

# [NCUIH Youth Council: Meet Adon Vazquez](#)

Category: News

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I am an enrolled member of the Eastern Band of Cherokee Indians from North Carolina. I am a sophomore at Wayne State University and I have strong commitment when comes to supporting native youth. I am a peer mentor at American Indian Health and Family Services of Southeastern Michigan (AIHFS). I'm very grateful to be a part of the inaugural youth council for the National Council of Urban Indian Health.

What is the NCUIH Youth Council? We are a council dedicated to reducing substance abuse and suicidal burden among Native youth by building a global network in which American Indian and Alaska Native youth can share and exchange ideas, knowledge, resources, and support services. Basically, we want to help Urban and Tribal Native youth in their cultural, spiritual, and physical health journeys by providing resources and helping to develop resiliency tactics.

Our first major event as a council is our Youth Convening. Here, we will introduce you our 2 hashtag campaigns we have coming up. These campaigns are designed BY Native youth FOR Native youth. They are aimed to help build a national network of support while simultaneously showing Native youth that you are not alone, our culture is the armor that protects us, and to embrace your indigeneity.

If you are looking be a part of this national network and learn how to be become an Indigi-Wellness Champion - Join us this Tuesday, August 6th, 2019 from 3:00 PM- 5:00PM EST for our Virtual Native Youth Convening.

Register here → <https://www.ncuih.org/Youth-Convening>

So I ask.... How do you stay resilient?