October 2021 CoP: Cultural Competency to Raise Healthy Native Youth

Host:
Amanda Gaston
Zuni Pueblo (she/ her)
Agaston-contractor@npaihb.org

Speakers:
I am Melissa "Qillauruq" Castaneda, she/ her
Inupiaq
I love to learn through storytelling.
You can find me at mjcastaneda@anthc.org

I am Jared Delaney, he/ him/ his
Klamath
I love sports.
You can find me at delanjar@ohsu.edu

Resources:
Healthy Native Youth: www.healthynativeyouth.org
https://www.tiktok.com/@we_r_native

An Executive Summary of the use of TikTok in reaching AIAN Youth in the COVID-19 era --


Visit We R Native to learn more about the Red Ribbon Week challenge:
https://www.wernative.org/contest

October 2021 monthly e-Newsletter by clicking here: https://conta.cc/3iALluj
Cultural Competency CoP Chatfeed

10:06:26 - Callie  Callie | Choctaw Nation Behavioral Health | Community Opioid Intervention Pilot Project | Talihina, OK | I am a member of the Choctaw & Cherokee tribes

10:06:39 - Norma  Norma, Hope Unlimited

10:06:42 - Rachael  Rachael, she/her/hers, Camp Fire Alaska's Rural Program

10:06:46 - Brandon  Brandon - Taos Pueblo/Seneca Nation

10:06:52 - Hannah  Hannah (she/her), Chevak Quissunamiut Tribe, Alaska Native Tribal Health Consortium HIV/STD Prevention Program

10:06:55 - Joseph  Joe, he/him, Camp Fire Alaska, Rural Alaska Program, originally from Maine, Polish-American

10:06:56 - Stephanie  Stephanie (she/her), Adolescent Health, NPAIHB

10:07:04 - Tasia  Tasia (she/her) from Dine Nation, Grants Cibola County Schools Equity Success Coordinator

10:07:05 - Cyanne  Cyanne | she/her | Sandia Pueblo | Notah Begay III (NB3) Foundation

10:07:05 - Patricia  Trish, she/her, ANTHC | Wellness and Prevention

10:07:08 - Francisco  Francisco but I go by Cisco. He/Him

10:07:10 - Anna  Hello from Homer, Alaska. I'm a temporary guest on the lands of the Dena'ina and Sugpaq people.

10:07:10 - Niky  Niky Rosebud Sioux Chemawa Indian School She/her

10:07:11 - Andrea  Andrea | She/her | Kodiak Area Native Association

10:07:11 - Lucy  Lucy (she/her), Johns Hopkins Center for American Indian Health

10:07:14 - Francisco  Camp Fire Alaska

10:07:15 - Sierra  Sierra, She/Her, Culture of Care Coach, Jefferson County ESD, Karuk Heritage

10:07:26 - Claudia  Claudia, Graduate Research Student at UT School of Public Health

10:07:28 - Alicia  Alicia, she/her, Youth Advocate, NAYA

10:07:30 - Toney, Navajo, UNM Hospitals, NM  Toney, he/him, Navajo, UNM Hospitals, New Mexico.

10:07:34 - Michele A, 2S nimiipuu  Michele, nimiipuu, no preferred pronoun, Community Engagement

10:07:35 - Rae (she/her)  Rae, she/her, Camp Fire Alaska
10:07:35 - Brianna  
Brianna (she/her) Nenana Native Association

10:07:37 - Norma  
I picked up a marraca

10:07:46 - Donna  
My camera isn't working but I have feathers and a dream catcher in my office

10:07:50 - samantha  
Sam (she/her) PBPN Native Connections, Mayetta KS

10:07:51 - Norma  
I'm a latina

10:07:53 - LeShaunya  
LeShaunya, She/Her, Prevention Educator with Capacity Builders Inc, located in Farmington NM. I am from the Navajo Nation. Dine Tribe.

10:07:55 - Jennifer  
Ya'at'teeh. My name is Jennifer . (she/her) I come from the Navajo tribe. I work as a foster care specialist for the Fort McDowell Yavapai Nation in Arizona.

10:07:57 - Marnie  
Marnie she/her Camp Fire Alaska

10:07:59 - jared delaney  
Jared Delaney He/Him/His, Klamath Tribes and We R Native TikTok person

10:08:01 - Donna  
Donna, Prevention Specialist, Winnebago Tribe of NE

10:08:06 - Ramon  
Ramon

10:08:09 - Laura  
Emotional pets: I have two fluffy cats sitting on my lap. :-)

10:08:12 - Leanne  
Leanne, She/her

10:08:17 - Shiigo  
Shiigo Navajo, United American Indian Involvment

10:08:20 - Jennifer  
Jennifer, Project Coordinator, ANTHC, Anchorage, AK

10:08:35 - Rachel  
Rachel (she/her), United Houma Nation in southeast Louisiana.

10:09:00 - Ramon  
Ramon, Nambe Pueblo, United American Indian Involvement, Inc.,

10:09:12 - Shelby K  
Shelby, she/her-Great Plains Food Bank- Tribal Community Liaison. I am from the Turtle Mountain Band of Chippewa Reservation

10:09:40 - Claudia  
I'm at a coffee shop so no personal item but caffeine has pulled wonders for me the last year.

10:09:46 - Chris  
Hi Everyone! Chris, she/her/hers, University of Texas School of Public Health, London, England

10:09:57 - Donna  
Good morning, I am Donna from Cochiti Pueblo New Mexico. I work for the Pueblo of Tesuque as the ICWA Case Manager/ Prevention Specialist/ Youth Coalition Coordinator and Tobacco Cessation.

10:09:58 - Melanie  
Melanie (she/her), San Carlos Apache. Community Health Educator employed with the Salt River Pima-Maricopa Indian Community in Scottsdale, AZ.
10:10:27 - Asia Brown | Choctaw Nation of OK | Sexual Health Communications Specialist | Washington Youth Sexual Health (WYSH) project | Northwest Portland Area Indian Health Board (NPAIHB) | ambrown@npaihb.org

10:10:56 - Michelle Singer (she/her) | Ya'at'eeh abini, my relatives! Michelle Singer (Navajo | Sher/Her), Healthy Native Youth Project Manager @ NPAIHB --> msinger@npaihb.org

10:10:56 - Nicole | Nicole, She/They, NPAIHB Contractor. I am in Austin, TX and descendent of both indigenous Texans of the Rio Grande Valley and Spanish/English Colonizers. Great to be here with you all today.

10:11:04 - Timotheen | Timotheen, Yup'ik (she/her)- Camp Fire AK, Anchorage Ak

10:12:19 - Carrie | Carrie, Native Americans for Community Action, Lasting Indigenous Family Enrichment Program Coordinator. Flagstaff, Az hello!

10:13:30 - Amanda Gaston | Welcome, welcome, welcome! If you'd like to message me, please do so on this profile. The one with my avatar I can't see while sharing my screen. :)

10:13:40 - Steven | Howka, Steven, San Pasqual Band of Mission Indians Tribal Youth Program

10:14:27 - Carrie | I have connection problems and it is better not to use video camera. sorry

10:17:45 - Nicole | Love that!

10:17:47 - Adina | Good Morning Adina from Ft. Yuma of the Quechan Tribe,

10:18:18 - Jane Manthei | That was wonderful Melissa! Thank you

10:18:35 - Hannah | It was beautiful, thank you for sharing Melissa.

10:19:09 - Michelle Singer (she/her) | Beautiful way to set the tone today, Melissa! Ahehee'

10:23:40 - Norma | Humor is also difficult to define.

10:24:24 - Amanda Gaston | This is what I was imagining!!! :)


10:27:19 - Nicole | Our people shape us in those big ways, for better or worse. Love that your community came together to build a network of support around you!

10:28:45 - Amanda Gaston | All our Relations :)
10:29:51 - hande  If any one has a quick tip.
10:30:23 - Amanda Gaston  @Hande - try this: +1 312 626 6799
10:30:34 - Amanda Gaston  Meeting ID: 973 0508 4070
10:31:35 - Amanda Gaston  We had the powdered cheese growing up. :)
10:31:47 - Laura  Sometimes you have to be cheesy to get through life. LoL
10:32:14 - Michelle Singer (she/her)  @Melissa, I LOVE that story! Just cute!
10:32:24 - Jane Manthei  Code: 5690 4757
10:32:59 - Jane Manthei  What makes you laugh? In what ways are you supported through humor?
10:33:24 - Alana  I love this story! On many levels, the most basic being I moved West from the East coast and still have never gotten used to orange cheddar, it weirdly disorients me every time!
10:33:59 - Anna  I'm from NY State and live in AK now for 16yrs- my folks still mail me cheese :) 
10:34:17 - Evelyn  who typed in penguin I think I found a new friend :)
10:34:21 - jared delaney  I love cheese but my stomach hates it haha
10:37:30 - Jane Manthei  Ted Lasso right now
10:37:46 - Michelle Singer (she/her)  I wrote YouTube videos of the Unknown Warrior on Reservation Dogs! haha
10:38:19 - Tasia  LOL Michelle I like that
10:38:29 - Norma  conflict = stress
10:38:44 - Amanda Gaston  @Evelyn, right?! Haha. :)
10:39:16 - Katie  @Jane Ted Lasso : )
10:42:45 - Amanda Gaston  Breakout Activity
10:42:48 - Katie  How do you manage expectations of yourself?
How do you manage expectations of others?

10:42:48 - Katie  My dear departed friend Maynard, also from Kotzebue, used to say see it, understand it, and let it go. I never made the connection to his Inupiat value of avoid conflict. Thank you so much Melissa for helping me make this connection.
Breakout Activity

How do you manage expectations of yourself?
How do you manage expectations of others?

How do you manage expectations of yourself?
How do you manage expectations of others?

brb

I love how food connects us all. and Animals

recognizing that everyone is doing the best that they can

love the thought that trickster has something to do with unplanned outcomes

Stepping out for 1 minute, be right back!

It was wonderful to discuss in my group! I have to head out to another meeting but it was a pleasure sharing and hearing multi perspectives.

It's a small world after all

All of us have a lot more grace for others than ourselves in managing expectations

@Donna, we've got to get to Cochitti Pueblo! Glad you are with us today!

We shared about being kind to ourselves, giving ourselves and others the time and grace we need, and trying to be more whole, which includes letting go of perfectionism. :)

Welcome Maleah!

Really enjoyed our CoP call today, but I have to jump on to another meeting. Take care and thank you Melissa for sharing! Have a great day! Les from Riverside San Bernardino County Indian Health, Inc

Thank you!

My expectations of myself fall in the order of (Faith, Family, everything else). And what helps me is that the values of the Choctaw Nation is Faith, Family, Culture. My employer and my tribe sharing my values is soooo helpful to keep what's important prioritized.

We'll miss Maleah up here in AK but so glad you're connected in the Lower 48, Maleah :)
We all voiced that we struggle with expectations, both of our selves and towards and from others.

I'll always have a part of my heart in Alaska <3

Hi Anna!!!! Fun to see your name pop up!

@Donna, that is great! I love how you were able to find a connection. Meant to be. @Maleah; welcome! @Jacquie, yes. Thank you all for sharing and reflecting today.

Indigenous tiktok is 🔥

Unfortunately, TikTok is a way for human traffickers to locate you.

Wow!!!!!!!!!

TikTok has a major problem with misinformation but that's a key reason for us to be on there - we can counter that with age appropriate and factual information on topics like sexual health, covid-19 and vaccines, indigenous values, etc.

JDelly's a superstar

Yes, its really sad Human Trafficking is everywhere...

Thanks for this Norma. Yes, this is a good opportunity for us to talk about Media Literacy. Check out Healthy Native Youth's Enhancement Activities: https://www.healthynativeyouth.org/enhancement-activities/. We will post the Media Literacy lesson in the next couple weeks.

Gotta connect with youth with where they at!

I agree!

Jared- for a non social media person, how would I suggest youth connect with your tik tok? Healthy Native Youth TikTok?

we_r_native

great webinar! sadly i need to leave. please send recording. thank you!

Our teachers and schools are being hit w the Devious Licks :

https://www.tiktok.com/@we_r_native

The TikTok Jared runs is through the We R Native account! The handle is @we_r_native

Thanks Jane :)

Jared's jussss good everyone.

Yeah real pro this one haha

just followed :)

Awesome!

Just followed

Haha! Just trendy

Facebook Drama!

I really love this one!! LOL

So fun

fav cuz on the rez

An example of a health one

Squid games :)

That's awful! PTSD triggering for some teens.

Definitely giving the page a follow..

Love his work and have a few pieces from NTVS

"Ki-ah-wa"  LOL

still getting comments about that lol

Called out

There is an Indigi-Counselor from time-to-time and JDelly does do pieces on sexual health education & other health promotion pieces for AIAN youth & young adults.

Thank you for sharing, Jared!

Awesome job Jdelly!!!

Very good content! Thanks for sharing.
Please send me the material you just mentioned.

Jared- for a non social media person, how would I suggest youth connect with your TikTok? Healthy Native Youth TikTok?

Great content and great job!

Melissa- really love your wonderful and calming energy. That was really healing ;)

Jared- awesome job, can't wait to see more of your videos!

Healthy Native Youth doesn't have a TikTok channel yet - we might be too old ;)

I would also add trying to connect with youth that you know that are on it. They might be willing to show you the ropes

The TikTok Jared runs is through the We R Native account! The handle is @we_r_native

Build those leadership skills of youth!!

^^^^ this! Plus you're directly exposing them to the account and letting them be the experts. Poke fun at yourself for being too old ;) 

Awesome, thanks much. Will pass onto students later today!

Yes, let the youth do they thang!

This is awesome... I am going to introduce the Tesuque Pueblo youth to do some videos on many topics

We welcome partnerships at Chemawa Indian School.

Never too old!


www.healthynativeyouth.org

A great way to incentivize an effort in schools, dorms, student leadership groups or even ways to showcase student arts, crafts and some sites offer Native language through TikTok -- so great opportunity to partner with different programs, departments or organizations!

Caring & College Caring Messages + Youth Support Resources Hand out can be found at www.healthynativeyouth.org/resources

October 2021 monthly e-Newsletter by clicking here: https://conta.cc/3iALluj

But please sign up!

I’d also give a plug for We R Native’s contest, that has been extended through December: If you are involved in cultural preservation or community activism... Or if you are looking to engage students during Red Ribbon Week (October 23-31) or for National Native American Heritage Month (November).

We R Native is hosting two challenges that draw upon the strengths and resilience of Indigenous people that protect against substance misuse.

Visit We R Native to learn more about the Red Ribbon Week challenge: https://www.wernative.org/contest

@Nicole; thank you! Thank you, everyone! This was wonderful.

Shoutout to Jared. Future doctor y'all!

Gunalcheesh-Thank you!

Great meeting. Thank you for making this a unique session that focuses on all of our well being- especially in Zoomland!

THANK YOU ALL!!!!!

Thank you so much for an amazing session

tank you

Thanks for all you do!!

Thank you Melissa and Jared!

Thank you!

Thank you to our presenters, blessing and the learning circle today!

Thank you all

thank you

Thanks yuh-all!

Thank you all, grateful for your work
11:31:10 - Michele A, 25nimiihpuu
qe'cii yew yew, ta'c leeheyn!

11:31:12 - Marnie
Thank you so much! Appreciate your time!

11:31:12 - Mathias
Thank you everyone

11:31:15 - Nicole
Great session....COPs are off to a phenomenal start this year!!

11:31:19 - Hannah
Quyana cakneq!

11:31:20 - Timotheen
Quyana for this session!

11:31:20 - Brianna
Thank you!

11:31:27 - Desiree
Thank you!

11:31:31 - Hannah
Have a great day

11:31:39 - LeShaunyaa
Ahe'hee. (thank you)

11:33:24 - Michelle Singer
@Jared/Melissa -- please make sure Amanda has your mailing address!
(she/her)

11:33:38 - jared delaney
Thank you for letting me talk!! I had a lot of fun.