Staying Connected

July 13, 2022, 10:00-11:30 am PST
Let us Start 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
Yá'át'ééh! Keshí! Hola!

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

Sean Simpson
(He/Him)
I love my dog (and coffee).
sean.goodmedicine@gmail.com
Live Virtual Training

Logistics

- You are muted
- If comfortable, share video

Engagement

- Jamboard & Reflection 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?
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** HNY Toolbox shared successes and lessons learned
★ **Reflect** on obstacles and **select** self-care activities
★ **Contribute** topics for 2022-23 CoP lineup

"Let us put our minds together and see what life we can make for our children."
Where we are going

1. Staying Connected: HNY Toolbox - 15 min
   a. Reflection Activity - 5 min
2. Next Year’s CoP Lineup - Brainstorm - 15 min
3. HNY Resources...Making Things Easier to Find! - 15 min
4. NIDA Contest Winner - 5 min
5. Let’s Talk About it! - 10 min
1. Healthy Native Youth Toolbox Resources

Staying Connected
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.
Where are your youth at this summer?
Team Building Activities

No Cost

- **Affirmation Week**: Post a poster-sized piece of paper with the name of each team member on the top of page in a common area. Instruct all team members to write on each team member’s paper throughout the week. Folks should write anonymously: one thing they: 1) respect, 2) a skill they appreciate, and 3) something they admire for each team member. At the end of the week, read each persons affirmations. Encourage folks to post or keep papers as a reminder of how awesome everyone thinks they are.

- **Snowball Fight!**: Write each team members name on a strip of paper. Put names in hat, shake it up, have each person select a name. Give each person a half-sheet of paper. Have folks write the name of the person they selected (not their name!) and one thing they: 1) respect, 2) a skill they appreciate, and 3) something they admire for the person they selected. When everyone is done, have folks crumple their paper into a ‘snowball’ and throw it into the middle of the room at the same time. Instruct folks to grab a ‘snowball’ closest to them. Go around the room and have folks read their snowball starting with the name of the person selected and their affirmation. The “snowballs” can be given to the person it was written for as a reminder that they are appreciated.

- **Photography Scavenger Hunt**: Plan an easy scavenger hunt around the office by listing general categories of things to find such as: something pink, something with “i” in it, something you can pet, and so on. Encourage folks to find and get a photo of each item to bring back to the office to share. This can be a fun way to get people up and around the office for a change of scenery.

High Cost
Build Online Relationships

Create an organized, realistic, and strategic social media plan for your organization
Wellness Moment

Breathing Exercise
Reflect on Last Year...

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!

What have you overcome?

What will you do this summer to refresh?

Grow
I will walk in my beauty. We will walk in our beauty together.
My Self-Care Plan

Activity Purpose
The primary purpose of this activity is for elders and adults to create a self-care plan that includes selecting positive self-talk statements.

Age Groups: Elders & Adults
Time: 25 minutes

Folks Will:
- select self-care activities and positive self-talk statements
- create a self-care plan

<table>
<thead>
<tr>
<th>Activity Outline</th>
<th>Core Content Components</th>
<th>Instructional Method</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome and Icebreaker</td>
<td>Welcome elders &amp; adults, Icebreaker</td>
<td>Discussion</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Introducing Activity Concepts</td>
<td>Self-Care Strategies</td>
<td>Discussion</td>
<td>5 minutes</td>
</tr>
<tr>
<td>My Self-Care Plan Activity</td>
<td>Handout: My Self-Care Plan Activity, Share Self-Care Plans</td>
<td>Individual, Small Group or Partners</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Closing</td>
<td>Reflection on learning, Cultural Teaching (if time allows)</td>
<td>Large Group Reflection</td>
<td>5 minutes</td>
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</tbody>
</table>

My Self-Care Plan

Instructions: Think about what self-care activities make most sense for you, your lifestyle, and your goals. Select three activities (from the list given, or create your own) and put them in your self-care activity plan.

For each activity, write down how, where, when you will do them. And, what will you do to make sure these activities are a part of your life?

#1 Self-Care Activity
- How:
- Where:
- When, will I do this?
- How will I make sure this happens?

#2 Self-Care Activity
- How:
- Where:
- When, will I do this?
- How will I make sure this happens?

#3 Self-Care Activity
- How:
- Where:
- When, will I do this?
- How will I make sure this happens?

Time to Talk Myself Up!

How we talk to ourselves matters! Here are some ways to help change the way you talk to yourself:
1. Listen - to what you say to yourself. Notice if it’s mostly negative or positive.
2. Challenge - what do you say to yourself? Would you say this to a friend?
3. Change - how you talk to yourself. Try asking yourself, “What can I do to help me do this?”

Example Self-Care Activities
- Connect with my Culture
- Write. Be nice to someone
- Snuggle. Take a Walk
- List Three Things I’m Grateful For
- Laugh. I’m my Hero
- Pray. Talk to a Friend
- Cook. Talk to Youth. Take a Shower
- List Things I’m Good At
- Spend Time in Nature
- Plant a Garden
- Make Traditional Art
- Listen to Music
- Take a Nap
- Go to a Cultural Event
- Sit by a body of Water
- Read a Book
- Speak my Language
- Take Three Deep Breaths. Daydream
- Exercise, Sing, Play cards
- Get a Haircut. Trim my Nails
- Do Traditional Art
- Volunteer. Eat with my relatives
- Talk to a Counselor. Start a Journal
- Look at the Stars. Pet a Horse
- Talk with my grandparents. Say I love you.
- Smile with my eyes
- Help my Neighbor
- Sing, someone, or Create My Own!

https://www.healthynativeyouth.org/stand-alone-lessons
2. Next Year's CoP Lineup: Brainstorm

What do you want to talk about?
Guiding Questions

★ What **topics** do you want to cover?
★ What issues or resources do you want to know **more** about?
★ What are you **done** talking about?
★ Other suggestions... let's be **dreamy**!

Jamboard Brainstorm:
https://jamboard.google.com/d/1cIXucArEvmbuJ1k5tRYmn7s6BIf39bgr-ZAt4ZHBqck/edit?usp=sharing
3. HNY Resources

Website Redesign... Making Things Easier To Find!
Resource Library

NEW FEATURES:
- Database-driven
- Searchable
- Filterable
- Sortable
- Expandable
- Flexible
Curricula Comparison

NEW FEATURES:

- Side-by-side comparisons
- Focused on key categories
- Compare up to 4 curricula at the same time
Chatfeed Convo: Type Questions, Ask Away!
5. NIDA Contest Winner!

Just a little more sunshine for your day...
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
Caring Messages

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

★ Text “Caring” to 65664
★ Text “College” to 65664
★ Text “Veterans” to 65664
Abuse & Sexual Assault
StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (768-4833)
Chat

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

RAINN
National Teen Dating Abuse Helpline
Call (24/7) 1-866-333-9474
Text LOVES TO 25522
WorldLovesRespect.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-ATC Support
Text DITCHHAPE to 88709

Get the Facts About Drugs
Just Think Twice
Call 1-855-278-4373
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 741741

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

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

Sexual Health
Planned Parenthood
Call 1-800-273-7272
Chat

Get Respect
Healthy Relationships, Online & Off
Call (24/7) 1-866-333-9474

We R Native: My Relationships
Ask Auntie & Uncle

Sexual Identity - 2SLGBTQ+
Parks Site Members Project
Text 2SLGBTQ to 94449

Native Youth Sexual Health Network
The Trevor Project
Call (24/7) 1-888-488-7386
Text START to 678-678
Chat

It Gets Better Project
Embrace the Journey

Thrive

TRIVE Linktree:
https://linktr.ee/npai
hbthrive?utm_source=qr_code

Crisis Line
Text: NATIVE to 741 741
WhatsApp

Click on icons to go to resource

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

Cyberbullying
Resources for Youth
Brent Cherubino

We R Native: Bullying Prevention
Ask Auntie & Uncle

Find Help Near You
SAMHSA - Zip code locator
for a treatment center closest to you
Text: STEM to 94449
For inspiration and motivation on your journey in Health, Technology, Engineering or Math

Mental Health America - Zip code locator for a clinic closest to you
Text: FITNESS to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a $1,000

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
Youth Support

Youth Support Resources

The Trevor Project

Suicide Prevention Lifeline

Crisis Text Line

We R Native

Surviving a Suicide Loss

We Matter Campaign

https://linktr.ee/npaihbthrive
Text “Mind4Health” to 65664
For Caring Adults

A text message service to nurture conversations with youth to build our mental health together.

Launches July 18th!
Talking is Power
For Adults

Tips & Resources for
★ Talking to Youth About Sexual Health
★ Getting the convo started
★ Online Printable Resources here

TEXT “EMPOWER” TO 94449
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>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 space for awareness and those we serve to acknowledge, educate, and thrive in this upcoming school year. Join Robert Johnston from the Native Wellness Institute and Starcia Brown from the NWIP who will help create space for you to work through trauma, re-traumatization in the workplace, inter- management, and boundaries to create a push towards intentional balance.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>October 13, 2021</td>
<td>Cultural Competency to Raise Healthy Native Youth</td>
<td>Culture is everything! That we do, from how we engage, learn, and present information. In order to best serve our Native youth, we must share our experience and the wisdom behind our culture as permission to show our Relative Elders. You can 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 and cultural competency.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>November 10, 2021</td>
<td>Tackle Trauma with Care</td>
<td>Indigenous communities have long fostered resiliency skills to cope, thrive, and redefine beauty and place. Join the Native Children’s Trauma Center to walk through trauma informed practice and address how we have all experienced individually and collectively during the pandemic. Together with Fred and Thelma!</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 the gathering season to prepare and maintain throughout the year, setting a strong foundation to create ease and success for the future. Join the HMH team to talk about how to GATHER and promote community and youth input on health priorities and intentions to set the stage for program success.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>January 12, 2022</td>
<td>Pickers Can Be Choosers: Choosing a Program</td>
<td>You have gathered youth and community feedback to identify health priorities, resources and needs. Now you are ready for the CHOICE sheet! Let the HMH crew help you 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’re Native. Native STAND. Native WISE Choices. Native By Hand.</td>
<td>Watch Recorded Session here</td>
</tr>
<tr>
<td>February 9, 2022</td>
<td>Thieves in the Spaces We Create</td>
<td>Help Native youth build affirmations, include NIL and create spaces together using Indigenous knowledge and peer mentoring approaches. How does Native youth use creative expression to positively process emotions to thrive in their spaces. Come learn how you can help youth in your community do the same.</td>
<td>Watch Recorded Session here</td>
</tr>
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</table>

We Will see you in September!
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
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
Use QR code or the link in the chat box to join...

Today I am Feeling...
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?
Breakout Sessions

first  second  last
4. Let’s Talk About it!

Logistics
- Share Your Video
- Use the Chatfeed

Engagement
- Use the Chatfeed
- ASL
- Zoom Reactions
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: