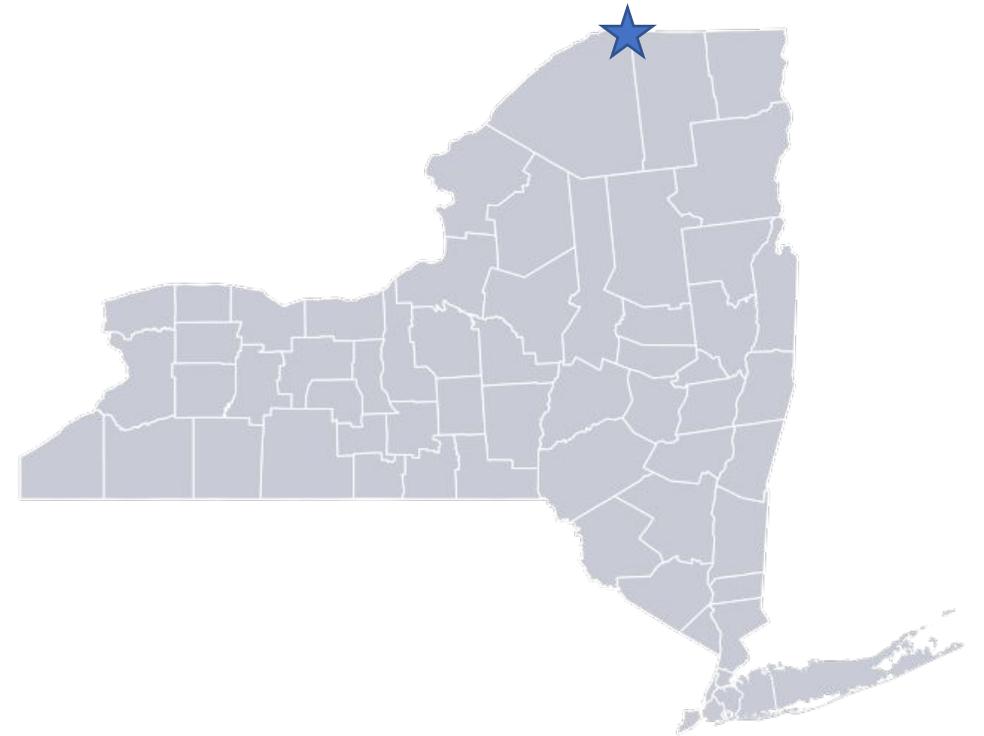


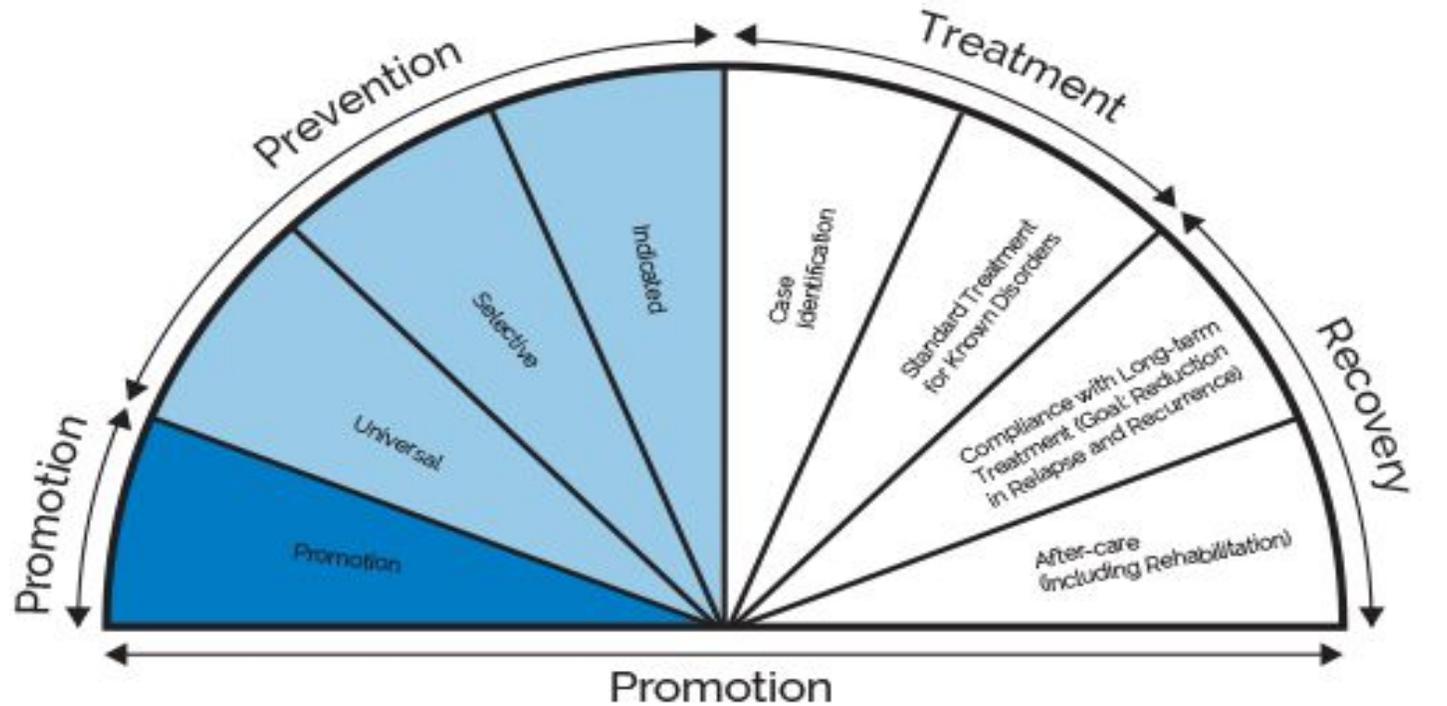
# **Alyce Spotted Bear and Walter Soboleff Commission on Native Children**

**Saint Regis Mohawk Tribe  
Alcoholism Chemical Dependency Program  
Melerena Back, Assistant Clinical Director  
Ohiariaha/June 14, 2023**

# Mohawk Territory of Akwesasne



# Alcoholism/Chemical Dependency Program (A/CDP) OVERVIEW



- Prevention
- Outpatient
- Inpatient (Partridge House)
- Ronthahiihsthà:ke-Clubhouse



# Ronthahiihsthà:ke Clubhouse

*“The place where they are making  
their path good”*

- The Ronthahiihsthà:ke Clubhouse opened on July 1, 2018
- Located within the Diabetes Center for Excellence Building, next to Generations Park which is centrally located in Akwesasne, New York
- Ronthahiihsthà:ke Clubhouse serves youth ages 15 to 20 from Akwesasne. New members are welcomed at any time



# RONTHAHIIOHSTHÀ:KE CLUBHOUSE

## MISSION & GOALS

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- **Mission:** "To provide a safe and welcoming environment for youth and young adults to develop prosocial skills that promote long-term health, wellness, recovery and a drug and alcohol-free lifestyle"
- **Goals:** skill building; self-esteem and self-worth; develop a sense of responsibility to self and community; encourage positive family relationships; peer & community involvement; maintain a drug/alcohol-free lifestyle or strengthen recovery; and provide cultural-centered activities/education to promote self-awareness and strengthen own identities.



# Education & Activities:

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- Tutoring
- Peer/youth support groups
- Cultural Education
- Cultural Craft workshops
- Traditional Medicine workshops
- Fitness & health Education & Workshops
- Healthy foods & Traditional Foods Workshops
- Drug/Alcohol/Tobacco Education
- Healthy Lifestyle
- Referrals to health & Wellness supported programs



Ronthahiohsthà:ke  
A/CDP Clubhouse

# Tota & Me: Salve Making Workshop

With Angie Barnes from  
Ore'ohnta Herbal Wellness



THURSDAY  
MARCH 23, 2023  
6:00 to 8:00 p.m.

### Tota & Me Series

The Tota & Me Series is for  
ages 12 and up, to enjoy  
some quality time with their  
Tota, grandparent or elder

**Call To Register**  
**(518) 333- 0221**

10 Spots available for the  
"Tota & Me" Pair



## Ronthahiohsthà:ke • A/CDP Clubhouse

### BACK TO OUR ROOTS GARDEN PROJECT: TOTA & ME EDITION

Create quality time with your  
Tota, grandparent or elder  
by gardening

10 Garden starter kits available  
For members ages 15-20 and their Tota  
(Please make your own arrangements for pickup of garden boxes)

Send pictures of your gardening  
journey to win a prize by  
September 23, 2022 to  
akwasneclubhouse@gmail.com

Call us at (518) 333-0221 to Register

- Kits include:
- garden box
  - soil
  - seeds
  - tools
  - planters guide

**Monday, May 23, 2022**

**6:00-7:00 pm**



*Growing Plants &  
Making Memories*



Garden boxes made by TWO HOUSE DESIGN-CRAFTERS





# "Back to Our Roots" Gardening Project

## Gardening- The Ultimate Body & Mind Workout

### BODY

(per 30 mins of gardening)

#### Raking

- works back muscles
- burns 100 calories



#### Digging/shovelling

- works legs/buttocks
- burns 250 Calories



#### Weeding

- works triceps
- burns 105 calories



#### Lawn Mowing

- works arms/shoulders
- burns 195 calories



### MIND

#### Relieves stress

Reduces levels of cortisol (stress hormone)



#### Mood enhancer

gardening releases happy hormones



#### Reconnects us to nature

Brings a sense of purpose and understanding



#### Better Brain Health

Protects the brain from ageing



\* calories burned vary between individuals and are intended as a guideline only

# EVALUATION

- Registration:**

online (teams); name, email, phone, number participating, ages

- Sign-up Sheets:**

Call or email- Binder with monthly activity lists, if food provided (who and what)

- Post-Activity Questionnaire:**

•Questions are asked about education topics, as well as what sort of cultural and educational topic the youth, elders, and parents want to learn together



# Data:

## Survey Questionnaire

- Do you feel that you gained knowledge about the education topic?
- What did you feel that you learned about the education topic?
- Were the presenters clear and easy to understand?
- Did you learn about Resources within our community for help/more info on the topic?
- What Education Topic (alcohol/substance) would you like to learn about more?
- Additional Comments, if needed

## Questionnaire Results:

“Keep track of your medications and keep it in a safe place.”

“These are great classes, Niá:wen!”

“My grandson opened up to me on his strengths and how he handles stress during these sessions.”

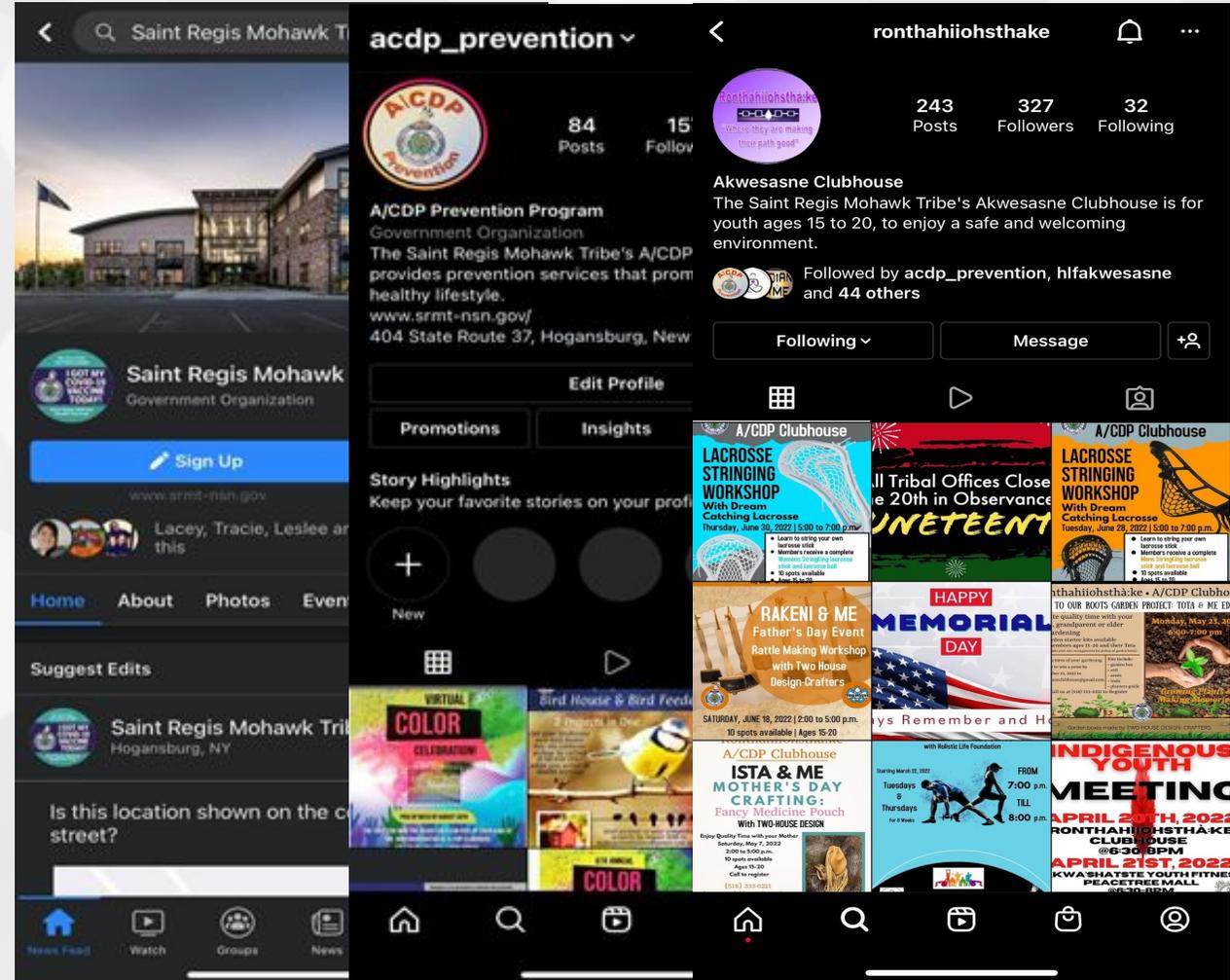
“I like learning how different topics relate to each other, when we do an activity and learn about resources in the community.”

“I liked learning about how to make a rattle, that there are certain songs for women and how it's used for planting. I like when we can connect that with our activities.”

“Learning about the history of the corn husk doll was interesting, and we were able to share stories.”

“Love how much we learn!”

# SHARING INFORMATION



# Recommendations

- Recognize the importance of traditional teachings and cultural knowledge and the significant role it plays in prevention, treatment and recovery
- Sustainable and flexible federal and state funding that supports tribal communities to support our Cultural and language programs.
- Acknowledging that Tribal communities are unique and not all the same. Different languages, customs, and traditional teachings.



Niá:wen  
Thank you!