

**November 18, 2020**

**Healthy Native Youth session: Mental Health & Wellness: Suicide Prevention**

**Recorded Session & Slides:** <https://npaihborg.app.box.com/file/743936896980>

**Sign up for the HNY Newsletter,** [**here**](https://visitor.r20.constantcontact.com/manage/optin?v=001zyOLoEKlyAZNj87ltX2RBD2whKD0cRK3Ow0XtPbDJL8ZzzMar2rLKmHMoXF-QxAtJ97I_WaARdoH-GVCKSvUuik_NQiJjNvk6ytEN3yEUf8%3D)**.**

**Links shared in chat:**

Community of Practice Recorded Sessions here: <https://www.healthynativeyouth.org/community-of-practice-sessions/>

The Bigfoot campaign images will be available at this link soon: <http://www.npaihb.org/tips-resources-for-community-messaging/>

The Springboard Campaign 2020 videos can be found here: <https://www.youtube.com/playlist?list=PLvLfi7yZ2zQGKuMCu-CFOmedDQZcsuPyG>

All HNY Curricula can be found here -- including Responding to Concerning Posts on Social Media & First Nations Suicide Prevention Curriculum too! <https://www.healthynativeyouth.org/curriculum/>

Check out November's special National Native American Heritage Month Special Issue! Click on this link: <https://conta.cc/2HRUmj7>

**Participant shared links:**

Videos, Facebook Live events, and compiled resources: [www.seattlechildrens.org/copingandcovid](http://www.seattlechildrens.org/copingandcovid)

**CHAT FEED:**

From Michelle Singer to Everyone:

Good day to all! Welcome to the Community of Practice!

Please enter your name, tribal affiliation and your org info with email as our presenters would love to know where you are zooming in from!

From Michelle Singer to Everyone:

Michelle Singer (She/Her | Navajo), Healthy Native Youth Project, Northwest Portland Area Indian Health Board | msinger@npaihb.org

From Michelle Singer to Everyone:

"What is your rose and thorn for today?"

* my rose is giving out essential items, my thorn is not enough time
* My thorn is time! never enough time to get things down.
* My Rose: I slept inMy Thorn: I slept in
* rose: won the morning with exercise and smudge/ thorn: brother has covid and is on the hospital with a collapsed lung.
* rose: so many beautiful faces on the call today!
* rose I just moved in a new house thorn I need to buy all new everything
* rose is that its a beautiful day - the sun is turning the sky all sorts of blue. Thorn is that its too cold.
* Rose- I am here! Thorn- My baby has a cold, it was a rough night!
* My rose: my physical therapy massage and my thorn is watching people hoard toilet paper at the stores
* Rose- my puppies sleeping next to me right now, thorn- feeling really sleepy today
* Rose: healthy & able
* My rose is a nice walk in nature and my thorn is the COVID-19
* Thorn - feeling forgetful
* rose - my family and I are safe and healthy, thorn - my heart goes out to all that are struggling and suffering.
* Rose: grateful to live another day. Thorn: Having a RA flare up
* Rose: I woke up able bodied and healthy! Thorn: Not everyone did today
* Thorn: The rise in Covid all over and on the Rez again. Rose: Our district assigning staff to work from home if possible

Love the sasquatch messaging each other!Can we get these fliers?

From Amanda Gaston to Everyone: 09:29 AM

Welcome to the call! :)

From Michelle Singer to Everyone: 09:29 AM

All of these are on the We R Native Social Media Channels on Facebook, Instagram and We R Native YouTube channel. Worth checking out!!

From Stephanie Craig Rushing to Everyone: 09:29 AM

The Bigfoot campaign images will be available at this link soon: <http://www.npaihb.org/tips-resources-for-community-messaging/>

From: @Michelle & @Stephanie, Thank you!!

From Michelle Singer to Everyone: 09:30 AM

The Springboard Campaign 2020 videos can be found here: <https://www.youtube.com/playlist?list=PLvLfi7yZ2zQGKuMCu-CFOmedDQZcsuPyG>

* Just BEAUTIFUL!!
* Very nice!
* I loved that!
* beautiful!!! <3
* That was amazing!
* Can you remind us one more time where that is?So great!
* That was so beautiful!
* ooo that was powerful!

From Michelle Singer to Everyone: 09:36 AM

The Springboard Campaign 2020 videos can be found here: <https://www.youtube.com/playlist?list=PLvLfi7yZ2zQGKuMCu-CFOmedDQZcsuPyG>

From: Thanks!

From Michelle Singer to Everyone: 09:37 AM

The Bigfoot campaign images will be available at this link soon: <http://www.npaihb.org/tips-resources-for-community-messaging/>

From

Can we share that link on our social media?

From Michelle Singer to Everyone: 09:39 AM

Yes!!All HNY Curricula can be found here -- including Responding to Concerning Posts on Social Media & First Nations Suicide Prevention Curriculum too!

From Stephanie Craig Rushing to Everyone: 09:39 AM

<https://www.healthynativeyouth.org/curricula/responding-to-concerning-posts-on-social-media/>

From Michelle Singer to Everyone: 09:41 AM

<https://www.healthynativeyouth.org/curriculum/>

What has your tribe or organization been doing (or wants to do) to support youth mental health?

* Sending care packages
* offering opportunities to connect virtually! or just opportunities to have fun!
* We've developed some videos, Facebook Live events, and compiled resources: [www.seattlechildrens.org/copingandcovid](http://www.seattlechildrens.org/copingandcovid)
* Utilizing Social Media with Private Pages (Facebook) to connect virtually.
* sending snail mail with encouraging words
* We are currently having a scavenger hunt that promotes getting outside and finding rocks painted with positive messages - something they can do by selves, with family, socially distant.
* Yes! We sent art supplies for coping and creativity. Handmade cards and notes.
* penpal program with elders
* Aunties House and Uncles House through Zoom to support youth and activities.
* virtual groups
* Using social media for photo contests. One was focused on physical and mental wellness and another was focused on resiliency. We've also shipped out self-care and safety kits to communities.
* Culturally based PSAs on health and wellness. Developed curriculum for groups.

I'd like to promote your Caring messages

* We have delivered care packages to every household, hold zoom groups (exercise, beading, therapy group, etc), phone calls and social media check ins.
* tribes I work with in michigan are sending art and cooking kits
* Thanksgiving Food Distribution for 1200 + families yesterday. Turkey and fixings for Thanksgiving.
* Community Parade, honking through the community, dropping off care packages along the way.
* Journaling with youth
* We work with a boarding school. Looking at using online screening with RAAPS and the school social emotional learning online curriculum.

From Amanda Gaston to Everyone: 09:43 AM

PLEASE KEEP SHARING. :)

From Anita Cota Soto to Everyone: 09:44 AM

* virtual cooking groups
* Outreach phone calls. Support for family
* inviting several guest speakers & elders to share from their wisdom & journeys
* Virtual bingo for families and giving way ham and turkeys as prizes

From Michelle Singer to Everyone: 09:45 AM

This is all wonderful! Please keep sharing! Love the resilient creative ways to connect!

* asking youth what they would like to see or do, or even just listening to them as they share their thoughts & feelings
* Virtual culture classes over the lunch hour
* NAYA family center in Portland, we organized a socialite distant powwow. Compiled videos and watched them as a community via zoom :)Social\* lol

From: love these!

From Michelle Singer to Everyone: 09:54 AM

Link to the curriculum can be found here: <https://www.healthynativeyouth.org/curricula/first-nations-youth-suicide-prevention-curriculum/>

From: Great choice of grades.

From Amanda Gaston to Everyone: 10:03 AM

Lael and I switched screen sharing…it’s always good to have a co-host! :)

From Michelle Singer to Everyone: 10:04 AM

Humor is good medicine!

From Amanda Gaston to Everyone: 10:06 AM

Here is the curriculum link again: <https://firstnationssuicideprevention.com/>

If you’d like the pdf with today’s slides, please let us know with your email address.

From Michelle Singer to Everyone: 10:08 AM

We also have this available uploaded on the HNY website as well!

From Amanda Gaston to Everyone: 10:08 AM

If you turn to page 91 of the manual you can follow the lesson plan. :)

From Michelle Singer to Everyone: 10:09 AM

As the first snows have fallen in different regions, it is storytelling time as we approach winter.

From Amanda Gaston to Everyone: 10:10 AM

Yes Michelle!

From Michelle Singer to Everyone: 10:12 AM

So very cool!!Question: "What is the story telling us?"

From: thank you for sharing!

From: So spot on. :)

From: Choices not chance determines destiny.

From Amanda Gaston to Everyone: 10:12 AM

FYI - I’m not opening the padlet link…internet is not cooperating. :)

From

* There's always a battle and its the wolf (path) you choose in life. Sometimes one overwhelms you more than the other depending on where your at that moment
* The wolf you feed more will win.

From: Has it been evaluated?

From: Thank you! Excited to use it!

From: Thank you!

From Michelle Singer to Everyone: 10:21 AM

Sign up for the Healthy Native Youth e-News on the homepage! But, check out November's special National Native American Heritage Month Special Issue! Click on this link: <https://conta.cc/2HRUmj7>

From Amanda Gaston to Everyone: 10:22 AM

I’ll let Michelle take over...

From Amanda Greenway to Everyone: 10:23 AM

Thank you for the great session today!

* great session today y'all!
very excited to learn about the curriculum! it's a big need!
* Exit: I loved seeing the wolf activity in action
* One thing I learned - about a great free suicide prevention curriculum! One thing I’d like to know more about would be the Caring Messages Texts. Going to check it out.
* Another great curriculum resource!
* the material provided is very helpful
* I really enjoyed the self-love videos introduced in the beginning.
* the wolf activity was very helpful
* Amazing resources!
* Curriculum was awesome, excited to review and possibly implement. Would like to learn more about how other urban programs are supporting students in education.
* Loved the videos (plan to check those out)
* Quyana for having me here today. I learned more about the resources available - I loved hearing about the IndigiLove program and listening to the poem. I will definitely be looking at the curriculum shared! Have a nice day!
* Love to learn more about the other youth engagement activities communities are using to promote mental health
* Also am very excited about the veterans text service.
* learned about some great handouts to give great resources to my community.
* Loved learning about the curriculum and everyone’s ideas of how they are supporting youth right now
* exit: the caring messages resources and the two wolves is always strong reminder
* Wolf activity
* The outreach to everyone's communities!! Great work! Learn more about the virtual activities.
* One thing I’ve learned about is the vast volume of creative ways that Healthy Native Youth has put together! Very impressive and a great collection! One thing I’d like to learn more about are mentoring examples and supports for Healthy Native parents and Healthy Native Children Birth to 5. Thank you!

From Amanda Gaston to Everyone: 10:26 AM

Harvey will close us out with a blessing

* Thank you
* Thank you
* Thank you
* Thank you, great session!
* Thank you so much!!
* thank you 😊
* Thank you, it was worth my time to be a part of the presentation!
* Enjoyed learning about the curriculum and enjoyed the session. Thank you!
* Thank you
* Thank you!
* Thank you