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

Robby Bill
Confederated Tribes of Umatilla
(He/His)
I love lacrosse & golf.
rbill@pendleonsd.org

Vurlene Notsinneh-Bowekaty
Jicarilla Apache
I have a passion for life!
vurlene.notsinneh-bowekaty@srpmic-nsn.gov
Live Virtual Training

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 with your program and share your successes.
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.
Where do I start?

- Gather
- Choose
- Prepare
- Implement
- Grow

Download for quick reference.
# Healthy Native Youth Implementation Toolbox: Phases and Steps

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<tr>
<th>Gather</th>
<th>Choose</th>
<th>Prepare</th>
<th>Implement</th>
<th>Grow</th>
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<tbody>
<tr>
<td><strong>GET SUPPORT:</strong> Connect with community members for guidance and feedback</td>
<td><strong>GET SUPPORT:</strong> Identify decision-makers</td>
<td><strong>GET SUPPORT:</strong> Invite guest speakers and attend Community of Practice sessions</td>
<td><strong>GET SUPPORT:</strong> Explore technical assistance and resource supports</td>
<td><strong>GET SUPPORT:</strong> Collaborate with other youth programs</td>
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**Gather**
- Input on youth interests and health priorities
  - Identify your community's needs and resources
  - Select your program setting

**Choose**
- Which criteria are most critical to your program
  - Select a program that aligns with your goals
  - Get approval if needed

**Prepare**
- An implementation action plan that includes self-care
  - Order supplies, teaching tools, and incentives
  - Practice going through the curriculum & activities

**Implement**
- Your program with confidence!
  - Track your implementation journey
  - Assess student learning and experiences

**Grow**
- With your program
  - Share successes and lessons learned
  - Keep the momentum going

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**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
Get support: Collaborate with other youth programs. Learn more

Grow with your program. Learn more

Share successes and lessons learned. Learn more

Keep the momentum going. Learn more

Youth voice: Stay connected beyond programming. Learn more

Download for quick reference.
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
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.
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 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?
Use QR code or the link in the chat box to join...
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
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
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/
Talking is Power
For Adults

Tips & Resources for
★ Talking to Youth About Sexual Health
★ Getting the convo started
★ Online Printable Resources [here](https://www.healthy_native_youth.org)

**TEXT “EMPOWER” TO 94449**
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!

LAUNCHED

Veterans Day!

11/11/21

https://www.healthynativeyouth.org/resources/
Join the Healthy Native Youth Movement!
★ Sign up for Newsletter
★ Text “HEALTHY” to 94449
★ Follow us on Facebook, Instagram, Twitter, YouTube
## 2021-22 Community of Practice Lineup

<table>
<thead>
<tr>
<th>Date</th>
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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 ourselves and those we serve to acknowledge, heal, and thrive this upcoming school year. John Robert Johnson from the Native Wellness Institute and Chelsea Brown from the BANNAH, who will help create space for you to work through trauma, ils, onenosis, and TINN, and create spaces for healing.</td>
<td>Watch Recorded Session here</td>
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<tr>
<td>October 13, 2021</td>
<td>Cultural Competency to Raise Native Youth</td>
<td>Culture is everything. It starts with the arts, language, and storytelling. It is in the fabric of our nation, our people, and our culture. We must be intentional in creating spaces for our youth to engage with our culture through arts, and leadership development programs to ensure that we are creating leaders for the future.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>November 10, 2021</td>
<td>Tackle Trauma with Care</td>
<td>Indigeneity as a community has long trusted in the capacity of survival skills, and resilience. As we work towards creating and sustaining our family and culture, we must find ways to address trauma in our communities. John Blank, Native Children’s Trauma Center, will address the need for trauma-informed care and resources for our community.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>December 8, 2021</td>
<td>Set the Stage for Program Success</td>
<td>Our Elders have taught us the importance of laying the foundation. As we look inward, we must determine our priorities as a community and collectively move forward. This is a pivotal moment for us. Let’s prepare together.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>January 12, 2022</td>
<td>Pickers Can Choose: Choosing a Program</td>
<td>We have gathered as a community to specifically identify health priorities, resources, and needs. How are you ready for the CHOICE phase? Let’s talk about the cultural elements for program selection, getting involved, and how we can work together.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>February 9, 2022</td>
<td>Three to the Spaces we Create</td>
<td>Help Native youth build relationships, become TINN, and create spaces together using Indigenous leadership and peer mentoring approaches. These are new ideas to help you work within your community to do the same.</td>
<td>Watch Recorded Session here</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 the NAYC and ICVA help you prepare for implementation success.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>April 13, 2022</td>
<td>Stand Up to STI/HIV Stigma</td>
<td>As sexual health educators we know the challenges of community and youth narratives, biases, misinformation, and STI/HIV stigma that providers and schools must contend with. Join Donny Martinez from the Mobile Placenter and Miyah Martinez from the Native Family Health Coalition to learn more about STI/HIV stigma and how to work towards creating a safer and healthier community.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>May 11, 2022</td>
<td>Sustain and Grow your Program</td>
<td>Congratulations! You have achieved your program and now you are in the THEM phase. Let’s talk about the needs of rural and urban communities, your transition to the next step, and the next steps for your program.</td>
<td>Click here to register</td>
</tr>
<tr>
<td>June 8, 2022</td>
<td>Concerning Social Media Post Workshop</td>
<td>Suicide prevention remains a challenge for many, as we are not the only culture that is struggling with this issue. Let’s talk about cultural beliefs and their impact on social media.</td>
<td>Click here to register</td>
</tr>
<tr>
<td>July 13, 2022</td>
<td>Staying Connected</td>
<td>Summer break and summer conversations are always renewed with the idea of what we can do for our students during the summertime. Join Vic Moore and Alana Stabler from the Native Family Health Coalition to talk about how we can support our youth programs.</td>
<td>Click here to register</td>
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Contact us:  
- [spokes@nativestart.org](mailto:spokes@nativestart.org)  
- [nativestart.org](http://nativestart.org)  
- [Click](http://www.healthy-coalition.net/) on links to help you 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

We LOVE helping...
Thank you!

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

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 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: