

# AZHE'É BIDZIL

## STRONG FATHERS

### CELEBRATING OUR SUCCESSES FROM YEAR 3

As we begin the fourth year of our program, we want to look back and celebrate all the successes we have made so far and continue to make progress into the new year!

PAGE 2

### WELCOMING OUR NEW TEAM MEMBERS

We want to welcome Tracey Lee and Randy Lynch to the Strong Fathers team! Tracey is our new site supervisor for Tuba City and Fort Defiance, and Randy is our new facilitator for Fort Defiance.

PAGE 3 - 4



NOLAN, ONE OF OUR FACILITATORS, WITH A GROUP OF FATHERS



A TABLE SET UP FOR A WORKSHOP



JEREMY, ONE OF OUR FACILITATORS, WITH A FATHER WHO COMPLETED OUR PROGRAM



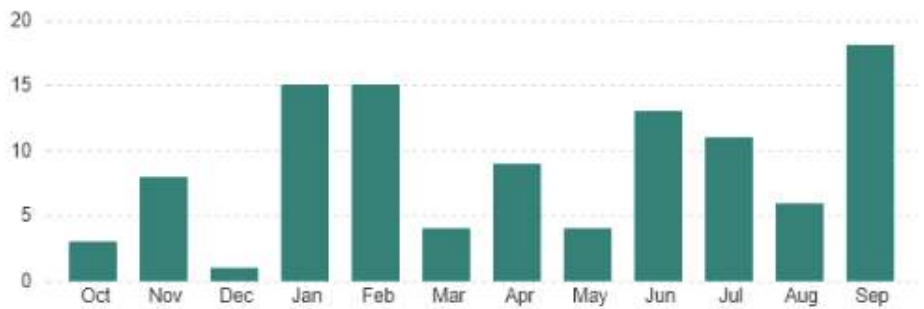
THE STRONG FATHER TEAM AT THE ANNUAL REFRESHER



# CELEBRATING OUR SUCCESSES FROM YEAR THREE

A total of 107 fathers and father figures joined Strong Fathers in our third year. We met 64% of our target enrollment for this grant year.

Number of Clients Enrolled by Month

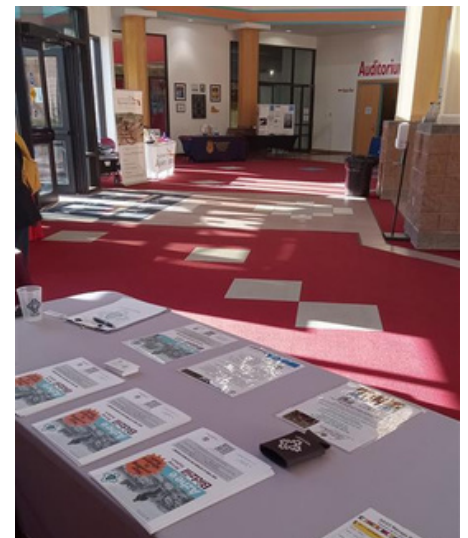


Almost half of the fathers and father figures reported hearing about the program through word of mouth. Other ways that fathers and father figures heard about our program was through program staff being at various community events, social media, radio, and from other local organizations. Our goal for the upcoming grant year is to continue to increase our reach. We are hoping to expand our outreach efforts this year and connect with more local agencies in the community.

For year four, our goal is to have 167 fathers and father figures join our program, with 57 fathers and father figures at each site.

Some other goals for the new year include:

- Improving our outreach efforts
- Improving our social media presence
- Building new partnerships within the community
- Finding ways to keep fathers/father figures continuously engaged with program from start to finish



## WE ARE EXPANDING

*If you know of any fathers or father figures in the Window Rock or Fort Defiance area who may be interested in our program, please spread the word! We are currently recruiting fathers and father figures to join our program. We are also hiring a facilitator for our Chinle site.*





# MEET RANDY LYNCH

**OUR NEW FORT DEFIANCE FACILITATOR**



Randy Lynch, a Dine, is Tsinnjini (Black Steak Wood Clan), born for the Dibe'lizhini (Black Sheep Clan). His maternal grandfather is Tabaahi (Water Edge Clan) and his paternal grandfather is Kiyaa'aanii (Towering House Clan). Randy joined the Center for Indigenous Health in August of 2023. He works as a Research Program Assistant in Fort Defiance, AZ where he assists with the Azhe'é Bidziil (Strong Fathers) program.

Randy is a proud single father of two young ladies, who are his world. He is living and loving life in sobriety. He enjoys community service in any capacity but especially outdoor activities with youth mentoring. He is a hiker and teller of tall tales of his crazy youth.

Before coming on with the SF program, Randy was involved in facilitating classes with a non-profit organization that specialized in drug free community health programs and outreach for various healthy lifestyle projects. This community-based project was a collaboration of dedicated volunteers, schools, health, and cultural practitioners, along with civic leaders who maintain continuous outreach activities, education, training, and prevention efforts that focus on youth and families who are living in the Fort Defiance Agency (FDA). During this period, he had the opportunity to work with the communities of the Fort Defiance Agency to learn, teach, and help others dealing with the prevention of Substance Use Disorders (SUDs).

Prior to working as a facilitator, Randy had taken a whole year out in his work life and worked on his own self recovery program by volunteering for the grass roots organization Chizh For Cheii (Woods for Grandpa). In working with this group of volunteers, Randy had developed a passion for community outreach, giving back to his community and began willing to share his personal journey in recovery with those who needed to know that it was possible to live a healthy, sober lifestyle.

Randy has worked 25+ years in the Hospital Health Care Security field, to include 10 years where he had led several large security programs in the down town Denver Metro area hospitals. Welcome to the team, Randy!

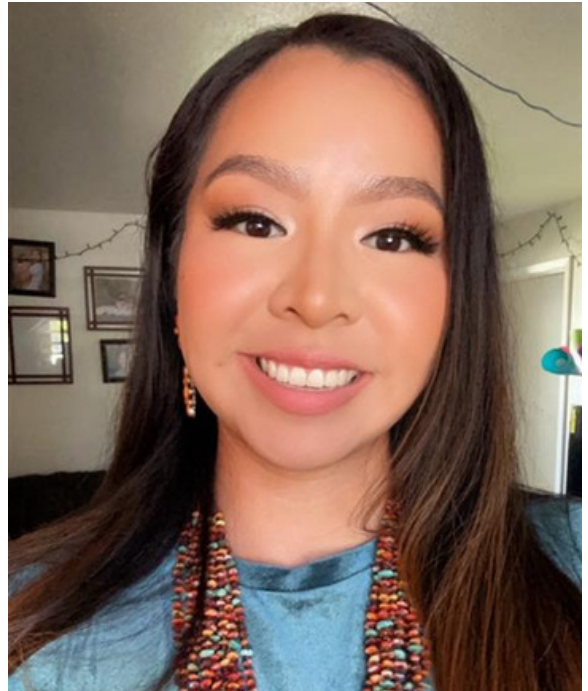




# MEET TRACEY LEE

## OUR NEW RESEARCH ASSOCIATE FOR FORT DEFIANCE

Tracey Lee is a member of the Navajo Nation. She is a wife and a mother to four beautiful children. Tracey is Naaneesht'ézhi Táchii'nii (The Charcoal Streaked Division of the Red Running into the Water), born for Honágháanii (One Who Walks Around). Her maternal grandfather is Tódich'ii'nii (Bitter Water), and her paternal grandfather is Tl'ááshchí'i (Red Bottom). She joined the Center for Indigenous Health in August of 2023 as a Research Associate in Fort Defiance, Arizona.



She is originally from Sanders, AZ but recently moved from Albuquerque, NM where she resided for the past 7 years. Tracey moved to Albuquerque with her family to pursue graduate school at the University of New Mexico. She obtained her Master of Science degree with a major in Chemistry in December 2020. Since the pandemic, she has been a full-time teacher homeschooling my children and a full-time mother. Currently, as a Research Associate, she aids in coordination and evaluation of behavioral health programs, including Asdzáán Be'eena' (Female Pathways) and Azhe'é Bidziil (Strong Fathers). Recently, the center has extended the Strong Fathers program to Fort Defiance, AZ where we are working diligently on recruitment and enrollment.

Promoting overall wellness and health among Indigenous populations has always been a lifelong passion of hers. She believes that this position will allow her to achieve her professional goals and will aid in enhancing quality research aimed to improve health and reduce health disparities among Indigenous communities.

In her free time, she enjoy hikes/walks with her family, traveling, teaching her children new skills, rug weaving, running/working out with her oldest daughter, baking homemade goodies, eating and trying new food/drinks, lover of boba tea, snuggling with her children, participating in Fantasy Football with her husband and friends, and reading. One interesting fact about her: she was a collegiate athlete for cross country during undergraduate. Welcome to the team, Tracey!

