

**Families receive Certificates of Completion for the Takoja Niwiciyape (Giving Life to the Grandchildren) program on July 1, 2009**



The Standing Rock Youth Wellness/Suicide Program along with the Oniyapi Mentoring Program provided a 14 week program from April 8, 2009 to July 1, 2009, titled “Takoja Niwiciyape” (Giving Life to the Grandchildren), a “Lakota/Dakota Family Way of Life” alcohol/drug/suicide prevention program, we are proud and honored to have 4 families receive certificates of completion on July 1, 2009. The Takoja Niwiciyape (Giving Life to the Grandchildren) program was designed to provide youth, parents and extended family with skills, tools, and resources to prevent alcohol/drug abuse and suicide. These skills and resources included learning and applying Lakota/Dakota values, understanding cultural/tribal history, exploring the meaning of Wicozani-a good way of life- and gaining an appreciation for the strengths and resources available from family (immediate and extended) and community “relatives”. The youth and their parents/grandparents learned about appropriate forms of help seeking skills, dealing with anger and discrimination, forgiveness, problem solving, positive friendships, and refusal skills. Each weekly topic was based on one of the Lakota/Dakota values. Each family participating in the program was required to complete all 14 sessions. The program was held every Wednesday evening at the Boys & Girls Club Teen Center in McLaughlin. This was the 1<sup>st</sup> Cohort and we will be starting our 2<sup>nd</sup> cohort in late August or early September 2009. For more information you may contact Arleata Ironshield at the Standing Rock Youth Wellness/Suicide Prevention Program at (701) 854-7143