



HEALTHY NATIVE YOUTH

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



HEALTHY NATIVE YOUTH

VIRTUAL PLATFORMS: CREATING SAFE & ENGAGING SPACES FOR YOUTH
GUEST SPEAKERS: CELENA MCCRAY, LAEL TATE, AND THE WE R NATIVE &
THRIVE TEAMS

August 12, 2020 from 10-11am PST

Today's Agenda



- **Welcome & Welcome Back!** (5 minutes)
- **Planning** (5 minutes)
- **Implementation** (5 minutes)
- **Evaluation** (5 minutes)
- **Panel Spotlight** (10 minutes)
- **Discussion Time** (25 minutes)
- **Closing** (2 minutes)

Welcome & Welcome Back!

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Image Source: Healthy Native Youth, NPAIHB

Use the Chat Box to tell us:

- Your Name & Role
- **Email Address**
- **Quick Poll**

Planning

...with **Celena McCray** (Navajo)

*Northwest Portland Area Indian
Health Board*

Email: cmccray@npaihb.org



...with **Lael Tate** (Navajo)

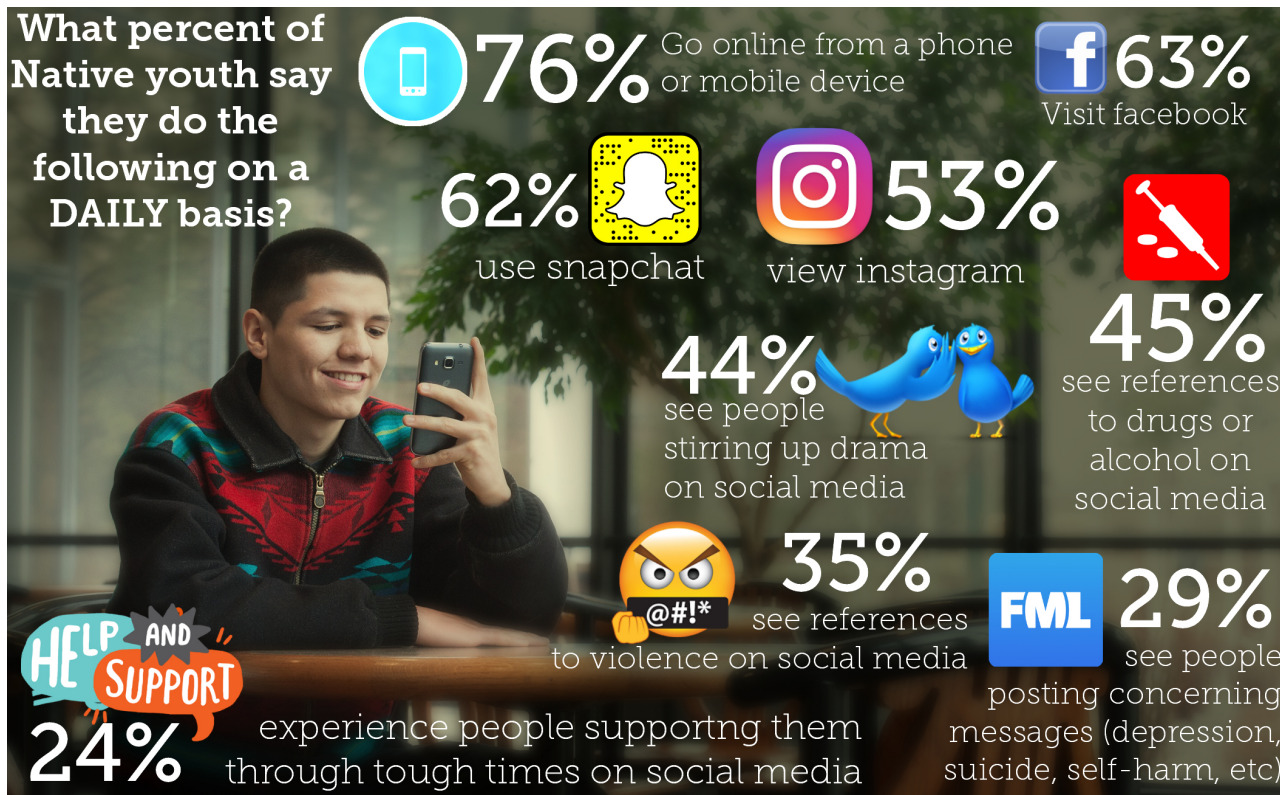
*Northwest Portland Area
Indian Health Board*

Email: ltate@npaihb.org



*Northwest Portland Area
Indian Health Board*
Indian Leadership for Indian Health

What are Native Youth using?



2016



2020



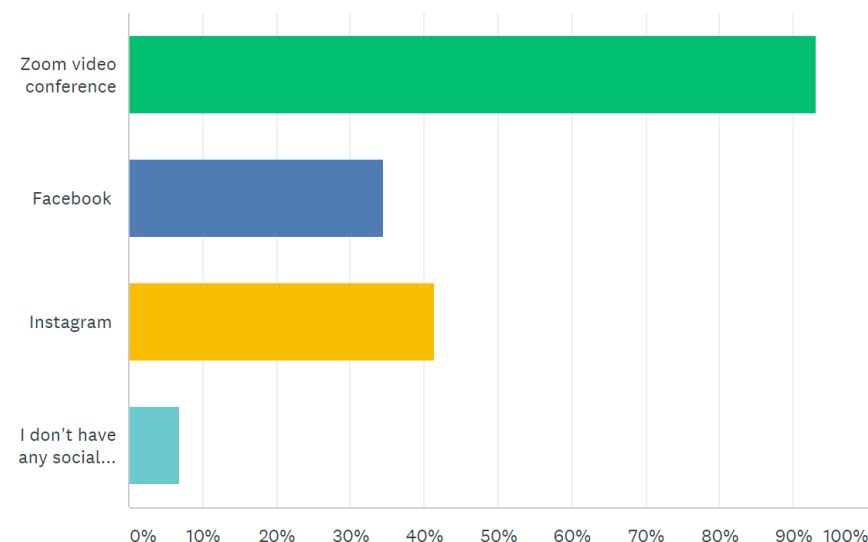


Pre-planning

- What is your goal?
 - ▣ Action oriented
 - ▣ Speakers
 - ▣ Hands-on activities, engagement
- Do your research – What makes a successful online event for youth?
 - ▣ Other online events
 - ▣ Think about your own experience as an adult
- Identify what online platforms Native Youth are using
 - ▣ Facebook Live, Instagram Live, Zoom platform
- Timing
 - ▣ Summer
 - ▣ Afternoon sessions
 - ▣ Current social climate
 - ▣ Your goal will also determine how long of a session you plan on having.
- Assess your capacity – What does your team, time, and budget look like?

What digital platform works for you? (Please select all that apply)

Answered: 29 Skipped: 0



THRIVE Virtual Gathering Feedback

Planning



Team Roles

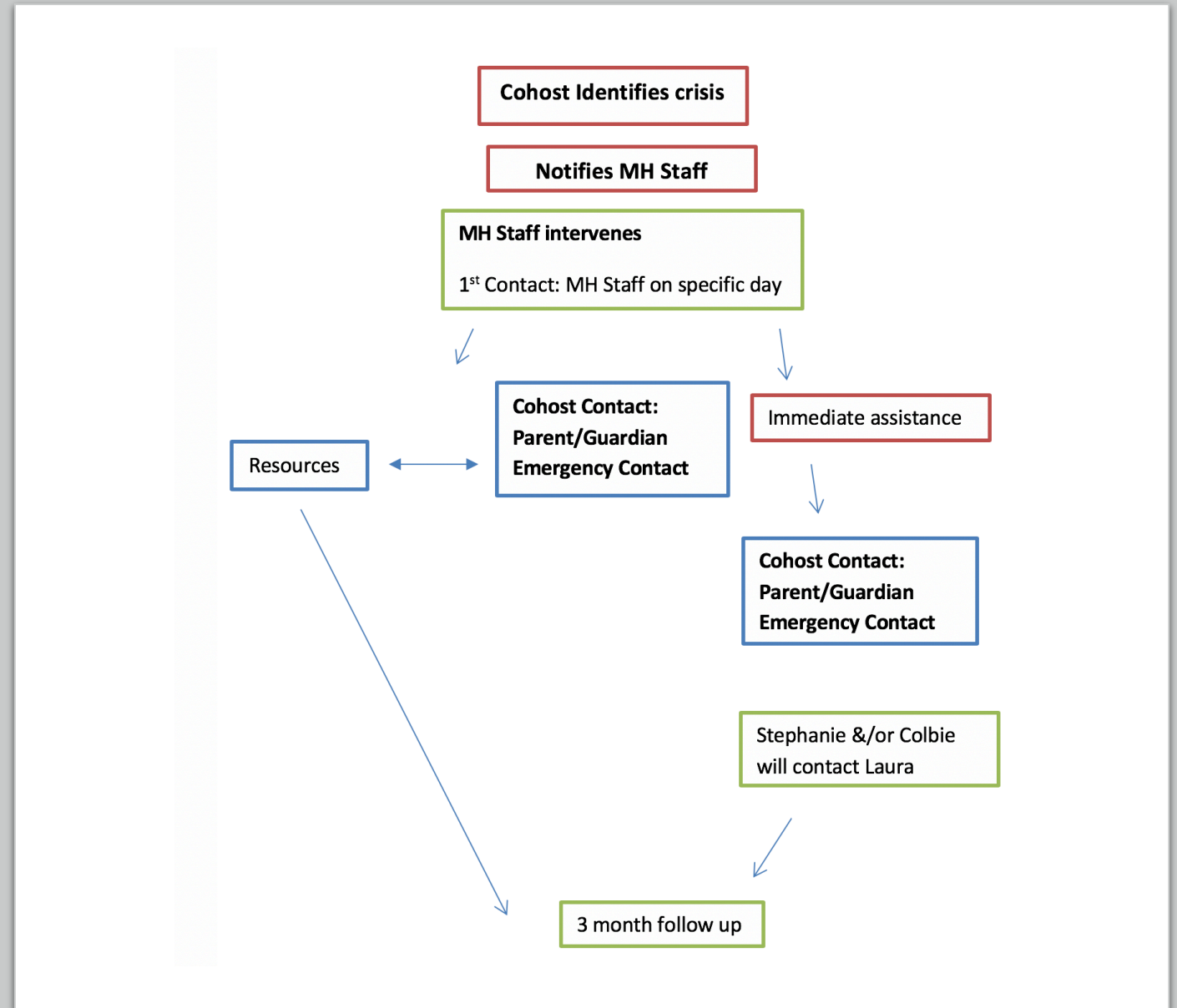
- Clearly define team roles:
 - ▣ Lead host (speaker, facilitator)
 - ▣ Cohost (open Zoom meeting, screen share, breakout rooms, chat box monitor)
 - ▣ Tech help
 - ▣ Active participants to encourage participation
 - ▣ Mental Health Staff

Run of Show

| Start | End | Min | What | Lead (Presenter and speaker) | Background lead Computer, screen | Materials |
|----------|---------|-----|--------------------------------|---|--|---|
| 11:45 am | 12:05pm | 15 | Youth begin logging on to zoom | Jeremy and Tommy – chatting w/ youth as they log on | Lael – computer host Corey and Roger – tech assistance <u>Celena</u> – chat box facilitator: “Welcome! We are so happy you are here. Please type your full name in the chat box for attendance.” | Attendance sheet – <u>Celena</u> Main deck screen share – Lael |

Planning continued

- Speakers prep:
 - Run-through meetings
 - Script or outline for speaking if needed
- Mental Health protocol
 - A mental health staff member should be present or available during youth events, especially if mental health topics will be discussed.
 - Follow-up After Call



Implementation

...with **Celena McCray** (Navajo)

Northwest Portland Area Indian Health Board

Email: cmccray@npaihb.org



...with **Lael Tate** (Navajo)

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Implementation

□ Challenges

- Difficult to read body language
- Technical difficulties – participant's audio, video, or internet may cut out
- Expectation on Zoom
- Direct communication - coordinating via email, text message

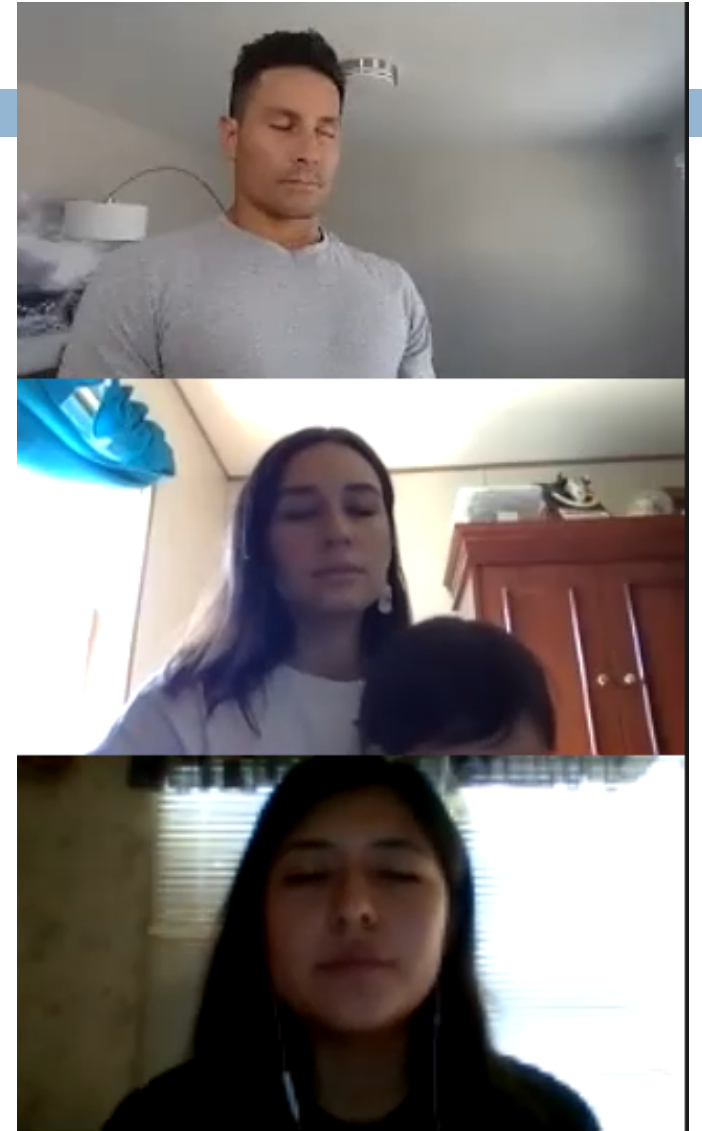
□ Successes

- Chat box participation
- Opportunities for follow-up and ongoing conversations online
- Virtual platforms allow for quick transitions between large group, small group, and individual activities
- Creating a safe space, safe community
- Team effort



Lessons Learned

- ▣ Be enthusiastic!
- ▣ Be flexible – adapt run-of-show as needed
- ▣ Embrace mistakes, awkward silences, and technical difficulties
- ▣ Schedule frequent stretch, breathing, and “video-off” breaks
- ▣ Plan a variety of activities (breakout rooms, individual reflection, zoom chat swarm, polling, music breaks)
 - you can get the best speakers, but with no type of interaction is hard
- ▣ Daily Reflections/ Debriefing with team - Adjusting ‘on the go’
- ▣ Create a group chat with your team members to stay in contact during event
- ▣ Virtual session is a whole new culture
 - Use platform capabilities (polling, chat, interactions, reactions, etc.)
 - Inclusive for youth with IEP’s or Behavior Plans
- ▣ Self-care for yourself and your team
- ▣ *Strategies for Leading a Process (I don’t remember this part?)*
 - *Emails*
 - *Texting*
 - *SM Youth*



Evaluation

...with **Celena McCray** (Navajo)

Northwest Portland Area Indian Health Board

Email: cmccray@npaihb.org



...with **Lael Tate** (Navajo)

Northwest Portland Area Indian Health Board

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Adaptations Going Forward



- Reflecting and sharing process
- Follow-up with Youth
 - ▣ Create a group chat on Instagram, text, or Facebook
 - ▣ Follow-up with emails
- Will this be the new continued norm?
- What will access look like?

| ANSWER CHOICES | RESPONSES |
|--|-----------|
| ▼ Connected me to my history and way of life | 41.18% |
| ▼ Connected me to other youth and Native people | 94.12% |
| ▼ Increased my knowledge about how to be a healthy Native person | 52.94% |
| ▼ Helped me feel more confident | 58.82% |
| ▼ Made me feel good about where I come from and my future | 70.59% |
| ▼ I was not impacted by Virtual THRIVE 2020 at all | 11.76% |
| ▼ Other (please specify) Responses | 11.76% |



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Panel Spotlight

...with **Jilene Joseph** (*Gros Ventre*)

*Executive Director of the Native
Wellness Institute*

Email: jillene.joseph@frontier.com

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

...with **Levi Horn** (*Tribe*)

Klamath Tribes

Email:

...with **Name** (*Tribe*)

UNITY

Email:

...with **Will Hess** (*Tribe*)

Klamath Tribes

Email:

Discussion Time: Use the Chat Box or Unmute Your Line...



Let's talk about
it...

What do we
KNOW? What
can we *SHARE*?

Practice in Action



HEALTHY
NATIVE
YOUTH

Find Curriculum on Healthy Native Youth

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HEALTHY NATIVE YOUTH

HOME CURRICULA & LESSONS RESOURCES & SUPPORT ABOUT

Search for lessons, subjects and videos

find curricula

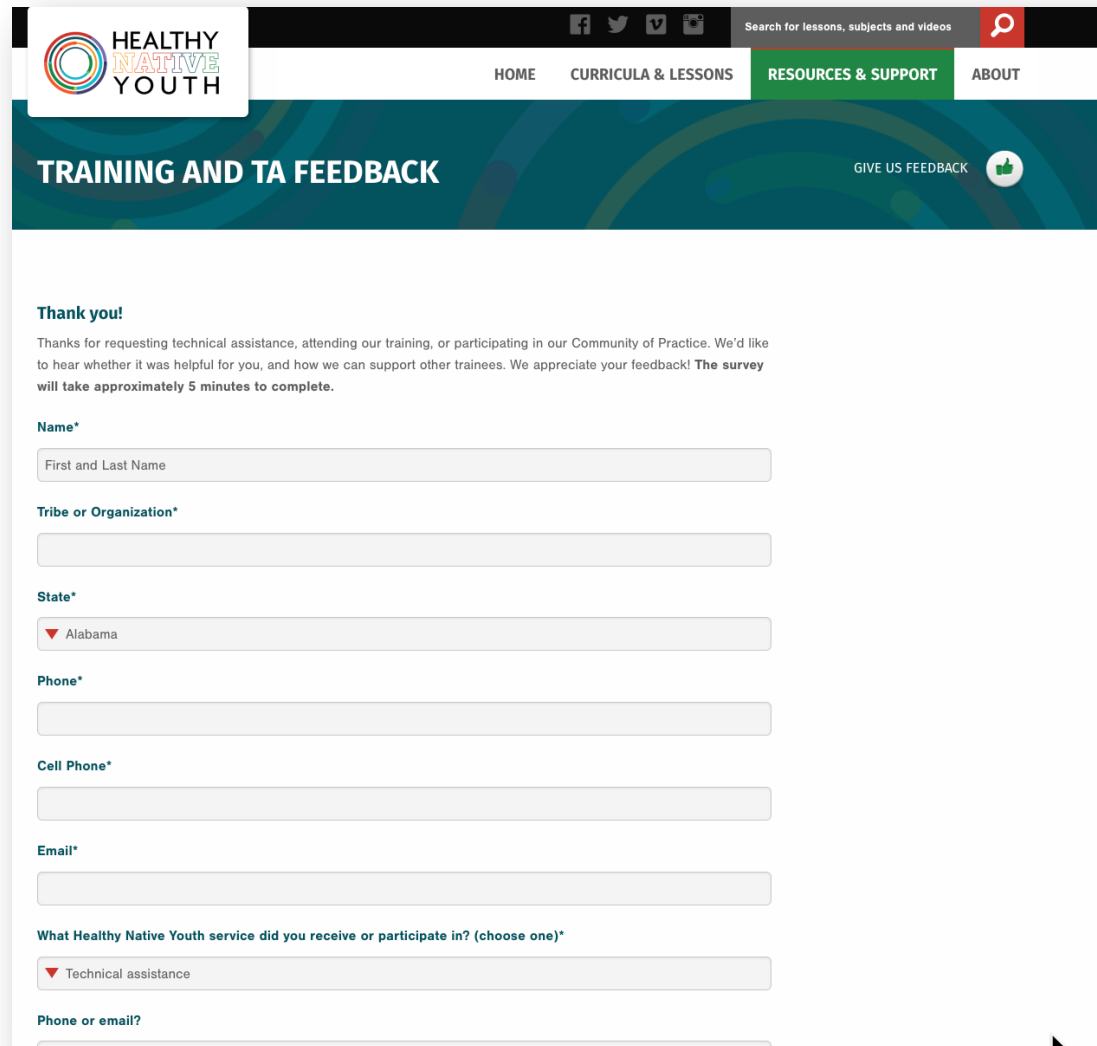
RAISING HEALTHY NATIVE YOUTH
THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

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

How are we doing?

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The screenshot shows the 'HEALTHY NATIVE YOUTH' website with a navigation bar including 'HOME', 'CURRICULA & LESSONS', 'RESOURCES & SUPPORT', and 'ABOUT'. A search bar is located in the top right. The main heading is 'TRAINING AND TA FEEDBACK' with a 'GIVE US FEEDBACK' button. The form includes a 'Thank you!' message, a 'Name*' field, a 'Tribe or Organization*' field, a 'State*' dropdown menu (currently showing 'Alabama'), a 'Phone*' field, a 'Cell Phone*' field, an 'Email*' field, a 'What Healthy Native Youth service did you receive or participate in? (choose one)*' dropdown menu (currently showing 'Technical assistance'), and 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!

Talking is Power is LIVE! Text 'Empower' to 97779

Talking is Power One pager



TALKING IS POWER
A Text Messaging Service for Parents and Caring Adults

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 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.

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

HEALTHY NATIVE YOUTH

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

[CURRICULA](#) [LESSON PLANS](#) [HANDOUTS](#) [RESOURCES](#)

[#TalkingIsPower](#) [#HealthyNativeYouth](#) [#weRnative](#)

Talking is Power Postcard



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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.instagram.com/HealthyNativeYouth)
native@npaihb.org

HEALTHY NATIVE YOUTH

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

Sign up for Newsletter



SIGN UP TO RECEIVE CURRICULA UPDATES

FIRST NAME

LAST NAME

TRIBE OR ORGA

CELL PHONE

EMAIL ADDRESS

SIGN UP

What do you KNOW? What can you SHARE?

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1. Like or Follow *Healthy Native Youth* on Facebook or IG,
2. Post to the Group
3. Receive a back-to-school kit!



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](https://www.facebook.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...

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

Title: Social Media Platforms to Reach Youth

Guest Speakers: Celena McCray, Thomas Ghost Dog, Roger Peterson, Paige Smith, Corey Begay, Lael Tate

Date: July 8, 2020 (Wed.), 10am -12pm PST

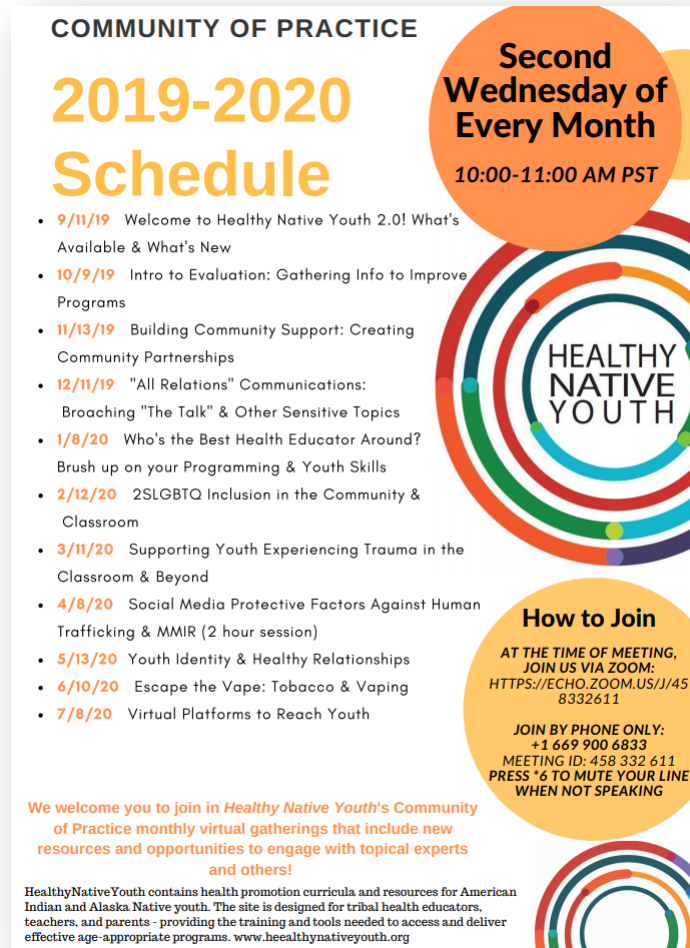
□ **Ahead of the Game:**

▣ **How can I use Social Media to reach and engage youth?**

Next Year: What do you want to talk about?

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Last Year's Lineup:



COMMUNITY OF PRACTICE

2019-2020 Schedule

Second Wednesday of Every Month
10:00-11:00 AM PST

- **9/11/19** Welcome to Healthy Native Youth 2.0! What's Available & What's New
- **10/9/19** Intro to Evaluation: Gathering Info to Improve Programs
- **11/13/19** Building Community Support: Creating Community Partnerships
- **12/11/19** "All Relations" Communications: Broaching "The Talk" & Other Sensitive Topics
- **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)
- **5/13/20** Youth Identity & Healthy Relationships
- **6/10/20** Escape the Vape: Tobacco & Vaping
- **7/8/20** Virtual Platforms to Reach Youth

How to Join

AT THE TIME OF MEETING, JOIN US VIA ZOOM:
[HTTPS://ECHO.ZOOM.US/J/458332611](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

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!

HealthyNativeYouth contains health promotion curricula and resources for American Indian and Alaska Native youth. The site is designed for tribal health educators, teachers, and parents - providing the training and tools needed to access and deliver effective age-appropriate programs. www.healthynativeyouth.org

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?

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.





ESCAPE THE VAPE: TOBACCO & VAPING

GUEST SPEAKERS: RYAN SEALY, ANTIONETTE AGUIRRE,
KERRI LOPEZ, MARK PETRIE, THOMAS GHOST DOG, AND
DR. STEPHANIE CRAIG RUSHING

June 10, 2020 from 10-11 am PST