

Federated Indians of Graton Rancheria

Tribal TANF of Sonoma and Marin

Scott Boyle, TANF Director

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Caseload Snapshot

- 68 Active TANF Cases
 - 36 single parent families
 - 15 two parent families
 - 17 non-needy caretaker families
- 55 children in TANF after school program
- 225 children in 8 week summer programs

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The Federated Indians of Graton Rancheria was restored by the US Congress and today it consists of over 1,400 Coast Miwok and Southern Pomo peoples. Many of our citizens continue to reside within the Tribes ancestral lands of Marin and Southern Sonoma Counties, located one hour north of San Francisco, CA.

In 2008, Tribal TANF of Sonoma and Marin began serving Native families who reside in the Tribes ancestral lands.

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Techniques used for delivery of care to TTSM families:

- ❖ Motivational Interviewing
- ❖ Trauma Informed Care
- ❖ GONA process
- ❖ Mindfulness and Decolonization
- ❖ Wraparound Services
- ❖ Systems of Care

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Motivational Interviewing

Evidence-informed approach to helping people engage in and maintain behavior change, and is considered a key skill when working with resistance.

Motivational Interviewing

- **Express Empathy**
 - Accurately understand your participants
 - Develop discrepancy between goals and current behavior
 - Listen to identify barriers and resistance to participant potential
- **Adjust to participant resistance**
 - Change your personal response to the participant.
 - Advocate vs. Manage
- **Support self-efficacy**
 - Believe in your participant.
 - Identify the source (the participant) of the changing behavior.

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Trauma Informed Care

A Trauma-Informed Approach, often referred to as trauma-informed care (TIC), is a promising model for organizational change in health, behavioral health, and other settings that promotes resilience in staff and participants.

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Trauma Informed Care

- **Safety**- taking a deliberate approach to ensure that all participants and staff feel safe in the working environment.
- **Trustworthiness**- Staff taking the time to build trust first with the families we serve.
- **Empowerment**- Participant and staff strengths are recognized, built on, and validated — and recognition from all in the belief of resilience and the ability to heal from trauma.

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Trauma Informed Care

- **Collaboration**- elimination of power dynamics between staff and participants while supporting shared decision-making.
- **Peer Support**- create opportunities for families to spend time together and share with one another.
- **Responsiveness**- eliminate biases and stereotypes within work environment relationships (staff to staff; staff to participant)

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GONA

This approach relies on the culture-based planning process where community members gather to address community-identified issues. It uses an interactive approach that empowers and supports AI/AN tribes. The GONA approach reflects AI/AN cultural values, traditions, and spiritual practices.

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GONA focuses on the following four themes:

- **Belonging**—everyone feels welcomed in an inclusive, open, safe, and trusting environment
- **Mastery**—allows participants to take stock of how historical trauma impacts their communities and what fosters their resilience and holds them together

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GONA focuses on the following four themes:

- **Interdependence**—initiates the planning process to assess resources and relationships, and to experience and strengthen interconnectedness
- **Generosity**—exercise of creating gifts to share with other participants symbolizes each participant's larger gift to their families and communities in helping to address and prevent mental and substance use disorders, prevent suicide, and promote mental health

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Mindfulness

1. the quality or state of being mindful
2. the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis

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De-Colonization

- 1. Decolonization theory:** Colonization is traumatic, invasive, generational, and affects Indigenous Peoples at an historical, social, and molecular levels. Understanding and eradicating colonization creates greater well-being among Indigenous Peoples.
- 2. Decolonization Practice:** includes privileging and engaging in Indigenous philosophies, beliefs, practices, and values that counter colonialism and restore well being.

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Wraparound Services

Services are designed for high-risk children and adolescents with the most complex needs. These **services** aim to keep children and their families together through individualized **services** developed in a family-centered, team planning process.

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Wraparound Services

- **Assessment-** Determine the immediate needs of the family to work towards stabilization of the family unit.
- **Development of a specific case plan –** Identify the key personnel involved based on the assessment and develop a service team to create a plan with the input of the family.
- **Referral and related activities-** Identify who the experts are for the need and be willing to admit that you are not always the expert.
- **Monitoring and follow-up activities-** Track goals and progress of goals, adjust plans as needed and regularly meet as a group to discuss the family progress.

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Systems of Care

A spectrum of effective, community-based services and supports for children and youth with or at risk for mental health or other challenges and their families, that is organized into a coordinated network, builds meaningful partnerships with families and youth, and addresses their cultural and linguistic needs, in order to help them to function better at home, in school, in the community, and throughout life.

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Systems of Care

- **Inter-Agency Collaboration** - Linking the family to the proper service through a systems of referrals and case staffing meetings.
- **Strength Based**- Children and families receive and are referred to services that match their unique strengths and needs.
- **Cultural Competency**- By working to understand the cultural needs of the families within systems of care, service providers convey the importance of respect, dignity, nondiscrimination, and self-determination to all participants.

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Systems of Care

- **Family and Youth Involvement-** Engaging family members in the planning and provision of services emphasizes a respect for their capabilities and their role as part of the solution to their problems.
- **Community Based-** Supporting and fostering a community where the family is able to retain critical bonds with friends, family, and schools. personnel
- **Accountability** The safety and well-being of children and families is a responsibility shared by the entire community, so programs, policies and actions should reflect this as well.

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Statistics as of 6/30/2019

- **62% of TANF adults** are in unsubsidized employment
- **22% of TANF adults** are pursuing education (GED, AA, BA/BS, Vocational Education)

- **23% of TANF Families** (total caseload) are in our Transitional Program (Income is over 175% of FPG)

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Assessments Used

Adverse Childhood Experiences (ACE)

TABE (Test for Adult Basic Education)

MBTI/Strong (Myers-Briggs Type Indicator)

True Colors/Eureka

BESI (Barriers to Employment Success Inventory)

Resources

Jeri Brunoe

<https://wearelivingarts.com/>

Michael Yellow Bird, PhD

<https://www.indigenoumindfulness.com/>

SAMHSA

<https://www.integration.samhsa.gov/clinical-practice/trauma-informed>

UC Davis Continuing and Professional Education

<https://humanservices.ucdavis.edu/programs/tribal-tanf>