

*Communication from the Director of the Division of Health Equity –*

DATE: October 31, 2022  
TO: All ACBH Employees  
FROM: Stephanie Montgomery, Director, Health Equity  
SUBJECT: ACBH HONORS NATIVE AMERICAN HERITAGE MONTH 2022



Alameda County Behavioral Health is pleased to recognize November as Native American Heritage Month. We pause to acknowledge and honor the history, spirit, tradition, culture, and land of indigenous communities across this nation with special consideration for the Ohlone people<sup>1</sup> of this region.

What began as a weeklong celebration in 1986 as Native American Heritage Month has evolved since then President Reagan proclaimed the week of November 23-30, 1986, as "American Indian Week." Since 1995 every president has issued an annual proclamation designating the month of November as the time to celebrate the culture, accomplishments, and contributions of people who were the first inhabitants of the United States.

This month is also an opportunity for us all to educate ourselves about the history of *the First People of the United States* and the unique challenges they face both historically and in the present. In this time of reflection and remembrance it is important to also acknowledge that part of the healing process for indigenous communities is to not only acknowledge the Ohlone and other indigenous peoples past we also want to acknowledge the present and affirm the ways healing and repair are taking root today.

Below are a few books to help orient ourselves about the contributions of our Indigenous communities:

- [The Ohlone Way: Indian Life in the San Francisco-Monterey Bay Area](#), by Malcolm Margolin
- [The Snake That Lived in the Santa Cruz Mountains & Other Ohlone Stories](#), by Linda Yamane
- [The Journey of Crazy Horse](#), by Joseph M. Marshall
- [The Sioux: Life and Customs of a Warrior Society](#), by Royal B. Hassrick
- [The Long Death: The Last Days of the Plains Indians](#), by Ralph K Andrist
- [The Sacred Pipe](#), by Joseph Epes Brown
- [All the Real Indians Died Off And 20 Other Myths About Native Americans](#), by Roxanne Dunbar-Ortiz
- [Ceremony](#), by Leslie Marmon Silko
- [American Indian Myths and Legends](#), by Richard Erdoes & Alfonso Ortiz
- [Bury My Heart at Wounded Knee: An American History of the American West](#), by Dee Brown



*“Does that mean, Grandfather ... that the more you know in your mind the less you can carry in your hand?”*  
- Joseph Marshall III, *The Lakota Way of Strength and Courage*

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<sup>1</sup> The Ohlone people are a linguistic family who lived on the coast of central California. They originally lived in an area stretching from the San Francisco Bay southward to the lower Salinas Valley.