

# Application for Appointment to Boards, Committees, and Commissions City and Borough of Sitka

Board/Commission/Committee: Health Needs and Human	n Services Commission
Name: <u>Lakota Harden</u>	Preferred Phone:
Address:_	Alternate Phone:
Email Address:	Fax Number:
Length of Residence in Sitka: 6 yrs	Registered to vote in Sitka?_ <b>Yes</b> No
Employer: Sitka Counseling and Prevention Services Inc.	
Organizations you belong to or participate in:	
Sithe Counceling Coombe Health Dromations Vout	de Advencetor (the Claved) Cities

Sitka Counseling, Searhc Health Promotions, Youth Advocates (the Cloud), Sitka Conservation Society, Sitka Whalefest/Sitka Science Center, American Legion, Alaska Native Sisterhood, Sitka Mutual Aid, Sitka Decolonization Discussion Group, Shee Atika, Sealaska, Sitka Herring Protectors.

Explain your main reason for applying:

Being an active member of this community concerned about wellness and healing I feel obligated to serve in a capacity to represent some of the underrepresented in our community. My employment in Sitka Counseling allows me time to focus on Health and Human Services needs, issues in all capacities.

What background, experience or credentials will you bring to the board, commission, or committee membership?

For 40 years, I've worked in the non-profit community of Human Services, focusing on Young People and Indigenous Populations Wellness and Healing. I've been a spokesperson in many organizations, movements, which has kept me abreast of many societal issues. I grew up on Japonski island, graduating from Sitka High. This gives me an innate awareness of issues our local lifelong Sitkans face. I attended UCBerkeley, residing in California, giving me the comprehensive view of world views participating in several multi-cultural coalitions. Having been at the forefront of Indigenous Movements across the country for self-determination, over the decades gives me a unique perspective that has been beneficial to the work I've been involved both at SEARHC and Sitka Counseling. I'm active as a community member of the Sitka Tribe of Alaska, Alaska Native Sisterhood, and Friends of Mt. Edgecumbe High School. My integrity and commitment to health and wellness for all people, would bring a voice, a perspective that is unique and much needed.

Please disclose any potential conflicts of interest that may arise from your appointment. These may include but are not limited to:

- A substantial financial interest of \$1000 annually that could be influenced by your appointment.
- An immediate family member employed within the scope of this appointment.

Please attach a letter of interest, outline, or resume which includes your education, work, and volunteer experience

that will enhance your membership.	t he complete AND he accompanied by one of the above comporting documents.)			
(To be considered, your application must be complete <u>AND</u> be accompanied by one of the above supporting documents.)				
Date: 3/17/2021	Signature: <u>Lakota Harden</u>			
Your complete application and resum	should be returned to the Municipal Clerk's Office by noon on the			

Please note: all information submitted will be made public and published online. Appointments are normally made during open session of an Assembly meeting; however, Assembly members may vote to discuss applicant(s) in closed executive session. In this case, do you wish to be present when your application is discussed?\_Yes\_No

Wednesday prior to an advertised Assembly meeting.

Return to:

Melissa Henshaw, Deputy Clerk/Records Specialist, 100 Lincoln Street Fax: 907-747-7403 Email: melissa.henshaw@cityofsitka.org

Lakota Harden (Minnecoujou/Yankton Lakota and HoChunk) is a highly-respected, award-winning organizer, community leader, and elder who has been part of Native American struggles for the past four decades.

She first became an accomplished speaker as a youth and representative of the early American Indian Movement's "We Will Remember" Survival School on the Pine Ridge reservation, established out of the 1973 Wounded Knee occupation. She has continued her activism over the years, working with the International Indian Treaty Council, Women of All Red Nations (WARN), Idle No More, Indigenous Women's Network, Lakota Traditional Birthing Project, and OYATE, a Native organization working to see that the lives and histories of Native peoples are portrayed honestly through books.

Lakota was the co-host, for many years, of the weekly radio program, Bay Native Circle, on Pacifica radio station KPFA in the San Francisco Bay Area. The program featured interviews, current events, and perspectives of the Native American community.

Lakota was also trained in unlearning oppression work by the Oakland-based Todos Alliance-Building Institute and the Oakland Men's Project. In addition to keynotes and presentations, she has conducted workshops and trainings nationwide for youth and adults who work with youth, across lines of gender, race, and age to stop violence as well as workshops on unlearning racism, sexism and other social oppressions. She also offers "Decolonization" workshops for Indigenous peoples, addressing the impact of genocidal policies on individuals, families, and communities.

Growing out of Lakota's work with youth of Alaska's Sitka Tribe, she spent time as a counselor at Raven's Way, an residential treatment program for Indigenous youth and later worked with Health Promotions, focusing on diabetes prevention in the community. Currently, she is the Community Outreach Coordinator of Sitka Counseling and Prevention Services, providing outreach education and intervention programs related to substance misuse and wellness for groups within the community.

Lakota is also a founder of the Herring Rock Water Protectors, an environmental group, under the guidance of the Sitka tribe, that works to protect herring and salmon from overfishing by corporate interests. In following the spirit of Standing Rock, this group focuses on the issue of herring depletion as a local embodiment of the destruction of culture and earth.

Much of Lakota's work focuses on the healing of intergenerational historical trauma that stems out of the systematic genocide implemented by the U.S. government. The colonization of Indigenous communities has had multiple affects on those who have survived "Manifest Destiny" tactics. In healing work, she stresses, it is important to look at the spiritual, mental, as well as physical and emotional complexities of individuals. Acknowledging trauma, exploring methods and resources for healing, drawing on cultural practices and centuries old knowledge, are some of the ways to move forward.

Lakota is recipient of a Brave Hearted Woman Award presented by Mills College (Oakland CA) and a Sisters of Fire Award presented by the Women of Color Resource Center to leading women of color activists and artists for their outstanding commitments to social justice. Lakota is also featured in the 2018 documentary, *Warrior Women*.

#### WORKSHOP DESCRIPTIONS

## We are the Land! Cultivating Roots for a Connection to a Centuries-Old Community

During this time of re-examining our place on this planet, we need to take time to consciously look at ways to liberate oneself from learned conditioning. Drawing on our ancestral memory as well as modernization of Indigenous philosophies, how we can create a network of support and inspiration for our daily lives? We are the voice of the Waters, Trees, Air, Four-leggeds, Winged, and our future generations. This talk will address the importance of Identifying and restoring cultural practices and rediscovering our beliefs and values for the empowerment of our original role - living with our relatives on this planet.

## "Decolonization" Workshop for Indigenous Peoples

This workshop addresses the impact of genocidal policies on Indigenous individuals, families, and communities. The colonization of Indigenous communities has had multiple affects on those who have survived the "Manifest Destiny" tactics. In healing work, it is important to look at the spiritual and mental, as well as physical and emotional complexities of individuals. Acknowledging trauma, exploring methods and resources for healing, drawing on cultural practices and centuries old knowledge, are some of the ways to move forward.



## **Topics**

Art & Politics

Environment

**Human Rights** 

Internalized Oppression

Multiculturalism

**Native Americans** 

Poetry/Spoken Word

Programs for High School Students

Racism/Racial Justice

Resiliency/Healing

Violence Against Women

Violence-Prevention, Conflict Resolution

Women & Feminism

#### Lakota Harden

**Objective:** Experienced program coordinator with demonstrated administrative and program delivery outcomes. Possesses strong interpersonal, organizational, and communication skills with attention to detail and ability to prioritize. Able to facilitate communication as well as build collaborative relationships with program partners and skate holders. Computer skills in Microsoft Word, Excel, Powerpoint.

#### **WORK HISTORY**

#### SEARHC Health Promotions April 2019- Dec. 2020

**Diabetes Prevention Coordinator** 

Plan and Implement Diabetes Prevention Awareness. Organize and disseminate Educational and Informational materials through Activities, Community sessions, for all areas of the local populations.

#### SEARHC Behavioral Health- Raven's Way May 2016-April 2019

Adolescent Residential Treatment Center

Counselor in Training adhering to activities for obtaining the Chemical Dependency Certification. Onsite counseling service with daily activities involving, schooling, extracurricular, and home skills. Behavior Health service for Adolescents who struggle with acohol misuse and chemical dependency.

#### Special Events Project Coordinator

August - November 2015

International Indian Treaty Council San Francisco, CA

- · Organize and Implement transportation event arrangements
- Program design including: agenda, speakers, performers, security, proper protocol, liaison with California Parks and Recreation Dept., Alcatraz Cruises and local elders, tribal members
- · Experience with media coverage
- · Familiar with quantitative surveys, data collection, tracking & accountability.

#### Group Facilitator February 2013 to March 2014

Native American Health Center's Richmond Wellness Center Elder's

- · Facilitate and monitor Elders support and wellness group.
- Activities and education coordination with field trips, focusing on culturally based spiritual and physical wellness.

### Violence Prevention Trainer April 2012

Sitkans Against Family Violence, Sitka, Alaska

- · Planned and implemented trainings for youth and adults
- Interactive workshops for the schools and community groups assisted in furthering communication skills as well as self awareness among students and clients, in Sitka, Angoon and Kake.

### **EDUCATION/CERTIFICATION**

Rapid City Career Learning Center, Business Administration Certificate, SD

University of California Berkeley, Native American Studies CA

University of Nebraska-Lincoln General Studies NB

1986-

#### **Volunteer Experience/Trainings**

Elder health home care 2015 to present

KPFA radio programmer for Bay Native Circle 2004 to present

MC and coordinator of Intertribal Friendship House Community events and programs. Adult and youth

## SITKA SCHOOL DISTRICT

www.ssd.k12.ak.us

300 Kostrometinoff St. Sitka, Alaska 99835 Phone: (907) 747-8622



April 16, 2019

### Greetings,

It is with great enthusiasm that I write this letter of recommendation for Lakota Harden. I spent, on several occasions over the last few years as a co-worker and fellow educator teaming with her at Raven's Way in Sitka, Alaska. Throughout my experience working with Lakota I witnessed her exercise skill, sound judgment and a voracious appetite for professional excellence. She is extremely knowledgeable and tirelessly serves her students and clients, endeavoring to provide the safest environment, both physically and emotionally.

She carefully and thoughtfully executes her responsibilities, catering to the needs of her students and clients including culturally relevant, traditional and place based approaches. For example, she went out of her way to make sure one of our Yup'ik students felt at home and had some of his traditional foods available, which was not an easy feat due to the lack of those foods in our local ecosystem. Lakota is very sensitive towards the moment-to-moment needs of her clients and students, I witnessed her on countless occasions adjust the environment, give support and elderly counsel to others. She gives relentlessly until the needs of that person are met. Lakota is a dedicated and brave person who willingly gives of herself to others. I strongly believe that Lakota will be an asset and a positive addition to your team. Please consider her for any position you think her talents will bolster.

If you have any questions, please contact me.

Sincerely,

Ryan Hill, MA (Nanuq)

Director of Education & Wilderness Expedition Specialist

Raven's Way/ Yéil Jeeyáx at Sitka School District



## **Health Needs and Human Services Commission**

NAME	CONTACT NUMBERS	TERM STARTS	EXPIRES	CATEGORY
CHARLIE WOODCOCK	747-2910	9/25/18	9/13/19	CHAIR
PO Box 115	606-224-9958	8/27/19	8/27/22	CHAIR
1 0 Box 119	charlie.woodcock@sitkayouth.org	0/21/19	0/21/22	
CECILIA DUMOUCHEL	617-871-9842	12/8/20	12/8/23	VICE CHAIR
PO Box 6573	ckdumouchel@gmail.com	1.2, 3, 23	12, 3, 23	
DOUG OSBORNE	966-8674	1/27/15	10/14/17	
222 Tongass Drive	douglaso@searhc.org	.,2.,.0	10/24/20 11/10/23	
STEPHANIE HAWNEY 401 Marine Street #2	283-569-2330 stephanie.hawney@sitkatribe-nsn.gov	3/9/21	10/23/21	
DENISE EWING	623-7654	11/26/19	11/26/22	Resigned
800 Halibut Point Road C	denise.ewing@alaska.gov			3/17/21
LOYD PLATSON	747-3636 x226 w	8/25/15	10/28/17	
805 Charles Street	623-7560 c		11/7/20	
	Iplatson@scpsak.org			
HOLLY MARBAN	966-8938	1/8/19	1/8/22	Resigned
705 Sawmill Creek Road	907-713-5311			12/31/2020
	hmarban@searhc.org			
Melissa Henshaw	747 4000			Cooretoni
Deputy Clerk/Records Specialist	747-1826 melissa.henshaw@cityofsitka.org			Secretary
Crystal Duncan	738-1910			Assembly
PÓ Box 174	assemblyduncan@cityofsitka.org			Liaison
Kevin Knox	738-4664			Alternate
PO Box 6415	assemblyknox@cityofsitka.org			Assembly Liaison

## Established by Ordinance 2013-23

7 members, 3-year terms. A vacancy on the commission shall be filled by appointment by the Assembly for any remainder of an unexpired term.

Meeting schedule: 3<sup>rd</sup> Wednesday of the month; Noon at Harrigan Centennial Hall, 330 Harbor Drive – Meetings are to be held no less than four times per year.

Revised: March 17, 2021