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**GONA QUESTIONS**

LOGISTIC/ SPECIFIC QUESTIONS

- What are the costs to attend GONA? How have GONA been funded in Minnesota?

Response: COST of GONA varies many times communities form Community coalitions that collaborate on cost (see resources below): many GONAs have been included into grant action plans; our effort was a collaboration both time with Shakopee Mdewakanton Dakota Community underwriting in part: venue, staff support, and lodging. We did not charge a registration fee either year. (Coco and Lori are available for no cost consultation, trainings and planning November-June; please contact for availability)

- How do we find out who is trained in GONA and how could we train someone locally?

Response: June 2017 GONA trainers of Facilitators was held for people from Minnesota we could provide their names; there is information of organizations and resources for contacting a trainers for fee and free.

- Who are the facilitators in our Bemidji area? This would be in the communities and the Leech Lake, White Earth and Red Lake Nations.

Response: Tribal members for all three communities attended the GONAs; Gary Charwood served as a participant in 2015 and a trainer in 2017.

- Is it possible to reach out to those that have participated in GONA events in the area?

Response: Yes, we can put in contact with specific people to discuss their participation.

- Where is GONA offered?

Response: Everywhere there are a number of trainings happening in many communities: Please see web connections in resource list.

- Is anyone in the GONA network using Indigenous (formerly Aboriginal) Focusing Oriented Therapy?

Response: Yes, and GONA often includes tribally specific healing practices.

## GONA PROCESS QUESTIONS

- Is GONA exclusive to the indigenous community?

Response: The original design is for American Indian and Alaskan Native; many indigenous communities around the world have used this model; and the elements of GONA have been requested to be adapted to refugee, immigrant and other communities. Could others attend to learn more? Response: Yes, many have participated while the focus is on American Indian/Alaskan Native communities.

- How is this being used across communities? (same as above?)

Response: In ATOD activities; suicide prevention, diabetes, domestic violence, child abuse, violence, workplace wellness, women, men and gender issues as examples as well as other topics; there have been GONAs that focus on trauma or specific topics because the curriculum can be tailored to address restoring wellbeing.

- How do you involve youth in the GONA?

Response: Youth GONAs have been conducted since 1992; and their roles are the same except with Facilitator guidance through process, and planning. There exists numerous examples under the SAMHSA Honor your Life suicide prevention effort and they continue to be an integral part of the GONA movement. We can provide specific names of youth GONA curriculum; Coco and I were a part of a statewide and regionally of a youth GONA efforts.

- What is the long term benefit for individuals and communities? Since 1992 reservation and urban American Indian/Alaskan Native communities use GONA to update their response to community change. Is this primarily impacting the individual's or is it also impacting the communities where those individuals are coming from?

Response: GONA is a culturally relevant community planning tool for change. Individuals participate to holistically support positive, proactive planning for self, family and community. Community members create their own strategies, solutions and community plans.

- Do participants need to be from the same community ideally? (Same tribe, geographic community, or culture?)

Response: No there are many GONAs hosted at national training venues across Indian Country. When community members attend together is supported in the process for their team to have a specific community focus.

- How is Sacred Tobacco used in the ceremony?

Response: Sacred Tobacco is used spiritually, ceremonially and culturally by individuals and communities governed by protocols that support healing; the action of using sacred tobacco is varied and across all life pathways activities.

- Can you share any more information about the 5 day curriculum?

Response: Please see Resource section that has an example of the curriculums.

#### OTHER

- Has there been any outreach or success in having Native tobacco approved for use on hospital campuses?

Yes, Indian Health Service units have integrated traditional practices on their campus grounds; and many private hospitals have successfully worked with Native Communities to support traditional healing practices for patient and family wellbeing. Here is an example of one, but there are many that serve large American Indian/Alaskan Native populations; there are many veteran programs integrating traditional practices, too.

<http://www.benefis.org/bhs/native-american-welcoming-center.aspx>

Veterans: <https://www.va.gov/TRIBALGOVERNMENT/webcast-behavioral-health-resources.asp>

#### RESOURCE LIST FOR GATHERING OF NATIVE AMERICANS AND OTHER HEALING CURRICULUMS

Dr. Warne is an evaluator for MDH and three of his staff members are very familiar with the GONA process, and here is a link about the department.

<http://www.ndcompass.org/trends/for-discussion/#.Wfnje8k5p2k.facebook>

Below are master GONA trainers/facilitators that have work with our effort in Minnesota; since 1992 there are literally several hundred trainers.

Master GONA Facilitators (original curriculum team members-have done thousands of GONA)

**Theda New Breast (Blackfeet)**-Board Member Native Wellness Institute:

[www.nativewellness.com](http://www.nativewellness.com); this site contains many healing curriculums/trainings addresses trauma and healing.

**Dr. Clayton Small (Northern Cheyenne)**; Dr. Small has developed many healing curriculums such as boys/men titled Native Pride, suicide prevention and healing, and is a long-term facilitator, trainer and expert in healing and American Indian communities. His web-site is [www.nativepride.com](http://www.nativepride.com)

Other Master GONA Facilitators/trainers:

Maria Trevizo (Tigua, Ysleta Pueblo del Sur, Socorro, Texas  
Purépecha de Michoacan, Mexico)

Wellness Education Specialist

The Healing Circle

cedarcircle@earthlink.net

P. O. B. 11458

Olympia, WA 98508

Phone (360) 259-0734

GONA trainers: (Other references by request)

Marcus Red Thunder (Cree)

[Marcusredthunder@gmail.com](mailto:Marcusredthunder@gmail.com)

Additional Resources:

### **Tribal Training and Technical Assistance Center**

The Tribal TTA Center offers training and technical assistance (TTA) on mental and substance use disorders, suicide prevention, and mental health promotion using the Strategic Cultural Framework.

<https://www.samhsa.gov/tribal-ttac>

Their services can include linking to GONA trainings, including trainer of trainers

**Kauffman and Associates:** an American Indian Technical Assistance organizations, here is a specific link to GONA through the Native American Academy of Excellence Case Study:

<http://www.kauffmaninc.com/what-we-do/portfolio/?p=4>