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@npaihb.org

Stephanie Craig Rushing, PhD, MPH
(She/Her)
I love coffee.
scraig@npaihb.org

Amanda Gaston, MAT
Zuni Pueblo
(She/Her)
I love traveling!
agaston-contractor@npaihb.org
Live Virtual Training

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

"Let us put our minds together and see what life we can make for our children."
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
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 to do what 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.

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

- Native Identity or Cultural Pride: 73%
- Mental Health: 57%
- Social Justice and Equality: 31%
- Physical Health: 18%
- Alcohol or Drug Use: 18%
- Making a Difference: 16%
- Sexual Health: 14%
- Spiritual Health: 14%
- The Environment: 12%
CONCERNS ONLINE

Frequency of Concerning Social Media Posts

- See people stirring up drama
- See references to drugs or alcohol
- See references to violence
- See people posting concerning messages
- Experience people supporting you through challenging times

Frequency Scale: 0 - 150

- Never
- Occasionally
- Weekly
- Daily
In crisis? Text NATIVE to 741741.
#WeNeedYouHere

Crisis Text Line is here to listen.

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
6,940 Active rescues

Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>National 2021</th>
<th>National 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression/Sadness</td>
<td>34.6%</td>
<td>40%</td>
</tr>
<tr>
<td>Anxiety/Stress</td>
<td></td>
<td>33%</td>
</tr>
<tr>
<td>Suicide</td>
<td>23.8%</td>
<td>29%</td>
</tr>
<tr>
<td>Isolation/Loneliness</td>
<td>19.7%</td>
<td>21%</td>
</tr>
<tr>
<td>Self Harm</td>
<td>12.6%</td>
<td>11%</td>
</tr>
<tr>
<td>COVID-19</td>
<td>1.8%</td>
<td>4%</td>
</tr>
<tr>
<td>Grief</td>
<td>4.8%</td>
<td>4%</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>3.3%</td>
<td>2%</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>2.5%</td>
<td>2%</td>
</tr>
<tr>
<td>Eating Body Image</td>
<td>3.7%</td>
<td>2%</td>
</tr>
</tbody>
</table>
### Crisis Text Line Data

**Conversations**: 62.3k

**Texters**: 16.1k

**SelectKeyword Data**

Oct 12, 2013 to May 31, 2022

- **Satisfaction Rate** (% of Texters Who Found Conversation Helpful): 89%
- **High Risk Wait Time**: 90%

#### Issues Tag By CCs

(*) = Issues inferred from

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

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<tr>
<th>STATE</th>
<th>CONVS</th>
<th>CONVS PER 10000</th>
<th>% OF TOTAL</th>
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<tr>
<td>OK</td>
<td>3,016</td>
<td>7.71</td>
<td>4.8%</td>
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<tr>
<td>MT</td>
<td>550</td>
<td>5.32</td>
<td>0.9%</td>
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<tr>
<td>SD</td>
<td>347</td>
<td>4.28</td>
<td>0.4%</td>
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<tr>
<td>ND</td>
<td>284</td>
<td>3.78</td>
<td>0.5%</td>
</tr>
<tr>
<td>NM</td>
<td>784</td>
<td>3.76</td>
<td>1.3%</td>
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<tr>
<td>WA</td>
<td>2,231</td>
<td>3.11</td>
<td>3.6%</td>
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<tr>
<td>KS</td>
<td>871</td>
<td>2.99</td>
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<tr>
<td>OR</td>
<td>1,200</td>
<td>2.98</td>
<td>1.9%</td>
</tr>
<tr>
<td>HI</td>
<td>388</td>
<td>2.71</td>
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<tr>
<td>MN</td>
<td>1,434</td>
<td>2.61</td>
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<td>VT</td>
<td>155</td>
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<tr>
<td>AZ</td>
<td>1,592</td>
<td>2.33</td>
<td>2.6%</td>
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<tr>
<td>OH</td>
<td>2,675</td>
<td>3.20</td>
<td>4.3%</td>
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<tr>
<td>WI</td>
<td>1,312</td>
<td>2.27</td>
<td>2.1%</td>
</tr>
<tr>
<td>DC</td>
<td>152</td>
<td>2.26</td>
<td>0.2%</td>
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<tr>
<td>NE</td>
<td>427</td>
<td>2.25</td>
<td>0.7%</td>
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<tr>
<td>CO</td>
<td>1,181</td>
<td>2.16</td>
<td>1.9%</td>
</tr>
<tr>
<td>MD</td>
<td>1,226</td>
<td>2.02</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

**Map**: United States with hotspots indicating areas with higher text volumes.
### Gender
Do you consider yourself to be:

<table>
<thead>
<tr>
<th>GENDER</th>
<th>GROUP</th>
<th>VS. AVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agender</td>
<td>1.8%</td>
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</tr>
<tr>
<td>Female</td>
<td>78.2%</td>
<td></td>
</tr>
<tr>
<td>Genderqueer</td>
<td>2.8%</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>12.9%</td>
<td></td>
</tr>
<tr>
<td>Trans</td>
<td>4.8%</td>
<td></td>
</tr>
</tbody>
</table>

### Sexual orientation
Do you consider yourself to be:

<table>
<thead>
<tr>
<th>SEXUAL ORIENTATION</th>
<th>GROUP</th>
<th>VS. AVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight</td>
<td>43.7%</td>
<td></td>
</tr>
<tr>
<td>LGBTQ+</td>
<td>57.1%</td>
<td></td>
</tr>
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</table>
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 and use the code 8263 8938
4. Mind 4 Health

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

Launches on July 18th!
Promo Video

Halito!
Ahchishi Okshulba
Onnahninli Fichik

Launches on
July 18th!
Mind 4 Health: Text Message Service Phases

**Respond**

Phase 1

In the Respond phase, you'll learn how to support youth with their mental health.

- **Step 1:** Start the Convo
- **Step 2:** Listen & Ask Questions
- **Step 3:** Connect to Support

**Heal**

Phase 2

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

Throughout the series, we'll share inspirational messages from your Relatives, so you know you’re not alone.

**Grow**

Phase 3

We'll use our Indigenous lens to put things into context - sharing tips and tools to support your own mental health.

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

When talking to youth about mental health, the goal is to ensure they feel loved, respected, heard and seen.
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:
Identify Community Partners & Support
### Steps to Supporting Youth

...when they see something concerning

<table>
<thead>
<tr>
<th>Step</th>
<th>Activity</th>
<th>Description</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Start the Convo</td>
<td>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: <a href="#">link</a></td>
<td></td>
</tr>
<tr>
<td>02</td>
<td>Listen &amp; Ask Questions</td>
<td>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: <a href="#">link</a></td>
<td></td>
</tr>
<tr>
<td>03</td>
<td>Connect to Support</td>
<td>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: <a href="#">link</a></td>
<td></td>
</tr>
</tbody>
</table>
### Self-efficacy Questions

<table>
<thead>
<tr>
<th>Graphic</th>
<th>Text Message</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌟</td>
<td>Give a thumbs up or a thumbs down if you agree (or don’t) with the following statement: “I feel confident that I can let youth know I am here if they or a friend want to talk about sensitive topics.”</td>
</tr>
<tr>
<td>🌟 Agree or disagree? “I can listen carefully and ask open-ended questions when a youth tells me they’ve seen something online that concerns them.”</td>
<td></td>
</tr>
<tr>
<td>🌟</td>
<td>Give a thumbs up or thumbs down for: “I know what to do if a youth tells me they are worried about themselves or a friend.”</td>
</tr>
<tr>
<td>🌟</td>
<td>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.</td>
</tr>
</tbody>
</table>
Respond Messages

Examples

<table>
<thead>
<tr>
<th>Graphic</th>
<th>Text Message</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Sage and Owl" /></td>
<td>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.</td>
</tr>
<tr>
<td><img src="image2.png" alt="Native Woman" /></td>
<td>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 &quot;Askable Adult&quot; with the skills and resources needed to nurture youth’s mental health.</td>
</tr>
<tr>
<td><img src="image3.png" alt="Tips Icon" /></td>
<td>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></td>
</tr>
</tbody>
</table>
Heal

Phase 2 - The answer to trauma is HEALING

As Indigenous people, our experience with mental health is unique due to our collective historical trauma. Our answer to this trauma is HEALING.
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 break these cycles of trauma to reconnect, heal, and thrive together!

*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.”

Heal the Land. Healing Us. We have the ability to heal ourselves through our connection to our natural world. Share this article with youth to learn how.
Grow

Phase 3 - Let us walk in our beauty
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 – you are not your thoughts. 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 feelings wheel for help.

*From your relative Danica, Choctaw Nation of Oklahoma: 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:

**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
Happy Pride Month!

Safe Spaces & GYT

Download & Share:

★ Social Marketing Materials
★ PSA’s & YouTube Playlist
★ Order FREE materials (limited supply)
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
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
Click on icons to go to resource

**Abuse & Sexual Assault**

- StrongHearts Native Helpline
  - Call: 1-844-7NATIVE (768-4833)
  - Chat
- National Sexual Assault Hotline
  - Call: 1-800-656-HOPE (1-800-656-4673)
- NAIMH
  - 1-800-283-8473
- National Teen Dating Abuse Helpline
  - Call: 1-866-333-8457
- Get the Facts About Drugs: Just Think Twice
  - Call: 1-800-243-7827
  - Text: 75753
- Children’s National Child Abuse Hotline
  - Call: 1-800-4-A-CARE (1-800-422-2733)
  - Text: 75753

**Mental Health**

- Mental Health America
  - Call: 1-800-969-6642
  - Text: MHFA 741741
- teensline
  - Call: 1-800-852-8366
  - Text: TEEN to 83983
- We R Native: My Mind
  - Ask Auntie & Uncle
  - Text: CARING to 65664

**Youth Support**

- THRIVE Linktree:

**Relationships & Dating**

- StrongHearts Native Helpline
  - Call: 1-844-7NATIVE (768-4833)
  - Chat
- Love Is Respect
  - Call: 1-866-333-8273
  - Text: LOVES to 22522
- HER钱财
  - Call: 1-866-333-8457
  - Text: 75753
- We R Native: My Relationships
  - Ask Auntie & Uncle

**Sexual Health**

- Planned Parenthood
  - Call: 1-800-273-TALK (1-800-273-8255)
  - Chat
- HIV and AIDS
  - Call: 1-888-232-3636
  - Text: 2323636

**Sexual Identity - 2S/LGBTQ+**

- Paths To Membership Project
  - Text: 2SLGTBQ to 94449
- Native Youth Sexual Health Network
  - Call: 1-888-562-5860
  - Text: 2SLGTBQ to 94449

**Bullying**

- StopBullying.gov
- What Teens Can Do
- What Adults Can Do

**Find Help Near You**

- SAMSHA
  - Zip code locator for a treatment center closest to you
  - Text: 75753
  - Call: 1-888-687-7777
  - Text: HELP to 47334

**We ALL Need Help...**

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

**Share**

- any concerns you have

**Talk**

- with someone you can trust

**Report**

- if you’re worried about someone
Join the Healthy Native Youth Movement!

- Sign up for Newsletter
- Text “HEALTHY” to 94449
- Follow us on Facebook, Instagram, Twitter, YouTube

HNY Linktree QR Code
## 2021-22 Community of Practice Lineup

### 2021-22 Community of Practice Lineup

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
<th>Links</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>September 8, 2021</strong></td>
<td>Back-to-School Intentional Balance</td>
<td>Help students set goals for the year and create a realistic plan for achieving them.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>October 13, 2021</strong></td>
<td>Cultural Competency to Raise Healthy Youth</td>
<td>Cultural Competency to Raise Healthy Youth.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>November 10, 2021</strong></td>
<td>Tackle Trauma with Care</td>
<td>Tackle Trauma with Care.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>December 8, 2021</strong></td>
<td>Set the Stage for Program Success</td>
<td>Set the Stage for Program Success.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>January 12, 2022</strong></td>
<td>Pickers Can Be Choosers: Choosing a Program</td>
<td>Pickers Can Be Choosers: Choosing a Program.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>February 9, 2022</strong></td>
<td>Trust in the Spaces We Create</td>
<td>Trust in the Spaces We Create.</td>
<td>Watch Recorded Session here</td>
</tr>
</tbody>
</table>

### Links
- [Watch Recorded Session here](#)
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## 2021-22 Community of Practice Lineup

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Description</th>
<th>Registration Links</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>March 9, 2022</strong></td>
<td>Prepare for Implementation Success</td>
<td>Prepare for Implementation Success. Let the HHW team help you prepare for the implementation of your program.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>April 13, 2022</strong></td>
<td>Stand Up to STI/HIV Stigma</td>
<td>Stand Up to STI/HIV Stigma.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>May 11, 2022</strong></td>
<td>Sustain and Grow Your Program</td>
<td>Sustain and Grow Your Program.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>June 8, 2022</strong></td>
<td>Concerning Social Media Posts Workshop</td>
<td>Concerning Social Media Posts Workshop.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td><strong>July 13, 2022</strong></td>
<td>Staying Connected</td>
<td>Staying Connected.</td>
<td>Watch Recorded Session here</td>
</tr>
</tbody>
</table>

**Contact us**
- [spaker@hhwh.org](mailto:spaker@hhwh.org)
- [elic@gagnepine.org](mailto:elic@gagnepine.org)

[www.healthynativeyouth.org](http://www.healthynativeyouth.org)
[Text HHW to 84449](http://Text HHW to 84449)
[Click on links to register in advance](#)
We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA

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
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
www.nowmattersnow.org
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