Back to School: Intentional Balance

September 8th, 2021, 10:00-11:30 am PST
Let us Start with a Blessing

“Awareness is the beginning to unfolding your path.”
Kerry Weavind
Halito! Keshi! Hello!

Robert Johnston
Muscogee Creek/Choctaw
(he/him)
I love healing.
chiefwoogiefoot@aol.com

Danica Brown, MSW, PhD
Choctaw Nation of Oklahoma
(she/her)
I love puppies (it’s in my bio).
dbrown@npaihb.org
Live Virtual Training Logistics

**Logistics**
- You are muted
- If comfortable, share video

**Engagement**
- Padlet & Jamboard
- Chat box
- Icons (Zoom & More)
Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- Name, Pronouns
- Tribe/ Organization
- Where you from?
- Maternal/ Paternal grandparents
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...

★ **acknowledge** your levels of awareness to access where you’re at today

★ **practice** rebuilding activities to create a foundation of intentional balance

★ **envision** practices to help you THRIVE today and tomorrow!

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

1. Burnout Activity - 5 min
2. Acknowledge - 15 min
3. Rebuild - 15 min
4. Time-management Activity - 5 min
5. Wellness Moment - Dot breathing - 3 minutes
6. Thrive! - 15 min
7. Let’s Talk About it! - 20 min
Burnout Activity on Padlet

Use QR code or the link in the chat box to join...

Today I am Feeling...
1. Acknowledge

Before we can do anything, we must first acknowledge and access where we are at...
Land Acknowledgement
Visualization
Inside/ Outside Solutions: Creating Safe Circles

What is it?
How does it impact me (mental, social, physically, spiritual)?
What can/ will I do about it?
Chatfeed Convo: Type Questions, Ask Away!
2. Rebuild

How do we move forward?
Multidisciplinary Teams

★ Effective Partnerships (Relationships & Connection)
★ Collaborative Innovations that have potential to improve health
★ Health services need high-level skills at boundary spanning
The more threads, the stronger the fabric’

We’ve Got Skills!

I don’t have the capacity to do that, but what I can do...
Use QR code or the link in the chat box to join...

What are your fav management tools?
Wellness Moment

Dot Breathing Exercise
3. Thrive

Now let's do this with intention!
Relationships
Self Care vs Community Care

Shouting “self-care” at people who actually need “community care” is how we fail people.
-Nakita Valerio

Audre Lorde Project
Chatfeed Convo:

What makes you laugh????

What makes you feel good?
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
Text “Caring” to 65664 For Youth

To get regular reminders about how awesome you are from people who care and who’ve got your back!

https://www.healthynativeyouth.org/resources/
“College” to 65664 For College Youth

To get regular reminders about how awesome you are from Native College students who have been there and care about what you’re going through!

https://www.healthynativeyouth.org/resources/
Talking is Power
For Adults

Tips & Resources for
★ Talking to Youth About Sexual Health
★ Getting the convo started
★ Online Printable Resources here

TEXT "EMPOWER" TO 97779

Ya’at eeh!
My name is Michelle!
My pronouns are she and her.
Give yourself a high five from me! I’m glad you’re here!

Talking with youth about sensitive topics is never easy, but it’s important. You are your teen’s biggest influencer when it comes to making decisions about sex and healthy relationships.

Text EMPOWER to 97779
You’ll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We’ll cover sexual health, pregnancy, STDs, and consent. You don’t need to have all the answers, you just need to start talking – be open and honest – and keep at it. Talking with your teen will help them make healthy decisions.

#TalkingIsPower  #weRnative  #HealthyNativeYouth
Sign up for the Healthy Native Youth Newsletter!
Stay up to Date with the Latest...
## 2021-22 Community of Practice Lineup

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 8, 2021</td>
<td>Back-to-School: Intentional Balance</td>
<td>What a year it has been! More than ever, we find the need to create intentional safe spaces for students and those we serve to speak, share, and thrive in this unique school year. Join Poland Principal from the Native Wellness Institute and David Brown from the Native Wellness Society to re-image what it means to be a student in our schools. We will discuss the need to find spaces for students and staff to speak, share, and thrive in this unique school year.</td>
</tr>
<tr>
<td>October 13, 2021</td>
<td>Tackle Trauma with Care</td>
<td>Indigenous communities have long faced resilience skills to cope, rebuild, and relived out deeply and place. Join the Native Children’s Trauma Center to talk through trauma-informed practices to address and heal from the trauma we have experienced and individually and community during the pandemic. Together, we will build a toolkit to support our Native ways.</td>
</tr>
<tr>
<td>November 10, 2021</td>
<td>Cultural Competency to Raise Healthy Native Youth</td>
<td>Culture is a unifying, everything we do, from language, music, dance, and process. Education is a key tool to help build knowledge and understanding of our rich Indigenous history and Native wellness approaches to share their experiences and impart cultural competency. Join the Native Health Coalition of Arizona, Inc., the Navajo Nation Tribal Health Consortium, the Native Health Leadership and Native Social Media Influencers to share their experiences and impart cultural competency.</td>
</tr>
<tr>
<td>December 8, 2021</td>
<td>Set the Stage for Program Success</td>
<td>Our stories have taught us the importance of the gathering season to prepare and maintain us throughout the year. Setting a strong foundation for change is key for our success. Join the HVN to talk about how to GATHER and process community and youth impacts and build a successful year for the program.</td>
</tr>
<tr>
<td>January 12, 2022</td>
<td>Pickers Can be Choosers: Choosing a Program</td>
<td>You have gathered youth and community feedback to identify health values, resources, needs, and empathy. Now you are ready for the CHOICE phase! Let the HVN team help guide critical criteria for program selection, gathering empathy, and tips on involving youth in the selection process. These programs will be selected by the Y&amp;N, Native Health Coalition, and Native WPOE Members. Native You Can.</td>
</tr>
<tr>
<td>February 9, 2022</td>
<td>Thrive in the Spaces We Create</td>
<td>Help Native youth build social, family, and community spaces together using Indigenous leadership and peer mentoring approaches. Here, Native youth are using creative expression to positively process tensions in their spaces. Come learn how you can help youth in your community do the same.</td>
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<td>March 9, 2022</td>
<td>Prepare for Implementation Success</td>
<td>Now that you have a program, you can prepare for implementation success. Join us to learn how to prepare your implementation plan. Let the HVN team help you with strategies and tools to prepare your implementation success.</td>
</tr>
<tr>
<td>April 13, 2022</td>
<td>Stand Up to STD/HIV stigma</td>
<td>Create health education message that reaches the audience you care about and that is relevant to their lives. Join us to stand up to STD/HIV stigma through relevant, evidence-based approaches to Indigenous Sexual Health. Bring new ways of thinking to our health program to help Native youth. Join us to learn how to stand up to STD/HIV stigma through relevant, evidence-based approaches to Indigenous Sexual Health.</td>
</tr>
<tr>
<td>May 1, 2022</td>
<td>Concerning Social Media Posts Workshop</td>
<td>Open your social media to the indigenous youth by using social media on a regular basis. Join us to learn how to use social media to your advantage.</td>
</tr>
<tr>
<td>June 8, 2022</td>
<td>Staying Connected</td>
<td>Now is the time to think about what other ways you can support each other and maintaining the partnership. Join us to think about what other ways you can support each other and maintaining the partnership.</td>
</tr>
<tr>
<td>July 13, 2022</td>
<td>Sustain and Grow your Program</td>
<td>Congratulations! You have implemented your program and are now in the GROW phase. Let the HVN team help you with strategies and tools to help you sustain your program.</td>
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Contact us: [agency-on-somatex.org](agency-on-somatex.org)  [www.healthtreaty.org](www.healthtreaty.org)
Text: HVN at 977976 Email: [management@somatex.org](management@somatex.org)

Click here to register to attend the next meeting.
We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA

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
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

“Dedicated to all people, present and past, who have dedicated their lives to preserving the traditional way of life.

To our ancestors for becoming the Earth. To our Elders for never giving up.

To our parents for dreaming. To our children for forgiving. To the animals for their mercy.

To the Creator for giving us the ability to create. And to you...FOR BEING YOU!”

– Robert Johnston, Native Wellness Institute