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: jwilliamson@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.”
- BRAVE:
  - https://www.healthynativeyouth.org/curricula/brave/
  - https://www.youtube.com/watch?v=dOcthWY9CLI&list=PLvLi7yZ2zQHLab9rhDqKwt5pn5bPKzu
  - 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:
  o https://www.iknowmine.org/topic/alcohol-tobacco-other-drugs-lesson-plan/
  o https://www.healthynativeyouth.org/enhancement-activities/
  o Text Healthy Choices to 97779

• Remind: https://www.remind.com/
  o “Reach students and parents where they are”

• Ursula Whiteside training: https://training.ursulawhiteside.org/p/micro-interventions/?affcode=346122_682vo98u
  o “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
  o “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 our 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
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?
  o 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?
  o From Stephanie Craig Rushing: Yes. I hadn't thought of that idea... but I think that's a great approach
  o We've also shared Native VOICES using movie night with families
  o That was well received
  o 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?
  o 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!
  o 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. :)
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!llJega98u3FmQpZNbRIQj3ivy7ww1N0ICuvC2aUVWmJEnvTYBbFIlbgeOTTyv-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.