Prepare for Implementation Success
Phases III & IV of Toolbox

March 9, 2022, 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  
(she/her)  
I love coffee.  
scraig@npaihb.org

Eudora Redhouse,  
BS  
Dine, (she/her)  
I love flowers.  
e.redhouse@capacitybuilders.info

Nasheen Sleuth,  
MS, LPCC  
Dine, (she/her)  
I love cats.  
nasheensleuth@gmail.com
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
★ What are you hoping to learn today?
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...

★ select tools to help you prepare and implement your program
★ discuss and plan how you can use tips and tools for the prepare and implement phases for your community
Where we are going

1. Prepare (Phase III) - 10 min
   a. Stories from the Field - 15 min
   b. Padlet Activity (recruitment, engagement, incentives) - 10 min

2. Implement (Phase IV) - 10 min
   a. Stories from the Field - 15 min
   b. Mentimeter Activity (how do you ensure youth feel safe) - 10 min

3. Let’s Reflect! - 10 min
1.
Prepare
Phase III of the HNY Toolbox
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
<table>
<thead>
<tr>
<th>Gather</th>
<th>Choose</th>
<th>Prepare</th>
<th>Implement</th>
<th>Grow</th>
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<tbody>
<tr>
<td>Gather input on youth interests and health priorities</td>
<td>Choose which criteria are most critical to your program</td>
<td>Prepare an implementation action plan that includes self-care</td>
<td>Implement your program with confidence</td>
<td>Grow with your program</td>
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<tr>
<td>- Identify your community’s needs and resources</td>
<td>- Select a program that aligns with your goals</td>
<td>- Order supplies, teaching tools, and incentives</td>
<td>- Track your implementation journey</td>
<td>- Share successes and lessons learned</td>
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<tr>
<td>- Select your program setting</td>
<td>- Get approval if needed</td>
<td>- Practice going through the curriculum &amp; activities</td>
<td>- Assess student learning and experiences</td>
<td>- Keep the momentum going</td>
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**GET SUPPORT:**
- Connect with community members for guidance and feedback
- Identify decision-makers
- Invite guest speakers and attend Community of Practice sessions
- Explore technical assistance and resource supports
- Collaborate with other youth programs

**YOUTH VOICE:**
- Gather input from youth and program participants
- Seek input from youth and community
- Recruit caregivers, youth and allies
- Celebrate the youth
- Stay connected beyond programming
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.

Now that you have chosen a program, you can prepare for success! In the PREPARE phase you are going to draft an implementation action plan. Reach out to potential guest speakers who can lend their knowledge and connect with the youth. Start ordering supplies, teaching tools, and incentives – make this program work for you! Practice going through the curriculum and try to anticipate any hurdles you might run into. Consider any possible logistical challenges. How will you handle them? How will you start recruiting participants? Reach out to caregivers, youth, and other community allies.
### Where do I start?

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- Get support: Invite guest speakers and attend Community of Practice sessions. [Learn more](#)

- Prepare an implementation action plan that includes self-care. [Learn more](#)

- Order supplies, teaching tools, and incentives. [Learn more](#)

- Practice going through the curriculum & activities. [Learn more](#)

- Youth voice: Recruit caregivers, youth, and allies. [Learn more](#)

### Implement

-  |

### Grow

-  |
PREPARE
Curriculum Implementation Plan

Instructions: Start thinking about the logistics involved in implementing your program. Use these questions to anticipate your program’s needs: who will deliver each lesson, where will the classes take place, when will you meet and how often?

Use the Implementation Plan template to draft out logistics, lesson enhancements, and crisis response protocols. Having a clear plan will help you gain support from decision-makers and communicate your program’s needs.

We know this work can be taxing, build in time and space for reflection and self-care as you go on this journey:
Self-care plan for Adults and Elders

Curriculum Implementation Plan

Lead Educator Contact Information

Name:
Tribe/Organization:
Office # (Direct):
Cell #:
Email:
Name of Supervisor:
Email of Supervisor:

Add other staff or site points-of-contact, as needed.

1. Which curriculum did you choose on www.HealthyNativeYouth.org? Add
   (Write a few sentences, thinking about the following questions...)
   a. What steps did you take to GATHER community support? An advisory board? Parents? Students?
   b. When you CHOSE the program, did you need approval from the Tribe? School? School Board?

2. How will you recruit youth in your community to participate in the curriculum?
   Check out PREPARE – Step 4, for more tips and tools to help recruit youth, caregivers and allies.
   (Write a few sentences, thinking about the following questions...)
   a. Are you building upon an existing youth program or creating a new one?
   b. How will you build interest for youth and their parents?
   c. Will you collect permission or consent forms?
   d. How will you keep in touch with participants and their parents to schedule sessions?
### Host + contact info:

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<th>Co-host + contact info:</th>
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### Lead

(Presenter and speaker)

### Materials/ Links:

- Flip chart, markers, name tags

### What/activities

- **11:00am - 11:15am**
  - Welcome students, open PPT for class Kickoff
  - Introduce guest speaker

- **11:15 - 12:00**
  - Talking Point to Cover
    - Add
    - Add
    - Add

### Note to Guests: Our classroom

1. Promotes skills development (e.g., communication, negotiation, refusal, assertiveness, contraceptive use) with practice and feedback.
2. Teaches youth to initiate risk reduction conversations with friends and family.
3. Teaches youth how to communicate with messages that target risk-related attitudes, norms, intentions, and self-efficacy.
4. Uses active learning techniques.
5. Uses non-heterosexist language and positive role modeling.
6. Is “sex-positive,” teaching that sexual expression under the right circumstances is normal and healthy.
7. Focuses first on knowledge, attitudes, and behaviors, then on how to promote positive social norms in the community.
8. Supports youth as they set personal goals.
Letter to Parent or Guardian

Date: Add

Dear Parent or Guardian:

We are very excited to inform you that your child will have the opportunity to participate in a health education program that we will be implementing in the [school, after-school program, summer program, etc.], called Native STAND (Students Together Against Negative Decisions). This curriculum is designed to help students make better decisions about their health. The curriculum is a comprehensive health curriculum that addresses sexually transmitted diseases, HIV, unplanned pregnancy, drugs and alcohol, dating violence, mental health, and other important issues that impact our youth today. After the training program is over, your child will be able to help themselves and their friends make healthy decisions.

There are 18 sessions in the curriculum that last about one hour each. These may occur weekly, or more frequently, depending on the program is delivered.
1.a. Stories from the Field

Eudora Redhouse, Capacity Builders, Inc.
Recruitment

Facilitators
1. Northern Arizona University
2. AmeriCorps VISTA
3. Workforce Innovation and Opportunity Act (WIOA) Program

Youth Participants
1. Flagstaff Bordertown Dormitory
2. Flagstaff High School
3. Coconino High School
### Native Stand Budget Plan

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#### Budget

1. **Food and Beverages**
2. **Gift Cards for Raffle Drawings**
3. **Program T-shirts**
4. **Facility Usage Fee**
5. **Guest Speaker**
Preparation

1. Program Schedules
2. Sign-In Sheet
3. Handouts
4. Supplies and Materials
5. Food and Beverages
6. Question Box
7. Activity Log *
1.b. Padlet Activity

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

Share about:
- Recruitment Strategies
- Program Engagement
- Creative Incentives
Wellness Moment

Progressive Muscle Relaxation

- Stretch your legs out in front of you.
- Point your toes toward the wall.
- Run your fingers over the muscles in your calves and thighs.
- Take a deep breath in and hold it.
- Breathe out and relax your muscles.
- Let your legs go back slowly down to their original position.
- Take a minute to feel the relaxation in your legs, enjoy.
2. Implement Phase IV of HNY Toolbox
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.

You are ready for implementation! Deliver your program with confidence – you have done the research, put in the work, and now it is time to bring it to life. All of your preparation and planning should make the IMPLEMENT phase easier and more straightforward. During this phase of the process, learn what works for you and your students. Track your implementation journey and take notes on the adaptations and adjustments you make. Collect feedback to assess student learning and talk with them about their experience. You and the youth participants are putting in a lot of good work – be sure to celebrate together as you progress through the program.
### Where do I start?

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**Get support:** Explore technical assistance and resource supports. [Learn more](#)

- Implement your program with confidence. [Learn more](#)
- Track your implementation journey. [Learn more](#)
- Assess student learning and experiences. [Learn more](#)
- Youth voice: Celebrate the youth. [Learn more](#)

**Grow**
Implement - Step 1 - Energizers and Wellness Moments.docx
Implement - Step 2 - Class Attendance Sheet.docx
Implement - Step 2 - Session Reflection Log.docx
Implement - Step 3 - Healing of the Canoe - Post Survey v12.pdf
Implement - Step 3 - Healing of the Canoe - Pre Survey v10.pdf
Implement - Step 3 - Native STAND Questionnaire.pdf
Implement - Step 4 Example - Awesome Tickets.pdf
Implement - Step 4 Example - Certificate of Completion.pdf
Implement - Step 4 Example - Graduation Invite.pdf
Lesson Reflection Log

Instructions: You may find yourself making adjustments and adaptations to your program – keep track of what works and what you want to build on. You can make small adjustments throughout the journey and use them to plan the next go-round. Activity logs will help you gather valuable data – here are some tools for reflecting on lessons, tracking attendance, and making observations as you go.

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This resource was adapted from the Program Planning and Implementation Workbook.
## Class Attendance

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2.a.
Stories from the Field

Nasheen Sleuth, Native STAND 2.0
Know your Audience

★ Community
Rural, Urban, Tribal, School, Center

★ Inclusive Space
Inclusive language/Pronouns, sensitive to 2SLGBTQ individuals
Time Management

- Following an Outline
- Displaying the Timing of each activity.
- Giving 5-2 warnings during session
- Clock/time keeper
- Flexibility
Reflections

Staff/Team

With Youth

Yo’self

Sensitive Questions

- Setting boundaries: by establishing group agreements
- State law about mandated reporting
- Sharing accurate medical information
- Permission seeking
- “I don’t know”

Self Care

- Be gentle with yourself
- Get support
- Relax
- Have FUN!
2.b. Mentimeter Activity

Use the link in the chat box to join...

How do you ensure youth feel safe?

Go to www.menti.com and use the code 2380 3242
3. Let’s Reflect!

**Logistics**
- Share Your Video
- Use the Chatfeed

**Engagement**
- Use the Chatfeed
- ASL
- Zoom Reactions
Chatfeed Convo:
Type Questions,
Ask Away!
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/
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 care about what you’re going through!

https://www.healthynativeyouth.org/resources/
Youth Support

In crisis? Connect 24/7:

Crisis Text Line
Text: NATIVE to 741741
WhatsApp

National Suicide Prevention Lifeline
Call: 1-800-273-TALK
Chat

Abuse & Sexual Assault

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (786-8483)
Chat

RAINN
National Sexual Assault Hotline Call (24/7): 1-800-656-HOPE
Chat

National Teen Dating Abuse Helpline
Call (24/7): 1-866-334-ESPA
Text: LOVEIS2525
www.loveissupport.org

Childhelp National Child Abuse Hotline
(24/7): 1-800-A-CALL-2-ME (242-5253)

Drugs, Alcohol & Tobacco

National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP

Truth: Smoking, Vaping, and E-Cigarettes
Get Kid-Safe Schedule
Telephone: 888-2935
Text: LOVEIS2525
www.loveissupport.org

Get the Facts About Drugs: Just Think Twice
Call: 1-855-587-4313
Text: 55713

National Drug Information Treatment & Referral
Hotline: 1-800-662-4357

Mental Health

Mental Health America
Call: 1-800-969-6642
Text: MHA 741741

Boystown
Teenline
Call: 1-800-852-8336
Text: VOICE to 2021

We R Native: My Mind
Chat

Drugs, Alcohol & Tobacco

National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP

Truth: Smoking, Vaping, and E-Cigarettes
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Get the Facts About Drugs: Just Think Twice
Call: 1-855-587-4313
Text: 55713

National Drug Information Treatment & Referral
Hotline: 1-800-662-4357

Relationships & Dating

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-NATIVE (628-8463)
Chat

Love is Respect
Call: 1-866-334-ESPA
Text: LOVES to 2525
www.loveissupport.org

That’s Not Cool
Healthy Relationships, Online & Off
Call: 1-888-334-ESPA
Text: 888888
www.loveissupport.org

We R Native: My Relationships
Ask Auntie & Uncle

Sexual Identity – 2S/LGBTQ+

Native Youth Sexual Health Network
Text: 2S/LGBTQ to 97799

The Teens Project
Call (24/7): 1-866-458-2396
Text: START to 6876
Chat

It Gets Better Project
Enrich the Journey

Sexual Health

Planned Parenthood
Call: 1-800-273-7152
Chat

We R Native: Sexual Health
Text: 2S/LGBTQ to 97799
Ask Auntie & Uncle

Haven for Hope
Ask Auntie & Uncle

Sexual Identity – 2S/LGBTQ+

Native Youth Sexual Health Network
Text: 2S/LGBTQ to 97799

The Teens Project
Call (24/7): 1-866-458-2396
Text: START to 6876
Chat

It Gets Better Project
Enrich the Journey

Text Message Campaigns

Empower:

Text: NATIVE to 97799
For health & wellness tips

Caring Messages - to remind you of how awesome you are
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college age+)

Find Help Near You

SAMSHHA - Zip code locator for a treatment center closest to you
Text: TREATMENT to 97799

Mental Health America - Zip code locator for a clinic closest to you
Text: TREATMENT to 97799

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you’re worried about someone

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**
"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...
# Mark Your Calendars!

## 2021-22 Community of Practice Lineup

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
<th>Registration Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 9, 2021</td>
<td>Back-to-School: Intentional Balance</td>
<td>What a year it has been! More than ever, we see the need to create intentional safe spaces for ourselves and those we serve to advocate, reflect, and thrive in this uncertain school year. Join Robert Jahnke from the Native Wellness Institute and Didave Brown from the NCAW who will help create a space for you to reach through humor, on resonation in the workplace, time management, and boundaries to carve a path towards intentional balance.</td>
<td>Watch Recorded Session <a href="#">here</a></td>
</tr>
<tr>
<td>October 12, 2021</td>
<td>Cultural Competency to Raise Healthy Native Youth</td>
<td>Cultural competency is everything we do, from how we engage, learn, and process information. In order to be able to serve our Native youth, we must share our experiences and the research behind culture as promoter so that our initiatives and services can best support the health of our Native youth. Join the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media Affiliates to share their experiences impacting cultural competency.</td>
<td>Watch Recorded Session <a href="#">here</a></td>
</tr>
<tr>
<td>November 10, 2021</td>
<td>Tackle Tacoma with Care</td>
<td>Indigenous communities have long historical resilience skills to cope, rebuild, and heal from adversity and trauma. Join the Student Children's Trauma Center to visit throughout the day! - informed practices to build and health and health the sessions we have all experienced individually and collectively during the pandemic. Together with head and heart!</td>
<td>Watch Recorded Session <a href="#">here</a></td>
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<tr>
<td>December 8, 2021</td>
<td>Set the Stage for Program Success</td>
<td>Our consultants have taught us the importance of the gathering season, to prepare and rehearse throughout the year, setting, setting, facilitation to increase engagement for the future! Join the ECMH to talk about how to GATHER and prepare community and youth on how to become effective community leaders.</td>
<td>Watch Recorded Session <a href="#">here</a></td>
</tr>
<tr>
<td>January 12, 2022</td>
<td>Pickers Can Be Chosers: Choosing a Program</td>
<td>Have you gathered such and community feedback to identify health priorities, resources and needs? Now, you are ready to file the CHOOSE phase! Join the NAVN core help those a独特 criteria for program selection, gather approval, and tips for involving youth in the selection process. Hear from program developers in Native youth programming (see T Naties, Native STAND, Native WYSS, Choctaw, Native RVG, YSIS).</td>
<td>Watch Recorded Session <a href="#">here</a></td>
</tr>
<tr>
<td>February 9, 2022</td>
<td>Thrive in the Spaces we Create</td>
<td>Help Native youth build self-affirmation, inclusion, PUSH and creative spaces together using Indigenous leadership and peer mentoring approaches. Have how Native youth are using creative expression to positively process emotions to thrive in these spaces. Learn how you can help youth in your community in the same.</td>
<td><a href="#">Click here to register</a></td>
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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 us help you stay aligned with our implementation plan. We will discuss implementation strategies and how to get your program up and running.</td>
<td><a href="#">Click here to register</a></td>
</tr>
<tr>
<td>April 13, 2022</td>
<td>Stand Up to STI/HIV Stigma</td>
<td>Let's talk about social media. How can we use it to our advantage and in a way that is respectful and inclusive. Join us as we stand up to STI/HIV stigma through digital tools.</td>
<td><a href="#">Click here to register</a></td>
</tr>
<tr>
<td>May 11, 2022</td>
<td>Concerning Social Media Posts Workshop</td>
<td>Let's talk about social media. How can we use it to our advantage and in a way that is respectful and inclusive. Join us as we stand up to STI/HIV stigma through digital tools.</td>
<td><a href="#">Click here to register</a></td>
</tr>
<tr>
<td>June 8, 2022</td>
<td>Staying Connected</td>
<td>Let's talk about social media. How can we use it to our advantage and in a way that is respectful and inclusive. Join us as we stand up to STI/HIV stigma through digital tools.</td>
<td><a href="#">Click here to register</a></td>
</tr>
<tr>
<td>July 8, 2022</td>
<td>Sustain and Grow your Program</td>
<td>Let's talk about social media. How can we use it to our advantage and in a way that is respectful and inclusive. Join us as we stand up to STI/HIV stigma through digital tools.</td>
<td><a href="#">Click here to register</a></td>
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Contact us: [apstein@casle.org](mailto:apstein@casle.org) [email]
We LOVE helping...

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

You can find us at:
Amanda Gaston, MAT
agaston-contractor@npaihb.org

Michelle Singer
msinger@npaihb.org

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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
Jamboard

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

What are your fav management tools?
Breakout Sessions

first  second  last
SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change fill color and opacity.

Isn’t that nice? :)

Examples: