

Aaniin, my name is Valerie Cash I am bear clan, an enrolled member of Leech Lake Band of Ojibwe and my partner and I reside in Bemidji MN with our 5 children.

I am the Program Coordinator at Bimaaji Abinoojiiyeg, a Leech Lake Band of Ojibwe program that works with pregnant mothers, connecting them to SUD supportive services, promote breastfeeding and help them establish prenatal services to ensure they are substance free during and after pregnancy.

In December I celebrated 15 years of recovery, during that time I have received my Associate of Arts degree in Liberal Education, have worked in different roles of the recovery field, I am part of the Sober Squads in my area. I am also part of the Wiidookodaadiwag Opioid Coalition for prevention on the Leech Lake Reservation. The best part of being in recovery is that my partner and I are able to raise our five children in a substance free home.

Presentation title and description:

Cultural Peer Support Services for Pregnant Women

Empowering women on their recovery journey by encouraging healthy pregnancies, promoting breastfeeding and educating them on their roles as a mother while connecting them with their culture.