



Being A Good Relative Creator's Game

Youth and Adult Curriculum
Certification

Summary Report

June
2023



Acknowledgments

This curriculum was developed in cooperation with **Spotted Bull Recovery Resource Center (SBRRC)** from the Fort Peck Assiniboine & Sioux tribes in Montana in 2023. SBRRC collaborated with Native PRIDE and Allyson Kelley & Associates in the creation of this “Being a Good Relative” curriculum. This curriculum is designed to provide Cultural Prevention Specialists (peer mentors) certification for participants who complete a 25 hour (5 day) program.

This curriculum was made possible by a 3 year grant to SBRRC from the Indian Health Services (IHS) entitled, Community Opioid Intervention Pilot Project (COIPP). SBRRC would like to thank their dedicated staff, many partnership organizations, **Native PRIDE** and **Allyson Kelley & Associates** for their invaluable support in creating opportunities for the ongoing healing of our Native youth, families and communities. SBRRC encourages other tribal organizations to utilize this “Being a Good Relative” curriculum in strengthening cultural resilience among Native people.

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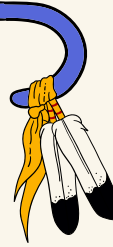




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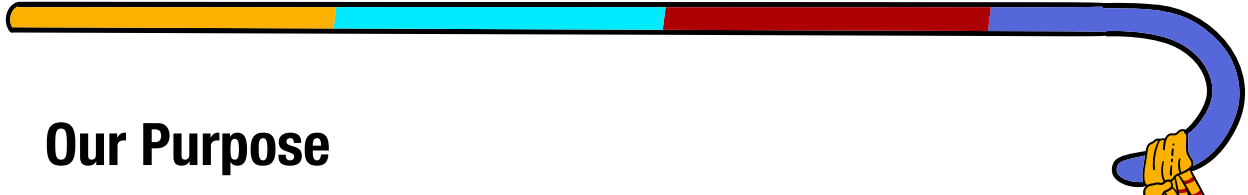
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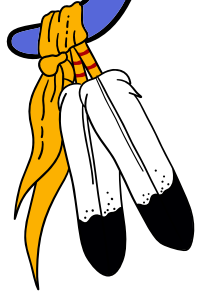
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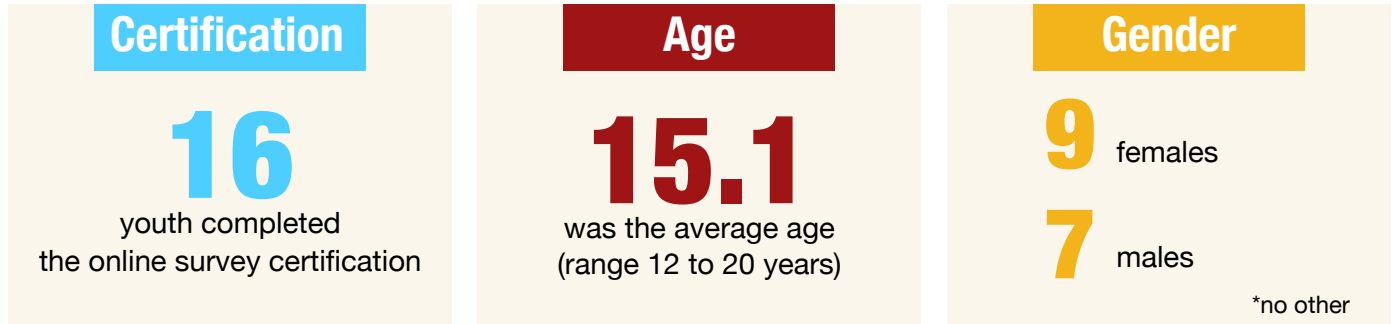


Our Purpose

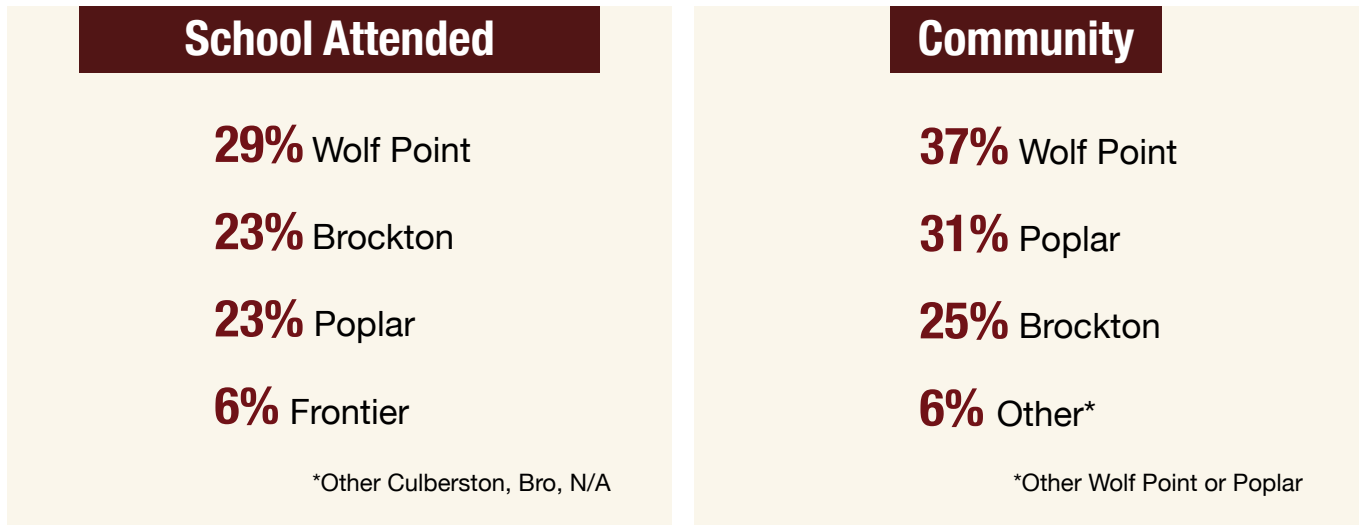
This report summarizes feedback from youth and adults who participated in the Being a Good Relative trainings in March - June 2023. To become certified as a Mentor in the Being A Good Relative Curriculum, all youth were required to attend two trainings (one at a local high school and the Bear Butte training). After attending the June 2023 Bear Butte Culture Camp and training, youth and adults completed an online survey that certified them as Mentors in the Creator's Game Being a Good Relative Curriculum. Results in this report highlight the skills and knowledge youth developed during the training and how they plan to use these skills in the future. Adult feedback summarizes curriculum strengths and areas for improvement. A copy of the [March 2023 to May 2023 training reports is available here.](#)



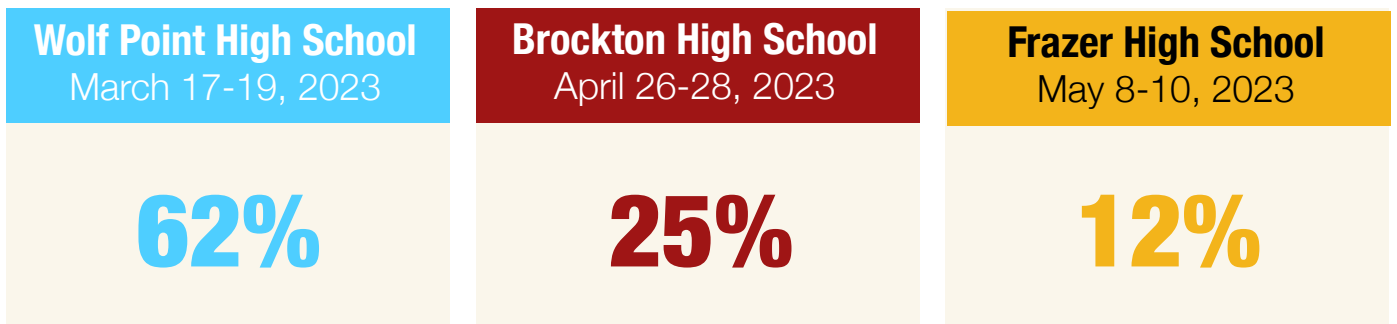
Youth Certification Results



School and Community Affiliations



Mentor Trainings Youth Attended

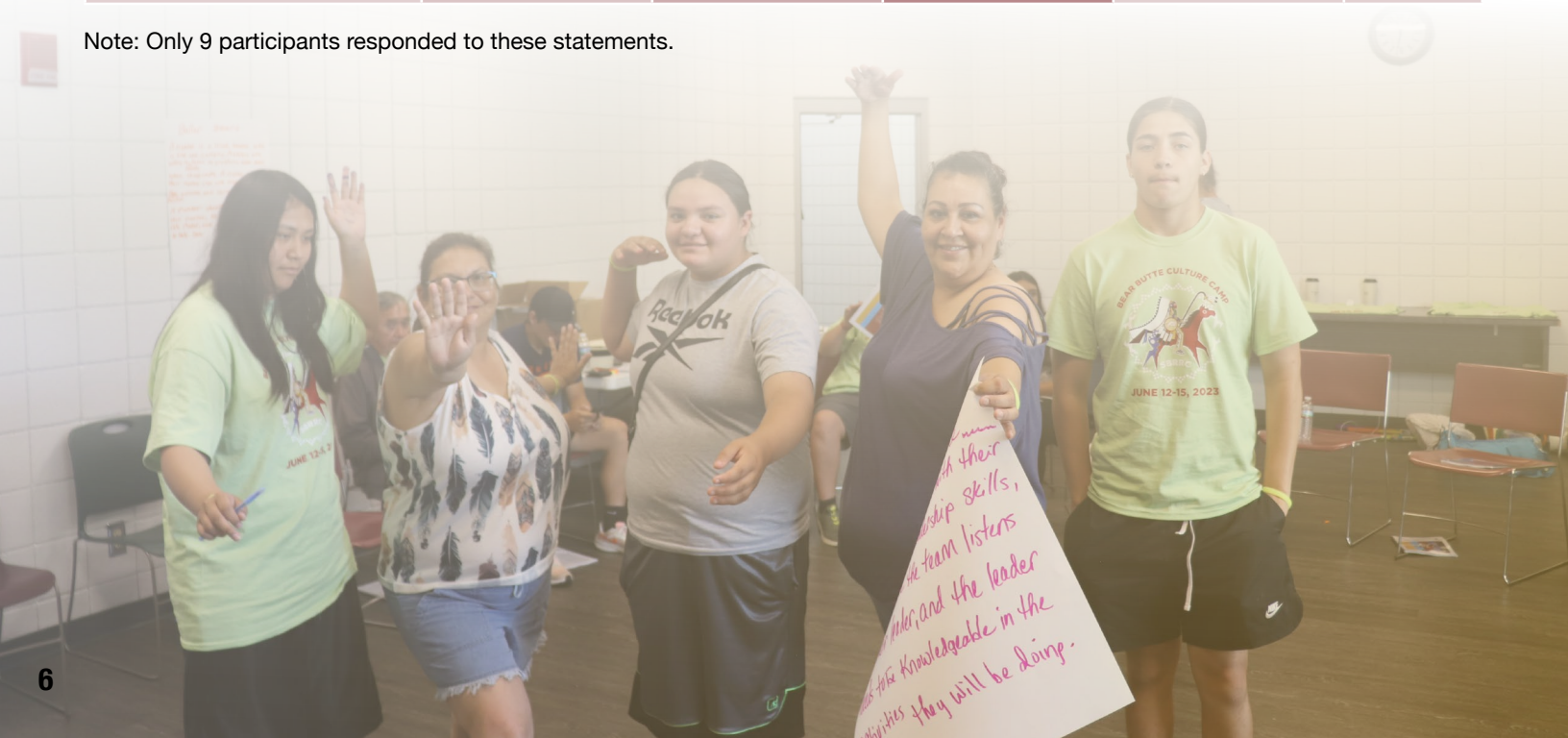


*All but one youth attended the entire training/times.

Youth Curriculum Knowledge

Knowledge Area	Slightly knowledgeable	Moderately knowledgeable	Very knowledgeable	Extremely knowledgeable	Total
Understand role as a mentor, set boundaries, make referrals	0%	67%	33%	0%	9
Awareness of risk factors, cultural resiliency and sources of strength	0%	56%	33%	11%	9
Becoming trauma informed and understand relationships and self-regulation	22%	33%	33%	11%	9
Strengthen facilitation skills, group process skills, strategic visioning, and team trust building skills	11%	33%	56%	0%	9

Note: Only 9 participants responded to these statements.



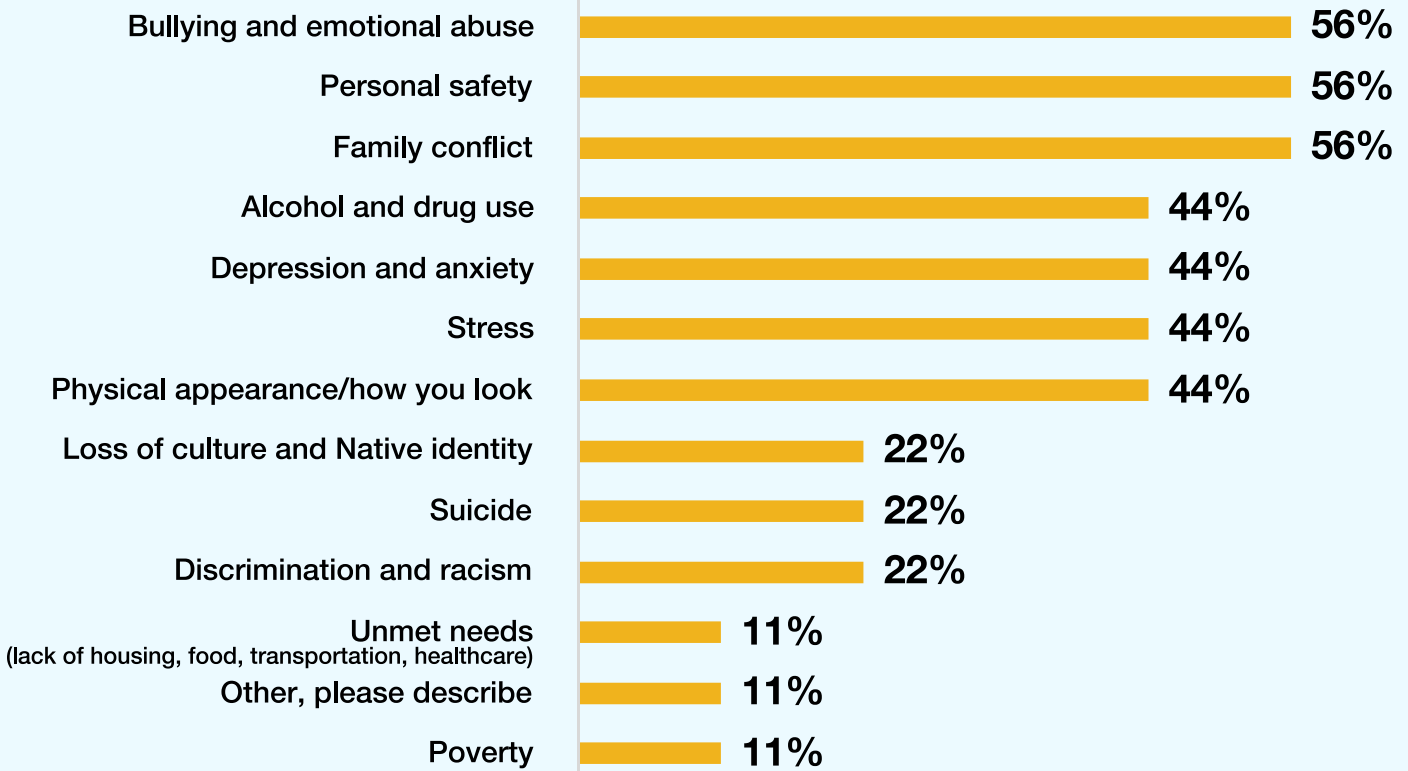
Topics Youth Will Address With Mentoring

Youth will use skills they learned to support others in need. The top areas that youth mentors plan to focus on include:

#1 Bullying and emotional abuse

#2 Personal Safety

#3 Family Conflict



*Other: Everyday life

Mentoring Competencies

We asked youth about their comfort level with basic mentoring competency areas. Youth are most comfortable in these areas:

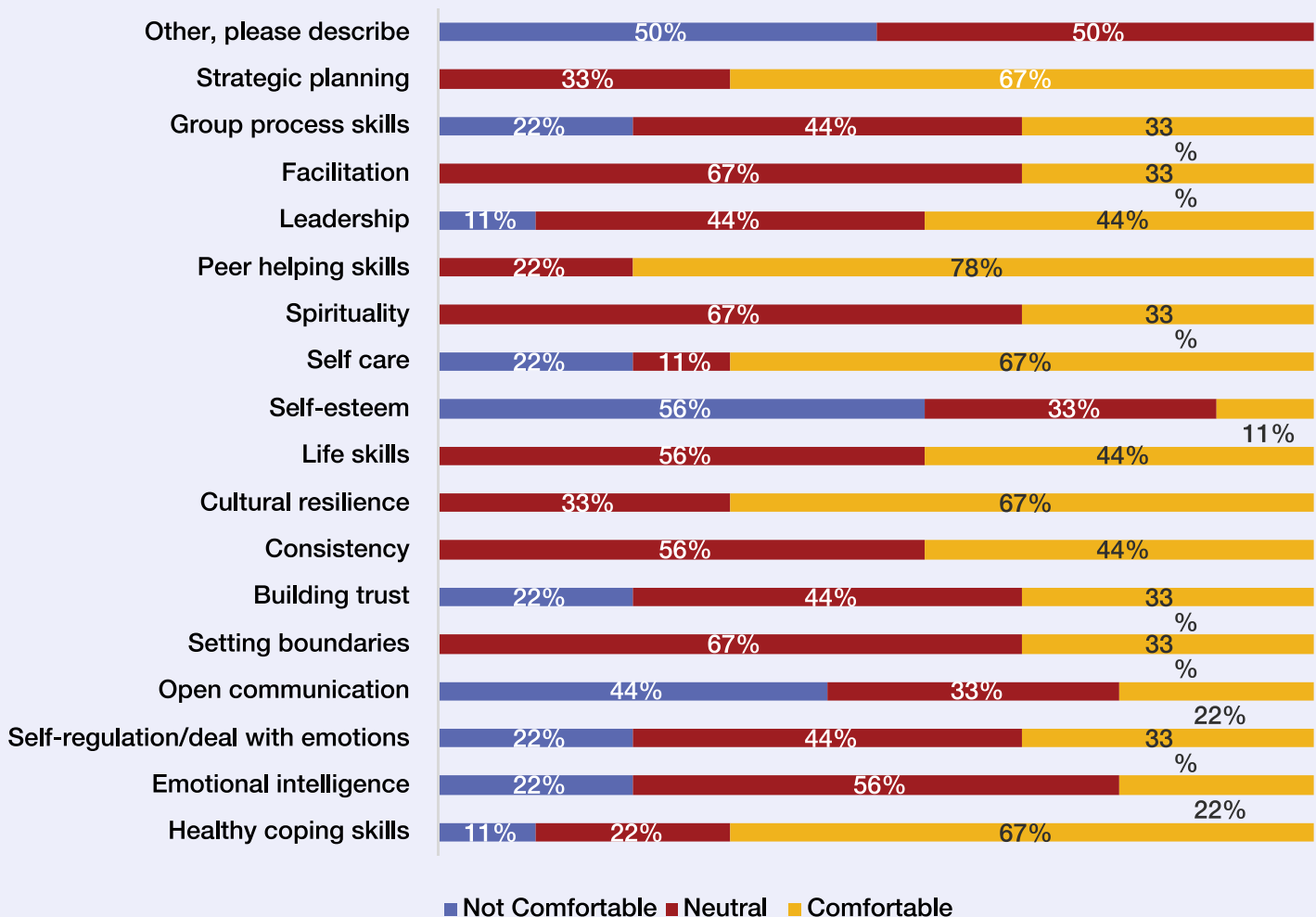
#1 Peer helping skills

#2 Healthy coping skills

#3 Strategic planning

Areas where youth need additional support, and they are not comfortable include self-esteem, open communication, and other (including ????)

Comptency Areas and Youth Comfort Levels (N = 9)



Note: Only 9 participants responded to these statements.

Mentoring Competencies and Examples from Youth

We asked youth to select two mentoring competencies from the list (mentioned above) and provide examples of how they plan to use these skills. Results are summarized below by competency area and text.

Healthy Coping Skills

I need things and people
I enjoy to cope

You need them to move
on in life

Emotional Intelligence

Not so great

To gain emotional intelligence I
need to experience emotions

I'm pretty sure that I know
what I'm feeling

Self Regulation/ Deal with Emotions

I would do this by
calming myself down

Open Communication

Speaking when you want to
and not to be called on

I could do this by feeling safe

I talk a lot

Setting Boundaries

Have to be a certain
distance from me

I learned I need to this to
have better self-care

Building Trust

Trust is important for my health

I learned that building trust
makes relationships easier
and helps build relationships.

Mentoring Competencies and Examples from Youth

Consistency

I learned that consistency is good for my health

Cultural Resilience

It is important to understand this topic

Life Skills

They are good because they obviously help you through life

Self-Esteem

This is important for you own health

Self-Care

This is good for your mental health

Spirituality

I learned about my culture spirituality

Peer Helping Skills

I learned to help people

Mentoring Competencies and Examples from Youth

Leadership

I learned how to lead

Facilitation

He helped me learn how to help people

Group Process Skills

I learned how to do this

Strategic Planning

This is helpful for the most productivity

I always make a plan and stick to it until I finish my activity.



What Youth Liked the Most (N = 9)

We asked the youth to think back on their experience at Bear Butte and during the previous trainings and select what they liked the most from a fixed response list.

#1 Food

#2 Bonding and team activities

#3 Games



Youth Perspectives on Most Important Mentoring Skills

We asked youth to select the skills that are most important to them as a mentor/good relative.

#1 Know about being a leader and how to talk about problems

#2 Know how to talk with someone who is in need

Skills Youth Still Need

We asked youth what skills they still need after completing all mentoring training. The top need is communication and trauma.

#1 How to communicate effectively and deal with trauma

Skills Youth Still Feel They Need (N = 9)



Additional Youth Feedback

I liked it very much and would like to do it again. It was fun and was easy to fit in with the people.

This trip was very much relief from the outside world and honestly I hope to do it again.



Adults Summary


10 adults completed the online survey.



Wolf Point High School
March 17-19, 2023

6 adults attended


Brockton High School
April 26-28, 2023

3 adults attended


Frazer High School
May 8-10, 2023

3 adults attended


*All but one adult attended the entire training at Frazer. Adults attended multiple trainings.

Adult Curriculum Knowledge

Knowledge Area	Slightly knowledgeable	Moderately knowledgeable	Very knowledgeable	Extremely knowledgeable	Total
Understand role as a mentor, set boundaries, make referrals	43%	14%	43%	7	9
Awareness of risk factors, cultural resiliency and sources of strength	43%	29%	29%	7	9
Becoming trauma informed and understand relationships and self-regulation	29%	43%	29%	7	9
Strengthen facilitation skills, group process skills, strategic visioning, and team trust building skills	43%	14%	43%	7	9

Note: Only 9 participants responded to these statements.

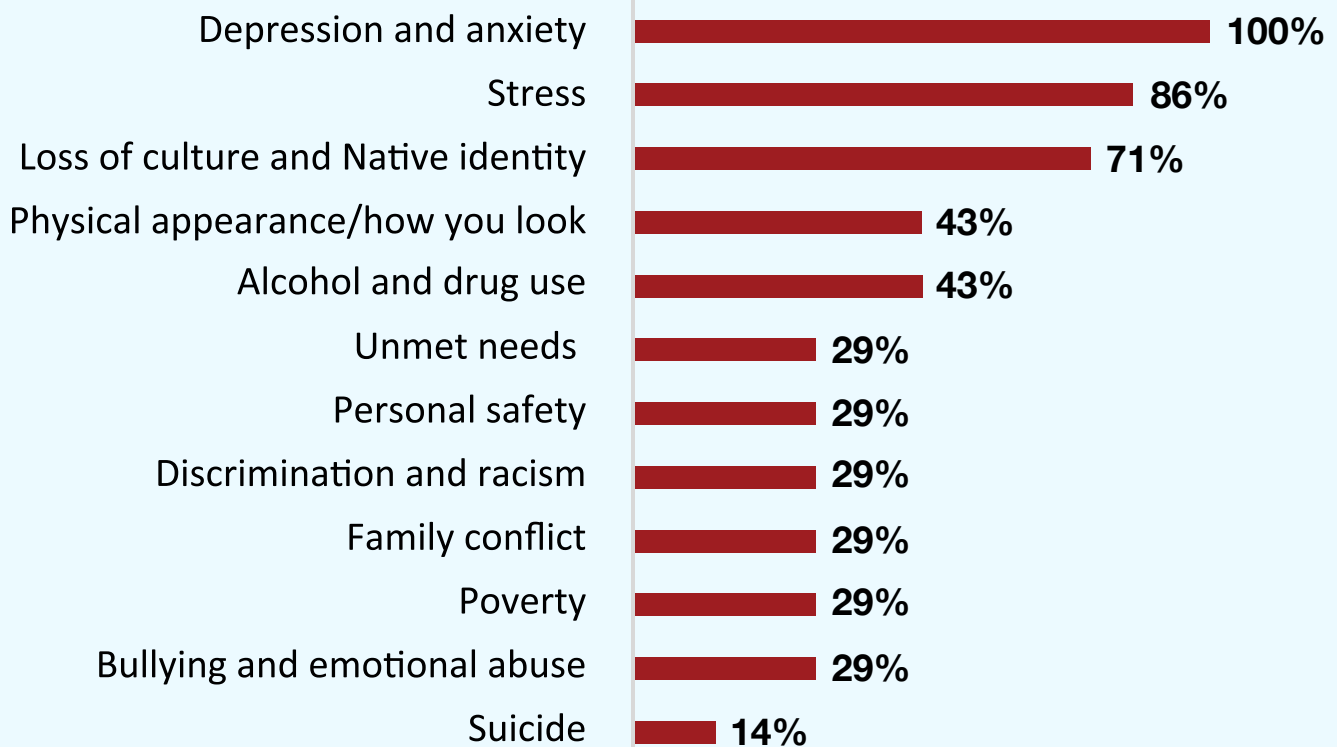
Topics Adults will Address with Mentoring (n = 6)

We asked the youth to think back on their experience at Bear Butte and during the previous trainings and select what they liked the most from a fixed response list.

#1 Depression and anxiety

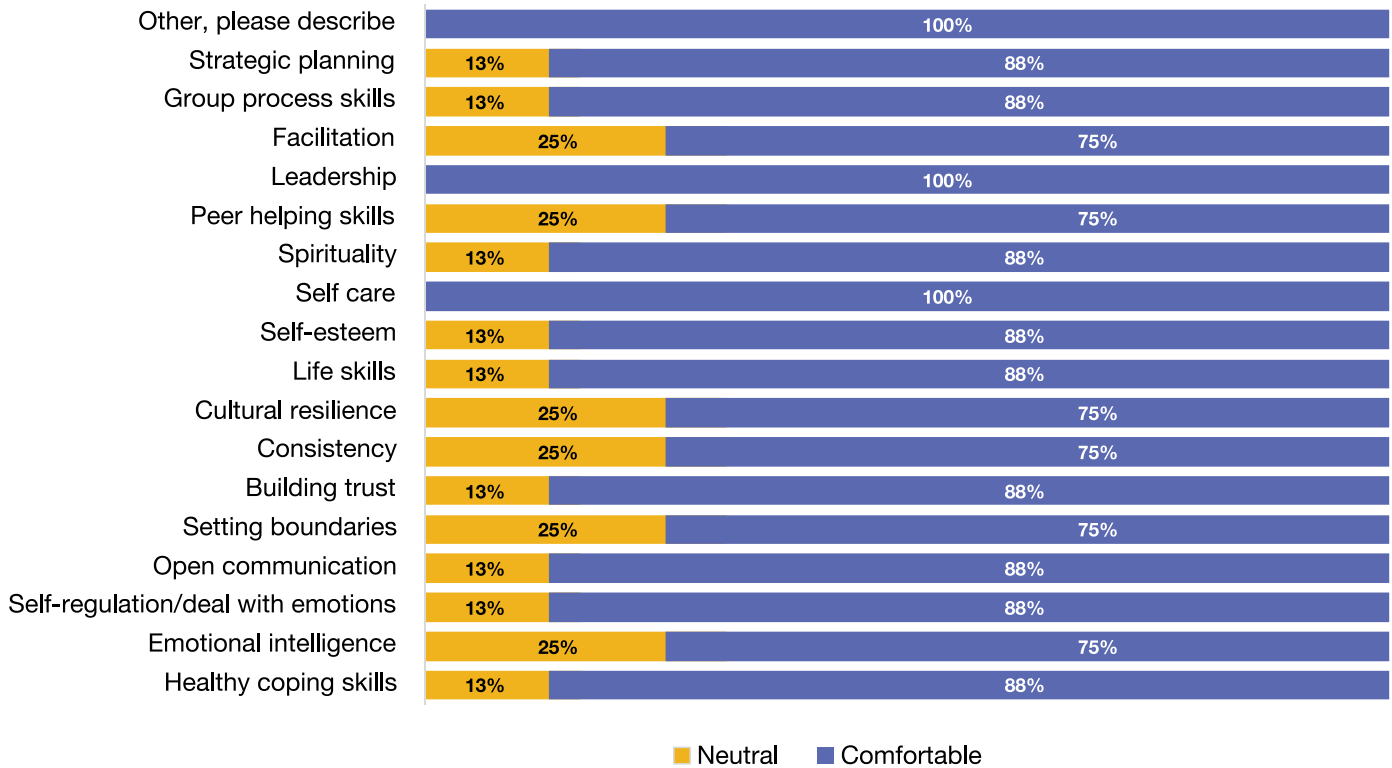
#2 Stress

#3 Loss of culture and Native identity



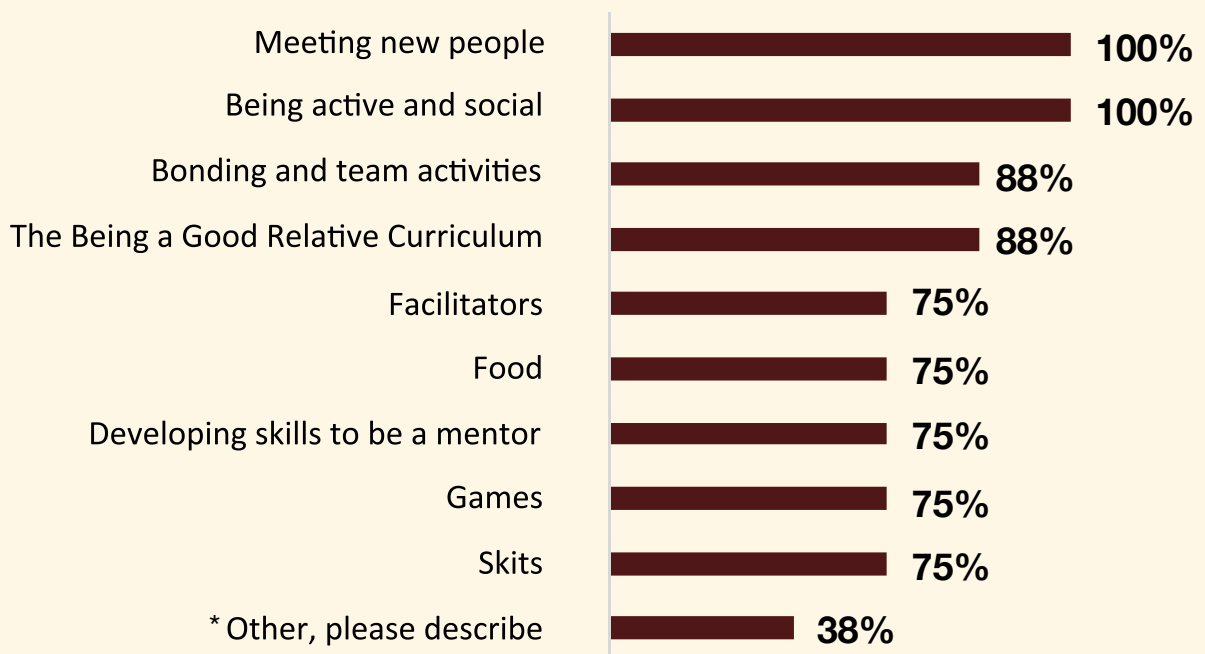
Adult Comfort Levels with Mentoring Competencies (n = 8)

Adults are neutral or comfortable with all competencies presented.



Adults Liked the Most (n = 6)

We asked adults to think back on their experience at Bear Butte and during the previous trainings and select what they liked the most from a fixed response list.



*Other include taking care of the horses, naming ceremony and sweat, horse therapy, and horses.

Adult Perspectives on Most Important Mentoring Skills

We asked adults to select one mentoring skill that is most important as a mentor/good relative.

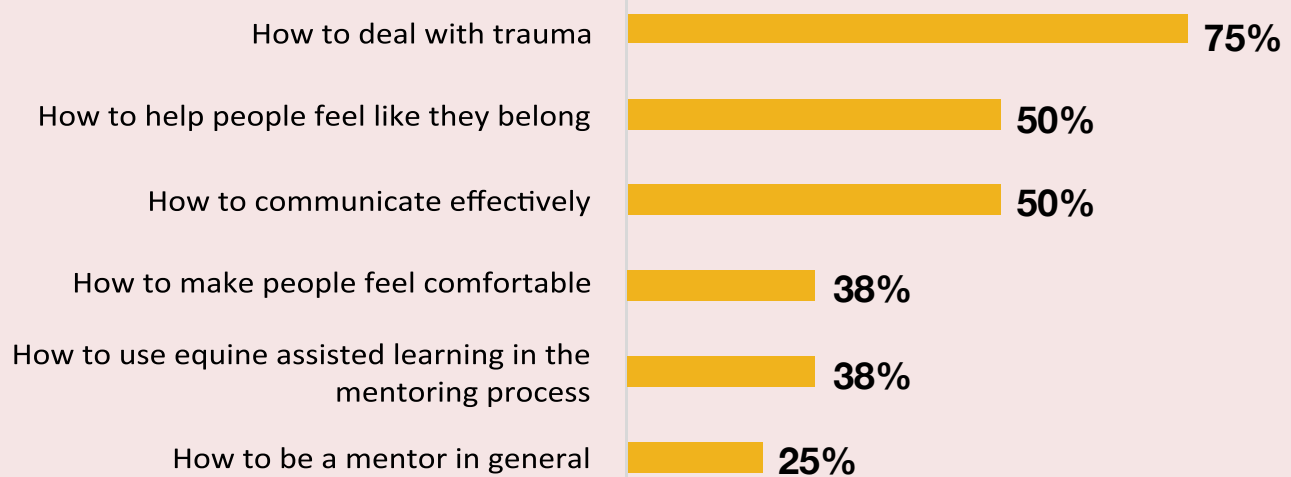
- #1** Know how to talk with someone who is in need
- #2** Know how to deal with problems in a healthy way
- #3** Know how to talk about my problems



Adults Perspectives on What Youth Mentors Still Need (n = 8)

We asked adults what skills youth mentors still need after completing the trainings. The top skill that youth still need based on adult observations is:

- #1** How to help people feel like they belong.



Additional Adult Feedback

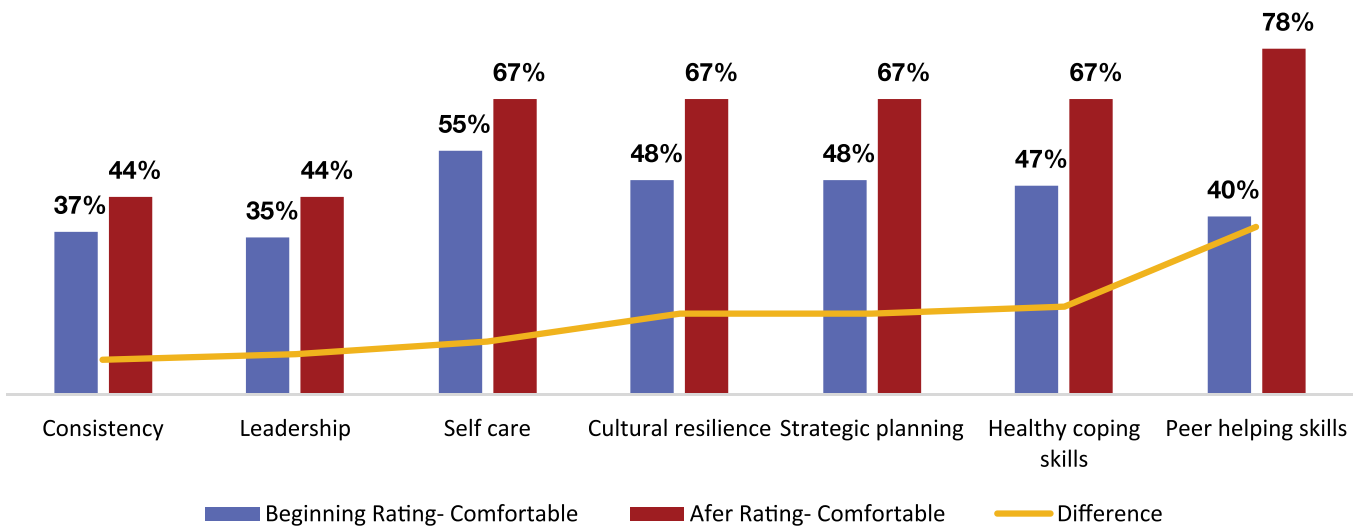
Thank you
for your work
in our tribal
community



Comparisons of Mentoring Competency Ratings

We compared mentoring competency ratings from the April-May 2023 trainings with the final Bear Butte training feedback to see how competencies changed with time and practice. The figure below presents mentoring competency knowledge areas that increased from the beginning (March-May 2023) and after the last training (June 2023). Peer helping skill comfort level increased the most.

Youth Comparison of Before and After Ratings on Select Mentoring Competencies*



*Based on the initial certification survey response from 9 youth and 8 adults.

Summary

The Creators Game Being A Good Relative Curriculum is a new innovative approach to building the next generation of youth mentors on the Fort Peck Indian Reservation. Results demonstrate the strengths and needs of youth as they move forward as Good Relatives. Continued work is necessary to increase communication skills in youth and address trauma. Youth and adults report positive experiences during the Creators Game Good Road of Life training. Youth will use newly developed skills and connections to address bullying and emotional abuse, promote personal safety, and help others who may be dealing with family conflicts and relationship challenges.

Adjustments to the curriculum may be required in the future, and tribes may tailor the curriculum strategies and objectives toward their culture and needs. The curriculum is a guide that can be used to help build cultural resilience and healing in Indian Country.

For information, visit:

Spotted Bull Recovery Resource Center

www.spottedbull.org

[@SBRRCActivities](#)

[@SBRRCFortPeck](#)

[www.youtube.com/channel/
UC4PyFIHBMf2diFcoUqkdJcw](http://www.youtube.com/channel/UC4PyFIHBMf2diFcoUqkdJcw)

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