



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 Monica "Kunkaq" Chase, she/ her

Holy Cross Tribe/ Southeast Alaska Regional Health Consortium

I love to sew maklaks, sea otter hats and bead seal skin earrings.

You can find me at mchase@searhc.org

I am Crystalyn Lemieux, she/ her

Tlingit & Quinault, Alaska Native Tribal Health Consortium

I love hiking.

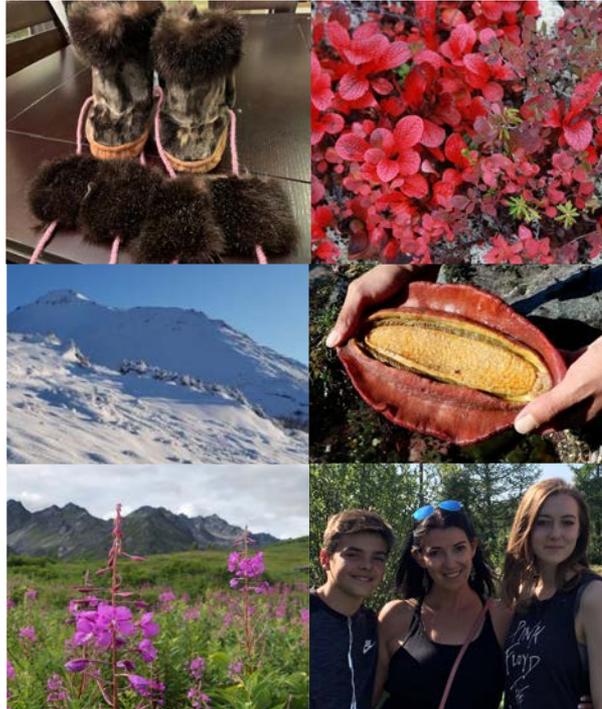
You can find me at crlemieux@anthc.org

I am Melissa "Qillauruq" Castaneda, she/ her

Inupiaq/ Alaska Native Tribal Health Consortium

I love to learn through storytelling.

You can find me at mjcastaneda@anthc.org



I am Amy Carlough, she/her

Agdaagux Tribe of King Cove/ Aleutian Pribilof Island Association

I love PLANTS.

You can find me at amyc@apiai.org

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



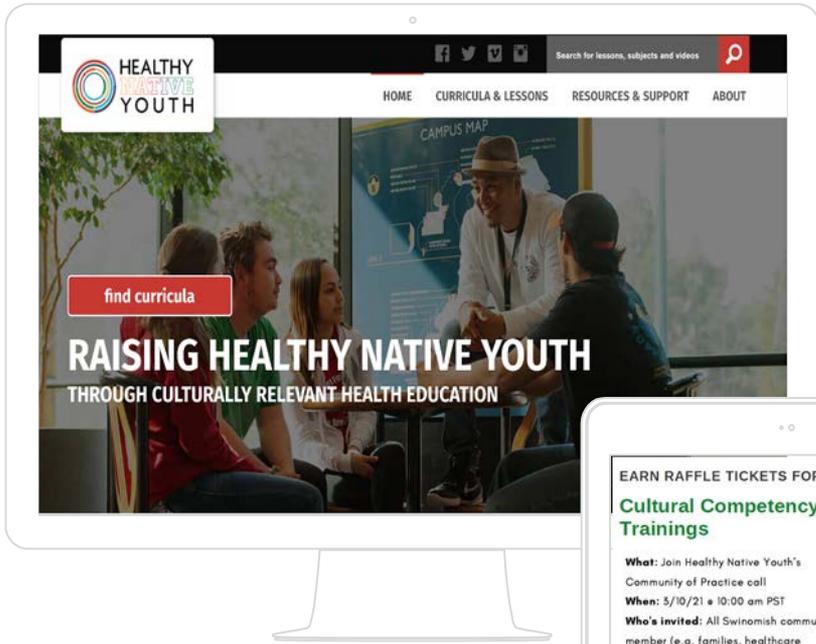
Logistics

- You are muted
- If comfortable, share video

Engagement

- Mentimeter Polls
- Chat box
- Icons (Zoom & More)





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



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...

- ★ **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



**Culture is
Prevention**



Let's get some background here...

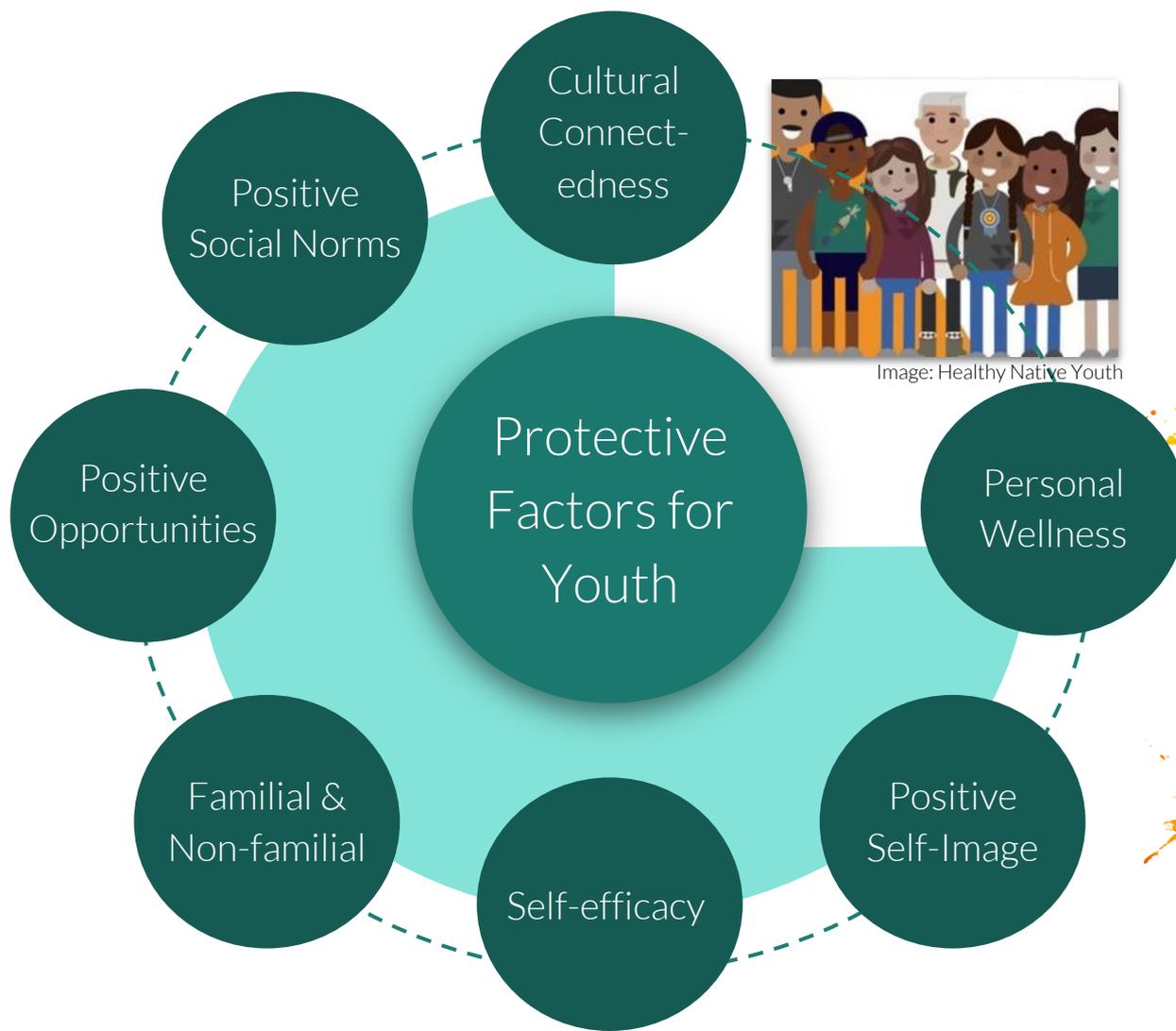


Image: Healthy Native Youth





*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





Image: Melissa Castaneda, Valdez, 2018

Humility



3.

Youth Activities (SEARHC)



Protective Factors



Images: Monica Chase



“Protective factors are characteristics within the individual or 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](#)



Resiliency



“Resiliency is the process of successfully adapting and recovering from stressful events or crises.”



Images: Monica Chase

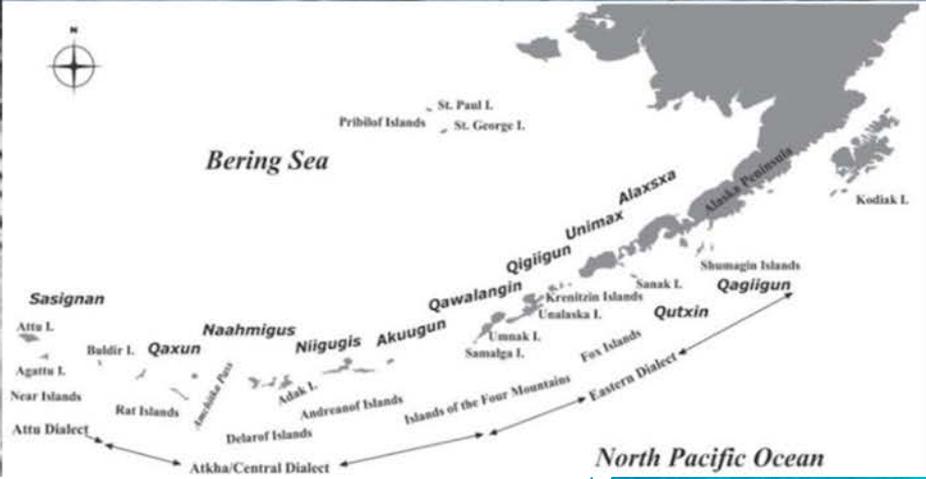
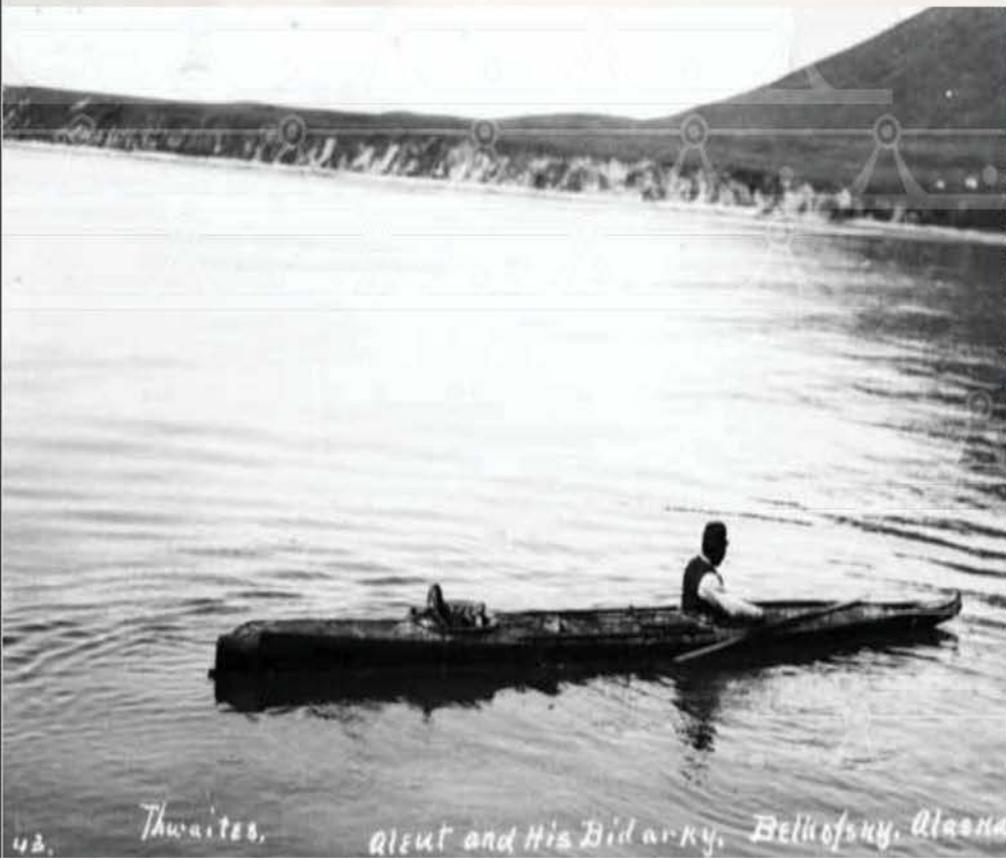
4.

Youth Services Program (APIA)

Moving forward together...



The Region/ People



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 DUSTIN@APIA.ORG FOR MORE INFORMATION OR CALL 19077276-2700



Images: APIA





unangaxyouth

Edit Profile



360 posts 245 followers 35 following

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



CRAFT



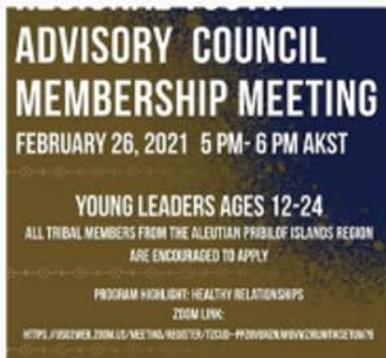
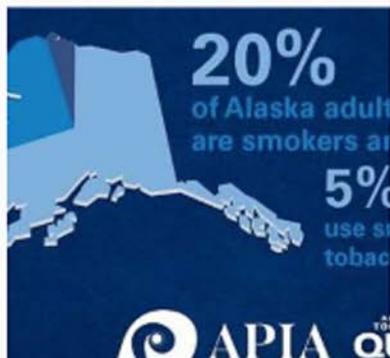
Our Mission

POSTS

IGTV

SAVED

TAGGED



Images: APIA



Unangaâ Value Breakdown



**Anġaġiisanatxin anġaġim
agitaasingin agachan liidalix
anġaġisada.**

**Matal anġaġiikaan agacha
anġaġisada.**

Live like you want people to see you
live.



Images: APIA

YOUNG LEADERS SUMMIT



January 22-23, 2021

10 A.M.- 4 P.M. AKST

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

This flyer was developed under a grant number 61119 SM0980187-01M004 from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

United Collective Thoughtful Giving Caring

Strong Empowered Supported Leadership Influential

Aleutian Pribilof Islands Association was live.
APIA Published by Amy J. Carlough · 23 January · 3

Saturday January 23, 2021
10 AM – 11:15 AM Adverse Childhood Experiences (ACES) Training
11:15 AM – 12 PM Narcan Training
12 PM – 4 PM Closed Sessions



568

People reached

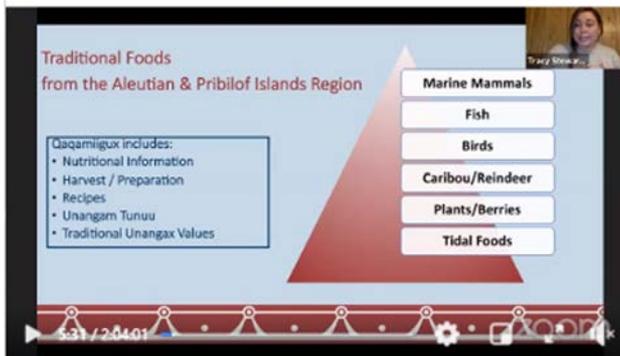
119

Engagements

Boost Post

Aleutian Pribilof Islands Association was live.
APIA Published by Amy J. Carlough · 22 January · 3

Welcome back to our Youth Summit 2021!



646

People reached

144

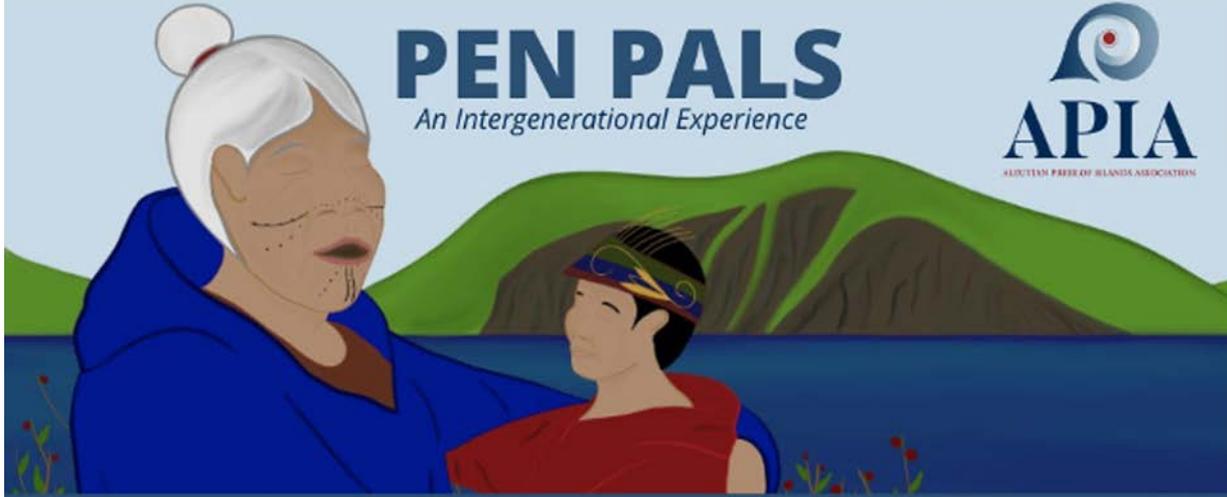
Engagements

Boost Post

Images: APIA

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 ELDERLY 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

Swipe for more information... →



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*

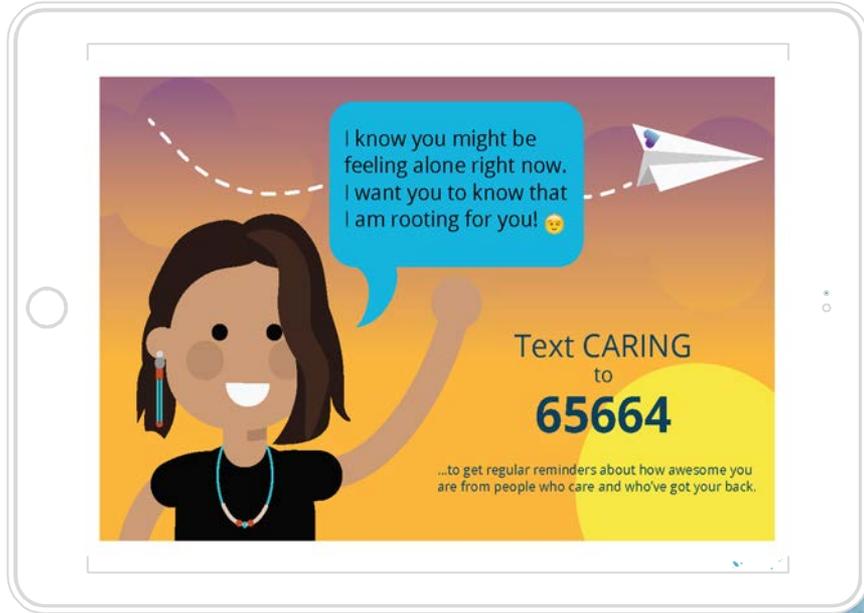


- ★ Filter & Compare Tool
- ★ All Materials Needed to Implement
- ★ Enhancement Activities
- ★ Resources & Support
- ★ Upload & Submit Your Own Curricula



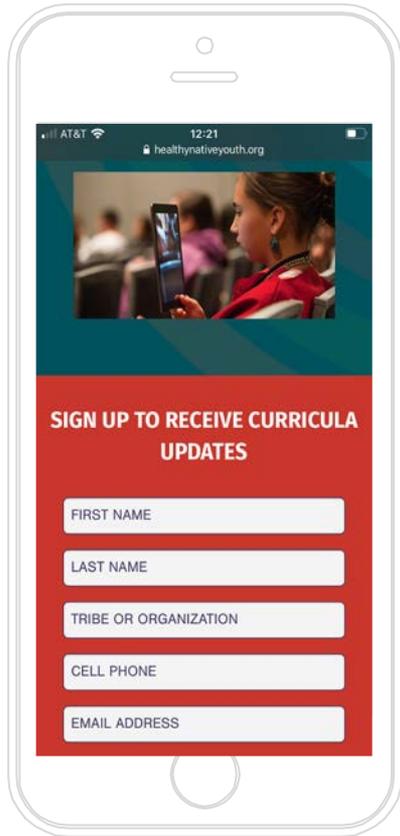
For Adults: Text “Empower” to 97779

- ★ 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

How to Join

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

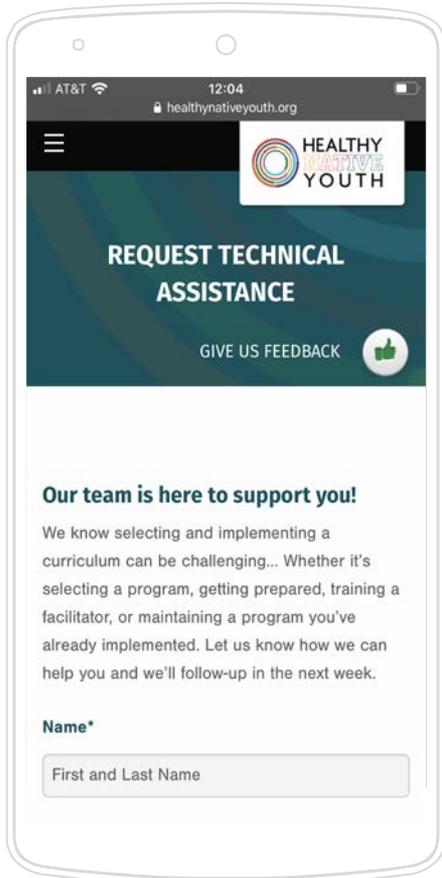
PASSWORD: 020558

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
- 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

EARN RAFFLE TICKETS FOR:

Cultural Competency Trainings

What: Join Healthy Native Youth's Community of Practice call

When: 3/10/21 @ 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 2/10 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

Text HEALTHY to 97779 to stay connected.

March 10th
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

Raffle Prizes

\$20 AMAZON GIFT CARDS



Swinomish Folks...

Click on the Survey [link](#)

Complete Survey

★ Email Laura Lindberg:
llindberg@swinomish.nsn.us

Thank you!

You can find us at:
Amanda Gaston
agaston-
contractor@npaihb.org

Michelle Singer
msinger@npaihb.org



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



"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 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 inerquteqs 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=tA5INFcH0AM>

