



LOCAL
Idaho senator tells Native American candidate to 'go back where you came from'



SPORTS
Warriors fall to Tigers



SPORTS
Blackfoot Broncos freshman team Native players

SHO-BAN NEWS

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BSD Indian Education Committee wins NJOMA award

By **ROSELYNN YAZZIE**

Sho-Ban News

BLACKFOOT – The Blackfoot School District Indian Education Committee (IEC) received the 2024 Region 6 Exemplary Award for their commitment to serving Native American students at the National Johnson-O'Malley (JOM) conference last month.

Region 6 is the largest land mass region for the national JOM, and the Blackfoot School District is the second largest diverse school district in the state. Blackfoot School District serves over 630 Indigenous students but anticipates that will increase.

The Blackfoot School District IEC includes education staff, parents, and students. Elected officers are Anthony First, chairman; Lloyd George, vice-chair; and Alisia Ball-esteros, secretary.

Lloyd George has four children attending Blackfoot School District, encouraging him to get more involved in their education and join the IEC.

He says the award means "everything."

"It's a start to where we want to see ourselves as we're going as a program," he said.

They're proud to be over two percent of the national average for graduation rates. The national average is 86 percent, and Blackfoot School District is at 88 percent.



From left, new paraprofessional Kendra Benally, IEC vice-chair Lloyd George, and Blackfoot Director of Indian Education Joy Mickelsen with NJOMA award. (Roselynn Yazzie photos)

They're also the only Tribe in the state of Idaho that has a sitting Native American school board member who was voted in by the public, who is Kevin Callahan.

Joy Mickelsen has been the Director of Indian Education for Blackfoot for eight years and says they've had a good functioning committee. She says the parents involved have stepped up to make a positive impact in advocating for their students, additionally, she's seen success because of the tribal truancy law with Fort Hall Elementary doubling their scores in one year.

She explained they deal with two pots of money, including federal money that comes from Title VI and is used to hire one to two Indian Educa-



Blackfoot School District royalty at the BSD dancing on October 2. (Bree Baker photo)

tion paras in each school. Shoshone-Bannock tribal member Kendra Benally was the most recently hired para.

The other is the Johnson O-Malley funding, which moves through the

tribes, who move it back to the district. How that money is spent is determined by the IEC.

The IEC meets every month to address issues brought forth by parents.

Mickelsen said, "It's a



2024 NJOMA Region 6 Exemplary Award.

committee of parents who want to do right by the kids and want to make sure that the funding moves to the students."

They address concerns like bullying and a need for tutor services, which they offer utilizing Sho-Ban Transit for transportation for free every night at the Diversity Center from 4 p.m. to 7 p.m. and on Fridays from 10 a.m. to 2 p.m.

They help with the Annual District Wide Dancing Performance; this year, they bussed over 80 dancers daily to different schools to share their culture. The bussing cost was \$800 and paid for by the IEC. They also had a huge amount of parent support.

Mickelsen was happy

about the turnout and said it was the most ever, which was good because there was an issue last year with taunting on both sides. Former IEC President Taryn Shoyo called a meeting with the committee, the superintendent, and Mickelsen to address the situation. They did a public meeting with parents who were able to voice their concerns.

Another way they identify needs is through a yearly Needs Assessment, which has identified math tutoring, cultural activities, and online schooling as priorities.

The IEC is always looking for ways to improve, such as with the Fourth Grade Field Trip to Fort Hall. Through this

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Peer Recovery Coach program serves as model program

By **ROSELYNN YAZZIE**

Sho-Ban News

FORT HALL – The Shoshone-Bannock Tribes was one of the first tribes in the nation to build a fully functioning Peer Recovery Coach program and have received national recognition for their work.

The Peer Recovery Support program was an idea from the late Donna Honena about eight to nine years ago. She used the model provided by the Connecticut Community for Addiction Recovery. In 2018, Jason Butler was hired as the Recovery Coach Coordinator to build the program. He's now the Behavioral Health Manager of the Waapi Kani: Mental Well and Recovery Services.

He explains, "The idea behind recovery coaching is to take individuals who have found success in recovery and use them as guides for others in or seeking recovery. A lot of different treatment modalities used in treatment centers will use one method of treatment, like a one-size-fits-all. However, recovery coaching takes a multiple pathways approach. Meaning that every individual is different and unique in their own way. Therefore,



Newest Peer Recovery Coach Angel Teton. (Roselynn Yazzie photo)

everyone has a different path to recovery. Different from counselors, recovery coaches work with individuals by helping them to navigate their recovery and serving as a guide who walks by the side of the individual. One of the mottos of recovery coaching is, 'It is your recovery'."

At the time recovery coaching was brought

to the Four Directions Treatment Center, it was a brand-new profession just beginning to gain steam.

Since then, other highlights for the program include being featured in an article about peer support in a University of Iowa newspaper article and spending much of 2019-2020 doing webinars for Substance Abuse and

Mental Health Services Administration (SAMHSA) and other national and regional Substance Use Disorder (SUD) conferences.

Butler said, "We served as a model program for many other tribes across the nation looking to build peer support programs. Through this program we have seen countless success stories. Every recovery coach on staff has lived through the struggle of addiction and transitioned from being a part of the problem to being part of the solution. We live by the idea of, 'If we can do it, you can do it'."

Juan Lucero, LCSW Clinical Supervisor, explained when people from the community see others walking the walk and can live recovery, it can be inspiring. They are often trusted by their peers over someone who doesn't come from the community or has a lived experience with addiction but just education.

Lucero said the response from the community about the Peer Support Recovery Coaches has been positive. It's seen in the volume of work they carry, and their interactions with people are significant in how valuable they are.

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Finance update for direct deposit

FORT HALL – Because of the lasting effects of the cyber-attack, the Finance office has made the following updates:

All previous bank account information for direct deposit has been cleared out.

Enrolled Shoshone-Bannock tribal members who wish to receive their per capita distributions through direct deposit will need to submit a new direct deposit form along with supporting bank account documentation.

Direct deposit forms are available at the Finance office located within the Tribal Business Center (TBC), Room 415. Out of state tribal members can call 208-851-3551 to request a direct deposit form be sent to them.

Do Not Email bank information or supporting documentation.

Completed direct deposit forms and supporting documentation can be submitted Monday

through Friday between 8 a.m. to 5 p.m. by one of the following:

Finance Fax: 208-478-3719

Mail to: SBT-Finance, P.O. Box 684, Fort Hall, Idaho 83203

Hand-deliver to Finance office, Room 415, TBC Bldg.

For any questions, you may contact the Finance office at 208-851-3551.

Enrollment

To update addresses, names, minor agreement forms, and court orders, please contact Enrollment through the following:

Email: sara.thompson@sbtribes.com or antoinette.kniffin@sbtribes.com

Phone: 208-251-4842 or 208-244-9181

To avoid delays in processing, please update your information. Direct deposit forms received after Friday, November 1, 2024, will not be honored for the December distribution.

From page one

IEC, continued
student-driven event, fourth graders partake in activities led by Blackfoot High School (BHS) Indigenous students who share knowledge of traditional games, dancing, storytelling, beading, and visiting the Fort Hall Museum. This year, George plans to add a cultural food presentation.

Mickelsen acknowledged the BHS Indigenous Club for being future leaders and commended them for taking the initiative to help create a stronger community. They're also in charge of reading the student essays and picking the winners of the topic about what the students learn from the trip. The BHS Indigenous Club has 80 members, including student Rosalee Tendoy, who is also a representative on the IEC Board.

The district's Indigenous staff includes Parvaneh Colter at Independence High School, who also won the JOM Teacher of the Year Award for Region 6; Matt Wilson and Kendra Benally are at BHS

and Blackfoot Heritage Sixth Grade, helping with cultural activities. Every month, the paras keep track of how many students they provide service to and what they were serviced in, giving it to the IEC for review.

The IEC also awarded \$5,000 in scholarships last year and voted to do the graduation stoles.

Attending the national JOM conference gave them insight on how they can do better, but also showed them how much they're ahead. In the future, George said he'd like to run for a national seat for Region 6.

Mickelsen wants the community to know they really care about the Native students.

"It's not just a checklist or a hoop to jump through. We want to strengthen our relationship and our community."

The IEC meets monthly on the second Wednesday at 5:30 p.m. Their next meeting is October 9 at Stalker Elementary.

Tribal offices will be closed on Monday, October 14 in recognition of Indigenous People's Day!

RECOVERY, continued
"They probably have the most contact with our clientele outside of people who come to groups," he said. "It's encouraging to hear somebody that has been there, and they're able to say, 'Just keep coming, even if you have relapses or slips, don't stop, just keep coming.'"

Angel Teton is the newest Peer Support Recovery Coach; she got her start by taking the Recovery Coach Academy, an intensive five-day training offered every other month that focuses on providing individuals with skills to guide, mentor, and support anyone who would like to enter or sustain long-term recovery from addiction to drugs or alcohol. The training can help them become a Recovery Coach and help their peers or use it in their everyday lives to support family members or friends.

When Teton first began recovery, she felt like she wasn't doing it for herself, but because the judge was going to send her to prison, and her family wanted her to be sober to get her son back. It wasn't until she took in the lessons learned at Recovery Coach Academy Training, she was finally able to open her eyes and get serious about recovery.

She volunteered at Hope & Recovery, at the time, the late Four Directions Manager, Donna Honena, was on the board, and she would see her now and then. She attended the academy, and applied for



Peer Recovery Coaches Aaron Auck and Ranelda Stone in front of Building #97. (Roselynn Yazzie photo)

the Peer Support Recovery Coach job, and got an interview.

She wasn't sure she'd get that far, considering the effects on her health because of her drug addiction on her brain. She was diagnosed with schizophrenia disorder, and it's something she continues to deal with to this day, but with the help of injections every three months to function normally. Her doctor told her it's probably something she'll have to do for the rest of her life.

Teton wants to be a Peer Support Recovery Coach to help prevent somebody from going as far down as she went.

"If I can be that support for them and maybe there's something I can say or do, or maybe an action toward them, maybe it might change their mind

from going out and using. It might change their mind to come and stick with peer support and be involved every day," she said.

Teton started working as a Peer Support Recovery Coach on March 13, 2023, and enjoys being involved with her peers. There is a total of six coaches. Teton gets excited when she gets new clients because she gets to see what works for them. When a new client comes in, they're welcomed with open arms, she shows them around the facility and lets them know their services. As a Peer Support Recovery Coach, she helps support the peers, helps them process, offers resources, and keeps them up to date with what's offered, she tells them of events locally and in neighboring towns. Transportation is also something they provide in taking clients to treatment classes. They also help with recovery plans and share insights.

The program offers life skills classes, which Teton helps with on Mindful Mondays, which is culturally responsive psychosomatic land-based and Newe (Shoshone) language-based therapy promoting health and well-being through mindfulness. Recent activities they've done included a mountain hike, which included Willow Abrahamsen, a Behavioral Health Specialist, who talked about medicinal plants. They've also gathered cedar.

Teton said they like to keep their peers busy.

"That idle time, that boredom, that's what's going to creep up on you, and that's what's going to get you to fall back into using or drinking, or whatever it is that you do," she said.

They also offer peers the opportunity to come in and sit on the couches, watch a DVD, and just treat them like family.

She wants those considering trying their program to know that as coaches, they're not higher than them, they meet them at the same level.

Teton said the benefit of being a Peer Support Recovery Coach is she gets to work on her recovery because it keeps her on her toes, every day she goes to work, it's a constant reminder of why she's sober and how good her life is because of her sobriety.

"I really have this joy for recovery, and it's great to be in a recovery. It's a whole new life," she said. She's grateful to Donna for believing in the Peer Support Recovery Coaches and seeing their capability. In her honor, she decided to become a certified coach

and accomplished that back in July.

Some of the limitations that may discourage someone from joining Peer Support is sometimes, when people have had a life in addiction and done wrong or been wronged, they may not be compelled to come if the people involved are one of the Recovery Coaches, even though they've worked on themselves and are continuing to do so. Another issue is being related to a peer, although they have ethical boundaries set to avoid this. The location can be another factor, as it's not in the same vicinity as other Cedar House Services. The Peer Support Recovery building is #97 on Yakima Drive on the Fort Hall campus. In the future, once they have enough space, they hope to hire more coaches. They also hope to eventually become self-sustaining.

Teton said they don't have current numbers on the clients they serve, but according to a count a couple of years ago, it's in the hundreds she estimates.

They do their best to be at community events and often coordinate with other departments, like the Language & Culture Department, especially during the summertime when they have cultural events. One of their recent events was the Recovery Fest.

On December 14, 2024, Teton will celebrate her fourth year of recovery and says it's a big accomplishment for her. More importantly, her 11-year-old son now gets to celebrate seeing his mom sober and being involved in the community. Two years ago, he heard her speak at Recovery Fest and didn't know all that she had gone through. It touched him, and she was glad she got to tell him, "What matters is now."

Teton admits she wasn't a good parent and being pregnant was what started her addiction. She was given opiates in the form of hydrocodone when she got out of the hospital, and it spiraled from there.

She hopes her son can follow in the same footsteps of being sober and hopes he doesn't experiment because she said these days it's too dangerous to do that, especially with things like fentanyl, which can kill someone the first time they use it.

Peer Support Recovery also hosts a monthly Sobriety Celebration; the next one is October 25 at noon, and everyone is invited. The event includes food, and coins are given out at the meeting.

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Winterizing Your Home

Winter comes fast to this part of the world. With temperatures regularly dipping below freezing as early as October, it's a good idea to start winterizing your home now before the weather turns.



ACT SAFE & SUSTAINABLE!



Outdoor Faucets, Pipes, and Sprinklers

Help prevent exposed pipes from freezing by wrapping them in towels or foam insulation. With hoses, disconnect them from any exterior faucets and ensure the taps are tightly closed. Flush all your sprinklers, turn off the water, drain the pipes and blow them out to prevent frozen water lines.

Attic Insulation and Ventilation

Evaluate the insulation and ventilation in your attic. Good insulation helps prevent heat loss from the interior of your home and proper ventilation allows the attic air to stay cool enough to prevent freeze/thaw cycles on your roof.

Prevent Ice Dams and Heavy Snow Buildup

Prevent ice dams from forming on your roof by cleaning debris from your home's gutters and downspouts. When the snow comes, keep roof buildup to a minimum by using a long handled "roof rake." Heavy snow buildup can increase your chances for both ice dams and roof failure due to the weight of the snow.

For more information about Bayer's ongoing safety, health and community programs, visit us online at [Bayer.com](https://www.bayer.com).