

## Featured Programs

AERC Speed  
Networking

Higher  
Education

Paternity and  
Child Support

A/CDP  
Prevention

# Kawennì:ios



## Seniors Receive New Bus





# Higher Education

## FAFSA FYI

*By Samantha Phillips, Administrative Assistant*

The Higher Education Program considers *Tsiotbohrokó:wa*/January to be a busy time for students. For returning students, their applications should have been submitted, grades are on the way, and students are relaxing and recharging for the upcoming spring semester. For new students, the financial aid hunt should be underway.

Regardless if it is a student's first year or final year in college, the financial aid process can be confusing. There are requirements and deadlines to remember and students are always on the look-out for available funding.

One of the biggest requirements for financial assistance is the FAFSA.

### *What is the FAFSA?*

The FAFSA is the Free Application for Federal Student Aid. It is a free application to apply for multiple federal grants. A grant is a source of funding that, unlike a loan, you do not have to repay. Some popular grants through the FAFSA are the Pell Grant, Federal Supplemental Education Opportunity Grant (FSEOG), Federal Work-Study, and the Teacher Education Assistance for College and Higher Education Grant (TEACH). Each grant has certain criteria that the student must meet in order to qualify for it; this may be financial need or the program the student is enrolled in. Students from New York State attending a New York State college are also eligible for state aid through the Tuition Assistance Program (TAP).

### *What do I need to fill out the FAFSA?*

1. PIN: It is usually a four-digit number that will be your electronic signature. Your parents will also need one to use as their electronic signature. If you do not already have one, you may sign up for one through the FAFSA website ([www.fafsa.ed.gov](http://www.fafsa.ed.gov)).

2. Tax Returns: Parents' previous year's tax information (American tax return is usually 1040EZ; Canadian tax return is usually T4) and student's tax information if they have any.

3. Social Security Number: Parent and student's social security numbers.

### *When do I fill out the FAFSA?*

The FAFSA becomes available in early January, however there are different deadlines for each program.

In order to receive funding from the Higher Education Program, a student must have a completed FAFSA. As part of the application, a financial aid sheet must be completed by the respective college's financial aid office and returned to the Higher Education Department.

This sheet cannot be filled out unless the student has completed the FAFSA.

For further information please explore <http://studentaid.ed.gov/> or call the Higher Education Program at 518-358-2272 ext. 247. ♦



*FAFSA Deadlines are Important,  
Don't Wait to File*

**WARNING**

**DEADLINES ARE MUCH  
CLOSER THAN THEY  
APPEAR**

*Keep Track of Deadlines so You Don't Miss  
Out on Financial Aid*

# Good Words of Welcome



*Ohserase Akwesashró:non!*

Here's wishing everybody had a safe and happy holidays and that this new year will be better than the last one. A new year means new resolutions and new beginnings. A new year means opportunity and inspiration for positive change. So take inventory of yourself and do what you need to do to get motivated to make the positive changes needed to enrich your life.

Two-thousand and fourteen was another busy year for the Tribal Clerk's Office. We've recently hit the 15,000 mark for enrolled members, with just under 400 newly enrolled this past year alone. An influx of certification letters for our college and university students is a good indication that our high school graduates are continuing their education. Congratulations to each and every one of you and good luck in all future endeavors.

I send a special thank you to our technical support staff, Paulette White, Alice Herne and Les Benedict II, for keeping our computers, software and ID card machine updated and running smoothly.

In closing, I want to remind those eligible to vote this year to make sure you are on the most current eligible voters list. To be eligible to vote you must be at least 18 years of age, be an enrolled member of the Saint Regis Mohawk Tribe, reside in the United States for at least six months prior to the election and have your name on the most current eligible voters list.

*Niá:wen*

*Corleen Jacco, Tribal Clerk*

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***On the Cover: Tribal Council donates a new bus to the Saint Regis Mohawk Tribe Office for the Aging Senior Citizen's Center with Room Occupancy Fee revenues.***

*L-R: Sub-Chief Micheal Connors, Sub-Chief Eric Thompson, Chief Beverly Cook, OFA Director Lora Lee LaFrance, Executive Director Tsiorasa Barreiro.*

*Far Back: Clark Lazore, Katie Boots, Tribal Clerk Corleen Jacco and Jimmy Arquette.*

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# Paternity and Child Support

*By Jennifer Brown, Administrative Assistant*

Every child has a biological father and mother but if the parents are not legally married at the time of birth, the law does not recognize the father as the child's legal father and does not give him any rights or responsibilities to the child. There are steps that must be taken so the biological father can become the legal father and that is what establishing paternity is all about.

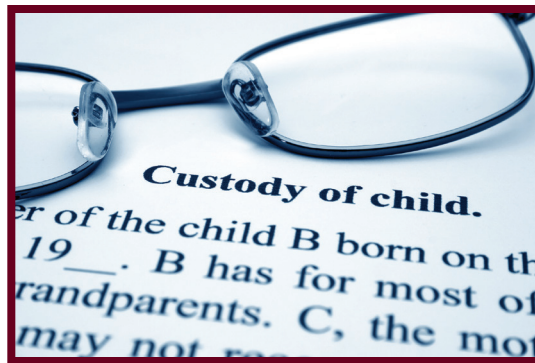
Being the legal father of your child does not automatically mean that you will be required to pay child support or get custody or visitation. These are separate issues from establishing paternity and require separate court determinations.

Unmarried parents have the option of signing a form called the *Voluntary Acknowledgment of Paternity* available from local hospitals, local child support offices and local birth registrars. This is a no cost, simple and convenient method, but not everyone is eligible to use it. Be sure to read the *Acknowledgment of Paternity* form carefully because it has the same legal forces as a court order.

The following are examples when couples should not sign the *Voluntary Acknowledgment of Paternity*:

- If the mother was legally married to anyone at the time she became pregnant or during pregnancy up until the baby's birth.

- If the mother is separated and not legally divorced.
- If the man is not sure that he is the father.
- If you have questions please talk with your medical provider/child support worker or local birth registrar.



*Paternity Deals With the Legal Relationship Between Father and Child*

## *How do unmarried parents establish paternity?*

There are two ways for unmarried parents to establish paternity in New York State:

1. Signing a form called a *Voluntary Acknowledgment of Paternity* (available from hospitals, local district child support offices, and local birth registrars).
2. Filing a court petition to have the court determine paternity via genetic testing.

## *Why is it important to establish paternity?*

By establishing paternity for the child, the parents are ensuring that the child has the same rights and benefits as children born to married parents.

## *How does the child benefit from paternity establishment?*

The child receives both emotional and financial benefits from paternity establishment, such as:

- Reassurance that the parents cared enough to acknowledge paternity.
- Having the father's name on the birth certificate.



- Medical or life insurance from either parent, if available.
- Information about family medical history.

Financial support from both parents, including:

- Social Security
- Veterans benefits
- Inheritance rights
- Child support

*What benefits does the mother receive from paternity establishment?*

The mother receives several benefits from paternity establishment, such as:

- Sharing parental responsibility.
- Information about the father's medical history.
- Improving the financial security of the family.
- Medical insurance coverage for the child from the father's medical insurance, if available.

*What benefits does the father receive from paternity establishment?*

The father receives several benefits from paternity establishment:

- Legal establishment of his parental rights.
- Having his name on his child's birth certificate.

- The right to seek court ordered custody and visitation.
- The right to be informed and have a say in adoption proceedings.

*What if there is doubt about the identity of the biological father?*



*Establishing Paternity Ensures the Child Has Same Rights and Benefits as Children Born to Married Parents.*



*There Are Many Benefits to Establishing Paternity.*

If there is any doubt about the identity of the biological father, parents must not sign a *Voluntary Acknowledgment of Paternity* form. Once a *Voluntary Acknowledgment of Paternity* form is signed, there is only 60 days to cancel the *Acknowledgement in Court*.

If there is doubt regarding the paternity of the child, the parents should petition the court to determine paternity. The court will order the mother, child, and alleged father to submit to certain genetic tests. Based on the results of the test, the court will determine whether the alleged father is the legal father of the child.

Please contact the Saint Regis Mohawk Tribe's Child Support Enforcement Unit at 518-358-2272, or visit the Saint Regis Mohawk Tribe's website for information on all child support related issues. ◇

# 2014 Tribal Nations Conference

## *News Release*

Six years ago, President Obama held an historical event, the first ever White House Tribal Nations Conference. This conference has become an institution where Tribal leaders come together to work with the Administration to impact real change in Indian Country. Several hundred Tribal leaders and members of Congress were in attendance, and President Obama shared his commitment to ensuring the core principle that we are equal under the law.

Representing the Saint Regis Mohawk Tribe were Sub-Chief Eric Thompson and Sub-Chief Michael Connors. "Our agenda throughout the week included sessions on taxation, sovereignty, environment, health, agriculture and key sessions with members of Congress and the Senate. As Tribal leaders, we recognize it is imperative to speak on behalf of Mohawk interests and reinforce our strategic priorities, including land claims and our educational priorities. On behalf of Indian Country, our participation on the White House Tribal Nations conference is necessary to ensure meaningful dialogue with Indian Country and build momentum within the government to institute change through recognition of our sovereignty as a distinct people, through one voice. Sub-Chief Michael Connors and I were honored to represent Akwesasne at the Tribal Leader Conference in Washington, DC," commented Sub-Chief Eric Thompson.

During the President's speech, he recounted his experiences with Native communities while in office, and expressed the need to strengthen the trust and accountability between Natives, particularly the youth.

Sharing a story about his recent visit to the Standing Rock Sioux Tribe in North Dakota, the President remarked, "Some of the kids were carrying burdens no kid should carry," and shared stories he heard first hand from teenagers struggling for survival and suicide rates on the reserve.



*Sub-Chief Micheal Connors and Sub-Chief Eric Thompson Attend the Tribal Nations Conference*

President Obama addressed his commitment to Indian Country and addressed issues the administration has made progress in, including giving more power to tribal courts and police, restoring tribal trust lands, permanently re-authorizing the Indian Healthcare Improvement Act, speeding up the process for businesses signing leases in Indian Country, building roads, expanding high speed internet access and moving forward on renewable energy projects. He stated the administration has delivered justice that has been long overdue by resolving legal disputes that have dragged on for decades and worked to "untie hands when it comes to dealing with domestic violence."

The President closed his comments by reinforcing his directive to every member of his cabinet to sit down with Native youth to hear first-hand their issues and concerns. He discussed continued progress in education and announced next year's plans to hold the first ever Tribal Youth Gathering, "Generations Indigenous". The Administration has budget plans to continue investing in schools, promoting economic growth, climate change, housing, protecting tribal resources and sacred lands for future generations. He closed his remarks by stating he is "fighting to meet obligations to your Nations." ♦



# Resolve to be Green in 2015!

*By Angela Benedict, Air Quality Program*

So here it is, a new year upon us. What do we like to do at the beginning of a year? Make resolutions! And what do we like to do with those resolutions? Break them!

This year it's going to be different because these resolutions are easy. For the past several years I have been writing about ways to be green, to reduce your footprint on this earth and to create a better atmosphere for you and your family.

*So here it is, 15 ways to be green in 2015:*

1. Turn off the key, be idle free.
2. Say no to plastic bags. Use reusable cloth bags or just carry your items.
3. Do not overfill your gas tank, topping off the tank damages your car's vapor recovery system.
4. Use the fan over the stove when cooking.
5. Change out or clean your dirty filters.
6. Never burn or bury your garbage.
7. Be sure to keep the relative humidity in your home between 30-60%.



*Plants Can Help Improve the Air Quality in Your Home*



*Try Natural Cleaning Alternatives*

8. Wash new clothes to get the chemicals out.
9. Open a window to let in the fresh air, even in the winter.
10. Instead of pesticides/insecticides look for natural alternatives.
11. Ride with a friend or co-worker. Carpooling reduces the number of cars on the road and tailpipe emissions.
12. Set your temperature a little warmer in the summer and lower in the winter to conserve energy.
13. Fill your life with plants.
14. Make sure your carbon monoxide detector and smoke detector are installed correctly and working.
15. Be aware that your actions have consequences, make good choices.

Stop to smell the flowers, life goes by too fast. Enjoy the small things and the big things with family and friends. So for now and the next seven generations let's live our lives greener and happier.



*Use Resuable Bags When Out Shopping*

# Speed Networking Event

## *Akwesasne Employment Resource Center*

*By Colleen Nolan, Employment Development Officer*

The Akwesasne Employment Resource Center hosted its first Speed Networking event on Wednesday, November 19, 2014 at the Akwesasne Mohawk Casino Resort Ballroom. Attendees included job seekers and individuals employed in various sectors in and around the community. Twenty-three individuals participated in the event.

Networking is about connecting; connecting with those you already know, making new contacts and building relationships. Speed Networking is connecting with many individuals in a short amount of time. Using an elevator script, each participant had one minute to tell the other about themselves. Job seekers geared their elevator script to who they are; their skills and qualifications, and attributes that they possess that make them a great worker. The employed individuals delivered their script informing job seekers of their current role and responsibilities. After each participant delivered their pitch, two minutes were given to provide feedback and for further questions/discussion.

Speed Networking events are becoming more popular. It is a great way to meet new people in a neutral, comfortable atmosphere. Our objective in hosting this event was to assist job seekers in connecting with various individuals in a relaxed environment and also a way to introduce skilled and qualified job seekers

to potential individuals who could become a network resource for them.

Job seekers appreciated the feedback they received from the employers, the comfortable atmosphere and how many potential opportunities were out there for them. Employers were impressed with the quality of the individuals and how prepared each job seeker was.

With the success of our first event, we are looking forward to hosting more in the near future.

The Akwesasne Employment Resource Center is a partnership, created in 2009, between the Akwesasne Area Management Board and the Saint Regis Mohawk Tribe. We offer programs and services to assist the job seeker in finding employment. Our job board is updated daily. Individuals can receive one-on-one assistance with resumes, cover letters and mock interviews or in a group setting with one of our two three-week programs: Job Finding Club and Career Exploration.

For more information about our event or services, please feel free to contact our office at

518.358.3047 or stop by our office, located at 611 State Route 37 (corner of State Route 37 and St. Regis Road) Akwesasne, NY. ♦



*Job Seekers Attended the Speed Networking Event*



*Employers Provided Feedback for Future Employment Skills*



# Tourism Directly Impacting Community Organizations

## *How the Room Occupancy Fee Is Spent*

### *News Release*

There is a cascade of giving during the holiday season and the Room Occupancy Fee from gaming tourism is delivering “new to us” transportation and an unprecedented contribution towards vocational education. The Akwesasne Mohawk Casino Resort began collecting the \$10 fee in September of 2013 and the Comfort Inn in the spring of 2014. Collectively, the hotel fees average \$68,000 per month in revenue. The Room Occupancy Fee Ordinance is intended to provide support for education, recreation and tourism programs for community members.

Direct program recipients include the Akwesasne Boys and Girls Club and the Early Childhood Development Program. ABGC received a check for \$38,000 to purchase a van to safely transport our youth to extracurricular activities and after-school programs. This spring, Head Start received \$22,000. “We are grateful to have the funding to be able to provide safe transportation for our youngest students. This money allowed us to make up for a funding shortfall in our purchase of three buses,” shared Stephanie Cook, Executive Director of Education at the Tribe.

Tribal Council was presented with an opportunity to help establish a welding program at Salmon River Central School. A check in the amount of \$20,000 was presented to help develop a two-year vocational training in collaboration with BOCES

in Malone. The funding will provide \$4,000 in personal protection equipment, welding jackets, helmets, gloves chipping hammers and wire brushes. Two thousand dollars will be spent on five oxygen acetylene torch outfits and \$14,000 will provide for metal, welding electrode and wire supplies. The two-year program will commence in the fall of 2015 with a mission to connect local ironworkers to the next generation of experts.



*SRCS Welding Program's Mission is to Connect Local Ironworkers to the Next Generation of Experts*

The buses formerly used to transport our youngest students at Head Start have been gifted to two non-profit organizations. “It is our distinct honor to present the American Legion and the Mohawk Indian Housing Corporation with the buses being donated by the Tribe,” remarked Chief Paul Thompson. “We are thankful to be able to provide transportation for our Veterans, our elders and disabled community members.”

Future plans for the Room Occupancy Fee revenues include ongoing maintenance and anticipated expenses for Generations Field, a recreational park including fields, a lacrosse box and facilities in development for our athletes and families. Tribal members who are guests of the hotels are exempt from the fee. The tourism brought to Akwesasne through the gaming industry is a direct reflection on the excellent service and hospitality provided by our employees throughout the region. ♦

# Carbon Monoxide

*By Adrian McDonald, Safety Officer*

Winter snows can create drifts that block exhaust vents forcing carbon monoxide gas (CO) to back up into structures. High efficiency appliances and those with power-vent blowers by definition waste less heat, so the exhaust temperature is very low. It is too low to melt snow in a plugged exhaust pipe or vent. Keep sidewall and direct vents clear of obstructions, drifting snow and bushes to provide proper ventilation.

Hundreds of people accidentally die each year from CO poisoning caused by malfunctioning or improperly used fuel-burning appliances. According to the Journal of the American Medical Association (JAMA), carbon monoxide is the number one cause of poisoning deaths in the US.

Carbon monoxide gas is produced whenever any fuel, such as gas, oil, kerosene, wood or charcoal is burned. Electric appliances do not create CO.

Symptoms of carbon monoxide poisoning:

CO enters the lungs and blood where it competes with oxygen normally carried by red blood cells. CO attaches to the cells 200 times easier than oxygen. Without oxygen cells begin to die.

Exposure to carbon monoxide can produce flu-like symptoms such as:

- Headache
- Nausea
- Dizziness
- Confusion
- Fainting

At higher levels, CO exposure can cause:

- Unconsciousness
- Death

What to do if you suspect CO exposure:

- Get outside to get fresh air
- Call the fire department by cell phone
- If you have symptoms seek medical help immediately

The Environment Division has calibrated direct reading instruments and can let you know immediately if there is or is not a CO problem.

Carbon Monoxide is:

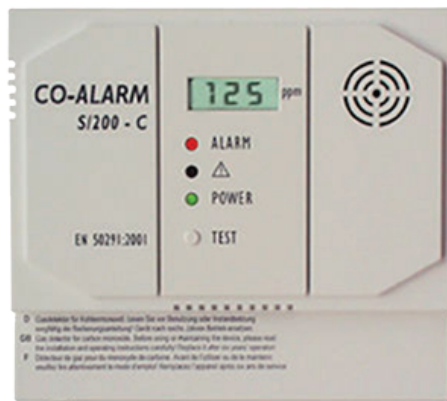
- Poisonous
- Odorless
- Colorless
- Tasteless
- Flammable

The only way to know if carbon monoxide is a problem is by having a CO detector. Make sure that your alarm is approved and certified by a nationally recognized testing agency, such as Underwriters Laboratory (UL). There are several types of alarms to choose from:

- Battery powered is battery monitoring
- Plug-in (AC powered) with battery backup
- AC primary power (hard-wired) with battery backup
- Low-voltage with secondary power
- Combination CO alarm/smoke detector

Follow installation instructions carefully, CO detectors have a useful life of 5 -7 years but if in doubt call 911.

For more information call the Saint Regis Mohawk Tribe Environment Division at 518-358-5937 or Compliance Department at 518-358-2272 ext. 255. ♦



*Every Home Should be Protected  
With a Carbon Monoxide  
Detector*





# Communications Department Update

*Newsletter Issued Every Other Month in 2015*

*By Laurie Thompson, Graphics Designer*

The Communications Department is pleased to announce that Brendan F. White has returned to the Saint Regis Mohawk Tribe's Communication Department as the Director. Brendan has numerous achievements and recognitions in the Communications field.

He worked at the Mohawk Council of Akwesasne as a Communications Officer, previously served as Inter-Governmental Liaison Officer and formerly served as the Director of Public Information at the Tribe. Some of his other achievements include Communications Specialist for First Nations Development Institute, Assistant Editor of "American Indian Opinion" for Indian Country Today and Managing Editor for Native Americas Journal at Cornell University's Akwe:kon Press which earned him several media awards from the Native American Journalists Association.

Brendan is active in the community as volunteer, youth lacrosse coach, master player for the Akwesasne Warriors also serving as Boy's Field Lacrosse Commissioner for Akwesasne Attack and sits on the Board of Directors for the Akwesasne Boys and Girls Club and Board Secretary for Akwesasne Athletics. He is founding member and former Vice-President of Public Relations for Akwesasne Toastmasters and previous Parent Committee Member for the Akwesasne Freedom School. He attended the School of Industrial and Labor Relations at Cornell University in Ithaca, New York and Salmon River Central School. He is also the proud father of a fourteen-year old daughter and a twelve-year old son and a member of the Turtle Clan.

Due in part to the success of our social media sites, the Communications Department will be publishing the monthly newsletter, Kawennì:ios, every other month.

This will also help us reduce printing and mailing costs. Facebook has allowed the Department become more active in updating the community with the latest news and events, closures and publications. In addition to the Facebook page, the Saint Regis Mohawk Tribe now has a Twitter account that the community can follow or tweet to us. Social networking offers new capabilities of reaching the community and keeping you up-to-date on any special news or events that are happening here at the Saint Regis Mohawk Tribe. Follow us on Twitter at: StRegisMohawkTribe @srm\_tribe

The Education Division web pages have been updated, expanded and improved. With the additions, you can easily find a list of programs, courses, education specialists, forms, events and staff and contact info. The Education Division consists of the Early Childhood Development Program, Johnson O'Malley, Workforce Innovation and Opportunity Act (WIOA) and Higher Education.

Communications is pleased to inform you of two popular publications in early 2015, How Gaming Benefits Akwesasne and the 2015 Business Directory. These are both in the final stages of editing and will be sent to print shortly. The Akwesasne Business Directory can be found at [www.AkwesasneBusinessDirectory.com](http://www.AkwesasneBusinessDirectory.com).

Businesses can also make changes to their information or be added to the list on the web site. We give a big Nia:wen:kówa to all the local beaders who allowed us showcase their beautiful artisan work.

Both publications will be uploaded onto the website and distributed out throughout the community as well. We look forward to another successful year of keeping you informed of the many ways the Tribe provides support and services to the community. ♦



*Brendan F. White, New Communications Director*

# Monthly Tribal Meeting

*Tsiothóhrba / December 6, 2014 - Chaired by Chief Beverly Cook*

## *Agenda*

1. Welcome - Chairperson
  - Reading of Action Items - Tribal Clerk
2. Environment Presentation
  - Angela Benedict
3. 2015 Heating Assistance
  - Elliot Lazore
4. Akwesasne Boys & Girls Club
  - Jessica Cree-Jock
5. AHA Senior Housing Project & Update on FEMA Trailers
  - Retha Herne
6. New Business
7. Reading of Action Items
8. Adjournment

## *Action Items from December Meeting*

1. To look into the surplus give-a-way from the casino hotel and to obtain the inventory list
2. To look into providing fuel to enrolled tribal members living outside of the land claims areas

## *Follow-up on Action Item from November Meeting*

1. To find out when pool will be open at the Diabetes Center.

*The DCFE pool is anticipated to open January 5, 2015. A pool maintenance contract and staff training are complete. Interviews are currently underway for water aerobics instructor to lead the classes on a scheduled basis.*

## *SRMT Executive and Division Directors*

Arnold Printup	Director	Tribal Historic Preservation
Barbara Montour	Chief Financial Officer	Finance
Brendan White	Director	Communications
Christopher Thompson	Director	Economic Development
Elliott Lazore	Director	Compliance
Ernie Thompson	Director	Planning & Infrastructure
Jason McDonald	Director	Community & Family Service
Jeff Beekhoo	General Manager	Broadband
Karonienhawi Thomas	Commissioner	Social Services
Ken Jock	Director	Environment
Lora Lee LaFrance	Director	Office for the Aging
Matthew Rourke	Acting Chief of Police	SRM Tribal Police
Michael Cook	Director	Health Services
Michael McFaddin	Director	Facilities
Phillip Barreiro	Court Administrator	Tribal Courts
Stacey Holcomb	Director	Human Resources
Stephanie Cook	Executive Director	Education
Todd Papineau	Executive Director	Tribal Gaming Commission
Tsiorasa Barreiro	Executive Director	Tribal Administration



# Calendar

## *Tsiotbohrokó:wa / January 2015*

- 10 - Monthly Tribal Meeting - 10:00 a.m. - Community Building lobby
- 13 - Social Security Administration - 1:30 to 3:30 p.m. - Tribal Clerk's office
- 14 - Police Commission Monthly Meeting - 3:00 p.m. - Executive Boardroom, Community Building
- 19 - Martin Luther King, Jr. Day Holiday - Tribal Offices Closed

## *Enníska/February 2015*

- 7 - Monthly Tribal Meeting - 10:00 a.m. - Community Building lobby
- 10 - Social Security Administration - 1:30 - 3:30 p.m. - Tribal Clerk's office
- 11 - Police Commission Monthly Meeting - 3:00 p.m. - Executive Boardroom, Community Building
- 16 - President's Day Holiday - Tribal Offices Closed

Wednesdays - Tribal Council Work Session - 9:00 a.m. - Tribal Council Executive boardroom

# New Faces

Jolene Jackson

Emergency Hire

Akwesasne Employment Resource Center

Jennifer A. Page

Senior Accountant

Accounting Department

# Donations

Community Events - \$500

Sports - \$ 4,170 (November & December)

Elders - \$500

Community Development - \$ 750

# Jobs

MSC Supervisor - Family Support

Office Manager - Health Services Partridge House

Corporate Compliance Officer - Administration

Positions with the Saint Regis Mohawk Tribe are posted at: [www.srmt-nsn.gov](http://www.srmt-nsn.gov).

Positions with our gaming operations are posted on the Akwesasne Mohawk Casino's website at:

[www.mohawkcasino.com](http://www.mohawkcasino.com).

Akwesasne and surrounding area positions are posted at [www.myaerc.org](http://www.myaerc.org)

# A/CDP Prevention

*By Megan Bushey, Prevention Specialist*

It's the start of the New Year and the Saint Regis Mohawk Health Services Alcoholism/Chemical Dependency Prevention Program (A/CDP) informs the community of our program goals, services we offer, signs and symptoms of drug use and upcoming activities. We wish everyone a happy and healthy start to 2015!

The mission of the A/CDP Prevention is to increase awareness about chemical dependency and related issues while recognizing and respecting the cultural distinctions of the Akwesasne community. We provide prevention services promoting a safe and healthy lifestyle for individuals, families and community through education, presentations, referrals and intervention services. An important goal of the prevention program is to change the balance between risk and protective factors so protective factors outweigh risk factors.

The prevention program staff includes Patricia Pierce, Administrative Assistant; Megan Bushey, Prevention Specialist; Olivia Cook, Prevention Educator and Melerena Back is the Prevention Coordinator.

Throughout the school year, the A/CDP Prevention is busy educating classrooms about substance abuse through the use of the 'Too Good for Drugs' curriculum. The curriculum is delivered to students at St. Regis Mohawk School, Salmon River Central School and the Saint Regis Mohawk Tribe Early Childhood Development Program. The 'Too Good for Drugs' lessons teach skills such as decision making, communication, peer pressure resistance and goal setting.

Monthly prevention activities expose youth to new, exciting and culturally diverse activities. Some of the prevention trips allow youth to set and achieve goals as well as work on teambuilding skills. We advertise

our monthly activities in the Indian Time, the Tribe's Facebook page and on CKON.

Educational presentations are given throughout the year in the schools and in the community. Past presentations include topics such as problem gambling, addiction, drinking and driving, and current drug trends.



*Monthly Activities Offer Youth New and Exciting Teambuilding Skills*



*The A/CDP Prevention Program Workers are Actively Involved*

Adolescent education is offered to youth as a recommendation after a completed assessment with the A/CDP Outpatient Program. The education group consists of five sessions focusing on topics such as alcoholism, family disease concept, drugs of abuse, sober support and living a positive healthy, drug-free lifestyle.

Olivia Cook, Prevention Educator, has office space at Salmon River Central School where she provides intervention services to families and students. Students may get referred by faculty, parents or concerned friends. Once a referral is made, Olivia meets with the student to determine their need of care and makes referrals to other programs, when appropriate, or she might provide the student with educational information. She can be contacted at 518-358-6661 for further information or questions.

If you attend an event in the community, most of the time you will see the A/CDP Prevention team participating at the event or set up with an educational display table to hand out important information about substance abuse or simply to say hi so people can put faces with names. Most students will recognize us from being in the classroom and enjoy playing with the puppets that teach their drug and alcohol lessons. We also enjoy this time to educate parents about the 'Too Good for Drugs' curriculum that is presented to their kids at school.



One of our biggest events of the year is a National Drug Prevention Week titled Red Ribbon Week. Red Ribbon Week is always celebrated October 23 – 31. This year, we had the schools and community show their support by dressing in themes each day. Participating in the theme days shows a commitment to living a healthy, drug-free, violence-free lifestyle. During this week, the Akwesasne Coalition for Community Empowerment (Coalition) hosted a Family Minute to Win It family game night as well as a Trunk or Treat event. Additionally, the A/CDP prevention workers and youth initiated a campaign called Plant the Promise. This campaign entails planting tulips during the month of October. In April when the tulips bloom, they serve as a reminder of the promise to make good decisions and lead a healthy lifestyle. Tulips were planted around the Tewathahita walking trail. We are looking forward to seeing their beauty in the spring.

The A/CDP Prevention also works alongside other programs to help facilitate services whether individually or through a team effort with the Coalition. The Coalition has representation from more than fifteen programs within Akwesasne. One major upcoming event we are currently working on is planning for the 2015 Akwesasne Winter Carnival that will be hosted by the Coalition. Community planning meetings for the Winter Carnival have begun. If you are interested in hosting an event or would like to help with the Winter Carnival, please contact Melissa Conners at the Early Childhood Development Program at 518-358-2988.

During the month of December when consuming alcohol is a theme of holiday parties and celebrations, the A/CDP Prevention teamed up with the Saint Regis Mohawk Tribe Compliance Department and the Saint Regis Mohawk Tribal Police to implement Project Sticker Shock. Project Sticker Shock is an underage drinking campaign that brings awareness to the fines associated with providing alcohol to minors. Youth from the Salmon River Health Club and the Boys and Girls Club participate in this campaign

by going into local convenience stores and placing warning stickers on the products that contain alcohol.

The A/CDP Prevention spends a lot of time planning the Salmon River All Night Grad Party. The party is a prevention strategy allowing graduating seniors to have fun while deterring them from attending parties where drinking alcohol might occur. To plan the party, a committee of parents, community members and Salmon River staff attend monthly meetings to organize fundraisers and plan the party. The Coalition has a hand in the party as they do the decorating and some volunteer to chaperone the night of the party. You can follow the All Night Grad Party planning and meeting dates on their Facebook page. The committee is always looking for dedicated volunteers so if you are interested in helping plan this year's party, please contact Megan Bushey at 518-358-2967.

Finally, the A/CDP

Prevention wants the community to be able to recognize the signs and symptoms of substance abuse. Some changes that one would recognize at home would be a loss of interest in family activities, disrespect for family rules, secretiveness, anger, increase or decrease in appetite, weight loss, making excuses or lying and possessing drug paraphernalia. Some signs identifiable at school are a sudden drop in grades, truancy, loss of interest in learning, poor attitude, loss of energy, loss of motivation, and reduced memory and attention span. If you notice

any of these signs in a loved one, they could be battling with the disease of addiction. To make an appointment for an assessment, call Saint Regis Mohawk Health Services A/CDP Outpatient Program at 518-358-3141.

Families are encouraged to call our program for support, guidance or stop in to pick up some pamphlets and information about substance abuse. We are located at Akwesasne Business Center, 447 Frogtown Road, Akwesasne, NY 13655, Suite #104. Our office hours are Monday - Friday 8:00 a.m. to 4:00 p.m. You can contact us at 518-358-2967. ◇



*Red Ribbon Week Celebrates Sobriety*



*Be Smart - Don't Serve Minors*

# Graduate Courses

## at Saint Regis Mohawk Tribe

*EDAD/EDUC 5002: Current Problems in Education:  
Mohawk Language*

5:00 - 7:45 p.m.

Instructor: Annemarie Fitzrandolph

Start Date: Tuesday January 20, 2015

An introduction to action research through the investigation of a significant question or issue related to the education of Native American students. Participants in the course will engage in explorations of action research in theory and practice in relation to the education of Native American students in public schools. Participants will have an opportunity to identify a problem of interest to them, make a plan, gather and analyze data as they carry it out, report results and develop implications for future practice and research.



*EDPS 582 Techniques of Counseling*

4:00 - 6:45 p.m.

Instructor: Mi-Jee Jeon

Start Date: Wednesday January 14, 2015

Contemporary counseling strategies and interventions are integrated into appropriate stages of the counseling process. Applications are made to a broad and diverse population of clients. This course is designed specifically for those that are pursuing a counseling degree in school counseling or mental counseling. Applications are made to a broad and diverse population of clients.

For questions regarding the graduate courses, please contact Rod Cook in the Higher Education office at 518-358-2272 ext. 247 or by email at [rcook@srmt-nsn.gov](mailto:rcook@srmt-nsn.gov). ◇



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