NEEDS ASSESSMENT OF THE CHER-AE HEIGHTS INDIAN COMMUNITY OF THE TRINIDAD RANCHERIA

By

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In Partial Fulfillment of the Requirements for the Degree

Master of Social Work

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Abstract

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Porscha Cobbs

The purpose of this project is to conduct a needs assessment of the Cher-Ae Heights Indian Community of the Trinidad Rancheria. The assessment was developed to evaluate current social services, and provide a community-driven approach to developing a future social services program. The preliminary results will be reviewed, which include several emerging themes such as: substance abuse treatment, youth services, community building, and Alcohol and Other Drug (AOD) treatment.
Acknowledgements

I would like to acknowledge my committee members: César Abarca, Geneva Shaw, and Angela Sundberg. Your support, mentorship, and contribution to this process have been monumental.

I would also like to give special acknowledgement to the Cher-Ae Heights Indian Community of the Trinidad Rancheria. Thank you for allowing me into your community, sharing your stories with me, and allowing me to participate in the completion of the needs assessment.

Finally, I would like to thank my family. Thank you Mom and Dad for providing strong shoulders to stand on. Thank you Allen, Devon, and Dante for you words of encouragement and support. Thank you to all of my extended family members for raising me up and guiding me towards a path with a bright future. Thank you Tavo, I feel blessed to share my life with you. Thank you for the words of encouragement, your hard work, and your sacrifices. None of this would be possible without you.
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Introduction

The Cher-Ae Heights Indian community of the Trinidad Rancheria is a federally-recognized tribe established in 1906. The tribe is located in Trinidad, California and resides on aboriginal land of the Yurok people. The tribe has ancestral ties to the Yurok, Wiyot, and Tolowa peoples (Trinidad Rancheria, 2012). All three tribes have lived on California’s northern coast since time immemorial and share cultural similarities (Trinidad Rancheria, 2012). Today the tribe has approximately 220 members and provides numerous cultural and social programs for tribal members.

Currently, the tribe is in the process of developing and expanding social and cultural programs. The Tribal Programs Director and Social Services Manager are interested in conducting a needs assessment of the community. One of the first steps will be to conduct a survey that will target information that needs to be obtained for grant funding purposes and allow the community to guide the development of the social services department. My personal and professional relationships with tribal members created an opportunity for collaborative partnership in developing the survey.

Aims

The project aims to complete an assessment that illustrates the community needs, provides data for future fund development efforts, and evaluates current services established in the community. The Trinidad Rancheria completed a comprehensive community assessment in 2009. As the data gathered from that assessment is now
outdated, this project will provide updated and relevant information. Additionally, this project will lay the groundwork to build community capacity for sustainable programs.

**Approaches**

I used a collaborative approach to develop a survey that provides useful information for funding purposes. My responsibilities included: providing foundational materials for the survey, supplemental materials, and analyzing survey results. Tribal program staff oversaw the revision process, approved all final drafts of the survey for distribution, and led the outreach and engagement process. Tribal members were asked to complete a survey that collected qualitative and quantitative information. The survey asked a variety questions ranging from service-specific questions to opinions on overall community wellbeing.

**Outcomes**

The respondents provided quality information to guide several program areas such as: Indian Child Welfare, substance abuse, domestic violence, youth services, tribal housing, and cultural programming. The survey also solicited information on the prioritization of community needs for program development. Data collected will be used for fund development next year. The data illustrates, with empirical evidence, that customized services are needed for this community. The surveys gathered information regarding the evaluation of, and suggestions for improving, current services. Data gathered from the surveys also showed strong points in the community; these positive
areas will serve as models to building a healthier community. After data analysis is completed, the results will be shared with the community.

**Assumptions**

This project assumes that several social issues, such as substance abuse, domestic violence, child sexual abuse, and others, negatively impact this community. This project assumes the Trinidad Rancheria Tribal community would like to expand its social services division as a mechanism for building a healthier community. Additionally, it is assumed that participants will be comfortable in engaging openly and honestly with the survey. Lastly, it is assumed the Rancheria will use the data to create a community-driven approach to future fund development.

**Significance**

Trinidad Rancheria’s program staff is leading this initiative. They have identified this assessment as a community need. Every aspect of this project has been developed in consultation with Trinidad Rancheria. Based upon the survey results, program staff will gain insight into social issues from the community’s perspective. The community will benefit from successful fund development efforts by Trinidad Rancheria in the future.
Literature Review

Purpose

There is a lack of available literature concerning needs assessments, program development, and program evaluation for Native American social service programs in rural areas. However, there is extensive literature on needs assessments, culturally-responsive approaches to assessments, and culturally-sensitive assessment tools. This literature review attempts to capture themes related to culturally-appropriate needs assessments in Native American communities.

Definitions

Needs assessments are important because they provide relevant and direct information from the community for program development and expansion. Rubin and Babbie (2013), describe a needs assessment as a blanket term for a variety of techniques that collect data for program planning purposes and it is interchangeable with evaluation for program planning. Van de Sande & Schwartz (2011), also describe several reasons for a needs assessment:

- Determining whether services exists in the community
- Determining if there are enough clients to utilize services
- Determining who uses existing services
- Determining what barriers prevent clients from accessing services
- Documenting the existence of an ongoing social problem (p.100)

Radell (2008), reminds researchers that assessment is a tool that any institution may use to evaluate any aspect of itself, which lays a foundation for improvement. For
the purpose of this project, a needs assessment will be used for evaluation of current services and to create and expand community-driven services for Trinidad Rancheria.

**Culturally-Based Approaches to Needs Assessment**

Several needs assessments conducted within Native communities describe a need for culturally-based approaches in order to capture the most information. In a national needs assessment of American Indian/Alaska Native child welfare programs, the assessment strategy included: “collaborating with Native American child welfare experts who collected data and facilitated trainings, extensive distribution, community stakeholders involvement at every stage of the process, and a multi-method design” (Leake, Potter, Lucero, Gardner, & Deserly, 2011, p. 51).

A community-based participatory health and needs assessment conducted in Oklahoma describes the relationship between a non-American Indian researcher and the Indian Health Care Resource Center of Tulsa, Inc. (IHCRC). IHCRC staff assembled a community advisory board to provide input into every aspect of the project, and used multiple methods of data collection (Johnson, Bartgis, Worley, Hellman, & Burkhart, 2010). These culturally-based best approaches are useful tools for assistance with developing a culturally-responsive survey that seeks authentic and accurate information.

The First Symposium of the Work Group on American Indian Research Program Evaluation Methodology (Caldwell, Davis, Du Bois, Echo-Hawk, Erickson, Goins, Hill, Hillabrant, Johnson, Kendall, Keemer, Manson, Marshall, Running Wolf, Santiago, Schact, & Stone, 2005), provides twenty guiding principles for research and evaluations with American Indians and Native Alaskans (AI/AN). Some of the principles include:
Research must be relational; recognize that being in relationship with communities is a privilege and should be treated accordingly.

AI/AN community partners should be involved in the oversight or research from inception to completion.

Researchers should be informed and directed by existing ethical guidelines developed by AI/AN communities whenever possible.

Research design, data collection and interpretation, should give prominent attention to strengths and cultural protective factors.

Tribal or community review of all research findings is essential.

Researchers need to work with Native communities and tribes to define culturally appropriate standards for excellence in research design.

Research that focuses on individual tribes, Native villages or communities can be essential for local participation (p.10 -13).

These guidelines are important to this project because I am a non-Native engaging in research with a tribe. It is important for me to keep these empirically-based guidelines and best practices at the forefront of my research process to avoid developing an unethical, deficit based, and exploitative research project.

**Participatory Rural Appraisal**

The Participatory Rural Appraisal (PRA) is used to describe a group of approaches and methods that encourage and support marginalized persons to share and analyze their life experiences and conditions, with the goal of planning for action (Chilisa, 2012, p. 237). PRA is an appropriate framework for this project because this researcher strives to incorporate various approaches, including the principles of cultural responsiveness and pictorial representations of knowledge (Chilisa, 2012).

The creation of this survey is dependent upon the participant voice. The survey contains qualitative and quantitative methods and will be presented to the community in the format of a visual presentation. A mixed-methods presentation approach was
determined to be the best approach for this survey because each method provides
individual strengths. Qualitative approaches are better suited to capturing and
communicating the complexities of human experience (Van de Sande & Schwartz, 2011,
p. 113), while quantitative approaches provide numerical values that can be analyzed
statistically (Van de Sande & Schwartz, 2011). These methods provide tribal programs
staff a variety of information that has the potential to create a well-rounded representation
of this community.

Summary

Extensive assessments have been conducted with Native peoples and
communities, however, there are no peer-reviewed assessments that focus on Native
people from California’s North coast. Additionally, there is limited literature regarding
assessments of Native communities that are similar in population to Trinidad Rancheria.
Although these limitations exist, it is important to recognize the assessments efforts that
have been organized by individual Tribes, Indian Health Organizations, Tribal
Consortiums, Tribal non-profit organizations, and building healthy community initiatives.
Trinidad Rancheria tribal members participated in these assessments in various
capacities.
Methods

Introduction

It is believed that Native people have been over researched and will no longer tolerate colonial intrusion (Van de Sande & Schwartz, 2011, p.76). Given these challenges to researching Native communities, I was pleased by being invited to participate in this project by Trinidad Rancheria’s Social Services Manager. I understood the challenges in being invited to conduct this assessment since traditionally, social work practice has operated from a western positivist paradigm that (Van de Sande & Schwartz, 2011, p.77), is not culturally responsive to Native communities.

To control this challenge, this project will be using a Community-Based Participatory Research (CBPR) with an appreciative inquiry approach. CBPR is a culturally responsive, collaborative, multi-method research approach that seeks to target the community as an equal partner in all phases of the research and directly translate the findings into interventions and policies (Johnson, Bartgis, Worley, Hellman, & Burkhart, 2010, p.53). This project will utilize appreciative inquiry as an approach to change-focused research (Chilisa, 2012, p.244). It is important that the survey provides a balanced perspective of the community. The community issues must be expressed and elevated while simultaneously examining the strengths and natural supports that will enhance future social service programs.

Of the 220 members of the Trinidad Rancheria, 66 people from the ages of 18 to 87 completed the survey. The outreach for this survey was conducted by the Tribal
Programs Director and the Social Services Manager. Outreach was conducted by completing a tribal member mailing, presenting information about the survey at a community council meeting, door-to-door solicitation, and ensuring surveys were available during Tribal Council Meetings. The informed consent and presentations at member meetings provided a detailed overview of the project, risks, future plans for the information, and long-term benefits.

Participants

All 66 tribal members who participated in the survey were over the age of eighteen and their participation was voluntary. Participants required approximately twenty minutes to complete the survey and community members were not compensated for their time. Participants skipped over any questions that were uncomfortable or did not wish to answer. The assessment had 24 questions of different types, including ranking, multiple choice, and short answer questions.

Project Design

There is one component to the project design. The survey was developed in partnership with Trinidad Tribal Programs staff and meets the program standards of being culturally responsive. The survey was chosen as the first step in the assessment process to gather topic areas for focus groups and interviews. The Yurok Tribe’s Systems of Care survey was used a model to develop this survey.
Data Collection

All of the data collected is within the content of the survey. The type of data collected was qualitative and quantitatively, and responses were written.
Results

The intent of this project was to develop and implement a needs assessment in collaboration with Trinidad Rancheria. The goal of reaching 45 tribal members was exceeded, as 66 tribal members chose to participate in the survey. Due to time constraints, this project will not provide a full analysis of the complete assessment. Instead, the results will examine five survey questions in depth, as well as the barriers to participation, and the presentation design. The assessment provided empirical data needed to justify applying for services. Additionally, the tribal community’s perspective on strengths and concerns will be used to inform the future grant writing processes. I will present the results of the survey to the community with the Social Services Manager.

The first question asked participants to review a list of services. The survey asked each respondent to circle any of the services that they would like to see offered at Trinidad Rancheria. Of the 66 total participants, 61 chose to respond to the question. Each number on the chart below corresponds to the number of times a service was marked by a survey participant. The minimum number that a category could have is zero and the maximum number a category can have is 61 (see figure 1).
From all, “Youth Center / Activities” was the most popular answer with 38 respondents indicating a need in this area. The second highest response was for “Cultural Activities” with 35 respondents designating a need in this area. “Substance Abuse Treatment” was the third highest answer with 32 responses. “Food Boxes / Meal Deliveries” and “Counseling” are tied with 30 responses. There were 12 participants who were outliers that marked the “Other” box; responses included housing, education, “things,” attorney fees, intervention for substance abuse and mental health, and individualized service plans for each household. Additional ideas from participants include: Skype meetings for tribal members who live out of the area, changing the application for the Emergency Assistance Program, and referrals out to other service
providers. Some respondents stated that all of these social services should already be implemented in their community.

The next survey question asked: “If mental health services were offered by the Tribe and Tribal programs, which of the following would benefit yourself and/or our Tribal communities?” Participants were asked to mark “Yes” or “No” next to each listed service. 55 out of 66 participants responded to the question. In the chart below, the number at the end of each bar represents the number of participants that marked “Yes” or “No” to the need for each service (see Figure 3).

![Mental Health Services Options](chart)

Figure 2: Mental Health Services Options

The service with the highest response was “Drug / Alcohol Education” with 46 participants indicating the service as a benefit to the community. “Wellness Programs” had the second highest response with 42 participants specifying wellness programs as an area of need. “Aftercare/Recovery” was the third most popular response with 38
participants marking “Yes.” “Suicide Prevention” and “Family Counseling” both received recognition from 36 respondents. “Child Counseling” and “Prevention Programs” were marked by 34 respondents each. 18 participants did not fully complete the survey. All of these participants only marked “Yes” answers to the services they felt would be most useful and left all of the other services blank.

The next question presented to the respondents stated: “All communities have unmet needs. Of the needs listed please pick 5 greatest priority needs to our Tribal community.” In the bar graph below, the numbers above each bar indicate the number of participants that designated the need as a top priority. Of the 66 total participants, 63 chose to respond to this question (see Figure 4).

![Prioritized Community Needs](Figure3.png)
Another category, “Substance Abuse,” is seen as a top priority and received 35 votes. “Cultural Activities” received the next highest response with 29 participants identifying a need. “Employment Opportunities” received the third highest votes with 27 respondents. “Youth Center / Youth Activities” received the fourth-highest votes with 23 respondents. The four participants who responded “Other” included the following responses: housing, transportation, drug intervention, and sex education / birth control.

Figure 5 is based on the question: “In your opinion what social issue affects your community the most? Please place the number 1 next to the most important issue and a 9 next to the least important issue.”

![Figure 4: Social Service Rankings](image)

Of the 66 total survey participants, 62 answered this question. “Substance Abuse” was identified as the most important issue that needs to be addressed with 29 votes.
“Youth Programming” received the second highest votes with 14. “Homelessness” received the third highest votes with a total of ten. Out of the services ranked the lowest, “Sexual Abuse” received eleven votes, which is the highest. “Elder Abuse” received ten votes and “Lack of Food” received nine votes.

Three participants had outlying number one answers, which included “teaching activities,” “everything,” and “none of these.” In addition to these outliers, six participants ranked more than one service a number one priority. Seven participants had answers that did not following the ranking instructions, and several respondents partially completed the question.

The next survey question asked: “In your opinion what steps need to be taken to build a healthy Trinidad Rancheria?” Each participant’s answer was coded. Based on those codes, I created five themes to represent the participants’ responses. The ranking for the themes are:

1. Services
2. Community
3. Youth
4. Culture
5. Outliers

Out of 66 total participants, 44 chose to answer this question. 24 answers were coded under “Services,” 13 answers were coded under “Community,” 3 answers were coded under “Youth,” 2 answers were coded under “Outliers,” 2 answers were coded under “Culture” (see Table 1).
Table 1: Coded Themes

<table>
<thead>
<tr>
<th>Themes</th>
<th>Coded Description of Themes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>Youth programs, youth center, youth activities, youth education</td>
</tr>
<tr>
<td>Community</td>
<td>Active community members, unity, member participation, accountability, community buy-in,</td>
</tr>
<tr>
<td></td>
<td>non-judgment, communication, assistance</td>
</tr>
<tr>
<td>Services</td>
<td>Drug testing and drug rehab, grants, housing, employment opportunities, education, social</td>
</tr>
<tr>
<td></td>
<td>programs, restructure management, parenting classes, sports classes</td>
</tr>
<tr>
<td>Culture</td>
<td>Return to traditional values, prayer, cultural classes, healthy lifestyles</td>
</tr>
<tr>
<td>Outliers</td>
<td>Change things, dental</td>
</tr>
</tbody>
</table>

Examples of participants’ responses for the “Services” theme include:

1. “Need to restructure upper management to prosper! Need jobs, housing, training tribal members to be managers!”
2. “Drug rehab, after care, jobs, homes. Drug and Alcohol free membership. Homes so our families don’t have to all live in one home. Transitional housing.”
3. “Assess all tribal members and make an individual plan for each one”
4. “1. Establish a Social Service Program. 2. Start providing opportunities for community members to participate. 3. As we begin to provide services trust and utilization from community should increase.”

Examples of participants’ responses for the “Community” theme include:

1. “Community buy-in. Supportive community free of judgment. Good communication skills. Develop coping skills.”
2. “The community needs to be educated on the effects of all abuse, the community needs to hold each other accountable and stop enabling abuse and drug addiction. We need to provide the necessary services to accomplish these things. The whole community needs to be included, not just eligible voters.”
3. “Participation from everyone is needed. We need to come together as a community and work together. Voices need to be heard.”

Examples of participants’ responses for the “Youth” theme include:
1. “A youth program, whether it’s a center, regular activities, or services - but something structured.”
2. “Youth programs.”
3. “More resources, more funding, bigger budgets, more opportunities, more income, build our youth first.”

An example of a participant’s response for the “Culture” theme is:

1. “Access to resources, opportunities for cultural education and participation. Return to traditional values, respect for elders, settle up! Get people clean and engaging in healthy lifestyles, healthy relationships.”

**Summary**

Based on the preliminary results, this researcher identified four topics as areas of interest for further discussion in the tribal community:

1. Substance Abuse Treatment, Alcohol and Other Drugs Education, Aftercare and Recovery
2. Youth Activities, Youth Center, Youth Programming
3. Cultural Activities
4. Community

These topic areas were viewed as a priority across all of the survey questions that were analyzed, and further discussion is important to determine the next steps towards developing a social services program for Trinidad Rancheria.
Discussion

Implications to Social Work Practice, Research, or Policy

This project will assist Trinidad Rancheria program staff build their capacity to better serve their community. This assessment created a starting point to develop dialogue within their community about the health and well-being of their members and the future of the tribal social services department.

Further, this project created a new relationship between Humboldt State’s Department of Social Work and Trinidad Rancheria. This project was highlighted by Humboldt State’s Social Work Department as a successful collaboration with a Tribal community. Prior to this project, no collaboration existed between Trinidad Rancheria and the Social Work Department. The development of this partnership has created opportunities for social work students to continue this project, develop other masters projects, and obtain internships at Trinidad Rancheria.

Sustainability Plan

Sustainability is at the forefront of this project because the survey was developed with future endeavors in mind. The original plan was to develop a comprehensive needs assessment; however, due to time constraints, a survey that solicits pertinent information was developed with the Tribal Programs Manager and the Social Services Manager. At
the conclusion of this project, a focus group will be conducted by Trinidad Rancheria to solicit input from individuals who were not interested in completing the survey. The Social Services Manager will use this data for future grant writing.
<table>
<thead>
<tr>
<th>Component / Method</th>
<th>Action Steps</th>
<th>Timeline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Establish Accountability Partner</td>
<td>Ongoing review of project proposals, brainstorming project ideas, develop new research skills.</td>
<td>08/2014 to ongoing</td>
</tr>
<tr>
<td>Develop Initial Project</td>
<td>Met with Trinidad Rancheria Tribal Programs Director and Social Services Manager.</td>
<td>09/2014 to 10/2014</td>
</tr>
<tr>
<td>Meeting with first reader</td>
<td>Review project options and determined which option is the best fit for my project.</td>
<td>10/2014</td>
</tr>
<tr>
<td>Relationship Building</td>
<td>Met with community partner to develop a general timeline for first year implementation. Consulted with second reader who provided local supplemental materials and perspective about program development.</td>
<td>09/2014 to ongoing</td>
</tr>
<tr>
<td>Survey Development</td>
<td>Met with community partner to develop survey contents and distribution plan.</td>
<td>11/2014 to 01/2015</td>
</tr>
<tr>
<td>Institutional Review Board (IRB) Proposal and Approval</td>
<td>Develop appropriate materials to provide a project overview, sample questions, and informed consent for IRB. Approved for IRB.</td>
<td>11/2014</td>
</tr>
<tr>
<td>Literature Review</td>
<td>Consultation of agency documentation and reports.</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Community Engagement and Outreach</td>
<td>Partner with Trinidad Rancheria staff to explain the purpose of the project and encourage community participation.</td>
<td>01/2015 to 03/2015</td>
</tr>
<tr>
<td>Analysis of Survey Results</td>
<td>Develop a system to record the survey results in a meaningful way.</td>
<td>03/2015 to 04/2015</td>
</tr>
<tr>
<td>Community presentation of Results</td>
<td>Compile a dynamic multimedia presentation that will provide community members with an overview of this Masters project</td>
<td>05/2015</td>
</tr>
<tr>
<td>Research Grant Eligibility</td>
<td>Masters student / program staff research different program areas that are accepting grants.</td>
<td>Ongoing</td>
</tr>
<tr>
<td>Evaluation of the of data by Tribal Staff</td>
<td>Tribal program staff will determine what information to use in the grant writing process.</td>
<td>05/2015 to ongoing</td>
</tr>
<tr>
<td>Develop Grant Proposal</td>
<td>The Social Services Manager / Program Development staff person is a distributed learning student and is considering writing a grant proposal for their Masters project. If this staff member chooses a different Masters project, grant writing will be part of their job duties.</td>
<td>05/2015 to 2016</td>
</tr>
</tbody>
</table>
Ethical Considerations

This survey could be triggering for participants because the content could bring up past trauma as well as collective historical trauma that participants have experienced. The informed consent process was designed to address these issues and all staff involved in survey distribution have professional experience and training to provide case management services, which includes crisis intervention.

I have a personal investment in this project because of previous working relationships with Tribal Programs Staff. However, as a researcher outside of this community I can be perceived as untrustworthy because of the historical relationship between Indigenous Peoples and researchers. Chilisa (2013), explains the researcher’s ethical responsibility, which is to:

…pay attention to the history of the researched, to the history of the methods used, and to the literature about Indigenous Peoples. The researcher has to move the research from deficit-and damaged-centered research to research that builds communities and restores hope and belief in their capabilities to resolve challenges that they encounter (p. 174).

This researcher was able to utilize this concept by giving ownership of the data to Trinidad Rancheria and the Tribe approved all materials for this publication.
Project Limitations

The greatest limitation to this project is time. There is a limited scope of work that can be completed in the designated amount of time and the period of data collection was brief. There were not enough resources dedicated to this project to conduct a multi-faceted approach, but Trinidad Rancheria plans to build on this one-dimensional assessment. Without a multi-faceted approach it is impossible to triangulate data and increase the validity of the data. Furthermore, this approach does not leave room for multiple ways of knowledge sharing.

The information collected from survey is limited because all of the participants did not complete their surveys. In particular, the qualitative questions had the lowest response rates. Participants under the age of eighteen were not permitted to complete the survey, and the voices of young people are vital to assessing community needs. Ideally, more community members’ voices would be incorporated into the development of the assessment.

The survey response could have been increased by creating a clearer and conscience survey. The qualitative questions should have been asked in a focus group or interview sessions to increase responses. Advertising at more than one membership meeting would have given participants more than one opportunity to complete the survey. It would have beneficial to ask participants to evaluate the survey itself for improvements.
Recommendations

More discussion and data collection is needed to validate the current information and create a stronger community voice in the program development process. The topic areas that arose from the analysis provide information for focus groups and interviews. The results will be brought back to the larger community to expand the conversation about community. This project provided a starting point for assessing and addressing community needs. This survey along with other collection modalities will ensure Trinidad Rancheria’s community voice is the foundation of the social services department.

It is too early in the analysis process to determine any conclusions about the survey, however, this assessment can serve as a model for other tribal communities that are considering the assessment process.
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College Journal, 19(4), 60-61.


Appendix: A

Informed Consent

PURPOSE AND BENEFITS:
The purpose of the survey is to get your opinion and ideas on the direction we need to take in building our social services department to meet the needs of the community. You will be asked questions about your experiences with current services and what types of services you would like to see in the future. Social services staff will use the information collected to improve and develop social services.

PROCEDURES:
If you choose to complete the survey it will take approximately 20 minutes. You can skip any questions that you do not want to answer and you can choose to stop the process at any time. Personal or sensitive questions will not be asked.

CONFIDENTIALITY: The information that is collected will remain confidential. No personal information will be collected during the survey. The principal investigator (HSU Student) and research team (Tribal Program Staff) will be the only people with access to raw data. Anonymous direct quotations will be used in the final report.

If you have any concerns regarding this project, or any dissatisfaction with any part of this study, you may contact the IRB Chair, Dr. Ethan Gahtan, at eg51@humboldt.edu or (707) 826-4545. If you have questions regarding your rights as a participant, you may report them to the IRB Institutional Official at HSU, Dr. Rhea Williamson, at Rhea.Williamson@humboldt.edu or (707) 826-5169.

Please keep this informed consent form and retain it for your future reference. If you agree to voluntarily participate in this research as described, please sign below.

Porscha Cobbs, HSU Primary Investigator, pmc19@humboldt.edu
Dr. Cesar Abarca, Committee Chair, Department of Social Work, BSS 544, cesar.abarca@humboldt.edu, (707) 826-4552

I have read and understand the information provided and agree to participate in the following Project.

__________________   ______________
Name      Date
Your input is important! Please take about 10 minutes to complete this survey that asks you questions about you, and your perceptions about how to best serve our community. Please be assured that all of your responses are anonymous – we are not asking you to provide your name. Additionally, there is no right or wrong answer on this survey, rather, we are asking for your personal opinion and insight on the conditions and needs in our community. Thank you!

1. How old are you?
   a. 18-29
   b. 30-45
   c. 45-60
   d. 60-75
   e. 75+

2. What is your gender?
   a. Male
   b. Female

3. How many adults live in your household? __________

4. Including yourself how many adults in your household are eligible voting Tribal members? _______

5. Do you reside within the Trinidad Rancheria?
6. Have you used any social services that Trinidad Rancheria offers within the last year?
   a. Yes
   b. No

7. If you answered “no” to question 4 please circle the reason why services were not utilized:
   a. No need for services
   b. Trinidad Rancheria does not offer the service
   c. Other:__________________________

8. If you answered “yes” to question 4 please circle the services that you have used:
   ICWA Advocacy  Referral Services  LIHEAP  Emergency Services  Food Distribution  Other_______________________

9. Overall, how satisfied are you with the social services offered by Trinidad Rancheria?

   Very Satisfied  Satisfied  Unsatisfied  Very Unsatisfied  Don’t know

10. What could have made your experience with social services better?
11. In your opinion, what social issue affects your community the most? Please put the number 1 next to the important issue and a 9 next to the least important issue:
   a. Elder Abuse ________
   b. Substance Abuse ________
   c. Homelessness ________
   d. Child Abuse ________
   e. Mental Health ________
   f. Lack of Food ________
   g. Youth Programming ________
   h. Domestic Violence ________
   i. Sexual Abuse ________
   j. Other: __________________

12. All communities have unmet needs. Of the needs listed below please pick (5) greatest priority needs to our Tribal community.

   _________ Substance abuse treatment
   _________ Substance abuse prevention
   _________ Elder Group Activities
   _________ Elder assistance programs
   _________ School dropout prevention
   _________ Youth Center/ Youth Activities
   _________ Cultural Activities
   _________ Educational opportunities
   _________ Domestic Violence Services
   _________ Parenting Classes
   _________ Child Care Services
   _________ Health and Wellness Classes
   _________ Employment Opportunities
   _________ Food Distribution Program
   _________ Child Abuse Prevention
   _________ Other: __________________
13. What services would you like the Tribe to offer? Please circle any of the following:
   a. Counseling
   b. Social Workers
   c. Domestic Violence Advocates
   d. Child abuse/Sexual Abuse Prevention
   e. Youth Center/Activities
   f. Cultural Activities
   g. Elder Activities
   h. Food Boxes/Meal Delivery
   i. Emergency Shelter
   j. Substance Abuse Treatment
   k. Transitional Housing
   l. Emergency Vouchers
   m. Other:_______________________

14. For the next set of questions please mark the box under the response that best fits your answer.

<table>
<thead>
<tr>
<th>I feel strongly connected to my Tribal culture.</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
I have spent time trying to learn more about my Tribal background such as its history, traditions, and customs.

I participate in traditional activities [e.g. hunt, fish, basket weave, attend ceremonial dances]

I would benefit from culture classes in order to learn more about my traditions.

15. How often do the children and youth living in your home participate in cultural activities (e.g., ceremonies, gathering of traditional foods, basketry and regalia materials, traditional methods of fishing, eeling)?
   (Skip this question if there are no children in your household)
   - [ ] They do not participate
   - [ ] (1-5 times a year)
   - [ ] (6-12 times a year)
   - [ ] (Most Days)

16. How often do you participate in cultural activities?
   - [ ] I do not participate
   - [ ] (1-5 times a year)
   - [ ] (6-12 times a year)
   - [ ] (Most Days)
17. Do any of these issues limit your involvement from participating in any previously listed or other cultural activities?

<table>
<thead>
<tr>
<th>ISSUES</th>
<th>Yes No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family concerns</td>
<td></td>
</tr>
<tr>
<td>DON’T feel I am living in a way that allows me to contribute in a positive manner to cultural activities</td>
<td></td>
</tr>
<tr>
<td>Feel intimidated or unwelcome to cultural activities</td>
<td></td>
</tr>
<tr>
<td>Lack or limited knowledge of processes, protocols, or activities</td>
<td></td>
</tr>
<tr>
<td>Limited types of activities</td>
<td></td>
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<tr>
<td>Locations where cultural activities take place</td>
<td></td>
</tr>
<tr>
<td>Money concerns associated with participating in cultural activities</td>
<td></td>
</tr>
<tr>
<td>NOT receiving any information about when and where cultural activities occur</td>
<td></td>
</tr>
<tr>
<td>Transportation</td>
<td></td>
</tr>
</tbody>
</table>

Other (please specify):
18. Overall, how satisfied are you with the mental health care now available in our tribal communities?

- [ ] Very Satisfied
- [ ] Satisfied
- [ ] Unsatisfied
- [ ] Very Unsatisfied
- [ ] Don’t know

19. Stigma is when someone judges you based on limited knowledge. This is a common experience for people who have a mental health conditions and can prevent them from seeking help. Please check all that you believe barriers to seeking help.

- [ ] Cannot afford services
- [ ] Takes too long to get in with a treatment provider
- [ ] Transportation problem
- [ ] Afraid
- [ ] Help is only for crazy people
- [ ] Couldn’t find a physician/therapist
- [ ] Don’t want to be labeled
- [ ] Work or school conflicts
- [ ] No family support
- [ ] Do not want to be medicated

20. Have you, or someone in your household experienced emotional or mental health problems such as

- [ ] Depression
- [ ] Anxiety
- [ ] Thought disturbances
- [ ] Erratic behavior
- [ ] Other emotional problem

21. If mental health services were offered by the Tribe and Tribal programs, which of the following do you feel would benefit yourself and/or our Tribal communities?
<table>
<thead>
<tr>
<th>Service</th>
<th>Yes</th>
<th>No</th>
<th>Service</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug/alcohol education</td>
<td></td>
<td></td>
<td>Suicide Prevention</td>
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<tr>
<td>After care/recovery</td>
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<td>Family counseling</td>
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<tr>
<td>Child counseling</td>
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<td>Talking Circles</td>
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<tr>
<td>Prevention programs</td>
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<td>Teen counseling</td>
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<td>Group counseling</td>
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<td>Therapeutic camps</td>
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<td></td>
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<tr>
<td>Individual counseling</td>
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<td></td>
<td>Wellness programs</td>
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<td></td>
</tr>
</tbody>
</table>

Other: (Please Specify)  

22. In your opinion, what would a healthy Trinidad Rancheria community look like?

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
23. In your opinion, what steps need to be taken to build a healthy Trinidad Rancheria community?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

24. What services are working well at Trinidad Rancheria?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________