Culture is Prevention

March 10, 2021, 10:00-11:30 am PST
Let us Start with a Blessing

“In order for a person to be whole, they must feed their mind, body, and spirit equally to heal themselves.”
-Dr. Rita Blumenstein, Tribal Doctor
Waqaa! Cama’i! Hello!

I am Melissa “Qillauruq” Castaneda, she/ her
Inupiaq/ Alaska Native Tribal Health Consortium
I love to learn through storytelling.
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Tlingit & Quinault, Alaska Native Tribal Health Consortium
I love hiking.
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Holy Cross Tribe/ Southeast Alaska Regional Health Consortium
I love to sew maklaks, sea otter hats and bead seal skin earrings.
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I am Amy Carlough, she/her
Agdaagux Tribe of King Cove/ Aleutian Pribilof Island Association
I love PLANTS.
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I am Dustin Newman, he/him
Unangax/ Deg Hit’an/ Aleutian Pribilof Island Association
I love gumboots.
You can find me at dustinn@apiai.org

I am Jenna Larson, she/her
Navajo, Pueblo, Anasazi, Mexican/ Aleutian Pribilof Island Association
I love my kids and my chihuweenie.
You can find me at jennal@apiai.org
Live Virtual Training Logistics

Logistics
- You are muted
- If comfortable, share video

Engagement
- Mentimeter Polls
- 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?

*Swinomish Folks: Please type (Swin Survey) in Chat Box next to name & email, if participating.
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...

★ **explain** the importance of culture as a protective factor

★ **identify** ways to incorporate culture into existing youth programming

"Learn, preserve, and be proud of the Native way of life"

- Bristol Bay Yup'ik Value
Where we are going

1. Culture is Prevention - 10 min

Examples of Culture being used as Prevention:

2. Elder & Youth Outreach Program (ANTHC) - 10 min

3. Youth Activities (SEARHC) - 10 min

4. Youth Services Program (APIA) - 10 min

5. Let’s Talk About it!
Mentimeter Flowing Grid

Use the link in the chat box to join: www.menti.com, Code: 16 07 52 6

In what ways does Culture shape how I see the world?
Wellness Moment

Let's Take Some Deep Breaths Together
Let's get some background here...
Protective Factors for Youth

- Positive Social Norms
- Positive Opportunities
- Familial & Non-familial
- Cultural Connectedness
- Personal Wellness
- Positive Self-Image
- Self-efficacy

Image: Healthy Native Youth
Chatfeed Convo: Type Questions, Ask Away!
2. Elder & Youth Outreach Program (ANTHC)

Diving in to two values...
Elder Visiting

Images: ANTHC
Traditional Foods

Connecting our Elders with their Traditional Foods

Images: ANTHC
Avoid Conflict

Image: Melissa Castaneda, Anchorage 2018
Humility

Image: Melissa Castaneda, Valdez, 2018
3. Youth Activities (SEARHC)
Protective factors are characteristics within the individual of conditions in the family, school, community and society that are instrumental in healthy development; they build supportive relationships, social competence and resiliency. - 2020 Alaska Adolescent Health Tribal Action Plan
“Our culture surrounds us in all we do, all we say, in the ways we interact with nature and with the animals, and how our body and mind react to these actions.”

2020 Alaska Adolescent Health Tribal Action Plan

Images: Monica Chase
“Resiliency is the process of successfully adapting and recovering from stressful events or crises.”
4. Youth Services Program (APIA)

Moving forward together...
Regional Youth Advisory Council

Regional Youth Advisory Council Membership Meeting

Last Friday of Every Month
5 PM - 6 PM AKST

VIA ZOOM

Email Dustin at dustinn@apia.org for more information or call (907)276-2700

Images: APIA
APIA Youth Services
Nonprofit Organization
Check out our latest newsletter. The Tide pool Times https://www.apiai.org/youth-newsletter/
www.apiai.org/youth-program
Unangax̂ Value Breakdown

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Live like you want people to see you live.
Virtual Trainings for Young Unangax Leaders
Ages 14 and older

- Question, Persuade, Refer Training
- Adverse Childhood Experiences Presentation
- Traditional Foods Videos/Discussion
- Narcan Training
- Healing/Resiliency Presentation

Contact Dustin Newman at dustinn@apiai.org to register today.

#UnangaxYouth2021

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Pen Pals: An Intergenerational Experience

Bridging the Generation Gap One Letter at a Time

Calling Alaska Native Elders & Youth!

Elders, to register contact:
Emma Kaznowski
emmak@apiai.org
907-222-9745

Youth, to register contact:
Jenna Larson
jennal@apiai.org
907-222-9748 ext. 748

Positively Impacting Our Elders In-Training

Behavioral Health Careers Camp

Virtual mini-camps for Alaskan high school students in the afternoons, March 29-April 6

Cost: FREE!
Includes 1 college credit.

To register:
Email oliviab@apiai.org

Images: APIA
Mentimeter Speech Bubbles

Use the link in the chat box to join: www.menti.com, Code: 16 07 52 6

How can I incorporate Culture into my Youth Programming?
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
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
10:00-11:00 AM PST

January 13th  Substance Misuse & Help-Seeking Skills
February 10th  Connecting our Past with our Present
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
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

★ Training & TA Evaluation Form
★ Request TA

We LOVE helping...
Swinomish Folks...

Click on the Survey link
Complete Survey
★ Email Laura Lindburg:
llindberg@swinomish.nsn.us

EARN RAFFLE TICKETS FOR:
Cultural Competency Trainings

What: Join Healthy Native Youth’s Community of Practice call
When: 3/10/21 at 10:00 am PST
Who’s invited: All Swinomish community member (e.g. families, healthcare providers, educators paraprofessionals)
Why: to strengthen your understanding of why integrating culture matters and makes a difference to Swin youth
RAFFLE PRIZES: earn up to two raffle tickets for completing a survey after each:
1. Join Live: 3/10 Culture is Prevention session ★ Receive survey link at end of call
2. Watch the 3/10 Recorded Session: Click here: Connecting our Past with our Current [Re]traumatization (or go to www.healthynativeyouth.org) & email Laura Lindberg llindberg@swinomish.nsn.us for survey link

March 10th
10:00-11:30 AM PST

Text HEALTHY to 97779 to stay connected.
Thank you!

You can find us at:
Amanda Gaston
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Michelle Singer
msinger@npaihb.org
Funding Credit

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Let us Close with a Blessing

“If we listen to our parents, elders, aunts, or uncles it’ll save us a lot of trouble. They’ve experienced things that us younger people didn’t and they’re trying to help us not to make the mistakes that we might make as we get older. I know sometimes it sounds like they don’t know what they’re talking about as you get older you’ll realize they were really trying to help. And pretty soon when you get older you’ll start telling your kids, nieces, or nephews the same things your parents told you when you were a kid. These inerquuteqs have been around for thousands of years being passed down generation to generation.” -Brian Nicolai

I Sing You Dance: YouTube Link: https://www.youtube.com/watch?v=tAS1NFcH0AM