



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! Keshi! Hola!



Stephanie Craig Rushing, PhD, MPH

(She/Her)

I love coffee.

scraig@npaihb.org



Sean Simpson

(He/Him)

I love my dog (and coffee).

sean.goodmedicine@gmail.com



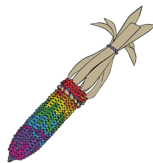
**NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD**
Indian Leadership for Indian Health

Live Virtual Training

Logistics

Logistics

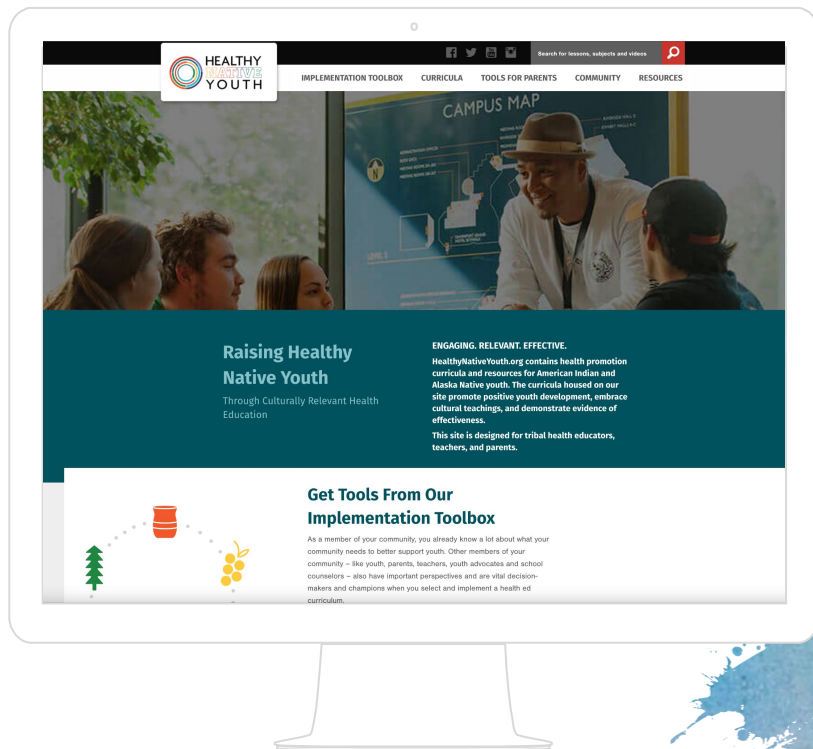
- You are muted
- If comfortable, share video



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?

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** 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



IMPLEMENTATION TOOLBOX

[GIVE US FEEDBACK](#)


Gather



Choose



Prepare



Implement



Grow



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 Resources

- ★ No Cost
- ★ Low Cost
- ★ High Cost

Team Building Activities

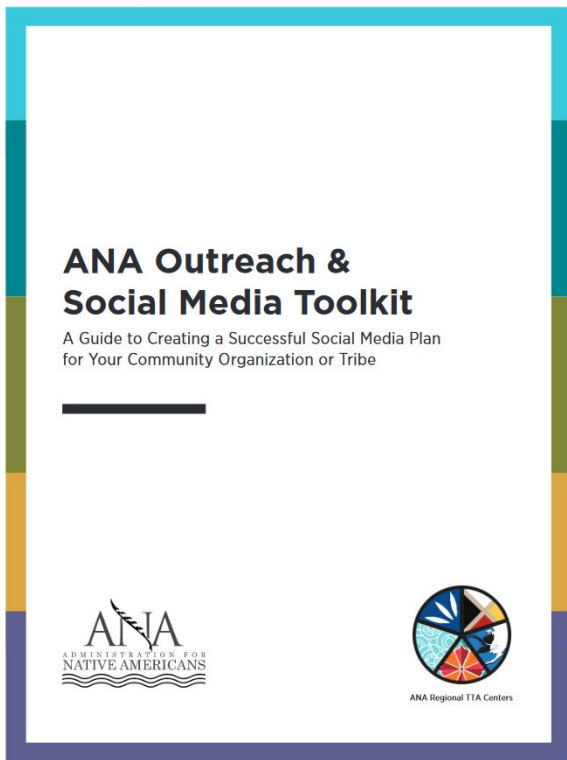
No Cost

- **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



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?



Reflection Activity



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

Activity Outline	Core Content Components	Instructional Method	Timing
Welcome and Icebreaker	• Welcome elders & adults	Discussion	5 minutes
	• Icebreaker		Time varies
Introducing Activity Concepts	• Self-Care Strategies	Discussion	5 minutes
My Self-Care Plan Activity	• Handout: My Self-Care Plan Activity	Individual	5 minutes
	• Share Self-Care Plans	Small Group or Partners	5 minutes
Closing	• Reflection on learning • Cultural Teaching (if time allows)	Large Group Reflection	5 minutes



My Self-Care Plan

#HealthyNativeYouth

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?

Example Self-Care Activities

Connect with my Culture, Write, Be nice someone, Smudge, Take a Walk, List Three Things I'm Grateful for, Laugh, Fix my Hair, 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 grandkids, Say "I love you", Smile with my Eyes, Help my Neighbor, Hug someone, or...Create My Own!

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 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?"

Instructions: Think about one statement (or more!) you can tell yourself when you're feeling down or could use a little encouragement. Use the list you're given or create your own. Put that statement(s) below:



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/1cIXucArEvmBuJ1k5tRYmn7y6Bil39bgr-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...



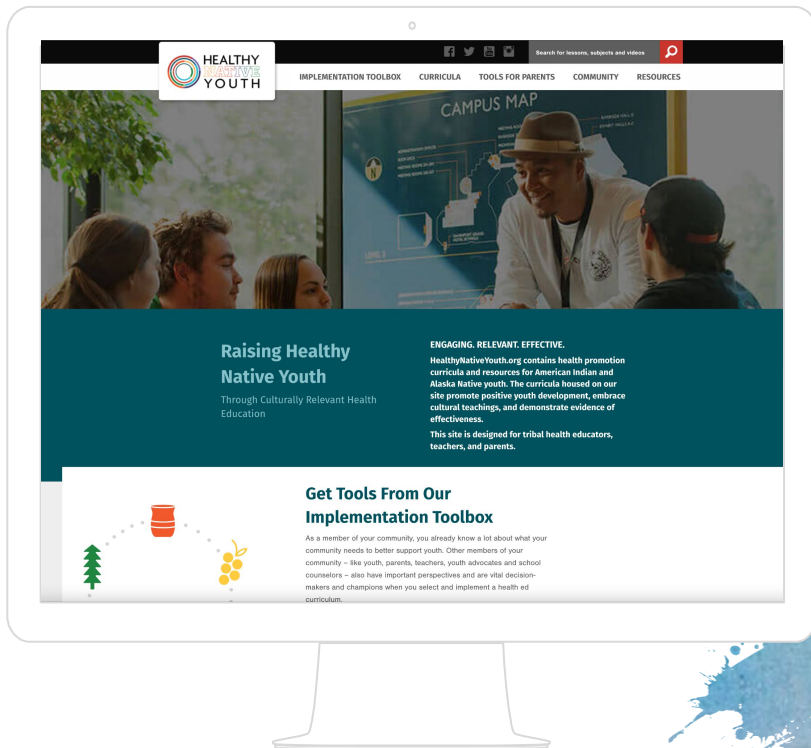
Practice in Action

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



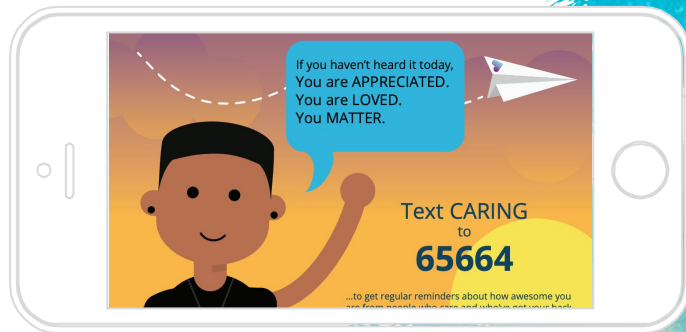
We R Native

For Youth

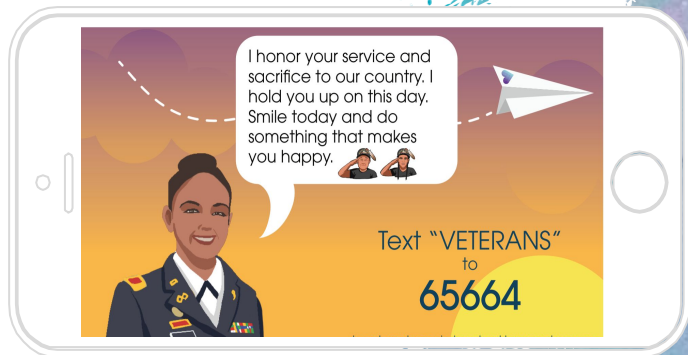
- ★ Multimedia health resource for Native youth by Native youth
- ★ “Ask Your Relative” Q&A Service
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook



COLLEGE



YOUTH



VETERANS

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

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



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](#)



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_hbthrive?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 NO
BUENO

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/npaihbt thrive>



@npaihbt thrive

Youth
Support

Youth Support Resources



The Trevor Project



Suicide Prevention Lifeline



Crisis Text Line



We R Native



Surviving a Suicide Loss



We Matter Campaign

**LAUNCHES
JULY 18TH!**



Text “Mind4Health” to 65664 *For Caring Adults*

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

Talking is Power

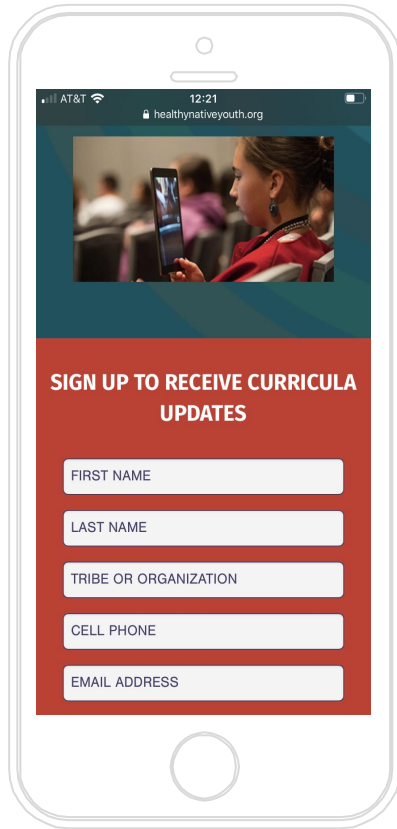
For Adults

Tips & Resources for

- ★ Talking to Youth About Sexual Health
- ★ Getting the convo started
- ★ Online Printable Resources [here](#)

**TEXT
"EMPOWER"
TO 94449**





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



Previously Recorded CoP's

2021-22 Community of Practice Lineup

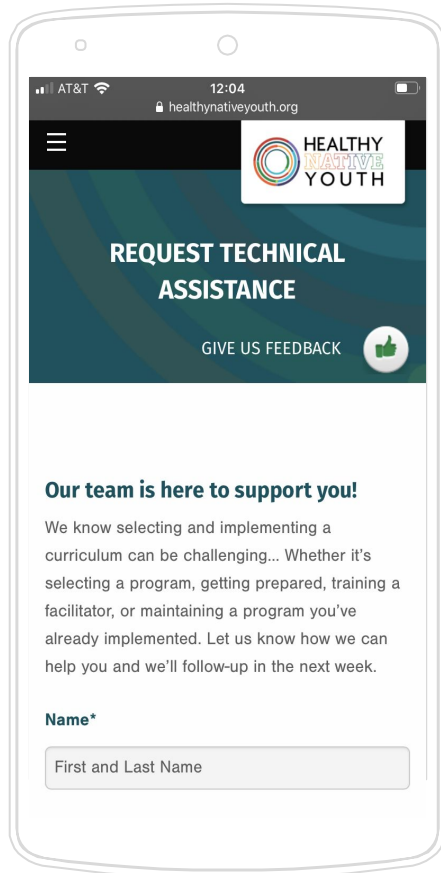
Date	Title	Description	Links
September 8, 2021	<i>Back-to-School: Intentional Balance</i>	What a year it has been! Now more than ever, we find the need to create intentional safe spaces for ourselves and those we serve to acknowledge, rebuild, and thrive in this upcoming school year. Join Robert Johnson from the Native Wellness Institute and Danica 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	<i>Cultural Competency to Raise Healthy Native Youth</i>	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.	Watch Recorded Session here
November 10, 2021	<i>Tackle Trauma with Care</i>	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	<i>Set the Stage for Program Success</i>	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	<i>Pickers Can be Choosers: Choosing a Program</i>	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	<i>Thrive in the Spaces we Create</i>	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	<i>Prepare for Implementation Success</i>	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	<i>Stand Up to STI/HIV Stigma</i>	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	<i>Sustain and Grow your Program</i>	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	<i>Concerning Social Media Posts Workshop</i>	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	<i>Staying Connected</i>	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.	Click here to register
Contact us		 agaston-contractor@npsahb.org  msinger@npsahb.org	 www.healthynativeyouth.org  Text HEALTHY to 94449  Click on links next to each session to register in advance

WE WILL SEE
YOU IN
SEPTEMBER!





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 battery level. The address bar shows 'healthynativeyouth.org'. The website 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 text 'Our team is here to support you!' is 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 this 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

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



Padlet

Use QR code or the link in the chat box to join...

Today I am Feeling...

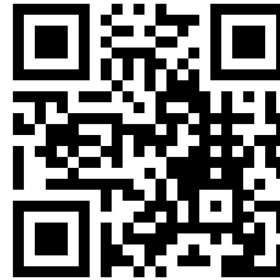




Mentimeter Q&A

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

What do you want to know about using SMS in youth programming?



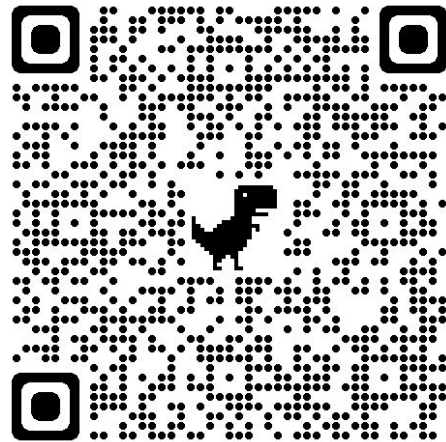
Go to **www.menti.com** and use the code **7494 2554**



Jamboard

Use QR code or the link in the chat box to join...

*What are your fav
management tools?*



Breakout Sessions

first

second

last



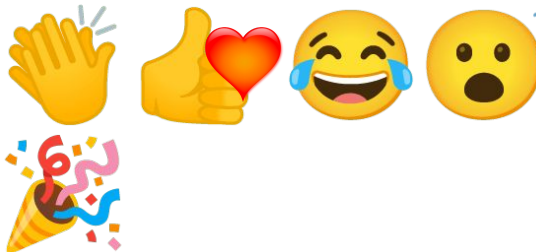
4. Let's Talk About it!

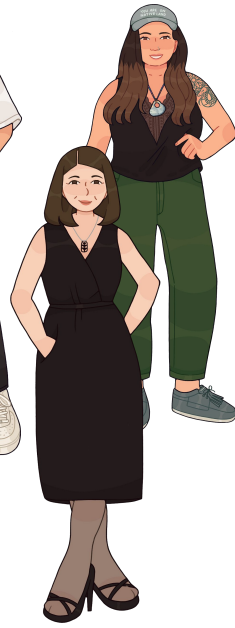
Logistics

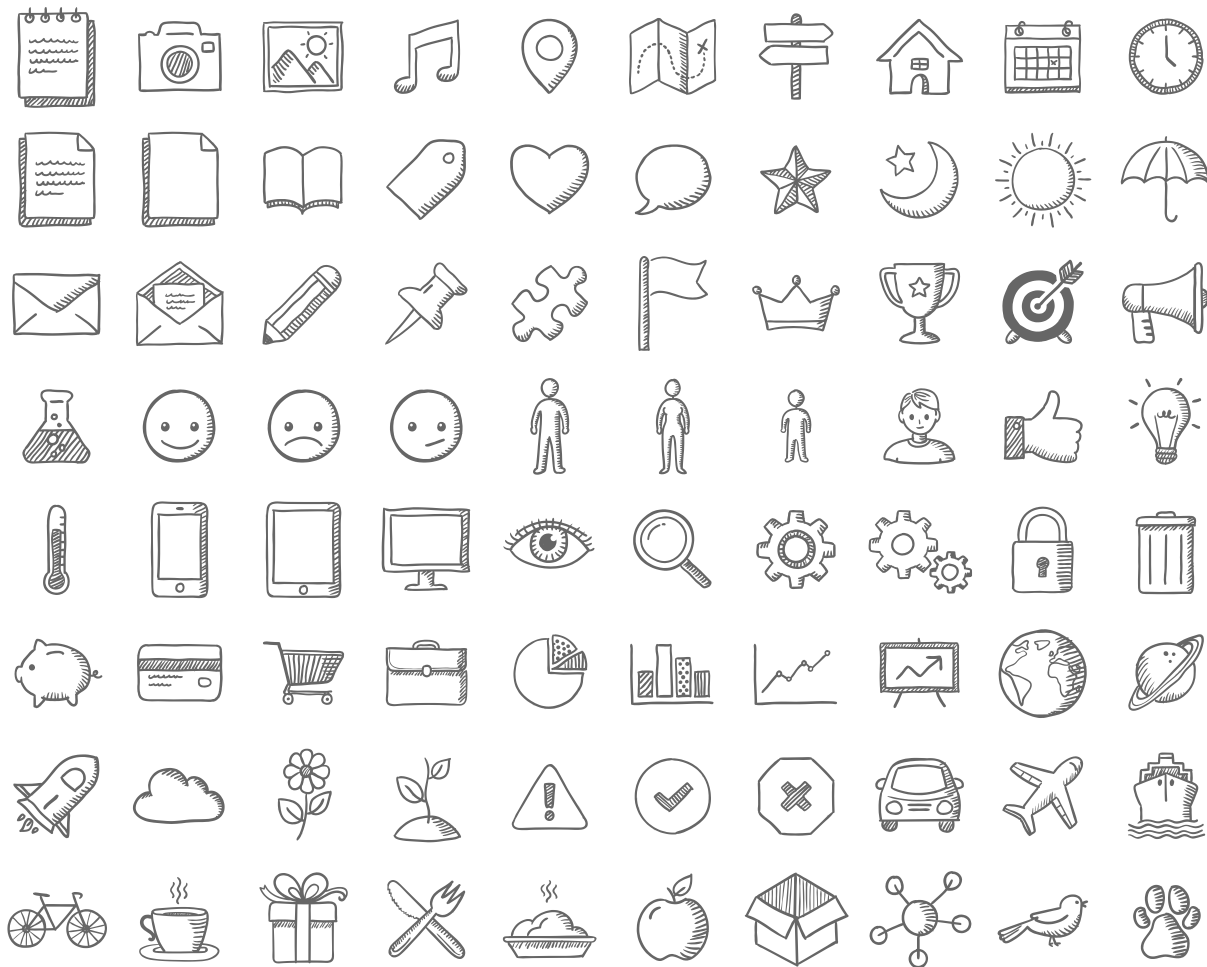
- Share Your Video
- Use the Chatfeed

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:



