

THE INSTITUTE OF AMERICAN INDIAN ARTS (IAIA)
 TRIBAL COLLEGE
 STUDENT LIFE DEPARTMENT
 SANTA FE, NM



Campus Prevention Program

Institute of American Indian Arts

Student Life Department

April 2020: Resilience during COVID-19

Prevention Program Newsletter



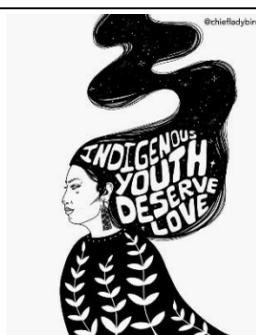
Resources, Resiliency, & Self Care in Challenging Times

Self-care can look like... Getting Organized: Check out the [Passion Planner community resource bank](#) for all things creative and practical. **Establishing a Routine:** Don't let being stuck at home prevent you from following a consistent schedule. Daily to-do lists can create a sense of accomplishment and help with general time management. Activities such as getting dressed in the morning, taking walks outside/any exercise, meditating, checking in with loved ones, playing with your pets, and periodically eating healthy snacks can create a sense of stability and calm. Balancing work with things you enjoy throughout the workday will help with productivity and reduce stress. **Finding Ways to Remain Grounded:** Perhaps you can move your workspace outside during warm parts of the day. Try cooking new meals with that stuff that's been hiding in the back of your pantry. **Taking Breaks from (Social) Media:** Set daily time limits for apps (this is possible through the Settings app on your smart device), try calling relatives instead of texting or DM'ing. **Feeling Your Feelings (All of Them):** We don't always have space and time to recognize our emotions in a way that honors what we are fully experiencing. This is a great time to check in with yourself and take a moment to let yourself stop and feel whatever complex emotions that may be

coming up. *Breathe, Release & Repeat.* Stop and take a deep breath when you start to experience an intense feeling and let yourself let it go as you release your breath. Then do it again! As many times as you need to throughout the coming days, weeks, months.

Harm Reduction for Alcohol Use During COVID-19

Each year, the National Council on Alcoholism and Drug Dependence has sponsors [Alcohol Awareness Month](#) to increase public awareness, reduce stigma, and encourage communities to get access to resources for alcohol-related issues. Please check out the link above and see how you can educate yourself and your community this April! Also check out [College Drinking: Change the Culture](#) and learn to bust the myths and find out the facts on how alcohol effects your body and mind, how to get help, plus other tools and resources.



Virtual Sobriety Communities

[White Bison Wellbriety Facebook page](#) for resources like online support meetings, & the opportunity to submit stories of recovery of people ages 13-25 for their upcoming Wellbriety for Youth book, plus much more.

Virtual [AA meetings](#) for anyone who needs support right from the comfort of your own space!

[SMART Recovery](#) has an extensive online platform with forums about topics such as success stories as well as meeting spaces.

Instagrammers that Center Selfcare

Here's some folx to put in your Insta feed that inspire, educate, share thoughts & tools for selfcare.

- @decolonizemyslf
- @mosaiceye
- @nalgona positivitypride
- @not.yr.boyfriend
- @sadgirlsclub
- @poconlineclassroom
- @recipesforselflove
- @selfcareisforeveryone
- @the.holistic.psychologist
- @werenotreallystrangers
- @yung_pueblo

COVID-19 Resources for Safety & Support

IAIA Library has put together an [extensive LibGuide](#) for all things COVID-19 related.

- Housing Resources: [Housing resources in Santa Fe.](#)
- Mental aid resources [available here!](#)

IAIA Events

ALL Classes Begin ONLINE Monday, 3/30
 Graduation Commencement Postponed
 Visit <https://togetherapart.iaia.edu/> to post a community message of love, support, & reflection during these changing times.

April 2020

IAIA Mission: *To empower creativity and leadership in Native Arts and cultures through higher education, life-long learning, and outreach.*

Toney Johnson, Program Coordinator
 Ru Stempien, Program Assistant
 Office: 505.474.5793

Student Life Newsletter

Celebrate April!

(click links below for more info)

[Sexual Assault Awareness Month](#)[Alcohol Awareness Month](#)[National Drug & Alcohol Facts
Week](#)

(March 30 – April 5)

[National Public Health Week](#)
(April 6 – April 12)**Join Prevention
Program Efforts**Check out IAIA prevention
www.iaia.edu/preventionOpen to all IAIA Community Members
Contact: mstempien@iaia.edu**Need Support?**
Campus Counseling
Telehealth now available!
Contact a counselor below to
schedule ☺**Eliza Combs, MA, LPCC, ATR**
eliza.combs@iaia.edu**Mila Anguluan, PhD.**
mila.anguluan@iaia.edu**Madge Duus, M.A., LMHC**
mduus@iaia.eduHotlines & Websites:
Visit IAIA Libguide
[CLICK HERE!](#)Mental Health TIPS for
Quarantine...[CLICK HERE!](#)SAMHSA's National Helpline
[1-800-662-HELP \(4357\)](tel:1-800-662-HELP)**Hacks and Tips**

- **Acknowledge the challenges** and don't get discouraged. This is a learning curve for all of us and remember to be kind to yourself learning new. And if you continue to struggle...
- **Reach out for help!** Staff and Faculty are here to listen to and support you. We are here to learn how to make this transition good for you.
- **Create a schedule.** Even though you're not in a physical classroom, there will still be deadlines, class times, and ultimately finals and grades. If digital platforms get overwhelming, try writing in a [daily planner](#) to make sure you don't lose track of important dates.
- **Take Breaks.** Remember to set aside time for breaks to let what you learn sink in and give your brain some time to rest.
- **Pace yourself.** Make sure you are keeping track of your assignments, so they don't sneak up on you as the we get closer to finals.
- **Plug Share:** a live map showing where you can charge your device when you're on the go.
- **For Staff and Faculty:** A multitude of [Educator Resources](#) for our transition to online learning.

Resources for survivors of Sexual Assault and Domestic Violence**Community support for survivors.** Abuse can come in many forms and sometimes they are more subtle. Have you ever heard of Spiritual/Cultural abuse? Emotional, Verbal or Sexual abuse? You can help those you love by [knowing the signs](#), doing a check in on your

relatives if you know they are struggling and share resources.

- Check out [How to stay safe during COVID-19 for those experiencing Domestic Violence](#)
- Call the [Stronghearts Native Helpline \(Mon-Fri\) 1-844-7NATIVE; 1-844-762-8483](#)
- If it is unsafe to make a call, **text LOVEIS to 22522** or visit thehotline.org
- Visit: <https://www.csvanw.org/> "Respect our Boundaries."

PREVENTION NEWS**Rx & other Drugs****For drug users, COVID-19 poses added dangers...**The National Institute on Drug Abuse director warns the coronavirus could increase the pressure to use, cause complicated health effects and curtail access to treatment for those struggling with addiction. [Read HERE!](#)**Alcohol Use:****World Health Organization (WHO) thinks alcohol is an 'unhelpful coping strategy' for coronavirus pandemic...**with routines no longer in place due to social distancing practices, some people may use alcohol to stave off boredom or de-stress - but the World Health Organization recommends against this. [Read HERE!](#)**Suicide Prevention****Suicide concerns mount as COVID-19 affects mental health...spikes calls to suicide hotlines nationwide.** Crisis hotlines around the country are seeing a spike in volume associated with the spread of COVID-19, as anxious and isolated Americans call in for help. The extent to which breaking the spread of coronavirus involves prolonged isolation makes the response to the crisis particularly acute for those with severe depression...[Read HERE!](#)**Prevention Spotlight:****Alcohol could limit your resistance to coronavirus...**Increased social isolation could lead to a surge in harmful drinking, but too much alcohol can lower the immune system. The World Health Organization (WHO) said it was crucial for people to try and maintain a healthy lifestyle in lockdown or risk raising their chance of infection. [Read HERE!](#)**We are grateful for the solidarity and support of our IAIA community!**