



IMPLEMENTING SMART MOVES IN NATIVE AMERICAN BOYS & GIRLS CLUBS  
BOYS & GIRLS CLUBS OF AMERICA

# SMART MOVES

Indian Country  
Prevention and Service  
Pilot Program





Boys & Girls Clubs of America and the Corporation for National & Community Service  
*present*

# *Indian Country Prevention and Service Pilot Program*

*Implementing SMART Moves in Native American Boys & Girls Clubs*



# Indian Country Prevention and Service Pilot Program

Implementing SMART Moves in Native American Boys & Girls Clubs

1



What started in 1992 as a dream in Pine Ridge, South Dakota, home of the first Boys & Girls Club on Native land, has emerged into a strong and healthy network of more than 140 Boys & Girls Clubs in Indian Country nationwide. Boys & Girls Clubs of America (B&GCA), in partnership with a number of federal agencies, have emerged as resourceful partners working hard to provide young people on Native lands with positive alternatives and opportunities to change their lives. Benefiting from B&GCA's rich history of providing services to our nation's youth since 1860, B&GCA has joined with Tribal Leaders and community representatives as allies to bring together the best of B&GCA and the best of the traditions and culture of each local tribal community. The Native American Clubs, with their own unique characteristics, strengths, and challenges, are now a vital part of the B&GCA's National Movement that has grown to serve some 3.3 million youth annually in more than 3,100 Boys & Girls Clubs across the country.

While many successes have been achieved and major obstacles overcome, some children in distressed Native American communities continue to be denied the life-enhancing

experiences of Boys & Girls Clubs and the Club programs offered. Many of these communities lack the funds and resources to provide their youth with healthy activities and safe places to

learn and grow and evolve into contributing members of their communities. However, the Corporation for National & Community Service (CNCS) has stepped to the forefront, providing critical resources that allow Boys & Girls Clubs of America to provide funds directly to local organizations to address these key issues. Teaming together, CNCS and B&GCA designed a three-part strategy to establish new Boys & Girls Clubs and to deliver effective prevention programming to Native American youth. Specifically, providing:

*Native American Boys & Girls Clubs, with their own unique characteristics, strengths, and challenges, are now a vital part of the Boys & Girls Clubs of America's National Movement that has grown to serve nearly 3.3 million youth annually.*

1. Grants to ten (10) Native American Boys & Girls Clubs to become SMART Moves pilot sites.
2. Funds to eight (8) new communities on Indian lands for Boys & Girls Club start-up activities and related prevention programming.
3. Funds to thirty-six (36) communities on Indian lands for Boys & Girls Club Outreach and Expansion efforts to reach more youth.

## What is the B&GCA SMART Moves Program?

For more than a decade, Boys & Girls Club of America has successfully implemented SMART Moves (Skills Mastery and Resistance Training), a nationally acclaimed comprehensive prevention program that helps young people resist alcohol, tobacco, and other drug use, as well as premature sexual activity. Based upon solid research and best practices from prevention specialists, the program enjoys tremendous popularity among youth and staff alike. SMART Moves features engaging interactive, small-group activities that increase participants' peer support, enhance their life skills, build their resiliency, and strengthen their leadership skills. The program encourages collaborations among Club staff, youth, parents, and representatives from other community organizations. The SMART Moves program components include: SMART Kids, for ages 6-9; Start SMART, for ages 10-12; Stay SMART, for ages 13-15; SMART Leaders, a leader/booster program, for youth ages 14-17 who have completed Stay SMART; and SMART Parents, involving parents as partners in critical prevention efforts.

Unfortunately, Native American communities continue to face exceptional challenges presented by high rates of unemployment, drug, alcohol, and tobacco use, as well as teen pregnancy—the very issues on which SMART Moves focuses. Building on the tremendous experience of B&GCA and lessons learned from local Clubs nationwide who have utilized the SMART Moves program, it was clearly time

to strengthen the delivery of this well-designed effective prevention program to Indian Country. Since local Native B&GCs have been so successful in developing B&GC programming that integrates and reflects the specific traditions and cultural values found within their Native communities, the SMART Moves program would be no different. In order to maintain the integrity of the SMART Moves model and to discover how to best adapt the SMART Moves program for Native Clubs, ten pilot sites were selected to become part of the Boys & Girls Club Indian Country Prevention and Service Pilot Program and receive financial support and technical assistance for the implementation and adaptation of the SMART Moves program. The ten select sites were:

1. Scottsdale Boys & Girls Club (Salt River/Pima and Maricopa Tribe), Arizona
2. Valley Boys & Girls Club (Nez Perce), Idaho
3. Boys & Girls Club of Grand Traverse (Bay Mills), Michigan
4. Boys & Girls Club of the Fort Peck Reservation (Assiniboine & Sioux), Montana
5. Boys & Girls Club of the Navajo Nation (Navajo Nation), New Mexico
6. Akwesasne Boys & Girls Club (St. Regis Mohawk Tribe), New York
7. Cherokee Youth Center Boys & Girls Club (Eastern Band of Cherokee), North Carolina



8. Boys & Girls Club of Green Country, Inc. (Cherokee Tribe), Oklahoma
9. SuAnne Big Crow Boys & Girls Club (Oglala Sioux), South Dakota
10. Boys & Girls Club of Lac Courte Orielle (Lake Superior Chippewa Indians), Wisconsin

Each of the Clubs ran the SMART Moves program in conjunction with other organizations and agencies, ranging from schools and health organizations to law enforcement. As a result of the pilot program, Club sites became recognized as a powerful community resource to help youth stay away from tobacco, alcohol, and drugs. In addition, as part of the pilot project, sites emphasized service activities at their Club and in their community. Some Clubs enrolled older teens in CLUBService, earning education awards as AmeriCorps members volunteering at their Clubs. Many individuals benefited from the services provided by the CLUBService members. Several Clubs hosted AmeriCorps\* NCCC (National Civilian Community Corps) teams where they have arranged to keep NCCC teams rotating in and out of the Clubs. NCCC activities include painting, repairs and cleanup, while also providing direct services to Club members. NCCC involvement has positively impacted the community and created a positive view of AmeriCorps volunteers. Two sites hosted AmeriCorps\*VISTA volunteers who focused on building Club technology and teen programming.

Attending, supporting, and hosting community events are important parts of each Club's service activities. Youth participated in and supported Clubs' community and special events such as pow-wows, health fairs, pro-golf tournaments, and community clean-ups.

The Clubs, youth, parents, and communities benefited from participating in this pilot program. Across all ten sites, in addition to increased awareness and understanding of substance, tobacco, and alcohol use, sexual activity, and important health issues, Clubs witnessed increased attendance and membership; parent involvement; collaboration with community agencies; community service opportunities; and implementation of creative activities. Youth received prevention programming while learning to perform service in their community. The program cast Clubs in a more visible, prominent, and positive light in their communities. Their level of involvement ranged from participation to planning and implementing services in their community. Building on their initial successes, Clubs plan to continue with SMART Moves programming, seeking additional resources to continue the positive momentum.

Let's visit each pilot program site to gather a clearer picture of how SMART Moves operates in each of the pilot sites across the nation.

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4

# SCOTTSDALE BOYS & GIRLS CLUB Salt River/Pima-Maricopa Tribes

The Salt River Pima-Maricopa Indian Community is located east of Phoenix, in south-central Arizona, adjacent to the cities of Scottsdale, Tempe, Mesa, and Fountain Hills. The reservation has fertile agriculture lands and lies in the transitional area between the Sonoran Desert and the Mexican Highlands.

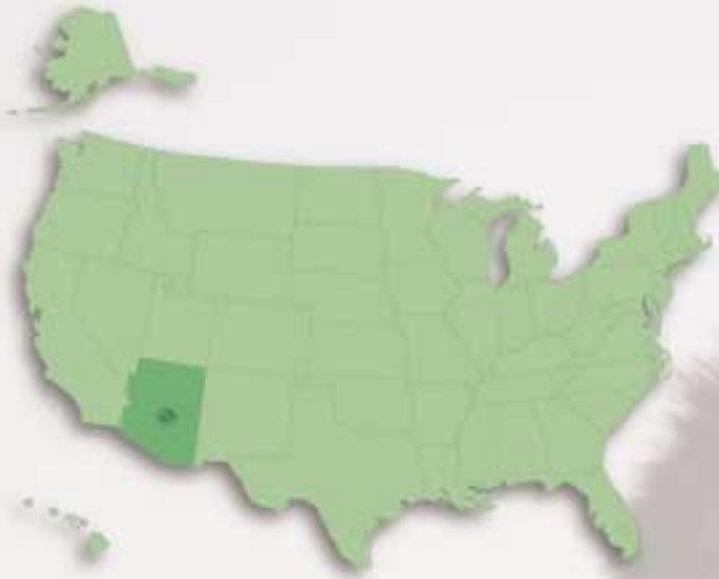
Lots of activity is occurring at the Red Mountain Branch of the Scottsdale Boys & Girls Club. A new Club is under construction and strong efforts are underway to create a united community response among the youth, parents, and local officials. Partnerships are strengthening between the Club and a number of community agencies such as the Housing Authority, the Police and Fire Departments, Elementary and Secondary Schools, Head Start, the Tribal Council, Health and Human Services, and Youth Services. Local Police officers and Head Start and early education teachers are being trained to become SMART Moves instructors while the Club works to develop and implement Quick SMART, Street SMART, SMART Girls, Passport to Manhood, SMART Parents, and Act SMART. SMART Moves programs are held at each branch and also at two local

*The Scottsdale Boys & Girls Club organization recognizes the importance of having a SMART Moves coordinator at each branch and has actively sought and received funding to support the positions.*

schools. In addition, the Scottsdale Boys & Girls Club organization recognizes the importance of having a SMART Moves coordinator at each branch and has actively sought and received funding to support the positions.

The Club is also taking advantage of the AmeriCorps partnership. Several AmeriCorps\*VISTA members are there all year and regularly take part in all programs and assist staff in all areas. One highlighted program is P.R.O.U.D. (People Recognizing Others Unique Differences), with Club members participating in various cultural unity presentations and cultural diversity programs around the community. The Club organizes and supports

many community events and activities such as the Phoenix Open, Spring Break, Housing Fairs, Behavioral Health Fairs, Open Houses, and Native American Month celebrations. They also host other Native American Clubs in Arizona and New Mexico for cultural exchanges and guest speaker events.



ARIZONA



# VALLEY BOYS & GIRLS CLUB Nez Perce

IDAHO

The Nez Perce Reservation covers approximately 750,000 acres in north-central Idaho and encompasses five counties. Lapwai, on the reservation's western edge, serves as the tribal headquarters and is home to the largest population of tribal members.

At the Lapwai Boys & Girls Club, both the SMART Kids and Start SMART program are operational. Weekly sessions are held, serving about 8-10 kids in each group. They have successfully added some of their own Club experiences to the program, including a "Guess Who" activity and board where staff and older members write positive characteristics of each participating member and others guess who is being described. Both programs hold special graduation ceremonies at Club assemblies and distribute self-made "Why I'm Special" certificates. The Club also uses SMART Moves Bucks as incentives and rewards for the members. Bucks, earned for attendance and participation in activities, are used by members at the SMART Moves Bucks store to purchase a variety of items. The Club Newsletter features SMART Moves highlights, which promote their successes. Participants have videotaped each class and taken many photographs, documenting their progress and activities. Graduation parties, such as a recent

*Response from the community and parents has been exceptional and positive remarks about SMART Moves are consistently heard.*

skating party, are held to celebrate each session's conclusion. The Club sought assistance from the Health Department in tailoring SMART Moves program content to specifically meet the needs of the kids they are serving. Volunteers from the Tobacco Coalition of the Nez Perce Tribe, community members, and high school students speak to the SMART Moves classes. Response from the community and parents has been exceptional and positive remarks about SMART Moves are consistently heard. Because of SMART Moves, Club members' awareness about alcohol and drugs has greatly increased. Members are now openly discussing these sensitive topics. Both the Club and its members have gained the respect of the community for their involvement in focusing on important issues. CLUBService has recently been initiated and one member is assisting with activities at all three Club locations. Older Club teens, ages 17-24, are "volunteering" in activities such as tutoring, fundraising, community coaching and earning education credits toward their college options. Money earned is paid directly to a college loan or tuition fee program.



# 8

## BOYS & GIRLS CLUB OF GRAND TRAVERSE Bay Mills

The Bay Mills Indian Community is located principally on Whitefish Bay near the eastern end of the Upper Peninsula of Michigan. The Club gained its charter membership in the Fall of 2002. The Bay Mills Club is the only tribally-run Club in Michigan, where they find a large

cultural gap between Native and non-Native communities. The Club has consulted with community leaders about the needs of youth and how to best adapt their SMART Moves program, like incorporating greater emphasis on alcohol and tobacco prevention and less emphasis on cocaine abuse. Guest speakers have addressed such

topics as manners, bullying, self-perception, and social skills, as well as the traditional Native American uses of tobacco versus the inappropriate use of tobacco and other substances. Club members have taken an active role in encouraging others to quit smoking. SMART Moves has developed close-working relationships with substance abuse counselors, nurses, psychologists, social workers, and traditional Native American healers.

Young people have had opportunities to go on field trips to experience Native American cultural teachings, adventure-based recreation, and team-building activities. Bay Mills values including youth in the planning and implementation of their own activities, as well as with important community service projects. To supplement Club

staff and the volunteer pool, the Club is developing CLUBService with their Teen Supreme members, focusing on teen recruitment and volunteerism. Advice from teens has led to some positive changes such as getting a gym divider and holding Stay SMART during teen nights. A newly formed youth

drum group has been invited to perform at different ceremonies within the community and local schools. The Club's Community Pride program finds members cleaning up and promoting pride and ownership in their community. Other agencies on the reservation reported that vandalism has dramatically decreased and is virtually non-existent

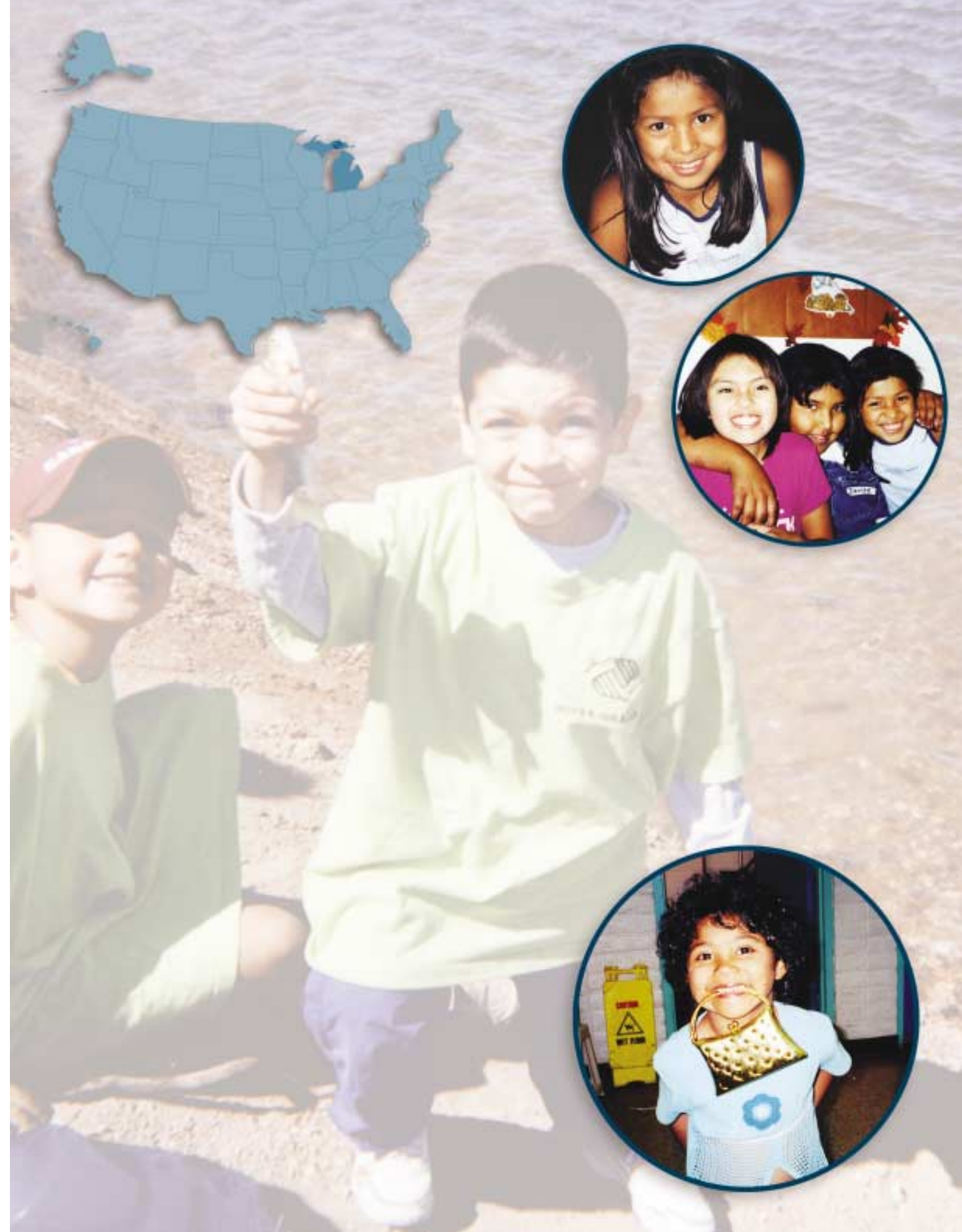
among the young children. Even health and human services agencies, such as protective service workers and mental health officials, state that their caseloads have dropped.

The Club is now the cornerstone of the community, experiencing greater community involvement, collaboration, and coalition-building than previous youth-serving organizations. Agencies and business are seeking ways in which they can become involved and support Club activities. Because parent involvement has increased, better relationships are developing between the Club and families. Members are learning greater social skills and experiencing diverse opportunities, preparing them to become better citizens and contributing members of society.

*SMART Moves has incorporated the use of substance abuse counselors, nurses, psychologists, social workers, and traditional Native American healers.*



MICHIGAN



# 10

## BOYS & GIRLS CLUB OF THE FORT PECK RESERVATION Assiniboine & Sioux

The Fort Peck Indian Reservation lies in north-eastern Montana and covers 2,093,300 acres of rolling prairie. The Reservation is bounded on the south by the Missouri River, and is relatively isolated from Montana's centers of population, manufacturing and marketing. The Boys & Girls Club of Fort Peck has recently

benefited from the NCCC Team that arrived to renovate ball fields, paint and repair the Clubhouses, reorganize the computer services, and assist with a variety of other tasks. Local communities have been impressed with the helpfulness of the AmeriCorps teams.

Meanwhile, the SMART Moves programming continues to grow and increase in popularity with other community agencies. Local schools have asked the Club to be a community collaborative partner and teach SMART Moves to in-school suspension high school students and a group home facility for girls is interested in SMART Girls. At Fort Peck, SMART Kids, Start SMART, Stay SMART have been established with an average of 10 kids participating per session.

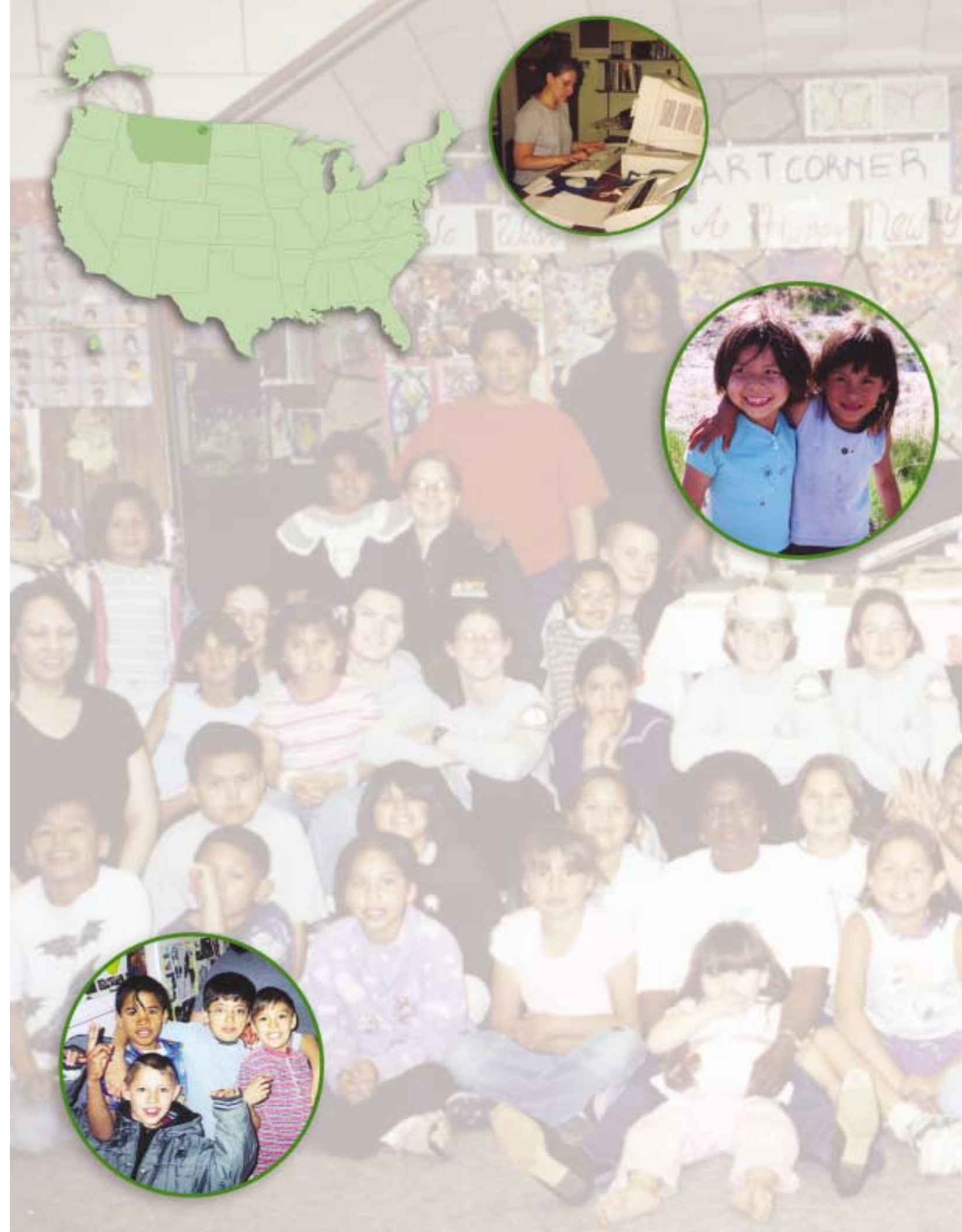
The successful implementation of SMART Moves has elevated the Club's reputation—the

community now views the Club as a valuable partner in prevention programs, as well as an integral part of the community. The connection is recognized and agencies and community members are now requesting Club services and seeking ways to partner with the Club. One new Club member who had just lost his

father and had an alcoholic mother, was the top graduate in the Start SMART program! Local media covered the graduation event and photographed the new graduates proudly displaying their certificates.

At the Boys & Girls Clubs of the Fort Peck Reservation, SMART Moves is helping to make positive changes in the lives of children and families.

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MONTANA

# 12

## BOYS & GIRLS CLUB OF THE NAVAJO NATION Navajo

NEW MEXICO

The Navajo Nation, which comprises more than 26,000 square miles, is the largest Indian Reservation in the United States. The Reservation is located in northeast Arizona, northwest New Mexico, and southeast Utah. The SMART Moves program presents a perfect forum for the Boys & Girls Clubs to address many of the gang, alcohol, and drug problems confronting their communities. The Club has implemented the Start SMART, SMART Kids, Stay SMART programs and a variety of activities such as: a two-day mock trial conducted so members could experience what happens if you break the law; held a graduation program; designed their own T-shirts; engaged the elders of the community; and traveled to Six Flags Park in Denver. The Clubs are pleased with the response from the youth and their parents.

Building on their successes, they are working to secure an AmeriCorps\*Vista volunteer to assist with Club programming. They have partnered with a number of community prevention services including Behavioral Health, Indian Health Services, Teen Life Center, and Law Enforcement. Behavioral Health has played a huge role in

*To assist with Club programming, the Boys & Girls Club of the Navajo Nation has partnered with a number of community prevention services including Behavioral Health, Indian Health Services, Teen Life Center, and Law Enforcement.*

the SMART Moves Program. Not only have knowledgeable speakers presented information to the youth, they have further taught them a variety of ways to avoid using alcohol and

drugs—two primary substances that negatively impact their community. For one child the positive influence of SMART Moves was witnessed when he turned over drugs to the Club director and found that he could resist drugs. It was a turning point in his life. Program graduates have expressed an interest in learning even more. SMART Moves is playing a vital role in helping children of the Navajo Nation see that drugs and alcohol can take its toll and affect the lives of many throughout the Nation.

The Club has also benefitted greatly in its relationship with the TCCC program. Several of its new Units has had TCCC teams actively assist in modification and repair of existing facilities for use by Club members.



# 14

## AKWESASNE BOYS & GIRLS CLUB St. Regis Mohawk Tribe

# NEW YORK

The Mohawk community of Akwesasne is a Member State of the Iroquois Confederacy (Six Nations) that straddles the international border of the United States and Canada along the St. Lawrence River. The community spans portions of two New York state counties and two Canadian provinces.

The Akwesasne Boys & Girls Club was chartered in October 2001 and the newly renovated Clubhouse officially opened its doors in July of 2002. The Club's goal is to become a "one-stop" youth center where youth are able to access a variety of programs and services. This Native American Club mixes programs and curriculum from the Boys & Girls Clubs of America with the traditional teachings of the Mohawk people. The SMART Moves programs are a perfect match! The Club has initiated Start SMART, and Be SMART and is introducing SMART Kids and SMART Parents, Stay SMART and Act SMART.

Networking with community programs and incorporating culturally relevant materials and activities has proven to be a favorable addition to an already successful program. Using traditional Mohawk cultural principles and teachings such as wampum belts, story telling,

and gender roles are but a few of the accents applied. The enthusiasm and energy exhibited by staff has created an exciting program for participating youth and parents. The Club is

finding that many members are interested in enrolling in the program and anxious to wear the signature SMART Moves yellow "T" shirt. Club members have an opportunity to learn in a fun way, important social skills, how to resist drugs and alcohol, and the rewards of community involvement as discovered when assisting an Elder in planting her garden.

In addition to contributions to the Tribe, SMART Moves has given the Club an

opportunity to network and join together with the business community and several local community agencies such as health and social services, to ensure a successful SMART Moves program for the future. Future plans also include the development of the CLUBService program.

*The Akwesasne Boys & Girls Club mixes programs and curriculum from the Boys & Girls Clubs of America with the traditional teaching of the Mohawk people. The SMART Moves programs are a perfect match!*



# 16

NORTH CAROLINA

## CHEROKEE YOUTH CENTER BOYS & GIRLS CLUB Eastern Band of Cherokee

North Carolina's Cherokee Reservation covers 56,688 acres in the Great Smokey Mountains of westernmost North Carolina. At the Cherokee Youth Center Boys & Girls Club, SMART Moves programs such as Start SMART, SMART Kids, and Stay SMART are attracting many kids. Like many Clubs, graduation ceremonies are held to honor and recognize the accomplishments of the SMART Moves participants. The Center is benefiting from strong community partnerships formed with organizations such as Cherokee Central School System, Qualla Housing Authority, Healthy Cherokee/Injury Prevention, the Police Department, and the Eastern Band of Cherokee Indians Juvenile Services. Maintaining positive working relationships has strengthened the development of the SMART Moves program and offered opportunities for all entities to increase their positive impact on youth in the community.

Teachers and parents value the Club as an extension of the child's school day that supports individual education plans, homework assignments, computer technology, and reading instruction. The Club also works with students in the High School Student Assistance Program for drug and alcohol problems, offering a supportive safe haven and a chance to participate in anti-drug, alcohol, AIDS prevention, and tobacco activities. The Club provides volunteer hours for offenders enrolled in the Juvenile

*The Club hosts cultural exchanges focused on traditional Cherokee arts and crafts, as well as drug prevention and diversion activities.*

Services' Drug Court Program who are ordered to perform community service. SMART Moves works closely with these agencies to prevent substance abuse and to get offenders back on the right track. Healthy Cherokee, the Police Department, and Housing Authority connect with

the Club to offer children a diversion to drugs and alcohol. Together, they sponsor such activities as teen dances, Bike Rodeos, Safe Nights, and Injury Prevention. Parent involvement is encouraged by planning events in which the entire family can participate. Collaboration with law enforcement and juvenile officers at activities

creates more open and responsive relationships. The Club hosts cultural exchanges focused on traditional Cherokee arts and crafts and drug prevention and diversion activities that provide a supportive environment. Healthy Cherokee implemented a smoking prevention puppet show that works well with the SMART Moves program. Club teens traveled to various Head Start and summer camps performing puppet shows focused on saying no to peer pressure and the dangers of smoking. As part of their community service experiences, members visited nursing homes to read, play bingo, and assist residents.

SMART Moves has become an asset to the community as it creates great opportunities. As the Club grows, they are reaching out for support from an NCCC team to build a new playground.



# 18

## BOYS & GIRLS CLUB OF GREEN COUNTRY Cherokee Tribe

The tribal lands of the Cherokee Nation span 124,000 acres and 14 counties in northeastern Oklahoma. The Boys & Girls Clubs of Green Country continue to grow far beyond their original dreams. They serve more than 1,200 kids in six units with two more on the horizon.

Their growing pains have been eased with the help of AmeriCorps workers. They also look forward to support of the new units from an NCCC team. Many activities have surrounded the SMART Moves programs, staffed by Unit and Assistant Unit Directors, who have all received SMART Moves training for Start SMART, Passport to Manhood, SMART

Girls, and SMART Kids. Some of the CLUBService members are graduates of the SMART Moves programs. To insure quality programming, the Clubs are conducting "cluster" trainings twice a year, including SMART Moves. Green Country has successfully adapted the SMART Moves curriculum to meet the needs of the children and families they serve.

Several prevention services are provided through SMART Moves such as an all-unit lock-in, a three-day camp out, aloha dance, and Kids Bicycle Safety booth at the local National Kids Day celebration. The all-unit lock-in was the first prevention service offered to all members of the six units. At the lock-in, every child attending participated in games and activities and diabetes

and anger management presentations. The three-day camp out was available to all children who had successfully completed the Stay SMART program. The camp out was held at a privately owned camp, where the children pitched their tents, prepared their own meals, bathed in ice-

cold spring water, and learned to trust their fellow members. Besides fun activities, children were taught to respect their environment, to become self-sufficient, and were involved in discussions on abstinence and ethical beliefs. The primary mission of the aloha dance was to recruit new members and raise awareness of the programs offered at the Club.

Members involved in CLUBService serve as great peer leaders and help in the Club's efforts to promote abstinence. CLUBService members have conducted abstinence training to local children and also at the state, regional, and national level. An added bonus is that a few of these members help facilitate programs within the units, a valuable service for the members and the Clubs.

The Club is pleased to report many noticeable benefits from implementing the SMART Moves programs, such as increased attendance and community support of programming and activities. Club members are enthusiastic about the activities and Club staff are proud of preparing children for the challenges they face in their daily lives.

*The most noticeable benefits of SMART Moves programs have been increased attendance and community support of Club programming and activities.*



OKLAHOMA

# 20

## SUANNE BIG CROW BOYS & GIRLS CLUB Oglala Sioux

SOUTH DAKOTA

The Pine Ridge Reservation, located in southwestern South Dakota, lies on a diverse topography of badlands, rolling grassland hills, and acres of spotted pine. The recent opening of the magnificent new SuAnne Big Crow Boys & Girls Clubs reflects the true spirit of teamwork, cooperation, and determination. Supporting this tremendous accomplishment were a team of AmeriCorps\*VISTA and NCCC workers. They, too, were a group of dedicated young people who helped the vision of SuAnne Big Crow come true. SMART Moves has been a successful part of Club programming for quite some time. The Club has integrated many of their local Native customs throughout their activities, including drumming and art. Club members have received important information about diabetes, HIV, drugs, job readiness, and other significant challenges they face. Act SMART and Street SMART involves teens and younger members as well. More than one hundred Club members have graduated from SMART Moves programs. Quarterly banquets are held to celebrate their accomplishments and graduates are awarded gift certificates, T-shirts, and participate in field trips!

Significantly, it was noted that youth involved in the SMART Moves prevention program

activities increased their involvement in school projects and events. Numbers increased from only 2 out of every 10 youth to 7 out of every 10 participating in school activities. The Club speculates that the exposure to daily activities, the influence of group discussions, and the

*At the SuAnne Big Crow Boys & Girls Club, SMART Moves has increased Club membership, parent and volunteer involvement, and community support and resources.*

knowledge gained about themselves led to this positive change. One outstanding Club member and participant in two SMART Moves programs was troubled by his parents' criminal activity. He found himself embarrassed by his parents' wrong doing and unable to continue attending the Club. After meaningful discussions with Club staff, he returned to the Club and has since become a Club mentor, as well as one

of the Club's finest members. SMART Moves has increased Club membership, parent and volunteer involvement, and community support and resources. As the program grows, the Club seeks to build a stronger collaboration with the community to become more involved with SMART Moves.





# BOYS & GIRLS CLUB OF LAC COURTE ORIELLES Lake Superior Chippewa Indians

WISCONSIN

The Lac Courte Orielle Ojibwa Reservation is located in the north woods of Wisconsin, approximately 90 miles south of Duluth, Minnesota and about 160 miles northeast of Minneapolis. At the onset, the Club conducted outreach to the community to announce the SMART Moves programs. The Club has initiated SMART Kids, Start SMART, and Stay SMART.

Creating an incentive to join SMART Moves, the Club offered new SMART Moves members the opportunity to become part of the Woodland Dance Troupe, where they are able to participate in particular events such as pow-wows. The Woodland Dance Troupe is the largest Club activity with a total of 150 children, ages 6-18, performing in a number of community events including a special performance at the Green Bay Law Enforcement Juvenile Conference. Members of SMART Moves also participate in field trips and special activities, guest speaker presentations, and youth conferences. They have attended the Miss Indian World pageant, the Gathering of Nation's Pow-Wow, the Native American Dance Theater, and Eau Clair University. The Keystone Club is currently involved with community service activities like roadside clean-ups, grass cutting, shoveling snow,

*By using the SMART Moves curriculum along with traditional customs and values, Club members have learned that alcohol and drugs do not belong in their communities.*

stacking wood for elders, hosting monthly elder feasts where the children serve the elders and interact as a group, graffiti removal, and helping out with the three major pow-wows held throughout the year. During the past few summers, the Club has benefited from involvement with the NCCC program in developing a three-mile trail and participating in the Youth Challenge Event.

The SMART Moves coordinator's commitment and hard work with the program and the Dance Troupe, led to her being named the "Employee of the Month." In addition, she was presented with an eagle feather by the Stay SMART class. After the tragic death of their Junior Miss

Honor the Earth, the Start SMART girls initiated the Club's first talking circle to deal with their grief. That experience led to the use of this traditional style of healing among their peers. They have also learned the traditional ways of cooking Native foods for all the elder's feasts. By using the SMART Moves curriculum along with traditional customs and values, members learn that alcohol and drugs do not belong in their communities. Increased participation by the elders, extended families, and community partners through SMART Moves has provided great assistance to their Club.



# 24 Impact on Native American Communities

SMART MOVES

This pilot project that involved ten diverse Native Communities across the United States, gave each collaborative partner, B&GCA, CNCS, and local tribes and Clubs, the opportunity to focus on the delivery and impact of the SMART Moves prevention program. The result has been the recognition of how cross-cutting a program SMART Moves is and the critical effect it can have on Indian Country children and families. Through the delivery of the important messages and activities carried out through SMART Moves, local Native communities have the power to positively influence and change future generations. They are setting the stage for children and adults to look within the reservations and become their own role models. They have the flexibility to shape and mold the SMART Moves quality programming and curriculum to suit their local culture, traditions, and needs. It is evident that SMART Moves has provided a vehicle through which collaborative efforts with parents and other agencies and organizations can emerge and grow. The evidence from this

*“Whether we accept or reject the fact that we [adults] are role models for children, the reality is that kids need discipline and a loving, guiding hand to help them through life’s ups and downs. It is our responsibility as adults to live our lives without dependence on drugs and alcohol, work for a better standard of living for our families, and be good neighbors and citizens.”*

**Senator Ben Nighthorse Campbell**

endeavor gives additional credence to bringing together “the best of the Boys & Girls Clubs and the best of the traditions and culture of each local Native American tribal community.” It is a winning combination for the future of our children in Indian Country.



# 25 SMART Moves Resources

To receive additional information on how to incorporate the SMART Moves curriculum into your Boys & Girls Club, or for questions concerning funding and support, write, call, or visit the websites of the following organizations:

### **Boys & Girls Clubs of America National Headquarters**

1230 W. Peachtree St. NW  
Atlanta, Georgia 30309  
404-487-5700  
[www.bgca.org](http://www.bgca.org)

### **Boys & Girls Clubs of America Office of Government Relations**

600 Jefferson Plaza, Suite 401  
Rockville, Maryland 20852  
301-251-6676  
[rcallaway@bgca.org](mailto:rcallaway@bgca.org)

### **AmeriCorps Programs**

1201 New York Avenue, NW  
Washington, DC 20525  
1-800-942-2677  
[www.americorps.org](http://www.americorps.org)

### **Boys & Girls Clubs in Indian Country**

c/o FirstPic, Inc.  
2127 Espey Court, Suite 302  
Crofton, Maryland 21114  
1-866-NA CLUBS  
[www.naclubs.org](http://www.naclubs.org)



