



12/9/20: How to Support Youth through COVID-19

Previously Recorded Sessions and Supporting Documents:

<https://www.healthynativeyouth.org/community-of-practice-sessions/>

Healthy Native Youth Resources & Support:

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

Presenter resources shared in the chat:

- Eagle Poem by Joy Harjo
- Self-Regulation strategies for ages 2-21. Attachment, self-Regulation, and Competency by Margaret Blaustein and Kristine Kinniburgh.
- Bitmoji is a good interactive platform

Chat feed:

- what is the name of the poem?
- can we have the name of the poem please, that was beautiful

How are people feeling this morning?

- Excited!
- Feeling motivated this morning.
- Hopeful
- Feeling refreshed
- Hopeful
- Joyful
- Focused
- Feeling: well :)
- Feeling great!
- Busy, 5 online meetings today!
- I am well.
- Happy
- I am feeling a little fatigued but inspired by this large group.
- Feeling good overall.
- Feeling okay.

- I'm feeling pretty good today and I'm glad you record these to go back to watch
 - Relieved! Just finished statistics class, tough semester. Glad it is over.
 - Surviving the crazy times with my sanity intact
 - feeling good
 - Feeling excited for this meeting :)
 - Feeling Ambitious!
 - Feeling calm, and a bit tired
 - feeling ready to do so many things. Sewing, beading, working out, all things positive
 - I'm feeling a little overwhelmed this week.
 - Good morning Michelle Singer. Excited to hear the program. Always good information shared.
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- yea this would be great to use with my younger kiddos to help them understand what's happening
 - This also would be awesome for our teachers as well so that they can see that the defiance and aggression are not just defiance and aggression. It would cultivate compassion not only for our students. but ourselves as well.
 - How are we able to gauge a students true feelings if we're not meeting with them in person?
 - I think also by them understanding their bodies they can have a better ability to understand their parents stress and different demeanors they may have with the pandemic now.
 - I am hoping to help educate mental health workers not make severe diagnoses like psychosis when the underlying challenge is trauma. Thank you for these slides and this conversation.
 - in our district we use check ins at the beginning of virtual classes. One that has proven to be particularly useful has been asking about what music students are feeling or what song they really connect with. The music one especially works well for secondary level students. Then weather and colors or images are great for the elementary levels students, in regards to what they connect with.
 - Mahalo!! Appreciate it!

How do you think youth are?

- Stressed
- Lonely
- Overwhelmed
- distracting themselves through social media
- they are being creative
- disconnected
- isolated
- don't know how to describe what they are feeling in words
- using drugs, alcohol, fighting, having sex
- They are withdrawing and isolating.
- using fortnite tiktok to socialize with friends
- working on their self love.
- Sleeping
- burned out

- strength and courage
 - Burned out!
 - Angry
 - Meditation
 - Uninterested
 - Bored
 - being outdoors
 - sad
 - lost
 - grieving
 - frustrated and burnt out
 - overwhelmed
 - small town public shaming
 - social media
 - social media
 - Video games
 - Isolated
 - distant and rebellious
 - scared
 - disconnected
 - scared
-
- not enough supervision
 - friends
 - I have a grand daughter who was so looking forward to attending JH all that was excitement was taken away due to COVID. I have her walk/run with me every evening to help with the stress and give her time to talk.
 - Instability financially with in family is causing stress
 - Towels under the door for privacy...
 - Disabling the private chat function, so youth can't bully others
 - Creating Safe spaces by creating Group Agreements
 - Some that we try: Recognizing and supporting personal space as different from isolation; making opportunities invitational rather than mandatory/ no choice; humor (GIFs, memes, jokes, etc!
 - Great ideas!!!
 - Circles are such an excellent tool! Woot RP!

From Amy: Here is a resource I didn't think of until too late with many Self-Regulation strategies for ages 2-21. Attachment, self-Regulation, and Competency by Margaret Blaustein and Kristine Kinniburgh.

- I love the tangible and concrete examples
- LOVE this
- Thank you Amy and Veronica amazing work your doing. Gotta leave for another meeting
- Thank you!

From Amy: Thank you!

- Community
- like a release. Listener: like someone who cares.
- I felt comfortable I enjoy meeting new people and sharing
- sharing is always good and not having mic is frustrating
- I need more practice ;)
- felt great to share
- Loved meeting new people and it was nice to connect about our shared experiences. I enjoyed actively listening because I've been multitasking all day!!
- Hard to be in the moment,
- It's more comfortable for me to hear from someone else than to talk about myself
- Fun, Nice to hear what others are doing/feeling. Much the same feelings!
- I felt lonely - no one was in my room. :(
- It was good to share and listen.
- trying to be present while my family is running around behind camera and my dogs are barking is hard, but sharing with a stranger was fun! something new finally
- I think we could have used more time. It was nice to talk to someone new!
- It felt good to see and hear my speaker who is from AZ, he was feeling bored and out of touch with the Covid shut down in Flaffstaff.
- Nice to have a quick connection and be heard. Thank you.
- I felt more inclined to listen than share, and was happy to meet someone new.
- I liked the more personal connection to say hello just as people in the moment.
- I learned quite a bit from this
- We all shared, 2 reflected. It was great. Not enough time. 10 minutes for this activity would have been better.

From Michelle Singer: Great job everyone! Way to take a healthy risk but also to make a connection with another!

- reflection practice was certainly validating because it made me feel heard.
- There needs to be more information and training about native youth like this one
- I think we needed more time though lol. Glad to have had the opportunity to connect.
- I love all the connections made even for a short time! Thank you all for participating!

From Michelle Singer : Talking Is Power info link:

[https://urldefense.com/v3/https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/;!PD8KOL_GOQI!mtO50cc2Z9Hixwtu1ZP7N5yAclj3XgEEAE9HBA8Kg3BDNODQLyJ3O9CyANtsFq2ZA\\$](https://urldefense.com/v3/https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/;!PD8KOL_GOQI!mtO50cc2Z9Hixwtu1ZP7N5yAclj3XgEEAE9HBA8Kg3BDNODQLyJ3O9CyANtsFq2ZA$)

- it was great to hear others perspective and great to share as well. felt good to make a connection with someone with the same passion of helping others. and yes, need more time.
- Thanks for the information today. Have another meeting in a couple of minutes.

- Thanks for another great HNY workshop see you next time, as always great presentation and information

From Michelle Singer : Caring Messages and other awesome inclusive resources - click here:

[https://urldefense.com/v3/https://www.healthynativeyouth.org/resources/;!!PD8KOL_GOQ!!mtO50cc2Z9Hixwtul1ZP7N5yAclj3XgEEAE9HBA8Kg3BDNODQLyJ3O9CyAMuGVPvBg\\$](https://urldefense.com/v3/https://www.healthynativeyouth.org/resources/;!!PD8KOL_GOQ!!mtO50cc2Z9Hixwtul1ZP7N5yAclj3XgEEAE9HBA8Kg3BDNODQLyJ3O9CyAMuGVPvBg$)

- Thank you for all this great information. Happy Holidays everyone please be safe...Mask up!! :)
- Thank you Amanda and Michelle
- Thank you all!
- Learned some great tangible strategies for supporting youth. Would love to learn even more or get a list of strategies/ tips.
- Great COP!
- Thank you very much!
- Miigwetch/Thank you for a lovely and informative presentation.
- Thank you! Awesome presentation and learned some good strategies.
- thanks Creators Blessings to all
- want to learn more about Remote Activities to do with Elementary youth and Middle/high school youth that are fun and engaging. What has been successful with your youth?
- Thank you
- Thank you :)
- This was great! Thank you!
- thank you!
- Bitmoji is a good interactive platform