



January 13, 2021: Substance Misuse and Help-seeking Skills

Guest Speakers:

- Dr. Danica Brown, NPAIHB: dbrown@npaihb.org
- Dr. Stephanie Craig Rushing, NPAIHB: scraig@npaihb.org
- Jeni Williamson, ANTHC: jjwilliamson@anthc.org
- Hannah Warren, ANTHC: hewarren@anthc.org
- Nicole Trevino, NPAIHB consultant: info@nicoletrevino.com

Previously Recorded Sessions and Supporting Documents:

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

Healthy Native Youth Resources: <https://www.healthynativeyouth.org/resources/>

Healthy Native Youth Support: <https://www.healthynativeyouth.org/request/>

Presenter resources shared in the chat:

- Breathing Exercise for Relaxation #1: <http://www.ryanaarstad.com/portfolio-item/breathing-multimedia/>
- The Audre Lorde Project: <https://alp.org/>
 - “The Audre Lorde Project is a Lesbian, Gay, Bisexual, Two Spirit, Trans and Gender Non-Conforming People of Color community organizing center, focusing on the New York City area.”
- NPAIHB Adolescent Health Tribal Action Plan, 2020: <http://www.npaihb.org/download/Adolescent-Health-Tribal-Action-Plan-2020-Final.pdf>
- ANTHC 2020 Alaska Adolescent Health Tribal Action Plan: <https://www.iknowmine.org/get-data/>
- BRAVE:
 - <https://www.healthynativeyouth.org/curricula/brave/>
 - <https://www.youtube.com/watch?v=dOcthWY9CLI&list=PLvLfi7yZ2zQHLab-9rhDqKwt5pn5bPKzu>
 - Text BRAVE to 97779

- HNY Enhancement Activities: <https://www.healthynativeyouth.org/enhancement-activities/>
- The Virtual Adaptation Guide: <https://www.healthynativeyouth.org/resources/>
- WeRNative: <https://www.wernative.org/>
- iknowmine.org (IKM): <https://www.iknowmine.org/>
- IKM Alcohol, Tobacco & Other Drugs lesson plan/enhancement activity:
 - <https://www.iknowmine.org/topic/alcohol-tobacco-other-drugs-lesson-plan/>
 - <https://www.healthynativeyouth.org/enhancement-activities/>
 - Text Healthy Choices to 97779
- Remind: <https://www.remind.com/>
 - “Reach students and parents where they are”
- Ursula Whiteside training: https://training.ursulawhiteside.org/p/micro-interventions/?affcode=346122_682vo98u
 - “This is a 2 hour course completed over a week or more that is designed to provide a practical and effective approach to supporting individuals experiencing loneliness, stress, and mental health and substance-use struggles (including suicidal thoughts).”
- Closing video: Tarvarnauramken: Blessings In A Time Of Crisis: <https://www.youtube.com/watch?v=CjpwbBAC3is>
 - “As we navigate these times together the spirit of the Y-K Delta remains strong and resilient. Join us in celebrating the power of dance through this video collaboration between KYUK, Pamyua, and everyone who shared their amazing videos!”

Chat feed:

From Stephanie Craig Rushing: Good Morning! Stephanie Craig Rushing (She/Her), NPAIHB, Adolescent Health - scraig@npaihb.org

- feeling great!
- Feeling good.
- Happy to be here!
- Feeling: Excited for today's call
- Feeling great!! :)
- feeling content
- Feeling connected
- Feeling ready for the day! Good morning!
- I'm stressed-just found out I have to take over a 7th grade Social Studies class for the time being.
- Feeling tired, but also excited to be with the HNY relatives!
- Feeling, transformational

- feeling like I could use a cup of coffee :p

From Amanda Gaston: Thanks for joining everyone! We are glad you are here. :)

- thank you! good info!
- It's hard to compete with Danica overall!!! Well done!
- I like to the addition of Community care, to self care. It seems very relevant in tribal communities since we are so interrelated to our families, communities and places.
- Yes, I agree. we need to take care of each other.

- BRAVE is that available to all of us?

- From Amanda Gaston: YES!!! We'll put the link up shortly. (LINK PROVIDED ABOVE)

- interesting the graph showed it is easier to seek help for others then seek help for yourself

From Amanda Gaston: Text BRAVE to 97779

- Stephanie, can the brave materials be used in a family setting, or is it designed for use within a more structured program?
 - From Stephanie Craig Rushing: Yes. I hadn't thought of that idea... but I think that's a great approach
 - We've also shared Native VOICES using movie night with families
 - That was well received
 - I think the BRAVE guide could be used similarly or with families to promote conversation
- Do we need to let you know if we use this for reporting purposes?
 - From Nicole Treviño (She/They) to Everyone : You can use the virtual adaption guide and workbook and let us know if you need help or have questions!
 - Thank you

From Nicole Treviño (She/They): If you need support, request here:

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

From Amanda Gaston: Ah this is so exciting!!!! Love data on Native Youth Tech use. :)

From Amanda Gaston: Uncle Paige! And Cousin Lael!

From Amanda Gaston: We do have a Community of Practice call around how to start up your own Auntie/ Uncle Q&A Service. Look for it in May.

- I have to log off but this is all great! Wonderful job!

From Jennifer Williamson: Text Healthy Choices to 97779

From Amanda Gaston to Everyone : Love the badge idea. :)

- How do people gather the youth cell numbers to send texts to for surveys? Or was this done in person prior to the pandemic?

- I am struggling with youth engagement and would love to find ways to connect with them
- do you collaborate with other organizations? and if so how can we connect to collaborate on programming?
 - yes I have tried to connect with other orgs
- In Metlakatla AK they use a cable station to make announcements and share , and in WA numerous Tribes use community news letters

From Amanda Gaston to Everyone :

[https://urldefense.com/v3/__http://www.remind.com__!!PD8KOL_GOQI!!Jega98u3FmQpZNbRIQj3Ivy7ww1N0lCuvC2aUVWmJEnvTYBbFIbgeOTTyv-AawA\\$](https://urldefense.com/v3/__http://www.remind.com__!!PD8KOL_GOQI!!Jega98u3FmQpZNbRIQj3Ivy7ww1N0lCuvC2aUVWmJEnvTYBbFIbgeOTTyv-AawA$)

From Stephanie Craig Rushing to Everyone : My kids school uses it

From Nicole Hewitt to Everyone : We use the remind service for our school...

- I would also try to engage youth council in a co-design to reach community youth
- Yes! Youth councils can be great for designing and implementing recruitment strategies and all aspects of programming. great tip!
- iKnowMine's new website updates
- Brave; community care practices
- hayu Masi :)
- Box Breathing & I Know Mine!!
- one thing I would like to learn more about are specific to NA student interventions
- loved the box breathing. thank you also for the prayer
- The resource handouts information are extremely helpful.
- I believe including, inviting, valuing healthy respected Elders in youth program model development and traditional elements. Hawaa (thank you)
- thank you for all the new knowledge. we are continued students.

From Hannah Warren, Nuguraq (she/hers: Tarvarnauramken: Blessings In A Time Of Crisis

<https://www.youtube.com/watch?v=CjpwbBAC3is>

- beautiful!

From Hannah Warren, Nuguraq (she/hers): Thank you for allowing me to share that with the group today!

- That was absolutely beautiful, thank you for sharing the link :)
- Thank you everyone
- Thank you so much!! beautiful
- Thank you!
- thank you!
- Thank you !
- the tech resource will be very helpful getting info out. like to hear more application of (awesome) tools