



# Concerning Posts on Social Media Workshop

June 8, 2022, 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!



**Colbie Caughlan,**  
**MPH**

(She/ Her)

I love chips & salsa!.

[ccaughlan@npaih.org](mailto:ccaughlan@npaih.org)



**Stephanie Craig Rushing, PhD, MPH**

(She/Her)

I love coffee.

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



**Amanda Gaston,**  
**MAT**

Zuni Pueblo

(She/Her)

I love traveling!

[agaston-  
contractor@npaih.org](mailto:agaston-contractor@npaih.org)



# Live Virtual Training

## Logistics

### Logistics

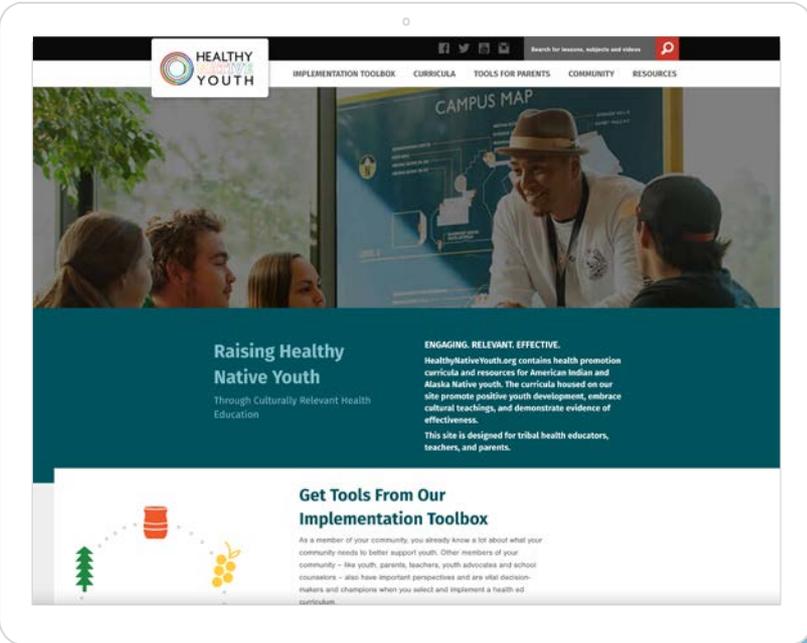
- You are muted
- If comfortable, share video



### Engagement

- Mentimeter & Circle of Support Activity (pen and paper)
- 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...

- ★ **identify** yourself as an Askable Adult
- ★ **plan** how you will support youth when they see or post concerning messages online





# Where we are going

1. Zoom Poll - *Where are we starting at?* - 1 min
2. Responding to Concerning Posts on SM (Overview) - 15 min
3. Mentimeter Activity - 5 min
4. Mind4Helth: Respond, Heal, Grow - 30 min
5. Safe Spaces Share - 10 min
6. Let's Talk About it! - 15 min

# 1. Zoom Poll



When a youth tells you they saw a friend post “I wish I wasn’t here.”  
What comes to mind?

*Reflect on your starting  
point*

- a. I wish they would have told someone else.
- b. I can’t handle this.
- c. I’ve been worried about this.
- d. Okay, this is hard, but I can handle this!



# 2. Responding to Concerning Posts on Social Media

Overview of the original training...





# Responding to Concerning Posts on Social Media: Resources for Adults Who Work with Native Youth

June 2019

**SMAHRT**

SOCIAL MEDIA & ADOLESCENT HEALTH RESEARCH TEAM



Seattle Children's  
HOSPITAL RESEARCH FOUNDATION



WERNATIVE

[ABOUT](#)[TRAINING](#)[LESSONS PLANS](#)[SUPPORTING MATERIALS](#)[CULTURAL RELEVANCE](#)[EVALUATION](#)[REFERENCES](#)

## TRAINING

### TRAINING MATERIALS LINKS:

- [Concerning Post Training Webinar \(1-hour\)](#)

### TEACHER TRAINING OR CERTIFICATION REQUIREMENTS:

This 1-hour webinar training is designed for adults who work with Native youth. It includes:

- A 30-minute video
- An overview of the Viewer Care Plan
- Tips and resources for supporting someone who posts or views concerning messages

The "lesson plans" tab has handouts that accompany the training, and the "supporting materials" tab has two activity guides (one for adults and one for youth), that you can use to increase community awareness about concerning social posts, and what to do if you see them.

*\*Please note the "Resources tab" is only available when viewing the webinar training on your desktop. This tab is not available when viewing the training on a mobile device. When viewing the training on a mobile platform for the first time you will be prompted to download the Articulate Mobile Player app on both iOS or Android devices. You can follow prompts, or go to app store to install for free.*

[NEXT](#)

## CURRICULUM ENDORSEMENTS

Responding to Concerning Posts on Social Media  
Tribal Health Educator

*I think the video was VERY well done! The personal experiences in the beginning with the Luke's family really engaged me and brought the severity of the topic closer to home.*

## Responding to Concerning Posts on Social Media

**WARNING**  
This video contains information about suicide  
that may be triggering to survivors.

# Why is this training important?

Suicide prevention remains challenging among youth, as many do not disclose suicidal ideation to others before attempting suicide. Emerging research suggests that youth may disclose depression symptoms and suicidal ideation via social media, such as Instagram, Facebook, Twitter, Snapchat, and text-messaging.

These public disclosures provide new opportunities to identify youth at risk and connect them to appropriate resources and support.



# What are Concerning Posts?

Concerning posts include those that express depression or intent to hurt one's self or others, that have been posted or viewed on a social media site, such as Facebook, Instagram, Twitter, or Snapchat.

Gf wants to take a break.... My life is over

Like · Comment · Share

 Jim and 11 others like this.



# 2022 Updates

- ★ Translated the online training to deliver via Text Message
- ★ Reinforced the learning objectives with animated videos that walk caring adults through the three steps
- ★ Updated the original “Viewer Care Plan” with more approachable language
- ★ Added tips for being a trusted “Askable Adult”
- ★ Added ideas for building and modeling MH skills



# Current Trends

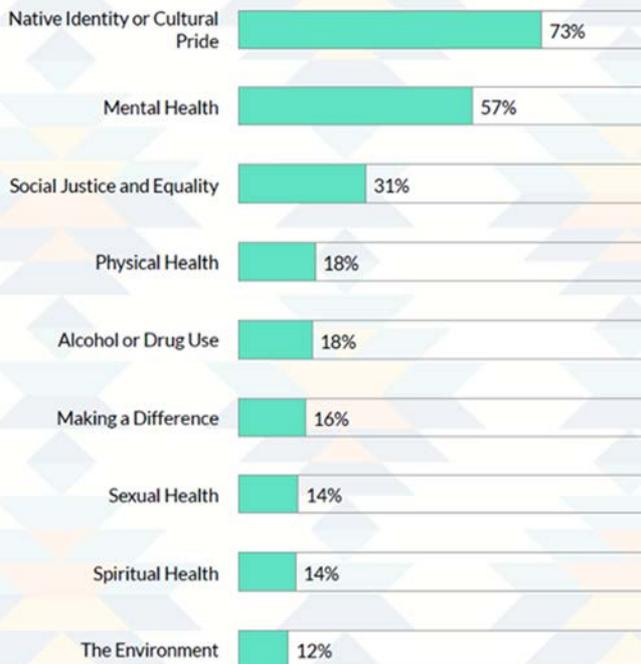


NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

# YOUTH HEALTH TECH SURVEY 2020

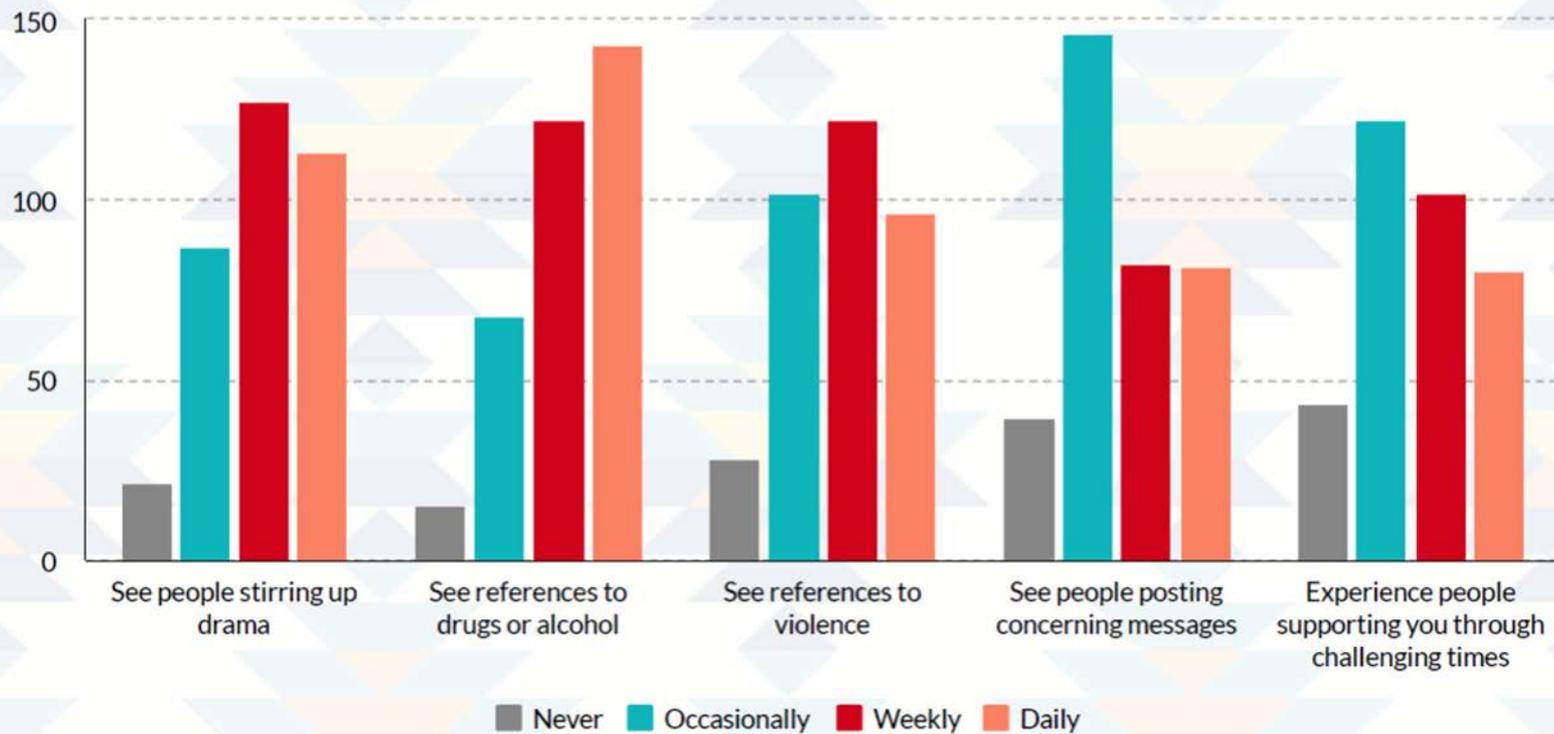
REPORT CREATED BY NICOLE D. REED, MPH, STEPHANIE  
CRAIG RUSHING, PHD, & ROGER PETERSON

## IN YOUR OPINION, WHAT 3 TOPICS ARE THE MOST IMPORTANT FOR NATIVE YOUTH TO LEARN ABOUT?



# CONCERNS ONLINE

## Frequency of Concerning Social Media Posts



# In crisis? Text NATIVE to 741741.

#WeNeedYouHere

 WERNATIVE.ORG



CRISIS  
TEXT LINE

CRISIS TEXT LINE |

It's okay to talk  
about what you're  
going through.

Crisis Text Line is here to listen.



Text NATIVE to 741741 or message  
Crisis Text Line on Facebook

CRISIS TEXT LINE |



Day or night,  
we're here for you.



Text NATIVE to 741741 or message  
Crisis Text Line on Facebook



What 1.3 million conversations  
say about the state of  
mental health in America

# United in Empathy

[Download Report](#)

**1,299,186**

CONVOS ON  
OUR PLATFORM

**740,571**

TEXTERS IN  
CRISIS

**65%**

FIRST-TIME  
ACCESSING CARE

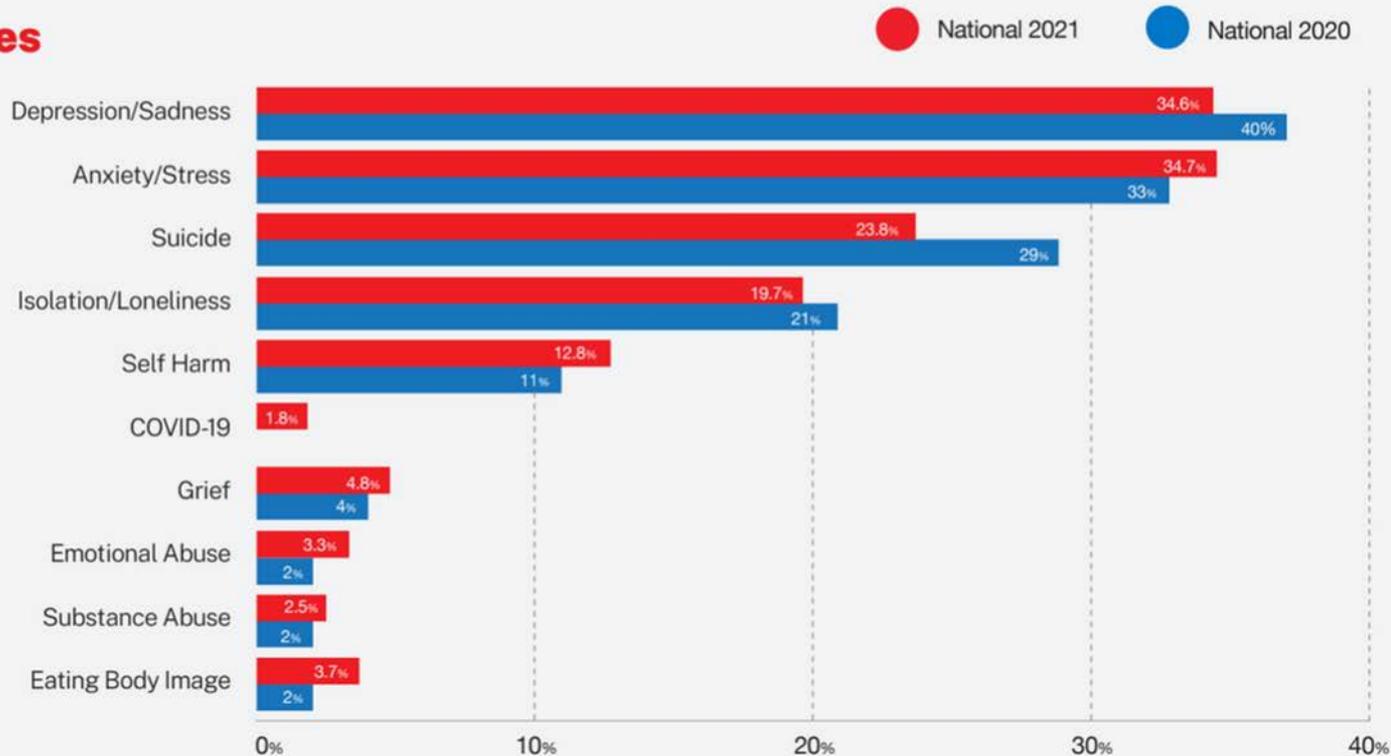
**15,676**

SUICIDE  
DE-ESCALATIONS

**6940**

ACTIVE  
RESCUES

## Issues



62.3k

Conversations

16.1k

Texters

SelectKeyword Data  
Oct 12, 2013 to May 31, 2022

89%

Satisfaction Rate (% Texters Who Found Conversation Helpful)

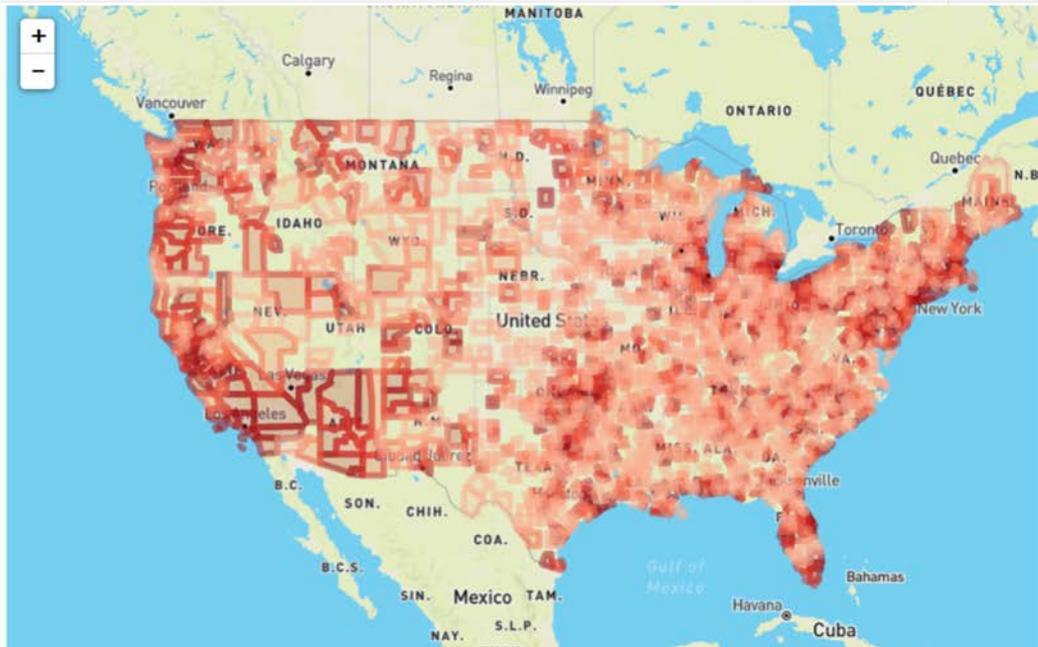
90%

High Risk WaitTime<5

Issues Tag By CCs. (\*) = Issues inferred from

ISSUE	GROUP	VS. AVER
Depression/Sadness	37.4%	▲
Anxiety/Stress	36.6%	▲
Relationship	35.0%	▲
School(*)	30.5%	▲
Suicide	27.3%	▲
Isolation/Loneliness	21.2%	▲
Self Harm	16.8%	▲
Finances(*)	7.2%	▲
Sexual Assault(*)	6.2%	▲
Grief	5.9%	▲
Abuse, emotional	3.8%	▲
Eating Body Image	3.7%	
Social Media(*)	3.3%	▼
Abuse, sexual	3.2%	▲
COVID-19	3.2%	▼
Substance Abuse	2.7%	▲
Bullying	2.4%	

STATE	CONVOS	CONVOS PER 10000 IN	% OF TOTAL
OK	3,016	7.71	4.8%
MT	550	5.32	0.9%
SD	367	4.28	0.6%
ND	286	3.78	0.5%
NM	784	3.76	1.3%
WA	2,231	3.11	3.6%
KS	871	2.99	1.4%
OR	1,200	2.98	1.9%
HI	388	2.71	0.6%
MN	1,434	2.61	2.3%
VT	155	2.48	0.2%
AZ	1,592	2.33	2.6%
OH	2,675	2.30	4.3%
WI	1,312	2.27	2.1%
DC	152	2.26	0.2%
NE	427	2.25	0.7%
CO	1,181	2.16	1.9%
MO	1,226	2.02	2.0%



① Gender. Do you consider yourself to be:

GENDER	GROUP	VS.AVERAGE
Agender	1.8%	▲
Female	78.2%	
Genderqueer	2.8%	▲
Male	12.9%	▼
Trans	4.8%	▲

① Sexual orientation. Do you consider yourself to be:

SEXUAL ORIENTATION	GROUP	VS.AVERAGE
Straight	43.7%	▼
LGBTQ+	57.1%	▲



# 3. Mentimeter Q&A

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

*What types of youth  
SM content most  
concerns you?*

*What does  
that look like in  
your  
community?*



---

Go to [www.menti.com](http://www.menti.com) and use the code **8263 8938**



**LAUNCHES ON  
JULY 18TH!**

4.

# Mind 4 Health

A text message service for Caring Adults...  
Nurturing Conversations to Build Mental Health



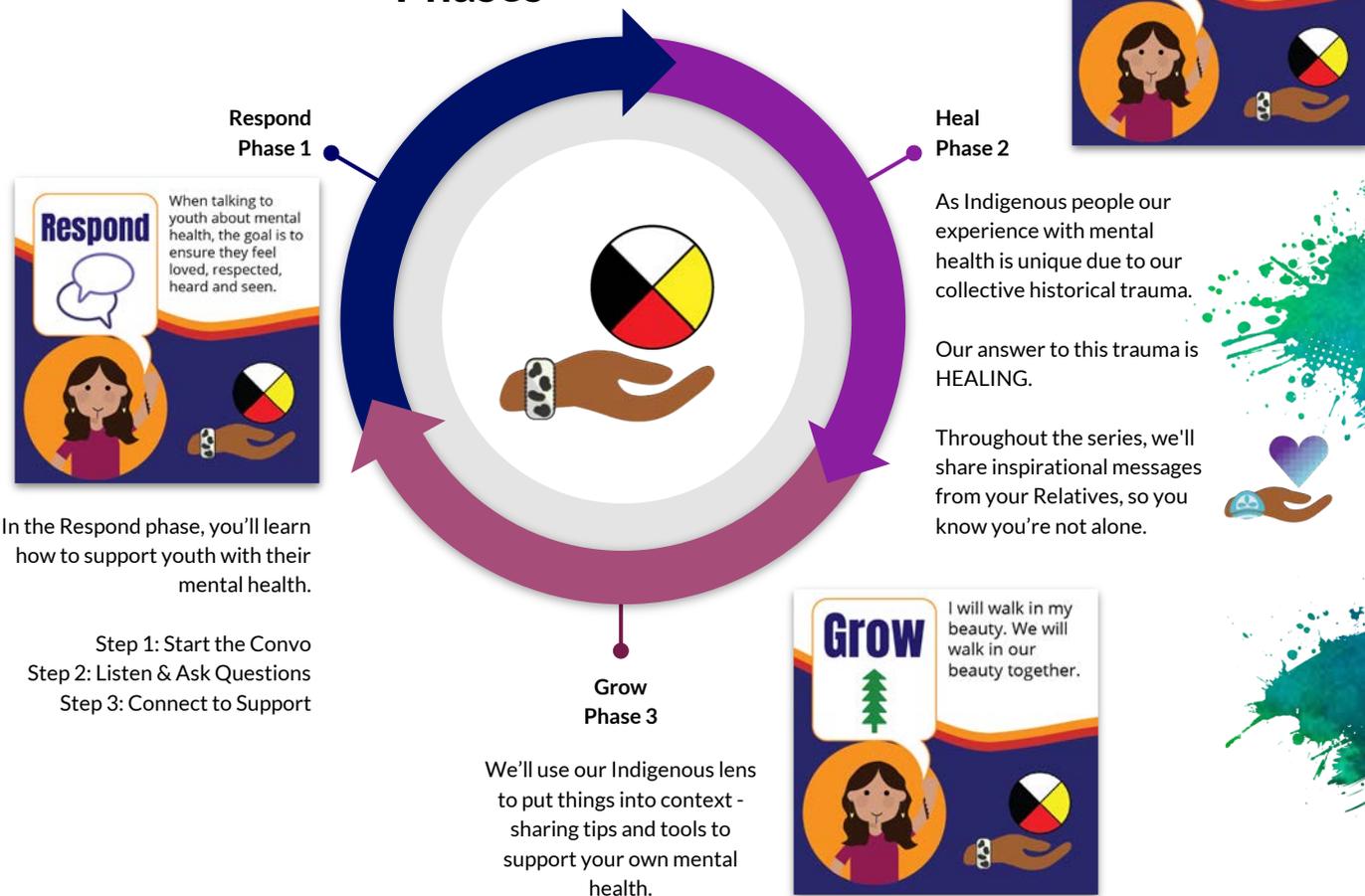
# Promo Video



**LAUNCHES ON  
JULY 18TH!**



# Mind 4 Health: Text Message Service Phases



# Types of Messages



## Messages Sequencing

- ★ 30-40 Message Blocks
- ★ Front Load priority messaging
- ★ Rotate between Call to Actions & Normal Messaging
- ★ Graphics
  - Spacing
  - Transitions between Respond, Heal, Grow
- ★ Half-time Show
- ★ Monitoring

## Call to Action Messages

Links to:

- ★ Videos, Articles, Resources, Documents, Websites

Reply to:

- ★ Commit to being an Askable Adult
- ★ Self-efficacy Questions
- ★ REPLY MORE: Talking is Power or Caring Messages

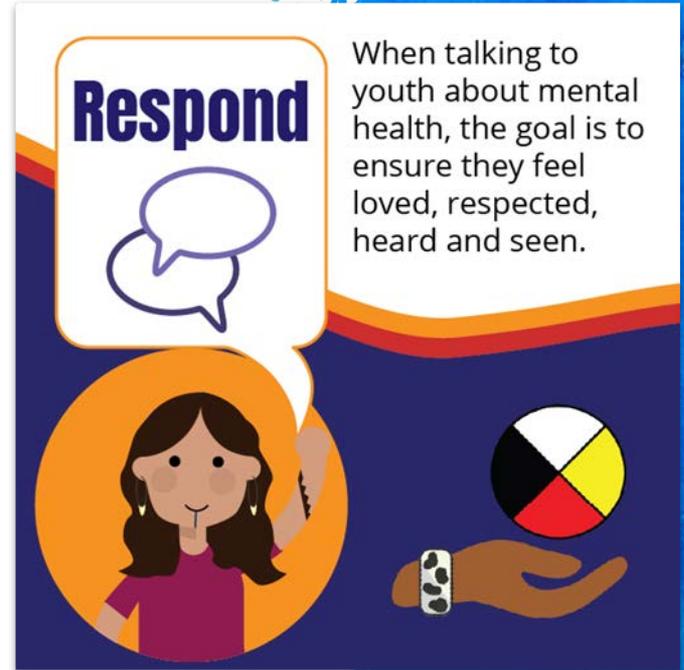
## Normal Messages

- ★ Neutral Messaging
- ★ Caring Messages - a collection of messages from your relatives



# Respond

Phase 1 - How to support youth with their mental health

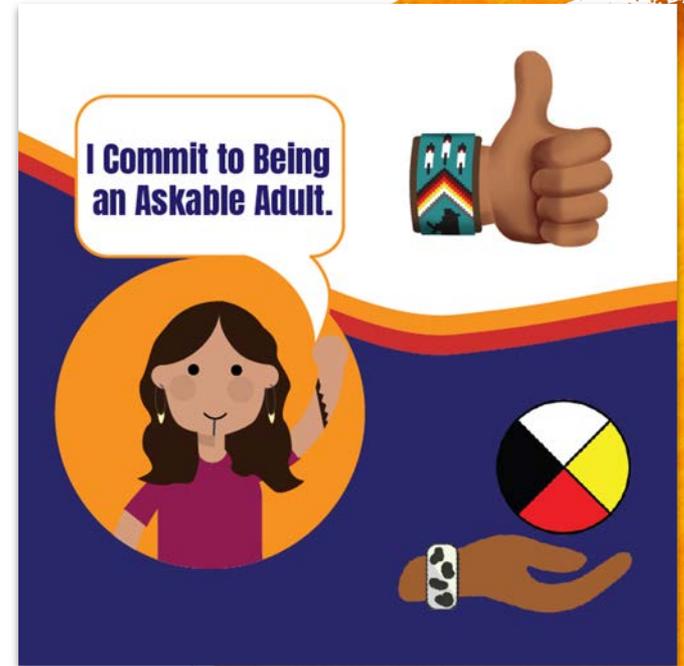


**Respond**

When talking to youth about mental health, the goal is to ensure they feel loved, respected, heard and seen.

The infographic features a dark blue background with orange and red wavy borders. At the top left, the word "Respond" is written in a bold, dark blue font inside a white rounded rectangle with an orange border. Below it is a white speech bubble containing two overlapping speech bubble icons. In the center is a circular illustration of a young woman with long dark hair, wearing a purple top, with her hand raised as if speaking. To the right, a hand is shown holding a circular object divided into four quadrants of black, white, yellow, and red. The background is decorated with blue and white splatters.

# Askable Adult



# ID Concerning Posts

First things, first...what posts should I worry about?

## What posts should I worry about?

*"FML (Fuck My Life). It's too hard, I can't take it anymore."*

*"Nobody would notice if I went missing."*

*"I'm done."*

*"I don't want to do this anymore, there's no point."*

*"F\*\*K IT. GOODBYE"*

*"I'm worthless...no one cares about me. wish I wasn't here"*

*"Sometimes you have to fly with the eagles"*

Photos of alcohol bottles, pills, weapons, or self-harm.

Depressing or sad song quotes.

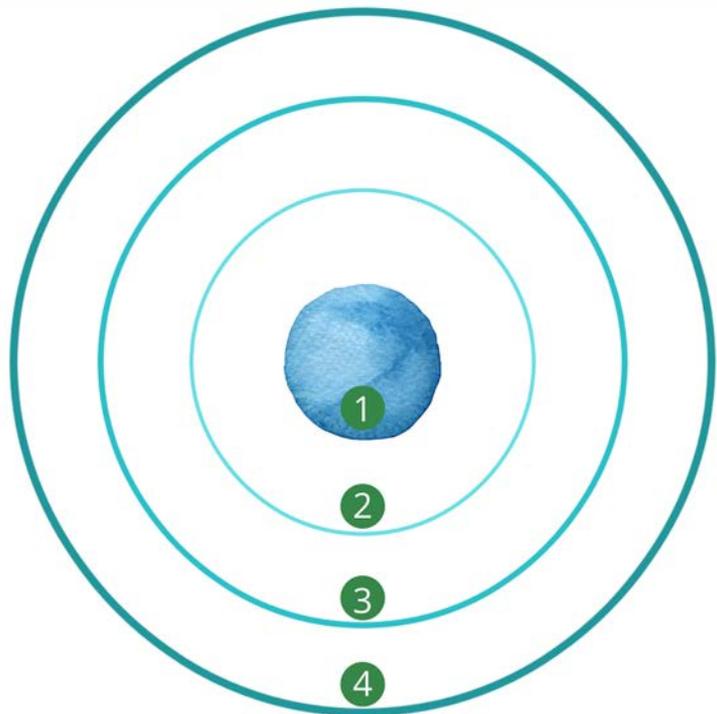
Gun, knife, pills, or noose emojis:   





## Circle of Support

ID Support Networks in Your Community for:  
Support When you Need it



1

Write Your Name

2

Write the names of relatives or friends very close to you that you can talk to

3

Write the names of professionals (e.g. mental health/clinical) within your community

4

Write the names of local or national organizations you can call

# Identify Community Partners & Support



# Steps to Supporting Youth

...when they see something concerning

01

Start the Convo

The first step to be an askable adult, is to start the convo. Say, "I'm here if there's ever anything you or a friend want to talk about, big or small." Watch how Tommy kicks off the convo: [link](#)

02

Listen & Ask Questions

The second step to starting the convo is to listen and ask questions. Validate youth's feelings or their concern about a friend. And, let them know what you plan to do next. Watch Tommy help a youth with a concerning social media post: [link](#)

03

Connect to Support

The final, most important step when talking to youth about mental health is to connect them to support when needed, like mental health professionals and youth resources. Watch how Tommy does it: [link](#)



# Self-efficacy Questions



Graphic	Text Message
	<p>Give a thumbs up or a thumbs down if you agree (or don't) with the following statement: <i>"I feel confident that I can let youth know I am here if they or a friend want to talk about sensitive topics."</i></p>
	<p>Agree or disagree? <i>"I can listen carefully and ask open-ended questions when a youth tells me they've seen something online that concerns them."</i></p>
	<p>Give a thumbs up or thumbs down for: <i>"I know what to do if a youth tells me they are worried about themselves or a friend."</i></p>
	<p>It's time to check in on your goal of being an "Askable Adult." REPLY with a thumbs up (or thumbs down) to show how it's going with starting the conversation and creating safe spaces to talk to youth about their mental health.</p>

**Hey there! I'm Danica! I am Choctaw, use she/her pronouns and am a behavioral health specialist. I'm your Mind4Health guide.**



# Respond Messages

## Examples

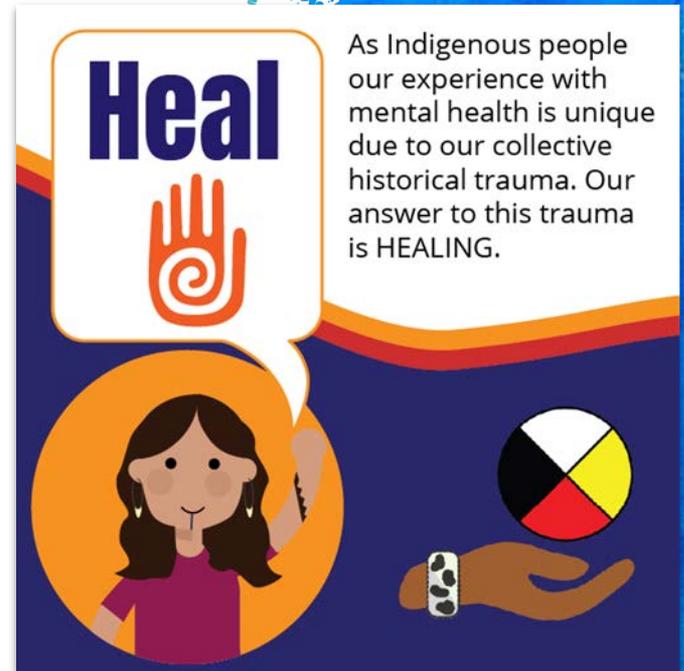


Graphic	Text Message
	<p>Take a moment to fill your cup. Before we can help others, we must make a habit of taking care of ourselves. Take this moment to light some sage and call on the strength of your ancestors.</p>
	<p>Native youth are asking for YOU to help them navigate through the complexities of seeing concerning messages on social media. We'll share examples to help you grow as an "Askable Adult" with the skills and resources needed to nurture youth's mental health.</p>
	<p>Talking about mental health and modeling wellness skills can happen anywhere. When you're out driving, on the court, having a meal, or watching a show. Need examples or ideas? I've gotchu. Click here for some tips: <a href="#">Link</a></p>



# Heal

Phase 2 - The answer to trauma is HEALING



**Heal**

As Indigenous people our experience with mental health is unique due to our collective historical trauma. Our answer to this trauma is HEALING.

The infographic features a white speech bubble containing the word "Heal" in bold blue letters and an orange hand icon with a white spiral. Below the speech bubble is a circular portrait of a woman with dark hair and a purple top. To the right, a hand holds a medicine wheel with four quadrants: white, black, yellow, and red. The background is dark blue with orange and red accents.

# Heal Messages



## Examples

Graphic	Text Message
	<p>Our traditions of being in harmony with Mother Earth and Creator have been impacted by genocide and forced assimilation. Share with youth how we can <a href="#">break these cycles of trauma</a> to reconnect, heal, and thrive together!</p>
	<p><i>From your relative Kirby, Zuni Pueblo: "Remember our ancestors are always with us. When you see a dragonfly, send your messages with them to your loved ones and listen carefully for their messages in return."</i></p>
	<p>Heal the Land. Healing Us. We have the ability to heal ourselves through our connection to our natural world. Share <a href="#">this</a> article with youth to learn how.</p>



# Grow

Phase 3 - Let us walk in our beauty

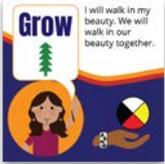
**Grow**

I will walk in my beauty. We will walk in our beauty together.

# Grow Messages



## Examples

Graphic	Text Message
	Reframe your thoughts! You can do this when you put your thoughts on paper, which actively separates yourself from them and gives you the space to know – <u>you are not your thoughts</u> . Not sure about it? Give it a try!
	Urgh! My emotions are all over the place. 😞 This can unknowingly be due to trauma responses. If you are unsure what you feel, it might be useful to look at a <a href="#">feelings wheel</a> for help.
	<i>From your relative Danica, Choctaw Nation of Oklahoma:</i> Take this moment to breath, making your exhale longer than your inhale. Breath in through your nose for 1 – 2 – 3 -4 and exhale for a little longer for 1 – 2 – 3 – 4 – 5 - 6. Do this two more times. Inhale the calm, exhale the tension.



# What? And that's it?!

Don't worry. We won't leave you hanging. Here's two options to stay connected:

A dark teal graphic with a white speech bubble and a cartoon character. The speech bubble contains a testimonial from Greg. The text below the speech bubble describes the 'Talking is Power' text messaging service.

**Cama'!**  
My name is Greg!  
My pronouns are  
he and him. Give  
yourself a high  
five from me! I'm  
glad you're here!

## 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

Talking is Power



Caring Messages





Chatfeed  
Convo:  
Type Questions,  
Ask Away!



5.

# Safe Spaces Share

Hear from the **Mind4Health Celebrities** their tips on Creating Safe Spaces...



# 6. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



# Zoom Poll



When a youth tells you they saw a friend post “I wish I wasn’t here.”  
What comes to mind?

*Reflect on how you’re  
feeling now*

- a. I wish they would have told someone else.
- b. I can’t handle this.
- c. I’ve been worried about this.
- d. Okay, this is hard, but I can handle this!

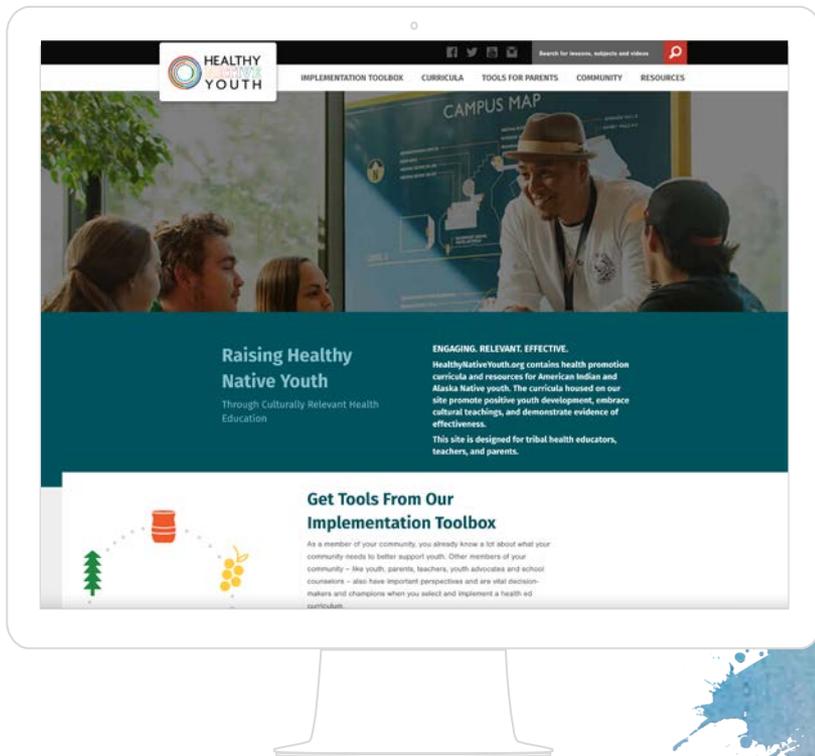


# Practice in Action

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

Respect Yourself  
& Your Partner



“GYT”



Get  
Yourself  
Tested



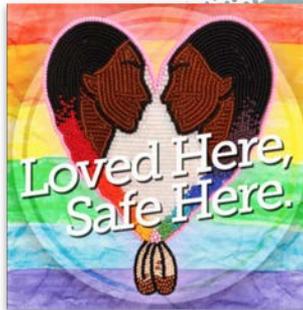
It's ok to ask your provider about  
STI testing and birth control.



# Happy Pride Month!

*Safe Spaces & GYT*  
Download & Share:

- ★ Social Marketing Materials
- ★ PSA's & YouTube Playlist
- ★ Order FREE materials (limited supply)



*Loved Here,  
Safe Here.*

*All are welcome.*



NPAIHB

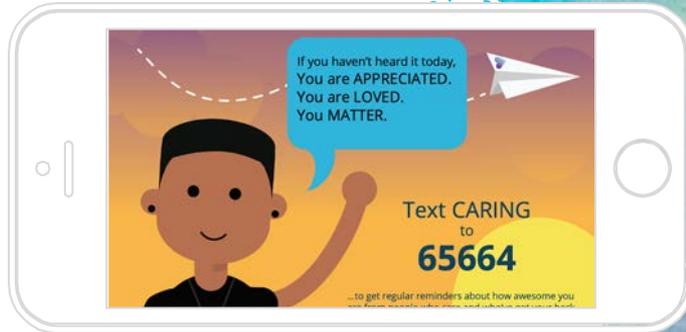
# We R Native

## 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



## COLLEGE



## YOUTH

# Caring Messages

To get regular reminders about how awesome you are from people who care and who've got your back!

- ★ For "Caring" to 65664
- ★ Text "College" to 65664

# 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

# 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  
Text (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

## 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 THE LOGOS TO GO TO RESOURCE



THRIVE Linktree:  
[https://linktr.ee/npai/bhthrivr?utm\\_source=qr\\_code](https://linktr.ee/npai/bhthrivr?utm_source=qr_code)

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!

## Find Help Near You



SAMSHA - Zip code locator  
for a treatment center  
closest to you



Mental Health America - Zip  
code locator for a clinic  
closest to you

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  
FUN!

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



<https://linktr.ee/npaihbthrive>



@npaihbthrive

Youth  
Support

Youth Support Resources



The Trevor Project



Suicide Prevention Lifeline



Crisis Text Line



We R Native



Surviving a Suicide Loss



We Matter Campaign



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!



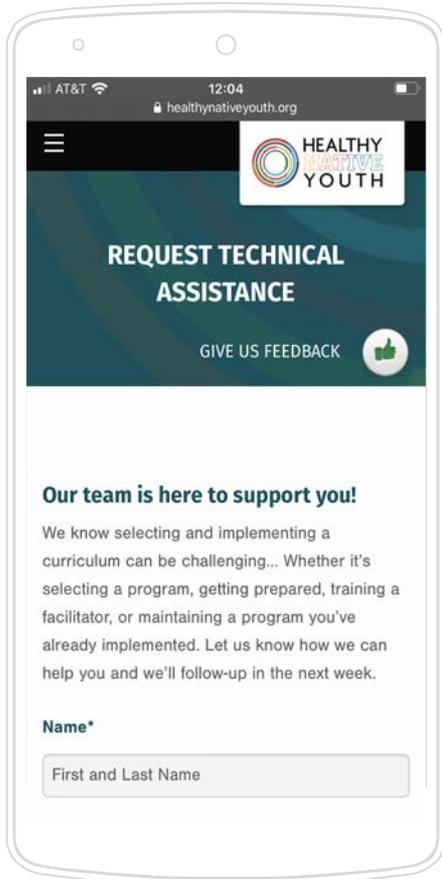
## 2021-22 Community of Practice Lineup

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

## *Self-Care*

*If any part of this training brings up past or current emotions about a difficult time or experience, please talk with a trusted friend or family member, or a local mental health professional.*

Dr. Ursula Whiteside  
[ursulawhiteside@gmail.com](mailto:ursulawhiteside@gmail.com)  
[www.nowmattersnow.org](http://www.nowmattersnow.org)

# 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

