Healing of the Canoe Curriculum for Youth

American Indian/Alaska Native Tribal Nations · https://bridges4mentalhealth.org/hub/tribal-communities/healing-of-the-canoe-curriculum-for-youth/

The Suquamish Tribe recognizes that a lack of cultural belonging can contribute to mental health needs.

The Healing of the Canoe (HOC) curriculum is a culturally grounded life skills and substance abuse prevention program designed for tribal youth. It employs the Pacific Northwest Tribal Canoe Journey as a metaphor for life's journey, aiming to equip youth with the skills necessary to navigate life while reinforcing their connection to tribal traditions, values, and community.

The curriculum comprises 14 chapters, each integrating traditional stories, cultural activities, and community speakers. Key topics include self-identity, media literacy, community support, emotional coping strategies, goal setting, problem-solving, and effective communication. Additionally, the curriculum addresses substance abuse prevention by providing information on various substances and their effects.

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