



## **HEALTHY FAMILIES PROGRAM POLICY**

### **I. MISSION STATEMENT**

The Bear River Band of the Rohnerville Rancheria Tribal Council and Social Services Department encourage healthy tribal families. Bear River recognizes the importance of tribal members maintaining connections with not only immediate family, but also extended family and all compositions that can make up a family household.

### **II. GOALS**

The Social Services Department will provide monthly group based activities, with an emphasis on prevention, health promotion, wellness and family engagement. The Healthy Families project will work to promote a healthier generation of children along with their families.

The Healthy Families program will support tribal families in coming together once a month to actively participate in skill building classes. These classes center on food handling, traditional food gathering and cooking, as well as learning basics such as budgeting, recycling food waste, food preparation and healthy eating habits. Healthy Families intends to promote a fun, family orientated approach which is culturally appropriate for the Bear River families we serve.

### **III. DEFINITIONS**

*Bear River Families* - are defined as a tribal household in which at least one (1) enrolled member of the Bear River Band of the Rohnerville Rancheria resides.

### **IV. QUALIFICATIONS**

Bear River tribally enrolled members or members eligible to enroll who live within the service area and comply with the program requirements listed below.

## **V. PROGRAM REQUIREMENTS**

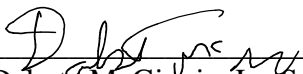
1. Bear River tribal families may be required to show proof of enrollment or eligibility, or to produce documentation verifying foster care/guardianship or Indian Custodianship.
  2. Bear River families will receive one (1) set of materials per class (e.g. One calculator, one book, one pen is a set). Materials will be given as a set, to each Bear River family household.
  3. Materials will not be distributed to each individual, but will go to each household as a set.
  4. Transportation is not available for these classes.
  5. Bear River families are required to register each month by calling the Social Services Department. Registration will be taken on a first-come first serve basis.
  6. The first ten (10) Bear River families who register will be offered the space in the class for the month. All other families will be placed on the waitlist and contacted via phone if there are cancellations. Families that have been placed on the waitlist will have first priority at the next months' class.
  7. Bear River families who register to attend, must give 24 hour notice to Social Services if they are unable to attend the class. Failure to give 24 hour notice may result in the denial to register for future classes.
  8. Bear River families are required to attend the entire two hour class to receive the materials. Families who leave before the entire class is completed, without good cause, forfeit their materials for the class. Social Services will not allow any holds on materials to be picked up at another time.
  9. Bear River families who attend the class must have an individual over the age of 18 present for the entire class time.
  10. Bear River families are not required to participate in all twelve (12) classes and may join any class they choose, so long as registration guidelines are followed.
  11. The Healthy Families program will offer twelve (12) classes, one (1) per month, for the fiscal year.
  12. The topic and location of each class will be sent out to tribal members each month via flyer and posting on the Bear River Website.
  13. Each monthly class has a space limit for ten (10) Bear River families.
  14. Each monthly class will consist of a facilitated activity. A healthy snack will be provided as well as materials to take home upon completion of each class.
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This is to certify that the Bear River Band of the Rohnerville Rancheria Tribal Council duly assembled in Loleta, CA and adopted the foregoing document on December 26, 2023 by a vote of 6 For, 0 Against, 0 Abstentions and 1 Absent.

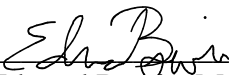
  
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Josefina Frank, Chairperson

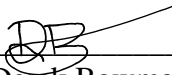
  
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Aileen Meyer, Vice-Chairperson

  
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Dakota McGinnis, Jr., Secretary

  
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Earl Moon, Treasurer

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John D. McGinnis, Member-at-Large 1

  
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Edward Bowie, Member-at-Large 2

  
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Derek Bowman, Member at Large 3