



**WELLNESS OUTREACH PROJECT FOR
AMERICAN INDIAN-ALASKA NATIVE COMMUNITIES
RFB-IS-25200571**

***Deliverable 4*
FINAL REPORT¹**

Wombat Mental Health Services is pleased to submit to LACDMH the FINAL REPORT with required documentation and data collection associated with deliverable 4 for *The Seeds of Resilience: Growing Generations of Wellness*. Thank you so much for the generous support to develop this project.

PROJECT INTRODUCTION

For the **WELLNESS OUTREACH PROJECT FOR AMERICAN INDIAN-ALASKA NATIVE COMMUNITIES**, our goals were to reduce disparity and stigma, and to increase and promote mental health access/services for the diverse AI/AN community.

Our outcomes were to *improve mental health access by identifying mental health access barriers for AI/AN communities that are specific to their experiences*, as these communities face a unique set of challenges. This project aimed to engage the American Indian-Alaska Native Communities, familiarize them with wellness and mental

¹ Report and surveys prepared by Ryan Ashley Caldwell, MA, PhD

health techniques, and at the same time reduce stigma while encouraging the communities to seek mental health services.

PROJECT OBJECTIVE AND PURPOSE

For the WELLNESS OUTREACH PROJECT FOR AMERICAN INDIAN-ALASKA NATIVE COMMUNITIES, Wombat MHS will (a) reduce disparity and stigma, and increase and promote mental health access/services for individuals who are part of the AI/AN community, (b) improve mental health access by identifying mental health access barriers for this population, and (c) provide outreach and engagement during the project with five (5) professional mental health educational workshops and five (5) coordinating wellness activities.

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FUTURE: *Present overall findings of the Wellness Outreach Project to the AI-AN UsCC subcommittee at one of the monthly meetings*

PART 1: Description of Wellness Outreach Project for AI/AN Communities

In many Indigenous traditions, especially among AI/AN communities, the **Seven Generations** principle teaches that the decisions we make today must honor the wisdom of the past and protect the well-being of those yet to come. We are the bridge—receiving knowledge and healing from the three generations before us, shaping the present, and preparing the way for the next three.

This sacred cycle includes:

1. Three generations behind us (ancestors, elders, parents)
2. Ourselves (the present)
3. Three generations ahead (children, grandchildren, future descendants)

It is both a worldview and a wellness framework—rooted in responsibility, healing, balance, and cultural continuity.

As we weave new, re-indigenized medicine at Wombat Mental Health Services, we highlight sustainable community connections that will also support future generations through our sacred community bonds. Through valuing difference and similarity with others, we expand representations about what it means to be AI/AN as well as include our voices in current and future storytelling. This is healing and medicine using a networked approach for support.

The Seeds of Resilience: Growing Generations of Wellness Speaker and Workshop Series

The Seeds of Resilience: Growing Generations of Wellness Speaker and Workshop Series is a collection of mental health workshop seminars (speaker + paired wellness activity) that had a few different components.

- Wombat MHS hosted participants at a one-day event at The East Los Angeles Library located at The East LA Civic Center. This event featured five (5) certified professional mental health speakers, wellness resources, tabling for other orgs and wellness information, and more. (ex., free meals and culturally relevant refreshments, music, drumming, art, dance, community, djs, performers, etc.) This was a conference style approach to learning and sharing.
- Each speaker had a paired wellness activity associated with the topic of the workshop.
- A portion of this speaker series was online hybrid style so folks could participate in learning from speakers and resource providers.

- These events were also recorded for online speaker content.

Day-Long Workshop

seeds of resilience: growing generations of native wellness

Join us on this day as we dive into a healing, connection, and community empowerment curriculum. **This day-long series will feature five workshops that will explore:**

- 🔗 Intergenerational trauma & healing
- 🔗 Suicide prevention & crisis awareness
- 🔗 Parenting & family wellness
- 🔗 Two-Spirit & non-binary mental health support
- 🔗 Cultural identity, grief, and community resilience

Saturday, May 17, 2025
08:00 AM to 7:00 PM

East Los Angeles Library
4837 E 3rd St, Los Angeles, CA 90022

Save your spot - Link in Bio

Hosted by



Dr. Roger Kuhn



Anastasia Escareño








Speaker Topics Included:

- Reclaim, Reindigenize, and Reseed
- Wellness in the Circle: Reconnecting Family Through Indigenous Values
- Two-Spirit Love is Community
- Balancing and Harmonizing
- The Spirit Within: Exploring how Healing Begins with Energy
- Suicide prevention & crisis awareness

- Cultural identity, grief, and community resilience

The Seeds of Resilience: Growing Generations of Wellness Activities Include:

1. 🌱 **"Walking with Ancestors: Honoring the Wisdom Behind Us"**
 - a. Generation: Great-grandparents & beyond
 - b. Focus: Exploring ancestral knowledge, rituals, and the ways intergenerational memory shapes identity and healing.
2. 🌻 **"Nurturing Our Seeds: Raising the Next Generation in Balance"**
 - a. Generation: Children
 - b. Focus: Centered on parenting, caretaking, and supporting youth mental wellness through cultural grounding, affirmation, and tradition.
3. 🌿 **"We Are the Center: Healing the Present for All Generations"**
 - a. Generation: The Self
 - b. Focus: Empowering participants to take responsibility for their healing journey through traditional wellness practices, identity work, and community connection.
4. 🔥 **"Breaking Cycles, Building Strength: Healing with Our Parents"**
 - a. Generation: Parents
 - b. Focus: Healing family relationships, understanding inherited trauma and parenting patterns, and learning culturally informed mental health practices.
5. 🌲 **"Roots of Resilience: Learning from Our Elders"**
 - a. Generation: Grandparents
 - b. Focus: Engaging with elders to understand their stories, survival, and strength. Includes elder panels, storytelling, and intergenerational conversations.

Outreach Promoting Seeds of Resilience:

- 4/12/25 powwow at Cal State Dominguez Hills, 30 people
 - 4/19/25 Queer Mercado, 60 people
 - 4/26/25 East Los Angeles Farmers Market, 40 people
 - 4/30/25 Uptown Whittier, 20 people
 - 5/2/25 East Los Angeles Public Library, 15 people
 - 5/3/25 Montebello Town Center, 18 people
 - 5/16/25 Long Beach Teen Pride, 15 people
-

PART 2: Curriculum & Workshops



join us online

seeds of resilience: growing generations of wellness

Saturday, May 17th • 10:00 AM to 5:00 PM →





10:00 AM to 11:00 AM

two-spirit love is community

Dr. Roger Kuhn, PhD, LMFT



11:00 AM - 12:00 PM

balancing and harmonizing

Robyn Gomez, LCSW



12:30 PM to 1:30 PM

reclaim, reindigenize, and reseed

Dr. Erik James Escareño, DSW, LCSW

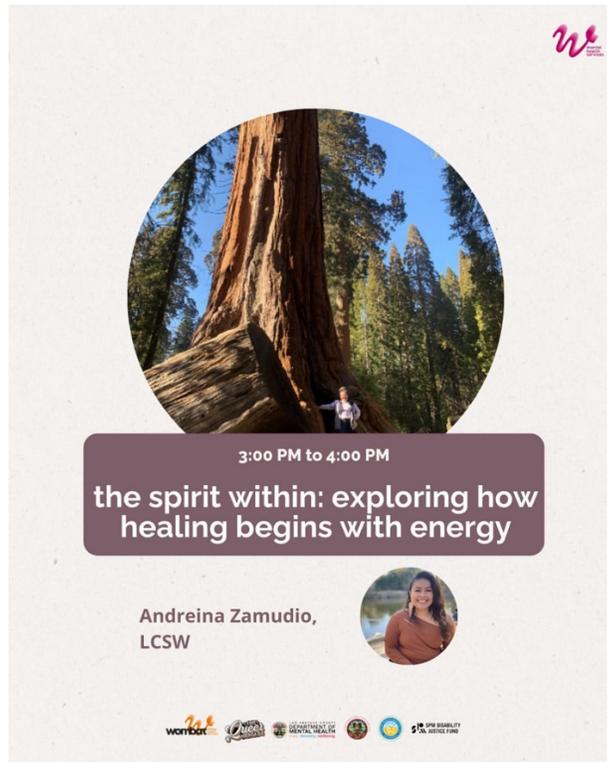


2:00 PM to 3:00 PM

parenting and family wellness

Monique Castro, LMFT





SATURDAY, MAY 17th, 2025

- **8:00 AM - 8:30 AM:** Registration
- **8:30 AM - 9:30 AM:** Speaker 1 Presentation by Dr. Robert Kuhn
- **9:30 AM - 10:30 AM:** Wellness Activity 1
- **10:00 AM - 11:00 AM:** Speaker 2 Presentation by Robyn Gomez, LCSW
- **11:00 AM - 12:00 PM:** Wellness Activity 2
- **12:00 PM - 1:00 PM:** Lunch
- **1:00 PM - 2:00 PM:** Speaker 3 Presentation by Dr. Erik Escareño
- **2:00 PM - 3:00 PM:** Wellness Activity 3
- **2:15 PM - 3:15 PM:** Speaker 4 by Monique Castro, LMFT
- **3:15 PM - 4:15 PM:** Wellness Activity 4
- **4:00 PM- 5:00 PM** Speaker 5 by Andreina Zamuido, LCSW
- **5:00 PM -6:00 PM** Wellness Activity 5

Speaker 1 : Dr. Robert Kuhn



Topic: Two-Spirit Love is Community

Gender- and sexual orientation-based violence at the hands of colonizers has been a lived experience for the Indigenous people of the North American continent since the invasion of 1492. Despite centuries of genocide and forced assimilation, a community of people now commonly referred to as Two-Spirit has survived. This workshop will examine the role of community in Two-Spirit survival narratives and mental health.

Learning objectives:

1. Develop an understanding of the history of the Two Spirit people and issues and concerns facing this marginalized community of the Native American population.
2. Learn different approaches for working with the Two Spirit people including using culture as treatment and prevention
3. Learn clinical interventions for working with the Two-Spirit people regarding sex therapy and sexuality education.

References:

Bowers, J. R. (2019). Mikmaq Puoinaq two spirit medicine: Sexuality and gender variance, spirituality and culture. Armidale, Australia: Ability Therapy Specialists Ltd.

Burns, R. (1988). Preface. In W. Roscoe (Ed.), Living the spirit: A gay American Indian anthology (pp. 1–5). New York, NY: St. Martin's Press.

Bio:

Dr. Roger Kuhn is a Poarch Creek Two-Spirit Indigiqueer soma-cultural sex therapist, sexuality educator, writer, activist, and musician. Roger's work explores the concepts of decolonizing and unsettling sexuality and focuses on the way culture impacts and informs our bodily experiences. He is a community organizer of the Bay Area American Indian Two-Spirit powwow, and a board member of the Two-Spirit & Native LGBTQ+ Center for Equity. His first book, Somacultural Liberation, is available in both paperback and audio. His music can be streamed on all digital platforms.

1. Introductions, snacks, and sign-in
2. Pre-Survey
3. Speaker Introduction with Bio
4. (teaching) Speaker provides information
5. (learning) Mental health resources specific to AI/AN individuals in LA County and online
 - a. Mental health resources in Los Angeles County
 - i. Wombat Mental Health
 - ii. <https://dmh.lacounty.gov/resources/lgbtq-resources/>
6. (application) How can we apply the information learned today to our own experiences and to those of our community?
 - a. Participate in associated wellness activity.
 - b. **Wellness activity 1:** 🌿 **"We Are the Center: Healing the Present for All Generations"**
 - i. **Generation:** The Self
 - ii. **Focus:** Empowering participants to take responsibility for their healing journey through traditional wellness practices, identity work, and community connection.
7. Post-Survey

Speaker 2: Andreina Zamudio, LCSW



Topic: THE SPIRIT WITHIN: EXPLORING HOW HEALING STARTS WITH ENERGY

References:

Leary, Joy DeGruy. (2005). Post traumatic slave syndrome : America's legacy of enduring injury and healing. Milwaukie, Oregon :Uptone Press.

Menakem, R. (2017). My grandmother's hands: racialized trauma and the pathway to mending our hearts and bodies. Central Recovery Press.

Morter, S. (2019). The energy codes: The 7-step system to awaken your spirit, heal your body and live your best life. New York: Atria Books.

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Van der Kolk, B. A. (2015). The body keeps the score: brain, mind, and body in the healing of trauma. Penguin Books.

Wolynn, M. (2017). It didn't start with you: how inherited family trauma shapes who we are and how to end the cycle. Penguin Books.

Bio:

- She/her/ella
- Mexican lineage: Mexico City, Zacatecas & Michoacan
- Licensed Clinical Social Worker Intuitive Psychotherapist
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- Holy Fire III Reiki Master Practitioner

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6. (application) How can we apply the information learned today to our own experiences and to those of our community?
 - a. Participate in associated wellness activity.
 - d. **Wellness activity 4: 🔥 "Breaking Cycles, Building Strength: Healing with Our Parents"**
- i. Generation: Parents
- ii. Focus: Healing family relationships, understanding inherited trauma and parenting patterns, and learning culturally informed mental health practices.
7. Post-Survey

Speaker 3 : Dr. Erik Escareño, DSW, LCSW



Topic: reclaim, reindigenize, and reseed: sowing generational wellness

Indigenous practices have been around and utilized for centuries yet, due to cultural stigma, erasure, and genocide, many of these practices have been lost or not deemed acceptable within our Eurocentric mental health profession. The act of reindigenizing mental health is the effort to replace the current systems with culturally specific, culturally sustainable, and culturally appropriate mental health and well-being practices developed and passed on among indigenous people. Reindigenizing can impact large systems, yet it is also something that can be effectively used in individual or partner sessions. Utilizing indigenous practices as the focus of treatment can allow our minds, bodies, and spirit to remember and be an impetus for healing.

Learning Outcomes:

- Reclaiming Identity
- Reindigenizing Culture
- Reseeding Knowledge Through Sacred Healing Practices
- Space Creation and Storytelling
- Laying Foundations for Future Generations

References:

Gone, J. P. (2013). Redressing first nations historical trauma: Theorizing mechanisms for indigenous culture as mental health treatment. *Transcultural Psychiatry*, 50(5), 683–706. Retrieved September 30, 2022, from <https://doi.org/10.1177/1363461513487669>

Heart, M. (2003, March 1). The Historical Trauma Response Among Natives and Its Relationship with Substance Abuse: A Lakota Illustration. *Journal of Psychoactive Drugs: Morning Star Rising: Healing in Native American Communities*, 35(1), pp.7–13.

Yellowtail, T. (1991). *Yellowtail, crow medicine man and sun dance chief: An autobiography* (1st ed.). University of Oklahoma Press.

Bio:

Dr. Escareño (they/she/he) is a Two-Spirit, indigenous, Deaf, Disabled therapist who is passionate about reindigenizing mental health practices. With over 18 years of behavioral health experience, their skills continue to serve diverse and intersectional underserved populations including: LGBTQIA2S+, BIPOC, Deaf folx, HIV individuals, Unhoused persons, and Recovery individuals. They have worked in a professional capacity within varying sectors of the mental health field ranging from individuals, community-based organizations, private entities, academic institutions, and government agencies.

Dr. Escareño specializes in interventions for LGBTQIA2S+ and Deaf folx, and psychosis/schizophrenia as well as HIV advocacy and BDSM advocacy/education. Their knowledge, experience, and skillsets are utilized to create purposeful social change, and positive disruption of injustice, for underserved and under-recognized communities. As a grassroots social impact leader, they embrace strategy and collaboration as the impetus for designing meaningful change.

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 - i. Generation: Great-grandparents & beyond
 - ii. Focus: Exploring ancestral knowledge, rituals, and the ways intergenerational memory shapes identity and healing.
7. Post-Survey

Speaker 4 : Monique Castro, MS, LMFT



Topic: Wellness in the Circle: Reconnecting Family through Indigenous Values (A 60-Minute Workshop for Parents & Caregivers)

Join us for an uplifting and interactive workshop designed to support the well-being of parents, caregivers, and families. Rooted in Indigenous core values, this session offers simple yet powerful wellness practices that strengthen connection, balance, and collective care at home. Together, we'll explore four culturally grounded ways families can promote wellness—through nature, storytelling, shared rituals, and intentional check-ins. You'll leave with practical tools, inspiration, and a renewed sense of connection to your family's values and rhythms.

Come as you are. This space is welcoming, supportive, and focused on honoring your role as a caregiver in today's world.

You'll walk away with:

1. Culturally grounded wellness practices for the whole family
2. A sense of community and shared experience
3. Tools to create more connection, joy, and balance in your home

Open to all parents, caregivers, and family members.

Bio:

Monique Castro is a citizen of the Diné (Navajo) Nation and Xicana, born, raised, and currently lives on Tongva lands (Los Angeles, CA). She is a mother, licensed marriage and family therapist (Lic# 104427), certified professional coach, consultant, facilitator, and advocate with over 16 years of professional experience in health, wellness, community organizing, and education. Her approach emphasizes an Indigenous worldview and core values. She is a collaborative and relational leader with an exceptional track record of building and maintaining sustainable relationships with Native-led organizations, Tribes, higher education institutions, and community members throughout California and nationally. Her leadership includes establishing the California Native Vote Project (co-founder), So'oh-Shinálí Sister Project (co-founder), Indigenous Circle of Wellness (founder and CEO), and Monique Castro Coaching and Consulting, LLC (founder/owner). Monique earned a Bachelor of Arts degree in Psychology from California State University of Los Angeles (CSULA) and a Master of Science degree in Counseling Psychology from Mount Saint Mary's University (MSMU) and is clinically trained in Relational Gestalt Therapy, EMDR, and other holistic approaches to wellness.

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 - a. Participate in associated wellness activity.
 - b. **Wellness activity 2:** 🌻 "Nurturing Our Seeds: Raising the Next Generation in Balance"
 - i. Generation: Children
 - ii. Focus: Centered on parenting, caretaking, and supporting youth mental wellness through cultural grounding, affirmation, and tradition.
7. Post-Survey

Speaker 5 : Andreina Zamudio, LMFT



Topic: THE SPIRIT WITHIN: EXPLORING HOW HEALING STARTS WITH ENERGY

References:

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 - a. Participate in associated wellness activity
 - b. **Wellness activity 5:** 🌲 "Roots of Resilience: Learning from Our Elders"
 - i. (Generation: Grandparents)
 - ii. Focus: Engaging with elders to understand their stories, survival, and strength. Includes elder panels, storytelling, and intergenerational conversations.
 - Post-Survey
-

PART 3: SURVEYS, DATA SUMMARY, and SURVEY DATA



WELLNESS OUTREACH PROJECT FOR AMERICAN INDIAN-ALASKA NATIVE COMMUNITIES RFB-IS-25200571 PRE/POST TEST SURVEY

Instructions: Please answer the following questions BEFORE the speaker begins.

What is your age? (please circle)

12-17 18-24 25-34 35-44 45-54 55-64 65+

What is your gender? (please choose all that apply)

- | | |
|--|---|
| <input type="checkbox"/> agender | <input type="checkbox"/> trans man or trans masc |
| <input type="checkbox"/> androgyne | <input type="checkbox"/> trans woman or trans femme |
| <input type="checkbox"/> demigender | <input type="checkbox"/> two-spirit |
| <input type="checkbox"/> genderqueer or gender fluid | <input type="checkbox"/> woman |
| <input type="checkbox"/> man | <input type="checkbox"/> additional gender identity: please specify _____ |
| <input type="checkbox"/> non-binary | |
| <input type="checkbox"/> questioning or unsure | |

What is your sexual orientation? (choose all that apply):

- | | |
|--|---|
| <input type="checkbox"/> asexual | <input type="checkbox"/> queer |
| <input type="checkbox"/> bisexual | <input type="checkbox"/> questioning or unsure |
| <input type="checkbox"/> gay | <input type="checkbox"/> same-gender loving |
| <input type="checkbox"/> straight (heterosexual) | <input type="checkbox"/> an identity not listed: please specify _____ |
| <input type="checkbox"/> lesbian | |
| <input type="checkbox"/> pansexual | |

What is your race/ethnicity?

- | | |
|---|---|
| <input type="checkbox"/> Asian | <input type="checkbox"/> Native Hawaiian or Other Pacific
Islander |
| <input type="checkbox"/> Black or African American | <input type="checkbox"/> White |
| <input type="checkbox"/> Hispanic or Latino | |
| <input type="checkbox"/> Native American or Alaska Native | |

What is your Zip code? _____

What is your highest education level?

- some school
- high school
- trade/technical/vocational school
- college
- post-college, graduate school

Tribal Affiliation, if appropriate: _____

Do you experience disability?

- yes
- no

Do you wish to receive information about Wombat Mental Health Services?

- yes
- no

If yes, please provide your email address: _____

Do you wish to receive information about participating in the Los Angeles County's Department of Mental Health Underserved Cultural Communities?

- yes
- no

If yes, please provide your email address: _____

PRE/POST TEST SURVEY PART TWO

A. Speaker Series and Wellness activity

Instructions: Please answer the following questions AFTER the speaker and wellness activity.

Please rate your knowledge, skill, attitude, or behavior below in two ways: from your perspective BEFORE you participated in this speaker/wellness activity AND AFTER participating in the speaker and wellness activity.

For each of the topics below, please check the box under the number that indicates your level of knowledge both **BEFORE** and **AFTER** completing each series of workshops.

1. **NONE**- I have no knowledge of this content
2. **LOW**- I know very little about this content.
3. **MODERATE**- I have basic knowledge, but there is more to learn
4. **HIGH**- I consider myself knowledgeable

Knowledge
BEFORE
Workshops

Knowledge
AFTER
Workshops

How do you rate your self-knowledge and abilities about the following:

1. I am familiar with mental health strategies coping with stress, worry, or fear.
2. I know risk factors for developing mental health problems.
3. I can locate specific mental health services in Los Angeles County for AI/AN individuals.
4. I know how to build community with other AI/AN individuals?
5. I know the importance of storytelling within indigenous communities.
6. I am familiar specifically with indigenous mental health approaches and concerns.

For each of the topics below, please check the box under the number that indicates your attitude both **BEFORE** and **AFTER** completing the series of workshops.

- (1) strongly agree
- (2) agree
- (3) neutral, neither agree nor disagree
- (4) disagree
- (5) strongly disagree

Attitude
BEFORE
Speaker/Wellness
Activities

Attitude
AFTER
Speaker/Wellness
Activities

7. I am motivated to learn more about AI/AN and indigenous communities.
8. I feel secure when I have strategies for navigating mental health challenges.
9. Today's speaker increased my knowledge about the variety of indigenous based mental health resources and approaches available.
10. The wellness activity I engaged in taught me mental health skills and strategies.
11. I am motivated to use the skills I am taught today.
12. I will use storytelling as a method for my own wellbeing and mental health support.
13. I know how to help myself and others better because of participating in today's activities.

Your voice matters! Do you have any feedback or recommendations for Wombat Mental Health Services, any of the speakers, or any of the wellness providers? (please provide below).

DATA SUMMARY

General Summary of Data:

Individuals took the survey for each workshop or paired presentation and wellness activity. The pre/post responses were collected simultaneously as the measurement stipulated in the grant requirements. Demographics were also collected. Please see the data below separated for an easier understanding of increased measures and through visual representation to compare measurable outcomes by percentage.

Overall, there was excitement about the workshops, as reported by the participants, with an increase in skills and knowledge about mental health, including awareness, education, and resources specific to AI/AN communities. Respondents reported an increase in having mental health strategies for dealing with stress, worry, and fear, and reported increased knowledge regarding risk factors for mental health issues. There was an increase in knowing where to locate mental health resources in LA County and an increase in strategies for building community with other AI/AN individuals. Increased positive feelings about creating community and using storytelling as a mental health strategy were reported. Also, confidence surrounding knowing and using mental health strategies that were taught within the workshop session were reported by the survey population. In every case, data shifted to more knowledgeable and with increased skills surrounding mental health abilities and access to resources and knowledge about AI/AN needs, including identifying the needs for the population and resources and approaches to engage such needs. Mental health services were promoted and so too were skill sets for dealing with mental health issues such as stress, anxiety, depression, and more.

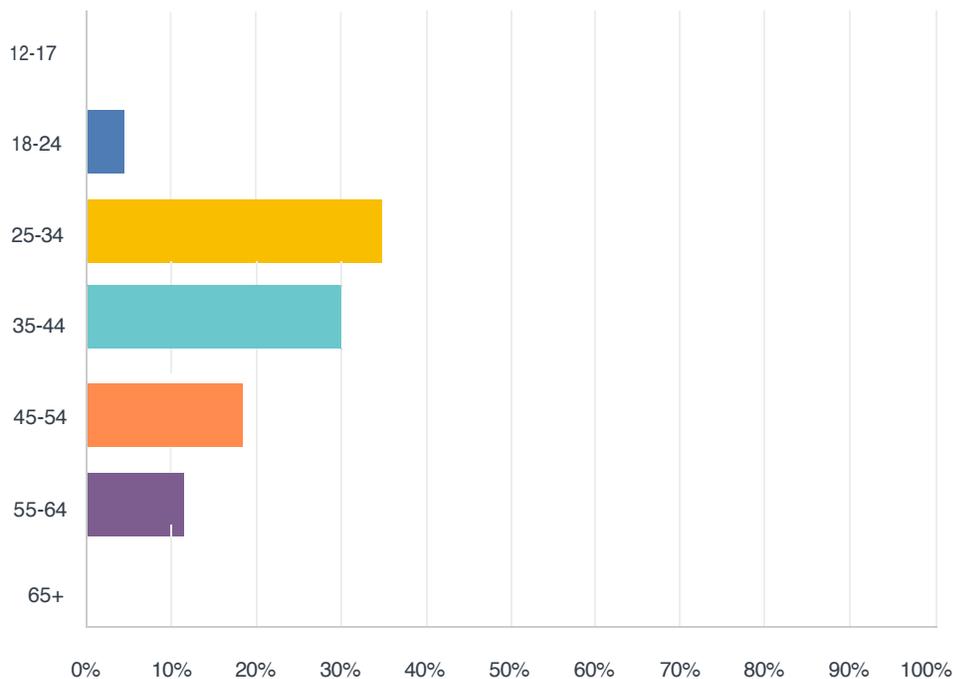
Wombat MHS also included an attitudinal portion of the pre/post test survey. Respondents reported that their attitudes had increased and that they were more motivated to learn more about AI/AN and indigenous communities after their experiences with the workshop format. They all also unanimously agreed that they felt more secure overall when they have strategies for navigating mental health challenges, and specifically there was an increase reported in feeling knowledgeable about the variety of indigenous based mental resources and approaches available. Mental health skills and strategies (such as storytelling) were reported as increased as too were the attitudes about being able and motivated to use the skills they were taught in the workshops. Overall, there was a positive increase in skills and motivation to help “myself and others” better because of participating in the workshops.

Based on the survey results, Wombat MHS has successfully increased and promoted mental health access and services while also reducing stigma for individuals who are part of the AI/AN community. Additionally, Wombat MHS also improved mental health access for participants by identifying mental health barriers and organizing Seeds of Resilience to provide outreach and engagement through coordinating five (5) professional mental health educational workshops and five (5) coordinating wellness activities.

SPECIFIC SUMMARY SURVEY DATA

Q1 What is your age?

Answered: 43 Skipped: 0

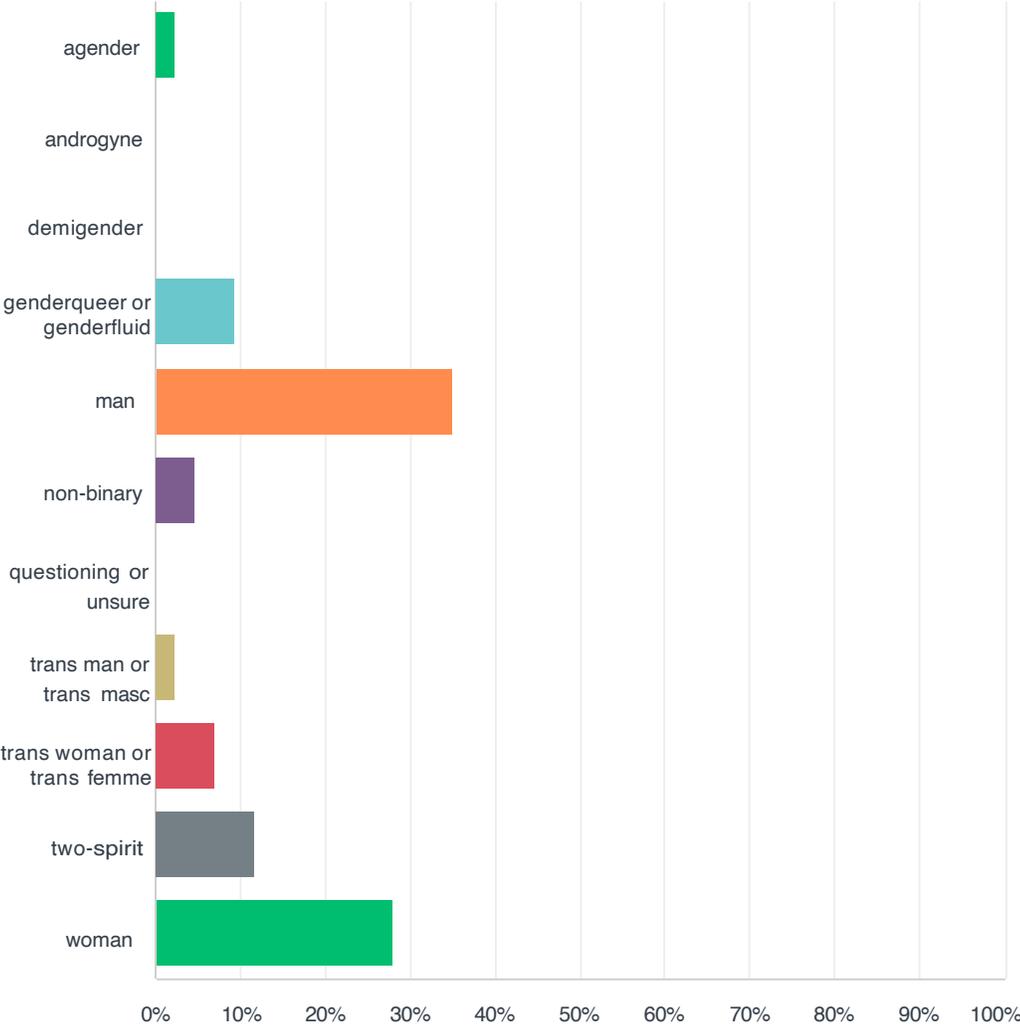


ANSWER CHOICES	RESPONSES
12-17 (1)	0.00% 0
18-24 (2)	4.65% 2
25-34 (3)	34.88% 15
35-44 (4)	30.23% 13
45-54 (5)	18.60% 8
55-64 (6)	11.63% 5
65+ (7)	0.00% 0
TOTAL	43

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
2.00	6.00	4.00	3.98	1.09

Q2 What is your gender? (please choose all that apply)

Answered: 43 Skipped: 0



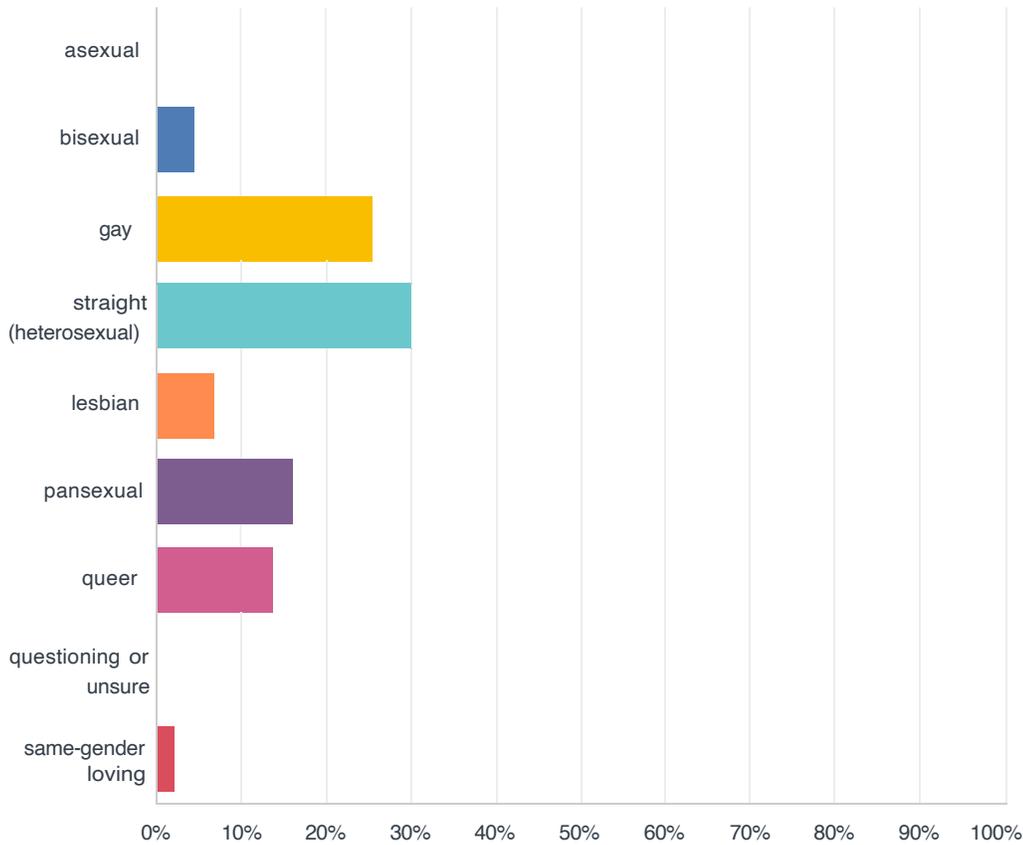
WELLNESS OUTREACH PROJECT FOR AMERICAN INDIAN-ALASKA NATIVE COMMUNITIES RFB-IS- 25200571
 PRE/POST TEST SURVEY

ANSWER CHOICES	RESPONSES	
agender (1)	2.33%	1
androgynous (2)	0.00%	0
demigender (3)	0.00%	0
genderqueer or genderfluid (4)	9.30%	4
man (5)	34.88%	15
non-binary (6)	4.65%	2
questioning or unsure (7)	0.00%	0
trans man or trans masc (8)	2.33%	1
trans woman or trans femme (9)	6.98%	3
two-spirit (10)	11.63%	5
woman (11)	27.91%	12
TOTAL		43

BASIC STATISTICS				
Minimum 1.00	Maximum 11.00	Median 6.00	Mean 7.47	Standard Deviation 2.95

Q3 What is your sexual orientation? (choose all that apply)

Answered: 43 Skipped: 0



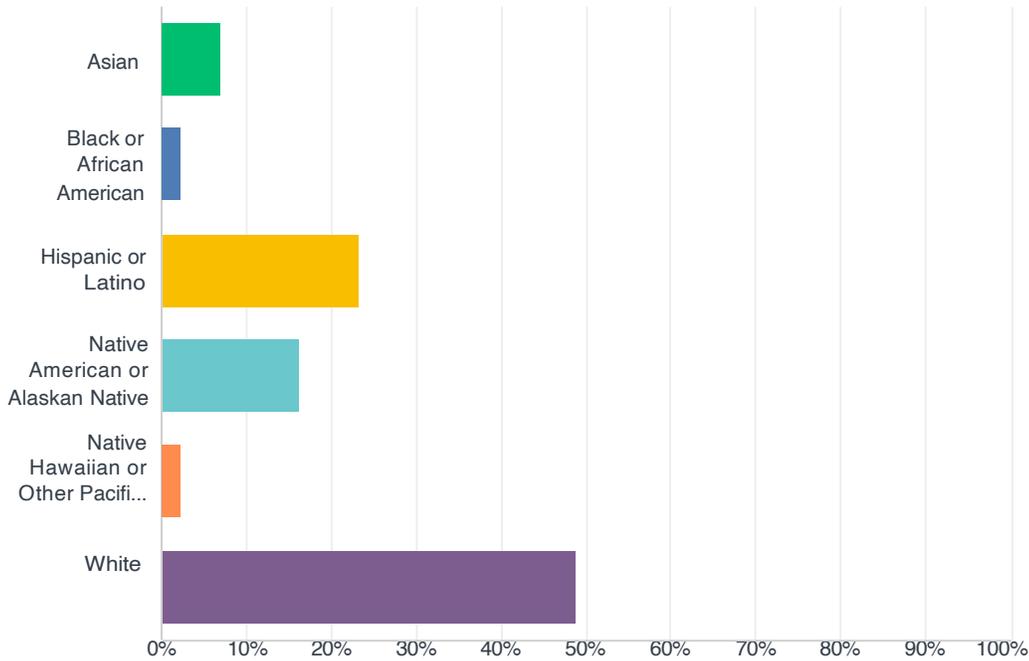
ANSWER CHOICES	RESPONSES	
asexual (1)	0.00%	0
bisexual (2)	4.65%	2
gay (3)	25.58%	11
straight (heterosexual) (4)	30.23%	13
lesbian (5)	6.98%	3
pansexual (6)	16.28%	7
queer (7)	13.95%	6
questioning or unsure (8)	0.00%	0
same-gender loving (9)	2.33%	1
TOTAL		43

BASIC STATISTICS

Minimum 2.00	Maximum 9.00	Median 4.00	Mean 4.58	Standard Deviation 1.63
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Q4 What is your race/ethnicity?

Answered: 43 Skipped: 0



ANSWER CHOICES	RESPONSES	
Asian (1)	6.98%	3
Black or African American (2)	2.33%	1
Hispanic or Latino (3)	23.26%	10
Native American or Alaskan Native (4)	16.28%	7
Native Hawaiian or Other Pacific Islander (5)	2.33%	1
White (6)	48.84%	21
TOTAL		43

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	6.00	5.00	4.51	1.63

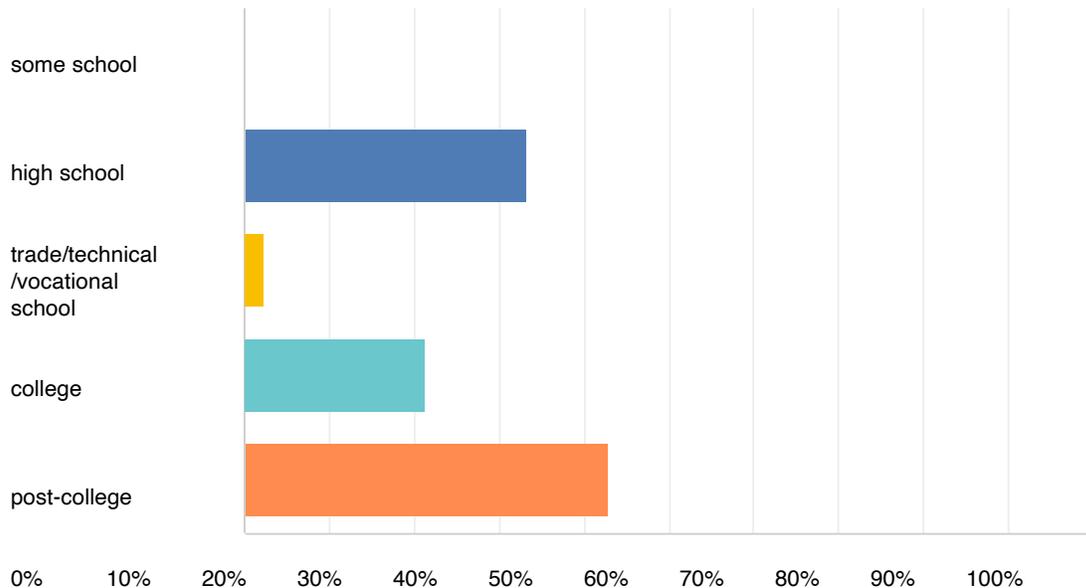
Q5 What is your zip code?

Answered: 38 Skipped: 5

		92656	
92833	92307	90062	
90744	90744	92656	90046
92026	90606	90022	90270
91601	92882	92656	90016
92677	91745	91411	90270
91706	90601	90601	92656
90045	92882	95446	91411
90606	92656	90038	90256
92833	90603	10801	92882
92307	92882	90046	90606

Q6 What is your highest education level?

Answered: 42 Skipped: 1



ANSWER CHOICES	RESPONSES	
some school (1)	0.00%	0
high school (2)	33.33%	14
trade/technical/vocational school (3)	2.38%	1
college (4)	21.43%	9
post-college (5)	42.86%	18
TOTAL		42

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
2.00	5.00	4.00	3.74	1.31

Q7 Tribal Affiliation, if appropriate

Answered: 3 Skipped: 40

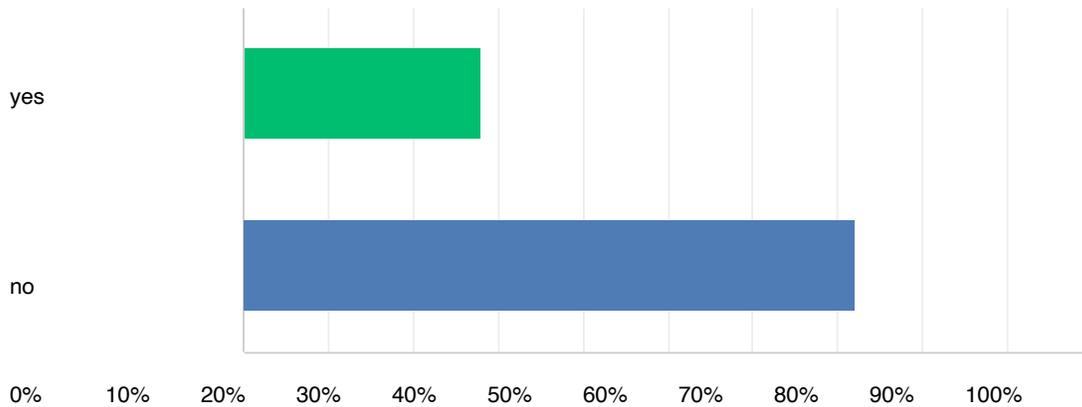
Yavapai

Poarch Creek

Quechua

Q8 Do you experience disability?

Answered: 43 Skipped: 0

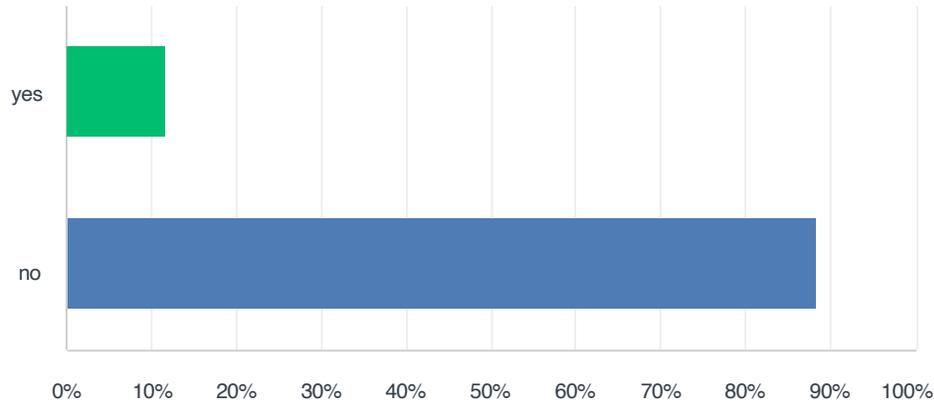


ANSWER CHOICES	RESPONSES
yes (1)	27.91% 12
no (2)	72.09% 31
TOTAL	43

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	2.00	2.00	1.72	0.45

Q9 Do you wish to receive information about Wombat Mental Health Services?

Answered: 43 Skipped: 0

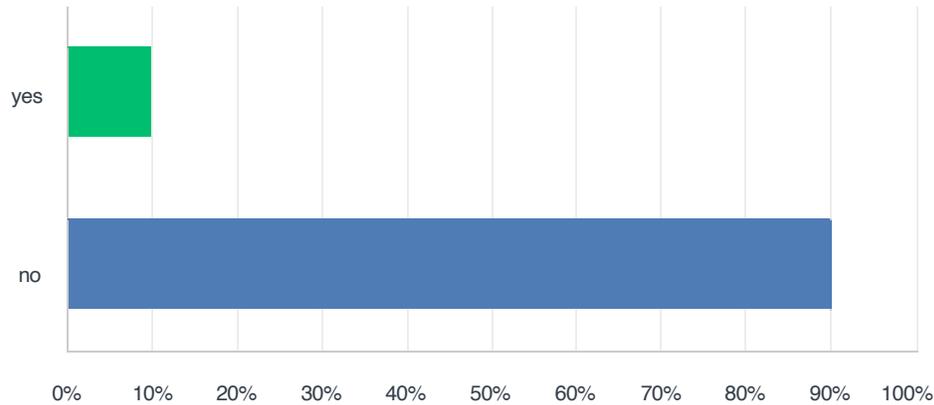


ANSWER CHOICES	RESPONSES	
yes	11.63%	5
no	88.37%	38
TOTAL		43

chendig18@apu.edu
steph.claros1@gmail.com
tfcrowder@gmail.com
rogerkuhn@me.com
bobbysanchezrose@gmail.com

Q10 Do you wish to receive information about participating in the Los Angeles County’s Department of Mental Health Underserved Cultural Communities meetings?

Answered: 43 Skipped: 0

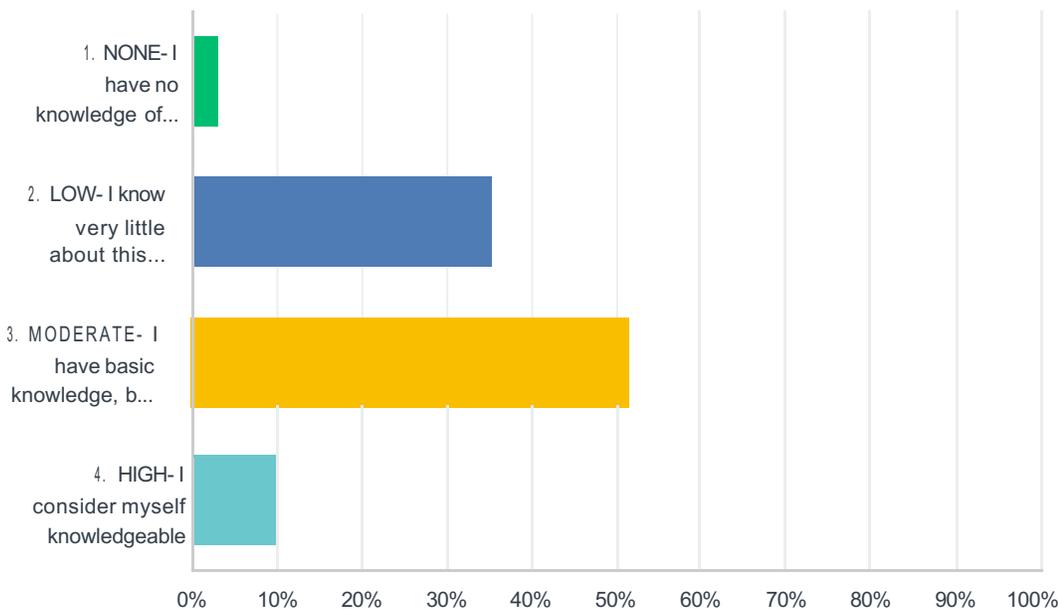


ANSWER CHOICES	RESPONSES	
yes	9.30%	4
no	90.70%	39
TOTAL		43

chendig18@apu.edu
steph.claros1@gmail.com
tfcrowder@gmail.com
Asl4tuesday@gmail.com

Q11 (BEFORE participating in the speaker/wellness activity) I am familiar with mental health strategies for coping with stress, worry, or fear

Answered: 31 Skipped: 12

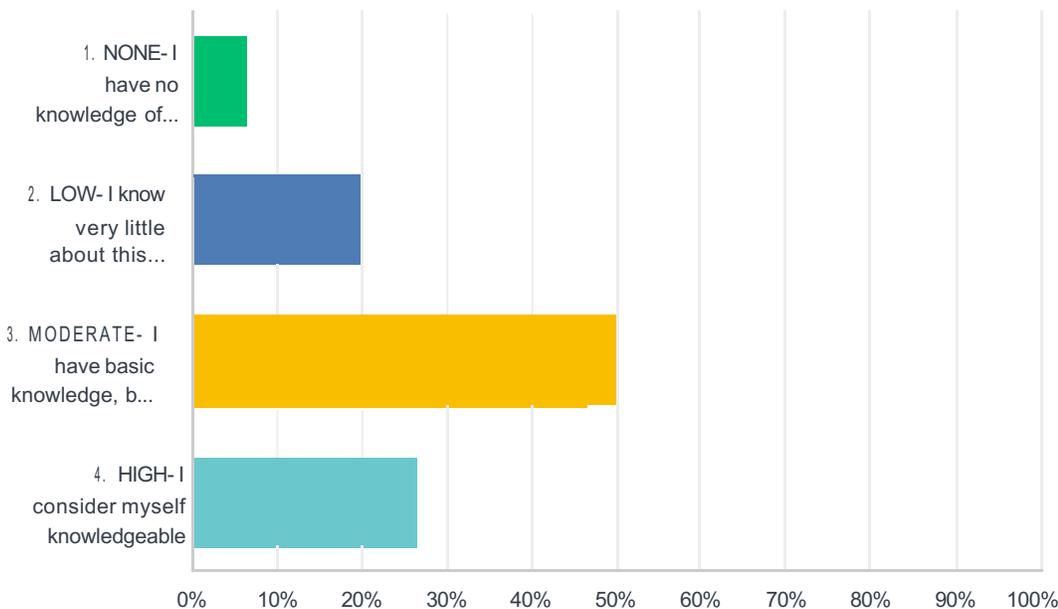


ANSWER CHOICES	RESPONSES	
1. NONE- I have no knowledge of this content (1)	3.23%	1
2. LOW- I know very little about this content (2)	35.48%	11
3. MODERATE- I have basic knowledge, but there is more to learn (3)	51.61%	16
4. HIGH- I consider myself knowledgeable (4)	9.68%	3
TOTAL		31

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	3.00	2.68	0.69

Q12 (AFTER participating in the speaker/wellness activity) I am familiar with mental health strategies for coping with stress, worry, or fear

Answered: 30 Skipped: 13



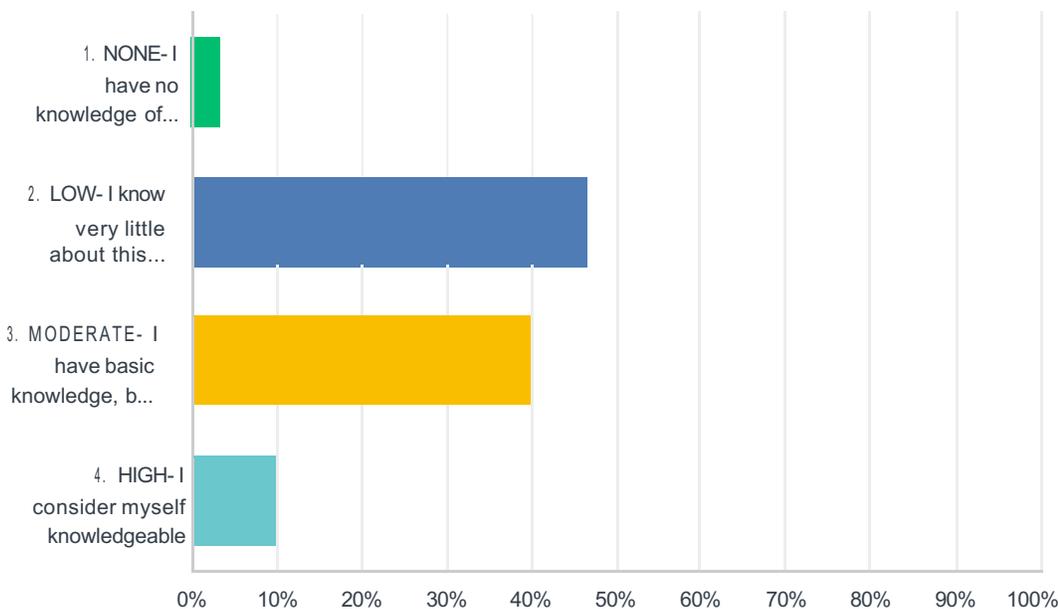
ANSWER CHOICES	RESPONSES
1. NONE- I have no knowledge of this content (1)	6.67% 2
2. LOW- I know very little about this content. (2)	20.00% 6
3. MODERATE- I have basic knowledge, but there is more to learn (3)	46.67% 14
4. HIGH- I consider myself knowledgeable (4)	26.67% 8
TOTAL	30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	3.00	2.93	0.85

3-Moderate- I have basic knowledge, but there is more to learn.	PRE 51.61% /16	POST 46.67% /14
4-High- I consider myself knowledgeable.	9.68% /3	26.67% /8

Q13 (BEFORE participating in the speaker/wellness activity) I know risk factors for developing mental health problems.

Answered: 30 Skipped: 13

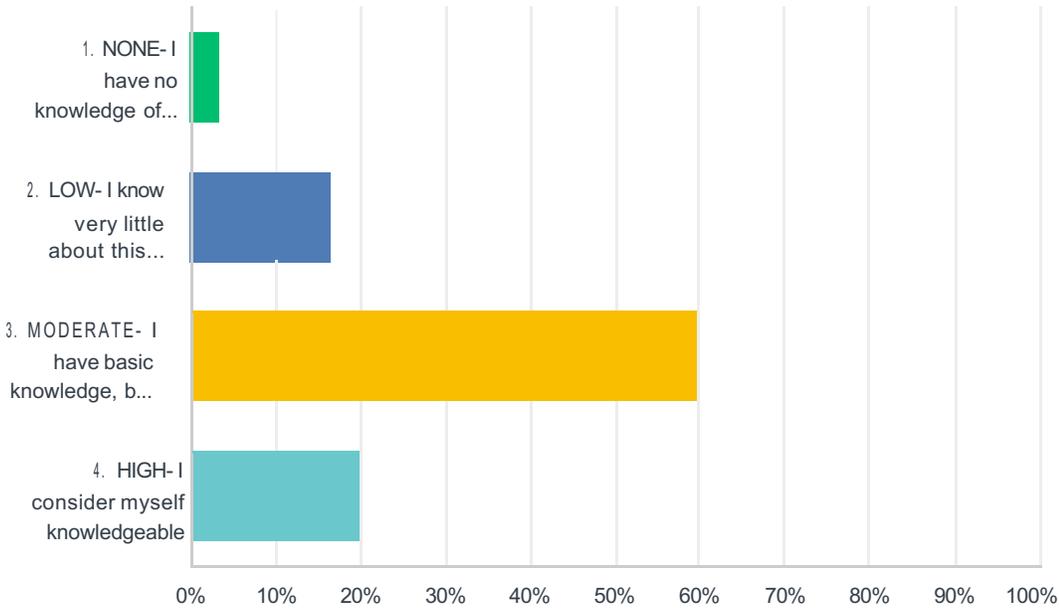


ANSWER CHOICES	RESPONSES	
1. NONE- I have no knowledge of this content (1)	3.33%	1
2. LOW- I know very little about this content. (2)	46.67%	14
3. MODERATE- I have basic knowledge, but there is more to learn (3)	40.00%	12
4. HIGH- I consider myself knowledgeable (4)	10.00%	3
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	2.50	2.57	0.72

Q14 (AFTER participating in the speaker/wellness activity) I know risk factors for developing mental health problems.

Answered: 30 Skipped: 13

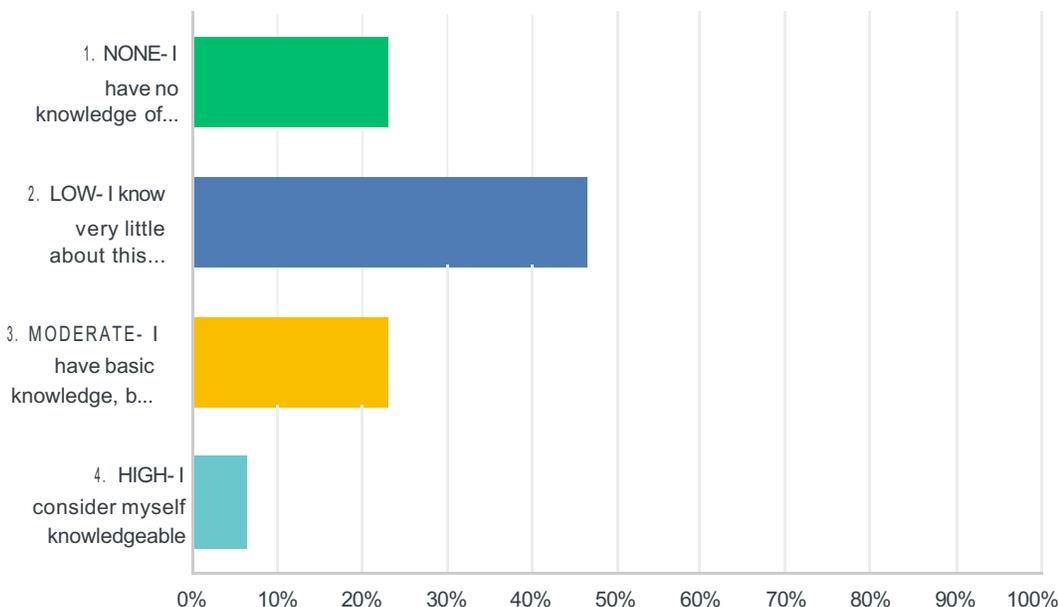


ANSWER CHOICES		RESPONSES	
1. NONE- I have no knowledge of this content (1)		3.33%	1
2. LOW- I know very little about this content. (2)		16.67%	5
3. MODERATE- I have basic knowledge, but there is more to learn (3)		60.00%	18
4. HIGH- I consider myself knowledgeable (4)		20.00%	6
TOTAL			30
BASIC STATISTICS			
Minimum	Maximum	Median	Mean
1.00	4.00	3.00	2.97
			Standard Deviation
			0.71

	PRE	POST
3-Moderate- I have basic knowledge, but there is more to learn.	40% /12	60% /18
4-High- I consider myself knowledgeable.	10% /3	20% /6

Q15 (BEFORE participating in the speaker/wellness activity) I can locate specific mental health services in Los Angeles County for AI/AN individuals.

Answered: 30 Skipped: 13

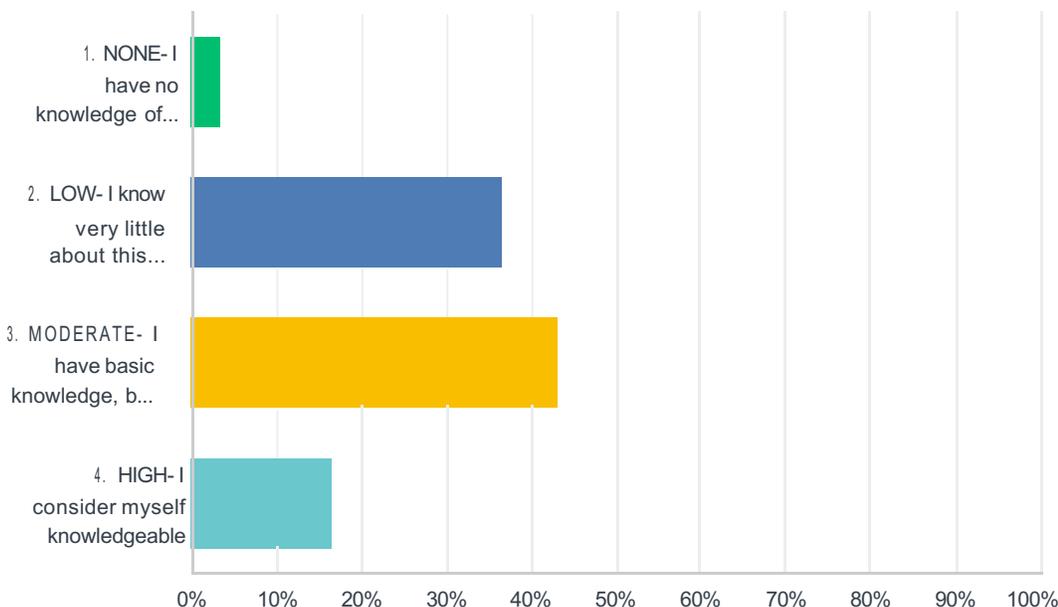


ANSWER CHOICES	RESPONSES	
1. NONE- I have no knowledge of this content (1)	23.33%	7
2. LOW- I know very little about this content. (2)	46.67%	14
3. MODERATE- I have basic knowledge, but there is more to learn (3)	23.33%	7
4. HIGH- I consider myself knowledgeable (4)	6.67%	2
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	2.00	2.13	0.85

Q16 (AFTER participating in the speaker/wellness activity) I can locate specific mental health services in Los Angeles County for AI/AN individuals.

Answered: 30 Skipped: 13



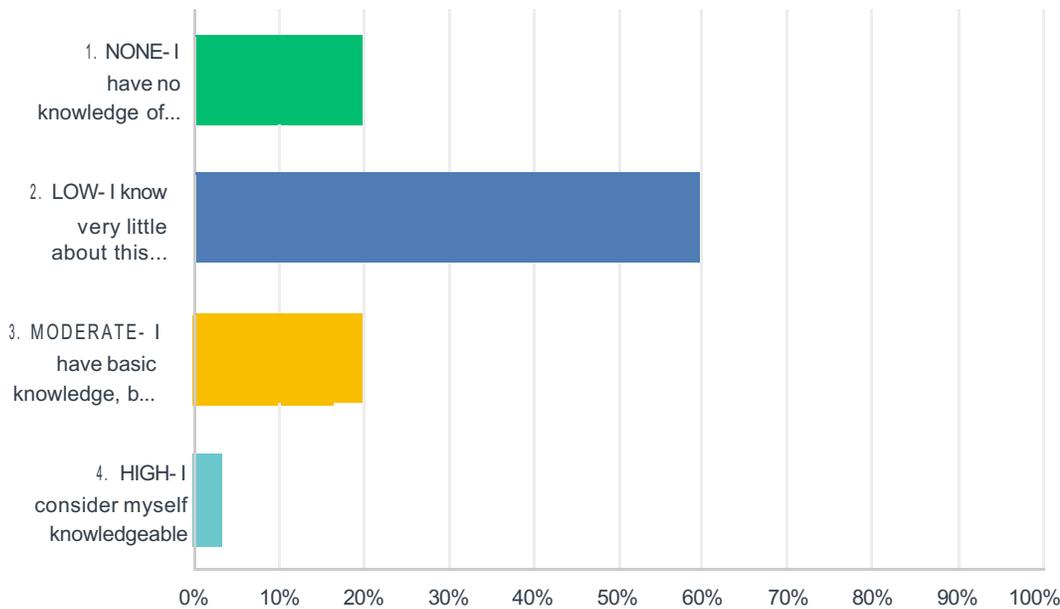
ANSWER CHOICES	RESPONSES	
1. NONE- I have no knowledge of this content (1)	3.33%	1
2. LOW- I know very little about this content. (2)	36.67%	11
3. MODERATE- I have basic knowledge, but there is more to learn (3)	43.33%	13
4. HIGH- I consider myself knowledgeable (4)	16.67%	5
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	3.00	2.73	0.77

3-Moderate- I have basic knowledge, but there is more to learn.	PRE 23.33% /7	POST 43.33% /13
4-High- I consider myself knowledgeable.	6.67% /2	16.67% /5

Q17 (BEFORE participating in the speaker/wellness activity) I know how to build community with other AI/AN individuals.

Answered: 30 Skipped: 13

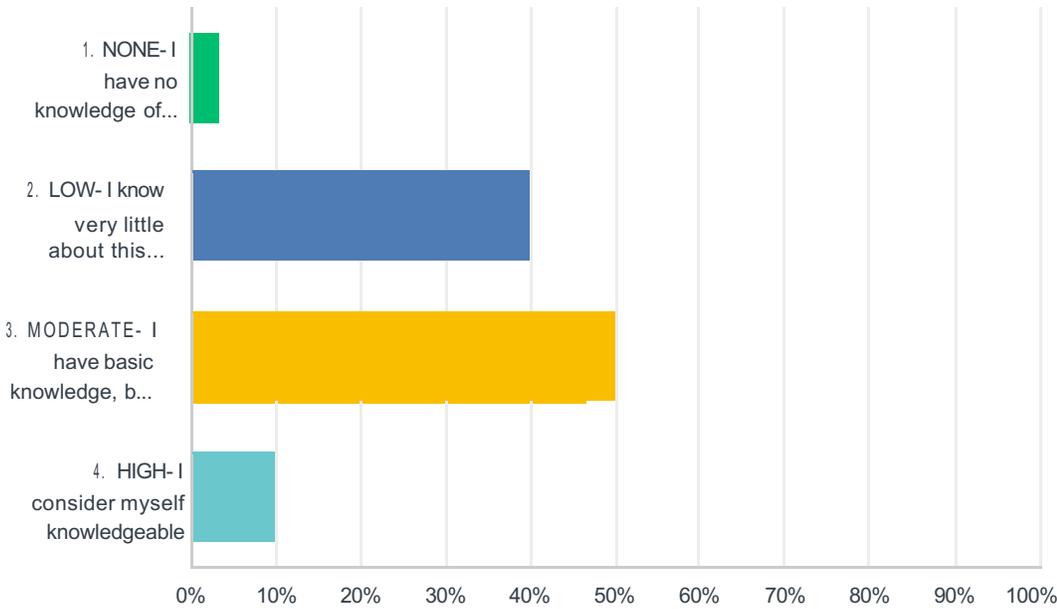


ANSWER CHOICES	RESPONSES	
1. NONE- I have no knowledge of this content (1)	20.00%	6
2. LOW- I know very little about this content. (2)	60.00%	18
3. MODERATE- I have basic knowledge, but there is more to learn (3)	16.67%	5
4. HIGH- I consider myself knowledgeable (4)	3.33%	1
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	2.00	2.03	0.71

Q18 (AFTER participating in the speaker/wellness activity) I know how to build community with other AI/AN individuals.

Answered: 30 Skipped: 13



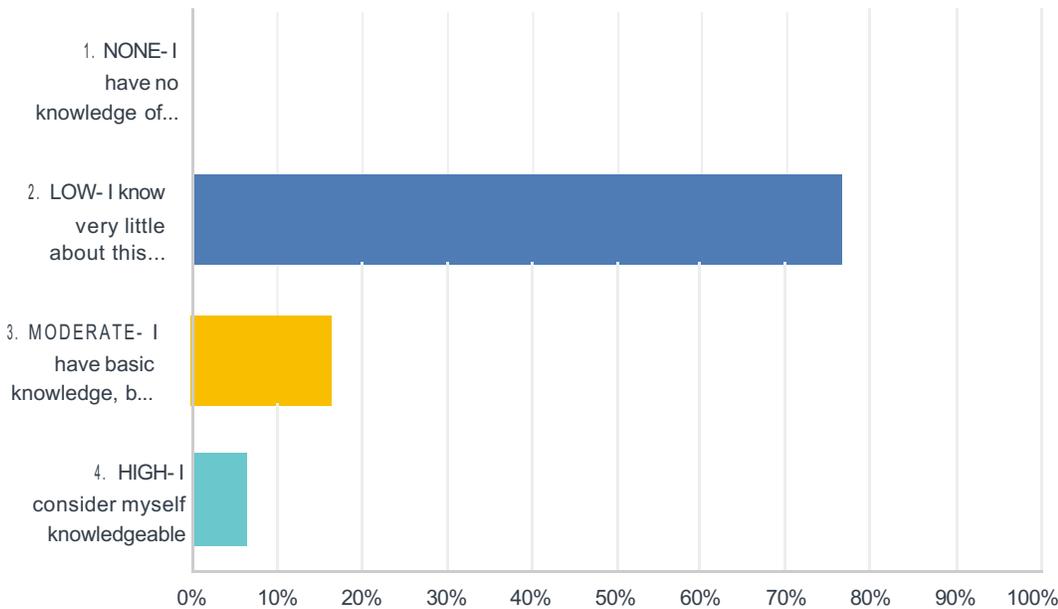
ANSWER CHOICES	RESPONSES	
1. NONE- I have no knowledge of this content (1)	3.33%	1
2. LOW- I know very little about this content. (2)	40.00%	12
3. MODERATE- I have basic knowledge, but there is more to learn (3)	46.67%	14
4. HIGH- I consider myself knowledgeable (4)	10.00%	3
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	3.00	2.63	0.71

3-Moderate- I have basic knowledge, but there is more to learn.	PRE 16.67% /5	POST 46.67% /14
4-High- I consider myself knowledgeable.	3.33% /1	10.00% /3

Q19 (BEFORE participating in the speaker/wellness activity) I know the importance of storytelling within indigenous communities.

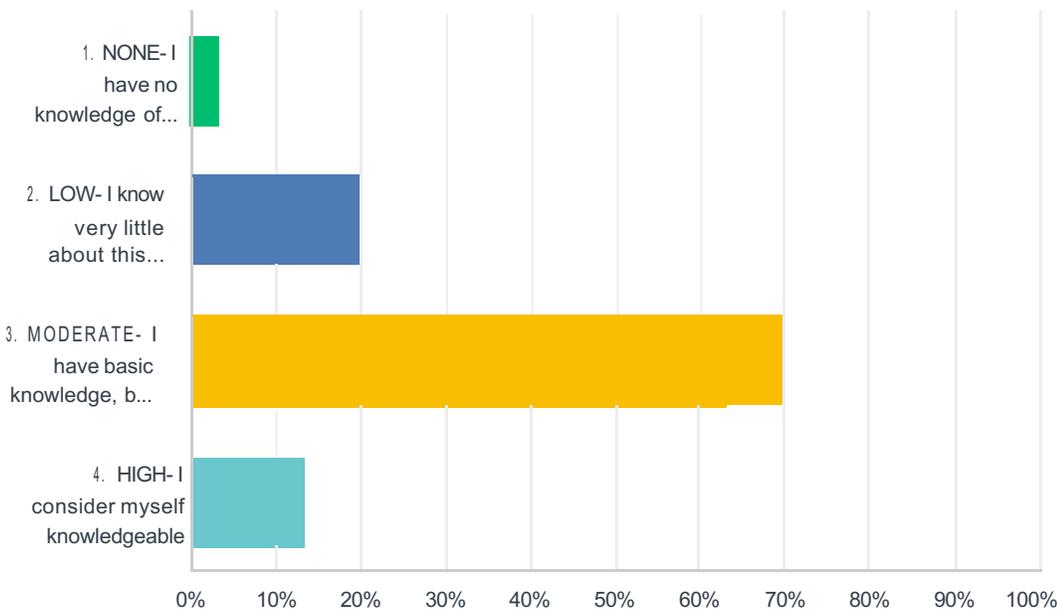
Answered: 30 Skipped: 13



ANSWER CHOICES		RESPONSES		
1. NONE- I have no knowledge of this content (1)		0.00%	0	
2. LOW- I know very little about this content. (2)		76.67%	23	
3. MODERATE- I have basic knowledge, but there is more to learn (3)		16.67%	5	
4. HIGH- I consider myself knowledgeable (4)		6.67%	2	
TOTAL			30	
BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
2.00	4.00	2.00	2.30	0.59

Q20 (AFTER participating in the speaker/wellness activity) I know the importance of storytelling within indigenous communities.

Answered: 30 Skipped: 13



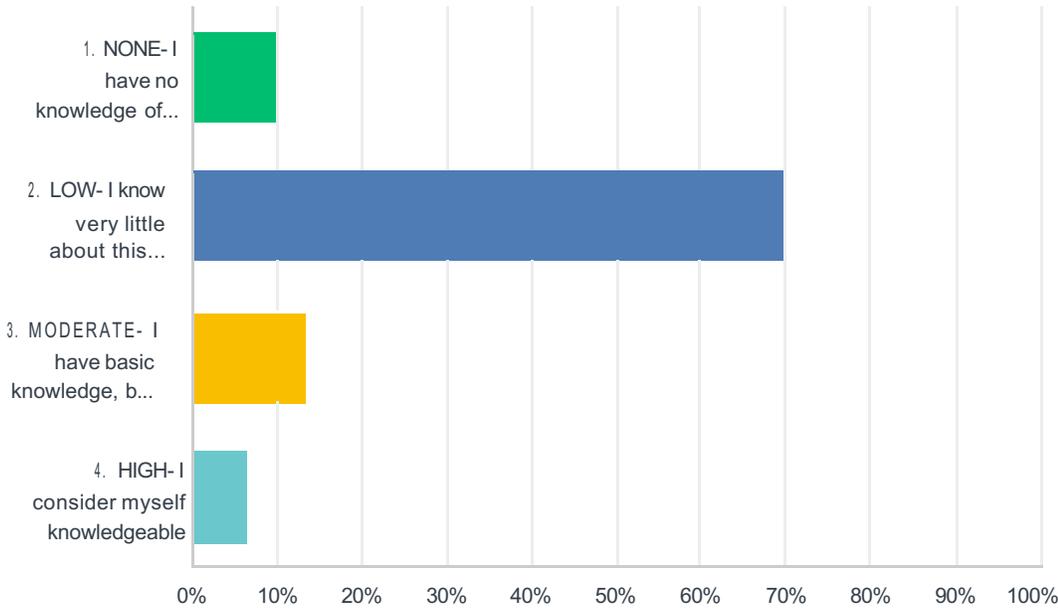
ANSWER CHOICES	RESPONSES	
1. NONE- I have no knowledge of this content (1)	3.33%	1
2. LOW- I know very little about this content. (2)	20.00%	6
3. MODERATE- I have basic knowledge, but there is more to learn (3)	63.33%	19
4. HIGH- I consider myself knowledgeable (4)	13.33%	4
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	3.00	2.87	0.67

	PRE	POST
3-Moderate- I have basic knowledge, but there is more to learn.	16.67% /5	63.33% /19
4-High- I consider myself knowledgeable.	6.67% /2	13.33% /4

Q21 (BEFORE participating in the speaker/wellness activity) I am familiar specifically with indigenous mental health approaches and concerns.

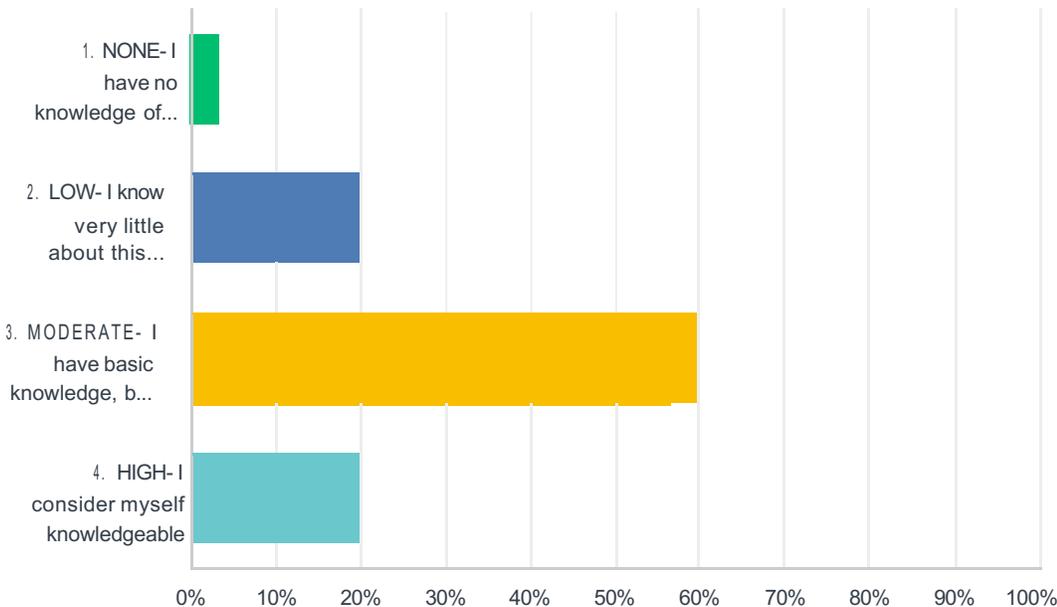
Answered: 30 Skipped: 13



ANSWER CHOICES		RESPONSES		
1. NONE- I have no knowledge of this content (1)		10.00%	3	
2. LOW- I know very little about this content. (2)		70.00%	21	
3. MODERATE- I have basic knowledge, but there is more to learn (3)		13.33%	4	
4. HIGH- I consider myself knowledgeable (4)		6.67%	2	
TOTAL			30	
BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	2.00	2.17	0.69

Q22 (AFTER participating in the speaker/wellness activity) I am familiar specifically with indigenous mental health approaches and concerns.

Answered: 30 Skipped: 13



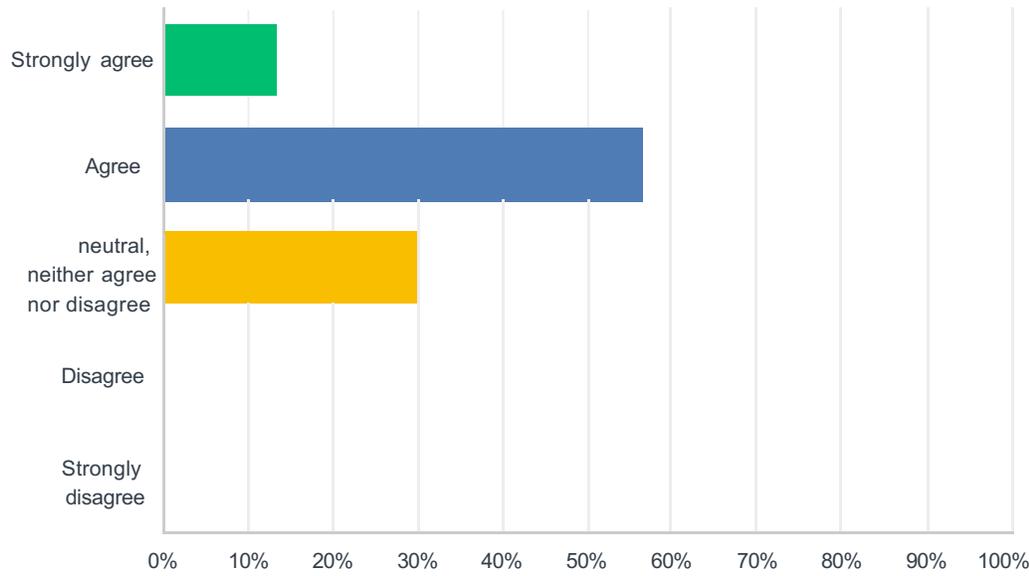
ANSWER CHOICES	RESPONSES	
1. NONE- I have no knowledge of this content (1)	3.33%	1
2. LOW- I know very little about this content. (2)	20.00%	6
3. MODERATE- I have basic knowledge, but there is more to learn (3)	56.67%	17
4. HIGH- I consider myself knowledgeable (4)	20.00%	6
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	4.00	3.00	2.93	0.73

	PRE	POST
3-Moderate- I have basic knowledge, but there is more to learn.	13.33% /4	56.67% /17
4-High- I consider myself knowledgeable.	6.67% /2	20.00% /6

Q23 (BEFORE participating in the speaker/wellness activity) I am motivated to learn more about AI/AN and indigenous communities.

Answered: 30 Skipped: 13

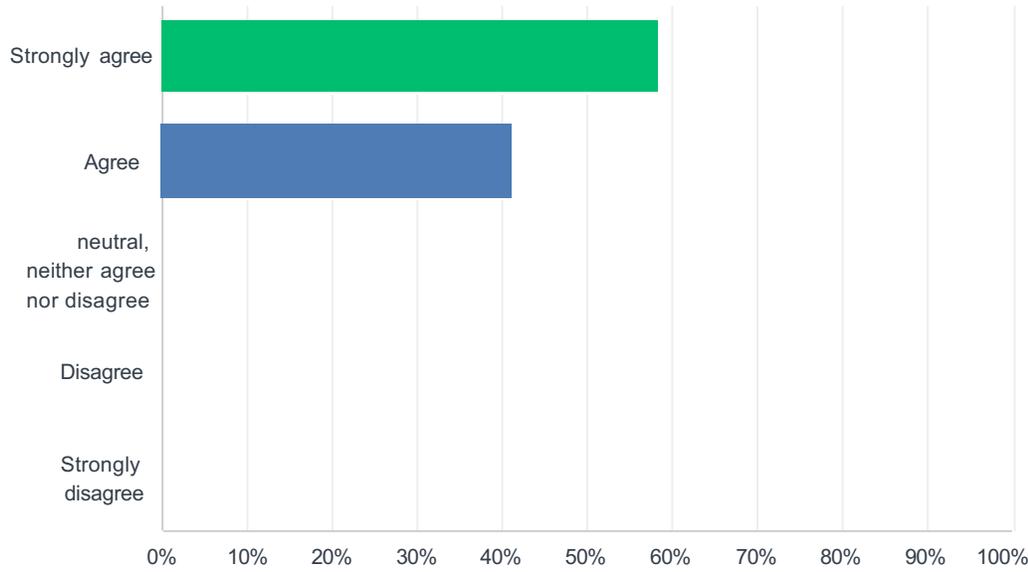


ANSWER CHOICES	RESPONSES	
Strongly agree (1)	13.33%	4
Agree (2)	56.67%	17
neutral, neither agree nor disagree (3)	30.00%	9
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	2.00	2.17	0.64

Q24 (AFTER participating in the speaker/wellness activity) I am motivated to learn more about AI/AN and indigenous communities.

Answered: 29 Skipped: 14



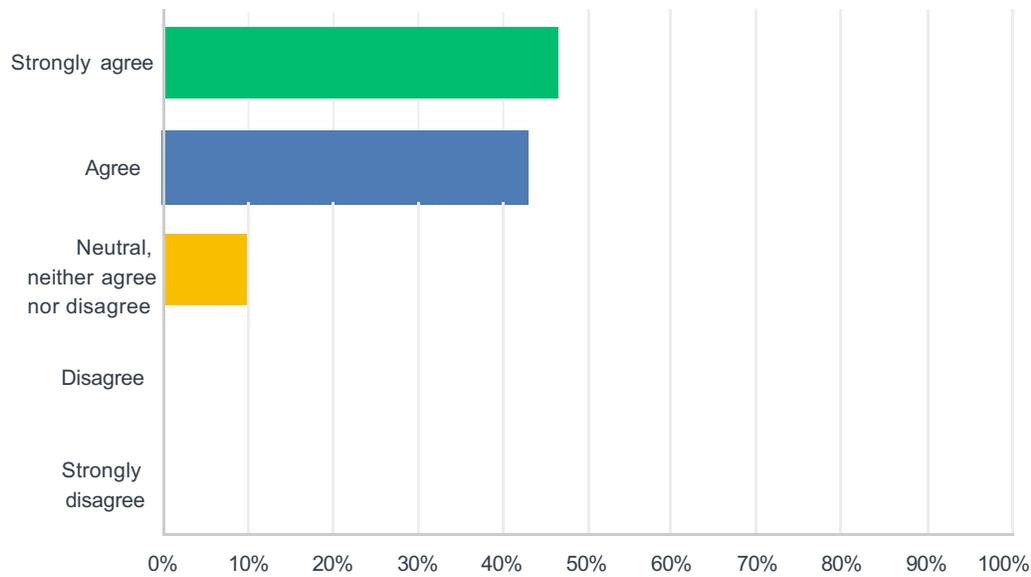
ANSWER CHOICES	RESPONSES	
Strongly agree (1)	58.62%	17
Agree (2)	41.38%	12
neutral, neither agree nor disagree (3)	0.00%	0
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		29

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	2.00	1.00	1.41	0.49

	PRE	POST
2- Agree	56.67% /17	41.38% /12
1-Strongly Agree	13.33% /4	58.62% /17

Q25 (BEFORE participating in the speaker/wellness activity) I feel secure when I have strategies for navigating mental health challenges.

Answered: 30 Skipped: 13

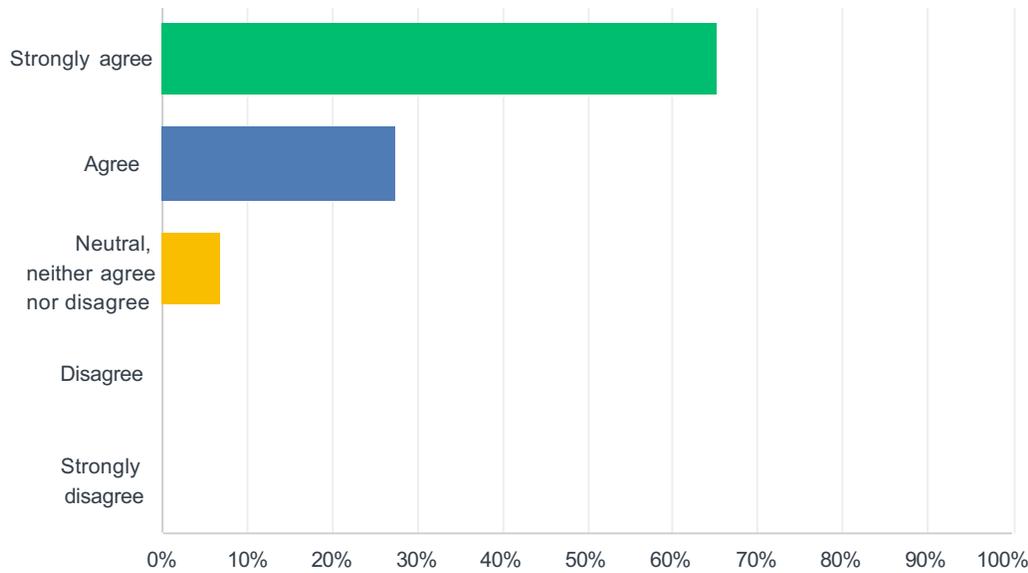


ANSWER CHOICES	RESPONSES	
Strongly agree (1)	46.67%	14
Agree (2)	43.33%	13
Neutral, neither agree nor disagree (3)	10.00%	3
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	2.00	1.63	0.66

Q26 (AFTER participating in the speaker/wellness activity) I feel secure when I have strategies for navigating mental health challenges.

Answered: 29 Skipped: 14



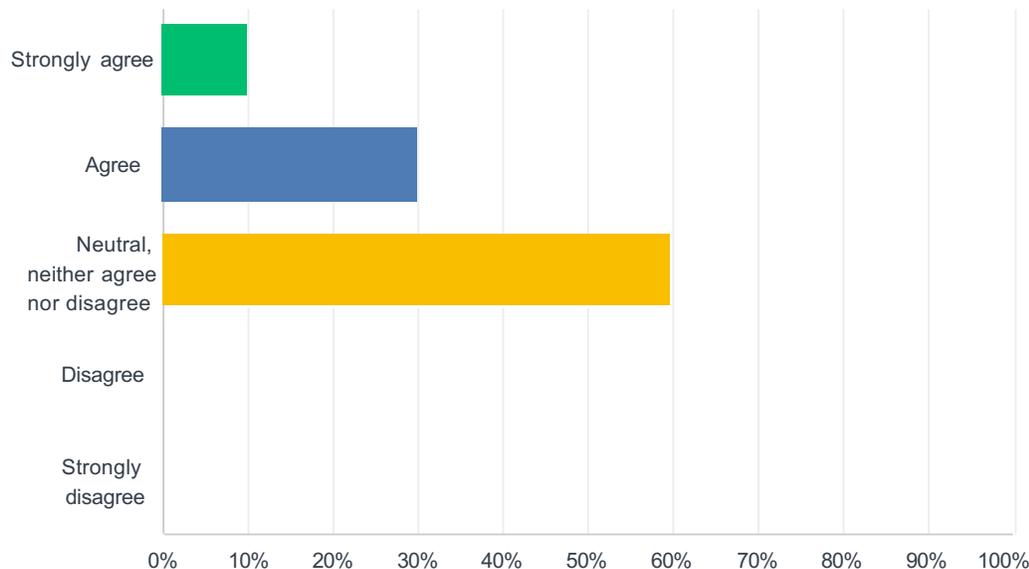
ANSWER CHOICES	RESPONSES	
Strongly agree (1)	65.52%	19
Agree (2)	27.59%	8
Neutral, neither agree nor disagree (3)	6.90%	2
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		29

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	1.00	1.41	0.62

	PRE	POST
2- Agree	43.33% /13	27.59% /8
1-Strongly Agree	46.67% /14	65.52% /19

Q27 (BEFORE participating in the speaker/wellness activity) Today's speaker increased my knowledge about the variety of indigenous based mental health resources and approaches available.

Answered: 30 Skipped: 13

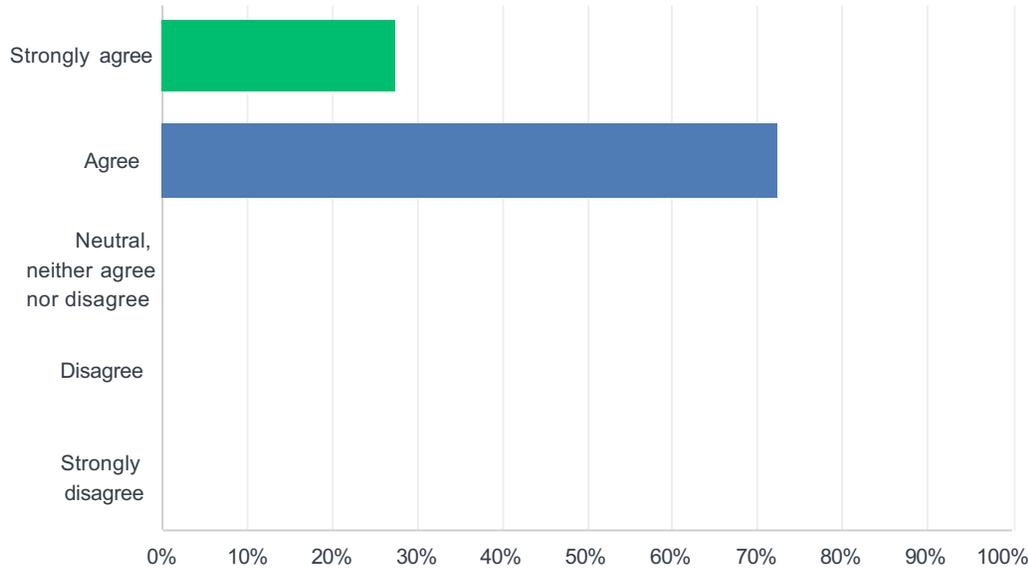


ANSWER CHOICES	RESPONSES	
Strongly agree (1)	10.00%	3
Agree (2)	30.00%	9
Neutral, neither agree nor disagree (3)	60.00%	18
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	3.00	2.50	0.67

Q28 (AFTER participating in the speaker/wellness activity) Today's speaker increased my knowledge about the variety of indigenous based mental health resources and approaches available.

Answered: 29 Skipped: 14



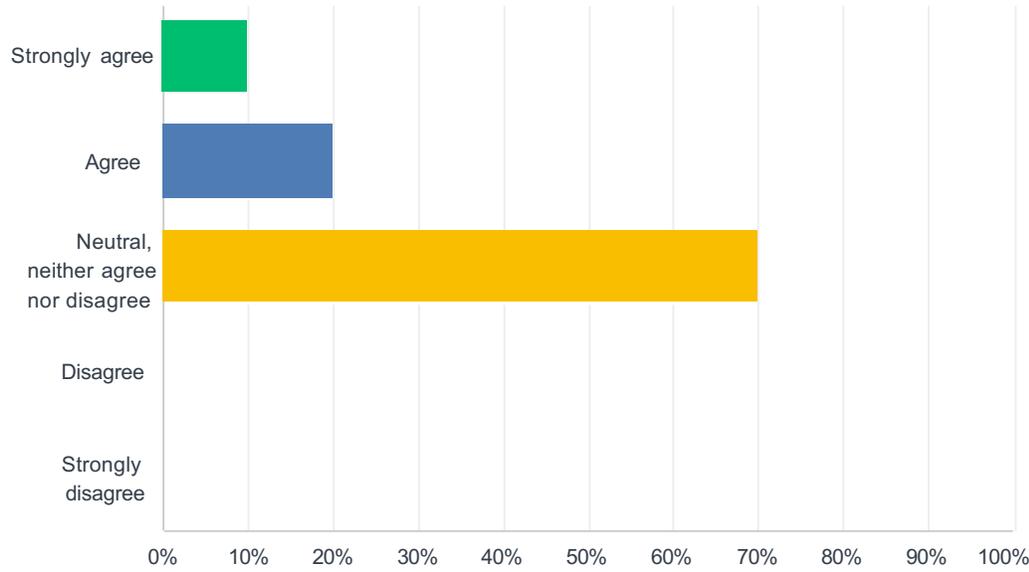
ANSWER CHOICES	RESPONSES	
Strongly agree (1)	27.59%	8
Agree (2)	72.41%	21
Neutral, neither agree nor disagree (3)	0.00%	0
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		29

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	2.00	2.00	1.72	0.45

	PRE	POST
2- Agree	30.00% /9	72.41% /21
1-Strongly Agree	10.00% /3	27.59% /8

Q29 (BEFORE participating in the speaker/wellness activity) The wellness activity I engaged in taught me mental health skills and strategies.

Answered: 30 Skipped: 13

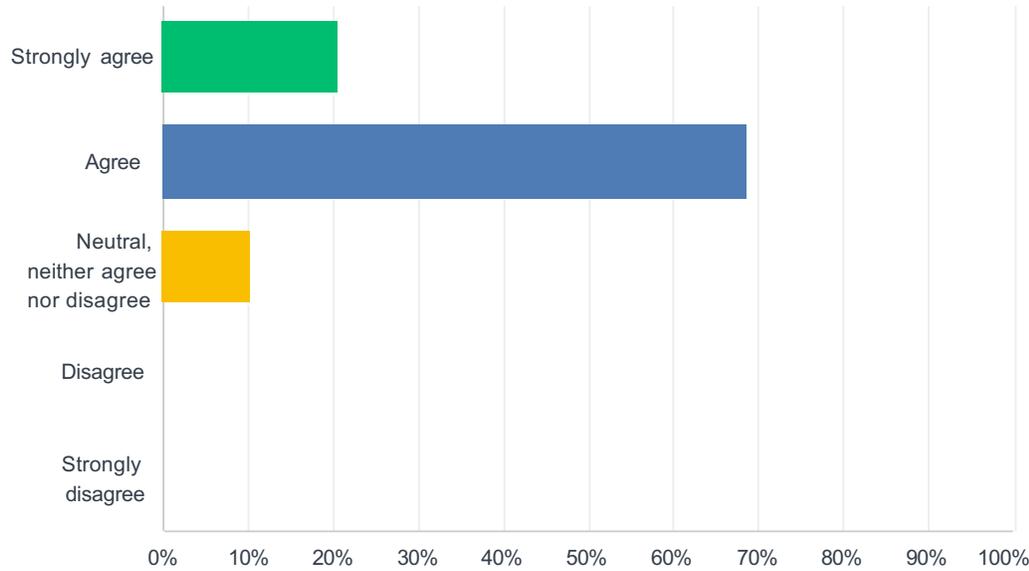


ANSWER CHOICES	RESPONSES	
Strongly agree (1)	10.00%	3
Agree (2)	20.00%	6
Neutral, neither agree nor disagree (3)	70.00%	21
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	3.00	2.60	0.66

Q30 (AFTER participating in the speaker/wellness activity) The wellness activity I engaged in taught me mental health skills and strategies.

Answered: 29 Skipped: 14



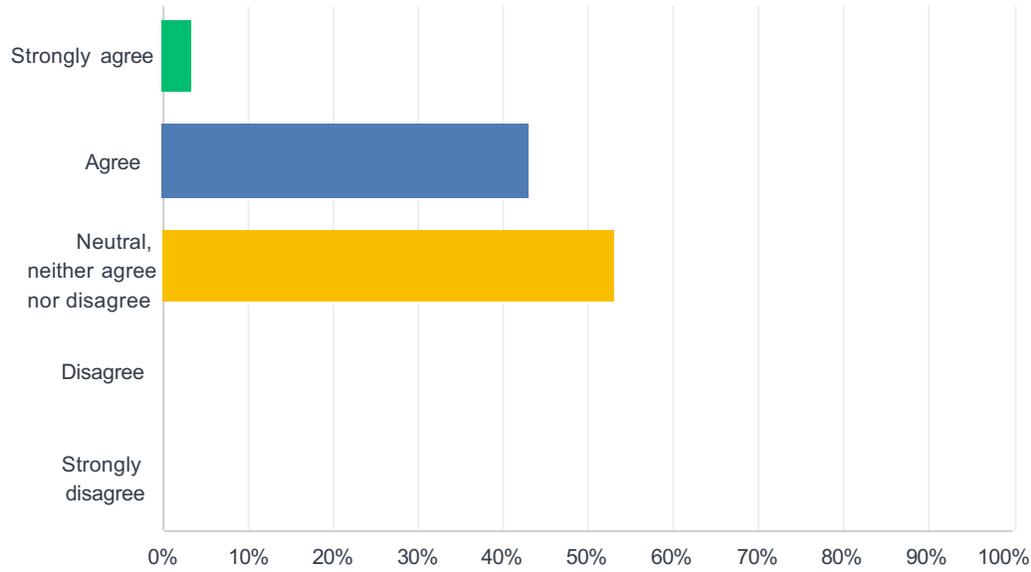
ANSWER CHOICES	RESPONSES
Strongly agree (1)	20.69% / 6
Agree (2)	68.97% / 20
Neutral, neither agree nor disagree (3)	10.34% / 3
Disagree (4)	0.00% / 0
Strongly disagree (5)	0.00% / 0
TOTAL	29

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	2.00	1.90	0.55

	PRE	POST
2- Agree	10.00% /3	68.97% /20
1-Strongly Agree	20.00% /6	20.69% /6

Q31 (BEFORE participating in the speaker/wellness activity) I am motivated to use the skills I am taught today.

Answered: 30 Skipped: 13

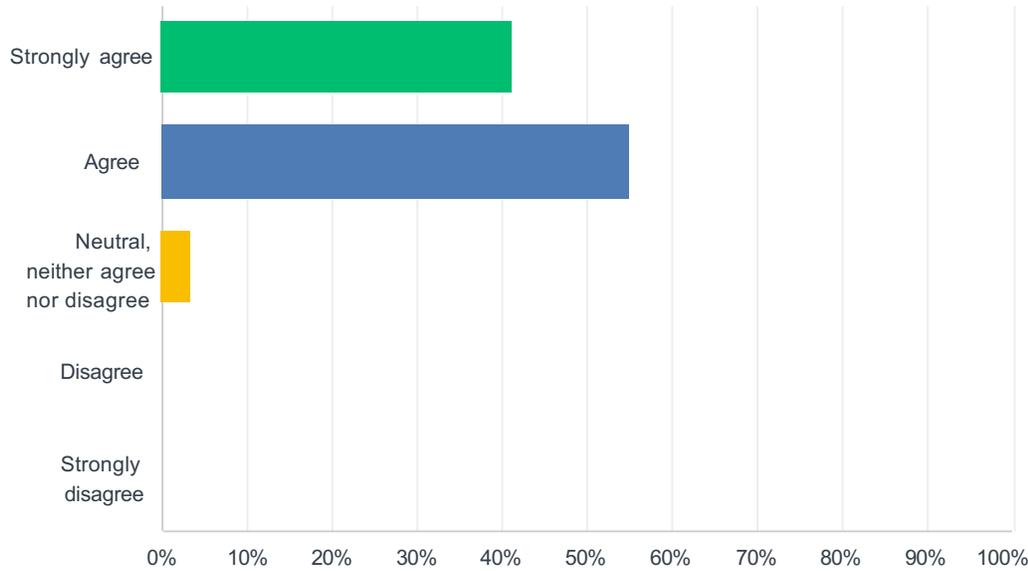


ANSWER CHOICES	RESPONSES	
Strongly agree (1)	3.33%	1
Agree (2)	43.33%	13
Neutral, neither agree nor disagree (3)	53.33%	16
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	3.00	2.50	0.56

Q32 (AFTER participating in the speaker/wellness activity) I am motivated to use the skills I am taught today.

Answered: 29 Skipped: 14



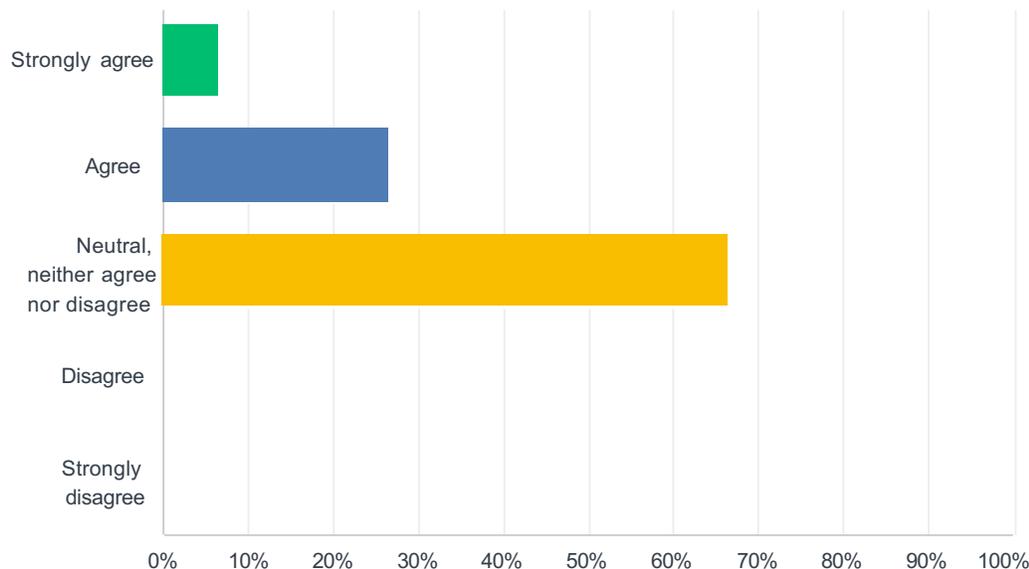
ANSWER CHOICES	RESPONSES	
Strongly agree (1)	41.38%	12
Agree (2)	55.17%	16
Neutral, neither agree nor disagree (3)	3.45%	1
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		29

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	2.00	1.62	0.55

	PRE	POST
2- Agree	43.33% /13	55.17% /16
1-Strongly Agree	3.33% /1	41.38% /12

Q33 (BEFORE participating in the speaker/wellness activity) I will use storytelling as a method for my own wellbeing and mental health support.

Answered: 30 Skipped: 13

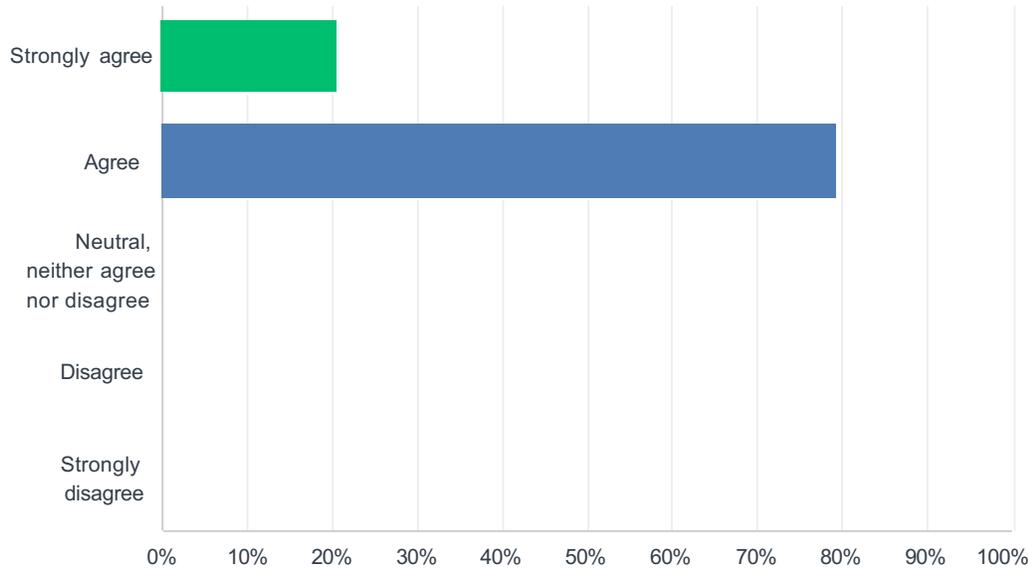


ANSWER CHOICES	RESPONSES
Strongly agree (1)	6.67% 2
Agree (2)	26.67% 8
Neutral, neither agree nor disagree (3)	66.67% 20
Disagree (4)	0.00% 0
Strongly disagree (5)	0.00% 0
TOTAL	30

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	3.00	2.60	0.61

Q34 (AFTER participating in the speaker/wellness activity) I will use storytelling as a method for my own wellbeing and mental health support.

Answered: 29 Skipped: 14



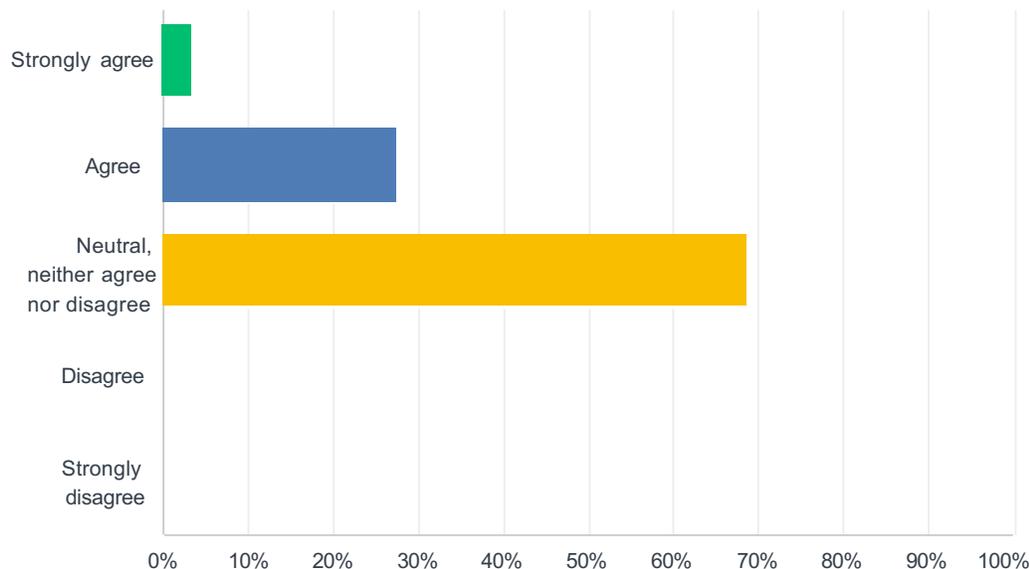
ANSWER CHOICES	RESPONSES	
Strongly agree (1)	20.69%	6
Agree (2)	79.31%	23
Neutral, neither agree nor disagree (3)	0.00%	0
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		29

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	2.00	2.00	1.79	0.41

	PRE	POST
2- Agree	26.67% /8	79.31% /23
1-Strongly Agree	6.67% /2	20.69% /6

Q35 (BEFORE participating in the speaker/wellness activity) I know how to help myself and others better because of participating in today's activities.

Answered: 29 Skipped: 14

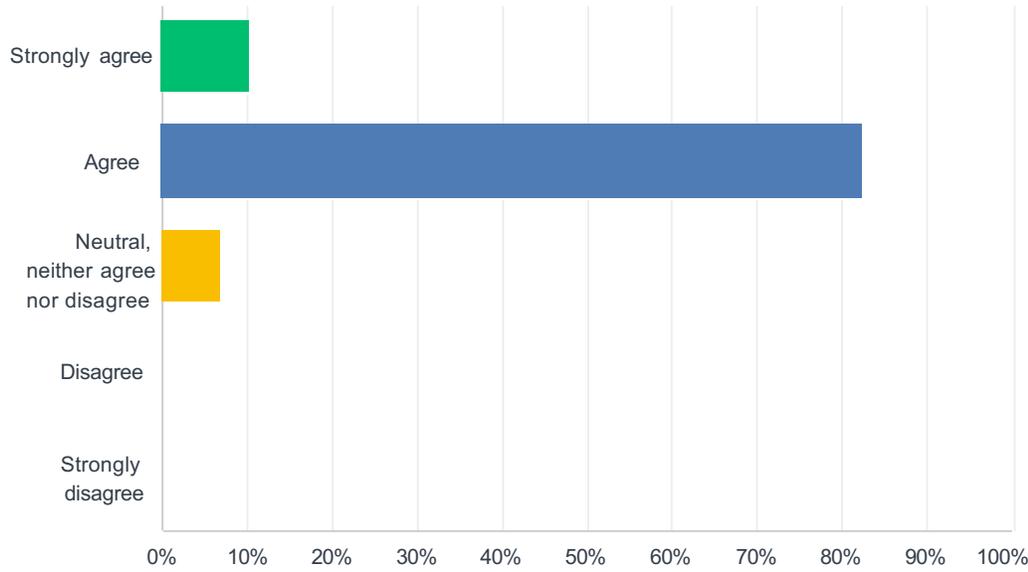


ANSWER CHOICES	RESPONSES	
Strongly agree (1)	3.45%	1
Agree (2)	27.59%	8
Neutral, neither agree nor disagree (3)	68.97%	20
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		29

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	3.00	2.66	0.54

Q36 (AFTER participating in the speaker/wellness activity) I know how to help myself and others better because of participating in today's activities.

Answered: 29 Skipped: 14



ANSWER CHOICES	RESPONSES	
Strongly agree (1)	10.34%	3
Agree (2)	82.76%	24
Neutral, neither agree nor disagree (3)	6.90%	2
Disagree (4)	0.00%	0
Strongly disagree (5)	0.00%	0
TOTAL		29

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	3.00	2.00	1.97	0.41

	PRE	POST
2- Agree	27.59% /8	82.76% /21
1-Strongly Agree	3.45% /1	10.34% /3

Q37 Your voice matters! Do you have any feedback or recommendations for Wombat Mental Health Services, any of the speakers, or any of the wellness providers? (please provide below).

Answered: 0 Skipped: 43

Feedback, including personal statements, from the cohort members who participated:

No feedback was provided by participants through survey collection specific to personal statements or overall perspectives.

PART 4 Summary Report Strengths/Barriers of the Project

We see a successful and strong educational relationship with the use of an active-learning and educational praxis approach and think this is an excellent model to use for future grant solicitation opportunities. It is easy to measure overall success and skills, attitudes about participation, self-assessment, and future use of skills and knowledge.

Some of the **STRENGTHS** of this project are as followed:

- Identifying and engaging a diverse participant population.
- The ability to provide specific and tailored information for this population.
- The ability to provide mental health information to this population.
- The ability to reach individuals within this community to provide mental health strategies and applications.
- Creativity throughout this project.
- WombatMHS and their ability to be flexible problem solvers in immediate situations.
- Participant excitement.
- The location was optimal.

Some of the **BARRIERS** of this project are:

- Funding was an issue throughout and for what is requested in the grant solicitation there should be a higher amount of funding offered.
- Additional funding would have allowed this event to take place over several weekends and spaces.
- Additional funding would have allowed for additional workers for the event itself.

Some of our **LESSONS LEARNED** were:

- Transportation funds were requested, and so transportation and parking were a lesson we learned to keep in mind for the future.
- Scale back expectations and be flexible.
- Even with reminders and time allowed, surveys are difficult to engage. Make surveys fun! Reward surveys somehow for participation.
- Scale down the number of survey questions.
- We learned lessons about programming and funding and how to specifically be creative for funds usage.

Some of the **FUTURE RECOMMENDATIONS** are that funding be increased. Additionally, it would be helpful if the USCC could share locations where other grants and programming take place so that the group can use spaces collaboratively if possible. We also understand now the importance of transportation funds for participants and hope this is included in future grant solicitations. Lastly, while a Pre/Post test is a useful tool for measurement, it is near impossible to explain to

individuals who are taking the surveys and who do not know about measurement and assessment (this includes academics and mental health professionals who are trained in methods and research methodology). Perhaps a format where questions are asked verbally or separately that achieve the same methodological output and intention could be used for the surveys.

PART 5: Names of recruited members to the AI AN subcommittee

chendig18@apu.edu
steph.claros1@gmail.com
tfcrowder@gmail.com
Asl4tuesday@gmail.com

FUTURE:

Present overall findings of the Wellness Outreach Project to the AI-AN UsCC subcommittee at one of the monthly meetings

Presentation:

https://www.surveymonkey.com/stories/SM-PX8sL3IMQwvQHB2iXgTD8w_3D_3D/