NAHC YOUTH SERVICES GONA (GATHERING OF NATIVE AMERICANS) 2020
WHAT IS GONA (GATHERING OF NATIVE AMERICANS)

GONA is a four-day healing journey that explores the issues brought on by multigenerational trauma. The GONA is a powerful yet flexible curricula originally commissioned by the US Center of Substance Abuse Prevention (CSAP) to four communities in the early 90’s:

- GONA - Gathering of Native Americans
- APII - Asian Pacific Islander Institute
- HILI - Hispanic Latino Leadership Institute
- IAAM - Institute for African American Mobilization

GONA is the only curriculum that is still utilized.

The GONA curriculum was created by a dedicated team of Native American, Social Workers, Healers, National Leaders in wellness, policy scholars and practitioners of Alcohol drug prevention. It was developed after other community development projects and curricula failed for there lack of cultural and traditional components. Over the last 28 years, thousands of GONAS have been facilitated all over North America in both the United States and Canada. Hundreds of thousands of folks have experienced the GONA either with their family/tribal community, youth, women and men’s only trainings or in a treatment setting or as a community development event. Through the four components of Belonging, Mastery, Interdependence and Generosity we start to examine how to be an active participant in our own life and community wellness.
By following the life’s stages of personal development, the GONA curriculum provides a structure for Native American communities to begin to address what it means to heal from the effects of historical trauma, alcohol and substance abuse in our communities, and how to develop community response plans and strategies.

The Outcome of GONA

Belonging – Mastery – Interdependence - Generosity
ORIGINAL GONA DEVELOPMENT TEAM

Barbara Aragon
Harold Belmont
Cecilia Fire Thunder
Joann Kauffman
Clayton Small

Theda New Breast
Billy Rogers
Terry Tafoya
Cookie Rose
Avis Archambault

John Bird
Gene Giron
Patricia Whitefoot
Catherine Reimer
Harrold Tarbel
NAHC GONA TEAM

Dallas Wahpepah
Aurora Mamea
Crystal Salas
Janet King
Karina Banuelos
Rene Gonzalez
Victoria Ramirez
Shea Norris
Javier Patty
Michelle Antone
GONA Peacekeepers have been part of our GONA’s from the very beginning however we only utilized them from time to time. In this last year we decided to make the Peacekeepers a year round project. The Peacekeepers are now receiving more in-depth training around mediation, dispute resolution and restorative justice. Our Peacekeepers will assist us in all matters that concern the youth while at GONA. We hope that this investment will foster the confidence in our youth to become more involved in making change within our community.

PEACEKEEPERS
SUPPORT TEAM (CLINICIANS)

Ron Spencer
Alexis Hamill
Stephanie Comoroda
Danielle Pizzi
**AGENDA**

**Day One**
- Opening Prayer / Song
- GONA Overview/What to Expect
- Belonging Definition
- Introductions
- GONA History
- Spirit Table
- Housekeeping
- Norms
- Icebreakers
- Story / Discussion
- Clans
- Mini Teach
- Group Work
- Belmont: What did you see, feel & hear
- What to expect next day
- Closing Prayer /Song

**Day Two**
- Opening Prayer / Song
- Overview of yesterday
- What to expect for day two
- Revisit Norms
- Introductions
- Definition of Mastery
- Introduce Clans
- Icebreakers
- Story / Discussion
- Mini Teach
- Group Work
- Belmont: What did you see, feel & hear
- What to expect next day
- Closing Prayer /Song

**Day Three**
- Opening Prayer / Song
- Overview of day before/Reflections and Share back
- What to expect for day three
- Definition of Interdependence
- Revisit Norms
- Introductions
- Energizer / Ice Breakers
- Story / Discussion
- Medicine Wheel Workshop
- Group Work and share back
- Belmont: What did you see, feel & hear
- What to expect next day
- Closing Prayer /Song

**Day Four**
- Opening Prayer / Song
- What did families do last night/overview of day before
- Definition of Generosity
- Revisit Norms
- Staff Introductions
- Overview of Day 4
- Highlight Clans
- Mini Teach
- Story /Discussion
- Community Commitments
- Icebreaker
- Share Back
- Belmont: What did you see, feel & hear
- What to expect next day
- Closing Prayer /Song
BELONGING

“Building and strengthening the sense of team, family, community”

A place for all ages, a place for all kinds of people.

The first day represents infancy and childhood, a time when we need to know how we belong.

A time when infants and children learn who they are. Where they belong and a sense of protection
MASTERY

"Gaining mastery and healing from what holds us back"

Empowerment, for individual and for community. The second day honors adolescences a time of vision and mastery.

A time when adolescents and young adults learn to understand their gifts, their vision, where they come from and how to master their talents
INTERDEPENDENCE

“Working together interdependently for positive change”

Action, Community leadership. The third day is symbolized by adults, integral and interdependent within their families and communities.

A time for adulthood, responsibility to others and an understanding of our interconnectedness with all things
GENEROSITY

“Giving back to self and community”

Teacher/Elder, and resources in the community. The final day honors our elders, who give their knowledge and teachings to our generations of the future.

A time when, as elders, we can give back to our families and communities through sharing of wisdom, teachings, culture, rituals, stories and song
GONA NORMS (CREATED BY ATTENDEE’S)

- Honor People’s Point of View & Culture (Yes, And)
- Raise your hand to speak/Stay Muted (background noise)
- Keep your screen on at all times and be seen (Youth IPAD Raffle)
- Active Participation
- One Mic
- Have fun & learn
- Be Respectful
- Be Focused
- Healthy Risks
- Be Brave
- Come ready to learn
- Confidentiality
CLANS
THE TURTLE HEALERS
EAGLE SHARKS
THE ANIMALS OF 4 DIRECTIONS
THE RESILIENT TATANKA ROSES
THE SPARTA TURTLES