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

Special “Support” Session
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!

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
Native Wellness POWER HOUR

Join us on Facebook Live!

www.facebook.com/NativeWellnessInstitute

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

TARSH KEMP
Auckland, New Zealand

JIE DAY
Echuuca, Australia

Special Guest
Teresa Choyguha

Special Musical Guest
Calina Lawrence
Self-Care: Enhancement Activity

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”

<table>
<thead>
<tr>
<th>Activity Outline</th>
<th>Core Content Components</th>
<th>Instructional Method</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome and Icebreaker</td>
<td>• Welcome youth</td>
<td>Minilecture</td>
<td>5 minutes</td>
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<tr>
<td></td>
<td>• Icebreaker</td>
<td></td>
<td>Time varies</td>
</tr>
<tr>
<td>Self-Care Strategies</td>
<td>• Creating My Self-care Plan</td>
<td>Minilecture</td>
<td>15 minutes</td>
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<td></td>
<td>• Use Handouts:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>• My Self-Care Plan</td>
<td>Individual &amp; Small Group Work</td>
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<td></td>
<td>• Reflection on learning</td>
<td>Large Group Activity</td>
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</tbody>
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Closing
- Reflection on learning
- Cultural Teaching (if time allows)

Timing
- 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

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

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?

Fill our 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, videos, 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 #weRNative #HealthyNativeYouth

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
What do you KNOW? What can you SHARE?

Like or Follow Healthy Native Youth on Facebook or IG
Promotional Materials

Healthy Native Youth

- www.healthynativeyouth.org
- @healthyN8Vyouth
- Listserv: 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...

- **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 e 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.

How to Join

AT THE TIME OF MEETING, JOIN US VIA ZOOM:
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?

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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