

Isleta Behavioral Health Clinic – January 2022

Hello again! More information for youth specific services. The Isleta Behavioral Health Clinic (IBHC) offers year-round Prevention and Intervention programs that serve at-risk Native American Youth, primarily Isleta Youth.

The **Isleta Youth Wellness Program (IYWP)** is a Prevention-based program geared towards youth ages 9 – 17 years of age. This program uses a positive youth development approach through experiential learning to promote overall mental health awareness, suicide and substance use prevention by reducing risk factors and increasing protective factors in youth (children and adolescents). With the intention of trying to reduce, delay or prevent the onset of substance use and/or mental health problems. Through participation in this program, Prevention Staff will foster positive group cohesion, increase social and emotional competency, and will guide students on how to develop important life skills and promote mental health awareness.

The IYWP is built on the foundation of four guiding principles: Isleta Culture/Tradition, Outdoor Experiential Education, Service Ethics and Building Awareness and Education. Each guiding principle is explained further:

The Isleta Culture/Tradition guiding principle is based on building youth capacity that instills teachings through arts, language and sharing of cultural knowledge from elders within the community. Examples of the activities offered under this principle is the Peacemaker Collaborative with Tribal Courts. Peacemakers help with cultural site visits, cultural history, traditions and language lessons.

The Outdoor Experiential Education guiding principle is based on “learning through experience”, to build capacity for youth to learn about themselves, their peers through experiences to engage in life skill building. Examples of the activities include, High Ropes Course, Hiking, Camping, Rafting and our Community Garden.

The Service Ethics guiding principle is based on building capacity for youth to “be a part of our community”, to build character and capacity for youth to be involved in any way, shape or form. Examples of the activities include, Volunteering for POI events or community functions, helping with Elderly home clean up, service learning projects within Isleta and collaborating with outside entities.

The Awareness and Education guiding principle is based on building knowledge and awareness on important social issues and behavioral health topics that impact youth and the overall community. Examples of the activities include, sessions based on Substance Use, Domestic Violence, Teen Dating Violence, Mental Health Trainings, Youth Summits, or Youth Conferences.

The IYWP is offered in three main service directed Behavioral Health Clinic settings:

- *After School:* Program during the Fall and Spring semesters, youth sessions are offered three days a week from 4:30PM to 6:00PM, with occasional weekend outings. Transportation to and from program is available for all participants residing within the reservation boundaries.
- *Summer:* During the summer, youth sessions are offered for three and half days out of the week, with occasional weekend trips. Transportation to and from program is available for all participants residing within the reservation boundaries.
- *In-School:* Youth services are offered for grades 3<sup>d</sup> – 6<sup>th</sup> grade at the local Isleta Elementary School to help build social emotional learning skills.

The program strives to create more collaborations and more youth outlets to gain prevention services, through alternative service deliveries other than the three indicated above.

The **Power Source program** is an after-school youth intervention program that targets highly at-risk youth. This program guides participants to develop skills and a lifestyle that promotes a strong sense of self and resiliency, which in turn will aid in the discovery of a sense of purpose and positive outlook for their future. This youth intervention program is held for thirteen consecutive weeks, covering a variety of topics ranging from anger management to mindfulness.

All Prevention Program guiding principles are utilized with the Intervention program deliveries. This also includes building new programming ideas, with collaborative partners that work directly with identified high at-risk youth within the community to engage them in on-going services to address their overall needs.

**\*\*\*All youth programs are subject to the most current COVID-19 Public Mandates, which may result in switching to a virtual setting at any time during the program\*\*\***