Hello! Keshi! Waqaa!

I am Dr. Stephanie Craig Rushing, she/ her
 I love coffee.
 You can find me at scraig@npaihb.org

I am Dr. Danica Love Brown, she/ her
 Choctaw Nation of Oklahoma
 I love puppies.
 You can find me at dbrown@npaihb.org

I am Nicole Treviño, she/ her
 I love water: rivers, lakes & oceans!
 You can find me at info@nicoletrevino.com

I am Jeni Williamson, she/ her
 I love green.
 You can find me at jjwilliamson@anthc.org

I am Hannah Warren, she/ her
 Chevak Quissunamiut Tribe
 Namesakes: Atsaq - Akiuq - Angutekegtaq - Cikigaq - Kukuuyaraq - Lurvialria - Nuguraq - Nayagaraq (Atkiq) - Uyanquiria
 I love trees.
 You can find me at hewarren@anthc.org
Let us Start with a Blessing

“Niicugniluki qanruyutet cikiuteten.”
“Listen to all advice given to you.”
-Alaska Native Cup’ik value
Live Virtual Training Logistics

**Logistics**
- You are muted
- If comfortable, share video

**Engagement**
- Breakout rooms
- Chat box
- Icons (Zoom & More)
Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- Name, Tribe, Pronouns
- Role & Organization
- Email address
- How are you feeling today?
Group Agreements

★ Participate Fully
★ Delay Distractions
★ Honor Different Experiences
★ Be Brave & Explore
★ Others? (Type in the chat)
We’ve Got Goals!

By the end of today’s session, you will be able to...

- **describe** what Substance Misuse & Help-Seeking skills are
- **select** an intervention or tool to use in your community
Where we are going

1. Substance Misuse & Help Seeking Skills Overview
2. Tools
   a. Adolescent Health Action Plans
   b. BRAVE
   c. Youth Health Tech Survey 2020
   d. We R Native
   e. Healthy Native Youth - Enhancement Activities + Virtual Adaptation Guide
   f. I Know Mine
3. Let’s Talk About it!
1. Substance Misuse & Help Seeking Skills Overview

Let’s get some background here...
“Meet the Trickster, a crafty creature or being who disrupts the order of things, often humiliating others and sometimes himself in the process. Whether a coyote or a rabbit, raccoon or raven, tricksters use cunning to get food, steal precious possessions, or simply cause mischief.”
What is Trauma?

An extraordinary psychological experience caused by threats to life & body, or personal encounters with violence or death.

Disasters: Natural

Atrocities: Human
Historical Trauma

Cumulative emotional and psychological wounding from massive group trauma across generations, including lifespan. (Brave Heart, 2004)
Epigenetic Transfer of the Trauma

“The memories of our ancestors are passed down on our blood.”

Little Joe Gomez

Image: Personal image (Taos Pueblo)
Stress

Image: Google
BREATHING EXERCISE
FOR RELAXATION #1

INHALE THROUGH NOSE

Perform for 2 to 5 Minutes

Instagram: @elevatevibe
Honor your Compassion

Your empathetic and sympathetic responses are evidence of your compassion and humanity.
How to Support Each Other

Image: Audre Lorde Project
Community Care vs Self Care

Shouting “self-care” at people who actually need “community care” is how we fail people.
-Nakita Valerio
Chatfeed Convo:
Type Questions, Ask Away!
2. Tools

Here are some things you can bring back to your communities...
2a. Adolescent Health Action Plans 2020

A Strategic Plan for the Tribes of Idaho, Oregon, and Washington & Alaska
2020
Adolescent Health Tribal Action Plan
A Strategic Plan for the Tribes of Idaho, Oregon, and Washington

Goal 1. Ensure Native youth have safe and secure places to live, learn, and play.

Goal 2. Ensure access to high-quality, teen-friendly healthcare.

Goal 3. Create programs and services that provide youth with positive connections to trusted adults.

Goal 4. Increase Tribal capacity to improve adolescent health.

Goal 5. Improve intertribal communication, coordination, and collaboration.

Grounded in cultural practices, values, and teaching methods.
ALASKA ADOLESCENT HEALTH TRIBAL ACTION PLAN
A strategic plan for promoting the health and wellness of Alaska Native Youth

Action Plan Goals

- Alaska Native youth are resilient
- Provide safe and secure places to live and learn
- Nature Cultural Connections
- Empower youth to reach their potential

www.iknowmine.org/get-data
2b. BRAVE Intervention

A healthy relationship, cultural pride and resilience, help-seeking video and text messaging series for AI/AN youth 15-24 years old.

Rigorous Crossover Study Design
What is BRAVE?

BRAVE is a video and text messaging series designed to improve healthy relationships, promote cultural pride and resilience, and increase help-seeking behaviors among American Indian and Alaska Native (AI/AN) youth 15-24 years old. The series discusses important topics such as:

- Healthy Relationships
- Native Pride
- Help Seeking Skills
- Domestic Violence
- Substance Misuse
- Suicidality

Why use BRAVE?

The BRAVE messages have been shown to improve help-seeking skills among Native teens and young adults. BRAVE videos and text messages can be easily integrated into the flow of services provided by clinics, schools, treatment centers, and other community-based programs. BRAVE can be implemented by a variety of support staff and can be tailored to the needs and time constraints of any setting.
Hi! I’m Alex. I’ve been through a lot this year - parties, girl drama, rez life. To really get to know me, you should see where I grew up. Watch this video to learn more about me:

http://llm.ms/3dc1/3h40xm
-Alex (We R Native)

As you can see, my dad taught me everything I know - the good and the bad. My dad’s drinking, the arguments that would follow... I thought those things were normal.
-Alex (We R Native)

Many of us have grown up in traumatic environments. Now it’s up to us to break the cycle. Having people in our lives who love and care about us is one way to build resilience.

Week 2 Challenge: Reach out to a friend or family member this week. Let them know you appreciate them and their support.
-We R Native

It’s hard to know what to do when you know a situation isn’t okay. Your friends may not think it’s their business to get involved but stepping up can help save a life.

Week 4 Challenge: Do your part to create safe spaces. We all play a role in creating a culture of respect to prevent violence. Make it accepted, make it expected.
-We R Native

Every person has a different relationship with alcohol. Alcoholism - the disease - does not discriminate. If you need to drink in order to feel normal, you may want to talk to a counselor or therapist about why that is. Deep down, your soul may be sick. There’s no shame in reaching out for help.
-We R Native

It can be difficult to talk about intimate partner violence and unhealthy relationships in tribal communities, but violence and abuse are never okay. An abusive relationship can include physical, emotional, financial, cultural or other types of abuse:

http://llm.ms/3dc5/3h40xm
BRAVE Participant Experience

1. Better Mental Health
2. Reductions in A&D Misuse
3. Improvements in Resilience
4. Coping Skills
5. Self-Esteem

<table>
<thead>
<tr>
<th>Areas of Interest</th>
<th>Baseline Self Report Rating</th>
<th>8 Months Self Report Rating</th>
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<tr>
<td>Health</td>
<td>3.9</td>
<td>4.1</td>
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<tr>
<td>Resilience</td>
<td>5.1</td>
<td>5.2</td>
</tr>
<tr>
<td>Positive Coping</td>
<td>5.0</td>
<td>5.2</td>
</tr>
<tr>
<td>Self-Esteem</td>
<td>5.2</td>
<td>5.2</td>
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</table>

Adapted from Table 4 in Craig Rushing et al. (under review). All differences are statistically significant.
Help-Seeking Reports
Participants Reported MORE Help-Seeking for Themselves and Others

<table>
<thead>
<tr>
<th></th>
<th>3 Months</th>
<th>8 Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, used messages to help myself</td>
<td>69%</td>
<td>76%</td>
</tr>
<tr>
<td>Yes, used messages to help a family member</td>
<td>22%</td>
<td>55%</td>
</tr>
</tbody>
</table>
Life has its struggles
But when we come together as a community
Life is good.
Showing the Videos

The BRAVE series is designed to be used in one of three ways:

**Option 1:** Self-Reflection Activity + Youth Sign-up to Receive the video series and Text Message Series *(total activity time = 10-30 min)*

**Option 2:** Facilitator shows the full-length video beginning to end, followed by a 35-minute individual activity and discussion *(45 min)*

**Option 3:** Facilitator shows one of the 7 episodes of the BRAVE video, followed by a 30-minute group activity *(45 minutes, 7 lessons)*
Characteristics of a Healthy Relationship.

Characteristics of an Unhealthy Relationship.

Who is someone you turn to when things get tough? Let them know you appreciate them and their support!

Who is someone you can support right now? What does that support look like?

You might see bullying every day. You want to help but may not know how. Learn how to be more than a bystander, step by step:

- Notice the Event. Before you can do anything to help in a bullying situation, first you have to notice it.
- Identify the Situation as One Needing Intervention. To be prepared to intervene and help people out, you need to know the signs of a bullying situation.
- Take Responsibility. So, you’ve noticed a problem situation that you think could be stopped if someone stepped in. Now is the time to step up.
- Decide How to Help. By learning the right skills, you will know how to safely step in the next time you see a bullying situation.
- Don’t Just Stand By. Intervene. You know the situation isn’t okay. You know you should intervene. You know you can intervene. So, why don’t you?
American Indian and Alaska Native young adults are strong and resilient. Interventions designed to improve their mental health and help-seeking skills are especially needed, particularly those that include culturally-relevant resources and relatable role models. The multi-media BRAVE intervention was designed for American Indian and Alaska Native teens and young adults to amplify and reinforce healthy social norms and cultural values, teach suicide warning signs, prepare youth to initiate difficult conversations with peers and trusted adults, encourage youth to access mental health resources (i.e. tribal clinics, chat lines), de-stigmatize mental health services, and connect youth to trusted adults.
Dissemination Plan

Healthy Native Youth Website

We R Native Channels

Text BRAVE to 97779
2c. Youth Health Tech Survey 2020

Let’s find out what channels Native youth are using...
NORTHWEST PORTLAND INDIAN HEALTH BOARD

YOUTH HEALTH TECH SURVEY
2020

REPORT CREATED BY NICOLE D. REED, MPH, CHES
In total, 349 Native youth completed the survey.

Average age of participants was 19.19
Preference of We R Native channels and messaging

1. Instagram
2. Text Messages
3. Facebook
4. WRN Website
5. YouTube
6. Snapchat
7. TikTok
8. Twitter
In your opinion, what 3 topics are the most important for Native youth to learn about?

- Native Identity or Cultural Pride: 73%
- Mental Health: 57%
- Social Justice and Equality: 31%
- Physical Health: 18%
- Alcohol or Drug Use: 18%
- Making a Difference: 16%
- Sexual Health: 14%
- Spiritual Health: 14%
- The Environment: 12%
2d. We R Native

A multimedia health resource for Native youth, by Native youth.
Lesson 4 Outline: Ask Auntie

Lesson Purpose:
The primary purpose of this lesson is to help youth identify resources for support in times of need, especially related to issues of substance use. Along with the last lesson, this lesson has a strong focus on peer-positive relationships and seeing oneself as someone who can support others to make healthy decisions.

Section Outline

<table>
<thead>
<tr>
<th>Core Content Components</th>
<th>Instructional Method</th>
<th>Timing</th>
<th>Assets Alignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome and Group Check In</td>
<td>Welcome Participants</td>
<td>Miniecture</td>
<td>2 minutes</td>
</tr>
<tr>
<td>Question Box Q&amp;A</td>
<td>Q&amp;A</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Introducing Lesson Concepts

| Review Homework/Discuss Health Lines | Ask Auntie Intro Video | Large Group Reflection/Miniecture Video | 10 minutes | Homework | School Engagement | Adult Role Models |

Ask Auntie Worksheet

| Ask Auntie Research and Report | Large Group Sharing | Individual Activity | Large Group Activity | 15 minutes | Positive Peer Influence | Adult Role Models |

Team Role Play

| Role Play | Small Group Activity | Large Group Activity | 15 minutes | Positive Peer Influence | Youth as Resources |

Closing

| Large Group Discussion | Final Reflection | Preview of next class | Large Group Reflection | 8 minutes | Positive Family Communication |

Adult Preparation Topics Covered:

- Positive Adolescent Development
- Healthy Life Skills
- Parent Child Communication Skills

Topics Covered:

- Alcohol
- Smoking
- Marijuana Use
- Help-Seeking

Link: https://www.healthynativeyouth.org/curricula/we-r-native-teachers-guide-2-2/
2e. Healthy Native Youth Enhancement Activities

Another resource for your toolbelt...
Help Seeking Behaviors & Strategies

Help Seeking Behaviors & Strategies
This activity was adapted from different sections of the Healer of the Canoe.

Activity Overview: Help Seeking (5-60 minutes)
Age Groups: Middle School, High School, Young Adults
Activity Purpose: The primary purpose of this activity is to introduce youth to “help seeking behaviors” strategies to facilitate self-care and give youth tips for how to seek information, help, and resources.

Youth will:
- Assess their understanding of their own “self-awareness”
- Select “self-care” activities to create a “self-care plan”
- Listen and identify ways to seek help for themselves or a friend

Activity Outline:
Welcome and Icebreaker
- Welcome participants
- Icebreaker

Introducing Activity Concepts
- Self-awareness Activity
  - Miniature Whole Group Activity
  - 15 minutes

Self-Care Strategies
- Creating My Self-care Plan
  - Miniature Small Group Work
  - 15 minutes

Seeking Help
- Finding Help for yourself
  - Miniature Large Group Activity
  - 5 minutes

Closing
- Reflection on learning
  - Cultural Teaching (if time allows)
  - Large Group Reflection
  - 5 minutes

Help Seeking Behavior & Strategies
www.healthynativeyouth.org

Help Myself Out...Don't Mind if I Do!
Read the descriptions of “Taking Care of My Whole Self” to find out what it means to take care of every wonderful part of you.
Instructions: Choose a plane and make a mark along EACH line that best fits where you are at today.

My Mental Self

1. I have control of this. I’m totally calm.
2. I have some control of this.
3. I have no control of this. I’m totally stressed.

My Physical Self

1. I have control of this.
2. I have some control of this.
3. I have no control of this.

My Spiritual Self

1. I have control of this.
2. I have some control of this.
3. I have no control of this.

My Social Self

1. I have control of this.
2. I have some control of this.
3. I have no control of this.

My Self-Care Plan
Instructions: Think about this self-care activity most important for you, your friends, and your peers.
Select 3 activities from the list given, create your need and plot them in your self-care activity plan.
For each activity, write down how often, when you will do it, and what will you do to make these activities a part of your life?

Helping Yourself Out... Don't Mind if I Do!

www.healthynativeyouth.org/enhancement-activities/

Link: https://www.healthynativeyouth.org/enhancement-activities/
2f. iknowmine

A health resource for Native youth and caring adults
iknowmine

- Health resource for youth and their caring adults, focusing in sexual health and wellness.

- Substance Use Educational Resources
  - Substance use lesson plan
  - Substance postcards
  - Text messaging campaign

Link: www.iknowmine.org
Substance Use Lesson Plan

Alcohol, Tobacco & Other Drugs

Objectives
› Educate youth about substance use
› How to get help for themselves
› How to help others

Topics
› Substance use
› Substance misuse
› Stigma
› Harmful use
› Tolerance
› And more!

Content
› PowerPoint presentation
› Guide
› iknowmine.org scavenger hunt
› Worksheet
› Glossary
› Bingo activity (optional)
› Additional handouts:
   › Language matters, 5 Facts about Substance Use Disorder (SUD), Questions to Ask Your Doctor Before Taking Opioids
   › Substance postcards (12) are available on iknowmine.org

Link: https://www.healthynativeyouth.org/enhancement-activities/
<table>
<thead>
<tr>
<th>Outline</th>
<th>Activity</th>
<th>Method of Instruction</th>
<th>Time</th>
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<tbody>
<tr>
<td>Welcome &amp; Opening</td>
<td>Welcome participants</td>
<td>Mini-lecture with activity</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td>Grounding activity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lesson Presentation</td>
<td>Bingo activity (optional)</td>
<td>Group Presentation to group</td>
<td>20 - 40 minutes</td>
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<tr>
<td></td>
<td>Substance Use Overview</td>
<td></td>
<td></td>
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<tr>
<td>Activity:</td>
<td>Worksheet: <strong>IKM</strong> scavenger hunt</td>
<td>Individual, Group or Pairs (refer to &quot;How to prepare&quot; section)</td>
<td>20 minutes</td>
</tr>
<tr>
<td>IKM scavenger hunt</td>
<td>Report out</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discussion &amp; Debrief</td>
<td>Large group discussion</td>
<td>Large Group Reflection</td>
<td>5 minutes</td>
</tr>
</tbody>
</table>
## Substance Use Postcards

### Substance Use Disorders

**Substance use** when someone consumes alcohol or drugs. Substance use does not always lead to harmful or problematic use. Many people can drink alcohol or use certain drugs without being addicted (e.g., prescription medication that is used under medical supervision and with prescribed dosages); however, substance use always comes with the risk that it might lead to addiction.

**Alcohol**
- Booze
- Juice
- Sauce
- Liquor
- Spirit

**Cocaine**
- Crack
- Coke
- Blow
- Snow
- Flake
- Bump
- Rock
- Candy
- Charlie
- Toot

**Hallucinogens**
- Rohypnol
- Ketamine
- GHB

**Heroin**
- Smack
- Junk
- Black Tar
- Brown Sugar

**Inhalants**
- Baked
- Nitrites
- Laughing gas (nitrous oxide)
- Poppers
- Amyl nitrite
- Butyl nitrite

### Marijuana
- Weed
- Pot
- Mary Jane
- Hash
- Edibles
- Dabbing

### Methamphetamine (Meth)
- Crystal
- Speed
- Crank
- Chalk
- Tina
- Ice

### Neonatal Opioid Withdrawal Syndrome (NOWS)
- What is NOWS?

### Prescription Opioids (Pain Medication)
- Oxy
- Vicodin
- Percs
- Pain Killers

### Spice
- K2
- Fake Weed
- Moon Rocks
- Shatter
- Black Mamba
- Bliss
- Genie
- Yucatan Fire
- Bombay B

### Tobacco
- Cigarettes
- E-cigarettes
- Dip or Chewing tobacco
- Lqmk
- Blackbull

Tobacco is a leafy plant grown around the world that is made into products to be smoked, vs snuffed, chewed, or sucked. Lqmk or Blackbull is a brand name for specials tobacco.
Text Healthy Choices to 97779

Knowing facts about substances like alcohol, tobacco, and other drugs will prepare you as you enter adulthood.

Don't worry, you don't need to know all the facts, but having some understanding of substances can help you make healthy choices in your life.

To get started, REPLY with your FIRST NAME.

Reply STOP to quit, HELP for info.

Ok - is marijuana a stimulant (1) or depressant (2)?

Oh - actually it's a depressant.

Last but not least - caffeine. Is that a stimulant (1) or a depressant (2)?

"Gather Knowledge and Wisdom." - Saint Lawrence Island Yupik traditional value

How a drug or substance affects our brain depends on the type and our age.

Did you know that our brains keep developing until we're about 25 years old?

REPLY 'yes' or 'no'.

Using substances while the brain is still developing can cause serious, lifelong effects, while altering our judgement and decision-making skills.

Phew! 😅 That was a lot of information!

We've got just a couple weeks left. If you have any questions about substance use or your health, you can send a message to Ask Nurse Lisa via the link here: knowmine.org/ask-nurse-lisa/

If you need help you can also reach out to the Alaska Careline (24/7) 1-877-266-4357 or text '4help' to 839863 (available Tues-Sat, from 3PM - 11PM AK Time)

"Help other people." - Cup'ik traditional value
2g. Virtual Adaptation Guide

Another resource for your toolbelt...
Virtual Adaptation Guide Sections

**Preparation & Platform Selection**
- Community Needs Assessment
- Organizational Assessment
- Logistics Planning
- Platform Selection

**Planning**
- Building Partnerships
- Creating Safety & Responding to Youth Needs
- Curriculum/ Program Adaptation

**Implementation**
- Setting Platform Expectations & Group Agreements
- Building Group Cohesion
- Gathering Feedback

**Monitoring, Quality Improvement, & Sustainability**
- Fidelity Monitoring
- Quality Monitoring & Improvement
- Sustainability Reflection

[www.healthynativeyouth.org/resources/]
Virtual Adaptation Guide
Workbook Resources

- Community Needs Assessment Planning & Implementation Tools
- Stakeholder/Partnership Brainstorming Tool
- Adaptation Log & Detailed Run of Show Template
- Wellness Moments Slides
- Implementation Timeline
- Platform Selection
- Online Response Plan & Resources Template
- AND SO MUCH MORE!

www.healthynativeyouth.org/resources/
Join us February 17th!

...for a special to walk through all the wonderful Healthy Native Youth resources, including a walk through of the NEW Virtual Adaptation Guide + Workbook!
4. Let’s Talk About it!

Logistics
Share Your Video
Use the Chatfeed

Engagement
- Use the Chatfeed
- ASL
- Zoom Reactions
Taking it back home!
Find Curricula on Healthy Native Youth

- Filter & Compare Tool
- All Materials Needed to Implement
- Enhancement Activities
- Resources & Support
- Upload & Submit Your Own Curricula
We've got Your Back with Resources!

Resources

- National Suicide Prevention Lifeline: Call 1-800-273-TALK (1-800-273-8255)
- StrongHearts Native Helpline: Call (8am-10pm CST) 1-844-NATIVE
- First Nations & Inuit Hope for Wellness: Hotline Call 1-855-242-3380
- RAINN - National Sexual Assault Hotline: Call (24/7): 1-800-656-HOPE
- Love & Respect - National Domestic Violence Hotline: Call (24/7): 1-866-331-9474
- text “loves” to 22522
- We R Native: Ask Auntie & Ask Uncle

Local Resources

We all need help at one point in time. Every single one of us!

- Share - any concerns you have
- Talk - with someone you can trust
- Report - if you're worried about someone

Check out what's available in your community by checking with your:

- Tribal Clinic
- School Counselor
- Mental Health Clinic

Text...

For youth:
- "NATIVE" to 97779 for health & wellness tips
- "CARING" to 65664 to be reminded of just how awesome you are!

For adults:
- "EMPOWER" to 97779 for tips on talking to your youth about sexual health

Find Help Near You

SAMHSA - Zip code locator for a treatment center closest to you.
Mental Health America - Zip code locator for a clinic closest to you.

Find in the:

★ Resources & Support tab
★ Recorded Sessions
For Adults: Text “Empower” to 97779

⭐ Tips & Resources for Talking to Youth About Sexual Health
⭐ Need some help getting the convo started?
For Youth:
Text “Caring” to 65664

To get regular reminders about how awesome you are from people who care and who’ve got your back!
Sign up for the Healthy Native Youth Newsletter!

Stay up to Date with the Latest...
Community of Practice 2021 Schedule

January 13th  Substance Misuse & Help-Seeking Skills
February 10th  Connecting our Past with our Present
               Re-traumatization
February 17th  *Special Session: Healthy Native Youth Portal +
               New Virtual Adaptation Guide
March 10th    Culture as Prevention
April 14th    Supporting Youth Identity: We R Native!
May 12th     Circles of Support: Create a Q&A Service like
              “Ask Auntie/Ask Uncle”
June 9th      2SLGBTQ: Level up the Inclusion
July 14th     Text Messaging Campaigns

Leave Your Email in Chatbox
We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA
One Star & a Wish

Instructions:
Share one thing you learned today (ONE STAR).
Share one thing you wish you would have learned more about.

List a tool or intervention you can take back home...

I wish I would have learned more about...
Thank you!

You can find us at:
Amanda Gaston
agaston-contractor@npaihb.org

Michelle Singer
msinger@npaihb.org
Funding Credit

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.
Let us Close with a Blessing

“Umyugaqaqluki elicauteten inerquotet-lлу”
“Remember what you are taught and told.”
-Alaska Native Cup’ik value

Tarvvaramken: Blessings In A Time Of Crisis
YouTube Link: https://www.youtube.com/watch?v=CjpwbBAC3is