



HEALTHY NATIVE YOUTH

**WE WILL START AT 10:00 AM PST.
TALK SOON!**

Stay Connected: Community Engagement



HEALTHY² NATIVE YOUTH

STAY CONNECTED: COMMUNITY ENGAGEMENT

GUEST SPEAKERS: MICHELLE SINGER & NICOLE TREVIÑO

July 10, 2019, from 10-11am PST



Today's Agenda

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- ❑ Welcome & Welcome Back! (5 minutes)
- ❑ Youth & Family Engagement (15 minutes)
- ❑ Partnership & Community Support (15 minutes)
- ❑ Self-Care (10 minutes)
- ❑ Question & Answer Session (10 minutes)
- ❑ Next Year: What do we want to cover? (5 minutes)
- ❑ Closing

Welcome & Welcome Back!

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Use the Chat Box to tell us:

- Your Name & Role
- **Email Address**
- How do you keep your community involved in programming and beyond over school breaks?



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Youth & Family Engagement

Staying Connected Beyond Programming

...with Michelle Singer, (Navajo), NPAIHB

Email: msinger@npaihb.org, Phone: 971-282-4001



Events

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- ❑ Sports
- ❑ Pow Wows
- ❑ Healing Dinners & Movie Nights
- ❑ Youth Conferences
- ❑ Back to School Fairs
- ❑ Culture Camps & Summer Enrichment Programming
- ❑ Cultural Events
- ❑ Service Learning Projects

Community Events Examples



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Muckleshoot Family and Youth Services Presents:
Healing Dinner

Love is Respect: Breaking the Cycle of Domestic Violence & Teen Dating Violence



Please join us for a talk and Q & A addressing Dating/Domestic violence.

Wednesday, March 22, 2007 4:30pm - 7:30pm

Muckleshoot Health & Wellness Center Mountain Room

Dinner will be served

For more information, please contact Sabrina de la Fuente (253) 333-3605

Family Strength Program and ASD Prevention Program

Community Movie Nights

5:00p.m. - 8:00p.m.
Yellowhawk Laxsimwit Conference Room
Monday, July 8
Tuesday, July 23
Tuesday, August 6
Tuesday, August 20

Snacks and drinks provided on a first come, first serve basis

We acknowledge the Unceded Territories of the Unclalsh Indian Reservation graciously contribution through the Tribal ASD Wellness Fund

For more info contact:
Sierra at 541-240-8677
J'Shon at 541-240-8675

YELLOWHAWK
TRIBAL HEALTH CENTER

SAVE THE DATE

9th Annual THRIVE Conference

June 24-28, 2019

Info at www.npaihb.org/THRIVE

Who: For American Indian and Alaska Native Youth 13-19 years

Where: To be determined in Portland, Oregon

What: This conference is made up of four to five interactive workshop tracks!

Registration (FREE) will open the first week in April!

#WeNeedYouThere

*Build protective factors and increase your skills and self-esteem!
*Connect with other Native youth!
*Learn about healthy behaviors!
*Strengthen your nation through culture, prevention, connections, and empowerment!

Contact Information:
Northwest Area and Area Indian Health Board - THRIVE Project
PO Box 446320
Portland, OR 97244-6320
Email: thrivetraining@npaihb.org
Website: www.npaihb.org/thrive

Native STAND Educators: Save the Date!

KLAMATH TRIBES YOUTH SUMMIT

KNOW YOUR POWER

July 23-25
Oregon Tech
3201 Campus Dr, Klamath Falls, OR

Register at
WWW.OIT.EDU/TRIBES-SUMMIT
A \$50 Registration fee is applied at time of registration

- Campus Tours
- Interactive Workshops
- Guest Speakers
- Dance
- On-Campus Housing
- Cultural Activities

Open to all tribal high school and Jr. high school students statewide.

Native American Student Union

For more information contact: will.hess@klamathtribes.com

14TH ANNUAL DANCING IN THE SQUARE POW WOW

-PIONEER SQUARE
-DOWNTOWN PORTLAND, OR
-SEPTEMBER 27, 2019
-TIME: 12PM-7PM
-GRAND ENTRY 3PM

-HOST DRUM: SILENT HILL
-EMCEE: CARLOS CALICA
-NO SPECIALS

PAYMENT GUARANTEED TO FIRST 6 REGISTERED DRUMS NO DRUM HOPPING
(Please Register Prior to Event)
Contact: Geo. Ann Baker at (503) 416-3255
gbaker@npaihb.org

VENDORS & EDUCATIONAL BOOTHS
For more information please contact:
Candice Jimenez at (503) 416-3264
cjimenez@npaihb.org

This event is FREE and open to the public. A Drug, Alcohol, Commercial Tobacco and Violence Free Event
Sale of Sacred Items are forbidden. The committee is not responsible for lost or stolen items or any travel or parking costs.
For more information about the Northwest Portland Area Indian Health Board or the 45 Federally-recognized Tribes of Idaho, Oregon and Washington please visit www.npaihb.org 2121 SW Broadway, Suite 300, Portland OR, 97201 / (503) 326-4185

NPAIHB
Indian Leadership for Indian Health



Enrichment Activities

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- ❑ Summer Youth Employment
- ❑ Social Media
- ❑ Youth Service Learning Projects
- ❑ Digital Story Telling
- ❑ Swag/Incentives
- ❑ Parent Events
- ❑ Art Projects



Art Projects & Creativity

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3/7/2019
Youth Spirit Program
Moon Bracelet Workshop
 Ft. guest artist Melissa Simonsen

2:30PM – 4:30PM
 At the Youth Spirit Center (portable
 behind the LCSO office)
 For Indigenous youth & families

Learn how to make a bracelet to track
 your 'moon cycle' or to give as a gift to
 someone special in your life!

Contact us for more details:
 Tanisha Gobert – 360.499.9446 or
 Leah Gobert – 360.399.5805



Zuni Youth Enrichment Project
 PO Box 447 • Zuni, NM 87327 • (505) 752-8000 • zuniyep.org

Pottery Apprenticeship
 For aspiring artists between the ages of 14 - 24.

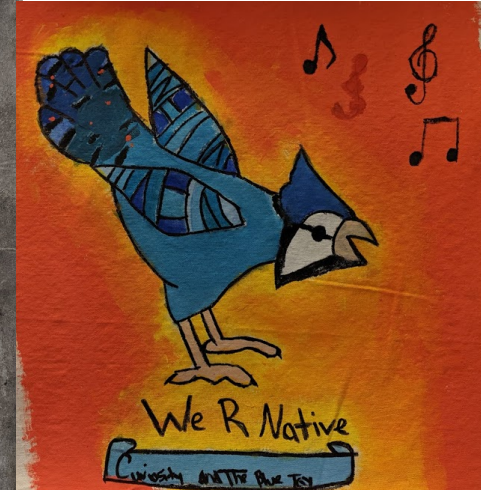
Sign up for a 5 week pottery class
 taught by Well-Known Zuni Artist, Noreen Simplicio

Learn...

- The significance of Zuni Pottery Designs
- How to process Zuni clay into a usable medium.
- Sanding and stone polishing pottery.
- Process Native mineral & plant material into tools and paints.
- Forming, shaping, and smoothing your own pottery.

Applications are available at the ZYEP office at Ho'n A-wan Park
 and are due on April 26, 2019.

Ho'n A-wan Park is open for dropping off applications
 Monday-Friday 9 am - 6pm and Saturdays 10 am - 4 pm.





Program Swag!

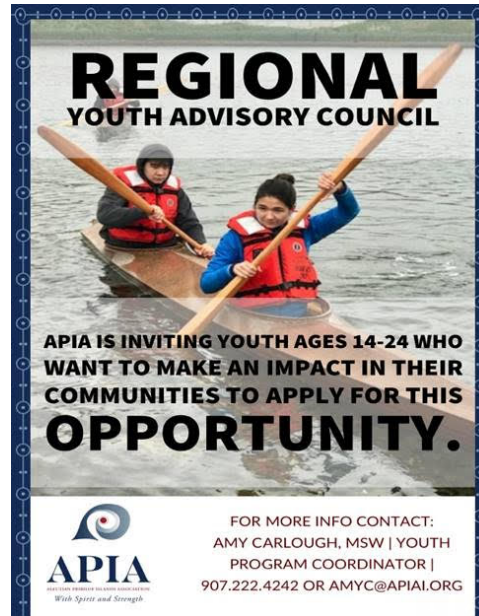
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Enrichment Activity Examples



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Partnerships & Community

...with Nicole Treviño, Nicole Trevino Consulting,
Email: info@nicoletrevino.com, Phone: 512.827.7101



Partnerships & Collaboration

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- Reach out to new partners
- Check in with existing partners
- Celebrate collaborative partners
- Host community meetings for partners to share information about their programs and identify opportunities for collaboration
- Work on a needs, resources and assets assessment with partners
- Identify wants and offers with partners



Partnership & Collaboration

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ITCMI Tribal PREP Youth Strengths & Needs Assessment

PRELIMINARY RESULTS OF THE YOUTH STRENGTHS & NEEDS
ASSESSMENT SURVEY, MAY 2017





Community Support

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- ❑ Issue press releases to local radio, television, and publications
- ❑ Write Articles
- ❑ Present at Conferences
- ❑ Create digital stories about your program
- ❑ Give presentations at local meetings

Community Support & Dissemination



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NATIVE STAND UPDATES



"Eat moderately,
Sleep well,
Breathe deeply,
Move in harmony."

-Taos Pueblo CORE participant,
Tag! You're It PSA



Native STAND Youth Promote Healthy Living with PSAs

MICHELLE SINGER AND JENNIFER SEAMANS

Great things happen when Native youth are empowered as peer educators! Native STAND, along with other Healthy Native Youth programs (THRIVE and We R Native's Gen-I Bootcamp program) are inspiring some seriously creative work. Two sites recently created 5 awesome PSAs to promote healthy decision making!



Muckleshoot

One in five tweens knows a victim of dating violence. Only 33% of teens who have been in a violent relationship have ever told anyone about the abuse. 81% of parents believe teen dating violence is not an issue. To support Teen Dating Violence Awareness month, the Muckleshoot Indian Tribe, Response Circles, We R Native, Stronghearts and Skybear Media partnered to produce a PSA released in February. This PSA shows how peers and adults can help teens who are struggling with unhealthy relationships. Students wrote the script based on real experiences in their community. <https://youtu.be/5JyJvMI2zY>

Taos Pueblo

Youth in the C.O.R.E. Program (Community Outreach Resilience Empowerment) wrote and produced PSAs on suicide prevention, avoidance of substance use, and even a demonstration of a heart healthy turkey chili recipe to promote healthy eating!

- "Tag! You're It" Good Health Habits: <https://youtu.be/TI9Jvd71KIQ>
- "Don't Jump" Anti-Suicide PSA: https://youtu.be/rtrEBYt_UaE
- "Don't Be a Zombie!" Prevent Substance Abuse: <https://youtu.be/VdWX0sZPbzw>
- Heart Healthy Chile Recipe: <https://youtu.be/FUGRvo7HXbc>



More great content at www.fb.com/HealthyNativeYouth!

Left, top to bottom:

Muckleshoot Healthy Relationships PSA; Suicide prevention PSA filmed at Rio Grande Gorge Bridge, NM; Taos Pueblo youth "zombies" show the effects of substance use; Taos Pueblo youth demonstrate how to prepare a heart healthy recipe.

"Unhealthy relationship?
Don't back away.
Seek advice.
Dating violence is not
our traditional way."

-Muckleshoot PSA



Integrating Anishinaabe Culture into the We R Native Curriculum & Programming

ANISHINABE: WOODS TRADING AND MICHELLE SCHAEFER
JUNE 21 - 28, 2019
PARTNERSHIP TO PROVIDE POSITIVE OUTCOMES FOR ALL YOUTH
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES ADMINISTRATION ON CHILDREN, YOUTH AND FAMILIES (ACYF) AND YOUTH SERVICES BUREAU (YSB) ADDRESSING PREVENTION/INTERVENTION/GRANTING CONFERENCE

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HEALTHY
NATIVE
YOUTH

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Self Care

Caring for yourself & your team!



Self & Team Care

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- Rest & Recharge
 - ▣ Allow for down time & vacation
 - ▣ Help your team recharge with teambuilding and fun
- Reflect
 - ▣ Think about what went well, what you might want to change and steps needed to sustain what works/ change what doesn't
- Revelry
 - ▣ Celebrate what your team has achieved
- Resources & Recruitment
 - ▣ Identify additional resources needed
 - ▣ Recruit people that can help you



Team Building Resources

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- ❑ Ideas for No Cost, Low Cost, High Cost
- ❑ Outdoor Day
- ❑ Picnic
- ❑ Game Day
- ❑ Affirmation Box, Snowball Fight, Affirmation Posters

Team Building Activities

No Cost

- Affirmation Week: Post a poster-sized piece of paper with the name of each team member on the top of page in a common area. Instruct all team members to write on each team member's paper throughout the week. Folks should write anonymously: one thing they: 1) respect, 2) a skill they appreciate, and 3) something they admire for each team member. At the end of the week, read each persons affirmations. Encourage folks to post or keep papers as a reminder of how awesome everyone thinks they are.
- Snowball Fight!: Write each team members name on a strip of paper. Put names in hat, shake it up, have each person select a name. Give each person a half-sheet of paper. Have folks write the name of the person they selected (not their name!) and one thing they: 1) respect, 2) a skill they appreciate, and 3) something they admire for the person they selected. When everyone is done, have folks crumple their paper into a 'snowball' and throw it into the middle of the room at the same time. Instruct folks to grab a 'snowball' closest to them. Go around the room and have folks read their snowball starting with the name of the person selected and their affirmation. The 'snowballs' can be given to the person it was written for as a reminder that they are appreciated.
- Photography Scavenger Hunt- plan an easy scavenger hunt around the office by listing general categories of things to find such as: something pink, something with wheels, a furry item, a cold item, etc. Break into small teams for the scavenger hunt and have teams take photos of the items they find, then bring the full team together to share their photos.
- Picnic or Potluck- plan a themed picnic or potluck lunch with your team. Take it a step further and see if your cultural department can share traditional food recipes.
- Game Day- ask each of your team members to bring some games they enjoy playing from home and take turns playing games together! Try to prioritize games that are silly or that require the full team to work together.

Low Cost

- Movie Day- spend a day with your team watching movies in the office. Buy candy and popcorn and bring a variety of spices and toppings so everyone can make the popcorn their own.
- Pizza Party- order in pizza for your team at lunch.

Question Time

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Use the Chat Box
or Unmute your
line to ask...





HEALTHY
NATIVE
YOUTH

Find Curriculum on Healthy Native Youth

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Search for lessons, subjects and video



HOME

CURRICULA

SUBMIT YOUR CURRICULA

RESOURCES

ABOUT

find curricula

RAISING HEALTHY NATIVE YOUTH
THROUGH CULTURALLY RELEVANT HEALTH EDUCATION



23 RESPONDING TO CONCERNING POSTS ON SOCIAL MEDIA

GIVE US FEEDBACK



COMPARE CURRICULA



ABOUT

TRAINING

LESSON PLANS

SUPPORTING MATERIALS

CULTURAL RELEVANCE

EVALUATION

REFERENCES

ABOUT THIS PROGRAM

Updated: 12/13/2018

Suicide prevention remains challenging among youth, as many do not disclose suicidal ideation to others before attempting suicide. However, emerging research suggests that nearly one-third of AI/AN youth see concerning messages on social media on a daily or weekly basis. This webinar training will prepare adults who work with Native youth to identify youth who post or view concerning posts on social media, and connect them to appropriate services.

AGE GROUP DESIGNED FOR: Middle School, High School, Young Adults

LGBT INCLUSIVE: No

PROGRAM SETTING: Flexible

DURATION: 1, 1-hour webinar

COST TO PURCHASE: Free

TEACHER TRAINING OR CERTIFICATION REQUIRED: No

STUDENT TO TEACHER RATIO: 40:1

PROGRAM OUTCOMES: The training improved participants confidence and self-efficacy.

EVIDENCE OF EFFECTIVENESS: Promising Practice


[DOWNLOAD PROGRAM](#)

Next Year: What do you want to talk about?

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Last Years Line Up	
9/12/18	Using HNY to Select A Curriculum
10/10/19	Organizational Approval & Youth Recruitment
11/14/19	Implementation Planning & Fidelity Monitoring
12/12/19	Parent Engagement & How to Answer Parent Questions
1/13/19	Youth Engagement: Social Media & Text Messaging
2/13/19	Technical Assistance for Selected Curriculum & Trouble Shooting Tech Issues
3/13/19	Cultural Connectedness: Supporting Curriculum with Enhancement Activities
4/10/19	LGBTQ2S Inclusion
5/8/19	New to the Rez: Becoming an Ally, Understanding & Working with Tribal Communities
6/12/19	Tap into Online Resources: We R Native & I Know Mine
7/10/19	Stay Connected: Community Engagement

Use the Chat Box to tell us:

1. What topics do you want to cover?
2. What do you want to know more about?
3. What are you done talking about?
4. Other suggestions for improvement?

Potential Lineup for Next Year...

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Community of Practice 2019-2020 Outline	
September	Welcome to Healthy Native Youth! What's available and What's New
October	Intro to Evaluation: Gathering Info from Your Community
November	Building Community Support
December	LGBTQ2S Inclusion in the Community & in Programming
January	Social Media: How to do It!
February	Parent & Child Communication: Having "The Talk" & Broaching Other Sensitive Topics
March	Select <u>three</u> , or create combo for three sessions:
April	
May	
June	Supporting Youth Experiencing Trauma in the Classroom
July	Social Media: Keep Youth Safe

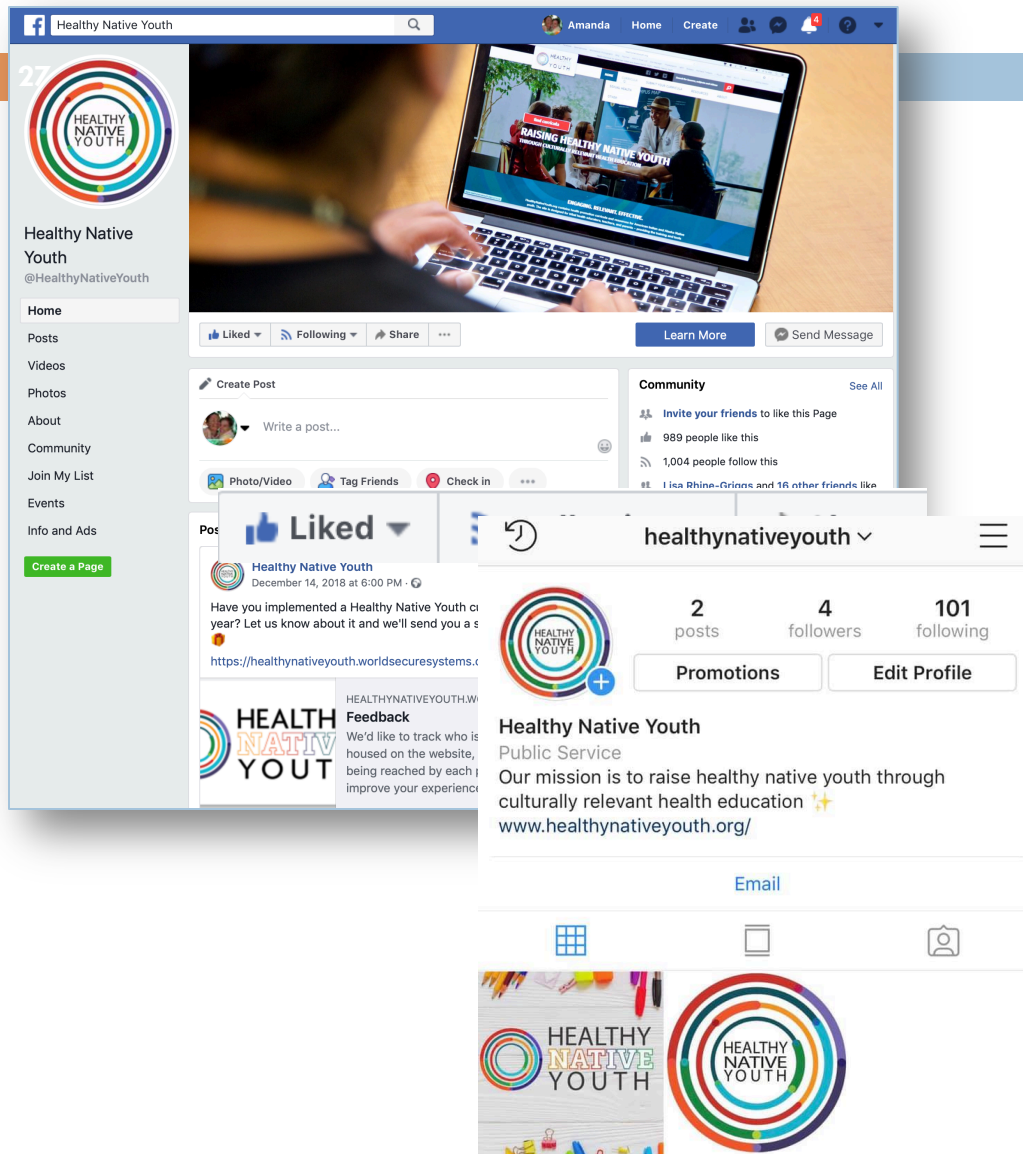


Other potential Topics...

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- ❑ Finding the Time: Time Management Strategies
- ❑ Outside the Classroom: Managing Extra Curricular Activities (Behavior Management)
- ❑ Cultural Competency
- ❑ ETHICS/ Human Subjects Training
- ❑ New to the Rez: Becoming an Ally – Understanding & Working with Tribal Communities
- ❑ Cultural Connectedness: Supporting Curriculum with Enhancement Activities

Let's STAY CONNECTED!



1. Like *Healthy Native Youth* on Facebook & Instagram
2. Post to the Group
3. Receive a back-to-school kit!

Promotional Materials



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**HEALTHY
NATIVE
YOUTH**

 www.healthynativeyouth.org
 [@healthyN8Vyouth](https://twitter.com/healthyN8Vyouth)
 Listserve: Text "YouthNews" to 22828
 Text Message: Text "Healthy" to 97779
 fb.com/HealthyNativeYouth
 native@npaihb.org



ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org is a one-stop-shop to expand learning opportunities for Native youth. The site includes curricula, trainings, and tools to help you deliver age-appropriate health programs.



Thank you! Other questions?

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Contact:

Amanda Gaston

agaston@npaihb.org



This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.

