

WHAT'S NEW IN CTC?

VOL. 33 WANÍYETU WÍ (NOVEMBER) 2023



THE KEYA FOUNDATION'S COMMUNITIES THAT CARE COALITION



*OUR VISION IS FOR CHEYENNE RIVER TO BE A COMMUNITY WHERE
OUR YOUTH ARE HEALTHY, CULTURALLY GROUNDED, CONFIDENT IN
THEIR IDENTITY, AND EQUIPPED WITH THE FUNDAMENTAL SKILLS
FOR SUCCESS IN LIFE.*

www.cheyenneriverctc.com



@KeyaCTC

CHRISTMAS AT THE CAPITOL!

We are very honored to have been selected to have a Christmas tree at the Capitol this year in Pierre! Our Keya Foundation staff will be decorating the tree on November 17th, for it to be on the floor and ready for photo ops! The Christmas tree at the Capitol event is open from November 21st - December 26th.

We wanted our tree to really represent our community on CRST, so we invited students from C-EB to decorate ornaments, paired with our medicine wheel color tinsel, and Keya Foundation Lakota children's books. We are so excited for you all to see it!

Follow us on Facebook to see photos once it is up!



Attention!



Active Links throughout the Newsletter! If there is underlined text, it can be clicked on to take you to the website page!



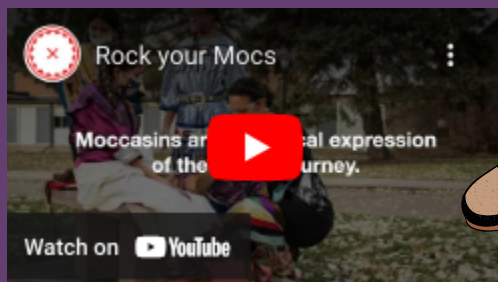
Follow Us On Facebook @CheyenneRiverCTC or visit our website at www.cheyenneriverctc.com

OCTOBER FAMILY FRIENDLY EVENTS!

- Every Wednesday - CRST Lakota Language Night
- Arts & Crafts Nights - CRST Lakota Cultural Center Tuesday and Thursdays
- Catch a movie!
- Missoula children's theatre play

ROCK YOUR MOCS! 11/13/23-11/17/23

- Make your own Moccasins



INDIGENIZE YOUR THANKSGIVING

- Native Recipes from Indigenous Chefs
- Native Side of the Menu Recipes
- Indigenous Recipes
- Indigikitchen Recipes



NATIVE AMERICAN HERITAGE MONTH

Celebrate this month by:

- making moccasins, beading, or creating art
- Reading oral history
- Color these free Dakota coloring pages
- Listen to a podcast



The Ancestors Know You: Real Life Reconnection Stories

12/17/2021 | 101 min

We are so excited to talk about the very highly requested topic: reconnection. So many of our relatives grew up with varying levels of kinship systems, and it is so important to not blame oneself for little...

Spotlight

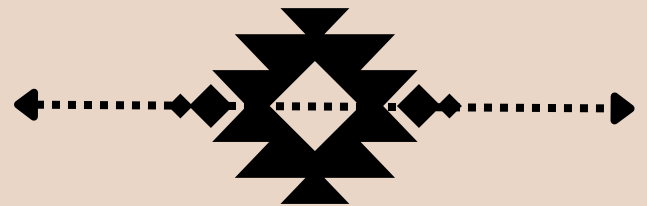
C-EB Staff and Students!

We had an awesome time with our Red Ribbon Week/Halloween Dodgeball Tournament with the Jr High and High School students! Thank you to staff for letting us host this and for all of your help in making the events a success!



LAKOTA WORDS FOR YOUR THANKSGIVING MEAL

potatoes – bló
corn – wagníza
meat – tháló
turnips – thínpsila
rice – psín
squash – wagnú
fish – hoǵǵǵ
leftover food – wathéča



NEW ORGANIC GROCERY STORY IN EAGLE BUTTE!



THE SOCIAL DEVELOPMENT STRATEGY

VOL. 33 WANÍYETU WÍ (NOVEMBER) 2023

ADDRESSING OUR PRIORITY: ALCOHOL, TOBACCO, AND MARIJUANA USE



HOW TO USE THE SOCIAL DEVELOPMENT STRATEGY IN YOUR HOME TO DECREASE ALCOHOL, TOBACCO, AND MARIJUANA USE

Share 15 minutes each day: Try to spend at least 15 minutes a day of one-on-one time with your kids. Learn about their interests and do things they like to do. Ask about their hopes and dreams, as well as their fears and concerns.

- **The Opportunity:** Give your child age appropriate responsibilities
- **Skills:** Teach them how to successfully complete their responsibility
- **Recognition:** Provide recognition when your child completes their assigned responsibility.
- **Bonding:** Your child will take pride in their work and start to appreciate having responsibility
- **Clear Standards for Behavior:** By your child having a say in how the home operates it can result in more pride in chores, more help with younger siblings, and respect about rules in the home, like underage substance use.

Resources

- **How to talk** to your child about staying drug free
- The **sooner you talk**, the great chance of influencing
- **Activity:** Put some candy and pills in a small Ziplock bag. Can your child tell which ones are candy and which aren't?

WHAT IS THE SOCIAL DEVELOPMENT STRATEGY?

CTC framework uses the Social Development Strategy in daily interactions with youth, which helps keep them on track for healthy development.

HOW WAS ALCOHOL, TOBACCO, AND MARIJUANA USE MEASURED IN OUR SURVEY

How much a student thinks people risk harming themselves (physical or in other ways) if they...

- Smoke 1+ packs of cigarettes every day
- Try marijuana once or twice
- Smoke marijuana regularly
- Take 1-2 drinks of alcohol every day

APPLYING LAKOTA VALUES TO DRUG AWARENESS

CARING AND COMPASSION / WÓWAUŃŠILA
FOR MY FAMILY AND FRIENDS TO STAY HEALTHY

WISDOM / WÓKSAPE
TO SHARE WHAT I LEARNED ABOUT BAD DRUGS

RESPECT / WAÓHOLA
MEDICINES AND USE THEM THE CORRECT WAY

HUMILITY / WÓUŃŠIIČ'IYE
TO RECOGNIZE THE IMPORTANCE OF A DRUG-FREE LIFE

GENEROSITY AND CARING / WÓWAČHAŃTOGNAKE
TO PROMOTE WELLNESS FOR MY FAMILY AND FRIENDS

PRAYER / WÓČHEKIYE
FOR THOSE WHO NEED HEALING
HONESTY AND TRUTH / WÓWIČAKĤE
ABOUT THE HARMS OF DRUG USE