

Federated Indians of Graton Rancheria

Tribal TANF of Sonoma and Marin



The Federated Indians of Graton Rancheria (FIGR) was restored by the U.S. Congress on December 27, 2000. Today, FIGR consists of over 1,400 Coast Miwok and Southern Pomo peoples. Many of our citizens continue to reside within the Tribe's ancestral lands of Marin and Southern Sonoma Counties, located one hour north of San Francisco, California.

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

TTSM Caseload in 2020



Tribal TANF of Sonoma and Marin (TTSM) averaged 60 TANF cases per month in 2020:

- 47 cases per month are TANF Cash Assistance
- 6 cases per month are Transitional
- 2 cases per month are Non-Recurring Short-Term Benefit
- 4 cases per month are \$0 grant cases moving towards Transitional

TTSM Family Advocates maintain a caseload that averages 15 to 20 families



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TTSM Pathway to Coaching

In 2015 FIGR/TTSM was awarded a 5-year Tribal TANF Child Welfare Grant. This grant allowed us to focus on the following trainings for staff:

- Trauma Informed Care
- Motivational Interviewing
- Systems of Care
- Mindfulness/Decolonization
- Wrap Around Services

These trainings began to form our approach to having a Coaching mindset

Trauma Informed Care



Have a complete picture of the participant's life – past and present – in order to provide effective services.

- Integrate knowledge about trauma into policies, procedures, and practices.
- Relationships are the priority in service to the family.
- Safety, Trustworthiness, Support, Humility, and Empowerment are keys.
- Actively avoid re-traumatization.
- Practice GONA principles of Belonging, Mastery, Interdependence, and Generosity

Source/Trainer: Jeri Brunoe

Motivational Interviewing



The goal of Motivational Interviewing is to help provide clarity and motivation through the stages of change.

- Planning is a collaborative process between Advocate and Participant.
- Shift power dynamics from expert to opportunity provider.
- Self-Efficacy and Self-Determination over Self-Sufficiency.
- Goals are reviewed, re-set, and/or adjusted every 6 months.
- Understand motivation and plan with empowerment in mind.

Mindfulness/Decolonization



Mindfulness is the practice of maintaining a non-judgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis.

- Mindfulness allows us to not solve problems for but lead towards answers from the participant.
- Mindfulness allows us to listen with understanding and not compare our lived experiences with the lived experiences of others.

Decolonizing the mind refers to the use of approaches that restore balance, harmony, and resilience to one's mind, leading to healthy outcomes.

Source/Trainer: Dr. Michael Yellow Bird



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Challenges Presented by COVID-19

Compassion Fatigue/Secondary Trauma

- Physical, Emotional and Psychological impact of helping others.

Redefining Self Care

- Prioritizing your relationship with yourself while social-distancing

Maintaining Human Connections via Technology

- Learning how to have meaningful connections through screens.