



NATIONAL COUNCIL of  
URBAN INDIAN HEALTH

COMMUNITY OF LEARNING

## STRENGTHENING WELLNESS IN INDIGENOUS COMMUNITIES USING THE MEDICINE WHEEL

Utilizing Culture in Grant  
Writing and Programming

Sept. 28 | 2-3 p.m. EDT



[ncuih.org/events](https://ncuih.org/events)





# NCUIH

NATIONAL COUNCIL of URBAN INDIAN HEALTH

The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCIA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality health care centers.



# Disclaimer

**This event is made possible by the Indian Health Services**

**Award** H723IHS0006-03-00

**FAIN #** H723IHS0006

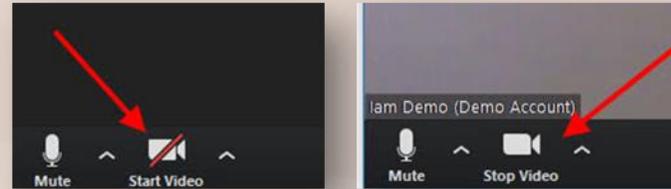
**Federal Award Date:** 12/01/2022

This event is solely the responsibility of the National Council of Urban Indian Health and does not necessarily represent the views of Indian Health services or the Department of Health and Human Services.

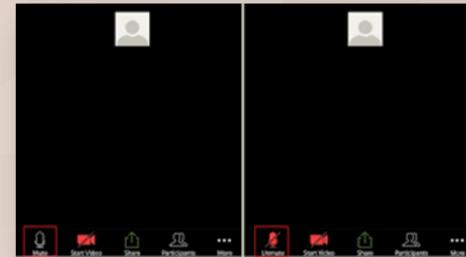


# Housekeeping

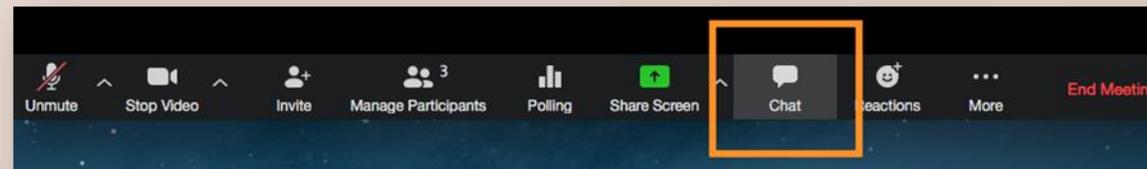
- Please, Turn on Video



- Please Mute Your Microphone When Not Speaking



- Please Enter Your Name and Organization in the Chat Box





# Audio and Visual Recording

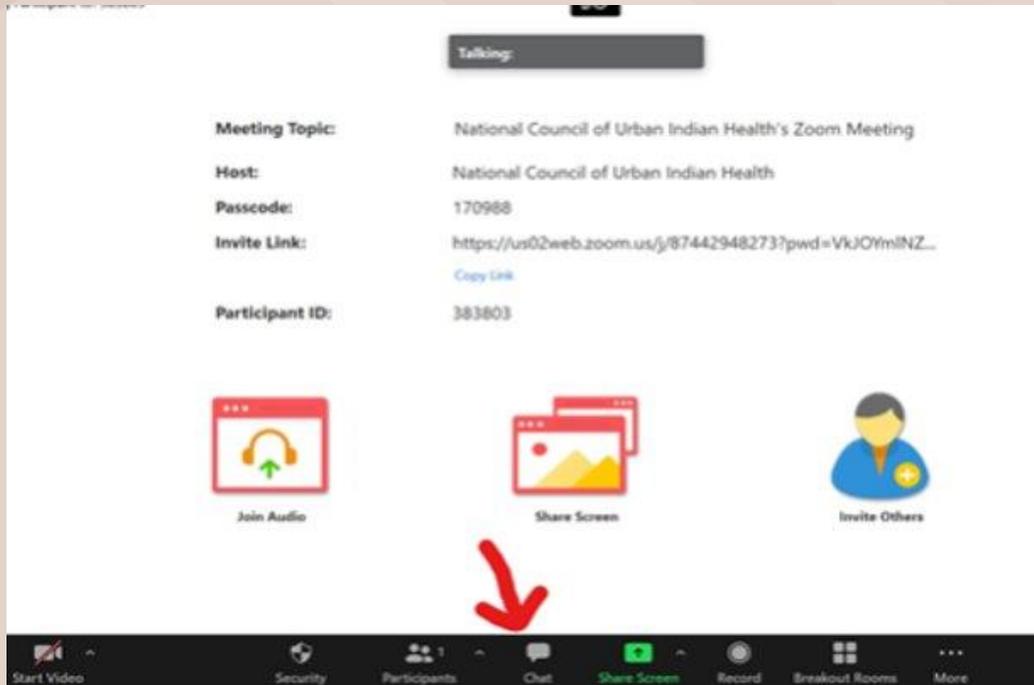
Please note that this session will be recorded for educational and quality improvement purposes.



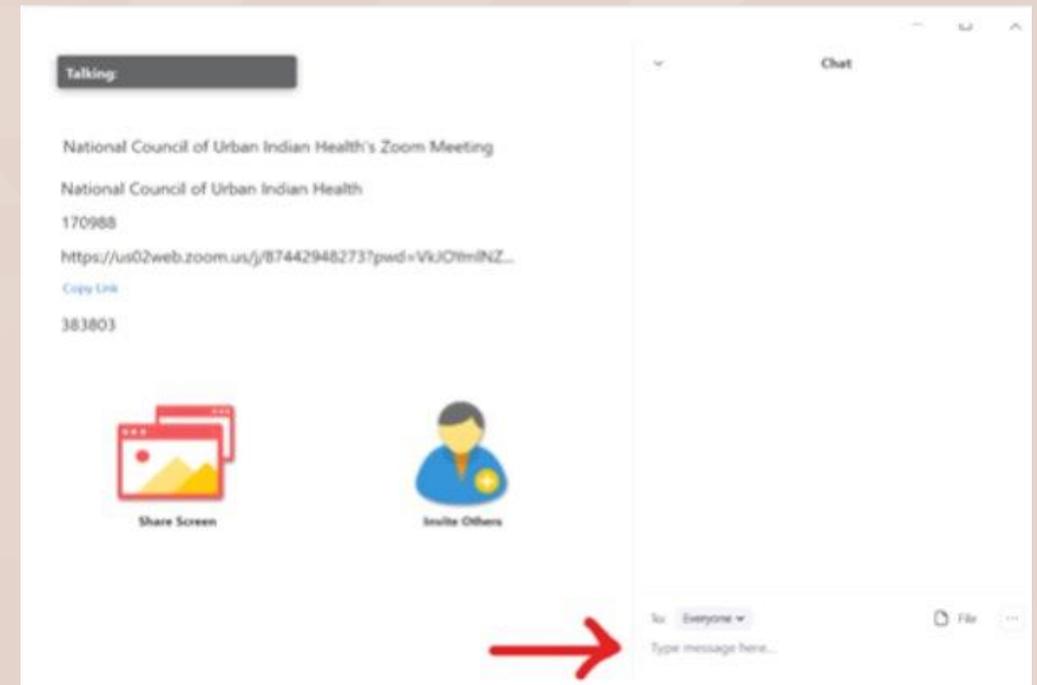


# ASK A QUESTION OR COMMENT

First, select “Chat” at the bottom of your ZOOM screen



Then type your question or comment into the chat box that will appear on the right



# Utilizing Culture in Grant Writing and Programming

**Shane Lopez-Johnston (Tolowa Dee-ni' Nation)**

**The Native American Rehabilitation Association of the Northwest Inc.  
(NARA NW)**

**Director of Prevention and Special Projects**



# Agenda



- Gain basic understanding of the Indigenous medicine wheel
- Gain basic understanding of strategies in writing grants as an Urban Indian Organization
- Gain basic understanding of strategic planning to establish scope and goals for grant funding
- Learn best practices and tools for grant reporting, data tracking/evaluation, and grant budgeting
- Gain basic understanding of utilizing the Community Advisory/Elder Culture Keeper approach to help incorporate traditional youth services in grant programming

# Introduction



## Shane Lopez-Johnston

Shane Lopez-Johnston is an enrolled Tribal member with the Tolowa Dee-ni Nation. He has been working in the prevention field for the last 21 years. Shane has a Bachelor of Science from Portland State University, is co-chair of the Oregon Youth Authority's Native American Advisory Council, co-chair of the Oregon Indian Council on Addiction, and sits on the panel of experts for Oregon's Tribal Based Practices. As the Director of Prevention at the Native American Rehabilitation Association of the Northwest Inc. (NARA NW), Shane has over seen Suicide Prevention programing and implementation to the urban Indian population and Oregon Tribes through the Garrett Lee Smith grant, Meth and Suicide Prevention Initiative Grant, Suicide Prevention and Postvention Grant, National Counsel of Urban Indian Health funding, and other partnerships and committees like the Oregon Health Authority's (OHA) Zero Suicide committee, and OHA Postvention committee. Shane has helped create a sustainable infrastructure for the Prevention Program based around the message "Culture is Prevention." He and team members are working to implement Tribal Best Practices/Evidence Based Practice to strengthen resilience for Tribal communities. By incorporating culture and traditional teachings into their activities, the Prevention Program hopes to create a sustainable future of wellbriety for Native people.

# Topic One

Basic Understanding of the Medicine  
Wheel



# The Medicine Wheel

- What are the medicine wheel teachings of the surrounding Tribes or Tribes you serve (what do the directions mean, colors, animals, lifespan, etc.)
  - How can you incorporate these into your grant
  - Remember being an Urban Indian Organization you will have many Tribes, bands and clans that come through your programming, so there is not one way to do something
- Do you have someone that is comfortable to teach these lessons (Culture Keeper)
- Instilling the concept of balance through the medicine wheel teachings (Walking In Balance)

# Topic Two

Basic understanding of strategies in writing grants as an Urban Indian Program



# Where do I start?

- How to select a grant?
  - What are you trying to accomplish with your grant?
    - Create infrastructure (increasing staff/programming)
    - Making more resources available (culture, food)
- What type of grant are you applying for?
  - Tribal (IHS, NCUH, etc.)
  - State (OHA, DHS, etc.)
  - Federal (SAMHSA, CDC, etc.)
- What are the grant parameters?
  - Eligibility
  - Total awardees
  - Total amount of funding
  - Duration
  - FTE requirements (Example-Program Director required at .5)
  - Are there mandatory requirements (Example-youth focus, Native focus, veterans, letters of support/commitment, etc.)

# What is your role in the grant writing process?

- Are you the lead or in supporting role?
  - If you are the lead, do you have everything you need to writing the grant
  - If you are a support, what areas can you help in (outcomes, goals, etc.)
- Do you know enough about the program you are writing the grant for, or do you need others to help define?
  - Are you new to the program you are writing the grant for (familiarize yourself with past programing and current, review job descriptions of the team involved with the grant)
  - Utilize staff to help you navigate areas that you may not know
- Do you know the community you are working in?
  - Are you from the community or are you new (you may need to community readiness assessment)
- Are you familiar with each area that is required for the grant application?
  - Implementation (what you need to successfully implement programing)
  - Budget (FTE, fringe, programing, evaluation, rent building and occupancy, indirect)
  - Evaluation (do you have a internal evaluation team or do you contract it out)

# Topic Three

Gain basic understanding of strategic planning to establish scope and goals for grant funding



# What are you trying to accomplish with your grant funding?

- Scope of work
  - Having a well-defined scope of work, work plan, timeline (knowing the difference between the three)
- Goals and Objectives
  - Making obtainable goals (include people that know what realistic numbers look like)
  - Short term, intermediate, long term (take advantage of low hanging fruit)
- Culture is Prevention
  - Implementing culture into your programming creates a unique setting that funders could find enticing
  - Braiding culture with programming (helps bridge generational gaps)
  - Evidence Based-Practices (NREPP)

# Topic Four

Learn best practices and tools for grant reporting, data tracking/evaluation, and grant budgeting



# What is the reporting process?

- What does the reporting process look like?
  - Annual
  - Semi annual
  - Monthly zoom meetings or calls
  - Are there reporting template?
  - Is there a portal that you have to learn how to use (grant solutions, data solutions, SPARS)
- Communication
  - Who is receiving emails from the funders?
    - CEO, Grants Management, Program Director, etc.
  - Who is key personnel that should be receiving communication
    - Do you need to add someone like evaluations

# Data tracking and evaluation

- How are you planning on evaluation your program?
  - Internal (do you have an evaluator? Or do you need to hire one?)
  - External (if you are looking to contract out your evaluation is there a company that has worked with Tribes or Tribal organizations before)
- Creating measurables that are trackable by your evaluation team
  - Make sure that you include your evaluation team in your grant writing process
- If you are one man/women show create a system that will meet your grant evaluation expectations (excel, Smartsheet, sign in sheets, etc.)
  - Don't put this off until the end you will regret the amount of work you will have to do

# Utilizing the community and Elders/ Culture Keepers

- Often success of your grant is based on community buy in into your programming (so include them in the planning process)
  - Community readiness assessment
- Get out into the community you will be serving (be active, be present, and be visible)
  - Attend local events (sporting events, dinners, ceremony, etc.)
  - Support local businesses (swag, prints, media, etc.)
- Identify key stakeholders (Tribal leaders, law enforcement, county leaders, schools, etc.)
- Include elders to help provide a Native American lens to your programming and implementation (create a relationship with local Tribes)
- Invite them to the table from the beginning
- Understand the history between your organization and the Tribes

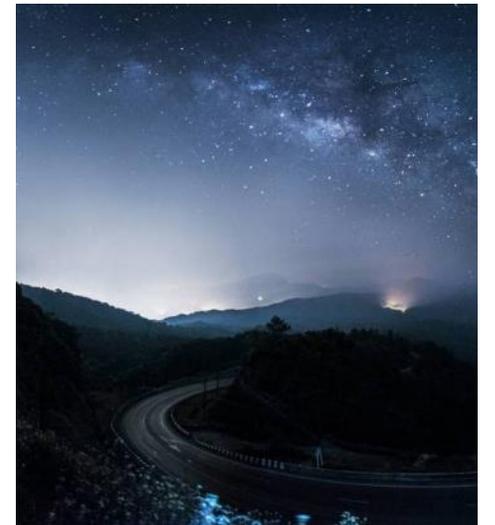
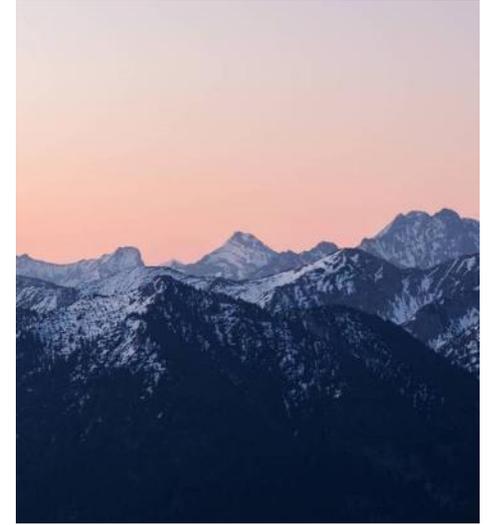
# Recom menda tion

- Community engagement/Cultural connections
- Don't compete with the Tribes (We are not Tribes, we are here to support Tribes)
- Utilize low hanging fruit
- Play to your strengths (example: do you have some one that can provide cultural groups)
- Use buzz words and language (Every grant has these)
- Make sure you are not double dipping
- Use media and social media (a picture is worth a thousand words)
- **Follow the template**
- Give yourself plenty of time
- Proofread and have others proofread
- Start to learn the lingo (RFA, RFP, IRB, etc.)
- Use as much culture as you can (Tribal Based Practices)
- Don't recreate the wheel (use old grants to grab pieces from, reach out to partners that might have a applied for this grant in the past)

# Summary

With these tips and tricks, you will be well on your way to writing a grant and securing funding for your program. As with anything, the more you do this the better you get.

## QUESTIONS





**Shane  
Lopez-  
Johnston**

**Slopez@nara  
northwest.or  
g**

**Thank you**





# Survey

[https://ncuih.qualtrics.com/jfe/form/SV\\_9mLLYKHExuUkPhc](https://ncuih.qualtrics.com/jfe/form/SV_9mLLYKHExuUkPhc)





# Upcoming NCUIH Events

- October 3-5: UIO Focus Groups
- October 12: Paths to Vaccine Equity: Vaccine Toolkits and Educational Materials
- October 17: Electronic Case Reporting Implementation: Results, Successes, and Challenges
- October 26th: Behavioral Health COL Session #2: Integrated HealthCare through an Indigenous Approach
- November 30th: Behavioral Health COL Session #3: Culturally Responsive Care for Sexual Assault Survivors



# NCUIH

NATIONAL COUNCIL *of* URBAN INDIAN HEALTH

