Set the Stage for Program Success - Phase 1: HNY Toolkit

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

“I invite peace into my day – to calm the storms, to quiet my mind, and to settle my spirit.” – Unknown
Yá'át'ééh! Keshi! Hola!

Dr. Stephanie Craig Rushing  
Navajo  
I love coffee.  
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Live Virtual Training Logistics

Logistics
- You are muted
- If comfortable, share video

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

Please introduce yourself in the chat box. Include your:

★ Name, Pronouns
★ Tribe/ Organization
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...

★ **describe** the five phases of the Healthy Native Youth Toolkit
★ **practice** using the Healthy Native Youth Toolkit
★ **determine** what phase you are at in the implementation process

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

1. Zoom Poll - 1 min
2. The Big Picture - 15 min
3. Breakout Session: Toolkit Scavenger Hunt - 15 min
4. Deeper Dive - 5 min
5. Annotation Activity - 5 min
6. Examples from the Field - 5 min
7. Reflection Activity - 5 min
8. Let’s Talk About it! - 10 min
1. The Big Picture

Subtitle
Get Tools From Our Implementation Toolbox

As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

The steps and tools in the Implementation Toolbox will help walk you through important phases in the planning process with ready-to-go templates, tips, examples, and words of encouragement.

Start From the Beginning    Find Your Best Starting Point

See the Big Picture
Stay connected beyond programming

All things are rooted in relationships! Keep cultivating potential collaborations and utilize community engagement opportunities to find ways to stay connected with youth, caregivers and community beyond programming. The momentum of a first round of implementation will grow with youth involvement and peer support. Keep the implementation journey going and expand your circle of support.
Gather

OVERVIEW: Gather your community to get guidance and feedback

Goal: Connect with community members who understand and care about adolescent health priorities. Gather to identify youth interests and health priorities, as well as your community's resources and needs. Choose a setting to deliver the program.
Choose

OVERVIEW: Choose a culturally-relevant health program and get approval if needed

Goal: Decide which program aligns with your goals and values. Consult with decision-makers to find a curriculum that meets community needs. Choose a culturally-relevant health curriculum and get approval if needed.
Prepare

OVERVIEW: Start making preparations for your program – gather supplies, order materials, and preview the lessons.

Goal: Create a plan to implement the curriculum in your school or community setting. Start reading through your program of choice and begin ordering materials for activities and incentives.
Implement

OVERVIEW: Implement your program and celebrate the journey.

Goal: Deliver the program with confidence! Track the experience as you go. Explore technical resources and celebrate participants throughout the program.
Grow

OVERVIEW: Sustain and grow your program

Goal: Reflect on what works, what can change, and what you are learning as you go on this journey. Use this knowledge to grow and to keep the momentum going.
The Big Picture

Gather

Choose

Prepare

Implement

Grow

Where do I start?
The Big Picture

Gather

Get Support: Connect with community members for guidance and feedback. Learn more

Gather input on youth interests and health priorities. Learn more

Identify your community needs and resources. Learn more

Select your program setting. Learn more

Gather input from youth and program participants. Learn more
Where do I Start?

I want to engage in the youth planning process.

I want to do a community needs assessment.

I want to select a health curriculum.

I need help planning the logistics to deliver a program.

I want to join a Community of Practice.

I want to know if my curriculum is working.

I want to celebrate and motivate students.
Gather | Basket
Baskets have been created for multipurpose use. The basket symbolizes community coming together to gather feedback and stakeholder support.

Implement | Water
Water is life and a river is a power source. The water symbolizes program implementation with movement, positive flow and energy.

Choose | Berries
Traditionally, communities came together to seasonally harvest berries. Berries symbolizes choosing a culturally-relevant curriculum as a source of nourishment.

Grow | Tree
A tree is as strong as its roots. The tree symbolizes wisdom, cultural connection and community growth.

Prepare | Cedar
A cedar tree is a multipurpose wisdom keeper. The branch symbolizes medicine to prepare and plan for program delivery in the community.

Tool | Knife
The Uluaq is an Alaska Native all-purpose tool is used to prepare food. The knife symbolizes the tool to get ready for implementation.
GATHER
Identify Youth Advocates and Community Partners

Get Support: This is a resource that can help you identify community partners and key decision-makers that can help support the delivery and implementation of your program. These partners may have resources or contributions beyond what you can think of, so stay open to learning about what they are doing and how they want to work together.

Instructions: In the left column, brainstorm potential and existing partners that can support your work. Include actual names or organizations, if you know them. There are a few examples for you to get started. Feel free to change or add to this list. The more partners you brainstorm, the better your project will be.
Youth Advocates and Community Partners

Who can support the program? How can they support the program?

Youth:
Families & Relatives:
Tribal Departments:
Decision Makers: Health committee, Tribal council
Sample Q’s for Youth

Health Priorities and Ideas
1. What health topics are most important to you and your friends right now?
2. What health resources do you and your friends use in the community?
3. Are there any you avoid? Why?
4. What additional health resources do you wish our community had?
5. What ideas do you have that would make the health resources in our community better for teens and young adults?

Sample Q’s for Parents and Caregivers

Health Priorities and Ideas
1. What health topics are most important to your kids/family right now?
2. What health resources does your family use in the community?
3. Are there any you avoid? Why?
4. What additional health resources do you wish our community had?
5. What ideas do you have that would make the health resources in our community better for teens and young adults?
Step 3: Share Your Finding

Once you have gathered input from community partners, you will want to share your findings back with those who contributed to it.

What Health Topics or Skills were mentioned most?

<table>
<thead>
<tr>
<th>Community Needs</th>
<th>Community Resources</th>
<th>Ways to Incorporate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Possible Themes</strong></td>
<td><strong>Possible Themes</strong></td>
<td><strong>Possible Ways</strong></td>
</tr>
<tr>
<td>Most students didn't feel comfortable booking clinic appointments.</td>
<td>Most students have WiFi access at school</td>
<td>Invite clinic staff to attend health class</td>
</tr>
<tr>
<td>Most students mentioned needing better access to counselors.</td>
<td>Parents are supportive of health programs at school</td>
<td>Invite a behavioral health counselor to attend a class</td>
</tr>
</tbody>
</table>

What Needs Stood Out... What Resources Stood Out... What ways can you incorporate your findings? Who can help?
<table>
<thead>
<tr>
<th>Strengths</th>
<th>Challenges or Limitations</th>
<th>Available Teaching Tools</th>
<th>Other Pros and Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Option 1:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Support from Leadership</td>
<td>Shared space</td>
<td>Classroom</td>
<td>In school</td>
</tr>
<tr>
<td>Structured Access to Youth</td>
<td>Limited access</td>
<td>Computer lab</td>
<td>Afterschool</td>
</tr>
<tr>
<td>Dedicated Space to meet Co-Facilitator</td>
<td>Other:</td>
<td>Virtual Meeting Software</td>
<td>In-person delivery</td>
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<td></td>
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<td>Interaction Software</td>
<td>Virtual delivery</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other:</td>
<td>Hybrid delivery</td>
</tr>
<tr>
<td><strong>Option 2:</strong></td>
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Breakout Activity: Toolkit Scavenger Hunt

1. In Your Breakout Room: Find “Gather”
   - What activity can you use to ensure your program reflects youth's needs and concerns?
   - What did your group find?

2. In Your Breakout Room: Find “Gather”
   - What is the 2nd step in the Gather Phase?
   - Talk About Activities You’ve Done to Gather Community Input
3. Deeper Dive

User Experience Study
Seeking Volunteers!

- Use the Toolkit for six months
- Provide feedback on what works well and what can be improved
- Recommend other tools to include in the Toolkit
- Complete two online surveys before and after using the Toolkit
- $25 e-gift card Thank You for each survey

More info: Claudia.Lunameza@uth.tmc.edu
4. Where Do I Start?
Choose TWO that are MOST important for you this year.

*Use the Annotation Feature*
Chatfeed Convo: Type Questions, Ask Away!

What are some of your favorite ways to build program partnerships and buy-in?
Wellness Moment
Reflection Activity

Instructions: Share something for each box.

- Initial Impressions
- Unanswered Questions
- Suggestions
- Challenges
Where are you at?
6. 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 Curriculum
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/
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 care about what you’re going through!

LAUNCHED SEPT. 6TH!

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
Text "Veterans" to 65664

For Native Vets

To get regular reminders about how much you are appreciated and cared for from other Native Vets who have been there and care about what you’re going through!

https://www.healthynativeyouth.org/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

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
</tr>
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<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 our kids and those we strive to acknowledge, rebuild, and thrive in this upcoming school year. Join Robert Johnson from the Native Wellness Institute and DaVic Brown from the Mi'kmaq who will help create space for you to work through trauma, re-traumatization in the workplace, time-management and boundaries to carve a path towards intentional balance.</td>
</tr>
<tr>
<td>October 31, 2021</td>
<td>Cultural Competency to Raise Healthy, Happy, Native Youth</td>
<td>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 experiences and the interlaced culture as a prevention tool so that our families and communities can best support the health of our Native youth. Join the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media influencers to share their experience repairing cultural competency.</td>
</tr>
<tr>
<td>November 10, 2021</td>
<td>Tackle Trauma with Care</td>
<td>Indigenous communities have long fostered resilience skills to cope, rebuild, and repair our family and evaluate. 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 we heal and thrive.</td>
</tr>
<tr>
<td>December 8, 2021</td>
<td>Set the Stage for Program Success</td>
<td>Our bodies 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. Join the HAY (HIV) to talk about how to gather and process community and youth input on health priorities and interests to set the stage for program success.</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 priorities, resources and needs. Now are you ready for the CHOICE phase? Let the HIVY (HIV) help with priority 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 WISE. Choose, Native It’s Your Game.</td>
</tr>
<tr>
<td>February 9, 2022</td>
<td>Thrive in the Spaces We Create</td>
<td>Help Native youth build affirmative, inclusive, FUN and creative spaces together using Indigenous leadership and peer mentoring approaches. Hear how Native youth are using creative expression to positively process emotions to thrive in these spaces. Come learn how you can help youth in your community do the same.</td>
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2021-22 Community of Practice Lineup

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<td>March 9, 2022</td>
<td>Prepare for Implementation Success</td>
<td>Now that you have chosen a program, you can prepare for implementation success. Let the HIVY (HIV) help you BUILD AN EMPOWERMENT plan that includes recruitment, grant speaker lines, supplies and incentives for implementation success. Working the plan and we get you paid.</td>
</tr>
<tr>
<td>April 3, 2022</td>
<td>Stand Up to STD/HIV Stigma</td>
<td>As sexual health educators we know the challenges of community and youth attitudes, biases, stigmatization, and STD/HIV stigma that preclude and harms the health of our Tribal communities. Join us as we stand up to STD/HIV at its source through holistic approaches to Indigenous Sexual Health. Ask about successful HIV/STD self-testing programs from the Alaska Native Tribal Health Consortium — it won’t be long!</td>
</tr>
<tr>
<td>May 11, 2022</td>
<td>Concerning Social Media Posts Workshop</td>
<td>Learn how you can become the trusted adult you can turn to when they see or peer on warning messages on social media. Suicide prevention remains challenging among youth, as many do not disclose thoughts of suicide before taking an act. However, youth may disclose depression symptoms and suicidal behavior via social media, like Instagram, TikTok, Twitter, Snapchat, and through text messaging. Take these tips to your community. Identify youth at risk and connect them to appropriate resources and support. Join us to learn how!</td>
</tr>
<tr>
<td>June 8, 2022</td>
<td>Staying Connected</td>
<td>Summer is fast approaching and as our conversations shift this how we can stay connected and keep program momentum going with summer programs and peer-to-peer resources. Join the Call now to talk about what others are doing and how we can support each other’s youth programming.</td>
</tr>
<tr>
<td>July 13, 2022</td>
<td>Sustain and Grow your Program</td>
<td>Congrats! You have implemented your program and are now in the GROW phase. Let the HIVY (HIV) help you reflect on what worked, what can change, and what you’ve learned to help keep the momentum going.</td>
</tr>
</tbody>
</table>

Contact us
- agitation-connector@anhtac.org
- tgnore@presby.org

www.healthyteensinc.org
Text: HEALTHY to 87778
Click here to register in advance
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

★ Training & TA Evaluation Form
★ Request TA
Thank you!

You can find us at:
Amanda Gaston, MAT
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Michelle Singer
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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

“All we have to decide is what to do with the time that is given to us.”
– Gandalf from LOTR
SlidesCarnival icons are editable shapes.

This means that you can:
- Resize them without losing quality.
- Change fill color and opacity.

Isn't that nice? :)
Breakout Activity: Toolkit Scavenger Hunt

In Your Breakout Room: Find “Choose”

1. What is the 1st Step in the Choose Phase?

2. What Tool can help choose the best setting for your Program?

What did your group find?

Talk About the Most Crucial Criteria
Padlet

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

Today I am Feeling...
Mentimeter Q&A

What do you want to know about using SMS in youth programming?

Go to www.menti.com and use the code 7494 2554