

Prepare for Implementation Success

March 9, 2022

10am-11:30am PT



Host

Amanda Gaston: agaston-contractor@npaihb.org

Guest Speakers

Nasheen Sleuth, MS, LPCC, nasheensleuth@gmail.com

Eudora Redhouse, BS, e.redhouse@capacitybuilders.info

Objectives

- Select tools to help you prepare and implement your curriculum
- Discuss & Plan with others how you use tips and tools for the preparation and implementation phases in your community

Stay connected

- Text HEALTHY to 97779 and receive Community of Practice connection info each month on your phone!
- **Previously recorded CoP Sessions and presentation slides:**
<https://www.healthynativeyouth.org/community-of-practice-sessions/>
- **Upcoming 2021 Community of Practice Schedule Here:**
<https://www.healthynativeyouth.org/community-of-practice/>
- **HNY Curricula:** <https://www.healthynativeyouth.org/curriculum/>
- **Request Technical Assistance:** <https://www.healthynativeyouth.org/request/>
- Click or tap here to enter text.

Resources

- **HNY Resources:** www.healthynativeyouth.org/resources/
- **Text Messaging Service for Adults and Parents!** Text the word **EMPOWER** to **97779**:
<https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>
- **WeRNative** www.wernative.org
- Click or tap here to enter text.

Speaker Resources

Mentimeter: <https://www.menti.com/2t9a3ygrik>

Padlet activity: <https://padlet.com/wernative/2t1mbkil1plrkrq>

Mindfulness activity: <https://restoringawcoalition.org/carry-the-water-garden>

Implementation toolbox: <https://www.healthynativeyouth.org/implementation-toolbox/>

Chat links:

[Tool: Recruit Caregivers, Youth, and Allies](#)

[Prepare Phase Overview](#)

[Tips for Answering Sensitive Questions](#)

[Prepare: Invite Guest Speakers](#)

[Prepare: Implementation Action Plan Template](#)

[Prepare: Native STAND Sample Budget](#)

[Prepare: Letter to Parents Template](#)

[Implement Phase Overview](#)

[Implement: Session Reflection Log](#)

[National Academies Strategies and Interventions to Reduce Suicide Workshop](#)

Chat feed (names and emails have been removed)

09:53:41 From Michelle Singer (she/her) - NPAIHB to Waiting Room Participants:	Good morning friends! Thank you for being here with us today! We will admit folks in 5 mins!
10:00:32 From Eva to Everyone:	Good morning from the traditional lands of the Dena'ina people in the Anchorage area!
10:01:12 From Joseph to Everyone:	good morning to all from Ohkay Owingeh
10:01:13 From Michelle Singer (she/her) - NPAIHB to Everyone:	Good morning, everyone! So happy you are here with us!
10:01:25 From Joseph to Everyone:	Good morning. Joe, Rural Alaska Program, Camp Fire Alaska, Anchorage, Dena'inaq e'nen'aq' gheshtnu ch'q'u yeshdu / I live and work on the land of the Dena 'ina people
10:01:43 From Katrina to Everyone:	Hello to all
10:03:55 From Hannah to Everyone:	Thank you Michelle
10:04:57 From Amanda - DM me on here :) to Everyone:	Stephanie...our leader in arms. :)
10:05:42 From Michelle Singer (she/her) - NPAIHB to Everyone:	Steph, our fearless & phenomenal warrior woman!
10:06:09 From Veronica to Everyone:	Ya 'at 'eeh acini! I 'm also Dine and I live and work on the traditional homelands of the Apsaalooke and other plains tribes. I 'm a training and technical assistance manager with the National Native Children 's Trauma Center.
10:06:12 From jolene to Everyone:	good morning, my internet is unstable, so I am leaving my camera off
10:06:25 From Amanda - DM me on here :) to Everyone:	aka Auntie Mayazhi!
10:07:16 From Veronica to Everyone:	Love seeing all the beautiful Indigenous women leading us today
10:08:36 From Blessing to Everyone:	Blessing - She.Her
10:08:54 From Eva to Everyone:	I love the multi-colored corn!
10:09:28 From Blessing to Everyone:	Blessing - She/Her Navajo/Pima new skills to add to my tools box
10:09:57 From Michelle Singer (she/her) - NPAIHB to Everyone:	Michelle Singer (She/Her Navajo), Healthy Native Youth Project Manager @ NPAIHB -- msinger@npaihb.org -- feeling excited for this CoP! Fun stuff!
10:10:14 From Hannah to Everyone:	Good Morning - Hannah (she/her), Chevak Quissunamiut Tribe from Chevak, Alaska. HIV/STD Prevention Program Manager with the Alaska Native Tribal Health Consortium (ANTHC), located in Anchorage, AK on traditional Dena'ina Lands. Happy to be here today.
10:10:36 From Carrie to Everyone:	Carrie - Bishop Paiute Tribe/ Bishop Paiute Tribal member, Youth Activities with the Bishop Indian Education Center and the Advisor for the Bishop Tribal Youth Council
10:10:39 From Sacena to Everyone:	Sacena Bishop Paiute Tribe She/Her Program Manager @Urban Indian Health Institute(UIHI) in Seattle WA.

10:10:54 From Kitty to Everyone:	Kitty, she/her, Nebraska Indian Child Welfare Coalition. I am looking forward to learning about effective implementation strategies. I'm glad to be here. <3
10:11:05 From Sacha to Everyone:	Sacha, she/her Southern Ute/Navajo, Communication Specialist @ NB3 Foundation
10:11:05 From Kate to Everyone:	Kate, She/Her
	North Fork Rancheria of Mono Indians in California Tribal TANF
	Appreciated the last presentation I participated in and would love to learn more. :)
10:11:10 From Eudora Redhouse to Everyone:	Eudora Redhouse (she/her), Project Director at Capacity Builders, Inc. in Farmington, NM. Email is e.redhouse@capacitybuilders.info
10:11:11 From Tamara to Everyone:	Tamara, Tribal Initiative Project Manager, ALISA, DSHS in Washington State. Oglala Lakota member, I am excited to gain new knowledge and strategies today.
10:11:22 From Crissy to Everyone:	Hello! My name is Crissy (she/her) and I work at Nimiipuu Health in Community Health. I'm here to soak it all in, always miss these due to patient care, so I'm excited I didn't have anything going on today.
10:11:23 From Eva, she/her to Everyone:	I am Eva, originally from the Native Village of Kotzebue. I am Inupiat. I am here representing RurAL CAP's Resource Basket. I am here to learn and hopefully contribute to the serving of the people.
10:11:26 From Victoria to Everyone:	Victoria - she/her/hers, North Fork Mono, I work at the Fresno American Indian Health Project in the Central Valley of California. I work in the Indian Education services, and plan to use the tools learned here for future activity/event planning!
10:11:46 From Joseph to Everyone:	Good morning I'm Joseph Pueblo Native with Ohkay Owingeh Native Connections always open to learn sumthin new.
10:11:57 From Claudia Luna-Meza to Everyone:	Good morning ya 'll - Claudia Luna-Meza (she/her), Research Assistant/Project Manager- University of Texas Health Science Center School of Public Health.
10:12:10 From Brianna to Everyone:	Brianna (She/Her) Buffalo, NY. Native American community services.
10:12:19 From Carrie to Everyone:	Carrie, Alaska Native Tribal Health Consortium in Anchorage, AK. I look forward to learning from others and gain more tools for my toolbox.
10:12:27 From Cyanne to Everyone:	Hello everyone! Cyanne (she/her) NB3 Foundation. Just listening in and trying to learn
10:12:34 From Allison to Everyone:	Good Morning! Allison, she/her, Alaska Native Tribal Health Consortium in Anchorage, Alaska. Hope to learn new strategies to implement into future program planning.
10:12:47 From Jennifer to Everyone:	Good Morning All! I am Jennifer, nurse with San Diego American Indian Health Center in California. Glad to be able to join you today!

10:13:04 From Lynn Michelle to Everyone:	Good Morning, Lynn Michelle. She/Her Salt River Pima- Salt River HHS Diabetes Prevention Services- Community Wellness Technician. Hello everyone.
10:13:28 From Michele A, 2S nimiipuu to Everyone:	ta'c meewii, Michel, nimiipuu, no preferred pronoun, Community Engagement and Development Mgr for NARA NW, Inc
10:13:39 From Eva, she/her to Everyone:	I just purchased this book. I don't think it is geared towards youth but it is on suicide strategies and preventions
10:14:03 From Frankie B. to Everyone:	Good Morning from Saint Michael, Alaska, I am Frank B., RAY AmeriCorps Member
10:14:07 From Analisa to Everyone:	Hello, Analisa - she/her/hers, I work as a prevention specialist at the Centered Spirit Guadalupe location for the Pascua Yaqui Tribe. I'd like to learn more strategies to add to my toolbox
10:14:12 From Karla to Everyone:	I am a Skokomish Tribal member from Washington state working at SPIPA in Shelton, Washington as the Cancer Data & Systems Coordinator
10:14:23 From Michelle Singer (she/her) - NPAIHB to Everyone:	Good day to all! So happy you are here!
10:14:36 From Jennifer to Everyone:	Morning, Jennifer from ANTHC, participating today on Dena'ina lands!
10:15:44 From Tess to Everyone:	good morning, Tess and raven class, daybreak star preschool, land of the Duwamish in seattle
10:16:19 From david to Everyone:	Thank you for the prayer, Michelle Singer. You all do such a great job with the welcome, overview, etc! David C (Rosebud Sioux) in Minneapolis with high temp today of 19F.
10:17:22 From Michelle Singer (she/her) - NPAIHB to Everyone:	Link to the Healthy Native Youth Implementation Toolbox to bookmark on your browser! https://www.healthynativeyouth.org/implementation-toolbox/
10:17:46 From Doug to Everyone:	Doug CTCLUSI (Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians)
10:19:51 From jolene to Everyone:	I hope to learn ways to set up our new grassroots group, WeX Voter Outreach, (central Or and Spokane Wa) in a more culturally appropriate manner, to fit our POC-led/centered group
10:21:54 From Eva, she/her to Everyone:	I attempted to sign up for the newsletter and it says ERROR for site owner
10:23:19 From Amanda - DM me on here :) to Everyone:	Curriculum Implementation Plan link
10:23:50 From Eva, she/her to Everyone:	Successful newsletter sign up!
10:24:20 From Jane Manthei to Everyone:	Good to hear, Eva!
10:24:28 From Amanda - DM me on here :) to Everyone:	Class Agenda & Invite for Guest Speaker link
10:24:39 From Michelle Singer (she/her) - NPAIHB to Everyone:	@Eva, oh good!! I just received your subscription notice! You are a very smart person! :-)

10:24:54 From Amanda - DM me on here :) to Everyone:	Parent Letter Template
10:24:55 From Jane Manthei to Everyone:	Here's a link to the March Newsletter - you can sign up for the mailing list at the top of the page :) https://conta.cc/3tLQTXw
10:25:32 From Amanda - DM me on here :) to Everyone:	@Michelle - will folks who register automatically receive the newsletter?
10:27:36 From Amanda - DM me on here :) to Everyone:	I always think of Shiprock and Flagstaff as our dreaded rivals for HS basketball. They weren't in our district, but we would see them at districts. :)
10:27:38 From Michelle Singer (she/her) - NPAIHB to Everyone:	@Amanda, no unless they add their name and email in the chat feed. If not, they can submit directly to the HNY homepage to insure their subscription or click on the HNY e-news link https://conta.cc/3tLQTXw
	and sign up for the mailing list on the top of the page.
10:29:05 From Michelle Singer (she/her) - NPAIHB to Everyone:	Recruitment, Retention Tip
10:30:53 From Amanda - DM me on here :) to Everyone:	Recruitment Tool links
10:32:05 From Veronica to Everyone:	That's important to keep track of - outstanding payments!
10:32:22 From Michelle Singer (she/her) - NPAIHB to Everyone:	Tip
10:33:12 From Veronica to Everyone:	Youth can also help create a budget especially selecting what kind of gift cards and places to get food from that they like
10:33:43 From Michelle Singer (she/her) - NPAIHB to Everyone:	Tip
10:35:51 From Amanda - DM me on here :) to Everyone:	and the activity log too?
10:36:40 From Hunter to Everyone:	Great practical knowledge and resources!
10:36:44 From Veronica to Everyone:	Is there a template for an activity log?
10:37:18 From Michelle Singer (she/her) - NPAIHB to Everyone:	Is Eudora Redhouse fabulous?!!!
10:37:24 From Michelle Singer (she/her) - NPAIHB to Everyone:	Isn't
10:37:32 From jolene to Everyone:	how can we set up an anonymous online Question Box? all of our meetings are online
10:37:35 From Veronica to Everyone:	Awesome job, Eudora!
10:38:48 From Alana to Everyone:	Greetings All, Alana, non-Native partner/consultant with Restoring Ancestral Winds, Tribal Sexual Assault and Domestic Violence Coalition serving Great Basin Region Tribes. Participating from Land of Ute, Goshute, and Shoshone, on behalf of fledgling violence prevention project Carry the Water, a Healing Garden for Urban Native Youth in Salt Lake City
10:39:37 From Alana to Everyone:	This is exactly where we are at - between prep and implementation. Great resources, thank you!!!

10:39:41 From Michelle Singer (she/her) - NPAIHB to Everyone:	@Jolene, A virtual question box is a good one. The Question Box was one that was used for in person learning. I am sure there is a way to set up a generic email and adult facilitator's can respond either 1:1 or as a group with confidentiality in response
10:40:46 From Eva, she/her to Everyone:	Great site!
10:40:48 From Alana to Everyone:	Info on Carry the Water Program
10:40:52 From Jane Manthei to Everyone:	You can also use a program like jamboard, especially if you have a gmail account - students can put their questions on sticky notes and it will be anonymous
10:41:09 From Michelle Singer (she/her) - NPAIHB to Everyone:	Link to the Healthy Native Youth Implementation Toolbox to bookmark on your browser! https://www.healthynativeyouth.org/implementation-toolbox/
10:43:37 From Claudia Luna-Meza to Everyone:	If you are interested in exploring the Toolbox and providing feedback, we are looking for a few more participants to join our Implementation Toolbox Usability Study. Email me at claudia.lunameza@uth.tmc.edu if you 'd like further information or join!
10:45:43 From Amelia to Everyone:	Teach smudging with elders
10:50:59 From Amanda - DM me on here :) to Everyone:	Love that Amelia. :)
10:51:04 From Michelle Singer (she/her) - NPAIHB to Everyone:	Prepare Phase Link: https://www.healthynativeyouth.org/implementation-toolbox/prepare/
10:51:27 From Michelle Singer (she/her) - NPAIHB to Everyone:	Implement Phase Link
10:52:59 From Veronica to Everyone:	@Alana Thanks for sharing about the carry the water program. It sounds like a great opportunity for youth.
10:55:44 From Amanda - DM me on here :) to Everyone:	Reflection Log link
10:56:00 From Veronica to Everyone:	Love that! Holds you accountable to reflect, which is something we always intend to do but may not make time for.
10:56:00 From Eva, she/her to Everyone:	I have to leave at 10 am to attend a mandatory team meeting. My apologies. Please let me know when the recording is available to watch so I can catch up.
10:56:33 From Amanda - DM me on here :) to Everyone:	No worries Eva...will follow up. :)
10:56:46 From Amanda - DM me on here :) to Everyone:	Thanks for joining! Good to see you. :)
10:57:25 From Michelle Singer (she/her) - NPAIHB to Everyone:	Educator Tip & Resource for Parent-Child Communication as students are learning too! Talking is Power Text Messaging Service! Text EMPOWER to 97779
10:57:29 From Amanda - DM me on here :) to Everyone:	Attendance Template

10:57:35 From Eva, she/her to Everyone:	Thank you Amanda! Have a good meeting people of change and hope!
10:57:53 From Amanda - DM me on here :) to Everyone:	You too!
10:58:44 From jolene to Everyone:	Do any groups use Native pronouns?
10:59:08 From Amanda - DM me on here :) to Everyone:	Thanks Nasheen...yes, sometimes it takes a minute to get used to. :)
11:00:00 From Veronica to Everyone:	Shik 'e doo she dine 'e
11:00:57 From Michelle Singer (she/her) - NPAIHB to Everyone:	@Jolene, yes. Identity (cultural, gender and sexual) as well as land acknowledgements are an empowering movement in AI/AN circles, namely amongst youth and young adults. ḏŸ~%o
11:03:06 From Veronica to Everyone:	Consistency and predictability creates safe spaces for youth
11:04:53 From Michelle Singer (she/her) - NPAIHB to Everyone:	Safe spaces include affirmation, validation and identification -- which includes the pronouns -- especially for diversity and inclusivity in & among today's AIAN circles.
11:04:57 From Amanda - DM me on here :) to Everyone:	Reflection Log
11:05:55 From Amanda - DM me on here :) to Everyone:	Tips for Answering Sensitive Questions
11:06:11 From Amanda - DM me on here :) to Everyone:	How many tabs do folks have open???? Haha.
11:07:08 From Amanda - DM me on here :) to Everyone:	Heads up...mentimeter activity coming up! Think about
11:08:21 From Michelle Singer (she/her) - NPAIHB to Everyone:	The shock & awe factor -- testing the adults
11:09:29 From Michelle Singer (she/her) - NPAIHB to Everyone:	Tip
11:11:31 From Michelle Singer (she/her) - NPAIHB to Everyone:	Time management tip
11:12:13 From Veronica to Everyone:	Does anyone have any cultural protocols they follow to help create safe spaces and have these sensitive discussions?
11:12:18 From Awva-Wendell to Everyone:	To contribute to the implementation of sessions, facilitators should also take time to do some self awareness and identity strength. This will contribute to helping ones self to know what they feel good or have opportunity in. Youth will know when the facilitator is nervous etc.
11:12:31 From Crissy to Everyone:	The question box is also great to ask those questions they may not want to ask aloud
11:13:03 From Amanda - DM me on here :) to Everyone:	Mentimeter Link
11:13:06 From Michelle Singer (she/her) - NPAIHB to Everyone:	Educator Tip & Resource for Parent-Child Communication as students are learning too! Talking is Power Text Messaging Service! Text EMPOWER to 97779
11:13:43 From Michelle Singer (she/her) - NPAIHB to Everyone:	Talking https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/

11:14:12 From Michelle Singer (she/her) - NPAIHB to Everyone:	Talking is Power Tools & Resources to take a look at and share but always best to sign up by texting EMPOWER to 97779
11:14:34 From Blessing to Everyone:	honesty & stability
11:14:36 From Michelle Singer (she/her) - NPAIHB to Everyone:	Isn't Nasheen Sleuth fabulous too!?
11:15:00 From Claudia Luna-Meza to Everyone:	I have to jump off, but wonderful to be here.
11:15:39 From Jason to Everyone:	I verbally communicate And reassure our mtgs are a zen/safe place
11:19:06 From Michelle Singer (she/her) - NPAIHB to Everyone:	We also have a Stand Alone Lesson with Ice Breaker Activities -- check it out at HNY website!
11:19:31 From Jason to Everyone:	A safe / calm atmosphere
11:20:40 From Michelle Singer (she/her) - NPAIHB to Everyone:	Tip
11:23:25 From Cheryl to Everyone:	Thank you!
11:23:41 From Ross to Everyone:	Dear Community of Practice we are seeking help in getting feedback on the Toolbox to know what works and what could be improved. If you want to help we'd ask you to complete a couple of surveys and 'live' with the toolkit for 6 months :) If you are interested please Email Claudia at claudia.lunameza@uth.tmc.edu ! Thanks for your support of the Healthy Native Youth Toolkit ! :) Best, Ross (Univ. Tx)
11:25:13 From Veronica to Everyone:	Mayazhi hashke
11:25:38 From Eudora Redhouse to Everyone:	Definitely straight forward haske :)
11:26:12 From Veronica to Everyone:	love it!
11:26:41 From Michelle Singer (she/her) - NPAIHB to Everyone:	HNY Youth Support Resources Handout!
11:28:25 From Michelle Singer (she/her) - NPAIHB to Everyone:	Here's a link to the March Newsletter - you can sign up for the mailing list at the top of the page :) https://conta.cc/3tLQTXw
11:31:01 From Hannah to Everyone:	Thank you
11:31:08 From Joseph to Everyone:	great info thanx for all the great info all be safe an take care..
11:31:09 From Leanne to Everyone:	Thank you!
11:31:13 From Michele A, 2S nimiipuu to Everyone:	qe'cii yew yew!
11:31:15 From Allison to Everyone:	Thank you!
11:31:17 From Analisa to Everyone:	Thank you!
11:31:19 From Carrie to Everyone:	Thank you!
11:31:19 From Kitty to Everyone:	Thanks !
11:31:22 From Alana to Everyone:	Thank you!
11:31:24 From Reese to Everyone:	Thank you !
11:31:44 From Penny to Everyone:	Thank you!
11:31:45 From Rosemary to Everyone:	THANK YOU! :)
11:31:48 From Amelia to Everyone:	Quyanaa! Thank you!
11:31:49 From Shonta to Everyone:	Thank you

