



# HNCF

## APPLICATION INFORMATION 2013

For session beginning March

**START WITH A  
LETTER OF INTEREST  
DUE:  
AUGUST 3, 2012**

Go to website: [www.hncpartners.org](http://www.hncpartners.org)  
Click link to submit your Letter of Interest

# Healthy Native Communities Fellowship

## Do you want to...

- Work with your community to realize their own vision of wellness?
- Create effective teams and coalitions to sustain community efforts?
- Mobilize your community for positive change?
- Energize and deepen your leadership skills?

## What is the Fellowship?

- **Team Approach** – 2-3 community members from different community sectors
- **Fellowship Retreats** – 3 week-long gatherings (March, June, October)
- **Online Learning Community** – Connecting and supporting through the internet
- **Fellow Space Action Learning Process** – Teams share their learnings with community
- **Fellowship Support** – Tuition, materials and lodging provided. Teams are responsible for their travel. Limited assistance may be available on case-by-case basis for travel.



Submit Letter of Interest  
[www.hncpartners.org](http://www.hncpartners.org)



### FOR MORE INFORMATION

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FELLOWSHIP  
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# Healthy Native Communities Fellowship

Fellowship teams put into practice the strategies they learned for community change. Teams will build upon their skills to keep track of the work they are doing and evaluate the impact of their community work. The third year of the Fellowship is centered around teaching and leading. Fellows accepted into the third year will mentor others to build communities of practice. Fellows and teams are invited to apply for Year Two and Year Three of the Fellowship once they successfully complete Year One.

## COSTS OF THE FELLOWSHIP

The Healthy Native Communities Fellowship will provide scholarships for selected Fellows to include:

- Excellent learning experience with Faculty and peers
- Tuition and Materials
- Meals and lodging at Fellowship retreats. Fellows will share lodging rooms.

## The Fellow's organization contributes:

- Release time from work to attend three (3) 1-week-long Fellowship sessions in 2013
- 6 hours per week to work on the Fellowship Action Learning process
- Internet, computer, printer and phone access
- Travel costs to/from Retreat sites



## APPLICATION PROCESS

Each applicant must apply as part of a team of 2-3 individuals.

- Letter of Interest Due August 3, 2012. Go online to [www.hncpartners.org](http://www.hncpartners.org) and click on "Apply for the Fellowship"
- Supporting Documents Due October 5, 2012
  - » Two (2) letters of Recommendation Due
  - » One (1) Letter of Support from CEO of your organization
  - » One (1) Signed Supervisor Agreement Form Due
- Team Interviews: Likely candidates will be interviewed as application documents are received. Interviews will be completed by November 2012.
- HNCF Selection Committee will meet by December 2012.
- Selected applicant Teams will be notified by the end of December 2012.



*"The Fellowship, it opened me up to other cultures around the US. I gained new ideas and insights on ways to improve wellness of the Native population we work with."*

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# Building Healthy Native Communities



This community leadership, grass-roots organizing experience connects you to tools to engage communities in collective actions to make a difference in Indian country. You will meet and learn from other aspiring community change leaders working with Native people across the country. The Fellowship is created in collaboration with the Healthy Native Communities Partnership, Inc., and the Indian Health Service National Health Promotion Program.

## THE FELLOWSHIP

When you join Year One of the Fellowship, you become part of a life-long journey to create positive community change. Fellows are encouraged to take risks and “stretch” their images and perceptions of themselves, their Fellowship Team, and their communities. More than 200 Fellowship Alumni are using their tools as advocates, facilitators, leaders, resource and program developers, and social change agents in Native Communities from Alaska to Maine, from the Plains to the Southwest.

### When you choose to join the Fellowship here's what to expect:

- One Year Commitment: The Fellowship begins with a one-year commitment to hands-on, collaborative learning grounded in Native cultural, spiritual and intellectual perspectives over the course of three week-long retreats. Fellows co-create the learning that takes place.
- Sharing Cultural/Traditional Teachings: Each day begins and ends with Fellows

providing intentions and reflections based in spiritual and cultural traditions from their communities. Over the years these have included songs, smudging, prayers, traditional stories, Bible readings, dances, and lessons learned.

- Fellowship Retreats: Fellows will gather three (3) times throughout the year. The first retreat will be held in March; the second retreat is scheduled for June and; the third retreat will be in October.
- Online Learning Community: is a secure place for Fellows to plan and share the work they do in community. Fellows connect with one another, with HNCF Alumni and other Native leaders who share a passion for community change and sustainability work.
- Fellowship Support: Tuition, materials and lodging are provided for selected teams that fully participate in Fellowship activities. Each team member is responsible for their own travel to each retreat site. Limited assistance may be available on a case-by-case basis.

## THE TEAM APPROACH

We are looking for teams of 2-3 people who want to take action for change in their community. It takes a team of people from different sectors of the community to build and sustain community wellness. For example, law enforcement, education, youth, elder, business, spiritual/cultural leaders

*Are you part of a change group?  
Is your group listening to community voices?  
Is your group working towards wellness?*

and others who work together to achieve solutions. This approach ensures that Fellows have strong community support when they return home after each retreat.

### We are looking for Team members who are part of a community group (Home Team)

Team members should be part of an on-going community group working towards



*"The Fellowship ... made me more aware of who I am and what my responsibility is within my community."*



*"I now realize that my community needs healing before we can move forward... I am more aware of all the native leaders that are in different tribes that work toward the same vision."*



collective action. This group will be your community-based “home team” (examples: community wellness coalition, taskforce, board or other active group or initiative).

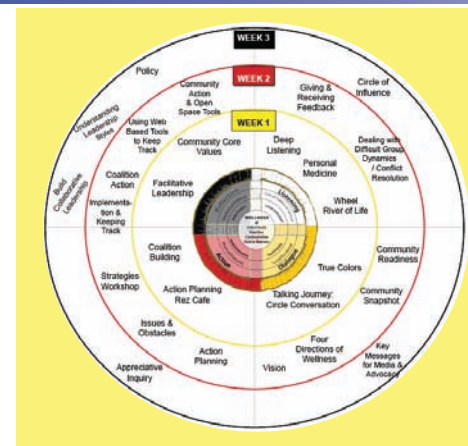
### We are looking for team members who:

- Will commit one year to participate in all Fellowship events and activities;
  - Will apply the skills and knowledge they learned at the Fellowship in their home communities during the Fellowship Action Learning process;
  - Demonstrate personal commitment to improve the wellbeing of the whole community, not just the clients served by their particular organization;
  - Demonstrate they are part of a community group working together with Tribal members across organizational boundaries to address broad community issues and;
  - Have access to a computer, printer and internet and demonstrate basic computer literacy.
- Role of Sponsoring Organization / Workplace:**
- Ensure Fellows have 6 hours per week to work on broad community concerns and wellness activities under the auspices of the Fellowship;
  - Support Fellows with release time to attend all Fellowship retreats, conference calls, Webinars, online tracking and other activities and;
  - Work across organizational boundaries to support community change efforts.

In order to ensure a diverse Fellowship experience, consideration will be given to the factors listed above as well as geographic and Urban, Tribal and IHS representation.

## BENEFIT TO MY COMMUNITY AND ORGANIZATION

Fellows will become more effective community change leaders, with increased group process and inter-personal skills, strengthened critical thinking and problem-solving abilities and a greater capacity for effective teamwork. Fellows will bring back new ideas and models to engage communities and organizations to take collective actions towards solutions to their



community's felt needs. Fellows will train others in their community and organization in new skills learned in the Fellowship.

## HNCF MEDICINE WHEEL FRAMEWORK

The curriculum framework for Year One is based on the Medicine Wheel in a 3-week format. The three weeks represent the holistic path towards wellness in Mind, Body and Spirit. The Year 1 framework has four (4) concentric circles. In the middle of the framework is the Medicine Wheel. The HNCF Medicine Wheel is at the core. It guides our work to build healthy Native communities. Moving out from the center, the second circle represents the holistic path of the Mind in Week One of the Fellowship. During each week of the Fellowship as we learn and practice new skills, we will move around the Medicine Wheel, beginning in the East/ White direction and ending in the North/ Black direction.

The Healthy Native Communities Fellowship is about transformation at all levels - individual, team, community and Nations. When you join the Fellowship, you make a commitment to challenge yourself with new learnings and to put those new learnings into practice to make a difference in building healthy Native communities.

## HNCF YEAR 2 & YEAR 3

The Healthy Native Communities Fellowship is a three-year process. The first year is focused on intensive community organizing and mobilization skills where new insights lead to transformation. Fellows share real world experiences that lead to co-learning about what works to build healthy, strong Native communities. In the second year,

## WEEK 1 GOALS

- Practice observation and listening skills to hear hidden voices in community
- Conduct a Listening to Community Voices Survey to listen to community
- Implement a Community Rez Cafe to explore community connectedness
- Practice strategies to build collaborative leadership for community wellness

### WEEK 1 - SKILLS TO BRING HOME

- Forming a Community Wellness Group
- Collaborative Leadership Skills
- Listening to Community Voices

## WEEK 2 GOALS

- Strengthen communication skills to create effective dialogue in your team and community
- Develop a community wellness plan
- Develop effective community wellness strategies
- Implement a community wellness action plan

### WEEK 2 - SKILLS TO BRING HOME

- Community Wellness Planning Process and Tools
- Creating a Community Wellness Plan
- Collaborative Leadership

## WEEK 3 GOALS

- To keep track of community wellness work
- Understand the Tribal / Federal policy process
- Strengthen collaborative / ethical leadership practices

### WEEK 3 - SKILLS TO BRING HOME

- Keeping Track with Community Wellness Planning
- Collaborative Leadership
- Policy Orientation

What it IS:	What it ISN'T:
Highly interactive	Lectures in a Classroom
Sharing Collective Experience & Knowledge	Experts Giving the Answers
Action Learning Process	One Big Research Project
Learning Community	Individual Study
Coaching & Support	Going It Alone