

## Nez Perce Federally Recognized Tribe Extension Program Ripple Effects Mapping Findings

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The Indian Land Tenure Foundation (ILTF) engaged in a joint collaboration with an evaluation team and the Western Extension Risk Management Education Center to measure the long-term impacts of the Federally Recognized Tribal Extension Program (FRTEP) serving the Nez Perce Tribe. In order to collect this information, the evaluation team used a tool called Ripple Effects Mapping (REM). REM is a storytelling technique that is used to collect stories and experiences from community members. The results at the completion of a Ripple Effects Mapping included both a visual map and a set of narratives that were subsequently analyzed.

The data from 31 FRTEP programs was summarized into a final report – *“Mapping FRTEP Impacts in Indian Country”* and published in March 2022 for the purpose of demonstrating the collective value of the programs. This report can be found [Measuring FRTEP’s success - Tribal Extension](#)

In June 2021, a virtual Ripple Effects Mapping event was held with Nez Perce Tribal members and others in the community who benefited from FRTEP programs or were aware of the impact of this programming. Those participating in the online event may have included farmers/ranchers, community members including agency and/or Tribal leadership, high school students, 4-H members, and others. Tribal and community members joined either online or by phone.

During the session, participants had the opportunity to tell us stories about how they have benefited from having FRTEP in their community. A facilitator led the conversation, asking each Tribal and/or community member to share their story one at a time. Questions participants were asked to consider included:

1. *Tell us a story about how one of these programs has had an impact on your tribal community.*
2. *Are you or your family doing anything differently as a result of these programs?*
3. *What has been a personal benefit to you or your family because of these programs?*
4. *What has been the most helpful part of these programs for you, your family, or your tribal community?*

As individuals spoke, their stories were both recorded and mapped into digital mapping software in order to visually display the impact. No individual’s names are included in this data set or the final report mentioned above. Following the REM, those stories were analyzed using the FRTEP priority program areas to determine the ways in which the FRTEP has impacted the Tribe and surrounding community. Additionally, the data was also analyzed to understand ways in which the COVID-19 pandemic has had an impact on programming.

This report includes all of the stories collected from the Nez Perce Tribe.

- Page 2 shows examples of ways you can use this information.
- Page 3 summarizes in themes and subthemes the ways in which the FRTEP program and you as the FRTEP educator/agent had impact in your tribal community.
- Pages 4-16 includes these themes and all of the stories collected from your REM event.
- Page 17 is an image of the full REM Map, which is also attached as a PDF for reprinting. Additionally, a laminated poster of your REM MAP is being mailed to you, to share with community members, Tribal leaders and others vested in your programs.

If you would like to have an opportunity to discuss in further detail and/or have questions, we can set up a Zoom meeting with one of the Ripple Effects Mapping team members.

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## **How you can use your Ripple Effects Mapping data:**

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Storytelling is a powerful technique that can be used in many different ways. Your stories from REM helped us understand the impacts and value of FRTEP that can be shared with funders, Tribal members and leadership. More than numbers, stories can reveal needs, achievements and emotional real-life impacts. Your story examples can be used multiple ways to elevate the importance of the work that you are doing and to demonstrate the collective impact that it is having in your community

## **Here are three ways you can use the two edited story examples (below) while also utilizing the report's themes and subthemes to demonstrate the impacts this program is having:**

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### **Within the Community**

- Stories can be shared or incorporated into community celebrations and/or events.
- Communicated to your Advisory Committee to help build capacity for future programming.

### **In Reports**

- Prepared reports Tribal Council members and other community leaders with story examples, themes and subthemes that show how FRTEP is working to accomplish the priority areas established by the Tribal Advisory Council; and which relay the benefits, impacts and other indicators of success as a result of FRTEP.
- Prepared reports for your 1862 Land Grant University or your 1994 Tribal College or University leadership with story examples embedded and that include the themes and sub themes from each of the program's priority areas. Highlight how the Ripple Effects Mapping session empowered community members to share their stories and the benefits inherent in discovering the successes brought about by the program

### **In Grant Applications**

- Having a solid evaluation plan is critical to writing a successful grant application. Including outcomes from the Ripple Effects Mapping demonstrates the long-lasting impacts of FRTEP and uses a culturally appropriate approach to do so.

*In summary, the stories and data that you have collected through the Ripple mapping process can be used many different ways to communicate your successes and to elevate your program not only at the community level – but also to your stakeholder partners, collaborators and other individuals, organizations and entities, for the purpose of strengthening and building the capacity of FRTEP.*

## Themes and Subthemes

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For the Nez Perce Tribe and community, the impacts, effects, and benefits could all be found within the following five program priority areas and subthemes are listed here. On pages 4-16, you will see the same priority areas, subthemes with individual stories collected directly from the transcript.

### 1. American Indian Cultural and Linguistic Preservation

- Engaging Tribal Members in Tribal Traditions
- Engaging Youth in Tribal Traditions

### 2. Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction

- Adult Involvement
- Community Involvement
- Exercise
- Family Involvement
- Healthy Food Choices
- Traditional foods
- Youth Involvement

### 3. Tribal Youth and 4-H

- Family Engagement
- Intellectual Engagement
- Life skills

### Response to COVID

- Adaptation of Programs and Services

## Themes, Subthemes and Stories

Theme	Sub-Theme	Statement
<b>American Indian Cultural and Linguistic Preservation</b>	Engaging Tribal Members in Tribal Traditions	The one project that we've been most currently working on during COVID and coming out of COVID is a culture project. I have been serving on a committee for the NPTEC to bring out this Spalding-Allen Collection, which is the largest and oldest Plateau collection that has been ever unmasked in the United States and it is held at the National Park Service of the Nez Perce tribe. 25 years ago, we almost lost the collection because the Ohio Historical Society Connection sent us a bill after they had lent us the collection saying we owed them \$608,000 to purchase the collection because they needed it money. Everybody went credit kind of crazy for a while and then we sat down and got a plan and the plan was... We had only had six months to get the money, so the plan was how to raise the money, which we did, but what we didn't do is we didn't make the collection our own by giving it a Nimípuu name and kind of the reason for that is because the language was dying out.
<b>American Indian Cultural and Linguistic Preservation</b>	Engaging Tribal Members in Tribal Traditions	Over the last 25 years, as just approximately the same amount of time we have been having a language revitalization program and now it is very stressful. The part where [FRTEP Agent] comes in is that we set up a whole series of events and ways to educate our tribal young people, meaning school-aged children, how they can use the material culture that's held within the park service so that it's preserved too. One thing I told the committee, anybody under 40 probably does not know the story of how we save the collection. They don't know about the collection, but the most important thing they don't know is that they own it. It's owned by the Nez Perce tribe. We got it back. It was ours to begin with. It was made from the natural resources of the, we call the forest, our supermarket and then this minister he's going to take it away from us and so we talked people into giving it up and then he sold it to this Dr. Alan, back east. We need to teach people about this story, especially our young, so that they become the good stewards of it. But we also want, everything that we have, we want our own cultural revitalization in language, but also in what we do.

Theme	Sub-Theme	Statement
<b>American Indian Cultural and Linguistic Preservation</b>	Engaging Tribal Youth in Tribal Traditions	<p>We want our educational curriculum to have a plan on how our young people can take back the culture and learn about it in the Spalding-Allen Collection. [FRTEP Agent] worked with our people and the park all this year developing the curriculum and the class that she had to conduct, she and Sarah, was a [unknown word] flesh necklace project where they made these buckskin packages of which we call our Indian suitcases in condense size and they put them on a thong, on a leather thong, and these kids painted them and they decorated them. I never heard the total story of how many they taught, but I know they were at the boys and girls club, I know they were at the school district. I don't know if they had another outside class, but I heard the stories of the kids who did them and how proud they were that they're doing that, that they were learning about this Spalding-Allen Collection and that they're invited to our big event on June 26th to wear them and come and do a [unknown word], in our language, that means to show, to show something new that you've made.</p>
<b>American Indian Cultural and Linguistic Preservation</b>	Engaging Tribal Youth in Tribal Traditions	<p>We're inviting all the kids to come down there and to be able to say, [unknown word], I made this. They came to show it to everybody and being proud of it. That's what [FTEP Agent] and Sarah have been working on all year. It just makes my committee so happy because we have a person that has talked about, the teachers are just thrilled. They're all adopting this class to teach it at all grades because actually everybody's ignorant of this collection, even the parents and so now it's just snowballed and teachers we've distributed it, I think, Stacy said to 37 schools, so they're all wanting to teach it. We're putting it online, so it's easy access and they can just have it right there as a tool for teaching about the Nez Perce people and this Spalding-Allen Collection, which is very soon going to get an Indian name.</p>
<b>American Indian Cultural and Linguistic Preservation</b>	Engaging Tribal Youth in Tribal Traditions	<p>I am the branch manager for the [local] Community Library, the treasurer on the [local] Committee Coalition. I'm on the city council and I was a previous owner of the bar in town that worked with the community coalition on the Sticker Shock Campaign. Fun note, we were actually the first bar in the nation to put the lock your liquor stickers on all of our liquor and our to-go bags.</p>
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Adult Involvement	<p>And then I know like in our community when elderberry syrup pre pandemic, during pandemic, when people were starting to get sick were wanting to build their immune systems, all this stuff came out around elderberry. She had different things like that. We did elderberry jam canning class. But she's always just super helpful around traditional</p>

Theme	Sub-Theme	Statement
		activities gathering, where to find things. I learned from her previous AmeriCorps worker, that all our five acres around our house is rose hips. I didn't know what they were, what they're good for, and she's like, "Oh my gosh. Pick them and dry them. They're amazing in tea."
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Adult Involvement	I learned all kinds of stuff from the tea class, at the food summit that they put out. I know a lot of people in the community like to learn these things, share with others, so as COVID was happening and my husband got sick and other people we knew got sick, people were sharing some of those things that they have gathered and done from the classes, the mountain tea, elderberry syrup. I harvested a bunch and froze them, so then I could just make them get as needed and hand that out. Did jars of rose hips and stuff so we could give those to people, since they're high in vitamin C2. I think just like bolstering the skills of people and utilizing what's around you, what's free, what people aren't aware of, that's so good for you.
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Adult Involvement	Personally, I had an interest in a lot of this stuff, as well as a parent, as a community member, as someone who works at the clinic around health and I feel like she's always innovative. If you say like, "Oh, did you see that little machine or device?" Like her whole thing was the air fryer and people were all about that. I think knowing someone who's legit with their information, who educates and you can attend an event, try things on your own, learn about it, do's and don'ts of it before purchasing, is super helpful and it will be more useful when you buy it. Like the Instant Pot, isn't just sitting around. Mine sat for months too because I was scared of it until you showed us, "You're fine and you won't die."
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Community Involvement	I am the Food Sovereignty Initiatives director at the Northwest Portland area, Indian Health Board. I was invited to a food summit at the tribe, I want to say, three years ago, maybe was the first one. Just the regional connections that were made for us there is awesome. Like each year it's just like better and better, not to mention the food and information it's just great and to be there in communities since I don't get to be there all the time, right?
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Exercise	Having that connection to both {FRTEP Agent and other} have been awesome. One of the main things I do as my job is coordinate and facilitate our Northwest Tribal Food Sovereignty Coalition. We're a non-profit tribal public health organization that serves Idaho, Oregon, and Washington. Working with them it has impact regionally and I was able to invite [FRTEP Agent] to do a presentation at this event that

Theme	Sub-Theme	Statement
		<p>another project at the health board does, which is called Native Fitness. It's actually hosted at the Nike World Headquarters in Beaverton, so pretty fancy. Nike gets any data on a ton of natives for once a year. It's not just a Tribal program staff and Tribal members in the Northwest, but it's a national conference. Mostly a focus around physical activity, but since I started at the health board, they really wanted to bring in that nutrition aspect. It's evolved into more of a traditional foods aspect, strong, like Julie was saying food is medicine, so strong on the food is medicine a message.</p>
<p><b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b></p>	<p>Family Involvement</p>	<p>My focus is sort of food is medicine and particularly I love fruits and vegetables and so the community garden has been a great project. [FRTEP Agent] has done some different curriculums in the garden with kids of various ages and she's done some tours. I find that the children come through and learn about the garden, but then later they come back and they bring their parents or their siblings or their grandparents to the garden. Sometimes we see three generations picking tomatoes or picking raspberries, which is great.</p>
<p><b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b></p>	<p>Healthy Food Choices</p>	<p>[Mini free food pantries] Provide a good balance of food. There's not much junk food. It's mostly things that can provide like a well-rounded meal and then also things like with pop-tops that can be taken on the go. [Also provide] healthcare products like toilet paper, toothbrushes, toothpaste, deodorant, body wash, shampoo, conditioner, feminine products, anything like that. And then if we hear that, like there's a need in the community, we'll try to meet that as well. We're hoping to do surveys at the school to find out what the kids want and that way we can kind of gauge their needs as well, especially cause it's pretty close to the school. It's located right at the community gardens and the [local] Health Clinic. It's in a really great central location for just about anybody to access.</p>
<p><b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b></p>	<p>Healthy Food Choices</p>	<p>It's nice to be outside, it's nice to see people having healthy foods that might be hard to get or hard to afford and to realize that they can come to the garden and pick things for free. Sometimes they'll ask us questions about how to cook them or how to pick them. I think that's been a lasting impact. People will ask us how to plant things and grow them themselves, or at least they realize where the garden is and that it's okay to come and pick things on their own.</p>
<p><b>Indigenous Food Systems for Food Security, Food</b></p>	<p>Healthy Food Choices</p>	<p>[FRTEP Agent's] done some different types of food preparation classes. Just as an example, she brought a kombucha class once. Personally, I went to the class so that I</p>

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<b>Safety and Obesity Reduction</b>		could support community members who wanted to make kombucha, but I ended up making it myself and I'd been brewing it for three years, so I was personally impacted.
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Healthy Food Choices	I feel like [FRTEP Agent] and her program is very cutting edge to what's going on around us and in the world, or what's popular in the stores or the grocery store. I had written down Instant Pot. I first saw her do that at housing, she did a class. I went for personal interests, but also cause sometimes I helped Julie with some of her classes she does. She then took it to Head Start families, which our little guy was a part of, so we got to see families learn how to use it, eat a meal there, prepare it together. I think just getting back to some of the basics and that comradery, maybe people don't come around the table as much at home. It was great networking and things like that there.
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Healthy Food Choices	[FRTEP Agent] worked with someone who makes these little mini free food pantries. They're small, the size of a cupboard. They're independent and have a little recycled, refurbished newspaper thing where you like put in the 50 cents, get your paper. That's where you put in the donations and then in the cupboard there's non-perishable foods and utensils and hygiene items. It's been widely used by the community. We restock it about once a week, sometimes twice a week, depending on the week, sometimes more. We get a lot of donations. We've had people do fundraisers for it. Recently, we drove up to Kamiah and installed one there, so there's one on that reservation as well. We're hoping to have a child, kid's free pantry, where it's all kid accessible food, a little closer to the ground. It's excellent. It's incredible. It's really helped with the stigma around getting food and getting assistance, so it's really helped to reduce some of that through the privacy, the anonymity. It's 24/7 whenever you want and that's pretty much entirely been [FRTEP Agent's] initiative and that's so incredible. I'm really passionate about it. I love it so much. I think every community needs at least one. We usually restock it, but people will leave the donations in the donation bin. Sometimes if there's a bigger donation, they'll contact [the FRTEP Agent] because we have little pamphlets that have her contact information as the pantry steward. Sometimes we get extra food from the Commodity Program.
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Healthy Food Choices	We've been involved with the food summit and the coalition that [FRTEP Agent and another person] started and run. I and my nutrition assistant, we've done some food preparation and food demos for some of the various programs and events. It's been nice. It's been a very nice



Theme	Sub-Theme	Statement
		<p>collaboration. [FRTEP Agent] brings a lot of experience and different ideas. Sometimes I'm tied up with patients in the clinic and I'm not able to be out doing classes in the community as much as I would love to and so it's nice to have somebody else available to help stretch our resources. {FRTEP Agent} has done a lot of Instapot classes, so I see a community members that have purchased one or maybe had one, but were afraid to use it. I see an impact, it's nice. I grew up in a generation of people that thought that you could kill yourself with a sealed pressure cooker, it's going to blow into the ceiling. I actually got roped into doing a class and so I'm like, "Well, you're going to have to do it." Once you use it, you will love it. I promise you."</p>
<p><b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b></p>	<p>Healthy Food Choices</p>	<p>[FRTEP Agent's] done different preservation around food classes that have been super helpful. I attended her jerky salsa, she's done meat canning. I learned that bananas are the most amazing thing in the world. When you put them in a dehydrator, they don't come out hard and crunchy like at the store. They're soft and chewy, they're phenomenal.</p>
<p><b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b></p>	<p>Traditional Food</p>	<p>The [local coalition] ... mostly [has a] focus around physical activity, but since I started at the health board, they really wanted to bring in that nutrition aspect. It's evolved into more of a traditional foods aspect, strong, like Julie was saying food is medicine, so strong on the food is medicine a message.</p>
<p><b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b></p>	<p>Traditional Food</p>	<p>I learned about [FRTEP Agent's] Instapot skills and she did three different recipes and food demo, probably very similar to the classes that are held in [community], while using traditional foods. It's this really cool project that happened. I think that happened in 2019. We were super excited to have her back in 2020 and then COVID ruined everything, but that's okay. There's just been a lot of really great connections. I was able to help the HIP coalition with their strategic planning based off experience with our food coalition as well, just bringing outside resources to the Tribe and then them bringing their resources and their knowledge to other tribes here in the Northwest. This is how you have a successful community garden, or this is how you have a successful Instapot class. Several folks who are involved in this HIP coalition, such as, [named people] have all done several different updates. ATNI Affiliated Tribes of Northwest Indians, Food Sovereignty subcommittee. Just constantly staying in contact that way has been really great, so more of a regional perspective rather than just right there in the community.</p>

Theme	Sub-Theme	Statement
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional Food	I'll focus on the food also. There's a number of things. Our program focuses on the Hanford nuclear site cleanup, which is over in central Washington. Doesn't always have a lot to do here with here except other than our fish come through and bed in that specific region and its effects on our water and air. Been involved with the community for a number of years. I'm a pastor here in our community also. I have been a city council 10 plus years, mayor the last two years, so my hands are in a lot of community projects, but the big one that's always stuck out to me and partnered with [FRTEP Agent] in a number of things and supported a lot of her efforts that I see are very valuable, but I've learned a lot.
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional Food	At one point, the clinic started the garden and they were working on that for a number of years. I was able to get a grant for some money to assist with that, gather the different community gardens and try to help them have some funding for different needs they may have. It's continued to grow through the different leadership and [FRTEP Agent] has been a big part of that. The part, I guess, that I want to focus on is, it's kind of an ongoing story, it's not one story, but I feel like it has impacted our community. All of the education that's been going on with the garden itself, the tours, introducing the children to food, again. The [Tribe] are actually pretty involved with food.
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional Food	They're traditional gatherers and hunters and fishers. The subject of food is not new to them and then even we're finding that in the early reservation life many of them were farmers, successful farmers, but over the years we've kind of gotten away from that, obviously. A lot of unhealthy eating and scarcity of food actually on our reservations. This food preparation and growing and preserving has been really big for me at the classes that were offered, gave me confidence to preserve food, to prepare food and it reignited a flame that... I grew up farming and had gotten away from it. Through this whole process of the garden and being a part of the food coalition, it awakened something in me again concerning food to the point that it came in really handy during COVID times, when we were stuck at home, got really back into growing and then my wife got into it and now my children are.

Theme	Sub-Theme	Statement
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional Food	<p>We're to the point now where we're supplementing our store-bought food with what we grow and we've invested in foods that will feed us for years to come. Some of the berries and trees and plants that we've invested in, that's been a positive for us. It's been therapeutic, it's been healthy, not yet money saving, because it costs a lot to buy plants initially, but somewhere along the way it'll be saving us money. That's been a benefit to our family, just being involved more with the food coalition and the garden it's caused me to ask questions, it's caused me to grow in my food knowledge. I think one of the things that I love about it is that it's kind of awakened our community back to the whole understanding the food that all these things can work together, like the hunting, the gathering, the fishing and the growing.</p>
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional Food	<p>Initially our challenge for the food summit was we really wanted to bring in our traditional foods and our gatherers and fishers and hunters. There was a lot of... It just wasn't working. It wasn't jelling. One of the things that, over the last few years, [FRTEP Agent's] been able to bring in native chefs who were utilizing traditional foods in a whole new way. I think that kind of broke the ice, that kind of made away for our traditional gatherers and hunters and fishers to say, "Hey, we can engage with this again with our foods in and look at it from a new way." I know that, through all of this, it kind of awakened even the leadership of the tribe to become more aware of food sovereignty. The Tribes, of course, are sovereign and that's huge for us to be able to say that, but at the same time, there was always that thing in the back of your mind, we're not energy sovereign, we're not food sovereign, we're not financially.</p>
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional Food	<p>There's certain things that we weren't sovereign in and so it's kind of awakened that, even in our leadership, to begin to look at the issue of food sovereignty, what are we doing as a tribe or tribes to make sure our people are fed? If the government can provide food or if others, if we go through COVID again, how do we provide food for our own people? I know that they have some ideas and things they're looking at now concerning food sovereignty. Also, that awareness is wind to our community. If you go to a city hall now, you'll see an area there in front of our building where, it's something I never asked them to do, but our team was started growing, not only plants but food.</p>

Theme	Sub-Theme	Statement
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional Food	<p>Part of it was because of our discussions with creating foodscapes in our community. We have a lot of programs whether it's fund to table kind of foods or, fund to families programs. The USDA Foods, the Wildlife Program bringing in fish, fisheries bringing in fish, bringing the Buffalo. Our Tribes starting to engage in feeding our people again and providing avenues. One of the ways that is simple from the city standpoint is to look at foodscapes, where can we create places where there's food that's free and available. We have the community garden, we have these pantries, our church, we've had food banks over for the last 15, 16 years, so there's these different sources. Now you see the fish coming back, the Buffalo coming back.</p>
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional Food	<p>Our plan as a city is to create foodscapes so that our community just places where food is available. Once again, a lot of this is really influencing our young people, as everybody's kinda mentioned, whether it's through STEAM, whether it's through causes it to look at some of these things differently. Walking through the gardens have caused the children to re-engage. So now, children walked by in front of the city hall, they're starting to pick those strawberries that are coming out right now. Pretty soon, another month or so, it'll be blackberries. We see kids out there, they're gathered out there eating. I think these programs have been good at raising awareness for not only the adults, but for our children. That's my ongoing story, there's still work to be done. [FRTEP Agent's] programs have been a big part of really helping our community with those skills of how to grow, how to cook, how to preserve, and just the awareness of how important food is to us and really connecting our children into that process. It's been a blessing to me on a personal level, even my own family, but I also see it in our community and our tribal government and our city government.</p>
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Traditional foods	<p>I'm very impressed with [the agent's] curriculum and what she has been trying to do. I think she mentioned that we work primarily with the HIP organization, which is helping indigenous people thrive, which is agri-based because we believe that it is a sovereign right to be in control of your own food. And we both are trying to teach people to grow food for themselves to be self-sufficient as we once were as members of our own bands of which was an extended family, usually less than 130 people, because the food was only available for that many people in a circumference of a few miles and so the bands were kept to about 130 people.</p>

Theme	Sub-Theme	Statement
<b>Indigenous Food Systems for Food Security, Food Safety and Obesity Reduction</b>	Youth Involvement	[The Sticker Shock Campaign] has infected more the bar because we actually had customers that wanted to help put the stickers on things. It made the adults more aware when they would take their stuff home because they'd buy stuff to-go. I think it made them more aware to make sure that they're keeping the liquor away from their kids. It just brought more awareness. Maybe they hadn't thought about it, but I think it brought more awareness because it's right there on their packaging. We just got new stickers. Because of COVID, we can now sell actual hard drinks, hard alcohol, mixed drinks to-go. We have sealable containers for those and so those are on all of the containers.
<b>Tribal Youth and 4-H</b>	Family Engagement	For Christmas break (before COVID), [FRTEP Agent] brought over a Lego helicopter, very intense Lego kit. Our whole goal was to have families come in and put it together. We didn't have a lot of families. We had adults come in with smaller children that lost interest very quickly in the technical part of Legos, putting a Lego together. [FRTEP Agent] and I actually did a lot of it ourselves and with the adults, but it was still fun to have the families come in. At one point [FRTEP Agent] sat with one of the little guys and was reading stories to him while the mom and dad were putting Legos together. We have it displayed in the library and people come in all the time and sometimes some of the kids will come in and say, "Oh, I'll help work on that." We have people comment about it all the time, but that was one of the big things. It brought families into the library and it was fun seeing them work together and they're still coming to the library.
<b>Tribal Youth and 4-H</b>	Intellectual Engagement	[FRTEP Agent] has really made an effort to extend what we're doing with Legos into the whole STEAM curriculum, exposing children to engineering and math and design. We have a Lego first discovery league, essentially, they attended a three-day long training. We all got our own STEAM park Lego sets and it's all about what can you build with these? How can you build with these? I think one of the formats was like a public park. How can you make this more accessible, so everybody can play on it. It gets the wheels turning about how the kids can use their creativity to improve their own community, even if it's just with Legos, even if they're five and six years old.
<b>Tribal Youth and 4-H</b>	Intellectual Engagement	We were able to distribute that to the Head Start Program in [two nearby towns]. I think in total it was like 75 students. It had a great reception. The kids really liked it. The teachers there ended up being the ones who taught the curriculum. It comes with a workbook with six bricks where they have like six of the regular big Legos and there's different activities

Theme	Sub-Theme	Statement
		<p>that they start out with that and it works on their hand-eye coordination and colors, numbers, patterns, it's incredible. In addition to that, there are also other Lego kids that have been around before I started working here. The older kids mostly get to work on things like airplanes, helicopters, at Christmas time we have a gingerbread house, all these different things for different ages that have also been really well received by the community, by the kids, especially. I thought that was so cool. I know that when I was younger, I would have loved to do that. It's such a wonderful introduction to something that might otherwise seem a little dull if they're just in a textbook. Very intimidating. Great way to make it approachable.</p>
<b>Tribal Youth and 4-H</b>	Life Skills	<p>One specifically that stood out in my mind was the coalition have a house that they have created so that youth can learn how to clean a house, do laundry and dishes and dust, all those kinds of things, as well as cooking skills, learn cooking skills and just being together in a smaller household community where perhaps they're able to be more free to discuss what they're curious about or what they need to learn or what they don't want to know, things like that, be kids and all. That was one of the things that I remember the most, there were several different programs that she talked about, but that one I just thought that was really a wonderful thing because there's some even adults that don't really know how to clean a house and cooking, peeling onions, things like that. If you're not shown, you don't know how to do those things. It's really just an amazing skill to be passing along to youth. I remember that there was another one where they were putting stickers on... Were they putting stickers on alcohol or were they putting stickers on something that – a Sticker Shock Campaign.</p>
<b>Tribal Youth and 4-H</b>	Life Skills	<p>[FRTEP Agent] introduced us to the adverse childhood experiences, we collaborated on some activities for the youth on Nez Perce reservation. She also introduced us to Paper Tigers, a documentary where they followed six students in alternative school in Walla Walla, Washington. It talked about how the teachers and the staff use trauma-informed care to provide better services for some of their students that are struggling. She introduced it to staff at our social services department, as well as teaching staff at [local] High School, Middle School. The superintendent for [local] High School, also has a lot of research and background with the ACE scores and how that works. Adverse childhood experiences, can be youth experiencing violence, abuse, or neglect, or who witnessed violence in the home or community, having family members attempt or die by</p>

Theme	Sub-Theme	Statement
		<p>suicide, just to give a few examples. Here on the [Tribal] reservation, we have a lot of struggles with alcohol and drugs and domestic violence, even a murder in our community, or attempted murder. Some of our youth have actually witnessed some of these horrific acts of violence. [The FRTEP Agent] also provided the actual ACE.</p>
<b>Tribal Youth and 4-H</b>	Life Skills	<p>Paper Tigers reminded me of the population I'm working with, the vulnerable population, the youth. I do our teen nights [in community] and I've done them since December 11th, 2011. I haven't really done a lot in 2020 because of the pandemic, just the different roles that our Tribe had to put up for safety reasons, large gatherings and whatnot. At the teen nights there to keep the youth off the streets, to give them a safe environment for four hours to socialize, play basketball, just to keep them away from drugs and alcohol. I also have like really strict roles like no bullying and things like that and the kids know me. They know how serious I am about that. I really appreciated that {FRTEP Agent} introduced the ACE scores and that it helps us provide more trauma-informed care for our youth and to actually get to know them and sit down and take the time to listen to their stories. A lot of times that's what they want to be is heard. They want their stories heard so they can successfully move on from that experience or that trauma. She partnered with [the superintendent, who] also has done a lot of research on it and a lot of education. They've co-facilitated presentations on it, which is really beneficial to our Tribe. A lot of times we don't talk about those things. It's just kind of swept under the rug or it's a family secret</p>
<b>Tribal Youth and 4-H</b>	Life Skills	<p>I'll start first with the presentation that [FRTEP Agent] did with Dr. David Aiken. They came to the [loca] Coalition and did a presentation together. The presentation was focused on how the[coalition], as well as the school district work together with the entire community to be able to strengthen the relationships of the youth in [local community] and it was really great. Dr. Aiken started out the beginning of the presentation and told about all of the different types of programs that they have implemented to build resilience with the students. He also shared the awards that the school district has received, national and state awards, for the progress that the students have made since they've implemented some really amazing programs in the [local] school district. He shared about how they did that and the impact it had on the youth and how successful the kids are being. Now that they've been doing it for several years, they're seeing the ripple effect as those kids, those youth grow older and go into the different grades, their behaviors</p>



Theme	Sub-Theme	Statement
		<p>and attitudes, how different they are than they were possibly many years ago, that was really exciting. And then [FRTEP Agent] came in and talked about that [local] Community Coalition and how they work with the school district and the community. She told many about many of the different programs that the [local] Community Coalition has put together in collaboration with the school district, as well as some on their own. There were just an amazing number of interventions that they had done together, which was very exciting.</p>
<p><b>Response to COVID</b></p>	<p>Adaptation of Programs and Services</p>	<p>I work closely with Commodity Foods and help with the food distribution because we want to help resolve food insecurity as much as we can. Particularly during the pandemic, the Commodity Foods program, it's actually a USDA Food program. They've done an excellent job of bringing some additional resources to the reservation so that people do have access to a lot of healthy food right now, maybe more so than ever.</p>



# Image of Ripple Effects Map

