



September  
2010

# SOARING

## *Letter from the SOMS Director*

This first year with the Soaring over Meth and Suicide project has been a learning experience for me. I would like to thank our Project Advisory Board, Karen Lyles (my administrator) and the elders in our "Tired Moccasins program" for their continued support, advice and guidance. SOMS is entering into its second year, , and November 6, 2010 will see our first SOMS Hoops for Life 3 on 3 Basketball Tournament and TeenScreen.

Suicide is a scary word it speaks to our worst fears. As a community and as parents we need to move beyond those fears, and be strong for our children. That is why we are offering TeenScreen, an evidenced based program. TeenScreen consists of a short survey that will help to identify suicidal ideation, and/or previous suicide attempts. Any youth who screen positive will immediately be referred for a clinical review (at no cost to the families), the clinical review will determine if the youth is in need of a referral for services. Methodist Community Counseling program offers free counseling to youth and adults (at no cost to the families).

We realize that suicide is a symptom of one or more factors in a youth's life, so with that in mind we will be offering tables to different prevention programs at this event to provide you and your children with information on programs, trainings, events and activities available to your children.

Please join us on November 6, 2010 to show your support for suicide awareness, encourage your children, grandchildren, nieces, nephews, cousins and sibling to get screened for their health and to show their support in breaking the stigma around suicide and mental health.. We cannot afford to wait, our children's lives depend on us.

*Anita*

## Upcoming Events

QPR Train the Trainer, 9/24/2010 at 8:00 am to 4:00 pm. Breakfast and lunch served. Taking place at 2240 Landon Court; Nebraska Urban Indian Health Coalition, still have three openings.

Need volunteers to teach youth native arts and crafts  
Contact Anita Wisecup @ 346-0902 ext. 219



Greater Omaha Healthy Communities/Healthy Youth  
invites you to attend our  
3rd Annual Greater Omaha Assets  
and Prevention Conference!

The mission of GO HC/HY is to educate and empower everyone in our community to build Developmental Assets in our youth. Research shows that Developmental Assets are key building blocks in the lives of young people. We invite you to join us at our conference to experience the power of the 40 Developmental Assets Framework, particularly in the areas of prevention and drug and alcohol resistance skills.

WHO should attend?

Adults who work with youth in any capacity  
School groups (4 students + 1 adult sponsor) from any middle or high school in the 5 county area (Douglas, Dodge, Washington, Sarpy, Cass)  
Teachers, School Counselors, School Psychologists, School Administrators

WHEN and WHERE?

Tuesday, October 5, 2010  
Creighton University Harper Center  
8:00 a.m. registration. Keynote at 8:30 a.m. Conference ends at 2:00 p.m.

WHAT will we do?

Learn about the 40 Developmental Asset Framework and how it relates to prevention and drug and alcohol resistance skills.  
A variety of sessions for beginning to advanced asset builders.

How MUCH does it cost?

Adults pay \$20 which includes lunch and a year's membership in the GO HC/HY Coalition.  
You'll receive monthly newsletters and invitations to various events.  
Youth participate FREE of charge.  
Lunch included!  
CEUs available free of charge.

To register, complete the attached registration form and send it with your payment for adult participants to: Jenna Lichter

GO HCHY  
PO Box 390155  
Omaha, NE 68139

You can contact us with any questions at [greateromahahchy@gmail.com](mailto:greateromahahchy@gmail.com)

# GO HCHY Conference Registration Individual Registration



Name:

Agency / School/Organization:

Email:

Phone:

## GO HCHY Conference Registration Registration for School Youth Groups

List of students participating:

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Adult sponsor: \_\_\_\_\_ email: \_\_\_\_\_

If you would like to send more than 4 student please contact Jenna Lichter to see if additional space is available. Additional school adults should register by completing the individual registration at the top of this form.

Please forward your completed registration and payment (\$20 per adult participant) to: Jenna Lichter  
GO HCHY  
PO Box 390155  
Omaha, NE 68139

Direct questions to: [greateromahahchy@gmail.com](mailto:greateromahahchy@gmail.com)

**Heartland Family Service Sarpy Office  
302 American Parkway  
Papillion, NE 68046**

# **Developmental Assets: From Common Sense to Common Practice**

**Tuesday, September 28, 2010**

**10:30 to 11:30 am**

The Search Institute's 40 Developmental Assets are grounded in extensive research and provide a framework for incorporating the assets into everyday settings. This training will address the assets that are most strongly related to lower levels of Alcohol, Tobacco and Other Drug use, the nine principals of effective prevention programs, accumulation of assets, and explore concrete examples that participants can take away to infuse assets into their daily work and life.

**FREE Lunch will be  
provided**

To RSVP for this FREE training, contact:  
Sharon Weaver  
Partners for Meth Prevention at  
[sweaver@heartlandfamilyservice.org](mailto:sweaver@heartlandfamilyservice.org)  
(402) 552-7071

*This project is supported in part by Region 6 Behavioral Healthcare through the Substance Abuse Block Grant of the Department of Health and Human Services System.*

Please join us for this FREE training, featuring Dr. Kathy Ryan. Dr. Ryan has been trained by the Search Institute and has extensive experience in incorporating assets "From Common Sense To Common Practice."

# DID YOU KNOW!!



American Indians have served with distinction in United States military actions for over 200 years. During World War II, more than 44,000 American Indians, out of a total Native American population of less than 350,000, saw military service.

*We honor our veterans for their bravery and because by seeing death on the battlefield, they truly know the greatness of life. — Winnebago Elder*

A Chippewa Indian was furious when rejected because he had no teeth. "I don't want to bite 'em," he said, "I just want to shoot 'em!" Another Indian, rejected for being too fat to run, said that he had not come to run, but to fight.

Very little is known about the contributions of Native American women to the United States military. [The Women In Military Service For America Memorial Foundation](#) is attempting to fill this gap by encouraging Native American women veterans to register with the Memorial so that their stories may be recorded and preserved. They are also conducting research on the contributions of Native American women of earlier eras.

As of 1994, 1,509 Native American women and Native Alaskan women were serving in the military forces of the United States. Thousands more have served in the military over time



**World War I**  
CPL George Miner,  
Winnebago, 12th  
Infantry,  
in  
Niederahran,  
Germany, 1919

**HOOPS FOR LIFE**

