



Circles of Support: Create a “Q&A” Service like “Ask Auntie/ Ask Uncle”

May 12th, 2021, 10:00-11:30 am PST

Let us Start with a Blessing

“You are the change your ancestors
called for.”



Yá'át'ééh! Keshi! Hello!



**Thomas Lee
Ghost Dog, Jr.**

Burns Paiute, Oglala Sioux
(he/ him)

I love bowling.

tghostdog@npaih.org

**Celena McCray,
MPH**

Navajo
I love my McCray's
cmccray@npaih.org

Asia Brown

Choctaw Nation of Oklahoma
(she/ her/ hers)

I love animals.

ambrown@npaih.org

Corey Begay

Navajo
(he/ him)
I love Traveling and
Coffee!

[cbegay-
contractor@npaih.org](mailto:cbegay-contractor@npaih.org)

Lael Tate

Navajo
I love my sisters!
ltate@npaih.org

Paige Smith

Paiute, Modoc, Wasco
and Shoshone from Warm
Springs
I love...
psmith@npaih.org



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



Live Virtual Training Logistics



Logistics

- You are muted
- If comfortable, share video

Engagement

- Padlet Activity
- Chat box
- Icons (Zoom & More)





Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ Where are you from?
- ★ Maternal/ Paternal Relatives
- ★ Email address



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 creating Circles of Support for Native youth
- ★ **determine** ways you might start your own "Q&A" service



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



Where we are going

1. Circles of Support: We R Native's Q&A Service - 10 min
2. Concerning Messages Protocol - 10 min
3. How it all goes down - 15 min
4. Organizational Assessment - 10 min
5. How Others are Doing it - 5 min
6. Example: Virtual "Q&A" Box - 5 min
7. Let's Talk About it!





Wellness Moment

Ask Auntie Video on
Guided Meditation



1.

Circles of Support: We R Native's “Q&A” Service

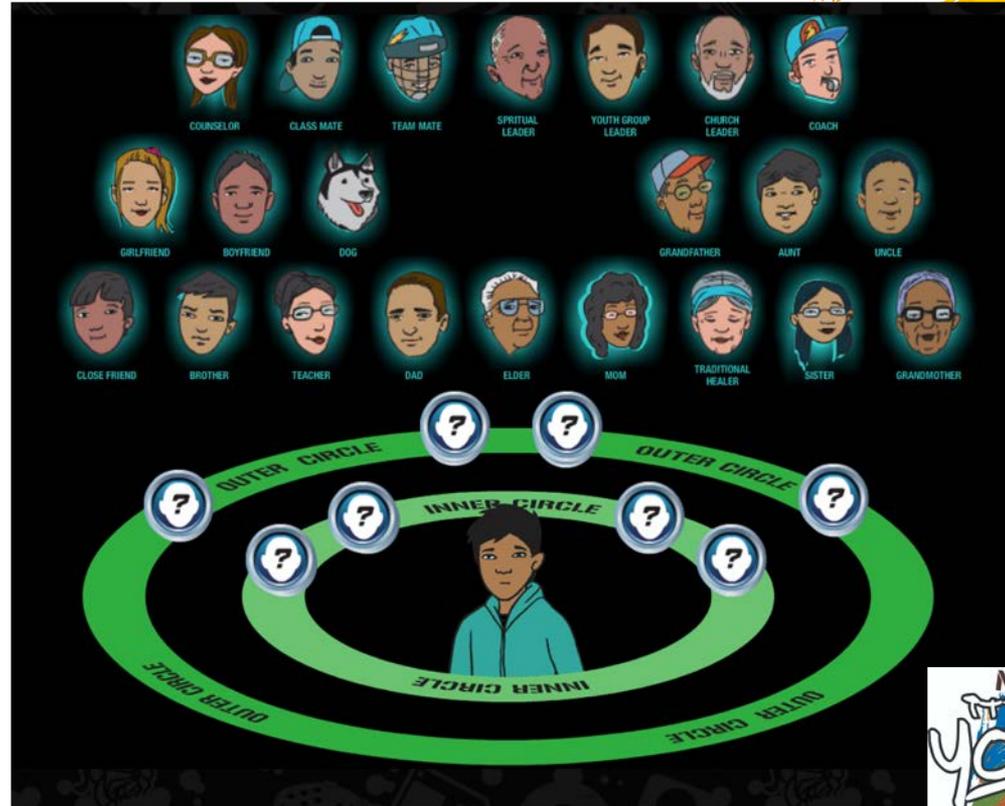
Let's get some background here...



Circles of Support

“All our Relations”

- ★ Supporting our Native youths identity, development and wellbeing





ask auntie/
uncle



my culture



my life



my
relationships



my mind



my impact



ambassadors



gear up



search

ASK AUNTIE

YOU'VE GOT QUESTIONS
WE'VE GOT ANSWERS

What's on your mind?



Hi there!

We're Auntie Amanda and Uncle Paige.

What's your question?

Enter your question here

Ask Question

Who is Auntie Amanda



Who is Uncle Paige?



How do I submit a question?



Where will my question be displayed?



How quickly will my question be answered?



What if I need help now?





Sort By Topic

- All
- My Mind
- My Body
- My Culture
- My Impact
- My Environment
- Life Hacks
- Relationships & Dating
- Sexual Health

Most Recent Questions

I want to get my children who are registered with my tribe. How and where can I find a mentor first. How and where can I find a mentor first.

Great question. I would start with your tribe, or reach out to them either through social media or mutually. If you are on a reservation, then look for Native organizations or classes or know of... [Read More](#)

I know the recommendation

I know of any dancers there, reach out to them, or near your tribe's reservation, they might offer powwow dance

How do I deal with having to start at a new school?

It's never easy going to a new school. There are so many variables, and enough anxiety to drive a buffalo off a cliff. That's okay! I always believe in acknowledging the uncomfortable so we can create room to grow and strengthen ourselves. I have a few tips for helping the first day jitters. Take it one day at a time.... [Read More](#)

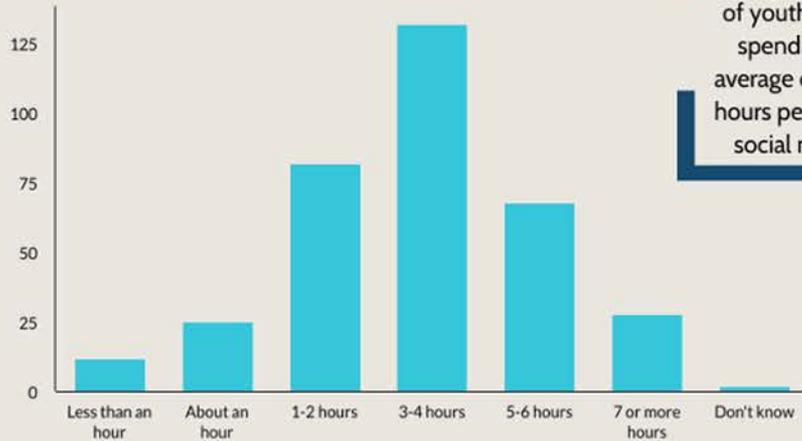
Hi Auntie, I was put in foster care when I was two. I just found out that my mother and grandfather are apache, but I'm not sure how much my mother's percentage is, and I don't know what tribe!! How do I found out what tribe? He came from TX?!

I believe this is an important question. Finding where you come from and helping establish your identity are all necessary in life. Knowing why and what things are in place to protect your cultural knowledge is important as well. ICWA (Indian Child Welfare Act) exists to protect the best interest of Indian Children and to promote the stability and security... [Read More](#)

Ask Auntie & Uncle A Question

Social Media Use

AVERAGE SOCIAL MEDIA USE



37.8%
of youth report
spending an
average of 3 to 4
hours per day on
social media.

PREFERRED SOCIAL MEDIA PLATFORMS



TikTok
16.6%



Instagram
36.7%



Facebook
17.2%



Twitter
6.3%



Snapchat
21.2%



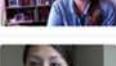
Other
2.0%



“Women lie, men lie. Numbers don’t.” – Jay Z

Landing Page	
1.	/
2.	/ask-auntie-questions/yes-or-no-are-mexicans-native-american-indians
3.	/ask-auntie-questions/tribal-money
4.	/ask-auntie-questions/are-you-not-supposed-to-buy-sage
5.	/ask-auntie-questions/can-you-get-an-std-from-oral-sex
6.	/ask-auntie-questions/why-do-americans-hate-indians
7.	/ask-auntie-questions/so-i-m-labeled-as-a-mexican-are-mexicans-considered-native-americans
8.	/ask-auntie-questions/my-ex-is-depressed-and-suicidal-help
9.	/ask-auntie-questions/can-metis-people-wear-ribbon-skirts-or-is-it-disrespectful
10.	/articles/steps-to-putting-on-a-condom-correctly



Your top videos in this period			
Video		Average view duration	Views
1	 Can you get pregnant if the penis didn't go in all the way? Mar 11, 2016	0:45 (59.4%)	174,584
2	 Ask Auntie - Are Mexicans considered Native Americans? Jan 23, 2015	2:13 (54.7%)	85,085
3	 Americans hate Indians? Oct 1, 2017	1:02 (29.4%)	62,119
4	 What Apache Tribe Am I From? Feb 10, 2017	1:35 (48.5%)	47,652
5	 How to use a condom Jun 5, 2013	0:42 (41.2%)	47,293
6	 HIV Condom Broke Aug 2, 2018	1:10 (45.8%)	18,939
7	 Native VOICES Trailer Jan 16, 2015	1:31 (42.8%)	18,478
8	 World's Best Frybread Aug 19, 2016	1:20 (56.6%)	16,817
9	 Native Mexicans Sep 20, 2017	1:48 (61.6%)	12,233
10	 Best Friend & Sexual Abuse Dec 11, 2015	0:26 (10.6%)	11,764

Video Highlights



Auntie Manda



Uncle Paige



Cousin Lael

2. Concerning Messages Protocol

Procedures to keep youth safe...



“Eyebrow raisers”

- ★ **What?** Systemic organized approach
- ★ **When?** Initiated when a concerning post/messaging is identified
- ★ **Who?** Everyone involved - who posted, who see and reported post, staff, contractors, caring adults
- ★ **Why?** Don't want people to fall between the cracks

- ★ **Where?** Housed internally - one-pager, flowchart, algorithms
- ★ **How?** Frequent team check-ins, updates to protocol.

***Follow-up is important**



Concerning Messages Protocol Handbook

Purpose of this Guide

The Concerning Messages Protocol is designed to support tribal communities in the event a person expresses suicidal thoughts through their organizations communication channels (e.g. website, social media channels, text-message service, email, etc.), or is in crisis. It is intended to be a guide on which to build upon at an organizational and community partnership level.

The guide can help with the following:

- General Organization Flow Chart
- Managing and Tracking Incoming Messages (Management Doc)
- Protocol for Suicide Ideation WITH & WITHOUT Contact Information
- Notification of Crisis Response Team
- “Q&A” Service Algorithm for Answering Incoming Questions
- 3-month Follow-up: Caring Contact
- Resources





*Chatfeed Convo:
Type Questions, Ask
Away!*



3. How it all goes down...

The 'ins' and 'outs' of running a "Q&A" service...



“Q&A” Rundown



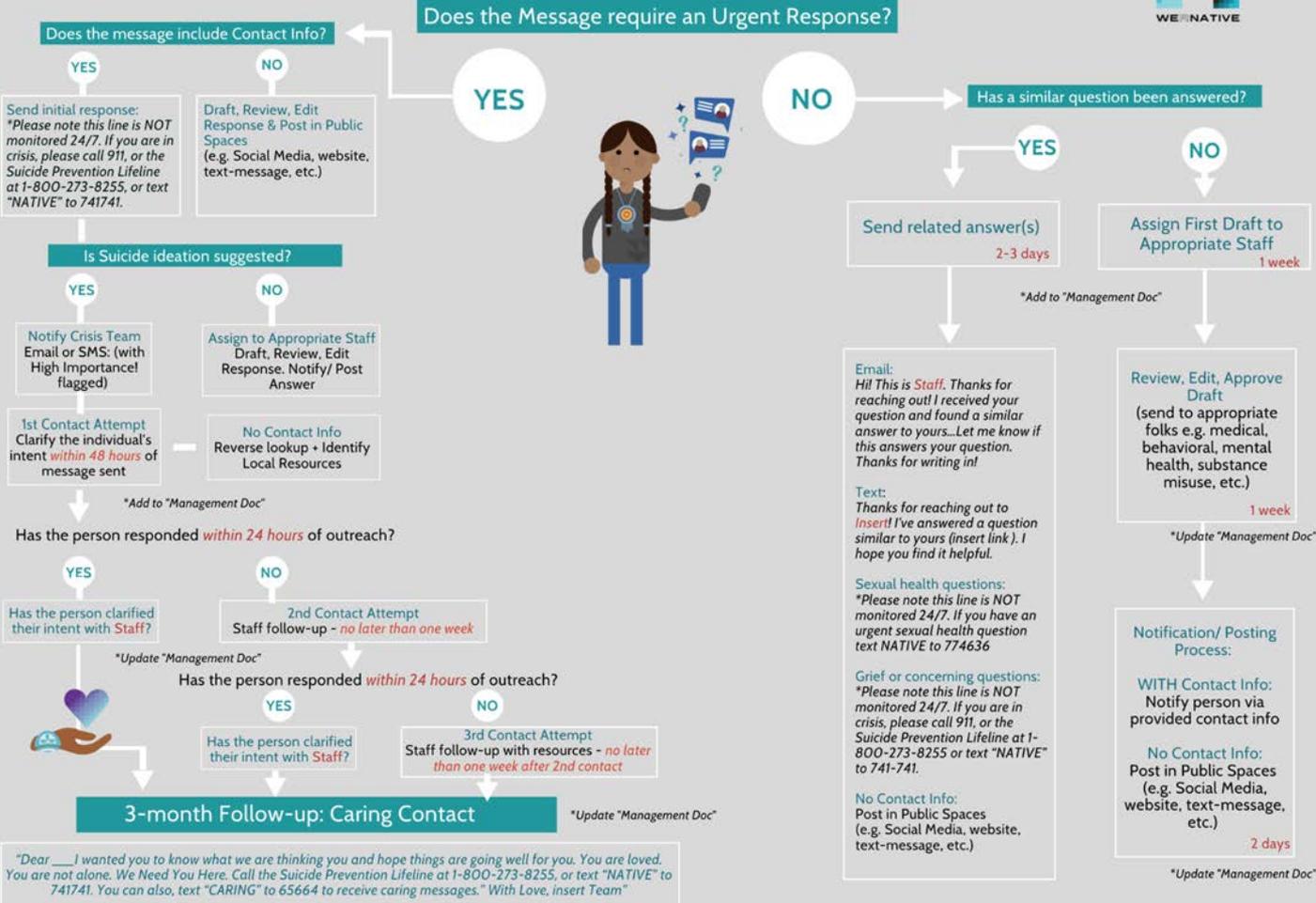
Youth Submit Q's

		Submission Ideas	Anonymous	Identifiable
1	Physical	<ul style="list-style-type: none"> Question Box (formal, informal) <ul style="list-style-type: none"> Back of room, bathroom Workshops Question Wall 	✓	
2	Virtual	<ul style="list-style-type: none"> Engagement Tools <ul style="list-style-type: none"> Padlet, Mentimeter, Zoom whiteboard, Three dots (take photo off profile), private chat Google Slides - polls, 'add ons' 	✓	✓
3	Virtual	<ul style="list-style-type: none"> Website Submission Form Social Media Direct Message Email 	✓	✓

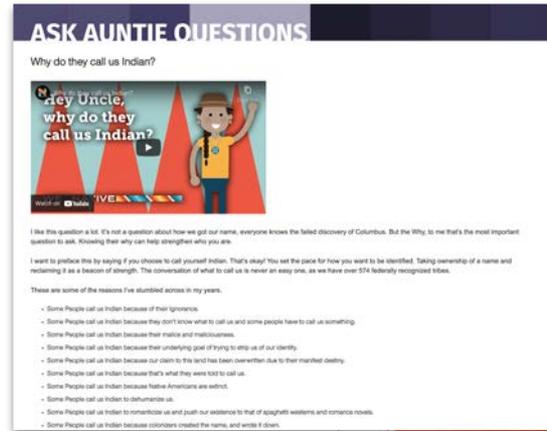
Name (Optional)	Tommy Ghost Dog
Email (via email)	tghostdog@npsaibb.org
Cell (via text)	(503) 400-8301
Twitter (via direct message)	@vernative
Facebook (via private message)	@vernative
Question	baseball



"Q&A" ALGORITHM



Answer & Video Formats



Text Response:

- ★ Thanks for reaching out!
 - Asking for help is a good thing!
- ★ Response
 - Topical experts
 - Research
- ★ Resources
- ★ Thanks for reaching out
 - Positive Note

Video Format

- ★ Graphic (new)
- ★ One minute long (~130 words)
 - For Instagram
- ★ Closed Captions
- ★ Comment Feed
 - For Uncles full response click [here](#)
 - Resources (if needed)

Posting

Facebook Creator Studio

The image shows a screenshot of the Facebook Creator Studio interface. In the foreground, a 'Create Post' dialog box is open for the page 'We R Native'. The dialog has a title bar with the page name and a close button. Below the title bar, there are options for 'Create Post', 'Live', and 'Job'. A yellow warning banner at the top of the dialog reads: 'A new post composer is coming soon. Heads up! We'll be introducing a brand new post composer soon as we continue to work on improving your publishing experience.' Below the banner, the text 'What's on your mind?' is visible. At the bottom of the dialog, there are several post type options: Video, Share a Photo, Feeling/Activity, Tag Sponsor, Advertise Your Business, Live Video, Get Messages, Check in, Support Nonprofit, and Tag Unpaid Promotion.

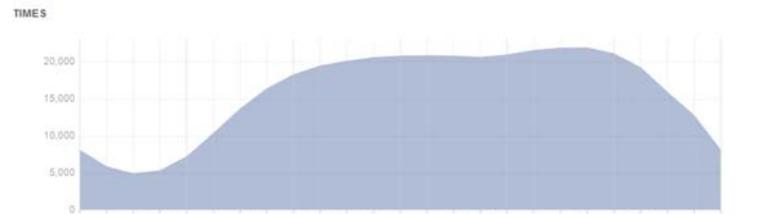
Overlaid on the bottom left of the dialog is a 'Schedule Post' modal. The modal has a title bar with the text 'Schedule Post' and a close button. It is divided into two sections: 'Publishing Schedule' and 'Distribution Schedule'. In the 'Publishing Schedule' section, the 'Publication' checkbox is checked. Below it, there is a text prompt: 'Select a date and time in the future to publish your post.' The date is set to '5/16/2021' and the time is '5:35 PM PDT'. In the 'Distribution Schedule' section, the 'Stop News Feed Distribution' checkbox is unchecked. Below it, there is a text prompt: 'Select a date and time in the future for when you want your post to stop showing in News Feed. The post will still be visible, but News Feed distribution will end.' At the bottom of the modal, there are two buttons: 'Cancel' and 'Schedule'.



Posting Analytics

When Your Fans Are Online | Post Types | Top Posts from Pages You Watch

Data shown for a recent 1-week period. Insights for the time of day are shown in the Pacific time zone.



Gender



71.7%

• Women

28.3%

• Men

Most Active Times

Hours Days

< Sundays >



Monitoring



Build community that supports one another within your space (online, class, virtual)

881 views - Liked by tafvsanders and unbrandable wernative Ask Uncle - Hey Uncle, I'm struggling to connect with my culture, how do you connect?

Comments:

- [Redacted] Nice video :) 13w 1 like Reply
- [Redacted] Than you 🙌 14w 1 like Reply
- [Redacted] ❤️ 14w 1 like Reply
- [Redacted] 💜 14w 1 like Reply
- Reply to rhondezzy16...
- [Redacted] thank you! 14w 1 like Reply
- [Redacted] 😘😘😘😘😘 Sending Much Love from New York/ East Coast Native 🙌🙌🙌 14w 1 like Reply
- [Redacted] ❤️ 14w 1 like Reply

556 views - Liked by elcud and hectordcollector wernative Ask Uncle - Hey Uncle, I was taking part in a conversation and I made a reference to the wendigo, the individuals I was speaking to immediately got offended. I meant no offense as I am not native in any way but I do live around the Great Lakes which is why I've heard of it. What do I do? For full answer text UNCLE to 97779

Comments:

- [Redacted] This is crap!! You did not offend them!! Being offended is a choice... YOU choose to be offended. You cannot make anyone do anything... WE ALL HAVE A CHOICE!!! 37w Reply

Comments:

- [Redacted] personally it's just not supposed to be talked about because it's like you're calling the evil you and it's being attracted, definitely taboo to speak about them ! 37w 2 likes Reply
- [Redacted] love this ! 37w Reply



4. Organizational Assessment

What's your capacity for managing a "Q&A" service?



Virtual Adaptation Guide



Organization Self-Assessment

Questions to Assess Capacity for "Q&A" Service: Complete checklist together with your team.

Planning and Capacity

Question	1- Strongly Disagree	2- Disagree	3- Neutral	4- Agree	5- Strongly Agree	Suggestions
Our organization has a plan in place for how we will implement a "Q&A" Service.						
Our team has the skills and/or training to implement a "Q&A" Service.						
We have created a plan for engaging youth for "Q&A" Service.						
We have a plan for supporting youth experiencing trauma within our "Q&A" Service.						

Logistics/Plans for "Q&A" Service Implementation

Question	1- Strongly Disagree	2- Disagree	3- Neutral	4- Agree	5- Strongly Agree	Suggestions
We have identified which platform(s) we will use to implement our "Q&A" Service.						
We have identified a date to begin our "Q&A" Service and a timeline for delivery.						
We have identified what setting our "Q&A" Service will take place (e.g., via website, social media channels, text-message, Question Box, etc.).						
Our team has identified how many <u>youth</u> we can provide "Q&A" Service to.						

Partnerships and Community

Question	1- Strongly	2- Disagree	3- Neutral	4- Agree	5- Strongly	Suggestions



4.

How are others
doing it?

Let's hear what folks around Indian Country and
Alaska are doing...



[Land & People](#)
[Government](#)
[Enterprises](#)
[Programs](#)
[S'Klallam Foundation](#)

PGST Ask Aunty / Ask Uncle - Port Gamble S'Klallam Tribe

Fields marked with * are required

Name

Email (optional)

Phone (optional)

Question

Enter captcha security code

Disclaimer: Please note this line is NOT monitored 24/7. If you are in crisis, please call 911, or the Suicide Prevention Lifeline at 1-800-273-8255.

Port Gamble S'Klallam Tribe, WA

Got Questions About COVID-19?

Check out these videos by Auntie Misty about keeping ourselves and our community safe. Don't see what you are looking for? Check out our [COVID FAQs](#) or call the [COVID-19 Community Helpline](#).

Ask Auntie Misty

[See more >](#)

Got COVID Questions?
 Check our list of [Common COVID-19 FAQs](#)
[Back to COVID-19 Home >](#)

Stockbridge-Munsee, WI

Ask Nurse Lisa

Do you have questions about STIs or other sexual health issues? Ask Nurse Lisa and she will do her best to answer them!

Enter Email Confirm Email

Where do you live?

Outside the U.S.A.

What's on your mind?

CAPTCHA

I'm not a robot

I Know Mine, AK



Padlet Flowing Grid

Use the link in the chat box to join...

Virtual “Q&A” Box:
Type your anonymous
questions



4. Let's Talk About it!

Logistics

Share Your Video
Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



Practice in Action

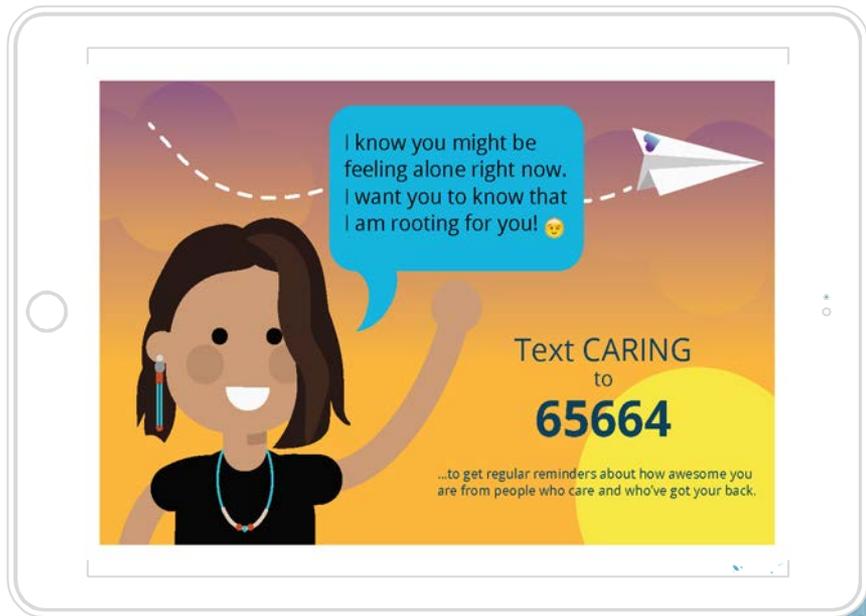
Taking it back home!



Find Curricula on *Healthy Native Youth*



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



For 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](#)

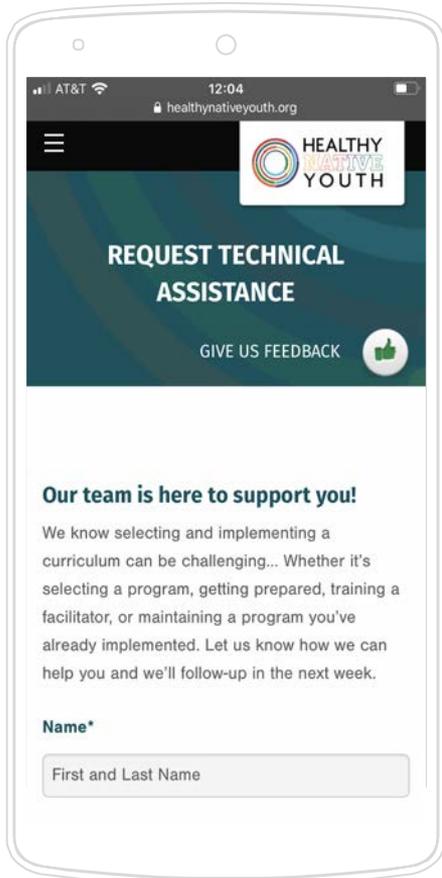
PASSWORD: 020558

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

Thank you!

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

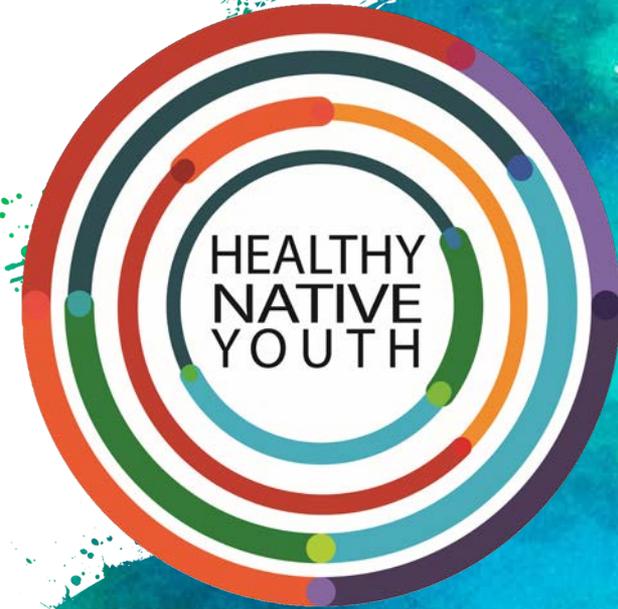


Michelle Singer
msinger@npaihb.org



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

“Can't stop the spirits when they need you
This life is more than just a read through”

Red Hot Chili Peppers

