Healthy Native Youth Portal & New Virtual Adaptation Guide

February 17, 2021, 10:00-11:30 am PST
Hello! Yá'át'ééh! Hola!

I am Dr. Stephanie Craig Rushing, she/ her
I love coffee.
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I love water: rivers, lakes & oceans!
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I love music.
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I am Kristin Masten, she/ her
I love curricula!
You can find me at klake2@jhu.edu
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...

- **Identify and locate** resources on HNY
- **select** resources or tool(s) to use with youth

"Let us put our minds together and see what life we can make for our children."
Where we are going

1. Healthy Native Youth Portal (20 min)
   a. Respecting the Circle of Life (5 min)
2. Virtual Adaptation Guide + Workbook (25 min)
3. Breakout Session (15 min)
4. Let’s Talk About it! (10 min)
Minfulness Moment
Hand Tracing While Deep Breathing
1. Healthy Native Youth Portal

Let’s find the good stuff...
Chatfeed Convo: Type Questions, Ask Away!
Wellness Moment

Mindfulness: Find a scratch piece of paper and try doodling during this next section...or use your coloring page

[Link to coloring page]
2. HNY Virtual Adaptation Guide & Workbook

Guidance & Resources to Support Virtual Implementation
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
Virtual Adaptation Workbook- Resource Highlights

- 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!
Preparation Informs Future Decisions

Community Needs Assessment Informs:
- Program Content Desired & Adaptations Needed
- Youth Needs & Technology Available
- Logistics Needs & Setting Requirements

Organization Assessment Informs:
- Planning & Implementation Timeline
- Platform Selection & Program Design
- Staff & Partners Available & Needed

Logistics Planning Informs:
- Recruitment Duration & Details
- Timeline of Key Program Activities
- Program Quality

Platform Selection Informs:
- Youth Engagement Strategies
- Budget Requirements
- Setting Platform Expectations & Group Agreements
# Virtual Platform Options Overview

<table>
<thead>
<tr>
<th>PLATFORM</th>
<th>EXAMPLES</th>
<th>USES/ FUNCTION</th>
<th>PROS</th>
<th>CONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Virtual Meeting Software</td>
<td>Zoom, GoToMeeting, WebEx, MS Teams, Google Meet</td>
<td>Delivering live &amp; recording, polling, chat, annotation/whiteboards</td>
<td>Ease of interactive live session or recordings; can be joined via computer or phone; familiarity with tools like PowerPoint</td>
<td>Some concerns about security/safety for youth; can be pricey for some organizations</td>
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<tr>
<td>Virtual Classroom Software</td>
<td>Google Classroom, Seesaw, School-Based Platforms</td>
<td>Hosting full courses with homework, videos, discussions, etc.</td>
<td>Can host a comprehensive set of resources; use both live &amp; asynchronous</td>
<td>Can be a little challenging to put together/design</td>
</tr>
<tr>
<td>Social Media</td>
<td>Instagram, Facebook Live, TikTok</td>
<td>Interactive sessions that can be live &amp; recorded</td>
<td>Connect on platforms where youth already are</td>
<td>May not offer all the functionality needed, such as sending documents</td>
</tr>
<tr>
<td>Interaction Software</td>
<td>Google Jamboard, Prezi, Google Sites, Kahoot, Quizlet/Quizizz</td>
<td>Use for interactive activities in conjunction with other resources/tools</td>
<td>Great addition to existing software</td>
<td>May complicate delivery (too many things to remember or manage)</td>
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## Virtual Implementation Considerations

<table>
<thead>
<tr>
<th>Preparation/ Training</th>
<th>Materials</th>
<th>Program Delivery</th>
<th>Communication</th>
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</thead>
<tbody>
<tr>
<td><strong>Low-Tech</strong></td>
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<td></td>
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<tr>
<td>High Prep/ Low Train</td>
<td>Printed/ flash drive, distribute via mail, drop off, or email</td>
<td>Synchronous or Asynchronous</td>
<td>High Intensity, Individually focused</td>
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<tr>
<td>- Organize course &amp; materials upfront</td>
<td></td>
<td>Connect via Phone</td>
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<tr>
<td>- Lots of groundwork before launch</td>
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<td></td>
<td></td>
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<tr>
<td>- Minimal training needed</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Medium-Tech</strong></td>
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<td></td>
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<tr>
<td>Medium Prep &amp; Train</td>
<td>Digital Materials hosted online, ongoing updates</td>
<td>Synchronous or Asynchronous</td>
<td>Medium Intensity, but ongoing Communicate with full group</td>
</tr>
<tr>
<td>- Organize lesson &amp; materials incrementally</td>
<td></td>
<td>Blend of Phone/ Video Conf.</td>
<td></td>
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<tr>
<td>- Ongoing updates &amp; communication throughout program</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>- Medium training needed</td>
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<tr>
<td>- Organize course structure upfront, but lessons/materials incrementally</td>
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<td>Blend of Phone/ Video Conf.</td>
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</tr>
<tr>
<td>- High training needed</td>
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Adaptation Guidance

• Use what you learn to guide your adaptation process
• Only adapt as much as you have to!
• Be mindful of theoretical approaches/ frameworks, trauma informed care approaches and other safety mechanisms
• Aim to maintain the essence of what each activity is focused on or trying to accomplish
• Look for purpose statements/learning objectives and weigh your adaptations against those
• Identify what the core components of the program are and maintain as much as you can.
Core Components of Programs

Program Structure
• The design and structure of the program, including delivery method (online vs. in-person)
• Number and length of sessions
• The order of the sessions
• The number of students the program can serve at once

Audience
• Who the program is designed for, such as Native Youth
• Target age range
• Maturity level
• Setting, such as youth in schools vs. in the community

Lesson Content/ Topics
• What topics are discussed, such as sexual health, drugs and alcohol use, etc.
• What materials are used, such as videos, websites, handouts

Instructional Methods
• How the program content is delivered by a facilitator or educator, such as games, role plays, small groups
Platform Expectations & Group Agreements

- **Platform Expectations** provide guidance to youth on how to participate in your program/group, including how to use the virtual platforms. These come from the facilitator!

- **Groups Agreements** are generated by youth and are a set of agreements they can all agree upon.
Four Square: Breakout Groups

Instructions: Share something for each box.

Reflections
What’s missing from Healthy Native Youth?

Unanswered Questions
What is your community needing right now?

“Aha!” Moments
What will you be taking back with you?

Random
Any random things you’d like?
4. Let’s Talk About it!

Logistics
Share Your Video
Use the Chatfeed

Engagement
- Use the Chatfeed
- ASL
- Zoom Reactions
Practice in Action

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
Text START to 741741

StrongHearts Native Helpline
Call (Tues-Sun, 1-844-7NING)
Chat: strongheartsnative.org

First Nations & Inuit Hope for Wellness Helpline
Call 1-855-242-3380

RAINN - National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE

Love is Respect - National Domestic Violence Hotline
Call (24/7): 1-866-331-9474
Text “LOVEIS” 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

SAMSHA - 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

Our team is here to support you!
We know selecting and implementing a curriculum can be challenging... Whether it's selecting a program, getting prepared, training a facilitator, or maintaining a program you've already implemented. Let us know how we can help you and we'll follow-up in the next week.

Name*
First and Last Name
Washington Youth Sexual Health (WYSH) Project

• 4-6 WA Tribal Sub recipients, Youth Access to and Experience with Sexual Health Care

• Applications Due:
  • February 22, 2021
  • March 22, 2021
  • April 26, 2021
  • May 24, 2021

• Applications are reviewed on a rolling basis, the last week of each month. Applicants will be notified by the NPAIHB within two weeks

• Information webinars:
  • February 11th, February 18th from 11-12 PM (PST)

• Contact, Celena McCray cmccray@npaihb.org
Thank you!

You can find us at:
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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 inerquutet-llu”
“Remember what you are taught and told.”
-Alaska Native Cup’ik value