



HEALTHY NATIVE YOUTH

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

Special “Support” Session



HEALTHY² NATIVE YOUTH

SPECIAL “SUPPORT” SESSION

GUEST SPEAKERS: JILLENE JOSEPH FROM THE NATIVE
WELLNESS INSTITUTE

April 22, 2020, from 10-11am PST



Today's Agenda

- **Welcome & Welcome Back! (3 minutes)**
- **55 Minutes of Discussion...**
 - **Caring for Ourselves**
 - **Support our Communities**
 - **Cope with the Loss of Connection**
- **Closing (2 minutes)**

Welcome & Welcome Back!

4



Use the Chat Box to tell us:

- Your Name & Role
- **Email Address**
- What things are going WELL during this period of self-isolation?
- What things AREN'T going so well?

Resources

...with Jillene Joseph (Gros Ventre)

Executive Director of the Native Wellness Institute

Email: jillene.joseph@frontier.com

Phone: [\(503\) 666-7669](tel:(503)666-7669)



Native Wellness POWER HOUR

Join us on Facebook Live!

www.facebook.com/NativeWellnessInstitute



NATIVE WELLNESS POWER HOUR

FACEBOOK LIVE 

FRIDAY, APRIL 17, 2020
8:00 PM PACIFIC/9:00 PM MOUNTAIN
10:00 PM CENTRAL/11:00 PM EASTERN

LATE NIGHT

The Native Wellness Power Hour Late Night is brought to you by NWI as our contribution to bringing wellness and healing during this pandemic. It's intended to bring a smile, uplift you and take you into the weekend feeling good!

FEATURING

Tarsh Kemp & Joe Day
COVID 19 in International Indigenous Communities: Let's Take a Look

Special Guest
Teresa Choyguha

Special Musical Guest
Calina Lawrence

TARSH KEMP
Auckland, New Zealand

JOE DAY
Echuca, Australia





NATIVE WELLNESS POWER HOUR

WEEK FIVE SCHEDULE FACEBOOK LIVE 

Daily at Noon Pacific Time - 1:00 PM Mountain Time
2:00 PM Central Time - 3:00 PM Eastern Time

In this changing time of the pandemic, NWI is responding in a positive, productive and proactive way. NWI offers daily Native Wellness Power Hour at Noon Pacific Time each day for many days to come. Storytelling, workshops, comedy, teachings and more! Our goal is to keep healing and wellness at the forefront for individuals, families and communities. We hope you tune in and please share!

The Native Wellness Power Hour is brought to you by sponsorship from the NOYSE Foundation and the National Indian Child Welfare Association

Saturday, April 18th
Movement as Medicine with Dancing Earth
with **Rulan Tangen**

Sunday, April 19th
Prays Songs from Many Nations
with **Gene Tagaban, Michelle McCauley, Joey and Denita Holmes, Thosh Collins, Linda Woods, E'sha Hoferer, Arlie Neskahi**

Monday, April 20th
The Power of Letting Go Part II
with **Jillene Joseph**

Tuesday, April 21st
Finding Your Purpose: Helping Our People Through Love, Education and Strength
with **LoVina Louie, Jalene Finley, Debbie Louie-McGee**

Wednesday, April 22nd



Self-Care: Enhancement Activity



7

Self-Care Plan - YOUTH

My Self-care Plan

This activity was created as an Enhancement Activity for [Healthy Native Youth](#).

Activity Overview: Self-care Plan (~30 minutes)

Age Groups: Middle School, High School, Young Adults

Activity Purpose:

The primary purpose of this activity is for youth to create a self-care plan that includes selecting positive self-talk statements.

Folks will:

- select “self-care” activities and “positive self-talk statements, to
- create a “self-care plan”

Activity Outline	Core Content Components	Instructional Method	Timing
Welcome and Icebreaker	<ul style="list-style-type: none">• Welcome youth• Icebreaker	Minilecture	5 minutes
			Time varies
Self-Care Strategies	<ul style="list-style-type: none">• Creating My Self-care Plan• Use Handouts:<ul style="list-style-type: none">• <i>My Self-Care Plan</i>	Minilecture	15 minutes
		Individual & Small Group Work Large Group Activity	
Closing	<ul style="list-style-type: none">• Reflection on learning• Cultural Teaching (if time allows)	Large Group Reflection	5 minutes

Materials:

- *My Self-Care Plan* Handout - -- enough for each person

Preparation:

- Print enough handouts for each youth of:
 - *My Self-Care Plan*, p. 5
- Consider inviting local mental health professionals to introduce themselves to folks and let them know of their services, fees (if applicable), hours, and location.

Self-Care Plan - ADULTS



My Self-Care Plan for Elders/ Adults

Created for Healthy Native Youth



Self-Care Plan

8



My Self-Care Plan

The things you do and the way you talk to yourself matters!
Be your best self by selecting activities that nurture your soul.

Create a Self-care Plan...

How you take care of yourself affects how you think, feel, your sense of who you are, and your place in this world.

Select three activities from the example box below (or create your own!), that will help to nourish your mental, spiritual, physical, and social self. Then select a positive self-talk statement that you can say to yourself when you need a little encouragement.

1: Select three Self-Care Activities

My 1st Self-care Activity is...

My 2nd Self-care Activity is...

My 3rd Self-care Activity is...

Examples of Self-care Activities:

Start a Journal, Unplug, Take a Walk, Pray, Talk to an Elder, Plant a garden, Make Art, Sit by a body of water, Make a funny video, Sing, Trim my nails, Volunteer, Play with my pet, Dance, Write, List 3 things I'm grateful for, Talk to a Friend, Take a Shower, Breathing Exercises, Listen to Music, Read a Book, Daydream, Play Basketball, Write a song, Eat with my family, Look at the Stars, Connect with my Culture, Be nice to Someone, Laugh, Sweat, Learn my Language. Nap...Create Your Own!

2: Select a Positive Self-talk Statement

My Positive Self-talk Statement is...

Examples of Positive Self-talk Statements:

I am Strong, I am Loving, I am Special, I am a good person, All is well - right here - right now, I control my choices, I am working towards my goals, I can treat myself gently and with kindness, I have gifts, I am taking things one step at a time, I have a purpose, I have all that I need, Today I will look for the good, I am learning to take care of myself, I am freaking awesome!...Create your Own.

3: Live it!

Make these activities and positive self-talk statements part of your daily life. This can help you to be the best version of yourself. Go you!



Practice in Action



HEALTHY
NATIVE
YOUTH

Find Curriculum on Healthy Native Youth



Search for lessons, subjects and videos



HOME

CURRICULA & LESSONS

RESOURCES & SUPPORT

ABOUT

find curricula

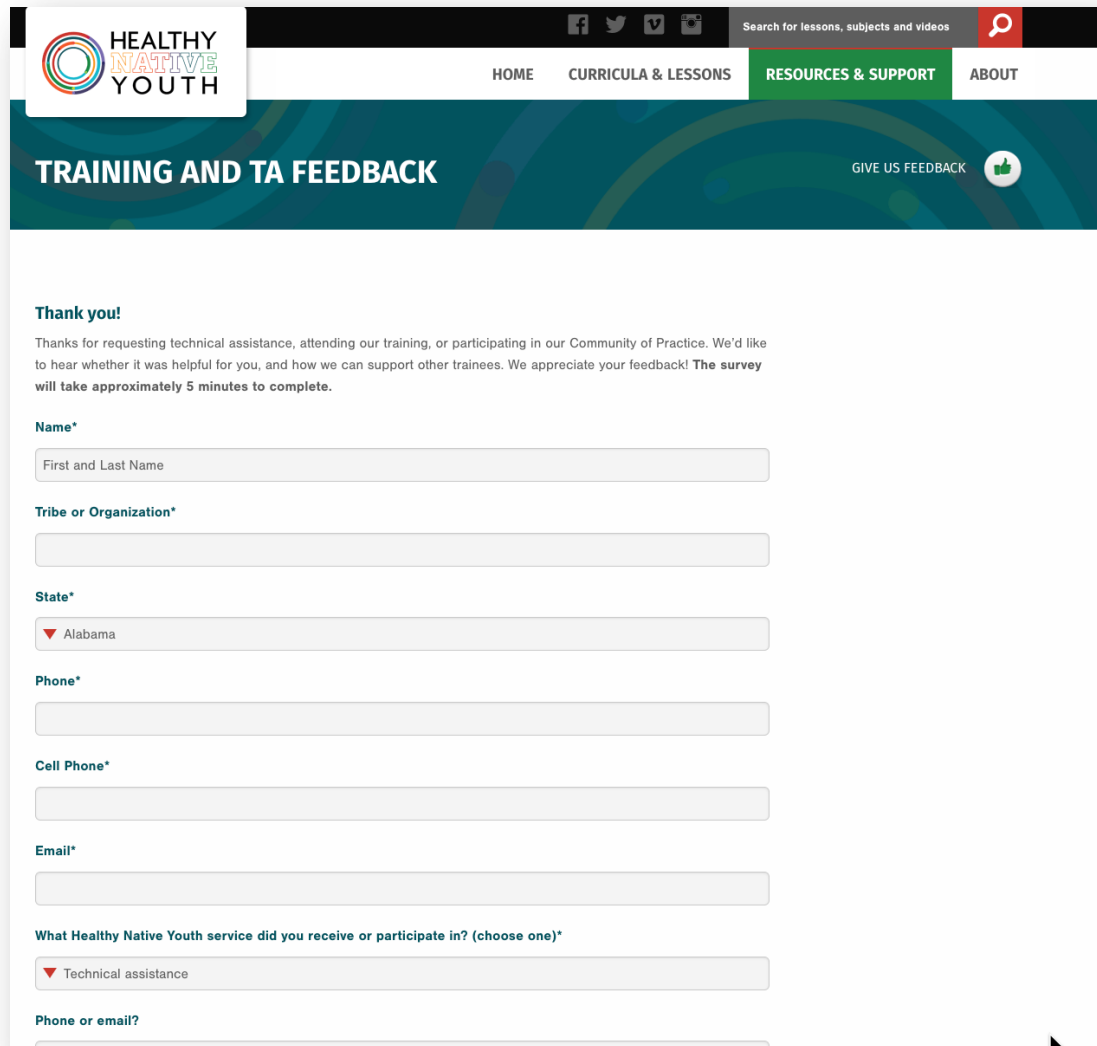
RAISING HEALTHY NATIVE YOUTH THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native

How are we doing?

11



The screenshot shows the 'TRAINING AND TA FEEDBACK' form on the Healthy Native Youth website. The header includes the logo and navigation links: HOME, CURRICULA & LESSONS, RESOURCES & SUPPORT (highlighted), and ABOUT. A search bar is also present. The form itself has a teal header with the title and a 'GIVE US FEEDBACK' button with a thumbs-up icon. The main content area starts with a 'Thank you!' message and a paragraph explaining the purpose of the survey. Below this are several required fields: Name* (First and Last Name), Tribe or Organization*, State* (a dropdown menu currently showing 'Alabama'), Phone*, Cell Phone*, Email*, and What Healthy Native Youth service did you receive or participate in? (choose one)* (a dropdown menu currently showing 'Technical assistance'). The form ends with a 'Phone or email?' field.

HEALTHY NATIVE YOUTH

HOME CURRICULA & LESSONS **RESOURCES & SUPPORT** ABOUT

Search for lessons, subjects and videos

TRAINING AND TA FEEDBACK GIVE US FEEDBACK

Thank you!

Thanks for requesting technical assistance, attending our training, or participating in our Community of Practice. We'd like to hear whether it was helpful for you, and how we can support other trainees. We appreciate your feedback! **The survey will take approximately 5 minutes to complete.**

Name*

First and Last Name

Tribe or Organization*

State*

▼ Alabama

Phone*

Cell Phone*

Email*

What Healthy Native Youth service did you receive or participate in? (choose one)*

▼ Technical assistance

Phone or email?

Fill out a Training
& TA Feedback
form and...

Receive some
HNY swag!

Coming in May...

Talking is Power One pager

Ya'at eeh!
My name's Michelle!
My pronouns are she and her.
Give yourself a high five from me. I'm glad you're here!

TALKING IS POWER

A Text Messaging Service for Parents and Caring Adults

Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

Text EMPOWER to 97779

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We'll cover sexual health, pregnancy, STDs, and consent. You don't need to have all the answers, you just need to start talking - be open and honest - and keep at it. Talking with your teen will help them make healthy decisions.

#TalkingIsPower #HealthyNativeYouth #weRnative

What's a rule you have for your relationships? How can you respect other people's rules and boundaries?

www.healthynativeyouth.org
<https://www.instagram.com/healthynativeyouth/>
[fb.com/HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)
Listserve: Text "YouthNews" to 22828
native@npaihb.org

CURRICULA **LESSON PLANS** **HANDOUTS** **RESOURCES**

HEALTHY NATIVE YOUTH

Talking is Power Postcard

Ya'at eeh!
My name's Michelle!
My pronouns are she and her.
Give yourself a high five from me. I'm glad you're here!

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#TalkingIsPower #HealthyNativeYouth #weRnative

CURRICULA **LESSON PLANS** **HANDOUTS** **RESOURCES**

www.healthynativeyouth.org
[fb.com/HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)
Listserve: Text "YouthNews" to 22828
<https://www.instagram.com/healthynativeyouth/>
[@HealthyNativeYouth](https://www.facebook.com/HealthyNativeYouth)
native@npaihb.org

SIGN UP TO RECEIVE UPDATES VIA TEXT MESSAGE
TEXT "HEALTHY" TO 97779

HEALTHY NATIVE YOUTH

What do you KNOW? What can you SHARE?

13



Like or Follow
Healthy Native Youth
on Facebook or IG



Instagram

Promotional Materials



**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.





Thinking Ahead...

15

□ **Who Can I invite to the next call?**

Youth Identity & Healthy Relationships

Guest Speakers: Jillene Joseph (Gros Ventre) - Native Wellness Institute, Jeremy Fields (Pawnee) - THRIVE UNLTD, Mallory Adamski NIWRC & Stronghearts

Date: May 13, 2020 (Wed.), 10-11am PST

NEW: 30 minutes of additional TA, 11-11:30am PST

□ **Ahead of the Game:**

- ▣ **How do I stay healthy in my relationships? And, how does that influence what I model to my youth?**

COMMUNITY OF PRACTICE

2020 Schedule

- **1/8/20** Who's the Best Health Educator Around?
Brush up on your Programming & Youth Skills
- **2/12/20** 2SLGBTQ Inclusion in the Community & Classroom
- **3/11/20** Supporting Youth Experiencing Trauma in the Classroom & Beyond
- **4/8/20** Social Media Protective Factors Against Human Trafficking & MMIR (2 hour session)
- **4/22/20** *Special "Support" Session @ 10am PST
- **5/13/20** Youth Identity & Healthy Relationships
- **6/10/20** Prevention: Emerging Topics & Challenges
Youth Face
- **7/8/20** Raising Healthy Native Youth: Creating Positive Pathways

Watch Previously Recorded Sessions:

1. Go to Healthy Native Youth website:
<https://www.healthynativeyouth.org/>
2. Go to Resources & Support Tab
3. Go to Recorded Sessions & Handouts

Text HEALTHY to 97779 to stay connected.

We welcome you to join in Healthy Native Youth's Community of Practice monthly virtual gatherings that include new resources and opportunities to engage with topical experts and others!

**Second
Wednesday of
Every Month**

10:00-11:00 AM PST



How to Join

**AT THE TIME OF MEETING,
JOIN US VIA ZOOM:
[HTTPS://ECHO.ZOOM.US/J/45
8332611](https://echo.zoom.us/j/458332611)**

**JOIN BY PHONE ONLY:
+1 669 900 6833
MEETING ID: 458 332 611
PRESS *6 TO MUTE YOUR LINE
WHEN NOT SPEAKING**

Thank you! Other questions?

17

Contact:

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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.



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