



# 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](mailto:tghostdog@npaih.org)



**Celena McCray,  
MPH**  
Navajo  
I love my McCray's  
[cmccray@npaih.org](mailto:cmccray@npaih.org)



**Asia Brown**  
Choctaw Nation of Oklahoma  
(she/ her/ hers)  
I love animals.  
[ambrown@npaih.org](mailto: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](mailto:ltate@npaih.org)



**Paige Smith**  
Paiute, Modoc, Wasco  
and Shoshone from Warm  
Springs  
I love...  
[psmith@npaih.org](mailto:psmith@npaih.org)



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



# Live Virtual Training Logistics

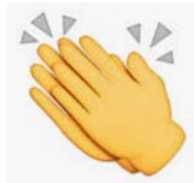


## Logistics

- You are muted
- If comfortable, share video

## Engagement

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

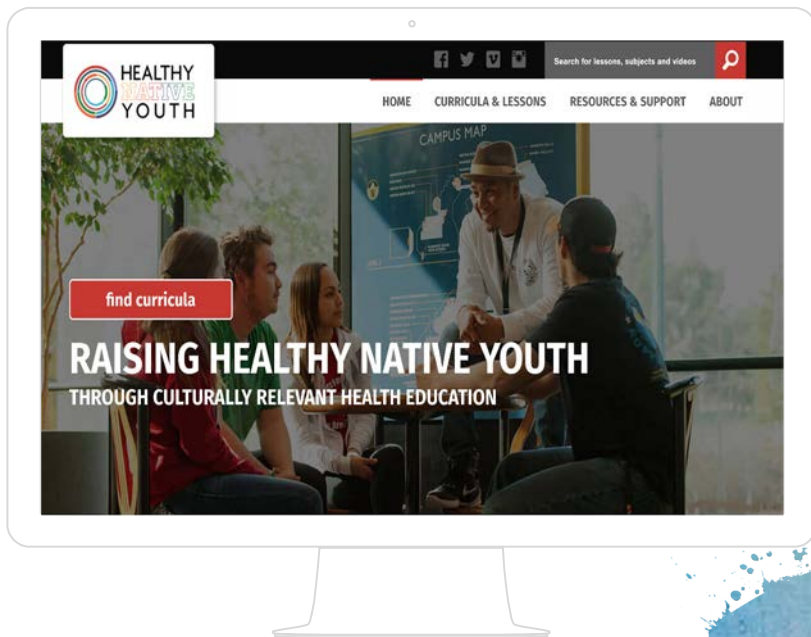




# Welcome, Welcome, Welcome!

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

Ask Auntie & Uncle A Question

## Most Recent Questions

**I want to get my children who are registered with me. I want to get a mentor first. How and where can I find one?**

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 in your area. They might offer powwow dance classes or know of... [Read More](#)

**I know the recommendation**

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?!**

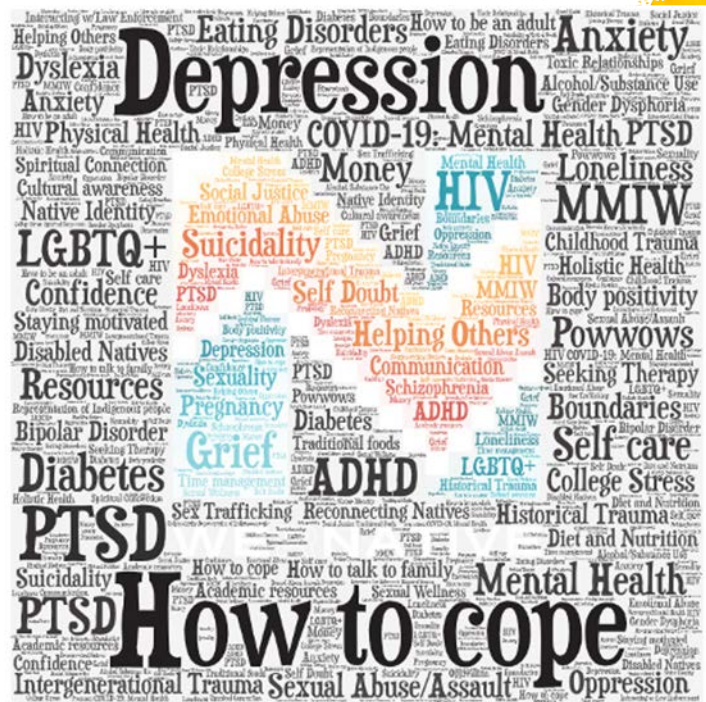
I believe this is an important question. Finding where you come from and helping establish your identity are all necessary in life. Knowing why and what things are in place to protect your cultural knowledge is important as well. ICWA (Indian Child Welfare Act) exists to protect the best interest of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

A vertical collage of mental health and social justice terms, including Anxiety, PTSD, Loneliness, MMIW, Childhood Trauma, Body positivity, Powwows, Seeking Therapy, Boundaries, Self-care, College Stress, Historical Trauma, Diet and Nutrition, Mental Health, Hope, and Oppression, set against a background of orange and yellow paint splatters.

n adult  
 disorders  
 n  
 tal Health  
 PTSD  
 Loneliness  
 MMIW  
 Childhood Trauma  
 Holistic Health  
 Body positivity  
 Powwows  
 Seeking Therapy  
 Boundaries  
 Self-care  
 College Stress  
 Historical Trauma  
 Diet and Nutrition  
 Mental Health  
 Hope  
 Oppression

For Native Youth to learn about...

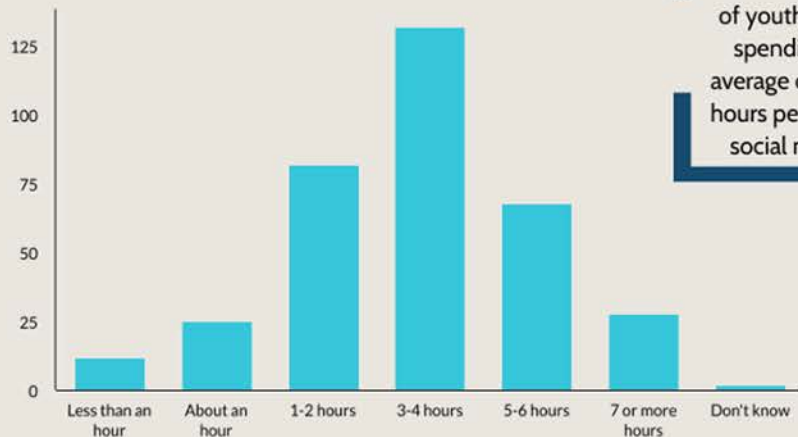
1. Native Identity or Cultural Pride (73%)
2. Mental Health (57%)
3. Social Justice and Equality (31%)





# 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%












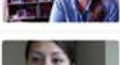
Other  
2.0%



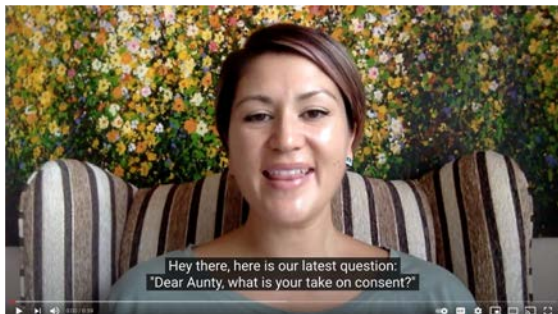
“Women lie, men lie. Numbers don’t.” – Jay Z

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**



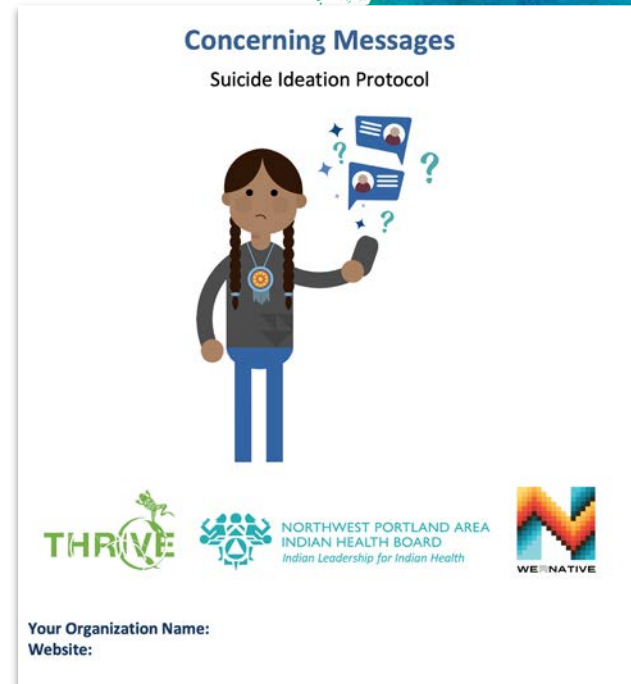
# Concerning Messages Protocol Handbook

## 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!*

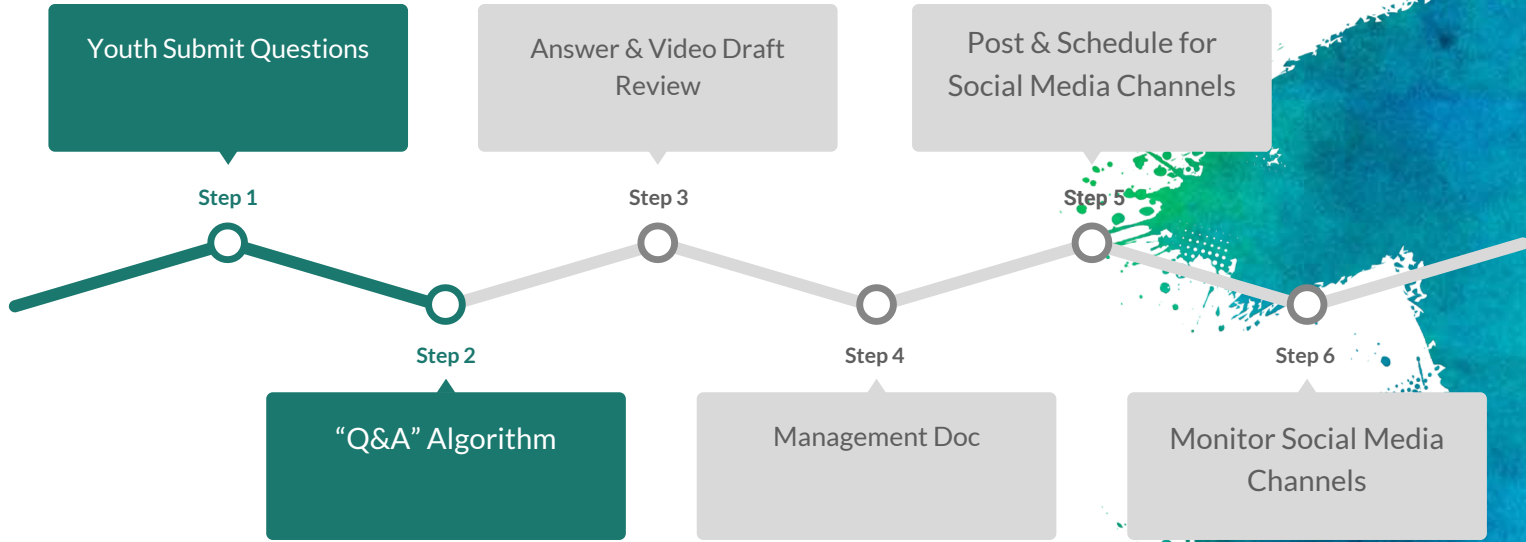


# 3. How it all goes down...

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




# “Q&A” Rundown





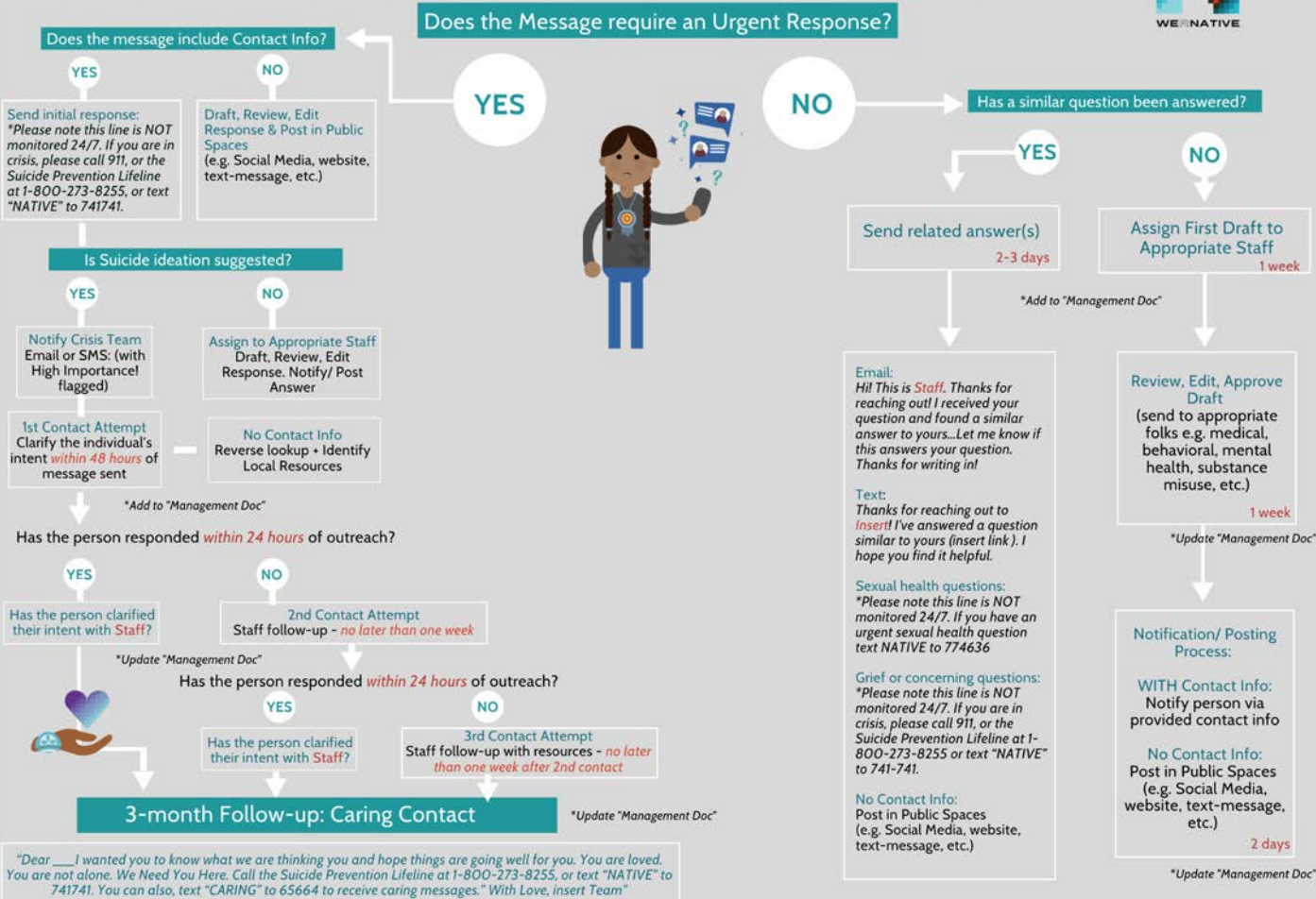
# Youth Submit Q's

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

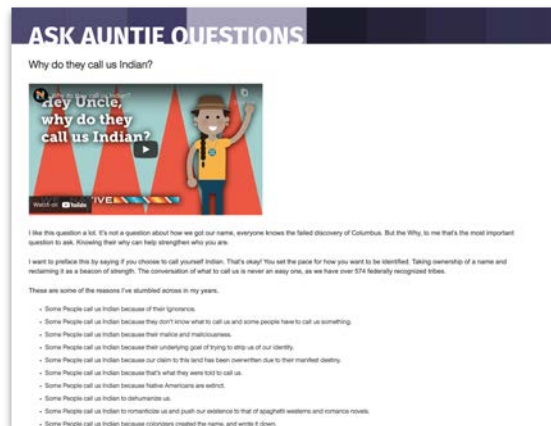
Name (Optional)  
 Tommy Ghost Dog  
 Email (via email)  
[tgghostdog@npsaihb.org](mailto:tgghostdog@npsaihb.org)  
 Cell (via text)  
 (503) 400-8301  
 Twitter (via direct message)  
 @vernative  
 Facebook (via private message)  
 @vernative  
 Question  
 baseball



# "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)



# Management Doc



## Contact Info Queue

### Five Tabs

- ★ Monthly Schedule
- ★ Contact Info Queue
- ★ No Contact Info Queue
- ★ Urgent Q's - Caring Contact
- ★ Completed

	A	B	C	D	E	F	G	H	I	J
	Question	Folder Link	Where to Find/ Title	Contact Info	Date Submitted	Assigned to	Is It a Recycled Q?	Draft	Notified	Posted
1	why they call us indian ?	folder link (e.g. Box, Google docs, etc.)	Indian_April 2021	Name + Contact Info	4/11/21	Amanda	No	4/16/21	4/20/21	<a href="https://www.waernative.org/ask-junior-questions/hello-junior-im-hehayaan">https://www.waernative.org/ask-junior-questions/hello-junior-im-hehayaan</a>
2	Hi how are you		Sally	555-765-XXX	4/13/21	N/A	N/A			
3	about a month ago i got out of a really unhealthy relationship. i've been healing from it but it's very hard because i have to see the boy at school. he wasn't at school monday and i felt good. i saw him today and spun out. how do i make this stop?			Name + Contact Info	4/21/21	Clinic Psychologist	N/A		Ursula Initial contacted 4/21	See Urgent Q tab for follow up
4	How do I find out if I should receive a check for being Indian			Name + Contact Info	4/14/21	Lael	Yes, send previous response link			
5	Who may I ask for help with my sons' coming of age ceremony?		Coming of Age April 2021	Name + Contact Info	4/14/21	Paige		4/21/21		

## Urgent Q's - Caring Contact

	A	B	C	D	E	F	G	H	I
1	<b>Auto Response:</b> 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								
	Question	Contact Info	Date Submitted	Assigned to	First Contact	Second Contact	Third Contact	3-month "Caring Contact" Date	Person Responsible for sending "Caring Contact" Calendar invite
2	I want to die because of the government are effecting my benefits and is making my mental health but i don't know what to do? □□□□	No contact info	11/19/20	Ursula	Posted on SM: 11/19/2020	N/A	N/A		

# Posting

## Facebook Creator Studio

The image shows a screenshot of the Facebook Creator Studio interface. In the background, the 'Create Post' window is open for the page 'We R Native'. It features a notification banner stating: '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, followed by a grid of 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.

In the foreground, a 'Schedule Post' modal is open. It contains the following information:

- Schedule Post** (with a close button)
- Publishing Schedule**
  - ☒ **Publication**
  - Select a date and time in the future to publish your post.
  - Date: 5/16/2021
  - Time: 5:35 PM
  - Timezone: PDT
- Distribution Schedule**
  - ☐ **Stop News Feed Distribution**
  - 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.
- Buttons: **Cancel** and **Schedule**



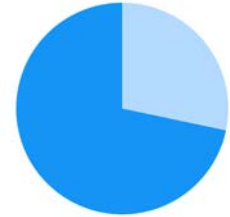
# Posting Analytics

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 >

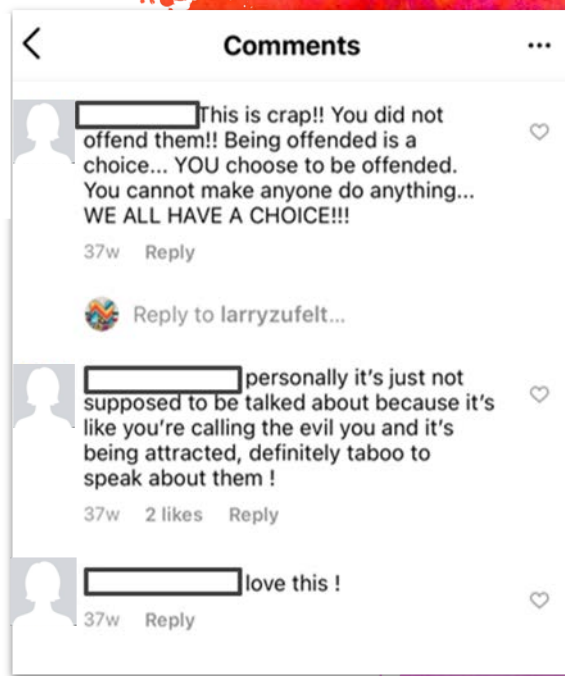
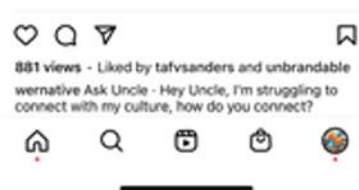




# Monitoring



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



# 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 Disagree	2- Disagree	3- Neutral	4- Agree	5- Strongly Agree	Suggestions
----------	----------------------	-------------	------------	----------	-------------------	-------------



4.

How are others  
doing it?

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







**nas'qiyt nas'S'áyámí**  
PORT GAMBLE S'KLALLAM TRIBE

Land & People | Government | Enterprises | **Programs** | S'Klallam Foundation

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


\*Items 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?

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

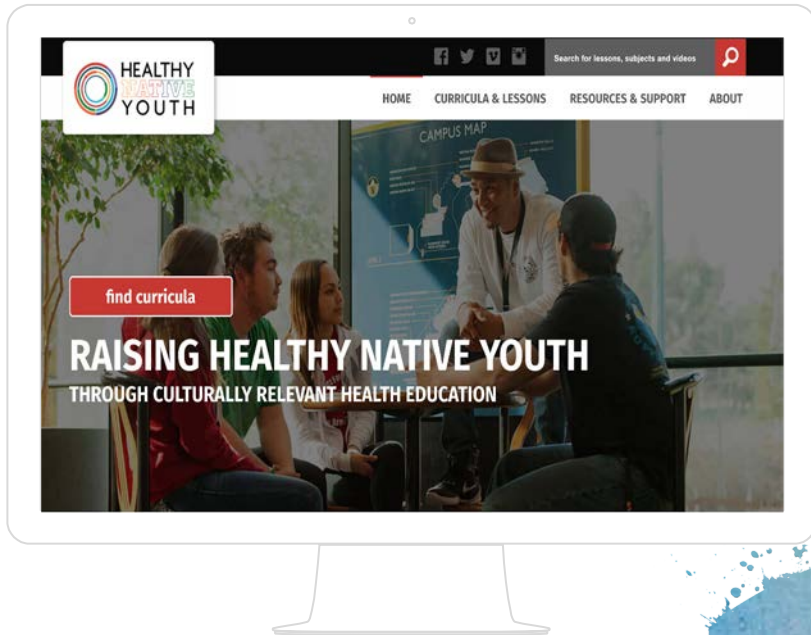
Taking it back home!

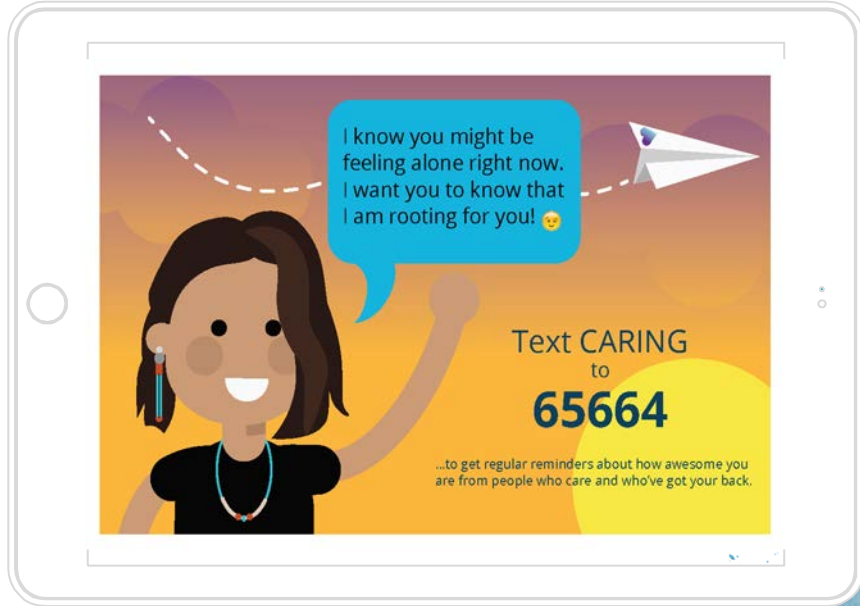




# Find Curricula on *Healthy Native Youth*

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

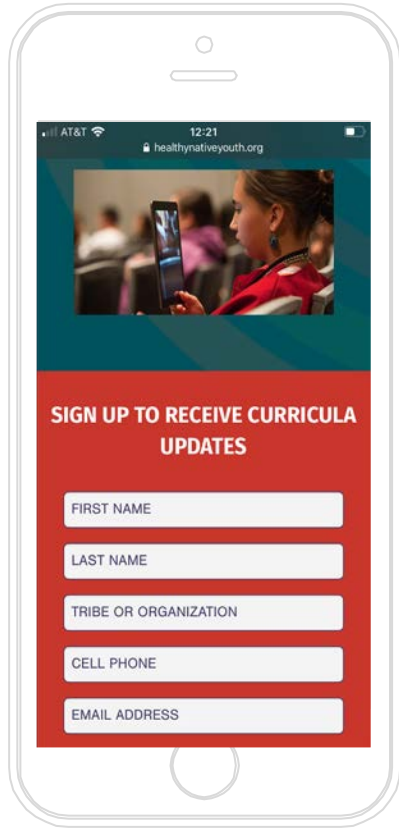




# For Youth: Text “Caring” to 65664

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 [JOIN LINK](#)

PASSWORD: 020558

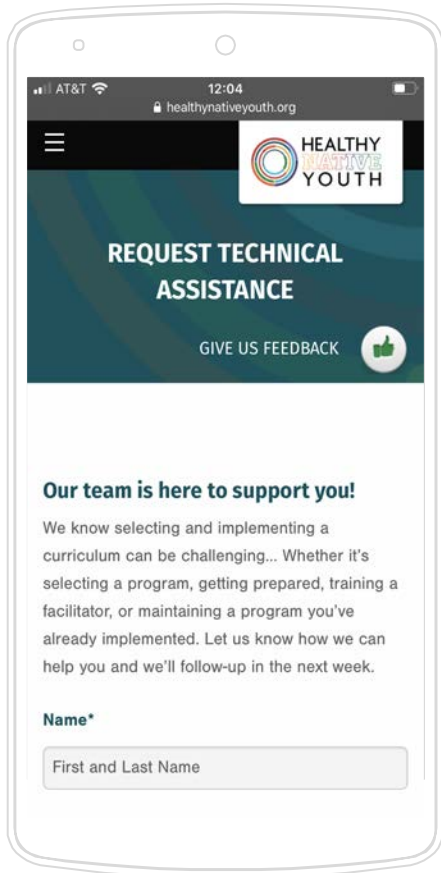
JOIN BY PHONE ONLY:  
+1 646 558 8656 US  
MEETING ID: 929 2852  
5787

TEXT: HEALTHY TO 97779

- |               |  |
|---------------|--|
| January 13th  | Substance Misuse & Help-Seeking Skills                                   |
| February 10th | Connecting our Past with our Present<br>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<br>"Ask Auntie/ Ask Uncle" |
| June 9th      | 2SLGBTQ: Level up the Inclusion  |
| July 14th     | Text Messaging Campaigns   |

# Leave Your Email in Chatbox





A smartphone mockup displaying the Healthy Native Youth website. The status bar at the top shows 'AT&T', signal strength, Wi-Fi, the time '12:04', and the URL 'healthynativeyouth.org'. The header features a hamburger menu icon on the left and the 'HEALTHY NATIVE YOUTH' logo on the right. The main content area has a dark green background with the text 'REQUEST TECHNICAL ASSISTANCE' in white. Below this is a 'GIVE US FEEDBACK' button with a thumbs-up icon. The lower section has a white background with the heading 'Our team is here to support you!' followed by a paragraph of text. At the bottom, there is a 'Name\*' label and a text input field with the placeholder 'First and Last Name'.

AT&T 12:04 healthynativeyouth.org

HEALTHY NATIVE YOUTH

REQUEST TECHNICAL ASSISTANCE

GIVE US FEEDBACK

**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

# 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

