



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 am Nicole Treviño, she/ her

I love water: rivers, lakes & oceans!

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I love curricula!

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**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**
Indian Leadership for Indian Health



**JOHNS HOPKINS
CENTER FOR
AMERICAN
INDIAN
HEALTH**

Let us Start with a Blessing

“Niicugniliuki qanruyutet
cikiuteten.”

“Listen to all advice given to you.”

-Alaska Native Cup’ik value



Live Virtual Training Logistics

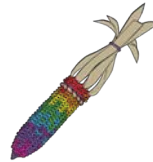
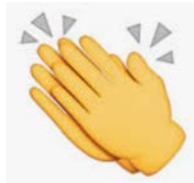


Logistics

- 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





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)

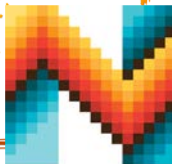


Deep breathing
using your hand.



Mindfulness Moment

Hand Tracing While Deep Breathing



1. Healthy Native Youth Portal

Let's find the good stuff...



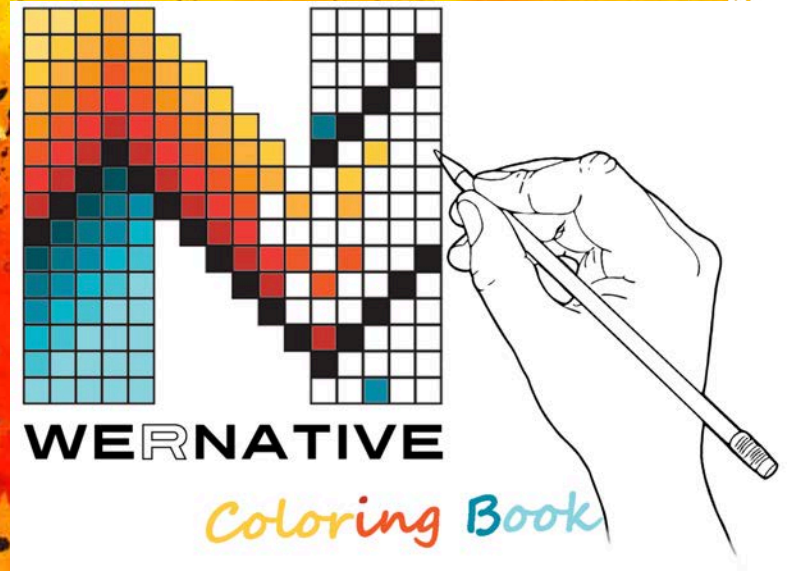


*Chatfeed Convo:
Type Questions, Ask
Away!*



Wellness Moment

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



<https://www.wernative.org/wp-content/uploads/Wernative-Coloring-Book-Volume-1.pdf>

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

PLATFORM	EXAMPLES	USES/ FUNCTION	PROS	CONS
Virtual Meeting Software	Zoom GoToMeeting WebEx MS Teams Google Meet	Delivering live & Recording Polling Chat Annotation/ Whiteboards	Ease of Interactive Live Session or Recordings Can be joined via computer or phone Familiarity with tools like PowerPoint	Some concerns about security/ safety for youth Can be pricey for some organizations
Virtual Classroom Software	Google Classroom Seesaw School-Based Platforms	Hosting full Courses with Homework, Videos, Discussions, etc.	Can host a comprehensive set of resources Use both live & asynchronous	Can be a little challenging to put together/ design
Social Media	Instagram Facebook Live TikTok	Interactive Sessions that can be Live & Recorded	Connect on platforms where youth already are	May not offer all the functionality needed, such as sending documents
Interaction Software	Google Jamboard Paglet Google Sites Kahoot Quizlet/ Quizizz	Use for Interactive Activities in Conjunction with other resources/ tools	Great addition to existing software	May complicate delivery (too many things to remember or manage)



Virtual Implementation Considerations

	Preparation/ Training	Materials	Program Delivery	Communication
Low-Tech	<u>High Prep/ Low Train</u> <ul style="list-style-type: none">Organize course & materials upfrontLots of groundwork before launchMinimal training needed	Printed/ flash drive Distribute via mail, drop off, or email	Synchronous or Asynchronous Connect via Phone	High Intensity Individually focused
Medium-Tech	<u>Medium Prep & Train</u> <ul style="list-style-type: none">Organize lesson & materials incrementallyOngoing updates & communication throughout programMedium training needed	Digital Materials hosted online Ongoing updates	Synchronous or Asynchronous Blend of Phone/ Video Conf.	Medium Intensity, but ongoing Communicate with full group.
High-Tech	<u>High Prep/ High Train</u> <ul style="list-style-type: none">Organize course structure upfront, but lessons/materials incrementallyHigh training needed	Digital materials hosted online Ongoing updates	Synchronous or Asynchronous Blend of Phone/ Video Conf.	Medium Intensity, but ongoing Communicate with full group

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?



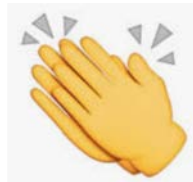
4. Let's Talk About it!

Logistics

Share Your Video
Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions

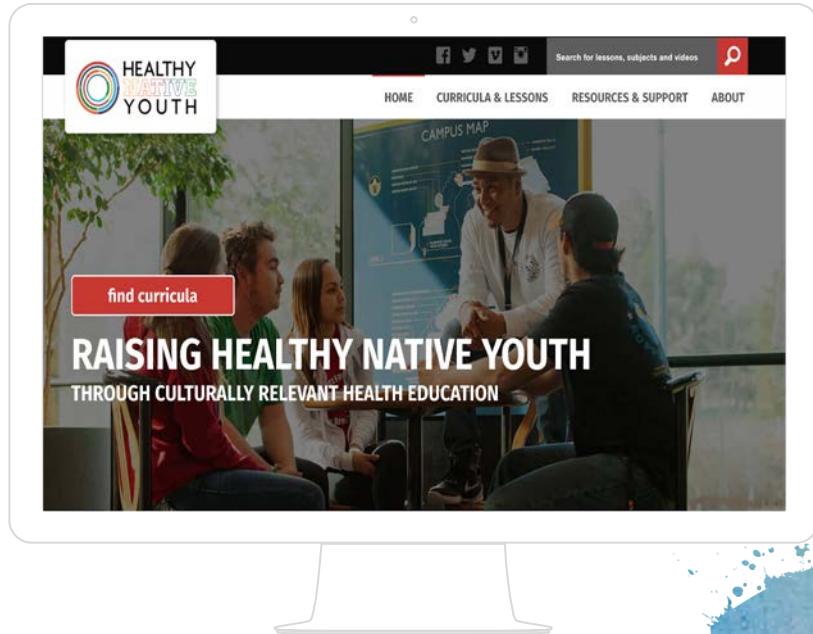


Practice in Action

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 (7am-10pm CST): 1-844-7NATIVE
Chat: strongheartshelpline.org



First Nations & Inuit Hope for Wellness
Hotline
Call: 1-855-242-3310



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

Resources Handout

Find in the:

- ★ Resources & Support tab
- ★ Recorded Sessions

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

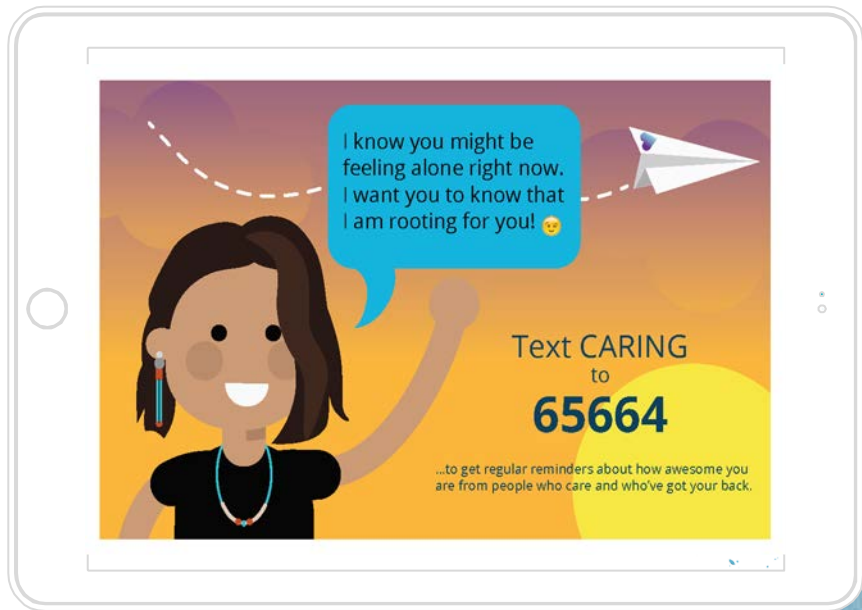


WWW.HEALTHYNATIVEYOUTH.ORG



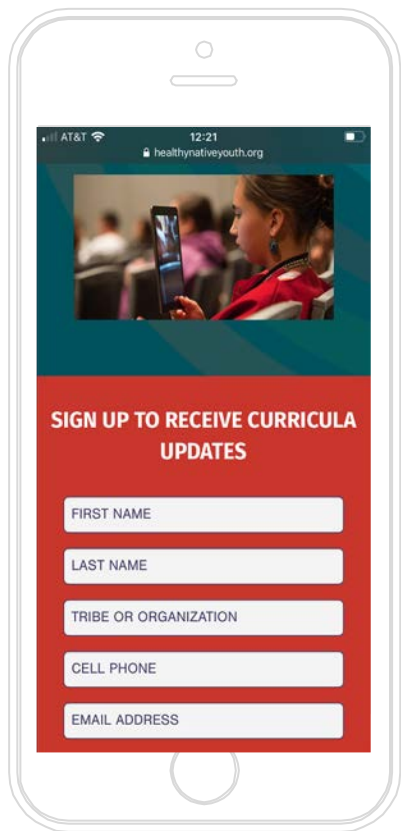
For Adults: Text “Empower” to 97779

- ★ 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

Second
Wednesday of
Every Month

10:00-11:30 AM PST

How to Join

AT THE TIME OF MEETING,
CLICK THIS [LINK](#)

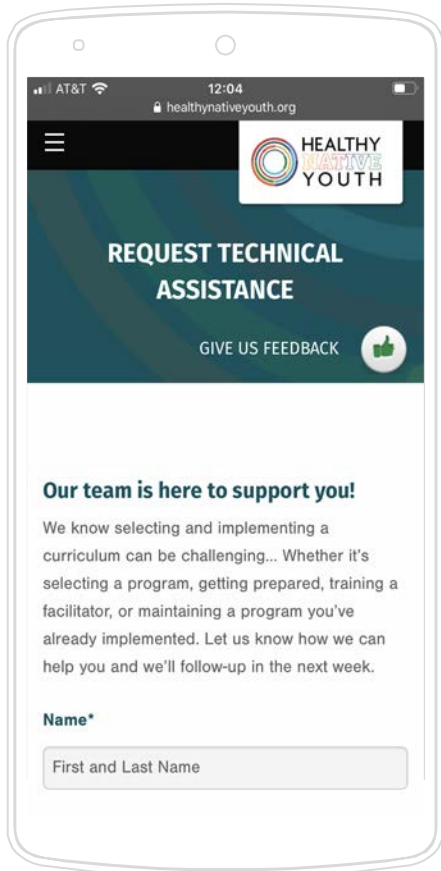
PASSWORD: 020558

JOIN BY PHONE ONLY:
+1 646 558 8656 US
MEETING ID: 929 2852
5787

TEXT: HEALTHY TO 97779

- 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

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
inerqutet-llu”

“Remember what you are taught and told.”

-Alaska Native Cup'ik value

