Native American Heritage Month. November is a month to celebrate, appreciate, and educate about Indigenous people’s histories and present impact in our communities! Here is a comprehensive timeline of History Through a Native Lens, spanning from the Tribal Independence Era (pre 1491) to Self Determination (1968-Present). Indigenous or not, here’s a list of great ways you can support and celebrate this month, including supporting Native businesses and decolonizing your Thanksgiving!

This month’s focus is on binge drinking a.k.a. “high risk” drinking. Binge drinking is a common issue across college campuses nationwide and alcohol is the most used substance by America’s youth! 3 categories that influence a persons’ drinking habits include their Environment, Genetics, & The Individual, and social norms and coping with stress tend to be common reasons that young people drink at high rates. It’s important to remember that there are many intersecting factors that impact drinking habits. While some are learned from friends and family, new studies show that binge drinking may be more problematic for some due to complicated patterns in our genes and the function of our Dopamine receptors. College drinking is also linked to campus sexual assaults. Here’s some infographics on 10 Good Mental Health Reasons Not To Drink, the relationship between Binge Drinking & Depression, and other Binge Drinking consequences.

Way to prevent binge drinking. Although rates of binge drinking have dropped in recent years, studies show that this is not the case among minority groups. Part of our job in prevention is to make sure that our educational materials are culturally relevant, appropriate and accessible for our Indigenous community. Our primary focus is on harm reduction, and we want our students to be prepared with safety tips if they end up around alcohol! Check out our bulletin board outside of the Café for more tips on “drinking smart”! Check out this link if you are worried about a friends drinking. Let’s continue to make our community safe for all.

November 2019 Autumn Edition

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Celebrate November!

Native American Heritage Month
Veteran's Day
College closed • 11/11
U.S. Turkey Day
College closed • 11/28-11/29

National Diabetes Awareness
National AIDS Awareness
National Peanut Butter Lovers

Join Prevention Program Efforts

Campus Coalition
AIPA (aipa@iaia.edu)
American Indian Prevention Association
Open to all IAIA Students, Staff, Faculty, & Alumni.

- Contact: toney.johnson@iaia.edu or mstempien@iaia.edu
- Office Hours/Day: 10-6p; M-F 1st Floor CLE near cafeteria

Need Support?
Campus Counseling

Eliza Combs, MA, LPCC, ATR
eliza.combs@iaia.edu
505-424-5758
1st Floor CLE

Mila Anguluan, PhD,
mila.anguluan@iaia.edu
505-424-2385
1st floor CLE

Madge Duus, M.A., LMHC
mduus@iaia.edu
1st floor CLE

Thanks for keeping our IAIA community safe for ALL!