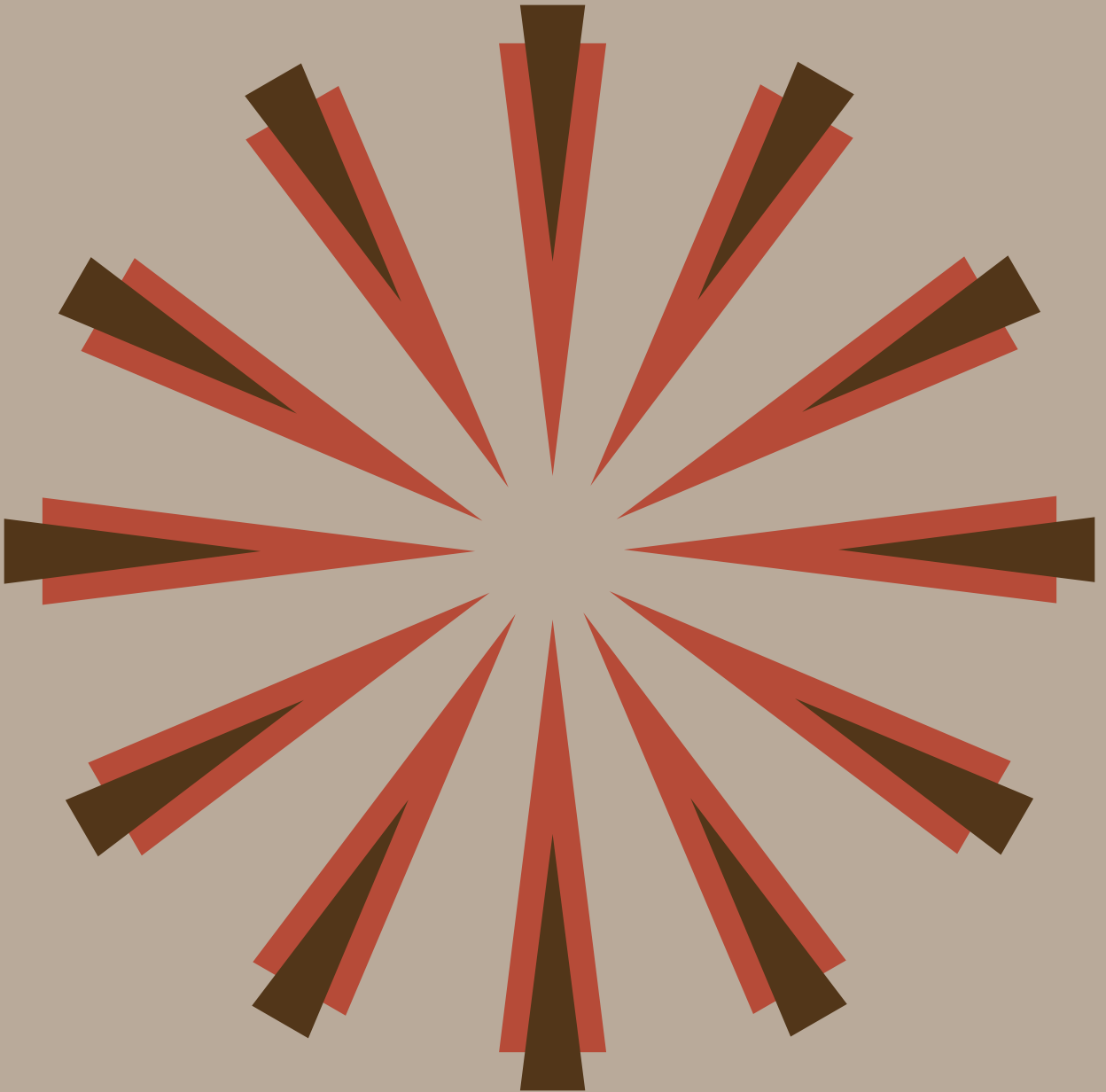


# CHANGING WITH THE TIMES

2009 Division of Indian Work Annual Report





## OUR MISSION

THE DIVISION OF INDIAN  
WORK EMPOWERS AMERICAN  
INDIAN PEOPLE THROUGH  
CULTURALLY BASED  
ADVOCACY, EDUCATION,  
COUNSELING AND  
LEADERSHIP DEVELOPMENT.

# LETTER FROM THE DIRECTOR

*Dear Friends,*

*Despite a year of uncertainty and financial hardship locally and nationally, the Division of Indian Work rose to the challenge of shifting and strengthening our programming as the needs of the community continued to grow.*

*Our goal of working for positive changes in the lives of urban American Indians took many different looks last year:*

- With a 42 percent increase in usage, the Horizons Unlimited food shelf expanded its hours and began offering a food choice option two days a week.*
- With the successful sale of the original Healing Spirit house proving difficult, the decision was made to convert the residence into a transitional living facility for young adults, 18-21 years old.*
- Outreach programs that provided crime victims with spiritual support and that helped young American Indian women escape sexual exploitation were expanded.*
- A reading proficiency program and an after-school language instruction program in conversational Ojibwe were launched.*

*These are but a few of the programming highlights from 2009. We continue to make the most of your contributions, looking for innovative ways to put our resources to work in the most effective way for the community. Already this year, we have completed the purchase of a Healing Spirit home for American Indian girls and we will continue to search for new opportunities to reach those in need.*

*These accomplishments would not be possible without your continued support. Thank you.*

*Noya Woodrich*

**Noya Woodrich**  
**Executive Director**

# HEALING SPIRIT

Healing Spirit prides itself in immersing youth in their culture. The four young men who lived at the house in 2009 were involved in many activities — traveling to pow-wows, singing, attending ceremonies as fire keepers and participating in sweat lodges.

The youth, 13-17 years old, live in long-term foster care. At the four-bedroom south Minneapolis home, the young men reside with adult caregivers who help them focus on school, their culture and independent living skills.

Healthy Transitions is the newest Healing Spirit program, serving young men and women 16-21 years old who are moving out of the foster care system. The cornerstone of the program is the development of a ten-part independent living plan that challenges the young adults to concentrate on career planning, home life, housing, money management, communication and work/study skills.

Regular group meetings focus on development of the tangible — learning goals and living skills — and also feature cultural activities, sometimes in partnership with Healing Spirit and Niminosemin.

Drawing strength from their American Indian heritage, 80 men and women participated in Niminosemin (we are walking good), coming together weekly in support of each other as they travel along the road of sobriety.

Formerly Recovery Maintenance Services, the program promotes a sober lifestyle that is balanced emotionally, mentally, physically and spiritually.



**"The staff and community members that work with Healing Spirit are great people that influence and give great support. I'm a type of person that's not really good at talking with people, but after getting to know and build trust with them, things kind of changed."**

A teen from the Healing Spirit House

# HEALTH SERVICES

With the expansion of some programs and a realignment of others, the Division of Indian Work established **Health Services** in 2009. Horizons Unlimited, Live It!, Women of Traditional Birthing, Mashkiki Ogichidaag and the Heart Attack and Stroke Prevention Project fall under this banner.

In response to increased need, Horizons Unlimited food shelf expanded its hours and began offering a food choice option two days a week. It also began stocking more healthy foods and fresh produce whenever possible. The annual distributions of holiday toys and food baskets and winter coat vouchers all saw increased numbers.

Formerly the Reduce Tobacco Abuse Project, Mashkiki Ogichidaag (Medicine Warriors) continued its efforts to teach young people about the traditional Native uses for tobacco to keep them from smoking. The 12 youth involved with the program, from 12-17 years old, created presentations for various audiences and made strides in influencing smoking policies.

Live It!, a culturally-specific sexuality education program, was implemented in 13 sessions at 11 sites impacting 109 people. Six of those sites are new.

Two other projects had community impact. The Women of Traditional Birthing program, trained eight doulas and served 14 clients. And because of the impact the diseases have on the American Indian population, the Heart Attack and Stroke Prevention Project was a vital component of Health Services' community outreach.

**"To see these youth grow and set goals and strengthen their knowledge in a healthy way (body, mind and spirit) is far beyond what we expected to achieve as staff. To support and teach them now is vital to our tribal people and our community."**

Community leader commenting on Live It!



# STRENGTHENING FAMILY CIRCLES

Community outreach continues to be a strong focus of **Strengthening Family Circles** (SFC). In 2009, that included Wopila, a summer event attended by more than 200, honoring and giving thanks for healthy babies and families and promoting the reduction of infant mortality rates. The year also featured a popular Living in Balance training, two spiritual abuse workshops and a law firm providing winter coats to all clients and their families.

Making the most of increased federal funding, SFC expanded to meet growing needs in two important areas.

The faith-based program, called Wiidookodaadig (helping each other), expanded its reach of providing crime victims with spiritual support to aid them in their healing process. Additionally, the program added monthly healing and ceremonial services with traditional healers.

In an effort to ensure that American Indian patients have fair access to traditional services in hospitals, SFC focused on building new collaborations with hospital chaplains throughout the Twin Cities.

While continuing to meet with girls in local public schools, SFC added staff and improved the Phoenix Project street outreach, helping 15 young American Indian women escape the trap of sexual exploitation and trafficking.

The Fathers Program met on a regular basis, with dads focusing on sharpening their life, relationship and parenting skills. And SFC continued its efforts in parenting support, domestic violence counseling and offering affordable housing.

**“We have been given the strength to never give up and to accomplish our goals, not only for ourselves, but for our children as well.”**

A couple involved with Fathers Services and Parenting Group



# YOUTH LEADERSHIP DEVELOPMENT PROGRAM

Focusing on American Indian youth from 7-17 years old and their families, the **Youth Leadership Development Program** (YLDP) offered tutoring, homework help, recreational activities, summer day camp, environmental studies and creative arts, each with a cultural component.

The American Indian Math Project at Anishinabe Academy had high attendance, with 62 youth receiving more than 190 hours of instruction. Based on teacher surveys from the 2008-09 school year, 75 percent of those involved in the program improved their math scores.

The Alcohol, Tobacco and Other Drug Prevention Program, started in September, teaches youth and their families about culture and tradition in order to prevent or delay high risk behaviors.

The Agindaasodaa! (Let's Read!) program at Anishinabe — aimed at bringing reading proficiency up to grade level — started providing direct services to 50 American Indian students and their families in October.

Other 2009 highlights included the summer partnership with Powderhorn Potters for free pottery lessons and canoeing at Hyland Hills Park in Bloomington. And several Family Nights were held throughout the year, many with more than 100 family members in attendance.

The YLDP team includes 14 staff members. Most of the children in the program live in South Minneapolis but represent tribal communities across the Midwest.

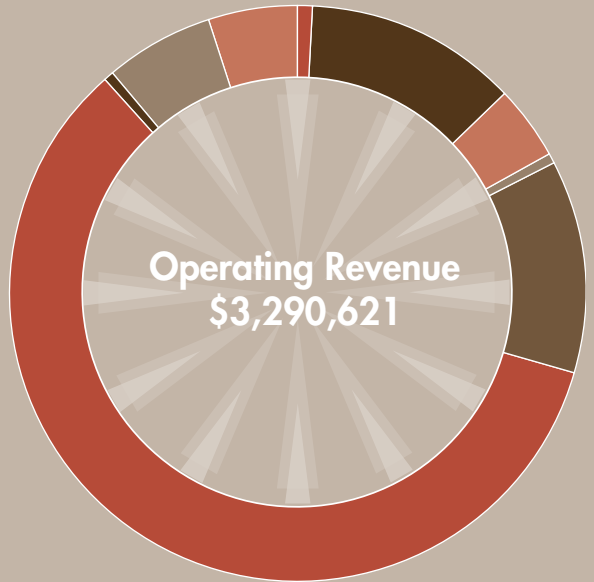
**"The strongest aspect of all of our programs is the relationships we build with our families."**

Louise Matson, director of Youth Leadership Development Program

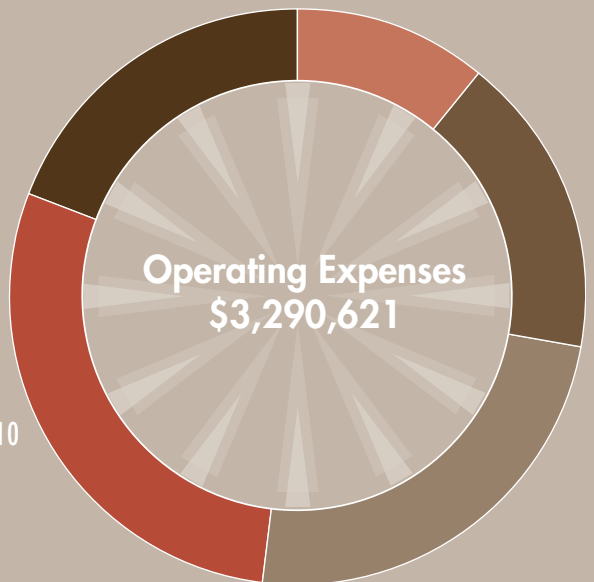


# 2009 UNCONSOLIDATED FINANCIAL INFORMATION

- 1% Individuals - \$33,644
- 12% Foundations & Corporations - \$387,438
- 4% Tribal Gifts - \$143,100
- .5% Religious Organizations - \$20,280
- 12% United Way - \$395,093
- 59% Government - \$1,934,030
- .5% Fees, Sales & Miscellaneous - \$12,698
- 6% Internal Revenue - \$199,807
- 5% GMCC Contribution - \$164,531



- 11% Program Administration - \$355,388
- 17% Healing Spirit- \$569,909
- 24% Health Services - \$773,409
- 29% Strengthening Family Circles - \$960,505
- 19% Youth Leadership Development Program - \$631,410



# OUR BOARD OF DIRECTORS

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