

Connecting Indigenous Cultural Practices to Community Work

TUESDAY, JUNE 16TH

9:45 – 10:45 A.M.

Session Description

In this session, we will hear from a panel of leaders (*changemakers!*) in a variety of fields who are integrating Indigenous cultural practices into **healthcare, workplace wellness, language revitalization efforts**, and their **community work**.

Speakers include Ashlee Jallen and Sarah Andersen from the Native American Community Clinic, Kortni Bidinger from Lower Sioux Indian Community, and Jaylen Strong from the Bois Forte Heritage Center & Cultural Museum.

Native American Community Clinic



Ashlee Jallen is a member of the Red Lake Nation (Bear Clan) and currently serves as the Traditional Healing Program Manager at the Native American Community Clinic in Minneapolis. She received her master's in business administration at Hamline University in 2019. In her role as the traditional healing manager, she oversees the expansion and integration of traditional healing practices, ceremony, and traditional medicines throughout the organization with the support of her wonderful team.



Sarah Andersen -White Earth Nation -Sarah is the Grants Manager at the Native American Community Clinic and enjoys writing grants and facilitating impactful community initiatives for Native American communities. She graduated from St Catherine's University with a Bachelor in Public Health, focusing on Public Policy. She has a deep commitment to improving public health outcomes and advocating for policies and programming that promote equity and well-being.

Lower Sioux Indian Community



Kortni Bidinger is an enrolled member of the Lower Sioux Indian Community, Cansayapi, in Morton, MN. She graduated from Rasmussen College with an AAS in Early Childhood Education with a specialization in family studies, and her Bachelor's in Health and Wellness. Her work history includes eight years in tribal community health with an emphasis on employee wellness. Her professional passion lies in caring for her community and the next seven generations through knowledge and skill sharing opportunities and creating systematic changes that support an overarching goal of wicozani – a balance of whole health and wellness, through a culturally specific lens. Outside of work, she enjoys spending family time, traveling, reading, baking, and sewing.

Bois Forte Heritage Center & Cultural Museum



Jaylen Strong grew up on the Nett Lake Sector of the Bois Forte Reservation. Jaylen received his Undergraduate Degree in the Ojibwe Language and Human Physiology from the University of Minnesota Twin-Cities. Jaylen then went on to earn his Master's Degree at the University of Minnesota – Duluth in Tribal Administration and Governance (MTAG). Jaylen started working for his community in 2019 as the Bois Forte Heritage Center and Cultural Museum's Director and administrates the "Tribal Historic Preservation Office" duties as well.



Traditional Healing at NACC

Ashlee Jallen and Sarah Andersen

Native American Community Clinic

Native American Community Clinic

Located in South Minneapolis

NACC is a FQHC and 501c3

We are an integrated clinic – meaning our clients tend to use more than one service

Our services include:

- Behavioral Health
- Primary Care
- Dental
- Spiritual Care
- Medically Assisted Treatment Program
- Intensive Outpatient Program
- Holistic Medicine
- Individual and Group Therapy
- Peer Recovery Coaches
- Social Services Support



Native American Community Clinic

Traditional Medicines

NACC provides Cedar, Sweetgrass, Sage and Tobacco for all relatives that visit the clinic. Medicines can be requested at the time of their appointment.



Native American Community Clinic

Spiritual Care Providers

Our spiritual care providers are available for individual appointments through our Behavioral Health Department.

Each spiritual care provider can offer various services based on their gifts and knowledge. Some of these services include:

- Holistic Healing Services
- Naming
- Pipe Ceremony
- Language teachings
- Prayer and smudging
- Teachings on the use of traditional medicines
- Connection to other ceremonies and resources



Native American Community Clinic

Ceremonies

- Monthly Ceremonies:
 - Cedar Ceremony
 - Full Moon Ceremony
- Solstice and Equinox



Native American Community Clinic

Workshops

Traditional Healing offers both in-person and virtual workshops throughout the year. All of our previous virtual workshops can be viewed on NACC's YouTube page at www.youtube.com/@nacc_healthcare



Native American Community Clinic

Groups

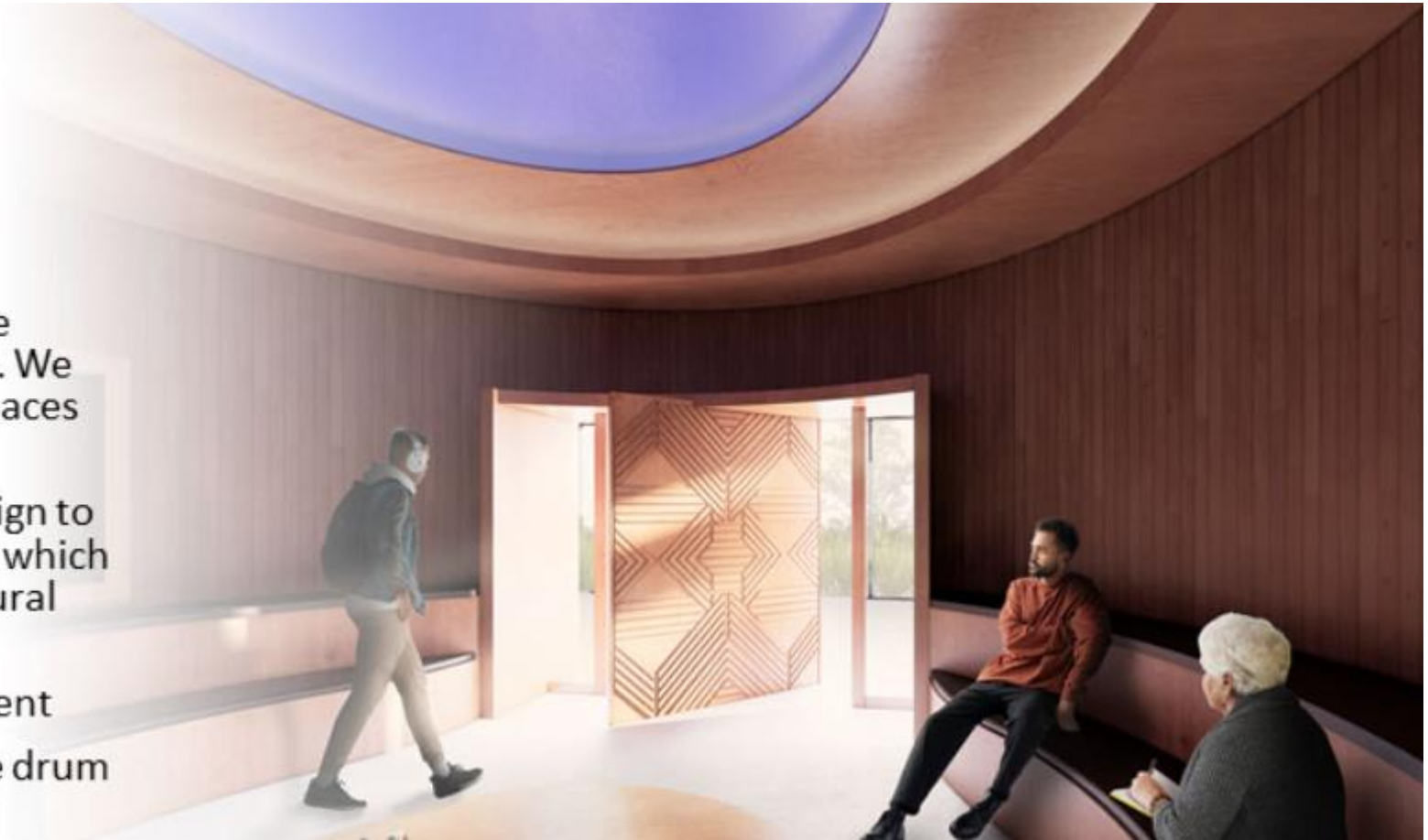
- Drum Group
- First Gift
- Camps and Retreats
- Drop-in Groups for IOP/MAT
 - Open Sew
 - Bead Group



Native American Community Clinic

Partnerships

- We work with various community partners in the Minneapolis/St. Paul area. We rely on our partners for spaces for ceremony.
- We are in a capital campaign to create a brand-new clinic, which will include space for cultural activities.
- Elder and youth engagement
- Pictured: Rendering of the drum room in our new building



Native American Community Clinic

Barriers

- Balancing westernized work with traditional work
- Space
- Flexible funding



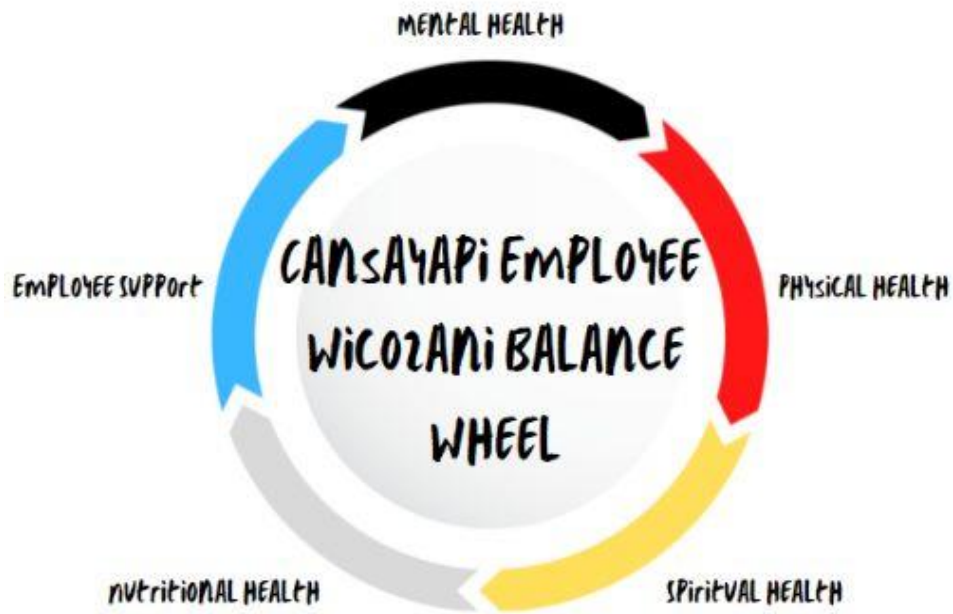
Native American Community Clinic

Successes

- Helping individuals with their recovery
- Creating a community network
- Promoting healing in our community



Native American Community Clinic



Element	Objective
MENTAL HEALTH	Increase supportive services and resources for employees to lessen the impact of mental health disorders and other mental health conditions, including stress and anxiety.
PHYSICAL HEALTH	Increase physical activity opportunities for employees to participate in during work hours.
SPIRITUAL HEALTH	Increase access to and knowledge of traditional medicines and cultural practices for employees while being mindful of all cultures and beliefs.
NUTRITIONAL HEALTH	Increase access to and knowledge of traditional and healthier foods and beverages for employees.
PROFESSIONAL DEVELOPMENT	Increase employee productivity by offering wellness related trainings and other opportunities.

Excerpt from the Employee Wellness Resource Guide

Lower Sioux Indian Community



LOWER SIOUX

employee wellness program

Thursday April 18
12:30pm-1:30pm

Wicoicage Oti

with Guest Speaker

Natalie Mathiowitz,
RDN, LD

-Specializing in Dietitian
and Nutrition Counseling
-Light Lunch Provided FCFS



LUNCH + LEARN



Lower Sioux Employee Wellness Program & Office of Environment

LSIC Employees Earth Day Competition

- Max of 8 in each group
- Utilize your 15 minute breaks & lunch hour to bag up as much garbage and recycling (separate bags required) as you can find!
- Weigh your bags by 4:30pm. Scale will be in Govt. Center Kitchen.
- Take photos for evidence! Send to kortni.bidinger@lowsioux.com
- Discard appropriately.
- All garbage and recycling must be picked up from outside.
- No cheating!

Winning team for each category
(most lbs of garbage and recycling bagged)
will receive a catered lunch at a later date of winner's choice!

Contact Kortni to sign up team ASAP.
Supplies (vests, bags, gloves, grabbers) provided if requested.



Lower Sioux Employee Wellness Program

PROFESSIONAL PHOTOS WITH BETH THERESA PHOTOGRAPHY

Need to update your professional work photo? Never taken one before? Your professional photo can be used for organizational business purposes such as websites, business cards, conference and training presentations, etc.

Photo invoices will be covered through the Lower Sioux Employee Wellness Program (under the Blue Cross Blue Shield funding opportunity awarded to LSIC), unless your grant budget or department has funding to cover work related equipment and/or supplies. Please reach out if you have any contributions.

We greatly appreciate the collaboration.

Tuesday May 14
9:00am-11:00am

Sign Up with QR Code



- Photo session includes:
- Choice between 2 back drop options (star quilt or neutral backdrop) + 2-3 simple edited headshot poses



Questions? Contact Kortni
kortni.bidinger@lowsioux.com or ext. 8946

Lower Sioux Indian Community

APRIL IS NATIONAL STRESS AWARENESS MONTH

FOR THE HEALTH OF IT CHALLENGERS APPRECIATION EVENT

Wednesday April 3rd



- + 507 SAUNA 2PM-6PM *sign ups required*
- + 15-MINUTE CHAIR MESSAGES BY RIVER BEND THERAPUTIC MASSAGE 3PM-5PM *sign ups required*
- + SELF CARE & STRESS RELIEF RESOURCES
- + TO-GO MEALS AVAILABLE

QUESTIONS? CONTACT KORTNI @ KORTNI.BIDINGER@LOWERSIOUX.COM OR EXT 8946

Disclaimer: First Priority goes to LSIC Employees signed up "For The Health of It" Challenge. If time slots do not fill, we will open it to all LSIC employees.




**LOWER SIOUX EMPLOYEE
SIOUX'P (SOUP)
CHALLENGE**

To Enter Email Kortni @
kortni.bidinger@lowersioux.com

Please Have Your Sioux'p Hot & Ready to go on
Thursday November 17th 12pm
**Tasting and Voting for ALL LSIC Employees
12pm-1pm**

Winner Will Receive a Prize and Bragging Rights!




***10,000 STEPS/DAY**
***GOAL OF 70 MILES IN 30 DAYS**
***1/2 WAY & FINAL LEADERBOARD PRIZES, LUNCH & LEARNS, RAFFLES + MORE**
***MUST HAVE SMART PHONE AND WAY TO TRACK STEPS**
***MAY 1ST-30TH**
***MORE INFO ON APP**



HOW TO SIGN UP:

1. NEW USERS: DOWNLOAD THE APP + USE ORG CODE: ZR46QKV9PK OR SCAN QR CODE



RETURNING USERS: OPEN APP & CLICK "JOIN OUR NEXT CHALLENGE"

Questions? Kortni ext. 8946 or kortni.bidinger@lowersioux.com

Lower Sioux Indian Community