https://humboldt.gov/DocumentCenter/View/1302/2013-Community-Health-Assessment-PDF?bidId=>

Northwestern California Indian communities' health related issues such as suicide, juvenile justice involvement, and substance use disorders frequently overlap. Humboldt County has California's highest Adverse Childhood Experiences (ACEs) rate: 30.8% of adults report experiencing four or more ACEs, versus 13% statewide and 11% nationally. According to the Centers for Disease Control's "ACES Study," someone with five or more ACEs is 10 times more likely to use illegal drugs and to report addiction, and 3x more likely to misuse prescription pain medication.⁶ Over 30% of local families have adults coping with growing up with four or more ACEs; the need to support their children and families is acute. AIs have the highest ACEs rates of all ethnic/racial groups in Humboldt.⁷ With so much need, Two Feathers is committed to inspiring meaningful, generational change. We believe that developing long-standing relationships between our Youth Advocates and youth through prevention-based mentorship programming will lead to improved outcomes in each of these areas. Mentorship has been demonstrated to be "Effective in reducing delinquency outcomes and Promising in reducing the use of alcohol and drugs, improving school attendance, grades, academic achievement test scores, social skills, and peer relationships."⁸ Increasingly, western research is also recognizing the need for cultural mentorship in the prevention of delinquency, where increased access to culture improves outcomes for AI/AN youth.⁹

Section IV: Project Description

- 1. Humboldt County Probation will collaborate with Two Feathers to Identify Ten to Fifteen (10-15) Local Native Youth at risk of or actively involved with Juvenile Probation to engage in Two Feathers Youth Juvenile Justice Prevention Programming.** Each youth will be paired with one of five adult AI/AN Youth Advocates according to shared interests and/or life experience. At enrollment, the youth will be asked to complete the Two Feathers Program Outcomes Survey.
- 2. Five Youth Advocates and Enrolled Youth will engage in weekly Cultural Mentorship.** This engagement will occur via porch-side home visits, virtually, and in the community as social distancing protocol allows. Youth advocates will develop individualized Mentorship Plans with each youth, identifying goals in each of the following domains:
 - a. **School Attendance and Performance:** Youth Advocates will encourage and support youth's access and engagement with their academics.
 - b. **Structured Recreational, Cultural, Prosocial activities through Mentorship:** Youth Advocates will engage youth in an identified cultural activity of interest as well as Two Feathers and community activities and events.
 - c. **Development of Coping Skills and Independent Living Skills:** Youth Advocates will identify individualized goals with their youth, to include development of coping and independent living skills.

⁶ Stevens, J. (2017). Addiction doc says: It's not the drugs. It's the ACEs...adverse childhood experiences. ACEs Too High. Retrieved August 2, 2019 from <https://acestoohigh.com/2017/05/02/addiction-doc-says-stop-chasing-the-drug-focus-on-aces-people-can-recover/>

⁷ Arledge, D. (2017). Adverse Childhood Experiences- Humboldt County. Summary Findings. California Center for Rural Policy, Humboldt State University. Retrieved March 1, 2019 from <https://tcfor.catcp.org/userFiles/ACES%20Report%2012.1.2017.pdf>

⁸ <https://crimesolutions.ojp.gov/practicedetails?id=15&ID=15#pd>

⁹ [http://www.ncai.org/policy-issues/tribal-governance/public-safety-and-justice/Tribal Juvenile Justice Background and Recommendations.pdf](http://www.ncai.org/policy-issues/tribal-governance/public-safety-and-justice/Tribal%20Juvenile%20Justice%20Background%20and%20Recommendations.pdf)

- d. **Employment and Leadership Development:** Youth involved with Two Feathers are encouraged to become increasingly involved in our youth programming, to include taking on leadership roles and participation in conferences. Youth may also be eligible to become Youth Ambassadors, an employment opportunity at Two Feathers offering peer-to-peer support.
 - e. **Juvenile Justice Requirements:** If applicable, Youth Advocates will work with the youth to meet Juvenile Probation requirements, such as community service, and incorporate instruction on the cultural practice of “Settling Up” as means of dispute or conflict resolution.
 - f. **Substance Use Disorder (SUDs) and/or Mental Health Referrals:** Youth Advocates will refer youth with suspected SUDs or Mental Health needs to Two Feathers SUDs counseling or mental health counseling and additional community resources as needed.
3. **Youth and Youth Advocates will Identify One Cultural Activity of Interest and Youth will learn skills related to this activity.** Youth will collaborate with Youth Advocate to define the Activity and Cultural Project Supplies needed (such as Stick Games, Weaving, Beading, Fishing, Regalia Making, Drumming, Song and Language, etc.) in order to build self-esteem, sense of belonging, social and community connectedness, and connection to culture.
 4. **Youth will Self-Report Increase in Cultural Knowledge and Improved Sense of Self at 6-month and 12-month follow-up.** Youth will complete Program Outcomes Survey at Intake, 6-months, and 12-months to measure youth perception of cultural engagement, positive relationships, self-worth, and outlook, as well as program success.

Section V: Project Management

1. **Two Feathers Youth Prevention Director Shaylynn Masten (Yurok) will be responsible for managing implementation of the program.** Shaylynn holds a Master’s in Social Work and provides weekly supervision to Youth Advocates to ensure implementation of cultural and trauma-informed, appropriate services as well as completion of project goals and deliverables. Youth Advocates will be able to staff their juvenile justice mentorship cases with the director and clinical staff, who will provide individualized supervision on how to best meet the needs and identified goals of the youth.
2. **Two Feathers Youth Advocates are locally Native, young adults pursuing higher education in the fields of Psychology, Education, and Social Work.** Youth Advocates include Ellen Colegrove (Hupa/Yurok/Karuk), Charley Reed (Hupa/Karuk/Yurok), Wakara Scott (Yurok), Chris Shaw (Yurok), and Amada Lang (Karuk). Each of our Youth Advocates has over one year’s worth of experience providing direct mentorship services to youth.
3. **Youth will complete the Two Feathers Program Outcomes Survey at Intake, 6-months, and 12-months follow-up to measure program success.** Two Feathers Program Outcomes Survey measures youth perception of cultural engagement, positive relationships, self-worth, and outlook as well as housing, education, and employment. Intake data will be reported in the 1st quarterly report, 6-month follow-up data will be reported in the 3rd quarterly report, and 12-month follow-up data will be reported in the 4th quarterly report. All quarterly reports will include data on the number of individuals

served, types of services provided, and a progress narrative report to include successes and challenges.

Section VI: Proposed Budget

A. Budget Line Item Totals:

Proposed Budget Line Items	Grant Funds
1. Salaries and Benefits	45,482.11
2. Services and Supplies	4,517.89
3. Professional Services	0.00
4. Fixed Assets/Equipment	0.00
Total	\$50,000.00

B. Budget Line Item Details:

1. Salaries and Benefits:
 - a. 5 Mentor/Youth Advocates at .2 FTE, a wage of \$18/hour, and a 21.48% fringe rate.
2. Services and Supplies:
 - a. Nutritional Supplement: \$2071.89, Supplies for Ten Cultural Projects: \$2500.00

Section VII: Proposed Timeline

Activity	Time Frame
Collaborate with Juvenile Probation to identify up to Ten Native American (NA/AI) Youth to refer and enroll in Two Feathers Juvenile Justice Prevention Programming.	Feb 15 th
All youth enrolled in program will complete Two Feathers Program Outcomes Survey.	Feb 28th
Five Youth Advocates will engage 1-3 NA/AI youth weekly.	Feb 15 th -Dec 31 st
Youth and Youth Advocates will identify a Cultural Activity of Interest (e.g. Stick Games, Weaving, Beading, Fishing, Regalia Making, Drumming, Song and Language, etc.) and will learn skills related to this activity.	Define Activity By March 15 th . Engage in Activity, Ongoing.
75% of youth enrolled in Juvenile Justice Prevention Programming will report increased knowledge of and comfort with their culture, as well as an increase in positive relationships, self-worth and outlook, as measured by the 6-Month Follow-up Two Feathers Program Outcomes Survey.	July 31 st
90% of youth enrolled in Juvenile Justice Prevention Programming will report increased knowledge of and comfort with their culture, as well as an increase in positive relationships, self-worth and outlook, as measured by the 12-Month Follow-up Two Feathers Program Outcomes Survey.	December 31st