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Welcome

Reframing Negative Thoughts

Life Skills

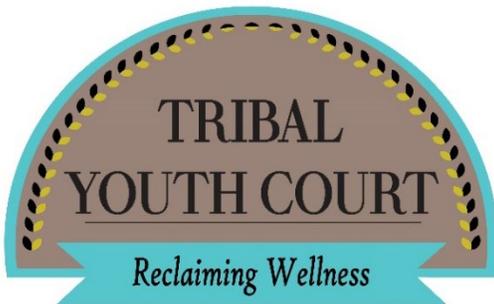
Monthly Features



The Tribal Youth Court is a division of the Intertribal Court of Southern California

Tribal Youth Court Periodical

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Our Mission

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Tribal Youth Court, TYC, aims to cultivate wellness-based responses to low status offenses. The TYC centers on educating tribal youth about tribal restorative justice practices and empowers them to engage in these practices in service of their communities.

Hello Readers,

And just like that...summer is nearly over! Symbolically, the end of summer can signify the end of fun for many people. As we start to prepare for cooler and shorter days, and begin to plan for the return to school, it is easy to feel overwhelmed and stressed at times, but there is a remedy! Check out our tip below to help beat the end-of-summer blues!

We all know that feeling of dread as summer vacation, or any extended vacation, comes to an end. Post-vacation blues is real and it can affect us all in different ways. How can we beat the blues and enjoy our last few days of summer, while also embracing the upcoming changes? Reframing our negative thoughts is one way to uplift your spirits. Cognitive reframing is the idea of taking our negative thoughts and reframing, or shifting, them into positive ones. This may sound complicated, but it can be simple, therapeutic and beneficial any time the negative thoughts start to feel overwhelming. When using the practice of reframing to help manage the stress of summer ending, try thinking about all of the exciting and

fun things you love about fall. Focus on the anticipation of seeing new and old friends at school, fall sports and activities, cooler weather, and for those of us that love it, pumpkin spice flavored everything!! Instead of concentrating on the end of warm weather and hanging by the pool, shift your focus on cool autumn nights, s'mores by the fire and soft, cozy blankets. This technique of reframing can be applied to many situation when you are feeling down. It is an effective tool to help bring your attention to the positive, and appreciate all the good things life has to offer, even when they may seem small and insignificant. Looking forward to the good stuff helps us to keep moving ahead! What are you most excited about with the arrival of fall?

"Give thanks to unknown blessings already on their way."

- Unknown

Monthly Round Up: August 2022

Here's what to look for in August:

August 7th: National Sister

Day: If you are lucky enough to have a sister, through blood or bond, take this day to celebrate and appreciate her. Let her know how grateful you are that the two of you have each other. Sisters come in all shapes and forms and this is the day to honor them all!

August 9th: International Day of the World's Indigenous

People: August 9th, 1995 marked the first day of commemoration that pays tribute to all of the Indigenous communities across the world. This day is designated to honor the many unique traditions, cultures and distinctive qualities of each indigenous



Coordinator's Corner

Navajo Mountain Native,

Eli Neztosie, was the only native runner to attempt the Badwater 135 in July. "The world's toughest foot race," Badwater 135, is a 135 mile ultramarathon from Death Valley to Mt. Whitney, California, with temperatures up to 120°F. Eli was one of only one hundred runners, representing over 23 countries, to qualify for the race. Eli grew up in a very, "old-fashioned Native American ranching lifestyle." He says running was something he did every day while growing up on the reservation. It was the only way to get from one point to another. Today, Eli says ranching is his form of cross-training, and he runs whenever he can. He states this lifestyle has prepared him well for an event like Badwater. On race day, Eli started off strong, but began to cramp up and had to stop just before reaching the 50 mile mark. Beyond his love of running, Eli knows land acknowledgment and exploitation are significant issues. For him, running isn't just a sport, but a way of life. It holds a deep meaning for him, coming from the Navajo culture where running is fundamental. Eli plans to attempt the Badwater 135 again in the future.

August 19th: World Humanitarian

Day: This day marks the time to recognize and honor all of the humanitarian aid workers who have dedicated their time to provide life- saving assistance to people affected by global crisis. Anyone can be a humanitarian! The world needs our compassion and skills to make the difference. Start in your community today!

August 26th: Women's

Equality Day: Beginning in 1971, this day falls on the anniversary of the ratification of the 19th Amendment which granted women the right to vote. We remember and honor the brave and determined women that fought for the equalities and liberties women have today because of them!



August 26th:

Natinal Dog Day: Do we really need a designated day to honor our furry friends more than we already do? Why, yes, we do! If you are a dog person, you may not need reminders of the important role that dogs have in our lives, but if they can get a few extra treats and snuggles on their special day, I'm sure you won't see them complaining!

Month of August: Happiness

Happens Month: This month is dedicated to finding the things in life that make us happy. Happiness is contagious! Go out and spread your joy all month long! 😊

Current Events>>>

Law in the News



★ In August, WNBA player, Brittney Griner, was sentenced to 9 years in Russian prison on possession and smuggling charges. She has been in Russian custody since her arrest back in February for possession of cannibis, found in her luggage at a Russian airport. During her July trial, Griner sent a letter to The White house appealing for her freedom. The Biden administration has offered their support, and claimed they will, "pursue every avenue," to bring Griner back to the United States.

★ This fall, the U.S. Supreme Court will hear the case of Brakeen V. Haaland. The result could overturn the 43-year-old federal Indian Child Welfare Act (ICWA). ICWA prioritizes placing Native children who are up for adoption with Native families. In Brakeen V. Haaland, the plaintiffs, non-Natives, Chad and Jennifer Brakeen, assert that ICWA is unconstitutional and discriminates against non-Native families, preventing them from adopting Native children. The matter arose after the Brakeens were challenged by the Navajo tribe in their efforts to adopt a Native child who had been in their care. Since ICWA passed in 1978, a federal court has never found ICWA unconstitutional and has given tribal governments primary jurisdiction over the removal of American Indian children in foster care and adoption cases, as well as their placement into appropriate homes. Many worry that the decision of this pending case might adversely impact tribal sovereignty.

Tribal Youth Court: Life Skills

Teaching life skills to our youth is an essential and critical element of a well-rounded and comprehensive education.

If you take a closer look at our Tribal Youth Court program, you will see that each participant receives a wellness plan that is designed to meet the needs of each participant, as well as encompass all of the things required to graduate from the program. There are three main components of every wellness plan, and these are community service, participation in cultural activities and life skills assignments.

What are life skills and why have we incorporated them into our youth court model? Life skills, also referred to as “soft skills,” can be defined as the skills, or abilities, that allow us to effectively deal with and be successful in various areas of life. A life skill can be as simple as keeping an organized workspace, but also as complex as understanding how to self-regulate in a stressful situation. Some life skills may come more naturally to us than others. This can be especially true if we consider all of the

different types of circumstances and homes in which people grow up in. Life skills need to be taught and put into practice, so that they are accessible when we need them. Tribal Youth Court recognizes the importance of teaching life skills to our youth and that is why they are incorporated into each wellness plan. The life skills lessons and tasks assigned in Tribal Youth Court are skills that can be applied at home, school, the workplace and hopefully anywhere outside these locations. Some life skill lessons that we may assign are how to manage family stress, taking accountability, conflict resolution, and having empathy. Participants will also receive assignments that will benefit them in their home lives, such as making a family dinners, doing laundry, or developing a healthy sleep routine. Our life skills tasks are specifically assigned to help our participants attain their best selves, armed with knowledge that can be carried forever, no matter where life takes them. Having a solid foundation of life skills, will help to build upon and increase the repertoire needed to be successful in life, as each skill we learn will support and overlap with the next. Developing life skills is a fluid and ever working process. We must start early and always keep building!



Ask the court >>>

Q: Will participants have legal representation?

A: There are no lawyers or legal representatives defending the participants.

Tribal Youth Court operates as a sentencing court only. The hearing is not held to decide whether or not the defendant is guilty or innocent. In fact, it is presumed upon entering the program, that the participant did commit the act that brought them in, and the Tribal Youth Court will assist participants in making amends for his or her actions. There will be an advocate present at the hearing to sit with each participant to answer any questions or explain any part of the process. However, the participants are not on “trial,” and we do not want them to feel as if they are.



Intertribal Court of Southern California

The Tribal Youth Court is a division of the Intertribal Court of Southern California (ICSC). Please refer to this section to find current news and updates about the court.

About the Court...

The ICSC serves as a consortium of tribes from across Southern California. ICSC currently serves the thirteen of its member tribes hearing cases on public safety issues, tort claims, family law, conservatorships and more. Below, we highlight the one of our member tribes.

Guidville Band of Pomo Indians

The Guidville Band of Pomo Indians is a tribe of the Pomo Indians of northern California, federally recognized in 1991.

The name Pomo is derived from the merging of two Pomo words, meaning, “those who live at the red earth hole.” This may be in reference to the red mineral manesite, or to the red earth clay found in the area. The Guidville band had its original settlers in Mendocino and Sonoma counties. The tribe currently has 122 members and their Tribal Council is responsible for all governmental duties.

Please visit www.intertribalcourt.org to learn more court and its member tribes.

Final thoughts...

Fun Law Fact: **Ice cream sundaes are the direct result of Blue Laws, which are religious laws in the US that restrict activities that may be considered “sinful.” In the state of Ohio, it was illegal to buy ice cream on Sundays, due to Blue Laws, so ice cream vendors started to add fruit and other healthy toppings to make for a more nutritious snack, allowing ice cream to be enjoyed any time!**

Court Comedy: **A woman sued a hotel for losing her luggage...**

- ...unfortunately, she lost the case!

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To submit a question for the “Q & A” section to be answered in an upcoming issue, please submit to the TYC Court Coordinator.
Contact information below.



coming soon >>>

In our August Issue

TYC and ICSC Updates

ICSC Fall Plans

September News

Monthly Newsletter Features

If you'd like more information on our Tribal Youth Court, please contact us at TribalYouthCourt@intertribalcourt.org or call (760) 751-4142 ext. 105