

CCPC NEWSLETTER

In November, we recognize National Native American Heritage Month, a time to celebrate the culture, heritage, and notable contributions of all tribal communities that play a key role in the history of the United States. In 2023, over 50 Drug-Free Communities coalitions (~7%) supported tribal youth in substance use prevention, using various activities and initiatives to reach this group. Despite positive progress from the support of DFC coalitions, studies indicate that American Indian/Alaska Native (AI/AN) communities continue to have high rates of overdose deaths.

California Indian Tribal Groups

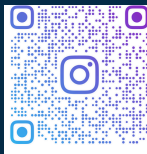
CALIFORNIA, IN PARTICULAR, IS HOME TO THE LARGEST DIVERSITY OF NATIVE PEOPLES IN NORTH AMERICA. MANY OF THESE TRIBES HAVE DISTINCT LANGUAGES, TRADITIONS, AND WAYS OF LIFE THAT REFLECT THE DEEP, UNIQUE RELATIONSHIP THEY HOLD WITH THE LAND.

'LANGUAGE IS A REFLECTION OF OUR ENVIRONMENT, UNIQUE TO EACH AREA,'
-RICHARD BUGBEE, LUISEÑO, RAISED BY THE KUMEYAAY

California Indian Library Collections

The map displays numerous tribal groups across California, including: Tolowa, Yurok, Chilula, Wiyot, Whilkut, Chimariko, Mattole, Nongatl, Lassik, Wailaki, Sinkiyone, Kato, Coast Yuki, Huchnom, Lake Miwok, Wappo, Coast Miwok, Bay Miwok, Karok, Shasta, Modoc, Achomawi, Wintu, Atsugewi, Yana, Maidu, Nomlaki, Konkow, Nisenan, Washo, Mono Lake Northern Paiute, Owens Valley Paiute-Shoshone, Western Shoshone, Northern Paiute, Sierra Miwok, Northern Valley Yokuts, Southern Valley Yokuts, Salinan, Esselen, Kitanemuk, Chumash, Serrano, Mojave, Chemehuevi, Halchidhoma, Quechan, Tipai, Ipai, Luiseno, Cahuilla, Gabrieleño, and Tataviam. A decorative orange and yellow flower is positioned on the left side of the map.

To support these communities, we understand the importance of Indigenous Knowledge and celebrate the idea that culture is prevention. CDC supports Healthy Tribes by delivering holistic, culturally responsive, and community-driven interventions; recognizing cultural practices for wellness; and strengthening tribal public health infrastructure and capacity.



CCPC MONTHLY NEWS

This year's Red Ribbon Week brought together schools and community in a powerful way show commitment to a healthy lifestyle. Across several schools and local organizations, youth pledged to make positive choices, showing their abilities to combat substance misuse.

Central Middle School: 100 Pledges

Gridley High School: 25 Pledges

Oroville High School: 100 Pledges

Park Ridge Elementary (Pre K-6):

School Assembly RRW themed Activities ~200 youth

Boys & Girls Club Week of Kindness Event: 65 youth participated, 16 Pledges and 19 perceptions of risk surveys completed.



DRUG-FREE PLEDGE

I support the Red Ribbon Week goal and pledge to be a positive role model by choosing not to use drugs or alcohol.

- ✓ I commit to staying drug and alcohol-free.
- ✓ I will keep my mind and body healthy.
- ✓ I pledge to do my best in school.
- ✓ I will stay away from harmful drugs that can hurt my body.

I pledge to live drug-free, respect my body and mind, and be the best version of me I can be.



Name: _____ Date: _____



Drug-Free Communities

Local Problems Require Local Solutions



These pledges reflect our youth's dedicating and support to make healthy, drug-free choices. By fostering awareness and prevention, this Red Ribbon Week inspired positive change, reminding us of the importance of these early commitments to long-term wellness. Thank you to all who participated and helped make this Red Ribbon Week a success!