

# National Indian Health Board Health Policy Fellowship



## **Mandy Dazen**

White Mountain Apache Tribe  
2018-19 National Indian Health Board  
Health Policy Fellow

**Hometown:** Whiteriver, Arizona

**School:** Fort Lewis College

**Major:** Native American and Indigenous Studies

**Before my maternal grandfather passed away, I was with him every day in the hospital to help him in any way that I could.** He told me I should be working in the hospital. He said that after he was gone, he wanted me to help others on the reservation. Ever since then I have held my grandpa's wishes in my heart. I feel that as long as I help others, I'm becoming more like the person he wants me to be.

**I come from a family of twelve.** Being surrounded with eleven other siblings, it was hard to make ends meet. My father dropped out of school in 7th grade. My mother got pregnant at 16 and had to take care of my older sister. She graduated high school.

**Being a first generation college student is tough, and I live in an impoverished community, but the beauty behind my childhood taught me to be humble.** I never ever view my trials or adversities as obstacles, I view them in a way that experiencing these is highly important. It helps me understand that good things don't come easy, but working hard with heart and effort make it possible to create a life that could benefit future generations.

**My short term goals:** be an example to my other siblings, and youth and receive my bachelors.

**My long term goals:** be a nurse and work in a hospital and help my elders with anything that could improve their health in a positive way.

**No matter what you are going through, you come from a strong core of generations that came before you. You are a product of divine culture and tradition.** No matter what you are striving for, just know we live in a complex age.

**Indian Country is in need of people with ability and training.** Become doctors, nurses, lawyers, anything that would improve the life of our people. You can impact lives in the most positive way through health. Keep trying. Keep going.