



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](mailto:agaston-contractor@npaihb.org)



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

Live Virtual Training Logistics

Logistics

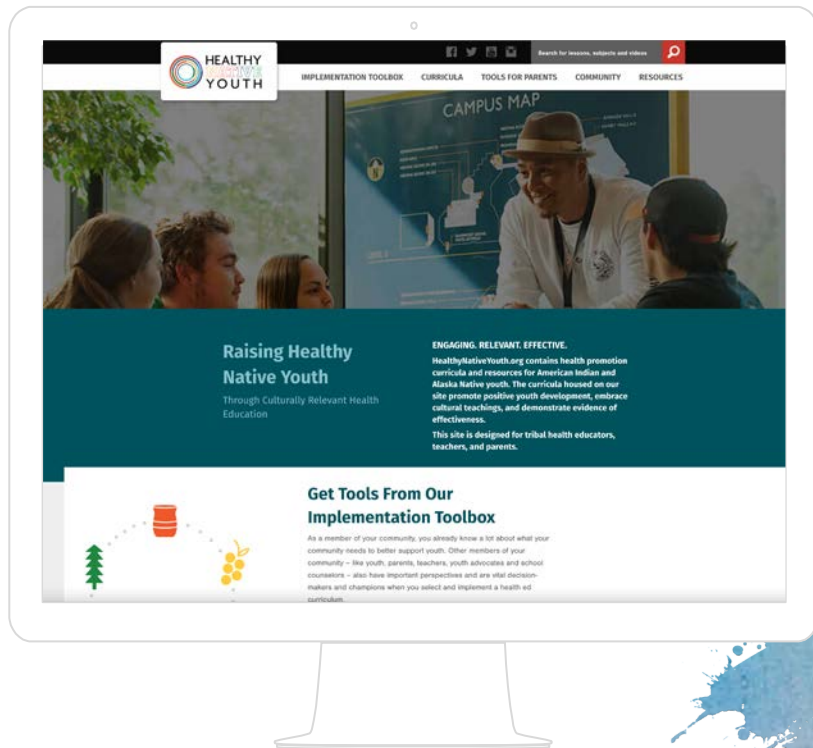
- You are muted
- If comfortable, share video



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



[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

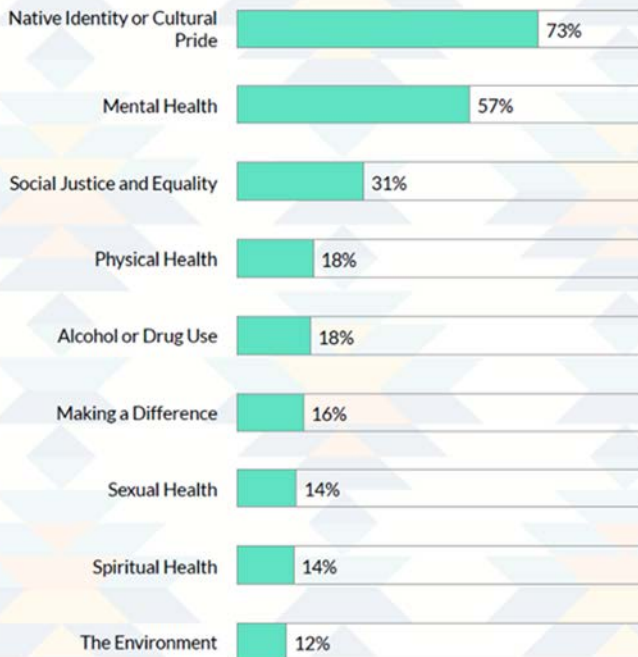


NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

YOUTH HEALTH TECH SURVEY 2020

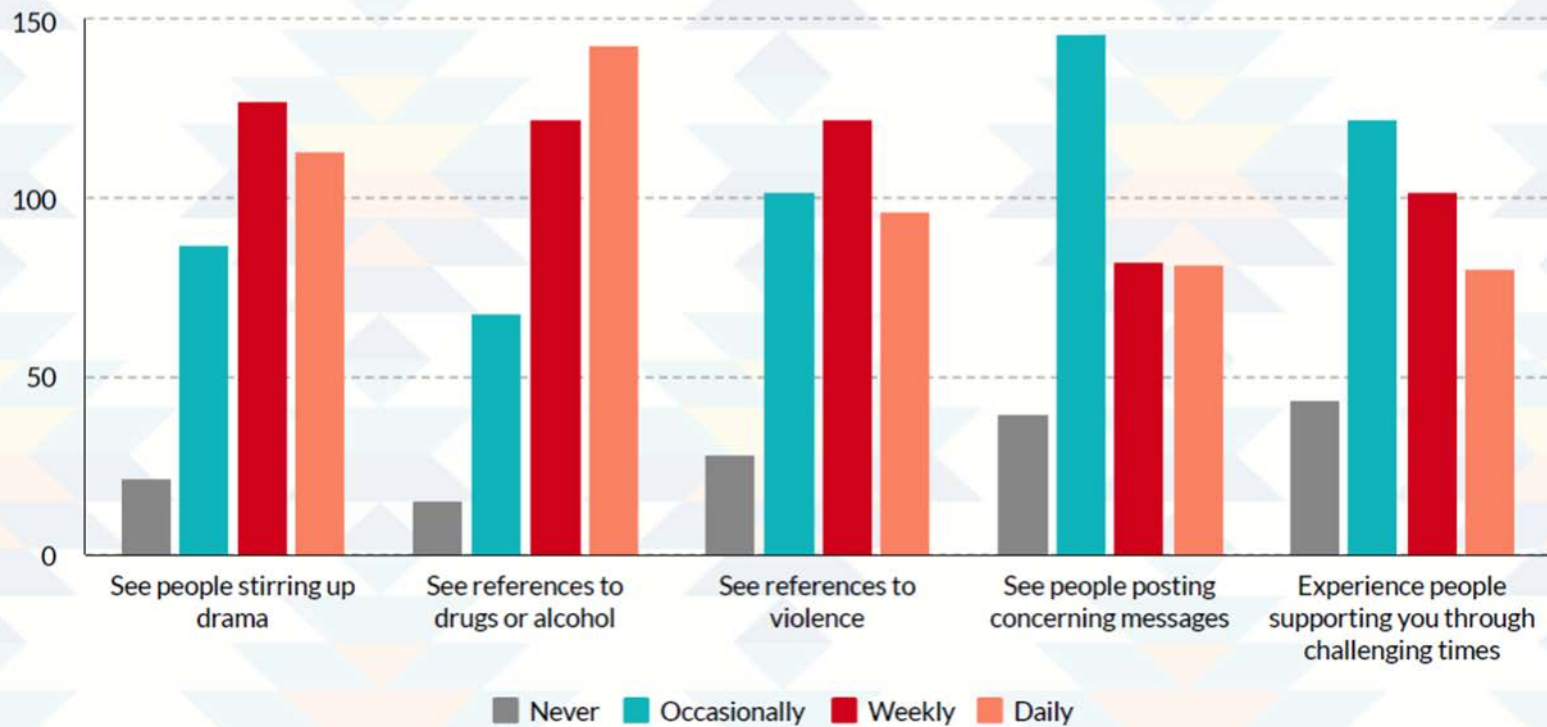
REPORT CREATED BY NICOLE D. REED, MPH, STEPHANIE
CRAIG RUSHING, PHD, & ROGER PETERSON

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

CRISIS TEXT LINE |

+ GET HELP

+ VOLUNTEER

+ LEARN

+ SHARE

+ DONATE

EN ESPAÑOL



Text Us

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

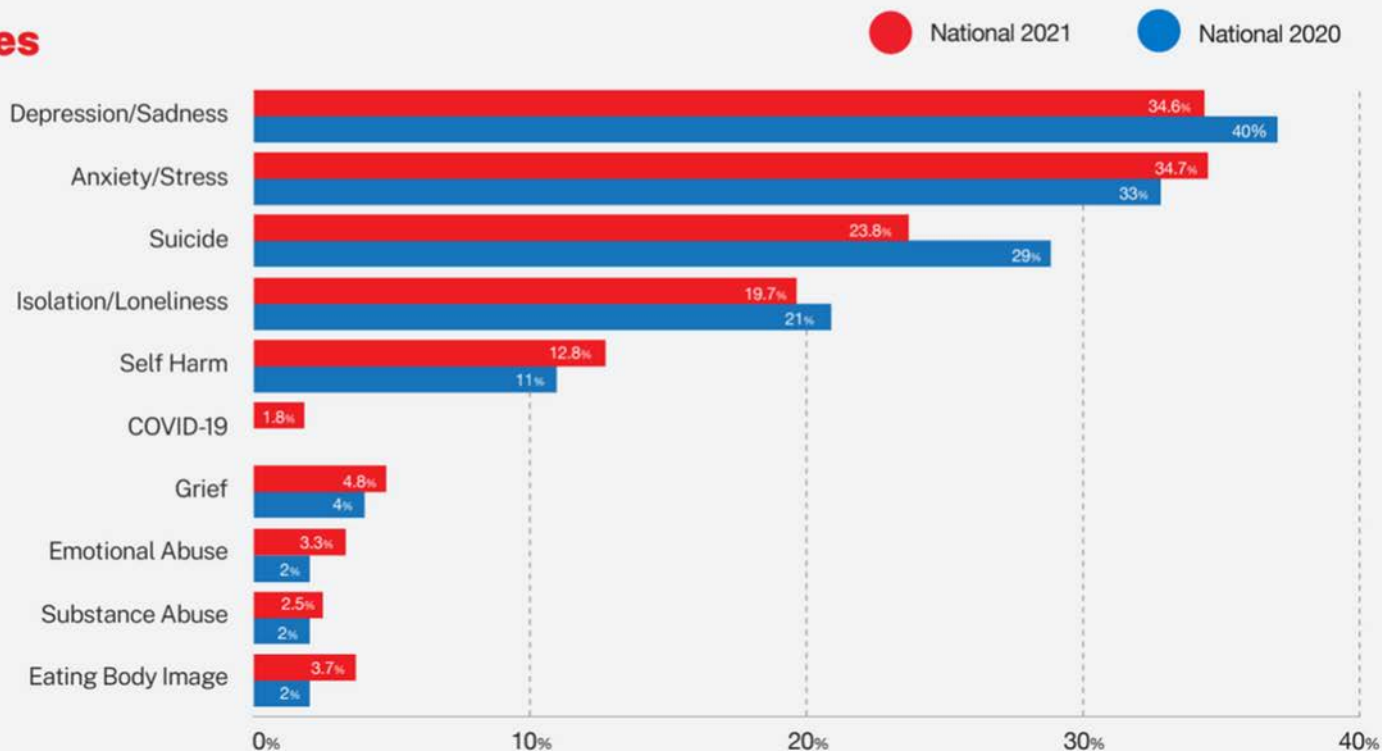
15,676

SUICIDE
DE-ESCALATIONS

6940

ACTIVE
RESCUES

Issues

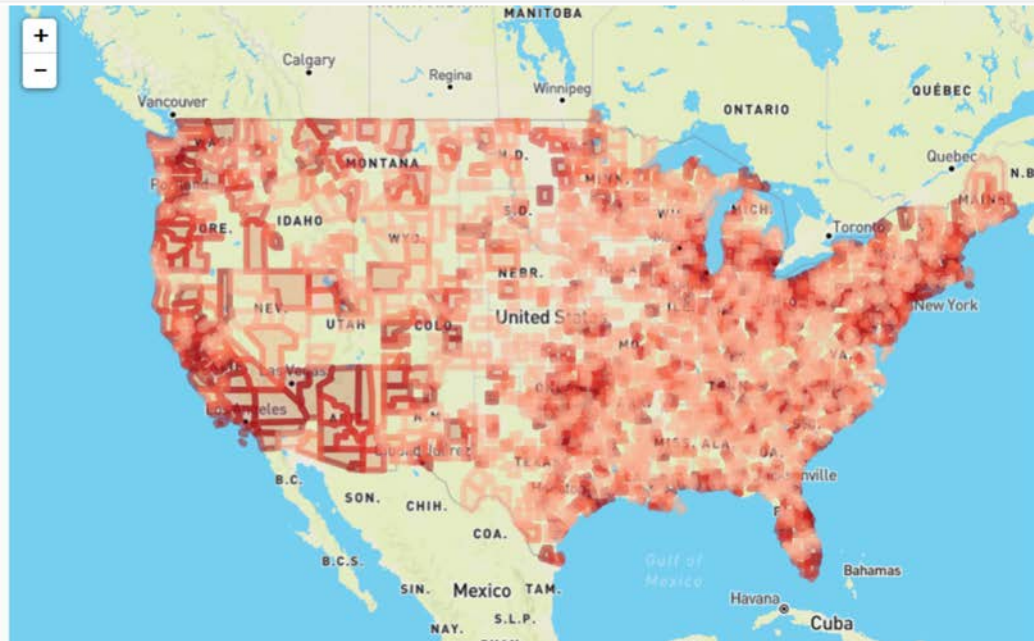


①	62.3k	①	16.1k	SelectKeyword Data Oct 12, 2013 to May 31, 2022	89%	90%
	Conversations		Texters		Satisfaction Rate [% Texters Who Found Conversation Helpful]	High Risk WaitTime<5

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:

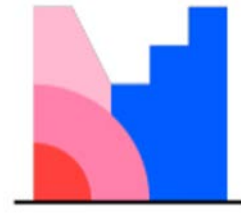
SEXUAL ORIENTATION	GROUP	VS.AVERAGE
Straight	43.7%	▼
LGBTQ+	57.1%	▲

3. Mentiometer 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**



**LAUNCHES ON
JULY 18TH!**

4.

Mind 4 Health

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



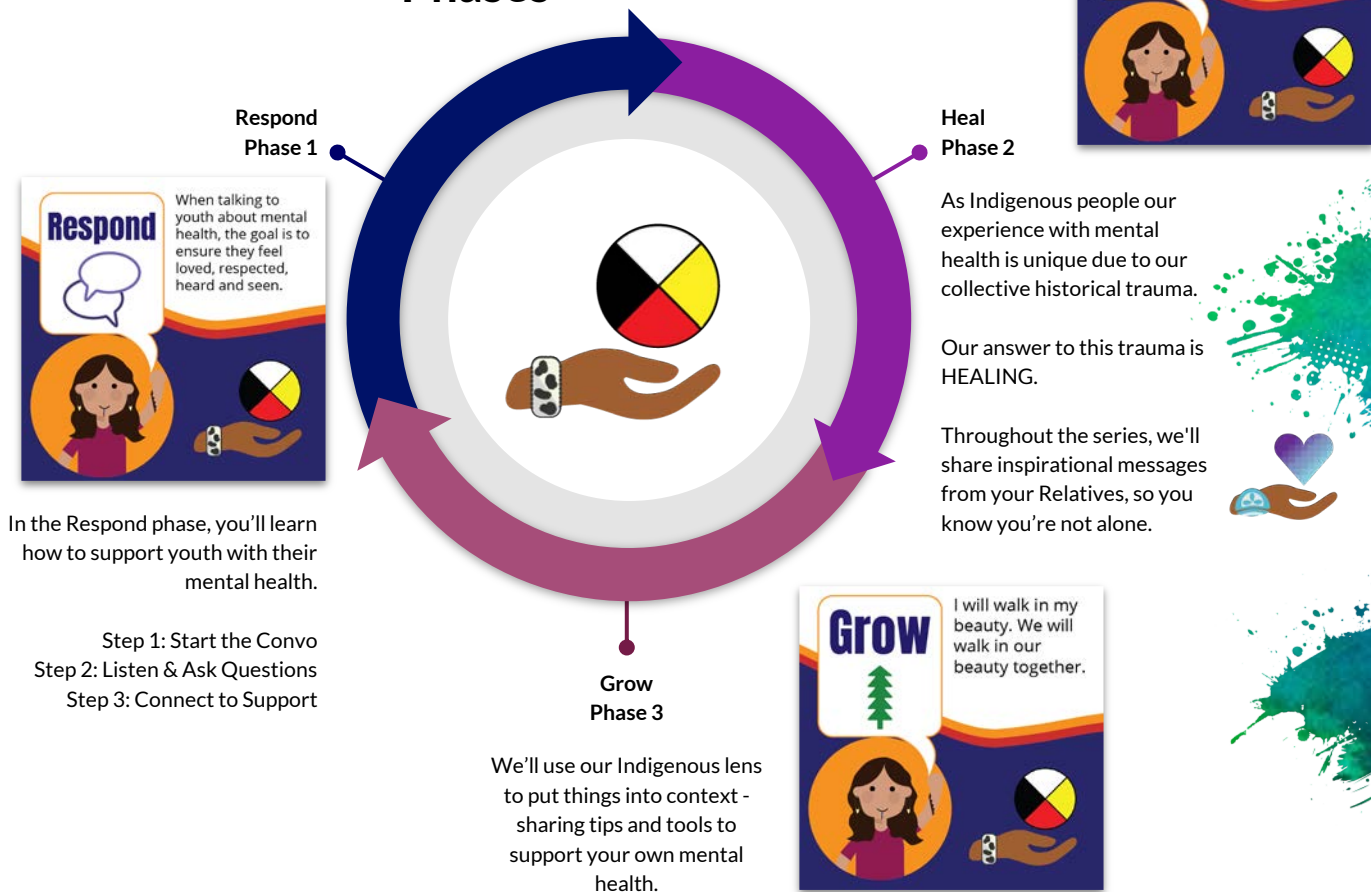
Promo Video



**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

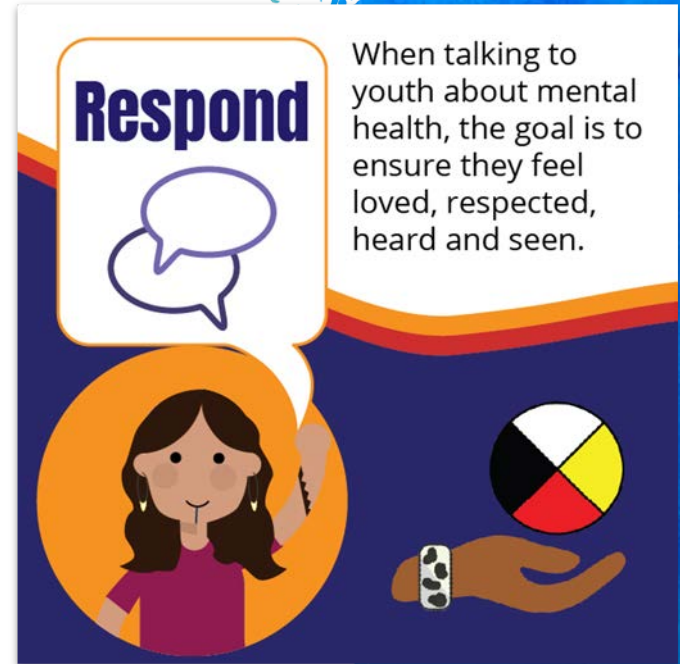
Normal Messages

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



Respond

Phase 1 - How to support youth with their mental health



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.

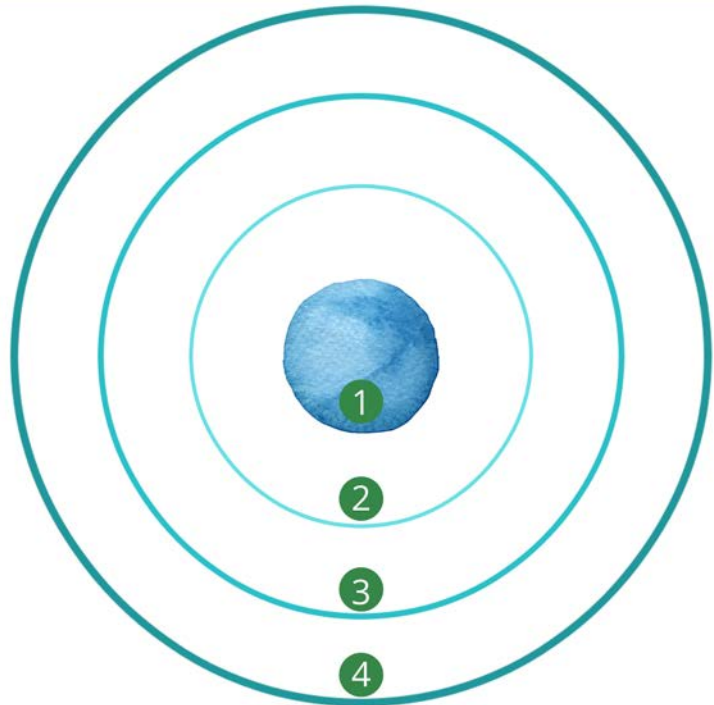
Gun, knife, pills, or noose emojis:





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
	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>
	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>
	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>
	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.



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: Link</p>



Heal



Phase 2 - The answer to trauma is HEALING



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 break these cycles of trauma 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 this article with youth to learn how.</p>



Grow

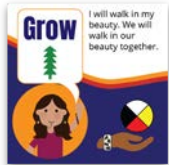

Phase 3 - Let us walk in our beauty



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 feelings wheel 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 graphic for 'Talking is Power' featuring a dark teal background. On the left, a cartoon character of a young man in a white shirt and dark pants stands next to a speech bubble. The speech bubble contains the text: 'Cama'i! My name is Greg! My pronouns are he and him. Give yourself a high five from me! I'm glad you're here!'. To the right of the character, the text 'TALKING IS POWER' is written in large, bold, white capital letters. Below this, 'A Text Messaging Service for Parents and Caring Adults' is written in a smaller, teal font. Further down, a paragraph states: '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.' Below this paragraph, 'Text EMPOWER to 94449' is written in a bold, orange font. Another paragraph follows: 'You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.' Below that, a final paragraph says: '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.' At the bottom, three hashtags are listed: #TalkingIsPower, #HealthyNativeYouth, and #weRnative.

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!

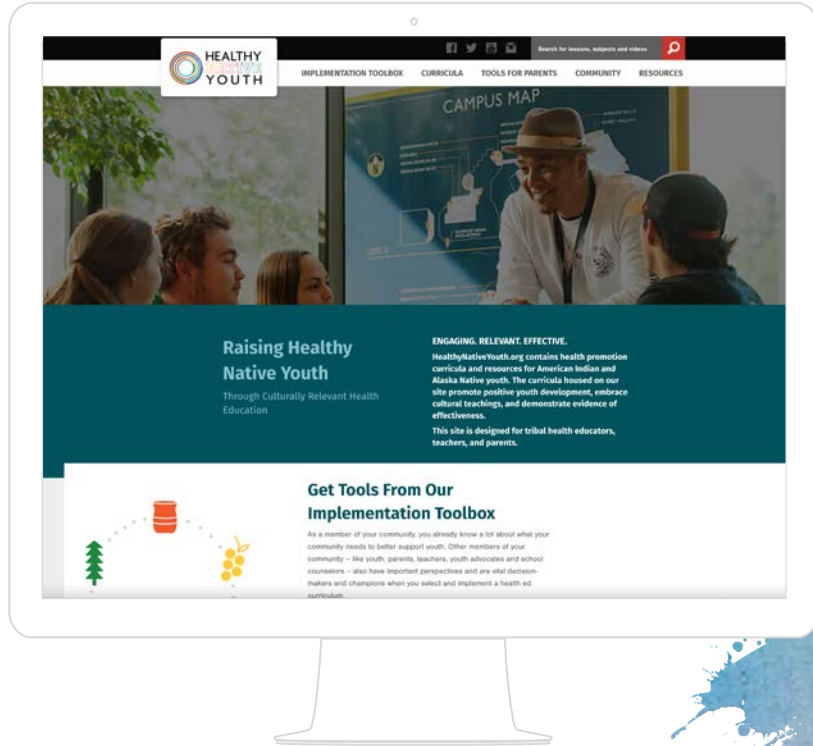


Practice in Action

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

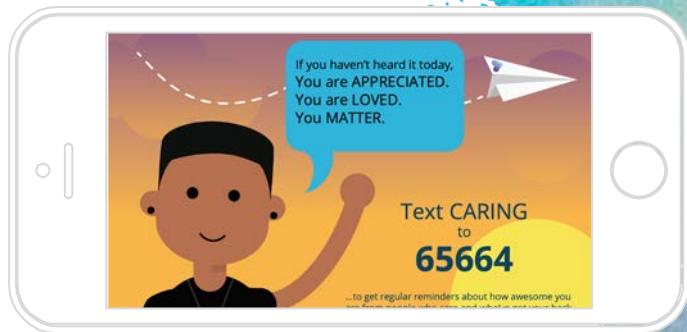
We R Native

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



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



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



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

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](#)



Bedsitter



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



CLICK ON THE LOGOS TO GO TO RESOURCE



THRIVE Linktree:
https://linktr.ee/npai/bbthriv?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](#)

Find Help Near You



SAMHSA - 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

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!

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

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



50

<https://linktr.ee/npaihbthrive>



@npaihbthrive

Youth
Support

Youth Support Resources



The Trevor Project



Suicide Prevention Lifeline



Crisis Text Line



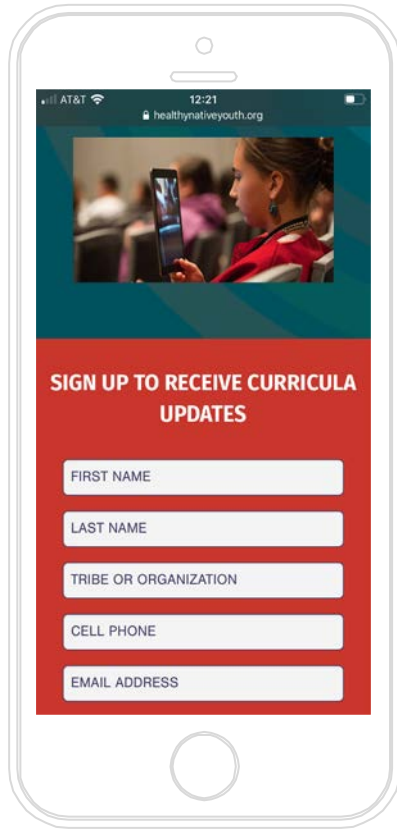
We R Native



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!

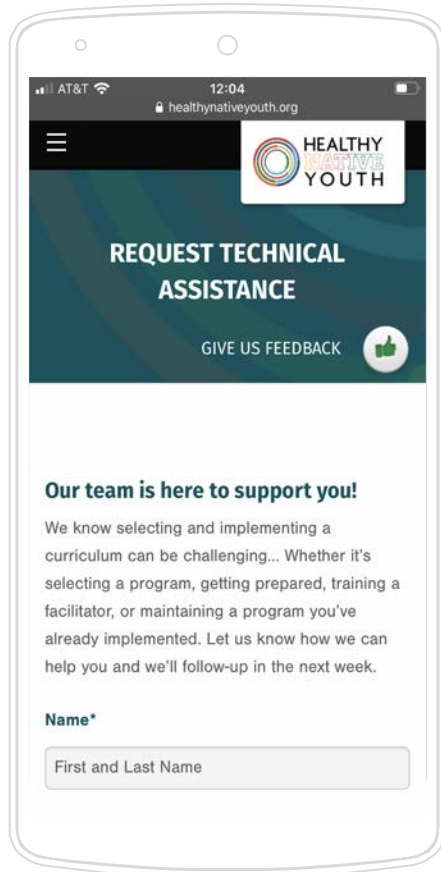
2021-22 Community of Practice Lineup

Date	Title	Description	Links
September 8, 2021	Back-to-School: Intentional Balance	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.	Watch Recorded Session here
October 13, 2021	Cultural Competency to Raise Healthy Native Youth	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 inspiring cultural competency.	Watch Recorded Session here
November 10, 2021	Tackle Trauma with Care	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!	Watch Recorded Session here
December 8, 2021	Set the Stage for Program Success	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.	Watch Recorded Session here
January 12, 2022	Pickers Can be Choosers: Choosing a Program	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 choose 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.	Watch Recorded Session here
February 9, 2022	Thrive in the Spaces we Create	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.	Watch Recorded Session here

2021-22 Community of Practice Lineup

Date	Title	Description	Registration Links
March 9, 2022	Prepare for Implementation Success	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!	Watch Recorded Session here
April 13, 2022	Stand Up to STI/HIV Stigma	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!	Watch Recorded Session here
May 11, 2022	Sustain and Grow your Program	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.	Click here to register
June 8, 2022	Concerning Social Media Posts Workshop	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!	Click here to register
July 13, 2022	Staying Connected	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 are doing how we can support each other's youth programming.	Click here to register
Contact us		 agaston-contractor@npahb.org  msinger@npahb.org	 www.healthynativeyouth.org  Text HEALTHY to 94449  Click on links next to each session to register in advance





A smartphone mockup displaying the Healthy Native Youth website. The status bar at the top shows 'AT&T', signal strength, Wi-Fi, the time '12:04', and the URL 'healthynativeyouth.org'. The header features a hamburger menu icon on the left and the 'HEALTHY NATIVE YOUTH' logo on the right. The main content area has a dark green background with the text 'REQUEST TECHNICAL ASSISTANCE' in white. Below this is a 'GIVE US FEEDBACK' button with a thumbs-up icon. The lower section has a white background with the heading 'Our team is here to support you!' followed by a paragraph: '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.' Below the paragraph is a 'Name*' label and a text input field with the placeholder 'First and Last Name'.

AT&T 12:04 healthynativeyouth.org

HEALTHY NATIVE YOUTH

REQUEST TECHNICAL ASSISTANCE

GIVE US FEEDBACK

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

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
www.nowmattersnow.org

Thank you!

You can find us at:
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Michelle Singer

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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

