

Zuni Youth Enrichment Project (ZYEP)

Annual Report

2012 - 2013



Mission



The Zuni Youth Enrichment Project (ZYEP) is an independent 501(c)3 non-profit dedicated to improving the health of Zuni youth.

Our Mission:

“To promote the development of healthy lifestyles and self-esteem among Zuni kids by providing them with opportunities to participate in empowering and enriching activities that will encourage them to grow into strong and healthy adults who are connected with Zuni traditions.”

Contact Us



Executive Director
Tom Faber, MD
tfaber@zyep.org
505-782-7301

Director of Development
Val Wangler, MD
vwangler@zyep.org
505-782-7566

Program Coordinator
Zowie Banteah-Yuselew
zbanteah@zyep.org
505-782-2184

Community Organizer
Esther Bemis
ebemis@zyep.org
505-782-2184





Contents



Our History.....

Our Fight.....

Our Programs

 Summer Camp.....

 DY MESA.....

 Sports Leagues.....

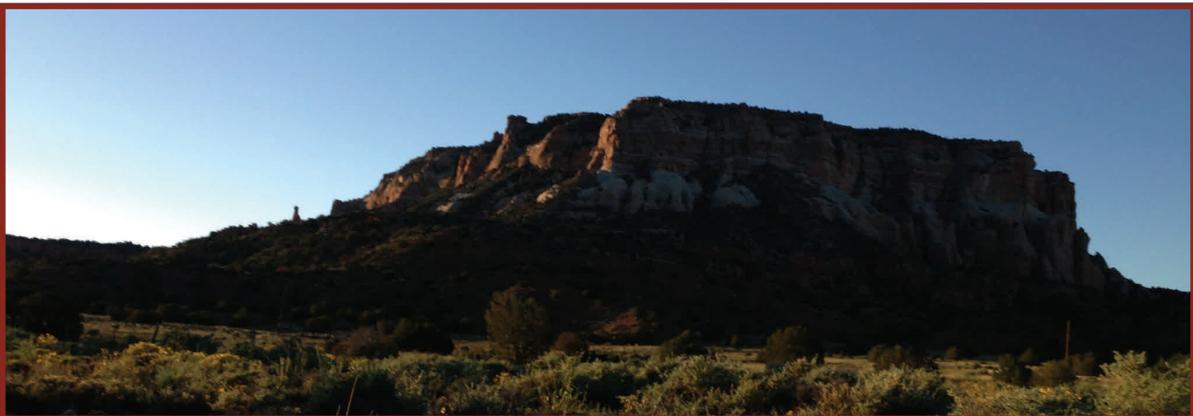
 Community Health.....

 Youth in Agriculture....

 Capacity Building.....

Our Board.....

Our Partners.....



Our History



“What are you doing this summer?” During their check ups, Dr. Tom Faber, ZYEP’s Executive Director would often ask his young patients this question. “Nothing,” was the common reply which lead Dr. Faber to the belief that providing engaging opportunities for Zuni youth was key to a healthier future.



From this point, a group of concerned community members united behind the mission of promoting health through enriching activities and cultural connectedness. Since this initial idea in 2008, ZYEP has quickly become a local leader in empowering Zuni youth to reach their dreams. In 2013, more than 300 youth participated in ZYEP activities and we look forward to expanding!

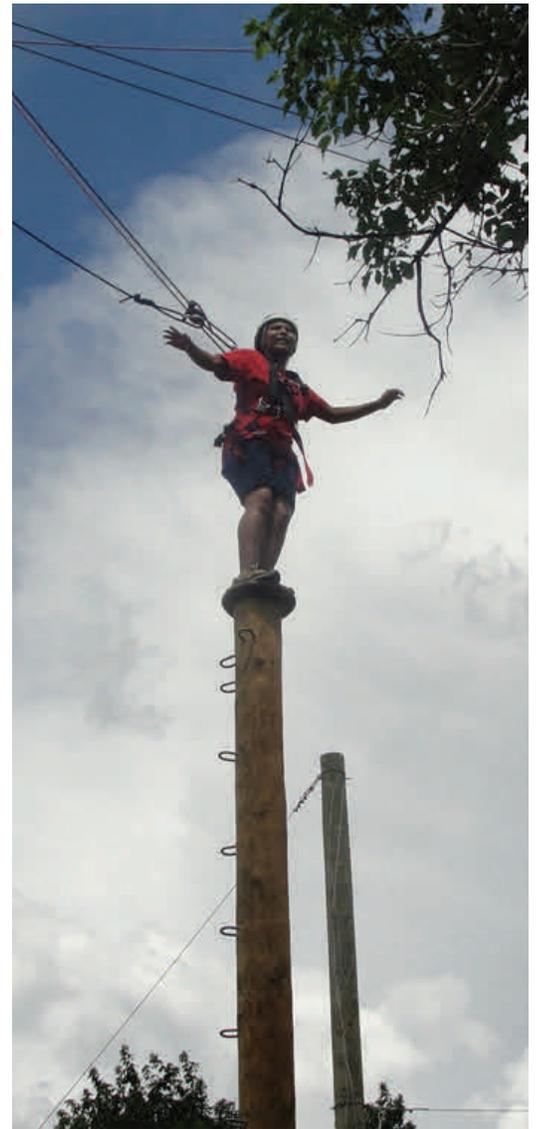
Our Fight



Zuni youth benefit greatly from growing up in a beautiful natural landscape with close-knit family units and one of the most intact Native language and culture systems in the US. Zuni youth also face significant challenges to growing up healthy including:

- More than 1/2 of Zuni children are overweight or obese
- The diabetes rate in Zuni is over 3 times the national average and diabetes death rate 6 times the national average
- 40% of Zuni families live below the federal poverty line
- Substance abuse, depression, and suicide rates among youth remain high

ZYEP works hard to reverse these trends and to empower a new generation of young Zunis leaders to improve the health of the community.



Our Programs



DY MESA



Based on the CAS-Carrera model of adolescent pregnancy prevention, the DY MESA program aims to help youth envision a successful future where high-risk behaviors have no place. Zuni middle school aged youth participate in:

- 2+ hours of after school programming daily
- Weekend, summer, and school break trips, service projects, and more



The DY MESA Program engages in 7 different components:

Education

homework help and hands-on problem-based learning

Self-Expression

students gain self-esteem and express their creativity while learning Zuni pottery, painting, photography, and more

Lifetime Individual Sports

youth explore sports like biking, tennis, and rock-climbing that will support lifelong fitness

Jobs Club

participants learn about the world of work by opening a bank account, earning a stipend, and participating in community service and entrepreneurial activities

Family Life/Sex Ed

students learn about safe relationships and avoiding high-risk behavior

Mental Health/Power Group

youth learn the skills for a lifetime of mental wellness

Medical/Dental

participants receive medical and dental care, establish a relationship with a medical provider, and learn how to stay healthy



Parents agree—DY MESA works! Parental feedback includes:

“[Child] is less angry, talks more. His attitude toward school is improved.”

“Thankful our child has a safe environment afterschool with activities to keep him focused.”

“[Child] has gained interest and become a self-motivator.”

“[Child] is inspired and eager to put forth effort toward his school work.”

“Thank you, staff, for being their for our children!”

Students regularly attending the DY MESA program showed marked improvement in their grades from the first to fourth quarters of the program’s first year. Students’ grades improved on average by the following number of points:

Language Arts	Math	Social Studies	Science
7.8	31.8	12.2	7.9



Summer Camp



Since ZYEP's first Summer Camp in 2009, Zuni children look forward to Summer Camp all year long.

Summer 2013 marked the 5th annual Summer Camp and 65 children spent the summer exploring the outdoors, being physically active, planting and tending the camp garden, learning traditional Zuni arts like dance and pottery, while making and having a great time!





From the parents:

“This camp is very helpful for the kids during the summer. It keeps them healthy & motivated to try new things.”

“It was good for my daughter to get out of the house and do fun, educational activities. She looked forward to going to camp each day.”

“Zuni has very little recreation when it comes to summer especially when parents work and don't have money for vacations. Camp is the best for Zuni children who wish to participate!”

“Learned a lot about friendship, socializing, and self confidence.”

Pre and post evaluations show campers:

- Decrease weight/BMI
- Improve levels of home physical activity
- Decrease soda consumption



Teen Leadership



ZYEP believes empowering the next generation of Zuni leaders is essential to a healthy future. ZYEP's Summer Camp Counselor program exemplifies this commitment by supporting teens as they mentor younger community members through the Summer Camp experience.

From College Night to the DY MESA program tutors to teen co-coaches in our sports leagues, ZYEP seeks out opportunities to help young Zunis develop leadership skills and a commitment to service.

ZYEP Summer Camp Counselor program supports growth and leadership development of 17 Zuni teens per year:

- The opportunity to mentor Zuni youth
- New Hope Program
- Leadership retreats
- A paid summer job





Camp Counselor evaluations show:

- Statistically significant improvements in
 - ◇ "If I work hard, I know I can do anything with my life"
 - ◇ "I am sure I will graduate college after high school"
- Strong trends toward improvement in self-esteem and support systems
- Counselors report confidence in the positive impact they have in the lives of campers

Through an intensive selection process providing experience in job applications and interviews, counselors are chosen to:

- Serve as role models for campers
- Ensure emotional and physical safety of campers
- Provide weekly written feedback to parents
- Set up and clean up all camp activities



Sports Leagues

From two soccer teams playing in the Gallup league a few short years ago, ZYEP Sports Leagues have taken off!

Sports Leagues give Zuni youth the opportunity to be active and stay fit while learning teamwork and developing self-esteem.





The fall 2013 soccer season involved more than 110 youth and included nutrition teaching and learning about the World Cup country assigned to each team.

For the spring of 2013, more than 135 youth aged 5-11 played on 12 basketball teams practicing twice weekly and playing weekly games.



Community Health



The ZYEP Community Transformation program works to create a healthier Zuni through environmental and systems changes. A few of our initiatives are highlighted here.

Zuni Trails

ZYEP is working with Tribal programs to mark popular fitness trails to allow runners, hikers, walkers, and bikers to know how far they've traveled. Trails include inspirational phrases in Zuni to motivate users to continue the quest for good health.





Food Systems

ZYEP partnered with the Zuni IHS hospital to create a demonstration garden to remind the community about the abundance of fresh produce that can be grown right in our own backyards!



Food Systems

Working with community businesses ZYEP also strives to improve community food options including working with the local grocer to label healthy choices and the local restaurant to make more healthy choices available on the menu.

Youth in Agriculture



ZYEP believes that reconnecting Zuni youth with traditional agriculture techniques is a great way to promote both healthy eating and cultural connectedness. We look forward to expanding our youth in agriculture opportunities soon!

Summer Camp Garden
The ZYEP Summer Camp Garden, a traditional Zuni waffle garden, is a mainstay of the Summer Camp program and a hands-on nutrition learning lab. Thanks to the help of community partners, the Camp Garden is also a great way to learn about Zuni agricultural traditions.



In addition to the Camp Garden at the Twin Buttes High School campus, ZYEP created and assists with gardens at both local ZPSD elementary schools and hopes to expand to more campuses soon.



At harvest time, DY MESA students run a small Farmers' Market helping to make the community gardens' produce available to the larger community.



Capacity Building



ZYEP believes in looking forward and working to best meet the needs of the community. To this end, ZYEP is currently engaging in extensive staff training, capacity building, and strategic planning, with a goal of continually improving the quality of our programs and number of opportunities available to Zuni youth. We'd love your feedback!





Sustainability

ZYEP depends on the generosity and collaboration of our funders, donors, community partners, parents and young participants. We believe that continuing to grow these relationships is essential and pay close attention to the feedback we receive from participants, parents and the Zuni community.

Sustainability

ZYEP also believes that excellence in program evaluation is key to ongoing program support and to this end all programs are carefully evaluated for community fit and outcomes. We'd love to share more!

Our Board



ZYEP Board of Directors

Kate Faber, ARNP
President
Nurse Practitioner, Zuni IHS

Marnella Kukate-Yepa
Vice President
Director, Zuni Teen Health Center

Carrie Gashytewa
Secretary
Occupational Therapist, Zuni IHS

Darlynn Panteah
Treasurer
CEO, Panteah and Associates

Valory Wangler, MD
Zuni IHS

Cordelia Hooee
Director, Zuni Public Library

Caroline Ukestine
ZPSD

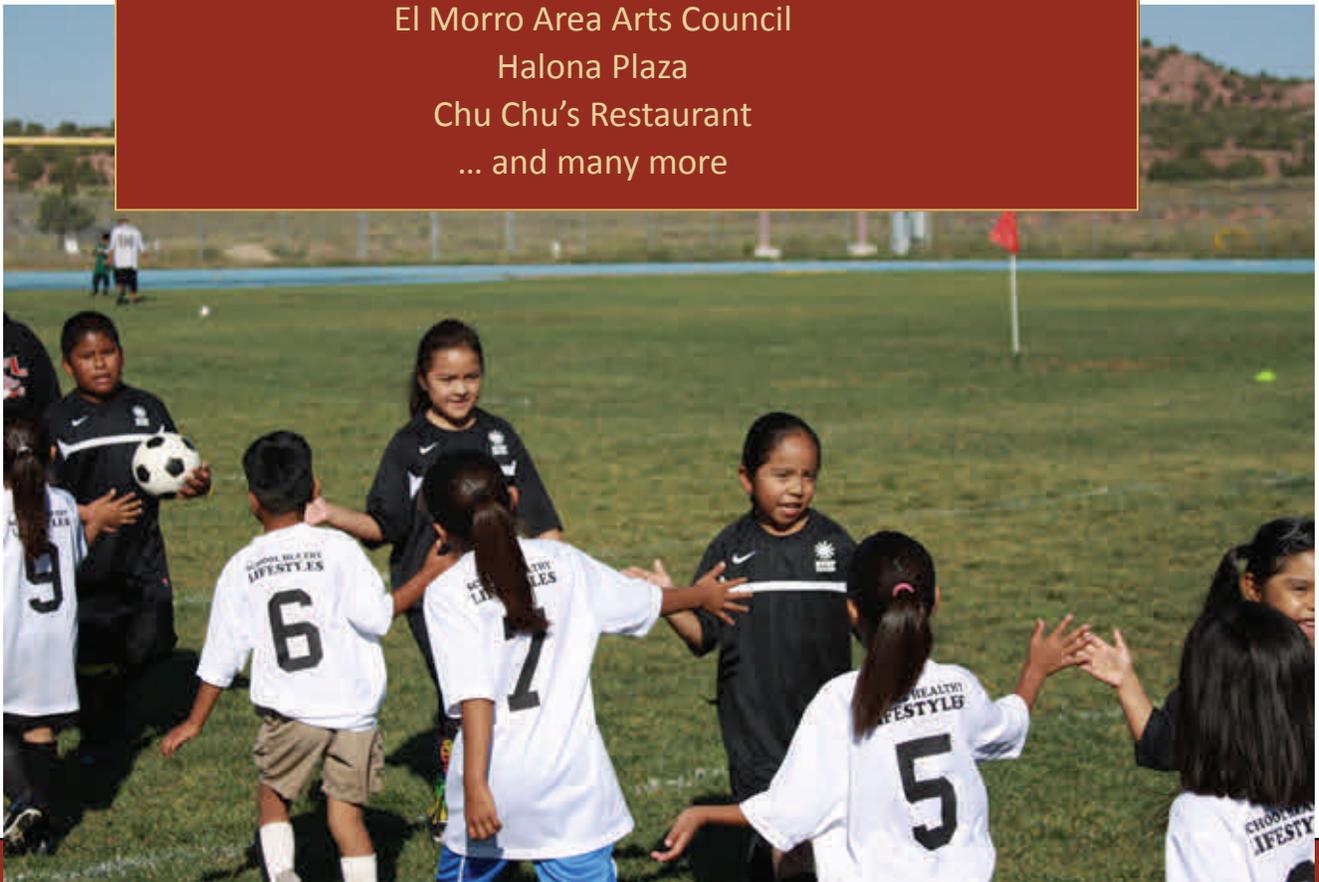


Our Partners



Partners Include:

Zuni Tribal Government
Zuni Public School District
Zuni Comprehensive Community Health Center
Zuni Teen Health Center
A:shiwi A:wan Museum and Heritage Center
Zuni Department of Natural Resources
Healthy Lifestyles/School Healthy Lifestyles
Zuni Wellness Center
Zuni Christian Mission School
St. Anthony's Indian School
Zuni Senior Center
KSHI Radio
El Morro Area Arts Council
Halona Plaza
Chu Chu's Restaurant
... and many more





Elah'kwa