

UCLA Retention of American Indians Now!

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Meet The Team

From top left: Thalia Gomez: Project Director, Gabby Beeler: Retention Coordinator, Kaiya Richards: Peer Counseling Coordinator, Minda Streamer: Wellness Coordinator, LittleDove Rey: Mentorship Coordinator, Dreonna Johnson: Peer Counselor



RAIN! Wellness Program

Our wellness program focuses on the four aspects of the medicine wheel to ensure that the health of Native students is well balanced in all aspects: mental, physical, emotional, and spiritual. RAIN! strives to incorporate Native American culture, ideologies, and values into its workshops to establish an environment in which these students feel comfortable with the transition to college and the college atmosphere.

Program Components

Our wellness component includes biweekly workouts, support group, and cultural workshops.

Workouts include team sports such as volleyball, basketball, dodge ball, and soccer.



Support groups are led by American Indian community members. These groups foster a sense of belonging as well as a space where students can relate through similar experiences.

Cultural workshops allow students to de-stress from the challenging academic atmosphere and allow them to reconnect to their thoughts, feelings, and sense of being through beading, basket weaving, shawl/ribbon shirt making, and other cultural activities.



Outcomes

Through RAIN!'s Wellness program, students are able to implement our goals and ideas into their everyday life at UCLA. Surveys taken after each event show that the students are pleased with the workshop and almost always learn a new skill. RAIN! has a 93% retention of American Indian students and it is through our program that these students are able to succeed. With our holistic approach and use of the medicine wheel, students are able to maintain a strong balance between culture, academics, and their well-being.



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