



If you are expecting and your newborn may be exposed to legal or illegal substances or you know your baby has been exposed, and you want to help yourself, your baby, and your family, this Wellness Program may be for you




Yurok Wellness Program

Yurok Social Services

Yurok Tribe Klamath Office
190 Klamath Blvd
PO Box 1027
Klamath, Ca 95548
707-482--1350





· What can I expect as a client of the Wellness Program?

Kom-chue-pew nee-kee mes-kwee' k'e-'wes: The Yurok relationship with your doctor and wellness team is one of familiarity. We know each other and feel valid in our space with one another. We are on equal footing and communicate what is needed to help

Focus is: Cho'skuy; soo chpok-se'm and Empowerment, because Skuy' soo ne-ko-muy k'er-serrhl: You know well how to do things (as opposed to, you know how to do things well). We will show you the way Cho' noo-kwo-mey ke'm: to gather for yourself, because there's power there—Yurok medicine.

Your responsibilities are:

o Cho' kwee-get nee-kee chpa'-roy-o'm: Show up and learn, spark purpose, strengthen your bonds with your relations/community.

o Cho'now-kwoo' m k'o-'o'l: Take care of your home, create a safe place for your children and the people you love. You belong to a People with a proud history.

· You will have the choice to work with a clinician, a maternal wellness specialist, a tribal mentor/navigator, or all three to help you with these responsibilities;

- You will have access to services
 - o That are tailored to meet your needs
 - o Free of charge and confidential; and
 - o Available to you where you live or help with transportation if you need it;
- Support that is available to you from pregnancy through your baby's third birthday;
 - Service providers who have a special understanding of Yurok Tribal community values and traditions, pregnancy, early parenting, the challenges of prenatal substance exposure.

What can I expect from my Maternal Wellness Specialist?

- Ten' 'we-cheek and Cho' skuy' Soo ge-we-chem': The relationship with your maternal wellness specialist is to listen to you and help you "live in a good way" to be happy. The Yurok term can be translated as, May you have all of your relations and some money. This isn't so much what the universe/god/creator provides, but rather is supporting you to identify your responsibilities and fulfilling those responsibilities.
- Someone who can provide support during your baby's hospital stay, should they need medical care in the hospital, and during the transition from hospital

to home;

- Someone who can share her understanding of the challenges of parenting a substance- exposed newborn;
- Assistance with navigating service providers' requirements and schedules;
- Support with your sobriety and encouragement with your participation in recovery programs; and
 - Someone to listen to your concerns and/or feelings about parenting joys, challenges and demands and empower you to make healthy decisions for yourself, your baby, and family.

What can I expect from my Tribal Mentor/Navigator?

- Just like an auntie or uncle, someone to listen to you
 - Someone to help you make sense of your story, because our survival and resiliency is sustained and passed on through 'Er'-gerp: Yurok Stories;
 - Extended family support with meeting the challenges of pregnancy and early parenting, alongside the challenges of healing from historical trauma and the disease of addiction because we are interconnected through blood memories that promote living well Skuy' soo he-we-che'm "collectively, we go around together as Yuroks;"
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