



# T'áá hwó ájit'éeego

Navajo Nation Department for Self Reliance Customer Newsletter

## DSR Customer Seeks CNA Certificate from CCC

Kaycee Clark, Department for Self Reliance (DSR) Customer, is presently enrolled in the CNA program at Coconino Community College (CCC).

DSR Customers must complete the 16-week CNA program before receiving a certificate. It consists of classroom training and a clinical rotation. Every Tuesday and Thursday, Kaycee attends two, three-hour classes at the CCC campus.

When Kaycee first signed up for DSR, she was not aware of the extended training options available to DSR Customers. “It wasn’t until recently when I reapplied that my new case worker, Lousha Hubbell, sent me information about the CNA program at Coconino Community College and I knew that was something I wanted to do,” Kaycee said.

“She asked me what my professional aspirations were, and she was telling me about the training available and that’s what really began getting the ball moving,” said Kaycee of her meeting with DSR Principal Case Worker Lousha in 2019.

In addition to attending classes every week, Kaycee appreciates the flexibility of online learning. “I have to go to campus twice a week, but a lot of the work that I have been assigned is online,” she said. “I am liking the school; you can tell that they have a passion for what they’re teaching.”

Kaycee details the assistance CCC offers its students, “The instructor is very focused on helping students succeed. We have a main instructor and two more instructors that help us during lab, where we’re physically trying to master the skills.”

“One of our instructors comes in



DSR Customer, Kaycee Clark checks on her “patient” while enrolled in Coconino Community College’s Certified Nursing Assistant training.

a little bit early so that we’re able to get more skills completed. It’s nice, they’re working with us. They’re really accommodating,” said Kaycee about CCC.

“We’ll be completing clinicals later in April, which will involve visiting a facility and either aiding patients or residents, depending on the facility.” To close the remainder of the training, Kaycee added, “We will either travel to Flagstaff Hospital or a long-term care facility to help older people.” Kaycee added, “I’m really excited to see how that is, that’s what I’d like to be doing, be working in a hospital.”

“CNA classes has been a career goal and I don’t plan on just getting my certification and using that to become a nurse just yet, I actually want to work as a CNA for a while,” said Kaycee.

Kaycee continued, “I wanted to return

to school and enroll in classes because I didn’t want to end up back on TANF, so when the training became available, it was the ideal opportunity for me.”

“One of my main challenges is child care, but now that my kids are a little older and since both of them will be in school, I will have some child care for a few hours,” revealed Kaycee.

Kaycee has two children, “I have one that’s in Kindergarten right now and one that will be going to preschool this coming year,” said Kaycee.

Kaycee describes the heavy load she faces every week, “It is a really, long drive home, a long drive. Driving to Flagstaff two times a week, it’s two hours there and another two hours back, plus four hours of classes, that’s eight hours twice a week,” she acknowledges that it is worth it.

If anyone is interested in the extended training opportunities, Kaycee offers some advice, “I would definitely advise them to begin saving money; I would save several hundred dollars. Because the support that TANF is offering, is going to come but not right away.”

“You’re going to need to pay for your food, transportation, and other things that you’ll need to take care of, like other certifications, like basic life support or your clearance card,” warning Kaycee.

“The second thing I would advise interested customers is to try to truly study material in your classes so that you can learn it rather than just get a decent grade for it. You want to perform a good job because that’s what you’re getting paid for and what you’re learning will be something you use throughout the job.

*Continued on page 6*



The Department for Self Reliance (DSR) is established under the Navajo Nation Division of Social Services within the Executive Branch of the Navajo Nation government. The DSR is responsible for administering the Tribal Temporary Assistance for Needy Families (TANF) program for eligible families residing on the Navajo Nation and near reservation communities within the states of New Mexico, Arizona and Utah.

The DSR provides short-term cash benefits to families with minor children for their basic needs while assisting the adult(s) to secure sustainable employment through appropriate support, work experience opportunities, training and education.

#### DSR CHINLE

Imperial Mart Circle Route 7  
P.O. Box 2420, Chinle, AZ 86503  
T: (928) 674-8194 | F: (928) 674-2351  
TOLL FREE: 1-866-700-5175

#### DSR CROWNPOINT

Lower Point Road Highway 371, Route 9  
P.O. Box 818, Crownpoint, NM 87313  
T: (505) 786-2384 | F: (505) 786-2394  
TOLL FREE: 1-866-784-1694

#### DSR FARMINGTON

710 E. 20<sup>TH</sup> Street, Farmington, NM 87401  
PH: (505) 278-8190 | FAX: (505) 278-8579

#### DSR GALLUP

2907 East Aztec Gallup, NM 87301  
T: 505.722.8940 | F: 505.722.8959  
TOLL FREE: 1-866-704-6940

#### DSR GREASEWOOD

HC 58 Box 75, Ganado, AZ 86505  
T: (928) 654-3434 | FAX: (928) 654-3905

#### DSR KAYENTA

103 KBC Mesa Drive  
P.O. Box 570, Kayenta, AZ 86033  
T: (928) 697-3218 | F: (928) 697-5665

#### DSR WINDOW ROCK

48 W. Hwy. 264, Quality Inn  
Office Complex, Building #2  
P.O. Box 920, St. Michaels, AZ 86511  
T: (928) 810-8553 | F: (928) 810-8598  
TOLL FREE: 1-866-860-9549

#### DSR TUBA CITY

North Main St., Suite 103  
P.O. Box 3050, Tuba City, AZ 86045  
T: (928) 283-6613 | F: (928) 283-3413  
TOLL FREE: 1-866-731-7015



*Join us*

*The Department for Self Reliance*

*Invites you to the*

*Grand Opening of our new facility*

*Wednesday, April 26th*

*at 10:00 AM*

*Quality Inn Office Complex*

*(New three-story building, east side)*

#### IN THIS ISSUE

DSR Customer seeks CNA Certificate from CCC .....	CUSTOMERS SUCCESS	PG. 1
DSR WR & SS Grand Opening of new building .....	DSR NEWS	PG. 2
DSR holds events for DSR Youth during Spring Break.....	DSR Youth	PG. 3
DSR Farmington Office holds Financial Awareness Workshops.....	DSR	PG. 4
ECS is Recruiting DSR Customers for these Career Opportunities.....	ECS	PG. 5
Mark Your Calendars .....	DSR News	PG. 6

The Department for Self Reliance (DSR) Education & Career Services (ECS) held training sessions specifically for DSR Youth during Spring Break '23.

### DSR Chinle Office

On March 15, *Youth Financial Aid* was presented by Geneva Nez, DSR Training Instructor (TI). Five DSR Youth participated; two of the students are enrolled at a nearby institution to get dual credits and will continue as freshmen in the fall of '23.

Resources on financial aid and criteria for admissions from Diné College, Navajo Technical University (NTU), Northland Pioneer College, Utah State University Blanding (USUB), Navajo Nation (NN) Scholarship Office, and the American Indian Scholarship Fund, were given to youth.

On March 16, Geneva also introduced three DSR Youth to the *Career Choices/ Picture Interest Career Survey (PICS)*. By selecting interests and pictures, PICS aids pupils in exploring career options. Students can plan their future careers by using PICS. Materials from USUB, NTU, and Diné College were made available.

### DSR Crownpoint Office

On March 15, the DSR Crownpoint Office hosted *Youth College Prep Day*. Sherietta Martinez-Brown, NTU First Year Academic Adviser spoke to students and parents. Sherietta covered expectations, admissions, certificate and degree programs, preparing for college once you've been accepted, and time management. She also included how, where, and when to start applying to colleges. Additionally, she gave details about the available organizations, sports, and activities for students. She wrapped up by discussing the cost differences between in-state colleges and out-of-state universities.

NTU Financial Aid Tech Angelita Darwin covered open enrollment, deadlines, and late enrollment, as well as how to apply for financial aid. NN Scholarship Office Senior Financial Aid Counselor, Bertha Davis gave

the final presentation. The types of scholarships that are available, the prerequisites, the enrollment period, the many types of help, how to apply for the NN scholarship, how to maintain your scholarship, and the maximum amount that may be awarded for each semester were all covered.

### DSR Farmington Office

On March 14, the TRIO Educational Opportunity Center presented *College Readiness* to 24 DSR Youth and their parents. TRIO is a federally supported program that offers educational services to people from underprivileged backgrounds who need extra help to get their degrees.

The DSR Farmington office hosted a *Mini-College Fair* on March 16, 2023. Presentations from Diné College, San Juan College (SJC), NTU, Fort Lewis College (FLC), Job Corp, and USUB were given to 24 DSR Youth and parents. Participants had the chance to speak with colleges and institutions in person to ask more questions.

On March 16, 2023, the DSR Farmington office held a *Mini-College Fair*. Twenty-four DSR Youth and Parents received presentations from Diné College, SJC, NTU, FLC, Job Corp, and USUB. Attendees had the opportunity to visit with the colleges and universities to ask more questions.

### DSR Gallup Office

*Healthy Choices for a Healthier Me* was presented by Cheryl Toledo, Prevention Specialist and Wahaila Begay, Prevention Specialist from the NN Division of Behavioral and Mental Health Services to eight DSR Youth. The discussion started with the effects of substances within the body, the body's reaction to substances, the reasons why substances don't leave the body for weeks, and the use of alcohol, narcotics, and prescription drugs. "Grounding" as a new technique for managing anxiety was introduced. Grounding, also called earthing, is a therapeutic technique that involves doing activities that ground or electrically reconnect you to the earth.

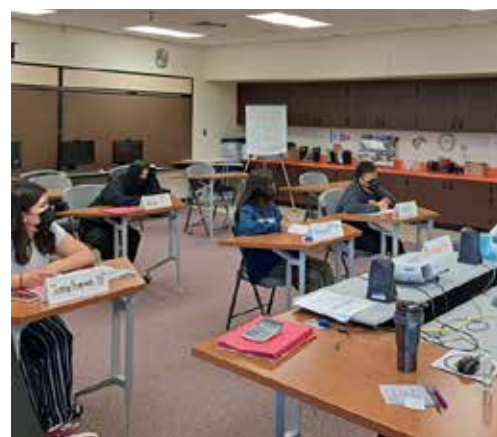
This practice relies on earthing science and grounding physics to explain how electrical charges from the earth can have positive effects on your body. The idea is that through grounding, youth become more aware of their surroundings and focused on their tasks. The value of family traditional ways of living was emphasized.

### DSR Kayenta & DSR Tuba City Offices

Both offices offered *Ignition Interlock Device Training* (DWI consequences) and *Overcoming Trauma through Positive Strategies*.

DSR TI, Charlene Nez presented the training to 23 DSR Youth. After the interlock training, the participants were asked what they would feel like if they had to have an ignition interlock device installed in their vehicle, they expressed their opinions freely, "embarrassment" was high on the list.

The second training, *Overcoming Trauma through Positive Strategies* training involved deep breathing exercises and full body stretching were taught to youth as positive strategies to help deal with stress.



DSR Kayenta EDS, Grace Kaye presented *What is Financial Aid* to four DSR Youth during Spring Break '23. Grace said, "I had a lot of fun teaching the young people, they were interested, they listened and participated in the presentation."

*What is Financial Aid?* Presented by DSR Kayenta Employment Development Specialist (EDS), Grace Kaye. Grace gave information on grants, work-study jobs, scholarships, and loans (do your best to not take out a loan).

She discussed the different kinds and



sources of financial aid and the formula used to determine amounts awarded. Grace covered the cost of tuition and the expected contribution from families. Once a student's financial need has been confirmed, Grace clarified how to obtain federal help. She demonstrated how to complete a FAFSA and what information is required.

Knowing what is important to you (values), what you enjoy doing (interests), and what you are good at (skills) makes it easier to design your career. Start preparing for college in high school by selecting the appropriate high school courses. Be involved in extracurricular activities and get to know your high school counselor, she advises kids.



*DSR Tuba City TI, Charlene Nez (on the right) poses with a group of DSR Youth who learned about Ignition Interlock (DWI Consequences) and Overcoming Trauma through Positive Strategies for three days during Spring Break '23. Charlene presented these topics at both DSR Tuba City and DSR Kayenta offices.*

### DSR Tuba City

On March 14, 15, and 16, DSR EDS, Jonathan Allison gave a presentation on the *FAFSA/Pell Free College for Natives* to 20 DSR Youth and four parents. Jonathan talked about the FAFSA application process online and highlighted several tuition discounts available to Native students who belong to one of Arizona's 22 Tribes. The FAFSA form must be completed by Native American students from Arizona in order to attend ASU, UofA, and NAU for free (tuition and books). Students were given information from the Arizona Promise Program and the Access2Excellence program, both explained how submitting the FAFSA will provide them access to attend all three colleges in Arizona for free.

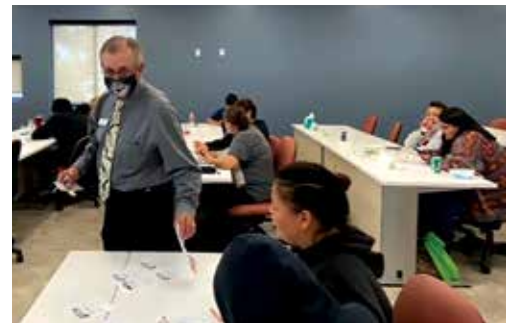


*Darwin Mitchell, Recreation Specialist from the Special Diabetes Project leads DSR Youth through team building exercises designed to promote mental health awareness and substance abuse prevention.*

### DSR Window Rock

On March 13 and 14, Lorena Thompson, DSR TI introduced students to PICS. The DSR training instructors have a general understanding of the test subjects' grade level thanks to the Testing for Adult Basic Education (TABE) assessment. Your high school scores are vital for admission because many universities have stringent standards. Academic standing may also determine whether a student receives financial aid or a fully funded scholarship. Having spent ten years at UNM Gallup, Lorena has the knowledge necessary to provide wise counsel to those who are considering

*Two Youth Better Choices for a Healthier Me* sessions were held on March 15 and 16, during the Youth Spring Break Health Jam at the DSR Window Rock office. The NN Special Diabetes Project's Darwin Mitchell, Recreation Specialist, and Cheryl Toledo, Prevention Specialist, led *Substance Abuse Awareness & Mental Health Awareness* on the first day. Team building exercises for Project Venture activities made up the second session. Each day, five DSR Kids attended. The youngsters appreciated how the presenters engaged with them and taught them the value of cooperation and communication.



*Dale Dendrick, Financial Development Educator presents financial awareness to DSR Adult and Youth Customers during Spring Break '23.*

The Department for Self Reliance (DSR) Farmington office offered two days of financial awareness workshops for DSR Adult Customers and Youth. Dale Dedrick, Financial Development Educator with First Financial Credit Union presented: *Building a Basic Budget, Understanding Your Credit Report, Car Buying Basics, Pay Yourself First, and A Roof Over Your Head* to Adult DSR Customers. On the second day, Dale presented to DSR Youth: *Building a Basic Budget, Understanding Your Credit Report, Car Buying Basics* to DSR Youth. After the youth presentation, Dale led the students through the last session, *Spending Frenzy* - an interactive activity.

The *Spending Frenzy Reality Fair* is an interactive activity, participants play out real life scenarios and make purchases based on their budgets. DSR Youth were given \$30,000 in play money to spend. First, the youth paid \$7,500 in taxes, which left \$22,500 to spend. With the remaining money, students visited any one of the six booths, in any order to determine their lifestyle. Each booth presented participants with different scenarios they could choose from, their choice determined how much money was spent at each booth. For example, At the *Home Sweet Home* booth, students could choose to rent an apartment or own a home, town home, mobile home, etc. After the students visited all six booths and made their purchases, they added up their totals to see if their receipts and taxes added up to the original \$30,000. The goal of the workshop was to learn to live within your budget.

**Current Extended Training****Coconino Community College  
Certified Nursing Assistant**

CNA training is two five-hour sessions for eight weeks, includes a clinical rotation. Choice of Flagstaff or Page campus. Required: Attend a provider preferred CPR training by May 19; obtain an AZ DPS Fingerprint Clearance Card; and pass a 10-panel drug screen. In addition, DSR Customers must have reliable transportation; TABE scores of 8.0 or higher in Math and Reading, a high school diploma or GED; and updated immunization records.

**Utah State University Blanding  
Professional Trucking (CDL) and  
Heavy Equipment Operator (HEO)**

DSR Customers may choose between a CDL or HEO 15-week certificate program. Classes start May 8. DSR Customers must have a 6.0 Reading and Math level on TABE, a valid driver's license for CDL; pass a drug and alcohol screening; retrieve a motor vehicle report from the Department of Motor Vehicles, must have a clean driving record.

**San Juan College Certified Nursing Assistant**

An eight-week training. Required: No outstanding bills with SJC, pass a background check, CIB, updated immunization records and a COVID-19 card, Must have a high school diploma or GED.

**Gallup CDL**

A CDL Class A with a Hazmat endorsement is offered. Attend a five to seven week certificate program. Must be 18+, have a valid Driver's License, score a 6.0 TABE Reading level or HS diploma, pass a drug/alcohol screening, and obtain Motor Vehicle report from the DMV with a clean driving record.

**Subsidized Adult Employment (SAE)****Chinle Chapter**

The chapter is hiring two Project Supervisors and two Carpenters. Jobsites are at various locations on the Navajo Nation.

**Gallup Community Health**

The following positions are being advertised, a Certified Phlebotomist, an Administrative Assistant/Care Coordinator. For the AA/Care Coordinator, applicants must have experience in a medical office and is familiar with billing and insurance. Applicants must pass a background check, and have a valid drivers license. All positions pay at \$20 per hour.

**Moencopi Day School**

The school is hiring a Maintenance Assistant and a Grounds Keeper. Applicants must pass a background check with the Hopi and Navajo Nations and obtain an AZ DPS Fingerprint Clearance Card. A high school diploma or GED, a valid driver's license, CPR training, and some experience. All positions pay \$14 an hour.

**Red Rock Security**

Security Officers are needed for full-time and part-time positions during day or night. Training is provided. Starting pay is \$12.50 per hour, after receiving a license, the pay is increased to \$14 per hour, and overtime pay is \$18.75 per hour.

**Southwestern Home Health, Inc.**

A Personal Care Attendant (PCA) is needed. The pay is \$12 per hour. Applicants will need to attend an information session. A valid ID or Driver Licenses, and Social Security card is needed to apply. All training offered must be passed with 80% or higher score. Will need to submit a TB test result and Covid-19 vaccination card.

**Next Subsidized Adult Employment (SAE)****Bashas'**

Will be hiring three DSR Customers per store, must have a valid driver's license or identification. Most positions require passing a math test, a background check, and a drug test. Each market has different positions available and the pay rate may range from \$13.85 to \$14.25. Attending an informational session is required before applying on-line.

**Next Subsidized Youth Employment (SYE)****Chinle Chapter**

The chapter will be hiring DSR Youth during the summer months, four-six weeks of employment. Because of the flexibility of Chinle Chapter, youth are able to choose work sites at various locations on the Navajo Nation.

**Bashas'**

DSR Youth, ages 16-17 years old are eligible to apply for six weeks of employment during June and July 2023. Sites are at all nine Bashas' locations. Five DSR Youth from all offices are eligible. Positions will be Courtesy Clerks at \$13.85 per hour. These positions are part-time.

**Next training for Youth****GenCyber Summer Camp 2023**

The camp is designed to expose students to cybersecurity experiences for students interested in cyber-based technology. The camp is hands-on, with guest speakers, and activities aimed at exposure to computer architecture, operating systems, and the fundamentals of networks and programming. DSR Students are eligible to attend the free camp. Fifteen slots are available, with five students each from the DSR Farmington, Crownpoint, and Gallup offices. The camp will be held at San Juan College.

**Alive 25 (Defensive Driving course)**

DSR Youth between the ages of 15-18, including adults 18 plus are eligible. Scheduled for May through July 2023. An opportunity for youth to receive a certificate after the training. Open to all offices.

**To Participate in ECS opportunities**

- The Adult or Youth applying must be in an approved DSR Benefit group, case must be active at time of enrollment.
- The ECS activity must support the DSR Customer's Personal Responsibility Plan and career goal.

*Continued on page 6*



Department for Self Reliance  
PO Box 2279  
Window Rock, AZ 86515

*Continued from page 5*

***DSR Customer participation in ECS is limited***

- DSR Customers may only attend one Extended Training (a certificate program).
- Those in SAE, SYE may only be employed for six months in a fiscal year.
- The wages earned by DSR Customers in SAE and SYE are not counted as income.

- Attend a DSR orientation/information session specific to the activity.

***Additional Expenses***

Once a DSR Customer is approved for any ECS activity, some expenses may be reimbursed. Reimbursements are dependent on available funds and if the DSR Customer needs to remove a barrier that hinders them from full participation in the activity. Meals, lodging, and mileage, may also be

reimbursed depending on the DSR Customer's circumstances. Approval for reimbursements must be pre-approved and are not guaranteed.

All hiring decisions are at the discretion of the employer.

Not all requirements are listed, it is best to meet with a DSR Senior/Principal Case Worker and ECS Staff to determine eligibility to participate in any ECS activity.

*Continued from page 1*

You want to carry it out securely and correctly."

Recruiting has started for the upcoming

CNA program at CCC; courses begin on June 5 and end on July 27, 2023. For eight weeks, interested DSR Customers will attend two, five-hour sessions per week.

Classes for CNA training will be held by CCC at both the Flagstaff and Page campuses. Customers of DSR are free to select the campus they want to attend.

## MARK YOUR CALENDARS

- April 26, 2023 - DSR Window Rock, Support Services Grand Opening
- May 29, 2023 - HOLIDAY Memorial Day

- June 1, 2023 - HOLIDAY Navajo Nation Memorial Day
- June 19, 2023 - HOLIDAY Juneteenth Day

Email the DSR at [info@nntanf.org](mailto:info@nntanf.org) with your feedback, comments, questions or concerns.