



Lumbee Tribe of North Carolina

Gathering of Native Americans (GONA)

January 30-February 1, 2025

Location: Pembroke Boys & Girls Club
120 Youth Drive Pembroke NC 28372

Objectives

- Provide an integrative experience within the spirit, mind, body, emotion/intuition, social, and the environment that offers hope, encouragement, and a positive foundation for Lumbee community action.
- Provide a framework for the Lumbee community to examine historical trauma and its effect on mental and substance use disorders, promotion of mental health.
- Provide an experience that emphasizes skills transfer and supports Lumbee community empowerment.
- Reinforce cultural continuity with Lumbee families.
- Increase protective factors linked to the healthy and safe development of Lumbee families.
- Ready Lumbee community with a strategic framework and planning process that supports the values of Belonging, Mastery, Interdependence, and Generosity and help reduce risk behaviors that contribute to mental health and substance use disorders.

Day #1: Thursday, January 30 – Belonging

Belonging: Today, participants will experience actions, words, and rituals that are intended to elevate belonging and team spirit. This is a safe and trusting environment where participants get to know each other better before joining together to develop a tribal action plan. All contributions are heard, valued, and respected.

- 11:30am **Registration & Check-In**
 - Pictures for Affirmation Wall

- 12:00pm **LUNCH**

- 12:30pm **Opening Prayer, Welcome, and Introductions** [*Lumbee Community Members & SAMHSA Tribal TTA Team*]
 - Tribal roll call and introductions
 - Overview SAMHSA Tribal TTA Team**
 - Review agenda, set norms and state desired outcomes.

- **GONA**
 - Review GONA themes: Belonging, mastery, interdependence, and generosity.
- **Intensive Program Overview**

- 1:00pm **Lumbee story of belonging** *Lumbee Community Member*
- 1:30pm **Break/Movement**
- 1:45pm **Belonging Activity: Creating Banner/Shield**
- 2:45pm **Raffle
Movement/Energizer**
- 3:00pm **Vision – Health and Wellness [CRA Scores & CPP]**
*SAMHSA Tribal TTA Team
Lumbee Intensive Team*
- 3:30pm **Break/Movement**
- 3:45pm **Close out Activity/Recap**
- 4:15pm **Transition for the visit to UNC Pembroke’s Southeastern Indian Museum**
Light Snacks will be provided.
- 6:30/7:00pm **Closing Prayer/Reflection** *Lumbee Community Member*

Day#2: Friday, January 31 – Mastery and Interdependence

Mastery: We pause to understand how grief that stems from historical trauma undermines our ability to plan, to release the effects of historical trauma and embrace wellness as a community; to understand that it can be stressful to carry this trauma around; and to recognize the importance of traditional cultural practices in the healing process.

- 11:00am **Registration & Check-In**
 - Pictures for Affirmation Wall
- 11:30am **Opening Prayer, Welcome** *Lumbee Community Members*
Review- *SAMHSA Tribal TTA Team*
 - Review agenda for the day.
 - Recap of Day#1
 - Review norms and desired outcomes.
 - Introduction of Mastery & Interdependence Themes
- 12:00pm **LUNCH**
Lumbee story of Mastery ~*Lumbee Community Member “Our Connection to Tobacco”*

- 12:30pm **Trauma Tree/Healing Forest/River of Life: Guided Activity** *SAMHSA Tribal TTA Team*
- 1:15pm **Break/Movement**
- 1:30pm **Trauma Tree/Healing Forest/River of Life: Guided Activity** *SAMHSA Tribal TTA Team*

Interdependence: Participants will experience, through activities and stories, the interdependent roles and responsibilities that help heal and provide positive standards for the future, to help reestablish and maintain the balance necessary to solve common problems, to celebrate achievements, and to survive and thrive as a people. This day will conclude with identification of the major strategic directions for moving forward, forming the framework of the tribal action plan.

- 2:15pm **Raffle
Movement/Energizer**
- 2:30pm **Lumbee Story of Interdependence** *Lumbee Community Members Panel*
- 3:30pm **Activity** *SAMHSA Tribal TTA Team*
- 4:15 pm **Break/Movement**
- 4:30pm **Planting Seeds Activity** *SAMHSA Tribal TTA Team & Lumbee Intensive Team
Small Group Activity*
- 5:30pm **Networking, Affirmations & Crafting**
Light Refreshments Provided
- 6:15pm **Review of the Day** *SAMHSA Tribal TTA Team*
- 7:00pm **Closing Prayer/Reflection** *Lumbee Community Member*

Day# 3: Saturday, February 1st – Generosity

Generosity: Among the highest values of many Native cultures are the importance of giving back to others, honoring the teachers and elders who share knowledge with future generations; and recognizing resources residing within the community that contribute to the wellness of the community.

- 10:00am **Opening Prayer, Welcome** *Lumbee Community Member*
Overview *SAMHSA Tribal TTA Team*
- Review agenda for the day.
 - Recap Day 2
 - Review norms and desired outcomes.
 - Introduction to Generosity Theme
- 10:30am **Lumbee Story of Generosity** *Lumbee Community Member*

- 11:00am **Brunch**
- 11:30am **Activity/Movement**
- 12:00pm **Sustainability: Where Do We Go from Here?**
SAMHSA Tribal TTA Team
- 1:15pm **Movement/Energizer**
- 1:30pm **Networking, Affirmations & Crafting**
- 2:00pm **Review of the Day [SAMHSA Tribal TTA Team]**
Participant questionnaires
- 2:30pm **Giveaways!**
SAMHSA TTA Team and Lumbee
Honoring and celebrating contributions from event participants.
- 3:00pm **Review Workshop, Offer Closing Statements, and Prayer**
Lumbee Team and participants

Please note this agenda is subject to change

Thank you for joining us!



Special Appreciation to:

