



GHWIC 1903: July 2026

CHEROKEE CHOICES

The Qualla Boundary

- ❖ ~15,000 EBCI Enrolled members
- ❖ About 60% of enrolled members live on the boundary
- ❖ Encompasses parts of five Western North Carolina counties: Cherokee (Andrews/Murphy), Graham (Robbinsville), Jackson (Sylva), Haywood (Waynesville/Maggie Valley), and Swain (Bryson City).
- ❖ Services include 1,400 Tribal Employees, CBC & CIHA Employees



Vision

- Generations of Wellness

Mission

- To Promote Physical, Mental, Emotional, Spiritual, & Cultural Well-being among the Eastern Band of Cherokee Indians in order to prevent Chronic Diseases.





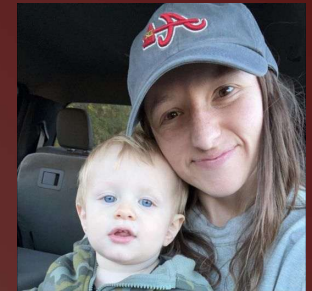
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OUR TEAM



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Danielle
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Nancy
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Healing Touch
Practitioner



Robin
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Director

INTERWEAVING THE POWER OF TOHI & CONNECTION WITH OUR YOUTH

The Research/Discussion:

“The world is not just about you but all of us” Tom Belt



- **“Language, culture, and ceremony** provide the tools that allow people to believe in themselves, that allow people to become whole and attain real health or *Tohi*.”
 - *Sounds of Tohi: Cherokee Health and Well-Being in Southern Appalachia. 2022 Lisa J. Lefler & Thomas N. Belt*
- **There is a disconnect between providers and people who need help.**
 - Dispensing what you need becomes a business. (what you need, not me but this thing)
- **In our way, “we are going to be in it together”.**
 - I am going to do as much work as you do. And by doing so, you and I become connected and depend on each other while understanding the important of what we are doing.
- “Rather than being a dispensary source, you become an engaged participant in the healing process.”**

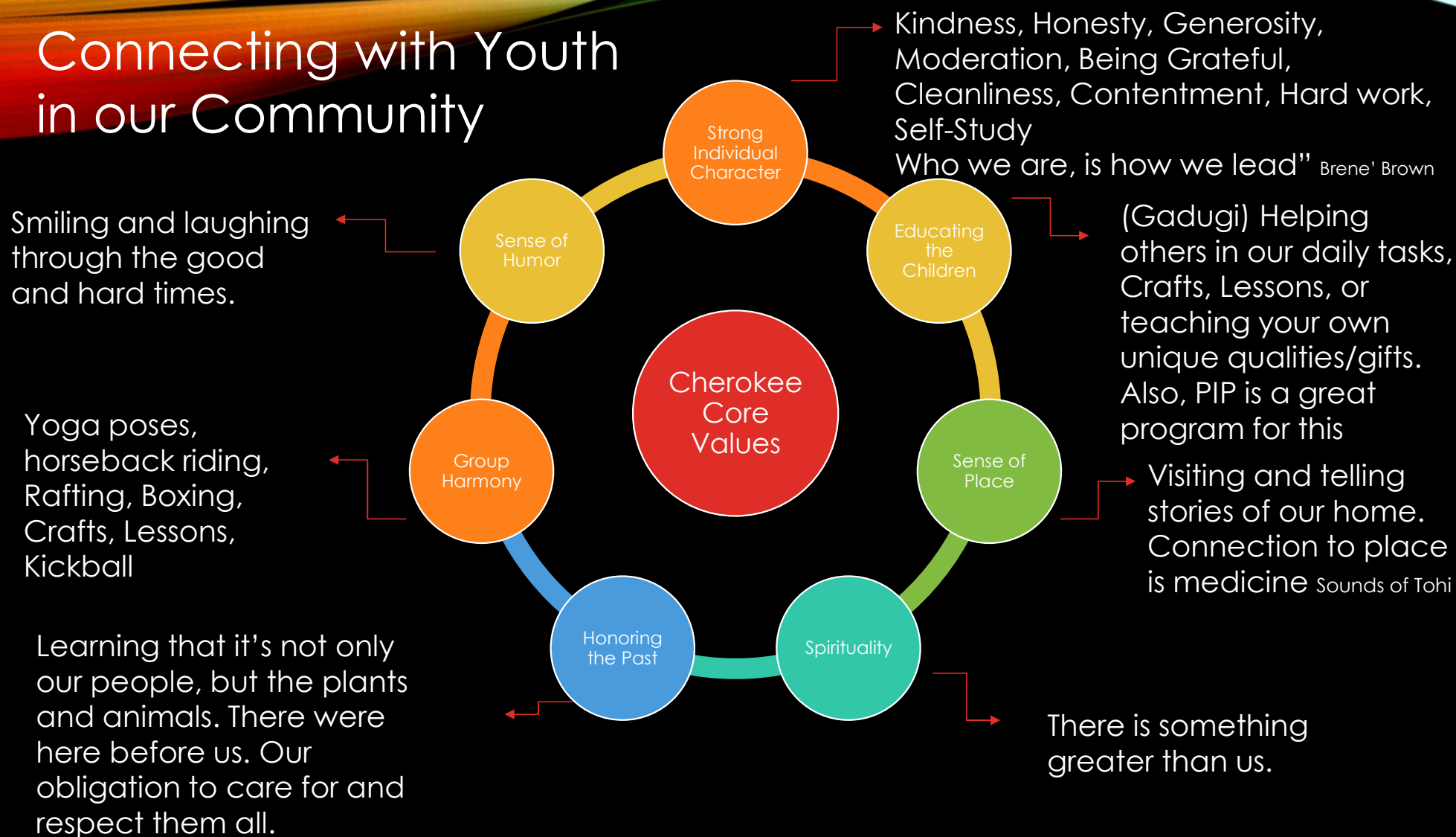
WHAT'S AGE GOT TO DO WITH IT?:

- **Connection:** Its not just between them and us. It's between them and them and everything else around us.
- **Tohi** can mean wellness, peace or harmony; moving at one's own pace or one's own speed.
- **Gadugi:** making oneself available to serve others.
- **The Old Ways & Present Time:** early medicinal people understood the important of people acknowledging and identifying their emotions as a direct connection with health.
 - Kids need guidance to understand/begin to work on learning these things about themselves.
 -
- Be playful, have fun, and be engaging.

Source: Sounds of Tohi: Cherokee Health and Well-Being in Southern Appalachia



Connecting with Youth in our Community



PEACEFUL WARRIORS AFTER-SCHOOL PROGRAM

- Yoga, Yamas, Crafts & Cherokee Culture 7 week after-school Program
- 8 youth age 8-11
- Crafts, Cherokee Language, Yoga & Meditation
- (71%) gave the highest score, indicating strong positive experiences.
 - Most participants reported **positive outcomes** from yoga, such as:
 - feeling better physically and emotionally
 - improved sleep
 - better emotional control
 - and getting along better with friends and family (all at 100% agreement for several statements).





SUMMER CAMP JUNE 2026

- Summer Camp: Limited to 26 Campers
- 37 Applications Received!
 - 26 Campers total (20 avg.)
 - 2 weeks, June 2026
 - Peaceful Warriors Cultural Outdoor Leadership Camp Ages 9-11
 - Yoga & Meditation
 - Music Therapy
 - Swimming
 - Cherokee language & culture
 - Resources for Resilience (emotional regulation) (Games)
 - Kids Clubs: Golf, Book Club, Self-care
 - Horseback riding & Rafting





SUMMER CAMP

N=16

Ways campers felt different because of camp:

- Spending time with friends helped feeling happy, yoga to help with coping with stress and breathing exercises, being able to ask friends for help, facing fears, less angry, can calm themselves

What campers learned @ summer camp they will keep doing:

- Try new foods and summer safety, how to make a fire, horseback riding, music, yoga, self-care, friendship matters in life and how to treat your body well.

What new activities, lessons, clubs to add to future camps:

- Fishing club, pool club (learn how to swim), music/dancing club, drawing, basketball, cultural club, picture days, painting club, roller skating, sensory club (to make more calming), ice skating

SUMMER CAMP SURVEY RESULTS $N=15$

Favorite things about camp:

- Horseback Riding, Rafting, Swimming, Painting, Pottery
- Summer safety lesson, Mask lesson, Vaping lesson (Tsalagi Public Health)
- Golf, Music, Yoga, Fire-starter lesson
- 5210 Jeopardy, Self-care, Hygiene lesson
- Chicken Tenders, Sweet potato fries

Health Changes during camp:

- 93% 14 Positive Attitude
- 87% 13 Made New Friends/strengthened friendships
- 80% 12 Tried new things, Less sweet drinks & junk food, I feel good about myself
- 73% 11 More connected to Cherokee Culture, more fruits & veggies, less junk food
- 67% 10 Less angry, can calm myself,
- 60% 9 Conquer fears, stronger
- 53% 8 Improved sleep, more energy, laughing more often





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EXPLORING YOUR EMOTIONS CAN BE FUN!
EMOJI GAME



Positive Indian Parenting EBCI

Join Shelby Parker (EBCI) for 8 culturally based parenting sessions, each with a foundation in traditional teachings about child rearing. PIP allows parents to choose what is right for them. You decide what you want to reclaim and how to apply it in your home. This program is designed for parents of all ages.

Following is a list of the 8 lessons:

- Traditional Parenting
- Lessons of the Storyteller
- Lessons of the Cradleboard
- Harmony in Child Rearing
- Traditional Behavior Management
- Lessons of Mother Nature
- Praise in Traditional Parenting
- Choices in Parenting

8 sessions:

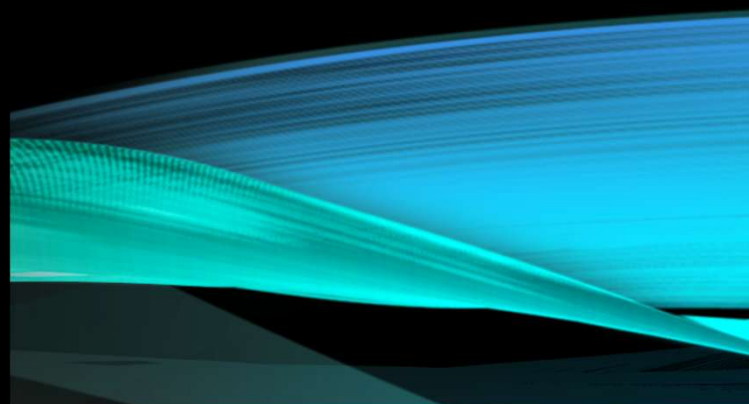
Tuesdays and Fridays at 12pm beginning
May 1, 2026
May 1, 5, 8, 12, 19, 22, 26, and 29



Classes will be held at Cherokee Choices. Lunch/Dinner provided.
806 Acquoni Rd. Cherokee NC.



STRONG INDIVIDUAL CHARACTER





EDUCATING
THE
CHILDREN



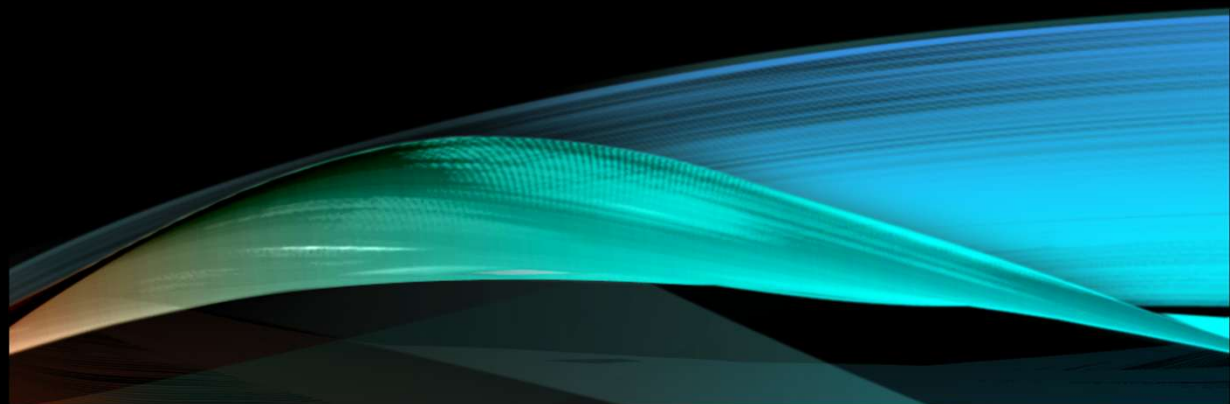




Sense of Place



SPIRITUALITY:
BREATH IS SACRED

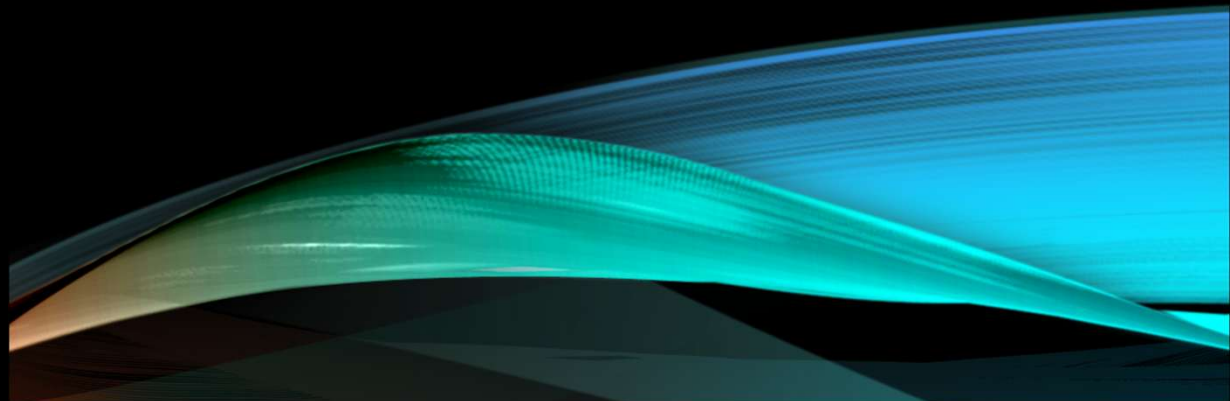




HONORING THE PAST

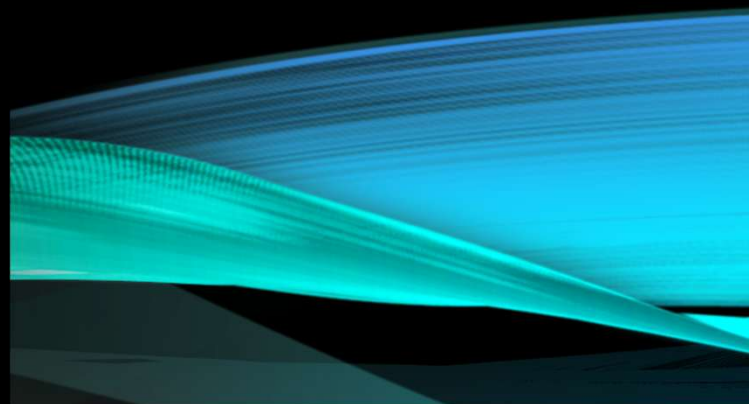


GROUP HARMONY





SENSE OF
HUMOR



DANOWASGI – POWER PRINCESS

- 2 programs: Fall 8 sessions average 13 participants & Spring 11 weeks with average 8 participants
- Girls ages 10-14
- Boxing, Self-esteem, and Emotions



The Transformation Journey

Entry

Nervous, reluctant, or excited.
Moms often provided the initial nudge to attend.

Challenge

100% felt challenged. Navigating new physical skills and emotional discussions.

Outcome

Feeling Calm, Strong, and Proud
New skills to manage stressful life situations.



- "Connection is why we're here; it is what gives purpose and meaning to our lives" Brene Brown
- "If we are not important to each other; what the hell are we doing?" Dr. Tom Belt

SGI! THANK YOU!

Contact:

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