

# [NCUIH Youth Council: Meet Benjamin Sandecki](#)

Category: News

written by NCUIH | August 1, 2019

Osiyo, my name is Benjamin Sandecki and I am a tribal member of the Cherokee Nation of Oklahoma. It is an honor thus far to serve on the 2019 National Council of Urban Indian Health Youth Council.

I am currently pursuing a doctorate degree in pharmacy at Southwestern Oklahoma State University College of Pharmacy. Throughout my pharmacy career, I have been privileged to intern at the Oklahoma City Urban Indian Clinic where my experience has directly allowed me to appreciate the importance of Native American health and wellness.

I joined the 2019 NCUIH Youth Council with aspirations to establish the necessary skills to increase awareness of suicide prevention, combat substance abuse, and promote healthy lifestyle routines for Native American youth and young adults living in urban settings. The Youth Council and social marketing campaign grants me the opportunity to advocate for Native issues while forging techniques to create resiliency among the Native American youth population.

To join the national social marketing campaign and learn what it takes to become an Idigi-Youth Champion, please join me and my colleagues for our [National Virtual Native Youth Convening](#) on Tuesday, August 6<sup>th</sup>, 2019 from 3:00 PM - 5:00 PM EST.