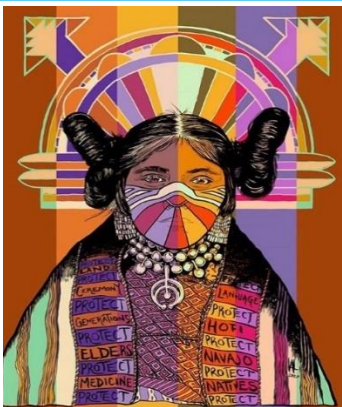
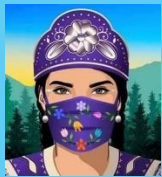


# THE INSTITUTE OF AMERICAN INDIAN ARTS (IAIA)

## TRIBAL COLLEGE

### STUDENT LIFE DEPARTMENT

#### SANTA FE, NM



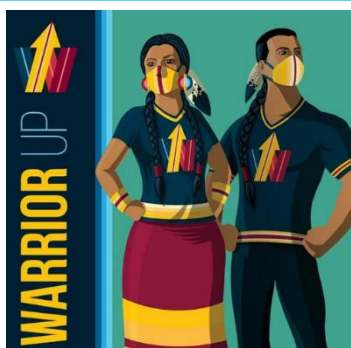
Campus Prevention Program

Institute of American Indian Arts

Student Life Department

## JUNE 2020: Summer Resources

### Prevention Program Newsletter



#### SUMMER BREAK: REFLECT. RELAX. REVITALIZE.

**Summer Support!** We want to make sure that you have access to meet your basic needs, like food, housing, mental healthcare and more. We have listed below a number of resources, specific to Tribes, local to New Mexico, & National too. Please check the [IAIA website](#) & [IAIA Library libguide](#) for more COVID-19 resource updates. As always, please reach out to us in Prevention! We are here to help you find the resources you need to stay safe & healthy, for this Summer and beyond!

#### Community Events

IAIA Free Community Yoga w/ Martha Quick; Every Tuesday @ 12:30p MST, check your IAIA email for zoom info. [The Native Wellness Institute: Native Wellness Power Hour](#), every day of the week @ 1pm MST Check out FB pages of Native Orgs: [NDN Collective](#), [Thrive Unltd.](#), [Well for Culture](#), for videos & tips on

holistic physical, spiritual, emotional, & mental wellbeing.

Complete your census from anywhere! [My2020census.gov](#)!!

#### Mutual Aid

[Indigenous Mutual Aid](#) directory of national Indigenous mutual aid funds. [United Indians of All Tribes](#) resources for Washington/Seattle area. [Indigenous Lifeways](#) McKinley County resources. [Doc. of resources for NM state](#). [Mutual Aid Disaster Relief](#) extensive Collective Care listing of resources by topic, state, & nation/continent.

#### Health & Wellness + Community Wisdom

[Partnership for Drug Free Kids](#): Online & Remote Resources for Addiction Support.

[Healthy Native Youth: Talking is Power!](#) resources for parents & caring adults & websites for youth

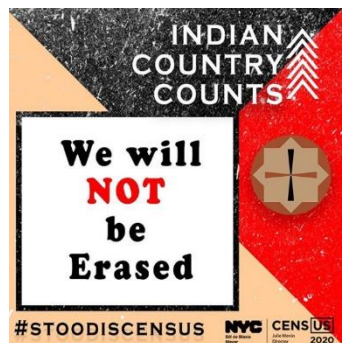
[A Time for Grieving & A Time for Healing: The Light in the Darkness of COVID-19](#)

[LoveIsRespect.org](#) Self-Care Checklist.

**Please Welcome** our awesome new Summer Student Assistant, Ohdesa Freedbird (they/them & he/him)!!

**Email Us @** [toney.johnson@iaia.edu](mailto:toney.johnson@iaia.edu) (he/him), [mstempien@iaia.edu](mailto:mstempien@iaia.edu) (she/they) [desiree.horseson@iaia.edu](mailto:desiree.horseson@iaia.edu) (they/them/he/him)

**Find IAIA PREVENTION on Social Media** [Facebook](#) & [Instagram](#) for updates, resources + news/events!



#### Mental Health Assistance/Hotlines:

[National Suicide Prevention Lifeline](#)

[National Alliance on Mental Illness](#)

[Domestic Violence Support](#)

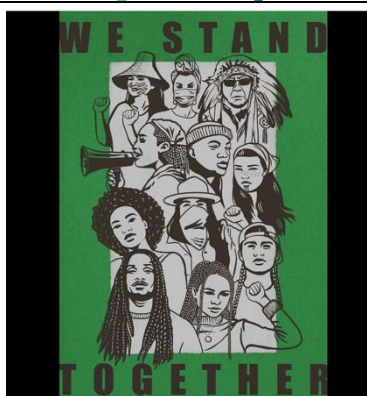
[NM Crisis Lines](#)

[Rural LGBTQ+ Resources](#)

[Substance Abuse Treatment](#)

Wernative text BRAVE to 97779

2SLGBTQ+ text LGBTQ2S to 97779



#### IAIA Supports Black Lives Matter (BLM)

Image: @plain\_to\_sea on IG.

Read IAIA College President Dr. Martin's official statement [here](#).

#### For more news/info. on how you can help:

[Official BLM site](#) + [Indigenous Allyship Resources](#)

[158 Resources to Understand Racism in America](#)



#### Wellbriety & Social Distance Pow Wow

Summer Solstice Pow Wow ONLINE

July 19-21, 2020

[CLICK HERE!](#)

10 Facts about Alcohol and Drugs

[CLICK HERE!](#)

Alcohol and Drug Foundation

[Find DRUG FACTS HERE!](#)

11 Facts about Prescription Drug Abuse on College Campuses [Click HERE!](#)

JUNE 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  
Ohdesa Freedbird, Student Assistant