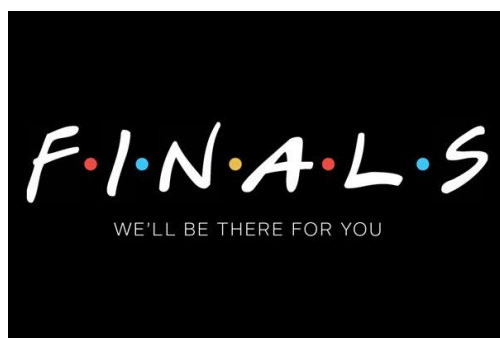


THE INSTITUTE OF AMERICAN INDIAN ARTS (IAIA) TRIBAL COLLEGE STUDENT LIFE DEPARTMENT SANTA FE, NM



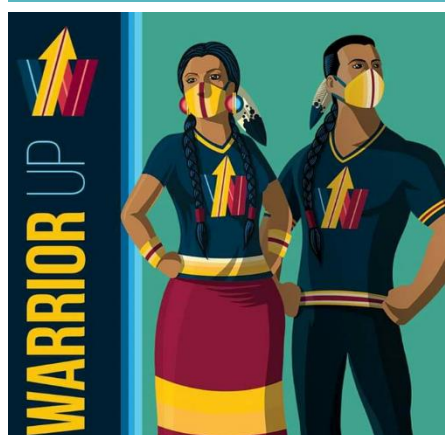
Campus Prevention Program

Institute of American Indian Arts

Student Life Department

MAY 2020: FINALS Edition

Prevention Program Newsletter



FINALS, PHYSICAL FITNESS/SPORTS, & COVID-19 SUPPORT!

You survived spring finals!! This is the last thing from a normal semester, and adjusting hasn't been easy for any of us in the IAIA community. This is a more important time than ever to come together and be supportive of each other. Lend an ear or reach out for someone to listen. Ask questions and go the extra mile to help people find the answers or connect them with resources during this difficult time. We all deserve support and appreciation, because all of us are important and contribute special and different gifts to the IAIA community. The IAIA Student Life Prevention Program (www.iaia.edu/prevention) wants to extend our gratitude and appreciation for what you have all accomplished since the pandemic begun.

May is National Physical Fitness and Sports Month. Move Everyday. Being active can help you stay healthy, happy & fit. Finding an activity that's fun is an important first step. Check out some [traditional games](#) or [indigenized fitness spaces](#)! No matter what activity you enjoy doing, wherever you enjoy doing it, try getting 60 minutes of activity every day. Follow these four steps to create a realistic fitness goal: Be

realistic, Think short-term, Write it Down, and Keep it Simple. [Click here](#) for more information from WeRNative.

WARRIOR UP! Take Action. Take Care. Take Part. Spread the Word. Let's continue to protect our communities and support one another. We are all connected, what we do as individuals impacts our family, our friends, our community and the world. Native peoples have stood together against pipelines at Standing Rock, in courtrooms for tribal sovereignty, and in the streets to protect our land and water. This fight against COVID-19 is no different, it is for *our* future. We are in a fight for our lives. IllumiNative is mobilizing Native peoples, artists, and our allies to #WarriorUp in the fight against COVID-19. Now is the time to fight for the visibility of Native peoples, care for our communities, and ensure Native peoples are seen, heard and included in solutions and conversations about this public health emergency. For more information please visit <https://illuminatives.org/warriorup/> #StayAwayTogether.



JOIN THE TRIBE



Online Zoom Meetings every Saturday 6pm MT
AA Support During COVID-19

Join the Tribe @ IAIA weekly meeting! Email Ellen for more info: e.shadura@sbcglobal.net

NATIVE WELLNESS POWER HOURS

Hosted by Native Wellness Institute (NWI)
Power hour at 12p pacific time each day for many days to come...checkout on Facebook [@nativewellnessinstitute](#); #NWI
Storytelling, workshops, comedy, teachings and more! Visit [HERE!](#) Or YouTube channel or www.NativeWellness.com to view past videos.

NWI focuses on healing & health!

**AWARENESS IS
RESISTANCE IS
SURVIVANCE IS
MEDICINE IS
CEREMONY IS
EMPOWERMENT IS
COMMUNITY CARE**

Prevention Social Media & Mutual Aid Networks for Community Care

Find us on [Facebook](#) @iaiaprevention or [Instagram](#) @iaia_prevention & @iaia_Iq2s+
Mutual Aid Websites

+ Instagram/Facebook handles
Indigenous Specific
Mckinley County Mutual Aid
[@mckinleymutualaid](#)
Seeding Sovereignty Rapid Response Fund
[@seedingsovereignty](#)
National/ By State
Mutual Aid Disaster Relief
[@mutualaiddisasterrelief](#)
Mutual Aid Hub



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!](#)

Prevention Virtual Office Hours

Summer (June/July) every Friday Virtual office hours 1p-3p ZOOM link in email

IAIA Events

Graduation Commencement Postponed check IAIA email for updates!

Visit <https://togetherapart.iaia.edu/> to post a community message of love, support, & reflection during these changing times.

MAY 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 May!

(click links below for more info)

Mental Health Awareness Month

check out #BreakTheStigma & #NotAlone on social media!

Asian/Pacific American Heritage Month

Correct Your Posture Month

Older Americans Month

ALS Awareness Month

Get Caught Reading Month

Join Prevention Program Efforts

Topics include: alcohol & substance use prevention, suicide prevention, peer mentoring, prescription drug misuse, & other health education/health promotion initiatives.

Check out IAIA prevention
www.iaia.edu/prevention

Email: toney.johnson@iaia.edu;
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

Madge Duus, M.A., LMHC
mduus@iaia.edu

Hotlines & 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)



Mental Health Awareness Month

#NotAlone: First, we would like to make a **special shout-out to the enduring dedication and efforts of our Counseling team!** We are ever grateful for your presence, your actions, and your care for our students!

Become a part of the You Are Not Alone movement:

[Share your story](#) & [read other's stories](#) here.

Mental Health Resources:

- [American Foundation for Suicide Prevention's Guide to Metal Health during Covid-19](#)
- [National Domestic Violence Hotline's Guide to Staying Safe During Covid-19](#)
- [National Queer & Trans Therapists of Color Network](#)
- [LGBT+ Hotlines & Resources](#)
- [Mental Health 1st Aid Resources](#)



[Peru's Queen of Quechua Rap Wants to Rescue Indigenous Culture With Her Music](#) "Renata Flores, 19, is part of a generation of Peruvian musicians combining the bouncing beats of Latin trap, rap and reggaeton with the sounds, and language, of the Andean countryside."

[What We Can Learn About Resilience from Indigenous Leaders](#) "During the pandemic, some in her community have even written songs about coronavirus and shared them with others as a way of providing information on how to stay safe while offering a message of hope..."

[Fry Bread: Children's book explores the connection between cooking and colonization](#) "Fry bread was born from this story of survival, of resilience, of existence — continued existence"

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!](#)

COVID-19 News/Facts:

[Inside Higher Ed's Live Updates on College News](#)
[Indian Health Service News](#)
[UNICEF's guide to stopping Covid-19 related stigma](#)
[Covid-19 & Mental Health FAQ's](#)

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!](#)

Isolation and anxiety are a recipe for substance abuse and mental illness. [A new study predicts 75,000 "deaths of despair."](#)

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!](#)

Have a healthy & safe summer break ☺