



# Sustain & Grow Your Program

*Phase V: Healthy Native Youth Toolbox*

May 11th, 10:00-11:30 am PST

# Let us Start with a Blessing

“If you have one hundred people who  
live together, and if each one cares for  
the rest, there is One Mind.”  
Shining Arrows, Crow, 1972



# Yá'át'ééh! Keshi! Hola!



Stephanie Craig Rushing, PhD, MPH

(She/Her)

I love coffee.

[scraig@npaihb.org](mailto:scraig@npaihb.org)



**Robby Bill**

*Confederated Tribes of Umatilla*

(He/His)

I love lacrosse & golf.

[rbill@pendleonsd.org](mailto:rbill@pendleonsd.org)



**Vurlene Notsinneh-  
Bowekaty**

*Jicarilla Apache*

I have a passion for life!

[vurlene.notsinneh-  
bowekaty@srpmic-nsn.gov](mailto:vurlene.notsinneh-bowekaty@srpmic-nsn.gov)



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
*Indian Leadership for Indian Health*

# Live Virtual Training

## Logistics

### Logistics

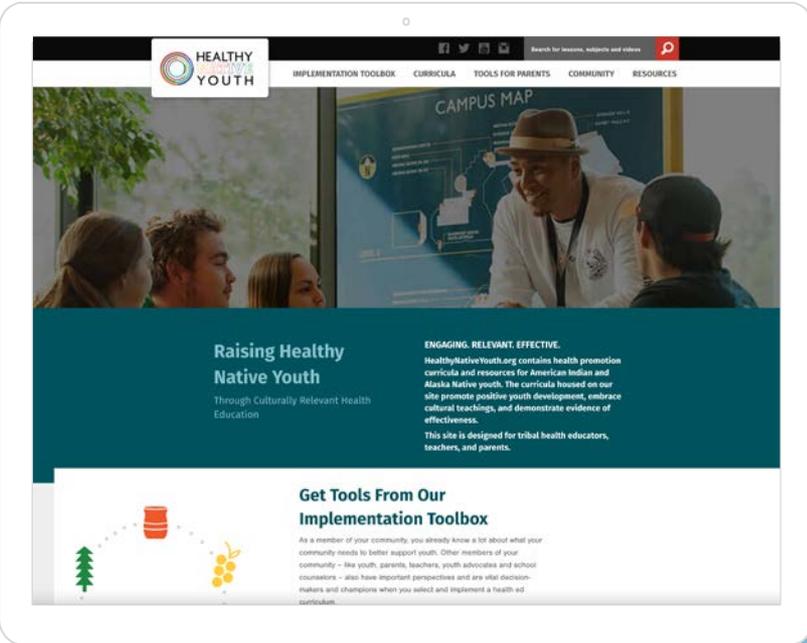
- You are muted
- If comfortable, share video



### Engagement

- Padlet Activity & Breakouts
- Chat box
- Anon Q&A Box: Jamboard link
- 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 sustain and grow your program
- ★ **Discuss** with your relatives how you will use tips and tools for the *Grow* phase in your community





# Where we are going

1. Grow Phase V - 15 min
2. Stories from the Field - 30 min
  - a. Robby Bill, *Nixyaawii Community School*
  - b. Vurlene Notsinneh-Bowekaty, *Salt River Pima Maricopa Indian Community*
3. Padlet Activity: Identifying Youth Advocates & Community Partners - 5 min
4. Breakouts - Reflect on Program Implementation - 15 min
5. Let's Talk About it! - 5 min



1.

# Grow

Phase V of Healthy Native Youth Toolbox



**Grow**

**Grow** with your program and share your successes.

INTRODUCTION

WHERE DO I START?

THE BIG PICTURE



## Raising Healthy Native Youth

Through Culturally Relevant Health  
Education

### ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness.

This site is designed for tribal health educators, teachers, and parents.

# THE BIG PICTURE

GIVE US FE

Where do I start?



**Gather**



**Choose**



**Prepare**



**Implement**



**Grow**

[Download for quick reference.](#)





# Healthy Native Youth Implementation Toolbox: Phases and Steps

 <b>Gather</b>	 <b>Choose</b>	 <b>Prepare</b>	 <b>Implement</b>	 <b>Grow</b>
<b>GET SUPPORT:</b> Connect with community members for guidance and feedback	<b>GET SUPPORT:</b> Identify decision-makers	<b>GET SUPPORT:</b> Invite guest speakers and attend Community of Practice sessions	<b>GET SUPPORT:</b> Explore technical assistance and resource supports	<b>GET SUPPORT:</b> Collaborate with other youth programs
<b>Gather</b> input on youth interests and health priorities <ul style="list-style-type: none"><li>• Identify your community's needs and resources</li><li>• Select your program setting</li></ul>	<b>Choose</b> which criteria are most critical to your program <ul style="list-style-type: none"><li>• Select a program that aligns with your goals</li><li>• Get approval if needed</li></ul>	<b>Prepare</b> an implementation action plan that includes self-care <ul style="list-style-type: none"><li>• Order supplies, teaching tools, and incentives</li><li>• Practice going through the curriculum &amp; activities</li></ul>	<b>Implement</b> your program with confidence! <ul style="list-style-type: none"><li>• Track your implementation journey</li><li>• Assess student learning and experiences</li></ul>	<b>Grow</b> with your program <ul style="list-style-type: none"><li>• Share successes and lessons learned</li><li>• Keep the momentum going</li></ul>
<b>YOUTH VOICE:</b> Gather input from youth and program participants	<b>YOUTH VOICE:</b> Seek input from youth and community	<b>YOUTH VOICE:</b> Recruit caregivers, youth and allies	<b>YOUTH VOICE:</b> Celebrate the youth	<b>YOUTH VOICE:</b> Stay connected beyond programming





**Prepare**



**Implement**



**Grow**



**Get support:** Collaborate with other youth programs. [Learn more](#)

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**Grow with your program.** [Learn more](#) 

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**Share successes and lessons learned.** [Learn more](#) 

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**Keep the momentum going.** [Learn more](#)

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**Youth voice:** Stay connected beyond programming. [Learn more](#)

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[Download for quick reference.](#)



Gather



Choose



Prepare



Implement



Grow



## 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.**

Congratulations! You have implemented your program and you have learned quite a bit on the journey. You are now in the GROW phase. Take some time to think about how you will grow with the program and how you want to keep the momentum going. Reach out and collaborate with other youth programs. Document your experiences and plan to build upon them in the next round of implementation. Share the lessons you learned with your youth and your community. Celebrate the wins! Above all, keep cultivating relationships and find ways to stay connected beyond programming.



## Keep the momentum going

Use the knowledge learned from your implementation journey to grow and keep the momentum going! Your first-hand experience as an educator serves as testimony to the positive impacts of implementing a culturally-relevant curriculum.

Look back to your notes and use them to begin setting the stage for another round of implementation. Use your original Implementation Action Plan and update it with lessons learned. Take time to think about how you will keep the momentum going.

**Tip:** Refer to the notes you have been taking throughout the implementation journey in the [Lesson Reflection Log](#), and review your [Curriculum Implementation Plan](#)

**Tip:** Use the [Healthy Native Youth website](#) to [Request Technical Assistance](#)



# Example Tools





## Template: Identify Youth & Community Partners Map

### 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 categories written in to get you started and a few "Other" spaces that can be used for partners that don't fit into the other boxes. In the right column, list ways these partners can support or participate in your programming.

### 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



Schools: School  
Board, Principal,  
Teachers



Clinic & Health Staff:



Community Orgs:



Other:



# Gather Youth Feedback: Native STAND 2.0: Lesson 18

## 3. Program Reflection & Feedback

15 minutes, Large Group  
Discussion

- **Introduce Feedback Activity:** Let the students know that their participation and contributions throughout the program have been so important and valuable. One final way they can contribute to the ongoing development of Native STAND program for future youth who will go through the program is to provide feedback on the program.
- **Positive Feedback:** Say, “let’s start with positive feedback about what you liked about the program, activities and resources.” Take notes about their feedback on flip chart paper or on the board.
- **Opportunities for Improvement:** Next ask, “what opportunities do you see for improving Native STAND?” Take notes about their feedback on flip chart paper or on the board.
- **Recommendations & Advice for Future Native STAND participants:** Finally ask, “what recommendations or advice do you have for future peer advocates going through the Native STAND program or future facilitators of the program?” Take notes on their feedback on flip chart paper or on the board.
- Thank students for their feedback.





## Template: Reflect on Program Implementation

### GROW Reflect on Program Implementation



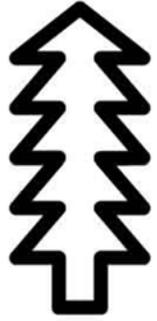
**Instructions:** Use this template to reflect on your program.

Reflecting on your program's successes and challenges will ~~open up~~ **open up** new ideas for adaptation. Expanding your circle of support and collaborating with others will boost your capacity and resources. Take some time to think about how you will grow with the program.

#### Step 1: Questions to Reflect on

Meet with community partners to gather feedback from different perspectives. Think about or discuss questions that could improve the next round of programming, like:

- What worked well?
- What growth did you see in students?
- What barriers or challenges occurred during implementation?
- What adjustments could be made to better coordinate and leverage available youth programs?



Stories from the  
Field: **GROW**



# Lessons from the Field:

Robby Bill, Nixyaawii Community School  
Conf. Tribes of the Umatilla Indian Reservation

## Questions to Reflect On

- What steps did you take to build school and community support for Native STAND?
- What benefits or impacts have you noticed from having a co-facilitator?



# Lessons from the Field:

Vurlene Notsinneh-Bowekaty

Salt River Pima Maricopa Indian Community

## Questions to Reflect On

- What adjustments did you make to your implementation plan, in order to leverage available youth programs?
- What benefits or impacts have you noticed from partnering with other youth programs?



# Lessons from the Field: **Both**

## Questions to Reflect On

What **growth** have you seen in your students?

What **growth** have you seen in your communities?



# Padlet

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

*Identifying Youth  
Advocates & Community  
Partners*



# Meet with Partners to Reflect On...

- What worked well?
- What growth did you see in students?
- What barriers or challenges occurred during implementation?
- What adjustments could be made to better coordinate and leverage available youth programs?
- What changes, additions, or improvements will you make going forward?
- Who else could you invite to partner and collaborate with next time?



# Breakout Sessions

What are your  
lessons learned?

What will  
you  
change?

What's  
been  
most  
helpful?

Reflect on Program Implementation



# 4. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions





# Chatfeed & Q&A Box Share





# Wellness Moment

Native STAND 2.0: Lesson 16

## 5. "You Rock!" Activity

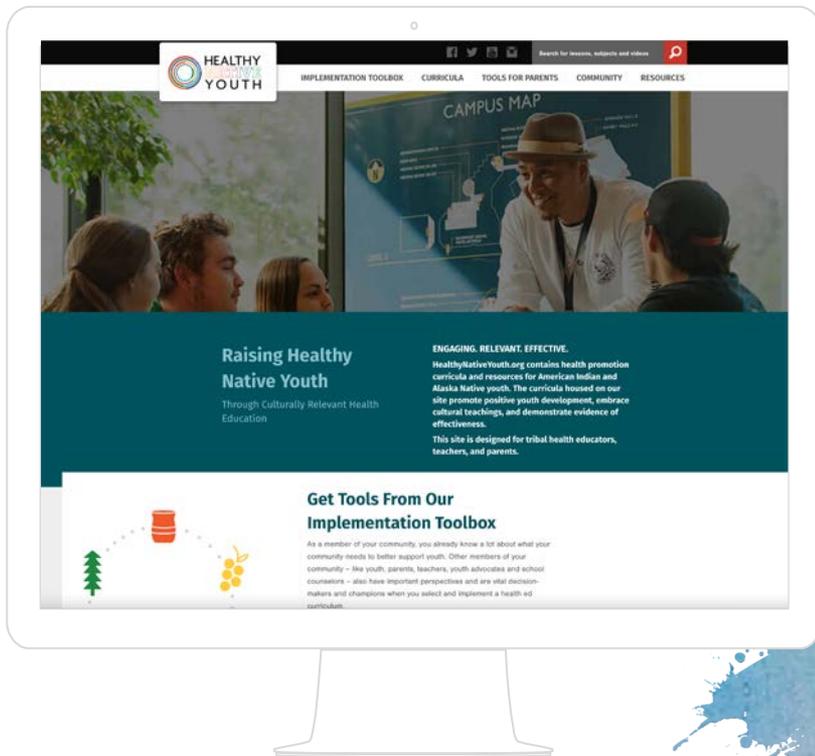


# Practice in Action

Taking it back home!



# Find Curricula on Healthy Native Youth

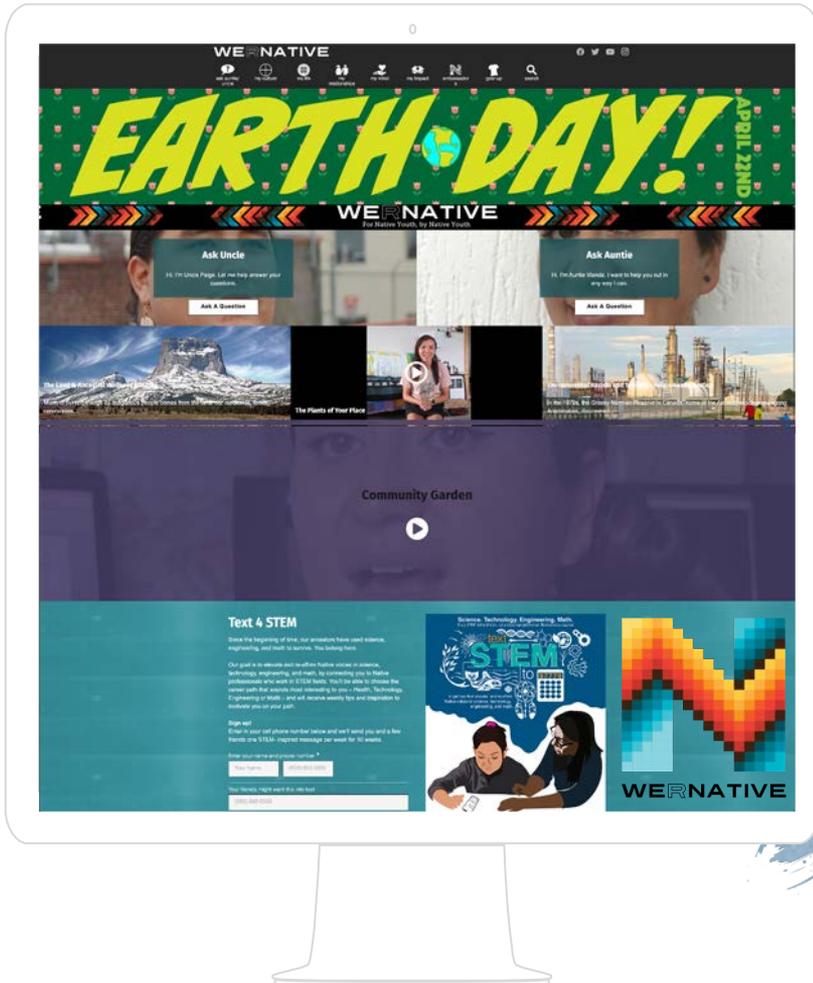


- ★ Filter & Compare Tool
- ★ All Materials Needed to Implement
- ★ Enhancement Activities
- ★ Resources & Support
- ★ Upload & Submit Your Own Curricula

# We R Native

## For Youth

- ★ Multimedia health resource for Native youth by Native youth
- ★ “Ask Your Relative” Q&A Service
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook





<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!

# Youth Support



In crisis? Connect 24/7...

**CRISIS TEXT LINE**

Crisis Text Line  
Text: NATIVE to 741 741  
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 (762-8483)  
Chat



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



National Teen Dating Abuse Helpline  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)



Childhelp National Child Abuse Hotline  
(24/7): 1-800-4-A-Child (422-4453)

## Drugs, Alcohol & Tobacco



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



Truth: Smoking, Vaping, and Opioids  
**Get 24/7 Support**  
Text: DITCHVAPE to 88709



Get the Facts About Drugs:  
Just Think Twice  
Call: 1-855-378-4373  
Text: 55753



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

## Mental Health



Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741



National Hotline. Reach Out  
& Get Help  
Call: 1-800-448-3000  
Text: VOICE to 20121



Teens Helping Teens  
Call: 1-800-852-8336  
Text: TEEN to 839 863



Caring Messages - to  
remind you of how  
awesome you are!  
Text: CARING to 65664  
Text: COLLEGE to 65664



We R Native: My Mind  
**Ask Auntie & Uncle**  
Text: CARING to 65664

PAGE 1

CLICK ON THE LOGOS TO GO TO RESOURCE

<https://www.wernative.org/wp-content/uploads/Youth-Support-Resources.pdf>

# Youth Support



PAGE 2 OF 3

## Relationships & Dating



StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
Chat



Love is Respect  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)



That's Not Cool  
Healthy Relationships, Online & Off  
Call (24/7): 1-866-331-8453



We R Native: My Relationships  
**Ask Auntie & Uncle**

## Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project  
Text: 2SLGBTQ to 94449



Native Youth Sexual Health Network



The Trevor Project  
Call (24/7): 1-866-488-7386  
Text: START to 678 678  
Chat



It Gets Better Project  
Embrace the Journey



CLICK ON THE LOGOS TO GO TO RESOURCE

## Sexual Health



Planned Parenthood  
Call: 1-800-230-7526  
Chat: Ask\_Roo  
Find a Clinic



We R Native: Sexual Health  
Text: SEX to 94449  
**Ask Auntie & Uncle**



I Know Mine  
**Ask Nurse Lisa**  
I Want the Kit & Order  
Condoms (AK mailing only)



It's Your Sex Life  
Live Chat



Bedsider



Get Yourself Tested #GYT  
Find a clinic near you



Trans Life  
Call: 1-877-565-8860



Human Trafficking Hotline  
Call (24/7): 1-888-373-7888  
Text HELP to 233 733  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

Click on icons to go to resource

# Youth Support



PAGE 3 OF 3

## Bullying



Stopbullying.gov  
What Teens Can Do  
What Adults Can Do



Cyberbullying  
Resources for Youth  
Report Cyberbullying



We R Native: Bullying Prevention  
**Ask Auntie & Uncle**

## Text Message Campaigns



Text: NATIVE to 94449  
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 youth)



Text: SEX to 94449  
Get tips and resources to protect your sexual  
health



Text: 2SLGBTQ to 94449 or ALLY to 94449  
Native, Two-Spirit, LGBTQ, #BornSacred



Text: STEM to 94449  
For inspiration and motivation on your journey  
in Health, Technology, Engineering or Math



Text: FITNESS to 94449  
For inspiration and motivation to conquer your  
personal wellness goals and you could win  
fitness gear or a fitbit!

CLICK ON THE LOGOS TO GO TO RESOURCE

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE  
YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NOT  
BUEY!

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 94449**

**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 94449**

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 #HealthyNativeYouth #WeRNative

CURRICULA LESSON PLANS HANDOUTS RESOURCES

www.healthynativeyouth.org

fb.com/HealthyNativeYouth

Listserv: Text "YouthNews" to 22828

https://www.instagram.com/healthynativeyouth/ @HealthyNativeYouth

native@npaihb.org

HEALTHY NATIVE YOUTH

SIGN UP TO RECEIVE UPDATES VIA TEXT MESSAGE

TEXT "HEALTHY" TO 97779

**LAUNCHED  
VETERANS DAY!  
11/11/21**



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

# 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!



HNY [Linktree](#) QR Code

# Join the *Healthy Native* *Youth* Movement!

- ★ Sign up for [Newsletter](#)
- ★ Text "HEALTHY" to 94449
- ★ Follow us on Facebook, Instagram, Twitter, YouTube



# Mark Your Calendars!



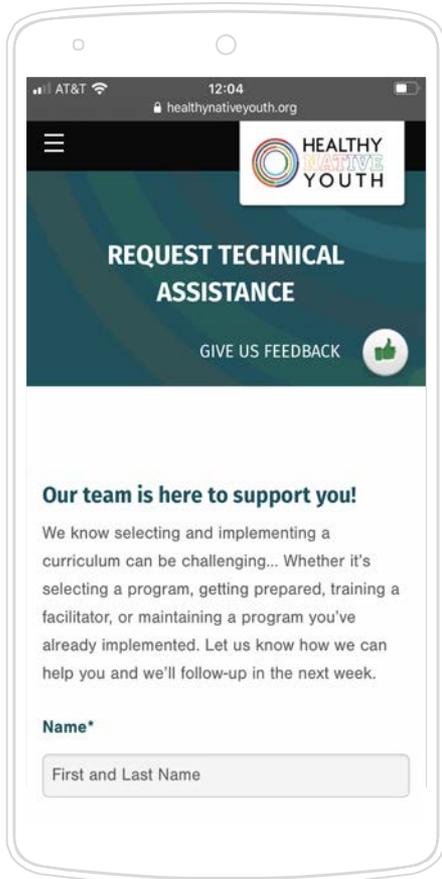
## 2021-22 Community of Practice Lineup

Date	Title	Description	Links
September 8, 2021	<b>Back-to-School: Intentional Balance</b>	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.  Join Robert Johnston from the Native Wellness Institute and Darica 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.	<a href="#">Watch Recorded Session here</a>
October 13, 2021	<b>Cultural Competency to Raise Healthy Native Youth</b>	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.  Join the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media influencers to share their experience imparting cultural competency.	<a href="#">Watch Recorded Session here</a>
November 10, 2021	<b>Tackle Trauma with Care</b>	Indigenous communities have long fostered resiliency skills to cope, rebuild, and reclaim our beauty and place.  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!	<a href="#">Watch Recorded Session here</a>
December 8, 2021	<b>Set the Stage for Program Success</b>	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.  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.	<a href="#">Watch Recorded Session here</a>
January 12, 2022	<b>Pickers Can be Choosers: Choosing a Program</b>	You have gathered youth and community feedback to identify health priorities, resources and needs. Now you are ready for the CHOOSE phase!  Let the HNY crew help chose 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.	<a href="#">Watch Recorded Session here</a>
February 9, 2022	<b>Thrive in the Spaces we Create</b>	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 their spaces. Come learn how you can help youth in your community do the same.	<a href="#">Watch Recorded Session here</a>

## 2021-22 Community of Practice Lineup

Date	Title	Description	Registration Links
March 9, 2022	<b>Prepare for Implementation Success</b>	Now that you have chosen a program, you can prepare for implementation success!  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!	<a href="#">Watch Recorded Session here</a>
April 13, 2022	<b>Stand Up to STI/HIV Stigma</b>	As sexual health educators we know the challenges of community and youth attitudes, biases, misinformation, and STI/HIV stigma that presides and harms the health of our Tribal communities. Join us as we stand up to STI/HIV stigma through holistic approaches to Indigenous Sexual Health. And, hear about successful HIV/STI self-testing programs from the Swab Squad, Alaska Native Tribal Health Consortium, Johns Hopkins & the South Plains Tribal Health Board - I want the Kit!	<a href="#">Watch Recorded Session here</a>
May 11, 2022	<b>Sustain and Grow your Program</b>	Congratulations! You have implemented your program and are now in the GROW phase.  Let the HNY team help reflect on what worked, what can change, and how to use what you've learned to keep the momentum going.	<a href="#">Click here to register</a>
June 8, 2022	<b>Concerning Social Media Posts Workshop</b>	Learn how you can become the trusted adult youth can turn to when they view or post concerning messages on social media.  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.  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!	<a href="#">Click here to register</a>
July 13, 2022	<b>Staying Connected</b>	Summer is upon us and our conversations are now consumed with how we can stay connected and keep program momentum going with our summer programs and peer/elder mentorships.  Join the CoP crew to talk about what others and doing how we can support each other's youth programming.	<a href="#">Click here to register</a>
<b>Contact us</b>		 <a href="mailto:agaston-contractor@npahb.org">agaston-contractor@npahb.org</a>  <a href="mailto:msinger@npahb.org">msinger@npahb.org</a>	 <a href="http://www.healthynativeyouth.org">www.healthynativeyouth.org</a>  Text HEALTHY to 94449  Click on links next to each session to register in advance





# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

# Thank you!

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



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



“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together.”

Chief Seattle/Sealth/Si’ahl





# Mentimeter Q&A

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

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



Go to [www.menti.com](https://www.menti.com) and use the code 7494 2554



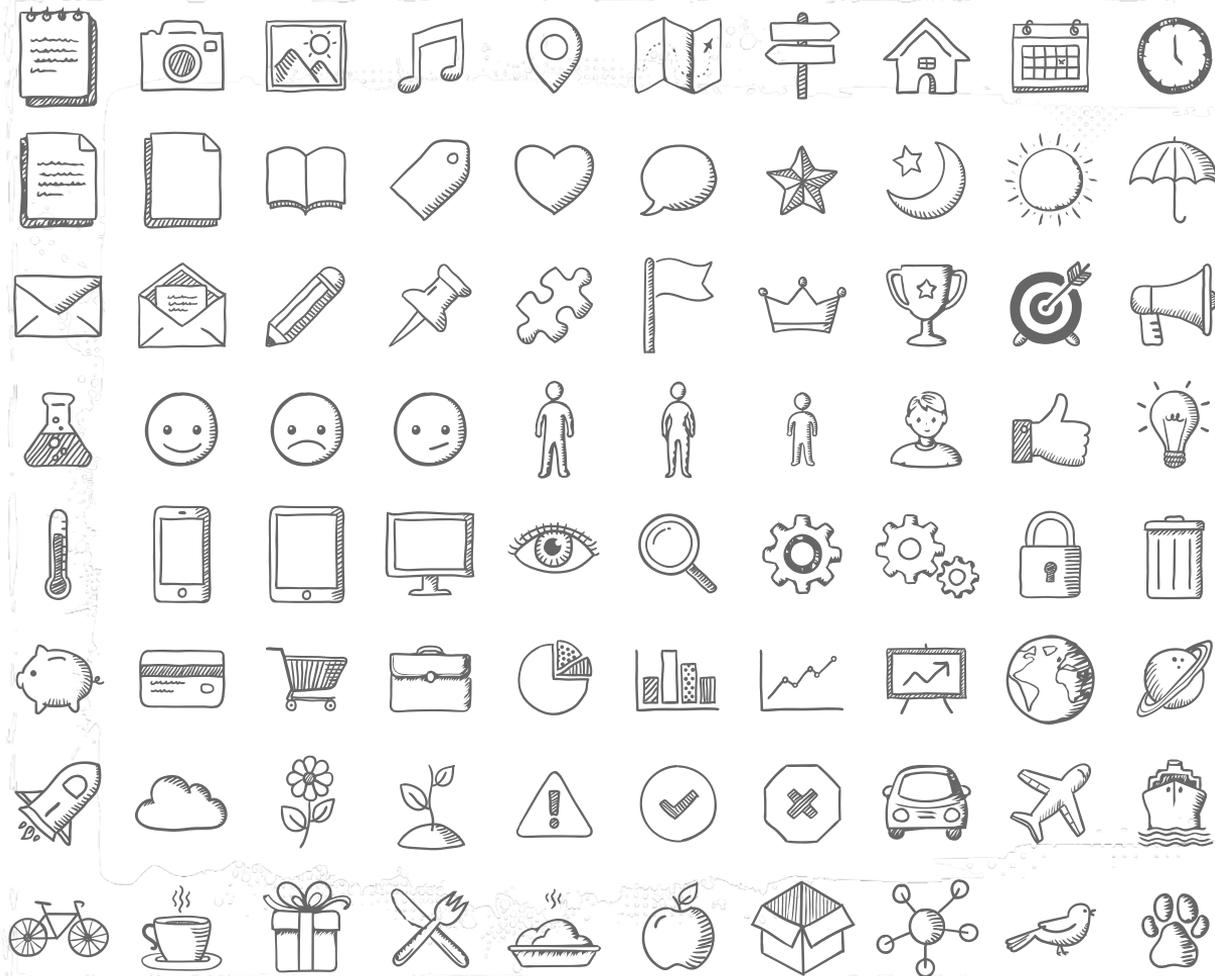
# Jamboard

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

*What are your fav  
management tools?*







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:

