



March 10, 2021

***Culture is Prevention* Chat feed**

Guest Speakers

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HNY Resources: www.healthynativeyouth.org/resources/

Aleutian Pribilof Islands Association, youth programs links: <https://www.apiai.org/youth-program/>

- Instagram: @unangaxyouth, <https://www.instagram.com/unangaxyouth/>
- APIA's FB Page: <https://www.facebook.com/APIAI>
- Check out APIA's youth newsletter here! <https://www.apiai.org/youth-newsletter/>

Closing video, not viewed during the session: I Sing You Dance, <https://youtu.be/tA5INFcH0AM>

Chat feed

Good morning! We will start here shortly in about 5 minutes! Glad you're joining us!

From Amanda Gaston to Everyone: 08:58 AM

Good morning everyone! Thanks for joining!

- Good Morning everyone, hope you are all doing well. North Fork Rancheria Tribal TANF in Atascadero, CA.
- Good morning all. North Fork Rancheria Tribal TANF in Clovis, Ca. It is a pleasure to be here with you all this morning.
- Good Beautiful day to you all! I am Dine' from New Mexico. Thank you for being here.
- Good Morning everyone, thank you for having me online with you all. I work with Taos Pueblo Youth Outreach. I was born and raised here in Taos Pueblo New Mexico.
- Good Morning everyone, Yerington Paiute Education Dept, in Nevada. I am a member of the Washoe Tribe of Nevada-California. I am an elder, having been a chairman of the Spirit of Wovoka Days Powwow for 20 years. Happy to be a part of today's webinar.
- Good morning from Montana! I'm a School Training and Technical Assistance Specialist with National Native Children's Trauma Center. I'm happy to be part of this COP with you all today.
- Good morning— how lovely to be here with you all & see Rita Blumenstein's words this morning here in Oregon!
- Hello, North Fork Rancheria Tribal TANF. Good Morning, sorry I am late, I was in another Zoom that just ended. Thank you
- Greetings. Seattle Children's Hospital. Glad to be here.
- Hi everyone! Johns Hopkins Center for American Indian Health. Looking forward to today's call!

09:12 AM

- Thank you for that beautiful prayer
- Good morning everyone. Taos Pueblo, NM
- Good morning everyone, I am Dena'ina Athabascan from the Native Village of Eklutna. I am so happy to join in this call and to see this topic covered. Thank you for having me and for offering this call.
- Good Morning everyone, it's a pleasure to be here with you today. North Fork Rancheria Tribal TANF in Atascadero, CA. Have a blessed day!
- Good morning everyone... Nice to see you all from Portland (miss Portland 😊)...

From Michelle Singer to Everyone: 09:14 AM

- Ya'at'eeh abini, everyone! Thank you for being present with us today! Alaska Natives in the House to lead our CoP today!

09:14 AM

- Native American Health Center, Oakland, CA
- Morning :) Celena McCray, Navajo, currently in Portland, OR but originally from Crownpoint, NM. WYSH Project Manager with NPAIHB. My pronouns are She/Her. Contact info: cmccray@npaihb.org
- Michelle Singer, Healthy Native Youth Project Manager | msinger@npaihb.org
- Mount Pleasant Mi
- Hi Everyone! I'm Nicole Treviño (She/They) and serve as a consultant/ contractor with Healthy Native Youth as well as the Inter-Tribal Council of Michigan. I'm Mexican American (decendent of

indigenous people of South Texas & Northern Mexican as well as Spanish & English people). My email: Info@NicoleTrevino.com. Excited to be here!

- United American Indian involvement, Los Angeles
- Good morning, Vashti Langford/ Cowlitz Indian Tribe Healing of the Canoe Program Coordinator. I am feeling great the sun is out today. vlangford@cowlitz.org
- Good morning
- Taos Pueblo New Mexico
- American Indian College Fund.
- Feeling challenged, but positive.
- Good morning! Skagit County Domestic Violence and Sexual Assault Services, Legal Justice Advocate, :)
- Shiix Sxwippa, Renegade Training and Consulting including cultural preservation,
- Cochiti Pueblo, NM.
- Good afternoon! University of Texas, adolescent health, so happy to be here!
- I'm on this call not because I'm a tribal member, but because we have worked with tribal members. We have had the privilege of working with Tulalip members who are to the south of us. We have the Swinomish to the north as well as the Suiattle to the south as well.
- Good morning everyone! Cheyenne and Arapaho Tribes of Oklahoma Diabetes Prevention
- Good Morning All. Confederated Tribes of Grand Ronde, Oregon.
- All Nations Health Center
- Good morning everyone! Alaska Native Tribal Health Consortium, Anchorage, Alaska.
- Seattle Children's Hospital
- Oklahoma City Public Schools Native American Student Services.
- SouthEast Alaska Regional Health Consortium (SEARHC)
- Jeni Williamson, Project Coordinator, ANTHC HIV/STD Prevention Program and the HNY team in Anchorage, AK, jjwilliamson@anthc.org
- Colville Tribe, Boys & Girls Club of Inchelium
- feeling good.
- Good Afternoon from Central Michigan! Saginaw Chippewa Indian Tribe as a Prevention Specialist in the next month I will be transitioning into the Native Connections Coordinator for the Little River Tribe.
- Good Morning! NAYA Family Center in Portland, OR.
- Rural Services Director for the youth programs offering early intervention for psychosis services across Oregon at Oregon Health Sciences University. I live and work from high desert of Central Oregon.
- Good morning! So great to be here. Substance Misuse Prevention Program at the Alaska Native Tribal Health Consortium. I am calling in from Dena'ina land. Feeling excited to learn!

From Michelle Singer to Everyone: 09:17 AM

- Shout out to Native STAND Nation on this call today! <3 U! You know who you are! ;-)

09:17 AM

- Siyo nigad "Hi everyone!"
- Hi Everyone, Glad to be here today. Riverside San Bernardino County Indian Health, Inc. (RSBCIHI) in California. I am a project coordinator in the Native Challenge Department and my team facilitates programming that focuses on reducing risky behaviors, promoting culture, and mental health and mentorship programming as well.

- Good morning everyone! I am from Northern Arizona apart of the Hopi Tribe. I am a Suicide Prevention consultant working with the Havasupai Tribe. Its great to be here.
- Morning everyone! Feeling refreshed today
- Arizona.
- NAYA Family Center) in Portland, OR
- Good morning everyone! United American Indian Involvement Inc. -Youth Department
- Good morning, Warm Springs, OR.
- Good day. Mashantucket, CT
- Good morning! San Pasqual Education Department. We are located in Valley Center, CA. Happy to be here!
- Bishop Indian Education Center and a member of the Bishop Paiute Tribe in Bishop, California
- Ya'at'eeh Abini! Shi ei Kelsey Yonnie yinishye! Good morning! CDC REACH program in Tucson, AZ.
- Hi everyone! Confederated Tribes of the Colville Reservation, Tribal Youth Grant that we have with the local Boys & Girls Club.
- National Indian Women's Health Resource Center located in Tahlequah, Oklahoma
- Morning. Native American Youth and Family Center in Portland, OR. (Blackfoot, Ute and Carrizo).

From Michelle Singer to Everyone: 09:24 AM

Good morning everyone! If you are joining us and would like to receive these slides and materials -- please type in your name, org and email -- so we can connect with you!

- Good morning everyone! San Pasqual Education Department located in Valley Center, CA
- Good morning, I'm a parent and JOM Chair. I'm a member of the Confederated Tribes & Bands of the Yakama Nation. My children attend White Swan HS.
- I am from Region X, Officed in Seattle, WA.
- AZ Health Zone Tribal Community Specialist at AZ Dept of Health Services
- Good morning I live on Dena'ina lands.
- Manahuu, Bishop Paiute Tribal court. Thank you!
- Hi, from Farmington, NM. Capacity Builders, Inc.
- Hello everyone :,), Yakama Nation ER/WM Program, I'm on here just to listen on what everyone is doing.

09:28 AM

- Thank you Crystalyn
- Quyanaa Crystalyn!

From Crystalyn Lemieux to Everyone: Gunalcheesh (Thank you)

- Great job Crystalyn!
- Thank you, so beautiful, and calming
- Thank you :)
- Beautiful, sister Crystalyn!
- Thank you so much Crystalyn! Great job!

From Crystalyn Lemieux to Everyone: Thank you thank you :)

09:32 AM

- Melissa C, do you have some questions for interviewing elders?
- Mmmm, dried fish!
- Yum!!!

WHAT ARE PEOPLE'S FAVORITE TRADITIONAL FOODS?????

09:34 AM

- My mom's roots and salmon soup, it is the best
- blueberries!
- Black seaweed, dried fish, cockles, salmon berries, seal oil and whitefish! Dried moose or deer jerky :)
- Candied salmon, Salmonberry jam..if they make it that far :)
- HAahaha! Truth.
- I love pinons!
- Melissa! My dearest elder friend now passed on is from the Eakan family Kotzebue area :)
- cooked octopus, padarkies aka gumboots, crab, halibut and dried halibut, salmon berries, deer, salmon, sea urchins
- making me hungry haha
- Yum! gumboots and sea urchins!
- :)

09:38 AM

- Conflict + Resolution = Intimacy (INTO ME SEE)

From Amanda Gaston to Everyone: 09:39 AM

- I love her!
- So cute!

09:41 AM

- OML the best thing ever i forgot to add alogics aka fried bread and seal and seal oil

From Amanda Gaston to Everyone: 09:42 AM

As a community, let's share all the good work that we know others are doing...:)

- I like to think of strengths, and gifts in terms of responsibilities. Very well said Melissa.

09:43 AM

- Thank you Melissa!
- Thank you, beautiful!!
- Thank you
- thank you Melissa that was amazing! thanks for sharing!
- Yakoke (Thank you)

09:43 AM

- In our youth programs many promote a strengths based approach...I have wondered for a long time if it is more useful to consider a values based approach or ways to ask young people how best to support them communicating their strengths in a way that is congruent with their cultural identity...

09:43 AM

- so many truths qagaasakung Melissa!
- Quyanaa Melissa!
- Melissa thank you for sharing. Great job!
- Thank you I love learning about values!

09:44 AM

*Images are from Monica Chase

- Thank you Melissa! !

From Michelle Singer to Everyone: 09:47 AM

- Adolescent Health Tribal Action Plans for ANTHC and NPAIHB can be found under the HNY Resources & Support Tab in the Tips & Tools Section:
<https://www.healthynativeyouth.org/resources/>

09:49 AM

- Adigaa! Salmon strips
- That's awesome! Beautiful work! The fish strip is making me hungry hahaha looks good!
- all this picture of foods reminds me of our potlucks and how much we as native people love to share
- It does huh! Oh wow I love herring eggs! YUM the bottom right picture :)
- Is that whale blubber?...I cannot recall the Native word for the blubber.
- Muk tuk? I think that is how it's spelt.
- Muktuk. Its the skin and blubber of a whale
- Thank you Melissa, Muktuk!
- Thank you Monica!
- Thank you so much for sharing!!!
- Thank you for sharing and loved all the pictures.
- Thank you for sharing Monica!
- Thank you for sharing Monica! Beautiful pictures and work.
- so amazing thank you Monica!!
- Beautiful. Thank you for sharing.
- Agree! Thank you!
- Thank you, Monica! I appreciate your work.
- Thank you for sharing all this!
- Quyanaa Monica!

From Amanda Gaston to Everyone: 09:58 AM

- I love that "Put to sleep and reawoken"

09:58 AM

- Question - how can we best work with youth, to cross culturally share, and maintain our own specific tribal identities, being mindful not replace our tribal teaching with pan Indian teachings
- can these links be added to the chat?
- Hello! My son is Iñupiaq and he is interested in learning about his heritage. We get quarterly info and newsletters. He is always interested in the traditional foods and trying them! His paternal family is from Barrow. I love learning about their rich culture & traditions. He wants to visit Barrow in the future!
- Thank you everyone ... really enjoyable and educational :)
- sad I have to leave this has been great! Than You!

From Crystalyn Lemieux to Everyone: 10:01 AM

- I recommend checking out YouTube, language apps, Rosetta stone (I believe they have one set up), google- lots of info, and check out what books are out there, and I think going to visit in July for the whaling festival would be fun for him.
- Thank you, Crystalyn!
- You're welcome no problem!

10:01 AM

- <https://www.apiai.org/youth-program/>
- Aleutian Pribilof Islands Association website: <https://www.apiai.org/>
- APIA youth program on Instagram: @unangaxyouth
<https://www.instagram.com/unangaxyouth/>
- APIAI's FB Page: <https://www.facebook.com/APIAI>

- Check out APIA's youth newsletter here! <https://www.apiai.org/youth-newsletter/>
- If you are interested in the Narcan training that APIA has been doing, please email me! At oliviab@apiai.org
- Love the Pen Pal work, great way to keep people involved!
- Are you open to pen pals from other states?
- Thank you Jenna and Dustin!
- Thank you for sharing Dustin and Jenna!! great info and ideas!
- Schools should use district dollars to incorporate these activities too. Especially for staff professional development. We use federal funds for almost all our activities.
- Thank you both! I love the pen pal idea!
- Thank you for inviting me to participate in this training. All the presenters were wonderful and I thank them for sharing. We are all related. May Creator bless you all. I have to leave for another Zoom meeting. Have a blessed day. :)

From Michelle Singer to Everyone: 10:13 AM

- Please make sure that you enter in your email to obtain follow up information.

10:13 AM

- Is there a way to get all these answers collected and sent out? Would love to be able to share these ideas.

10:14 AM

- LOL peewee Herman! 😊😊😊 great impression... thank you.

10:14 AM

- Yes! We'll share the lists and resources in a follow up email. Please share your email in the chat or private message it to Amanda or myself.

From Michelle Singer to Everyone: 10:14 AM

- Sign up for our HNY e-News by clicking here <https://conta.cc/3uO5IZr> and also read our March monthly e-News issue too!

10:15 AM

- Wow that is awesome!
- I learned SO much that I can apply in working with Native Americans!
- Awesome! we do similar thing with Akhiok kids camp lol
- Good Afternoon from the Mvskoke Nation Reservation in Oklahoma. Southern Plains Tribal Health Board
- Like Michelle, I see you Native STAND relatives and miss you all. I'm also happy to see so many OK people on today.
- Thanks for everyone who has shared.
- I love that! We do that in Tlingit culture too.
- I love that...teaching youth how to show up and be present!
- I'm picturing some of the notes, menti-meter ideas turning into a "living" idea resource on HNY.
- Paiute Language Class is held for our students at the high school, just prior to tutoring session, every Monday and Wednesday. We are also planning a after-school drum stick making class to be held at the high school. Students are enjoying the language class!

From Michelle Singer to Everyone: 10:24 AM

- Talking Is Power: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>
- Great videos from Alaska Native Greg and Navajo Girl Michelle

10:24 AM

- Thank you everyone this is such a valuable meeting to me to get to join. Thank you to the presenters for sharing all that you did.

10:24 AM

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

From Michelle Singer to Everyone: 10:25 AM

- Sign up for our HNY e-News by clicking here <https://conta.cc/3uO5IZr> and also read our March monthly e-News issue too!
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For Swinomish participants, <https://survey.alchemer.com/s3/6233180/Swin-CoP>

10:26 AM

- Thank you! Great presentation!!

From Michelle Singer to Everyone: 10:27 AM

https://www.healthynativeyouth.org/training_feedback/

I Sing You Dance, <https://youtu.be/tA5INFcHOAM>

- <3
- Thank you to all of the speakers for sharing today! This was such a great session!!
- Thank you everyone! This was wonderful!
- Awesome, thank you Elizabeth!
- Thank you!
- askwaliii (thank you) in hopi
- Such a great training!
- Thank you
- Thank you!!
- Thanks
- thank you!