

# Staying Connected

July 13, 2022 10am-11:30am PT



## **Host**

[Amanda Gaston](#)

## **Guest Speakers**

[Stephanie Craig Rushing](#)

[Sean Simpson](#)

## **Objectives**

- Identify HNY Toolbox shared successes and lessons learned
- Reflect on obstacles and select self-care activities
- Contribute topics for 2022-23 CoP lineup

## **Stay connected**

[Past Sessions](#)

[Request Technical Assistance](#)

## **Speaker Resources**

[Grow Phase: Share Successes and Lessons Learned](#)

[Team Building Activities](#)

[ANA Outreach & Social Media Toolkit](#)

[Standalone Lessons](#)

[HNY July e-newsletter](#)

[HNY homepage](#)

[NPAIHB: Youth Support Resources Doc Link](#)

## **Chat links:**

[Anonymous Q&A Box](#)

[Building Resilience in Urban Native Youth YouTube Series registration](#)

[RejuveNation Mailchimp Promo](#)

[RejuveNation Facebook page](#)

[RejuveNation on Instagram](#)

[Self-Care for Adults](#)

[Brainstorm for next year's CoP lineup](#)

[I Know Mine](#)

Chat feed (names and emails have been removed)

- 10:04 AM From Vurlene: Good Morning from Scottsdale!!
- 10:05 AM From Jane Manthei: [Anonymous Q&A Box](#)
- 10:08 AM From Gabrielle: Gabrielle (She/Her), Haliwa-Saponi, UTHealth-Houston
- 10:09 AM From Stephanie Craig Rushing: Stephanie Craig Rushing (she/her) NPAIHB, [scraig@npaihb.org](mailto:scraig@npaihb.org)
- 10:09 AM From Silas: Silas (they/he) Yakima/Grand Ronde, NAYA Family Center, hoping to learn ways to keep youth engaged
- 10:09 AM From Stephanie Craig Rushing: Learn: Trending topics and ideas for future COPs
- 10:09 AM From Denise: Denise (She/Her) Oglala Lakota, STITPPI
- 10:09 AM From Sean Simpson: Sean Simpson (he/him), Good Medicine Tribal Public Health Consulting
- 10:10 AM From Samantha: Samantha, Prevention Educator, Capacity Builders Inc in Farmington NM
- 10:10 AM From Kelly: Kelly R. (she/her)
- Native Youth Coordinator
- Inter Tribal Council of Arizona
- Navajo/Acoma Pueblo
- Learn and collaborate ideas for engagement and to learn more information
- 10:10 AM From THOMALISA: Thomalisa (She/Her)
- 10:10 AM From Shiela: Shiela, Southern Plains Tribal Health Board
- 10:10 AM From Vurlene: Vurlene, Jicarilla Apache Nation SRPMIC Prevention & Intervention Services-Scottsdale, AZ. Community Health Educator
- 10:10 AM From Adina: Good morning, hope you are well and in good spirits! I'm from the Quechan Indian Tribe, and I work as the District Community Liaison for our local school district, (Adina):)
- 10:10 AM From Jennifer Williamson: Good morning! Jennifer Williamson, ANTHC, [www.iknowmine.org](http://www.iknowmine.org), [jjwilliamson@anthc.org](mailto:jjwilliamson@anthc.org)
- 10:10 AM From Michele: Michele, nimiipuu (no preferred pronouns) NARA NW
- 10:10 AM From Chris: Good morning! Chris, UTHealth-Houston, learning ways to keep youth engaged!
- 10:11 AM From Kerri: Hi all - I am Kerri (they/them), sexual health educator for Public Health - King County/Seattle. Interested in hearing what folks do to connect over the summer! :)
- 10:11 AM From Jovita: Sengi thamu. I'm Jovita. My pronouns are she/they. I work at NIWRC doing the NativeLove program. Looking forward to learning better ways for online engagement.
- 10:12 AM From Tess G: Tess, daybreak star native preschool, Seattle, land of the Duwamish
- 10:12 AM From THOMALISA: Good Morning All, I am Thomalisa (She/Her), Program Director, Capacity Builders, Inc./Success With Adolescent Goals (SWAG). Interested in positive and continuous engagement with other summer youth programs.

- 10:12 AM From Sebouh: Sebouh (He/Him) National Council of Urban Indian Health, ways to make virtual Native youth programming more collaborative, engaging and to learn more information
- 10:15 AM From Jane Manthei: [Grow Phase: Share Successes and Lessons Learned](#)
- 10:19 AM From Adina: Yes we have a small group that traveled to UNITY
- 10:20 AM From Amanda Gaston (she/her): Tribal Summer Camps/ Cultural Camps
- 10:20 AM From Adina: 😊
- 10:20 AM From Rebecca: Participating in Youth Summer Employment
- 10:20 AM From Gabrielle: UNITY & NCNAYO
- 10:20 AM From Gabrielle: NCNAYO = NC Native American Youth Organization Conference
- 10:20 AM From Patricia: Preparing students for Health Careers Health Camp at Washington State University.
- 10:20 AM From Kelly, MSW; ITCA: Participating in the Youth Navajo Language classes...just ended
- 10:20 AM From Haily: We also attended UNITY with a group of 12 youth from the Seattle Indian Health Board/Urban Indian Health Institute.
- 10:23 AM From Sebouh: NCUIH's Rivers of Rejuvenation Youth Council are hosting their "RejuveNation Building Resilience in Urban Native Youth YouTube Live Series". They will celebrate each episode with a launch party, and participants will have opportunities to win amazing Native swag! The interactive YouTube Live Watch Party series will occur Monday, July 18, at 7 pm ET, Wednesday, July 20 at 6:30 pm ET, and Friday, July 22 at 7 pm ET.
- 10:23 AM From Michelle Singer (she/her) - NPAIHB: Just met with middle school youth who are doing a Tribal Public Health summer internship at Confederated Tribes of Grand Ronde focusing on health promotion & modernizing the Native It's Your Game 2.0 curriculum for Healthy Native Youth as part of their Youth Empowerment Program with CTGR's Tribal Dept of Ed.
- 10:23 AM From Haily: We have 2 workshops planned this summer (Natives Outdoors & Creating Culture) around motivational storytelling, also Youth GONA planned in August. We also have 3 youth interns (HS).
- 10:24 AM From Patricia: Collaborating with students on their college and scholarship applications to pursue their higher education and/or career opportunities here in the Northwest.
- 10:26 AM From Stephanie Craig Rushing: I love the topics they're covering
- 10:26 AM From Jovita: The Hopi Tewa Women's Coalition to End Abuse is having the Hopi Tewa Rise and Thrive Youth Summit next week. Its 7/20 from 9am-3pm at Hopi High School.
- 10:27 AM From Patricia: Jovita, can you share your agenda with me? Patsy
- 10:28 AM From Jane Manthei: [Team Building Activities](#)
- 10:30 AM From Jane Manthei: [ANA Outreach & Social Media Toolkit](#)
- 10:33 AM From Jovita: Hi Patricia. I work for NIWRC. I'm just going to table at the event so I don't have the agenda.

10:34 AM From Michelle Singer (she/her) - NPAIHB: HNY Stand Alone Lessons are great for summer activities with youth! #20 is for the Tribal Public Health internship guide for middle, high school and college students. Plus, #22 is a Self Care Plan for Adults & Elders. wink!

10:34 AM From Michelle Singer (she/her) - NPAIHB: [Standalone Lessons](#)

10:34 AM From Jovita: Sorry I mean Patsy.

10:35 AM From Sebouh:  
RejuveNation: [Building Resilience in Urban Native Youth YouTube Series registration](#) . Promo via Mailchimp: [RejuveNation Mailchimp Promo](#) . [RejuveNation Facebook page](#) or [RejuveNation on Instagram](#)

10:38 AM From Nicole: Challenge to overcome- the 3rd year of the pandemic has left me exhausted and feeling more disconnected from people! This summer, I'm working on finding outdoor spaces to socialize so I feel safe and also exercising to care for my body!

10:39 AM From Stephanie Craig Rushing: Yes, Nicole! Me too.

10:41 AM From Jane Manthei:  
[Self Care for Adults](#)

10:43 AM From Jane Manthei:  
[Brainstorm for next year's CoP lineup](#)

10:44 AM From Nicole: Love that!!

10:46 AM From Nicole: Love the safe spaces idea!

10:48 AM From Sebouh: I love that idea

10:50 AM From Kelly, MSW; ITCA: Can we use guardians instead

10:52 AM From Nicole: I think both together can work too

10:53 AM From Samantha: Normalizing that its okay for youth to be themselves and not trying to be like their friend. Being comfortable with saying no to risky behavior. Also normalizing the typical stigma of males being emotional, but being emotional is a natural human reaction.

10:54 AM From Shiela: maybe letting youth decide how they would refer to those words??

10:54 AM From Kelly, MSW; ITCA: That's a great idea Shiela

10:56 AM From Patricia: I wasn't able to add my sticky note, but the Building of Indian Nations is vital in supporting youth and their healthy role in their tribe.

10:57 AM From Vurlene: Need to log off for now...TTYL

10:58 AM From Amanda Gaston (she/her): Thanks Vurlene!

10:59 AM From Sebouh (He/Him) NCUIH: This looks great!

11:02 AM From Amanda Gaston (she/her): Not a lot to say...but BIG changes!:)

11:04 AM From Stephanie Craig Rushing: It's not a huge change, but definitely easier to read with these updates

11:04 AM From Chris: Love it!!!

11:04 AM From Nicole: So much easier to read

11:05 AM From Nicole: It looks much better

11:05 AM From Sebouh (He/Him) NCUIH: Yes I totally agree!

11:05 AM From Stephanie Craig Rushing: Thanks, Sean, for all your help building these improvements

11:05 AM From Jennifer Williamson: It look great! Can the selected view be exported to a PDF?

11:06 AM From Amanda Gaston (she/her): Yay Jeni!

11:06 AM From Jennifer Williamson: It's so much easier to read. Love this and the new resource tool!

11:08 AM From Sebouh (He/Him) NCUIH: Is there a way to make the comparison view clickable to the curriculum too

11:09 AM From Sebouh (He/Him) NCUIH: thank you

11:09 AM From Sean Simpson: sean.goodmedicine@gmail.com

11:13 AM From Amanda Gaston (she/her): Ah...Uncle Paige <3

11:14 AM From Michelle Singer (she/her) - NPAIHB: Uncle Paige, a good chap! 🤓

11:18 AM From Sebouh (He/Him) NCUIH: The Native Youth winners are so inspiring:)

11:20 AM From Adina: thank you all for your wonderful ideas and shares and your time!! it was all greatly appreciated and needed!!! i have to log off , so inspiring the youth winners!!!

11:21 AM From Amanda Gaston (she/her): Thanks Adina! Have a good one!:)

11:21 AM From Adina: THANK YOU!! and you as well:)

11:22 AM From Chris: so beautiful so powerful:):)

11:22 AM From Michelle Singer (she/her) - NPAIHB: Here's the link to the [HNY July e-newsletter](#) that includes the I Strengthen My Nation Gallery!

11:23 AM From Stephanie Craig Rushing: Thanks Michelle!

11:23 AM From Jane Manthei: Healthy Native Youth [homepage](#)

11:25 AM From Michelle Singer (she/her) -: [NPAIHB: Youth Support Resources Doc Link](#)

11:27 AM From Michelle Singer (she/her) - NPAIHB: Talking is Power is wonderful for adults!! Give it a try!! Text EMPOWER to 94449!

11:28 AM From Jennifer Williamson: Alaska-based website, free resources mailed to AK addresses, including HIV self-tests, condoms, naloxone kits and more available at <https://www.iknowmine.org/>

11:29 AM From Michelle Singer (she/her) - NPAIHB: Iknowmine.org has the coolest and most awesome website!! Do check it out!!

11:30 AM From Sebouh (He/Him) NCUIH: @Jennifer thank you for the resource!

11:35 AM From Michele: qe'cii yew yew, Patsy, qe'cii yew yew, oykalo

11:35 AM From Melissa: Quayanauqpuk! Thank you!

11:35 AM From Sebouh (He/Him) NCUIH: Thank you!

11:35 AM From Kerri: thank you for the blessing Patsy <3

11:35 AM From Michelle Singer (she/her) - NPAIHB: Ahe'hee, shadi Patsy!

11:36 AM From Jennifer Williamson: Thank you!

11:36 AM From Kerri: Thank you all! See you!