I BE POWERFUL
Monthly Newsletter

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07.08

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09-10

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COMMUNITY CARE

JUNE EVENTS
THE 1ST ANNUAL UTAH NAVAJO FILM FESTIVAL

by Sahar Khadjenoury

Throughout 2020, both community members and IBP interns were invited to participate in hands-on filmmaking workshops. The first series of instructional workshops were given in Montezuma Creek at the IBP Office, followed by a tour that covered Navajo Mountain, Monument Valley, and White Mesa with Sahar Khadjenoury and Pete Sands. These introductory courses were the foundations of the films submitted to the 1st Annual Reel Iina Film Festival. In addition to the local teens and young adult first-time filmmakers, fellow filmmaker and instructor Angelo Baca contributed films from a group of Indigenous, aspiring filmmakers ranging in age from 10-16 years old from the state of Washington.

The festival showcased a total of 19 films during the outdoor screening. This is an annual event and projected to grow for 2022.

THE FILMMAKER'S JOURNEY TO THE REEL IINA FILM FESTIVAL

by Kami, 18

On a windy Thursday evening, IBP held its first drive-through film festival. There was a series of films performed and directed by many talented Indigenous filmmakers. The different genres of films consisted of PSAs, comedies, documentaries, and experimental.

Despite the wind and rain, the film festival was a success and the guests seemed to enjoy the films by the amounts of laughter and smiles each guest provided.

“Despite the wind and rain, the film festival was a success.”

The filmmaking process according to Kami Atcitty is “interesting and awakening.” To create her film Kami used Adobe Premiere Rush which is a video editing application that allows users to be creative. Her film “Kami yinishyé,” focused on the mutual reciprocity between the land and the Navajo people. Kami created this film for her dance class at Bowdoin College which then in turn was used for the IBP film festival.

Kami believes that her film fits in perfectly with the message of IBP and what the program advocates and stands for.
WRAPPING UP COMMUNITY CARE DRIVE THRUS WITH A BABY DAY

by Mia, 19

The Utah Navajo Covid-19 Relief Program hosted an event for babies who are in need of diapers, wipes, and baby supplies. The Baby Day Drive-Thru takes place in front of the Montezuma Creek Clinic on Wednesday afternoon on June 9th 2021. The day was extremely hot and a bit humid so the interns and IBP facilities stayed hydrated through the event.

Diapers, pull-ups, baby wipes, formula, bath supplies, and toys were given to babies and to toddlers at the event. At the drive-thru, team members were given specific tasks on what to give to community members. These tasks include setting up tables, cones, while also arranging the baby supplies by size and type. The Baby Day Drive-Thru is organized and supplied through multiple organizations including, We Are Navajo, Utah Navajo COVID Relief Program, IBP, UNHS, and SLC Air Protectors.

The “Baby Day” was the finale of a year-long effort to keep families of infants and toddlers at home to flatten the curve. Ideally, by supplying families in need with basics like diapers and formula, fewer trips to public spaces like stores would be necessary and reducing the risk of COVID-19 exposure. Although the pandemic is still a risk to the community, habits, and efforts to practice things like safe distancing, masks, and frequent hand washing have taken precedence.

Community Care has proven a benefit to both those who receive these care packages and to the volunteers who distribute them as well. Sharing and healing together as a community will be something positive to take away from a scary year of isolation.

UPCOMING COMMUNITY YOUTH CREATIVE KIT DRIVE THRU

by Vincent, 22

IBP will be distributing “Creative Kits” for community members from ages k-12 to the Montezuma Creek area, as they have already been distributed in Navajo Mountain, White Mesa, and Monument Valley. These kits will offer a wide variety of creative opportunities for children to explore. By encouraging children to explore new parts of their identity the kits will help with the process of self-expression and growth. It’s no secret that exposing one to creativity and the arts will have a positive impact on one’s development.

The art supplies were collected by two Navajo sisters, Izzy, 14, and Alyssa, 13 over a two-month span. The sisters wanted to create a creative outlet for Utah Navajo youth during the pandemic. They set up a collection booth and with the cooperation of the Salt Lake City community, they were able to collect one moving truck full of supplies in addition to monetary donations. With the money raised they purchased reusable supply boxes and assembled hundreds of creative kits. With the help of their teen volunteers, mother and aunt, they delivered the supplies from Salt Lake to Montezuma Creek.

Inside each Creative Kit there is a wide range of supplies including, notebooks, rulers, and writing materials. Every volunteer in the IBP Program will be responsible for helping and organizing the drive-thru to help the distribution process go by smoothly. With the help of We Are Navajo and the Iina Bihoo’aah Program, Utah Navajo Health System and the Navajo-Hopi Families Relief, the distribution would not have been made possible.
A TAIL OF FRIENDSHIP AND SUPPORT

by Tiana, 19

Recently, one of our interns has begun the process of getting an emotional support animal. An emotional support animal is a type of animal that provides comfort to help relieve a symptom or effect of a person’s disability. Depending on the person’s disability it could be related to mental or physical health. Under U.S. law, an emotional support animal is declared not a pet. An emotional support animal is different compared to a service animal.

A service animal is trained to help people with disabilities, for example such as visual impairments, mental illnesses, seizures, diabetes, etc. As for an ESA, they provide their owners with therapeutic benefits through love and companionship. As for the process, you will need to register your animal online or through a professional clinic. As for housing standards, you will need to ask your landlord or apartment office about any paperwork that needs to be filled out and processed before bringing your pet. Getting a pet could help you through the hardest times and they are bound to be your furry friend for life.

PHYSICAL FITNESS AND SELF CARE

by IBP Staff

Team Sports Improve Kids’ Mental Health. According to a recent study by the Cleveland Clinic: “engaging in team sports can actually help kids ward off depression. The study looked at data on 9,668 children. Researchers found children who were exposed to adverse childhood experiences reported better mental health as adults, if they had participated in team sports as children.” Cleveland Clinic (Aug 12, 2019).

Basketball drill instructor and youth motivational speak, Nick Moore returned to White Mesa to offer athletic drills and basketball camp for youth ranging from kindergarten to high school seniors. This event was well-received at the White Mesa Recreation Center during this booked out event. Studies show that physical fitness and exercise is key to balancing positive mental health.

Full article at: https://newsroom.clevelandclinic.org/2019/08/12/research-team-sports-improve-kids-mental-health/
JUNE IS PRIDE MONTH, AND THE 2 SPIRIT MOVEMENT

by Shania, 21

June is Pride Month! There are many differences in how Indigenous communities/tribes saw or responded to gender diversity. Stories are passed down of individuals who had personal standing because they were LGBTQ or identified as Two Spirit. In other tribes, LGBTQ people had no special status and were ridiculed.

“Two-Spirit derives from niizh manidoowag (two spirits)”

Whereas, in other tribes, they were accepted and lived as equals in day-to-day life.

The term Two-Spirit derives from niizh manidoowag (two spirits) in the Anishinaabe (also known as Ojibwe) language, it refers to individuals who identify as lesbian, gay, bisexual, queer, transgender, transsexual, or gender-fluid.

The Diné people believed they were revered as holy beings. In our creation story, there is a time when the separation of sexes occurred. From that time, transgendered were referred to as naa’dleeh (men) and dílbah (women). And in that creation story, they saved the people. This has been documented and recognized throughout indigenous communities in North and South America.

#PRIDEMONTH

IBP IN THE NEWS

Coverage of the Reel Iina Film Festival released 06.21.21 in the Navajo Times makes the "Top Stories" section. "...The uplifting program advocates behavioral health and wellness among community members, especially the youth. Nineteen filmmakers ranging in age from 10 to 24 created the short films."

link: https://navajotimes.com/ae/arts/young-filmmakers-showcased-at-the-reel-iina-film-festival/
LETTER FROM THE IBP DIRECTOR

by Kolenya Holly

Hello my name is Kolenya Dempsey and I am the Director of the Heathly Transitions Iina Bihoo’aah Program for UNHS Behavioral Health. I’m so excited to launch our IBePowerful’s first newsletter which was composed by our youth coordinator and from the youth voice of our youth and young adults here from our local communities in along the Utah portion of the Navajo Nation and White Mesa community. We hope to showcase projects led by our youth and young adults and to announce upcoming events. We also like to highlight mental health and healthy transitions topics to help break the stigma. We also welcome you all to follow our social media pages for more announcements. Thank you, ahe’hee and I hope you are all just as excited as our IBP staff to continue into the year 2021 in a positive way. Ahe’hee.