

Great Plain Tribal Chairmen's Health Board

Teca Kici Okijupi

Connecting With Our Youth



Native Teen Wellness

Online Resource

Guide

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Great Plains Tribal Chairmen’s Health Board

Hecel Oyate Kin Nipi Kte

“So That The People May Live”

Established in 1986, the Great Plains Tribal Chairmen’s Health Board (GPTCHB) is an organization representing the 18 tribal communities in the four-state region of South Dakota, North Dakota, Nebraska and Iowa.

Through public health practices and the formation of tribal partnerships, we work to improve the health of the American Indian peoples we serve by providing public health support and health care advocacy.

Serving as a liaison between the Great Plains Tribes and the various Health and Human Services divisions including the Great Plains Area Indian Health Service, GPTCHB works to reduce public health disparities and improve the health and wellness of the American Indian peoples who are members of the 18 Great Plains tribal nations and communities.

We achieve this by:

- Assisting with tribal participation in the consultation process with the Health and Human Services divisions including the Indian Health Service;
- Assisting the various Health and Human Services divisions with the distribution of health resources for tribal members;
- Advocating for tribal interests and needs at state, regional and national levels for health-related concerns and initiatives;
- Providing technical assistance to tribes in the development and improvement of tribal health programs;
- Representing GPTCHB and member tribes before the Congress of the United States at hearings and meetings regarding health issues for American Indian peoples; and
- Providing policy analysis and recommendations related to Indian Health Care concerns, to tribally appointed representatives designated to deliver advocacy and testimony to Congressional and Executive Branch leadership.

It is our vision that all tribal nations and communities in the Great Plains will reach optimum health and wellness through lasting partnerships with health organizations and embrace culturally significant values that are empowered by tribal sovereignty.

United under the GPTCHB umbrella, our tribal constituents are able to compete for population-based grants and resources that may not otherwise be available to them.

Connecting With Our Youth

Vision

To walk with American Indian youth in their journey in becoming sources of strength and spirit for their families, community and future.

Mission

Our mission is to provide Native youth with tools to thrive spiritually, emotionally, mentally and physically through culturally relevant support and programming.

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How To Use This Guide

Dear Youth and Families,

This guide was created as a guide for Native youth in the Rapid City area community and beyond to have a list of recommended online resources to be well at home while schools are closed. The links and recommended apps are teen specific and Native specific, including Lakota cultural resources. The types of resources are categorized into four areas of wellness: Mental, Physical, Emotional and Spiritual.

Some of the resources have a direct link to access the content by simply clicking the web address following the resource title and/or description. Other resources such as apps, need to be found in an app store that is available on smart phones, tablets, and even PCs.

The resources here are not extensive, but should be inspirations and starting points to explore more related resources and other forms of self-care.

Your Relatives,

Connecting With Our Youth
Great Plains Tribal Chairmen's Health Board

DISCLAIMER

Great Plains Tribal Chairmen's Health Board Connecting With Our Youth Program does not endorse or share views expressed in any of the content shared in this guide. GPTCHB does not claim responsibility for any actions taken by any of the content included in the resource guide. We have taken the best care to make sure the resources linked in this guide are teen friendly.

Mental Wellness

Lakota language

Rising Voices / Hóth̃añj̃pi - Revitalizing the Lakota Language

<https://youtu.be/Wr-jackHWCw>

Iktómi Wičhítegleğa Sinté Wañ Úŋ (Iktomi's Raccoon Hat)

<https://youtu.be/oz8-RXxOwwA>

Lakhótiya Wóglaka Po!

<https://youtu.be/BybZlp2EDoc>

Wayáwa Th̃añkíñj̃yañ

https://www.youtube.com/channel/UCufbDDhSbyAO9UtloaJv_ug/videos

Story Telling

The Star Boy and the Seven Sisters by Lakota Elder Duane Hollow Horn Bear

<https://www.youtube.com/watch?v=uBOervlM4ag>

Games

Words With Friends 2

<https://www.zynga.com/games/words-with-friends-2/>

Cardz Mania

<https://www.cardzmania.com/games/>

Yahtzee Party

<https://www.pogo.com/games/yahtzeeparty#game>

Monopoly

<https://www.pogo.com/games/monopolyclassic>

Virtual Travel

Google Earth

Travel the world or visit space!

<https://earth.google.com/web/@0,0,0a,22251752.77375655d,35y,0h,0t,or/data=CgQSAggB>

Explore

View Live cams everywhere! Watch puppies, ocean waves or even elephants in Africa! There are also recorded videos, and other media available.

<https://explore.org/livecams>

Native American Film and TV

FNX – First Nations Experience:

FNX is The first and only nationally broadcast television network in the U.S. exclusively devoted to Native American and World Indigenous content.

<https://fnx.org/>

Dream Keeper Part 1: <https://youtu.be/JVR3wqRWrgw>

Dream Keeper Part 2: <https://youtu.be/VQVvyfXLRPI>

Lakota Woman: <https://youtu.be/lrRsWAHOKU4>

Trudell Documentary: <https://youtu.be/dlcmTeCcbME>

Skins: <https://youtu.be/zMt-hvbXzQA>

Native American Music Artists

Terrance Jade - Rap

Rap in Lakota Language: <https://youtu.be/-f2UNNPzZp4>
https://www.youtube.com/channel/UCo7Sk9_dxlz3XOD5gzXTK5g

Tee Iron Cloud

<https://youtu.be/zlr83Zr7P7U>
<https://youtu.be/l6PMnHi8qy8>

Sons of Sans Arc - rock

<https://www.youtube.com/channel/UCJMAjwIVZf8zA8K1nI2JO6A>

The Wake Singers - rock

<https://soundcloud.com/thewakesingers>

A Tribe All Called Red – Dance/Electro Pow Wow

<https://www.youtube.com/user/aTribeCalledRed/playlists>

Frank Waln – hip-hop/rap

<https://www.youtube.com/user/NakeNulaWaun4/videos>

Supaman – hip-hop

<https://www.youtube.com/user/greasyface/videos>

Inez Jasper - pop

<https://www.youtube.com/channel/UCUfhy52EgMs3gOtGoyDBTLg>

Sihasin - punk

<https://www.youtube.com/channel/UC6snQXTXmHCWtoZbYQWyEpQ>

Tanya Tagaq -throat singing avant-garde

<https://www.youtube.com/channel/UCgILfFknLBXLYRhccEzFNcw>

Miracle Dolls - punk

<https://www.youtube.com/user/TheMiracleDolls/videos>

Raye Zaragoza - Indie

<https://www.youtube.com/user/musicraye/featured>

Make Music

Grammy Museum

Free music production classes

<https://grammymuseum.org/museum-at-home>

Chrome Music Lab

Experiment and learn music. Make your own songs.

<https://musiclab.chromeexperiments.com/Experiments>

Drum Pad Machine Beat Maker & Music Maker

Find in App Stores.

Soundation

100% free account. Create music using professional tools like virtual instruments, synthesizers and samples.

<https://soundation.com/>

Audio Tool

Free advance music production tools

<https://www.audiotool.com/>

Museums

Google Arts and Culture

Virtual Museum Tours Across the World

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html>

Zoos/Animals

Wolf Conservation Center

<https://nywolf.org/meet-our-wolves/webcams/>

San Diego Zoo

<https://animals.sandiegozoo.org/live-cams>

National Aquarium

<https://www.aqua.org/Experience/live>

Photography

365 Project

Start a photo journal and improve your photo taking skills.

<https://365project.org/>

Regalia Making

Learn Basic sewing skills by sewing a bag

<https://youtu.be/wJW2REebuD8>

Applique Designing

<https://www.youtube.com/watch?v=4Lbr7o2W-Aw&list=PLj4IsLVyAL8XUSStbXYQV4Z1aDtU7RNE3&index=2&t=1333s>

Putting applique designs to material

<https://www.youtube.com/watch?v=kzjvxZmuLq4&list=PLj4IsLVyAL8XUSStbXYQV4Z1aDtU7RNE3&index=2>

Sewing Applique

<https://www.youtube.com/watch?v=hpKpP1AG4wk&list=PLj4IsLVyAL8XUSStbXYQV4Z1aDtU7RNE3&index=3>

Leggings

Part1: https://youtu.be/tX_ZLc5Rhjo

Part 2 (beading): https://youtu.be/tX_ZLc5Rhjo

Baby Moccasins

<https://youtu.be/b3uXDDUQCDU>

Concho Belt

<https://youtu.be/7yJDjKHOeJU>

Bustle Back board

<https://youtu.be/we1y7-UU6AE>

Regalia Making (Continued)

Jingle Dress

How to Make a Ribbon Jingle Dress

Part 1: <https://www.youtube.com/watch?v=7wVoFDzL1lo&t=1224s>

Part 2: <https://www.youtube.com/watch?v=Y1f3H-3CVtQ>

Part 3: https://www.youtube.com/watch?v=rrXbA7QHb_

How to Make a Jingle Dress

Part 1: https://www.youtube.com/watch?v=vzIToTRol_w&t=31s

Part 2: https://www.youtube.com/watch?v=IDYRSam_57Q

How to Make a 2 Piece Jingle Dress

<https://www.youtube.com/watch?v=6exDoYrs3ml>

Fancy Shawl

How To Make A Fancy Dance Shawl

<https://classroom.synonym.com/how-to-make-a-fancy-dance-shawl-12084086.html>

Women's Traditional

Trade Cloth T-Dress – Featuring Tara Houska from Rapid City

Part 1: <https://youtu.be/DK64MV-KYtI>

Part 2: <https://youtu.be/j5dHPmU6m6Y>

Men's Traditional

Bustle

<https://youtu.be/pM9IrcvoP8s>

Roach Spinners

<https://youtu.be/J9772CyrKbY>

Regalia Making (Continued)

Men's Fancy

Fancy War Bustle making tutorial

https://www.youtube.com/watch?v=rsDnt_4BVJE

Boys Fancy Dance Apron

Part 1: <https://youtu.be/kamBg4wY8Lg>

Part 2: <https://youtu.be/yexFniO36wY>

Whip Sticks

<https://youtu.be/MGAnEG8gGDw>

Ribbon Skirts

Simple Ribbon Skirt Tutorial: Start to Finish

<https://www.youtube.com/watch?v=R-f52ksSJM>

Beadwork

Beadwork Basics

<https://prairieedge.com/tribe-scribe/beading-how-to-beadwork-basics/>

Different Types of Beads, Different Styles of Beadwork

<https://prairieedge.com/tribe-scribe/beading-how-to-types-of-beads-different-styles-of-beadwork/>

Know the Beads

<https://prairieedge.com/tribe-scribe/lakota-beadwork-artist-kevin-fast-horse-know-beads/>

How to Lazy Stitch

<https://prairieedge.com/tribe-scribe/beading-how-to-lazy-stitch/>

Beading for Beginners. 2 Needle Flat Stitch

<https://www.youtube.com/watch?v=oQz-p2yzs74>

Beading a Phone Case

https://www.youtube.com/watch?v=OFFq3NPv_eQ

Physical Wellness

Health

We R Native

For Native Youth, by Native Youth. Comprehensive and fun Native Youth Health Resources made be fellow Native youth.

<https://www.wernative.org/>

Native Youth Sexual Health Network

The Native Youth Sexual Health Network (NYSHN) is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada.

<http://nativeyouthsexualhealth.com/>

Young Women's Health

<https://youngwomenshealth.org/>

Young Men's Health

<https://youngmenshealthsite.org>

Substance Use

National Institute on Drug Abuse For Teens

Games that explore what happens to the brain and body when drugs are used.

<https://teens.drugabuse.gov/teens/games>

Exercise

Pow Wow SWEAT

These are workout videos where you also learn pow wow dance moves.

Pow Wow Sweat Exercise Videos Playlist:

<https://www.youtube.com/playlist?list=PL6bNa81aVS4S3dl7lii2QSKoBShDRUS8P>

Cooking

Lakota Traditional Foods Recipes

<https://delishably.com/world-cuisine/lakota-traditional-foods>

Emotional Wellness

Laugh

1491s Native Humor videos

https://www.youtube.com/playlist?list=PLuOi6O6K1tGiW9_CrCEa2WNBelfpMzyb

The Native Boys

<https://www.youtube.com/channel/UCfXr6Zl6lLRGk8pY03Xbv4g/videos>

Tanya Jo Hall

<https://www.youtube.com/user/toniajohall/videos>

Phone Apps

Search for these in your smart phone's app store.

Sanvello

Sanvello is a digital care app that offers mood tracking, self-assessment test, coping tools, and a peer support network. The service is offering free premium access for as long as COVID-19 remains a national emergency.

Calm

A meditation and relaxation aid. Listen to calming sounds, participate in guided meditations and breathe.

Youper

Emotional Health assistant power by AI.

PTSD Coach

This app is targeted to help individuals suffering from PTSD, as well as those simply interested in learning more about this disorder.

My3

With MY3, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.

SAM: Self Help Anxiety Management

This app helps people manage their anxiety with 25 self-help options to utilize.

Phone Apps (Continued)

Boost Me!

When feeling down or stressed, people tend to lose motivation for doing rewarding things. Boost Me is here to help reverse that trend! Notice a drop in your mood? Boost Me can provide positive activities that have worked for you in the past or give you suggestions, based on how you're feeling. Notice an improvement in your mood? Log what you did in Boost Me to have a reminder in the future of something that made you feel good.

My Mantra

Mantras are phrases we repeat to ourselves that highlight our strengths and values, and can motivate us to do and feel good. A mantra helps you become your best possible self and My Mantra is designed to help you get there. In My Mantra you'll create these motivating mantras and construct virtual photo albums to serve as encouragement and reminders of these mantras in your life.

Aspire

What do you want your life to be about? What do you aspire to? Use Aspire to identify the values that guide your life and the actions (or "paths") that you do to live that value. Aspire will help you keep track of those actions throughout the day and support you in living a more purpose-driven and satisfying life.

iCope

Sometimes we all need a helping hand, an encouraging word, or a motivational push to get us through tough spots or challenging situations. Use iCope to send yourself inspirational messages and reassuring statements written in your own words to help you when you need it most. With iCope, you've got this!

Websites

Depression and Bipolar Support Alliance

Information for teens on depression and bipolar mood disorders. Includes self-assessment, information, coping strategies and podcasts
<https://www.dbsalliance.org/support/for-friends-family/for-teens/>

OK2TALK

OK2TALK is a community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.
<https://ok2talk.org/>

Mindfulness For Teens

<http://mindfulnessforteens.com/>

Spiritual Health

Wisdom Keepers

Documentary featuring Lakota Elders speaking about Lakota ceremonies

<https://youtu.be/UnZEm6tEDko>

Lakota Star Knowledge Presentation by Craig Howe

<https://youtu.be/TEyJraivn8M>

White Buffalo Calf Woman Prophecy

<https://youtu.be/PHqVdZmpRgl>

The Lakota Elders Project: The Journey of Generations

<https://youtu.be/ov2tg6uP3ds>

The Sacredness of Water, Lakota Elder Duane Hollow Horn Bear

<https://youtu.be/J-rBtH3rPMU>

Lakota Time by Elder Duane Hollow Horn Bear

<https://youtu.be/-q5StYtISD8>



Wocekiye Olowan

These songs can be sung when in prayer.

Disclaimer: These songs were not written by Kellyn James. These songs were gifted to the Oyate (nation) from different individuals and medicine people over the years. The translations of the Lakota and English words are based on Kellyn James' understanding of the Lakota language and translations. The voice recordings are from Kellyn James.

Tokahe Olowan

Wakan Tanka tokaheya cewakiye	Great Spirit I send a sincere voice first
Wakan Tanka tokaheya cewakiye	Great Spirit I send a sincere voice first
Mitakuye ob wani kta	I will live with my relatives
cha tokaheya cewakiye yo	so I send a sincere voice first

Song link:

[Tokahe Olowan](#)

Wasagmaya Olowan

Tunkasila was'agmaya yo	Grandfather, strengthen me
Tunkasila was'agmaya yo	Grandfather, strengthen me
Tunkasila anpetu kin le was'agmaya yo	Grandfather, on this day, strengthen me

Song link:

[Wasagmaya
Olowan](#)

Wocekiye Olowan 1

Wakan Tanka unsimala yo	Great Spirit, have compassion on me
Omakiya yo, Omakiya yo	Help me, help me
Taku Wakan omakiya yo	Creator, help me,
Unsimala yo, omakiya yo	I am humble, help me.

Song link:

[Wocekiye Olowan](#)

1

Wocekiye Olowan (Continued)

Wocekiye Olowan 2

Wakan Tanka unsimala ye Great Spirit have compassion on me
Unsimala ye Makakije ye I am humble, I am suffering
Taku Wakan unsimala ye Great Spirit have compassion on me
Unsimala ye Makakije ye I am humble, I am suffering
(Female gendered ending – for males, switch to the ye to yo)

Song link:
[Wocekiye Olowan 2](#)

Wocekiye Olowan 3

Wakan Tanka unsimala yo Great Spirit have compassion on me
Canupa wan yuha hoye waye lo With this pipe, I send my prayer
Mitakuye ob wani wacin yelo I want to live with my relatives

Song link:
[Wocekiye Olowan -3](#)

Ahitunwan Olowan

Ahitunwan yo Look towards here,
ahitunwan yo look towards here,
ahitunwan yo look towards here
Tunkasila Wakan Tanka ahitunwan Grandfather, Creator, look towards
yo here
Canupa wan wakan can yuha hoye waye lo With a sacred pipe, I send a sincere
voice to you
Ahitunwan yo Look towards here
Tunkasila wakan tanka ahitunwan Grandfather, Creator, look towards
yo here

Song link:
[Ahitunwan Olowan](#)

Wocekiye Olowan (Continued)

Ate Wakan Tanka

Song link:

Ate Wakan Tanka omakiya yo Father, Great Spirit, help me
Wani wacin yelo I want to live
Wani wacin yelo I want to live
Ate wakan tanka omakiya yo Father, Great Spirit, help me

[Ate Wakan Tanka](#)

Unsila ceciciyelo Have compassion on me, I pray to you
Wani wacin yelo I want to live
Wani wacin yelo I want to live
Ate wakan tanka omakiya yo Father, Great Spirit, help me

Kola le miye

Kola le miye lo My friend, it is i
Kola le miye lo My friend, it is i
Hoye waye kta ca I am sending a prayer
Namayahun welo So hear me
Wakan tanka isnala niwakan yelo Creator, you alone, you are sacred

Song link:

[Kola le miye](#)

Tunkasila hoye ciciyelo

Tunkasila hoye ciciye lo Grandfather, I send my voice, I pray to
Tunkasila iyotiyewakiyelo you
makakize yo Grandfather, I am struggling
Tunkasila omakiya yo I am suffering
Grandfather, help me
Tunkasila le miye lo Grandfather, it is i
Canunpa wan yuha wau welo I come with a pipe
Namichun wo Hear from me
Tunkasila omakiya yo Grandfather, help me

Song link:

[Tunkasila hoye
ciciyelo](#)