



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@npaih.org



**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**

Indian Leadership for Indian Health

Live Virtual Training Logistics

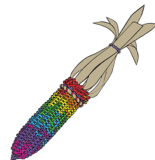


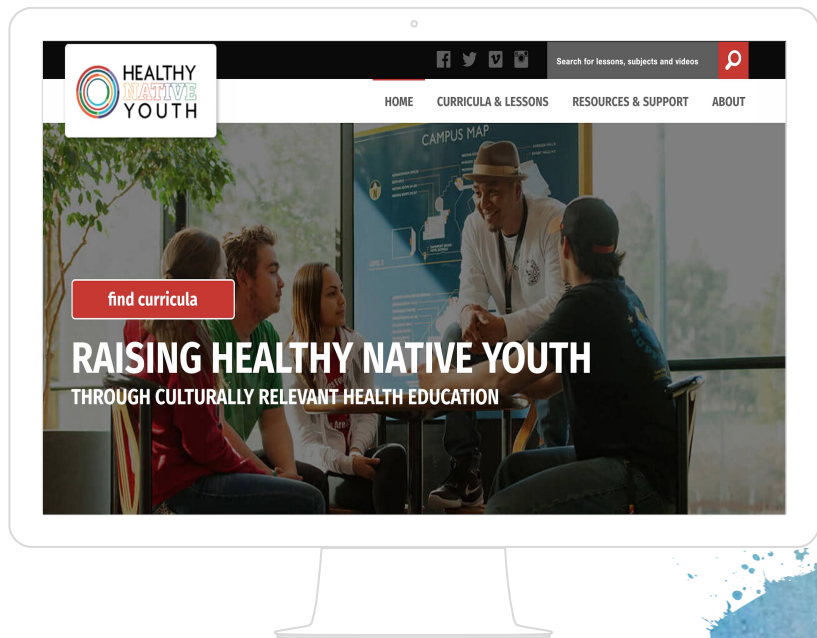
Logistics

- You are muted
- If comfortable, share video

Engagement

- Padlet & 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



Where we're at today...

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?

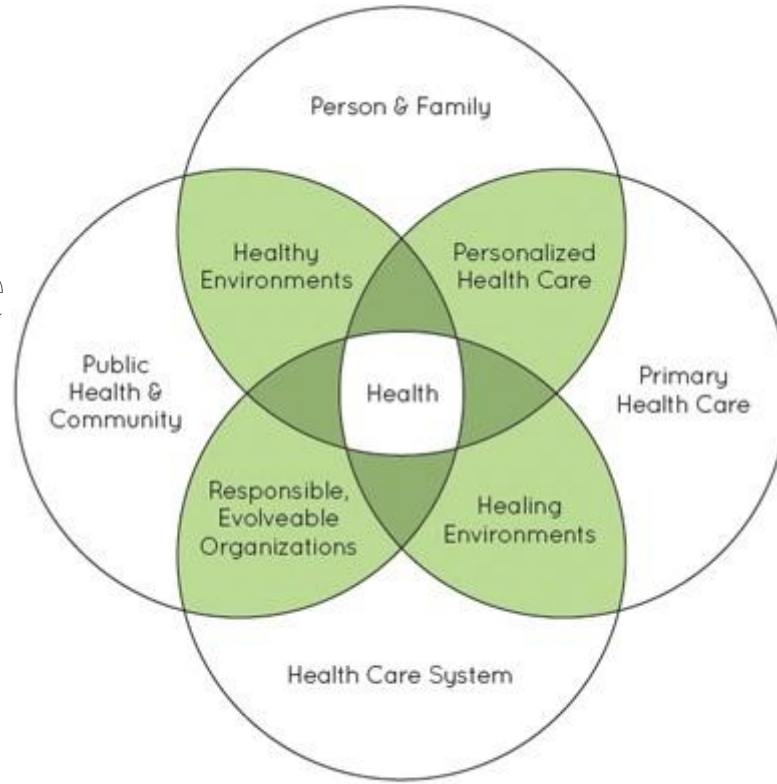


Multidisciplinary Teams

- ★ Effective Partnerships (Relationships & Connection)
- ★ Collaborative Innovations that have potential to improve health
- ★ Health services need high-level skills at boundary spanning

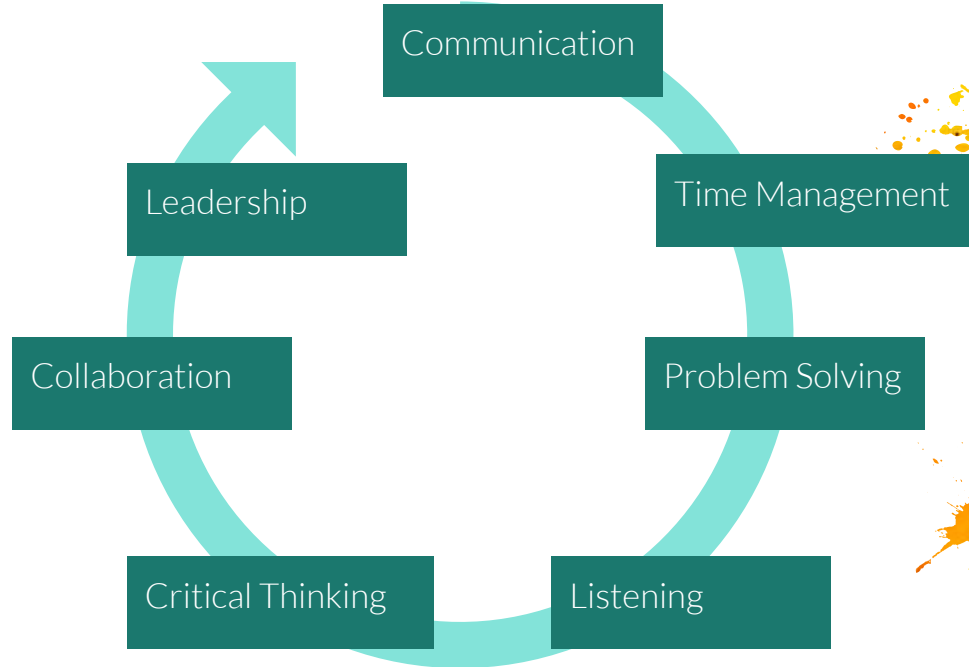


The more
threads, the
stronger the
fabric'



We've Got Skills!

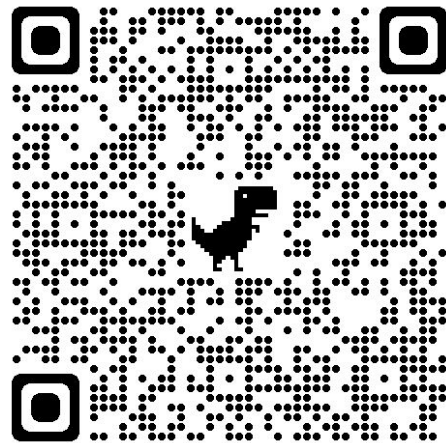
I don't have
the capacity to
do that, but
what I can do...



Jamboard

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

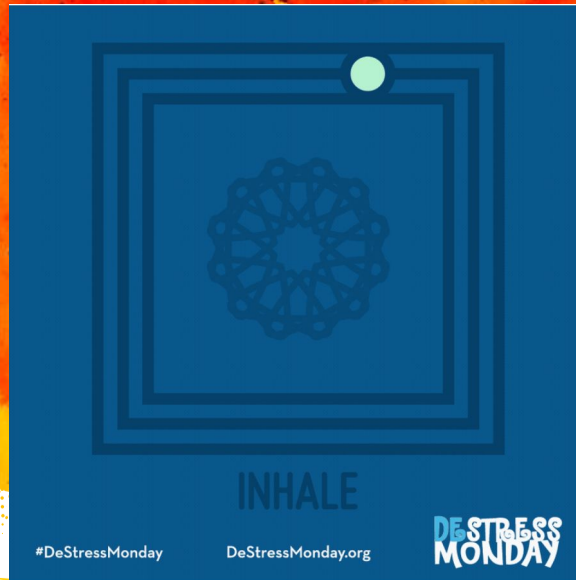
*What are your fav
management tools?*



Wellness Moment



Dot Breathing Exercise



#DeStressMonday

DeStressMonday.org

DeStress
MONDAY



3. Thrive

Now let's do this with intention!





Relationships

Self Care vs Community Care



Image: [Audre Lorde Project](https://alp.org/breaking-isolation-self-care-and-community-care-tools-our-people)

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

Audre Lorde Project

<https://alp.org/breaking-isolation-self-care-and-community-care-tools-our-people>



Chatfeed Convo:

What makes you laugh????

What makes you feel
good?

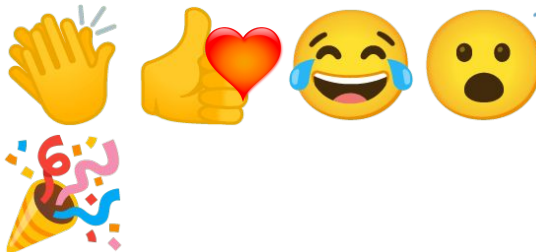
4. Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



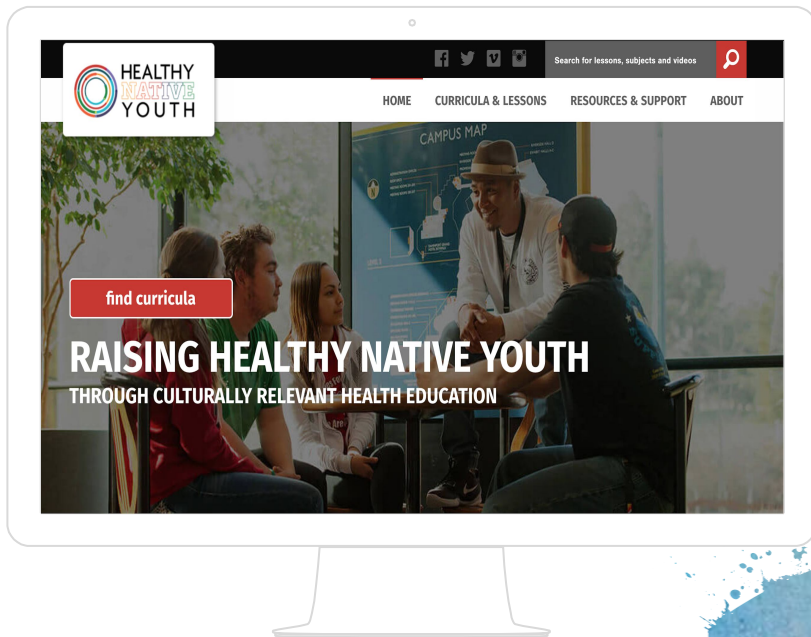
Practice in Action

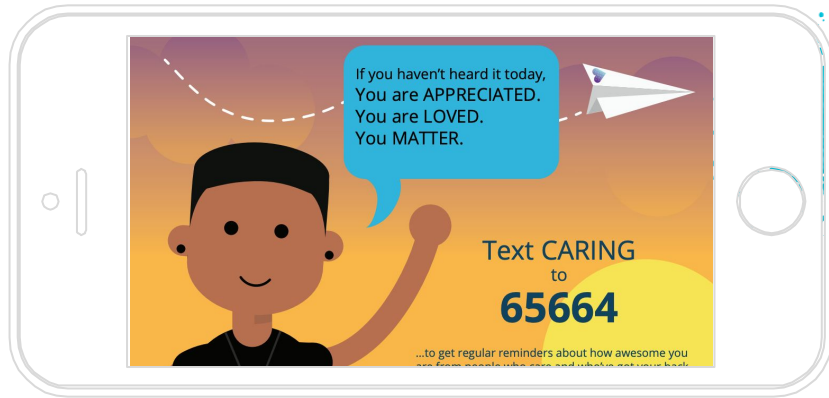
Taking it back home!



Find Curricula on *Healthy Native Youth*

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





<https://www.healthynativeyouth.org/resources/>

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!



**LAUNCHED
SEPT. 6TH!**

Text “College” to 65664

For College Youth

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

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**

TALKING IS POWER

A Text Messaging Service for Parents and Caring Adults

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

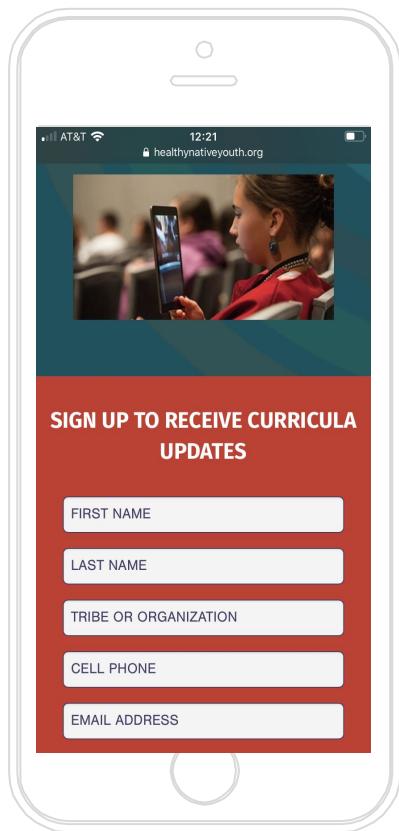
Ya'at eeh! My name is Michelle! My pronouns are she and her. Give yourself a high five from me! I'm glad you're here!

What's a rule you have for your relationships? How can you respect other people's rules and boundaries?

www.healthynativeyouth.org
fb.com/HealthyNativeYouth
Listserve: Text "YouthNews" to 22828
<https://www.instagram.com/healthynativeyouth/>
[@HealthyNativeYouth](mailto:native@npaihb.org)
native@npaihb.org

HEALTHY NATIVE YOUTH

CURRICULA LESSON PLANS HANDOUTS RESOURCES



Sign up for the *Healthy Native* *Youth* Newsletter!

Stay up to Date with the Latest...

New Line Up!

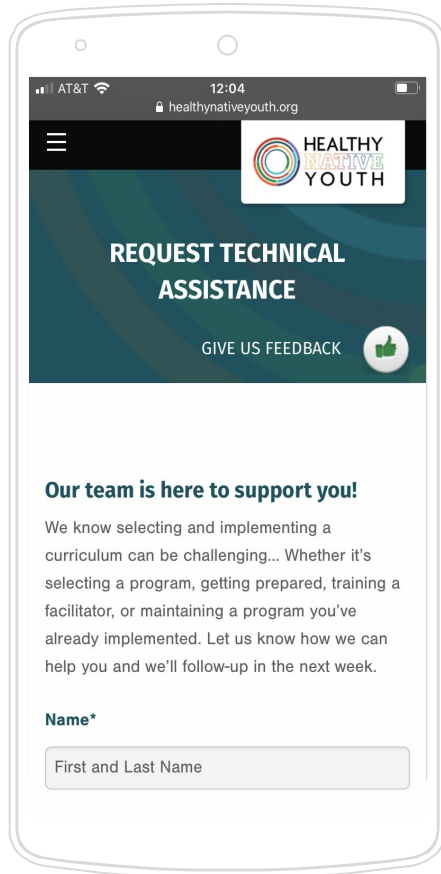
2021-22 Community of Practice Lineup

Date	Title	Description
September 8, 2021	<i>Back-to-School: Intentional Balance</i>	<p>What a year it has been! Now more than ever, we find the need to create intentional safe spaces for ourselves and those we serve to acknowledge, rebuild, and thrive in this upcoming school year.</p> <p>Join Jilene Joseph from the Native Wellness Institute and Danica Brown from the NPAHB who will help create a space for you to work through burnout, re-traumatization in the workplace, time-management and boundaries to carve a path towards intentional balance.</p>
October 13, 2021	<i>Tackle Trauma with Care</i>	<p>Indigenous communities have long fostered resiliency skills to cope, rebuild, and reclaim our beauty and place.</p> <p>Join the Native Children's Trauma Center to walk through trauma informed practices to address and heal from the trauma we have all experienced individually and communally during the pandemic. Together with heal and thrive!</p>
November 10, 2021	<i>Cultural Competency to Raise Healthy Native Youth</i>	<p>Culture is engrained in everything that we do, from how we engage, learn, and process information. In order to best serve our Native youth, we must share our experience and the science behind culture as prevention so that our Relatives and allies can best support the health of our Native youth.</p> <p>Join the Intertribal Council of Arizona, Inc., the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media Influencers to share their experience imparting cultural competency.</p>
December 8, 2021	<i>Set the Stage for Program Success</i>	<p>Our Elders have taught us the importance of the gathering season; to prepare and maintain us throughout the year, setting a strong foundation to create ease and success for the future.</p> <p>Join the HNY crew to talk about how to GATHER and process community and youth input on health priorities and interests to set the stage for program success.</p>
January 12, 2022	<i>Pickers Can be Choosers: Choosing a Program</i>	<p>You have gathered youth and community feedback to identify health priorities, resources and needs. Now you are ready for the CHOOSE phase!</p> <p>Let the HNY crew help choose critical criteria for program selection, getting approval, and tips for involving youth in the selection process. Hear from program developers on Native youth programming: We R Native, Native STAND, Native WYSE Choices, Native It's Your Game.</p>
February 9, 2022	<i>Thrive in the Spaces we Create</i>	<p>Help Native youth build affirmative, inclusive, FUN and creative spaces together using Indigenous leadership and peer mentoring approaches.</p> <p>Hear how Native youth are using creative expression to positively process emotions to thrive in their spaces. Come learn how you can help youth in your community do the same.</p>

2021-22 Community of Practice Lineup

Date	Title	Description
March 9, 2022	<i>Prepare for Implementation Success</i>	<p>Now that you have chosen a program, you can prepare for implementation success!</p> <p>Let the HNY crew help to PREPARE an IMPLEMENT a plan that includes recruitment, guest speaker lineup, supplies and incentives for implementation success. You've got this and we've got your back!</p>
April 12, 2022	<i>Stand Up to STD/HIV Stigma</i>	<p>As sexual health educators we know the challenges of community and youth attitudes, biases, misinformation, and STD/HIV stigma that presses and harms the health of our Tribal communities.</p> <p>Join us as we stand up to STD/HIV stigma through holistic approaches to Indigenous Sexual Health. And, hear about successful HIV/STI self-testing programs from the Alaska Native Tribal Health Consortium – I want the Kit!</p>
May 11, 2022	<i>Concerning Social Media Posts Workshop</i>	<p>Learn how you can become the trusted adult youth can turn to when they view or post concerning messages on social media.</p> <p>Suicide prevention remains challenging among youth, as many do not disclose thoughts of suicide before making an attempt. However, youth may disclose depression symptoms and suicidal ideation via social media, like Instagram, TikTok, Twitter, Snapchat, and through text messaging.</p> <p>These public disclosures may provide new opportunities to identify youth at risk and connect them to appropriate resources and support. Join us to learn how!</p>
June 8, 2022	<i>Staying Connected</i>	<p>Summer is fast approaching and so our conversations shift to how we can stay connected and keep program momentum going with summer programs and peer/elder mentorships.</p> <p>Join the CoP crew to talk about what others and doing how we can support each other's youth programming.</p>
July 13, 2022	<i>Sustain and Grow your Program</i>	<p>Congratulations! You have implemented your program and are now in the GROW phase.</p> <p>Let the HNY team help reflect on what worked, what can change, and what you've learned to help keep the momentum going.</p>
<div> <div> Contact us </div> <div> ageston-contractor@npathb.org msingaren@npathb.org </div> <div> www.healthynativeyouth.org Text HEALTHY to 87779 Click here to register in advance </div> </div>		





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: '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.' Below the paragraph is a 'Name*' label and a text input field containing 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](mailto: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](#)

