

2009 FALCON Conference
“Strengthening Wellness Programs at 1994 Land Grant Institutions”
USDA Cooperative State Research, Education and Extension Service (CSREES)
Waterfront Centre, Washington DC

“Building an Indigenous Model of Community Wellness”

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- How to plan and develop community health/wellness programs using Indigenous planning models
- Use “create your own journey” transformational game to model how community programs can be fun, educational and effective
- Use appreciative strategies to gain insights, address needs and develop a strategy for action and successful results

- 9:30 Opening Prayer
Welcome & Introduction of participants-Name game/experiential activity
- 10:00 Introduction to the Directional Guidance Model for future action in wellness
- 10:20 Experiential group activity (three teams of 20 each)
Introduction of Indigenous based transformative game and use to think about and plan wellness programming
- 10:30 Transformative game with Directional Guidance Model
Each participant documents own responses on post-it cards for later response
- 11:20 End game. Hand out questions to use with individual responses
- 11:25 Break into three groups: and use Appreciative Inquiry based activities and process to discuss experiences and respond to questions: 4 D questions
- 12:30 Reconvene into large group and report out from sessions
- 12:45 **Destiny (Results “what action will you take to implement”)**
What commitments/contributions will be required to maintain your well-being and the well-being of your community?
- What are the best ways to share these teachings?
 - What do communities need to know about health and wellness?
 - What recommendations do you have about combining the critical teachings/lessons about being healthy with science-based information?
- 1:15 Closing activity: movement exercise-Honor song for all participants
- 1:30 Adjourn & Lunch break

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Using an Indigenous Directional Guidance Model and Appreciative Inquiry questions to process and plan for future action in wellness programming

Directions for group activity:

1. Break into and circle up into three groups of 20 each (same groups as at morning session)
2. Refer to your post-it notes from morning session
3. Designate note taker/reporter
4. Report out to larger group after break-out

Appreciative Focus and Questions:

What has been a core value guiding your life to sustain your health and well-being?

Discovery (Appreciate “best of what is”) Sam

What teachings, lifeways and guidance given to us by the creator and ancestors have sustained the health (body, mind and spirit) and well-being of our Native American people?

Dream (Imagine “what might be”) Lea

What is your vision for healthier Native American communities?

Design (Determine “what should be”) Hayes

What do we need to do to realize this vision of healthier Native American communities?

Return to larger group for reporting out and to process last question (Destiny)

Destiny (Results “what action will you take to implement”) Hayes

What commitments/contributions will be required to maintain your well-being and the well-being of your community?

- What are the best ways to share these teachings?
- What do communities need to know about health and wellness?
- What recommendations do you have about combining the critical teachings/lessons about being healthy with science-based information?

Thank You!