Safe Spaces
September 14, 2022 10am-11:30am PT

Host
Amanda Gaston

Guest Speakers
Kay Johnston, kjohnston@npaihb.org
Celena McCray Ghost Dog, cghostdog@npaihb.org
Asia Brown, ambrown@npaihb.org

Objectives
By the end of today’s session, you will be able to...
- describe what a safe space is
- examine the components of FELT safety
- design a safe space for your community

Stay connected
- Upcoming Community of Practice Sessions
- Past Sessions
- Request Technical Assistance

Speaker Resources
Linktree: https://linktr.ee/healthynativeyouth
Request technical assistance: https://www.healthynativeyouth.org/request/

Chat links:
Anon Q&A:
https://jamboard.google.com/d/1peqnUz3XBvZZPwGBU_HA8NQwjBHssMoowLDtiWRLk/edit?usp=sharing

Padlet Assessment Activity:
https://padlet.com/wernative/12sau59jm86j0gxa

HNY Reflection Tool:

Self-care plan:
Group Agreements:
https://jamboard.google.com/d/1Jop05ZoxGFCmipiB0q-hNgIvBKp2svqVBNX3iwN RDzo/edit?usp=sharing

Native Stand - lesson 1:

Tackle Trauma with Care:
https://www.healthynativeyouth.org/community-of-practice-sessions/#:~:text=11/10/21%20%2D%20Tackle%20Trauma%20with%20Care

Self-efficacy check:
https://www.menti.com/m12kqsnqg8

Techy Tuesdays:
https://www.youtube.com/playlist?list=PLiKVO_vO0vouZdWlija_CswZkLf5wqe4L7

Training Feedback:
https://www.healthynativeyouth.org/training_feedback/
Chat feed (names and emails have been removed)

12:36 AM Jane Manthei: We'll be using this chatfeed to share resources - feel free to use the chatfeed or this jamboard parking lot: https://jamboard.google.com/d/1lpeqnu3Z63X8vZbGwGBU_HA8NQwJbHs MooWeYDtiWRLk/edit?usp=sharing

Hello Everyone from Farmington, NM! Melanie, Capacity Builders, I look forward to more knowledge from you all!)

12:37 AM Melanie: Devony - help facilitate inclusive recreation for individuals of all ages who are experiencing disability. Safe places are so important in meeting the diverse needs of our participants. I work for Independent Living Center in Homer, AK.

12:38 AM Devony: Halito! My name is Chrystal. I am the Case Manager for Zero Suicide and I work for the Wichita and Affiliated Tribes in Anadarko, OK.

12:38 AM Jennifer: Jen (she/her) at UTHealth in Houston, TX. Great to see everyone! I'm always looking for ways to create and maintain safe spaces for youth.

12:38 AM Mitch (he/they): Bozho jayek! My name is Mitch (he/they). I'm a tribal member of the Citizen Potawatomi Nation. I'm currently the Educational Re-engagement Coach at NAYA in NE Portland. Migwech!

12:38 AM Chrystal: Charlotte, with the Quileute Tribe Crime Victim services. Looking forward to more or new information of safe spaces

12:38 AM Lisa: Hi my name is Lisa of the San Pasqual Indian reservation. work at the San Pasqual Education Dept.

12:38 AM Stephanie Craig Rushing: Stephanie Craig Rushing (she/her), NPAIHB Adolescent Health team - Always love learning from each other here.

12:38 AM Allison: Good Morning! My name is Allison, I am here with Alaska Native Tribal Health in Anchorage, Alaska. Happy to be here!

12:38 AM Eli (she/her): Stonko? My name is Eli (She/Her) and I focus on social and digital media for Mvskoke youth!

12:39 AM Carrie: Carrie Bishop Paiute Tribe, Youth Activities Specialist

Hello my name is Jillian. I'm a member of the Yankton Dakota Tribe of South Dakota and I am the Tribal Initiative Project Manager with Tribal Affairs/ ALTSA/DSHS in Washington State. Thank you!

12:39 AM Laura: Kualli Tlanesik Relatives! My name is Laura (she/her/ella). I am Huichol, Chichimeca, and Arab. I work at the San Diego American Indian Health Center as the Youth Wellness Specialist. Thank you all!

12:39 AM jillian: Marnie (she/her) I am Rural Program Operations Director at Camp Fire Alaska. I work and live on Dena’ina Land.

12:39 AM Dana: litamiiksskanatoomi Dana, she/hers Blackfeet/Gros Ventre of Montana; Missoula Native Connections community prevention specialist at All Nations Health Center.
| 12:39 AM | Vurlene: | Good Morning from Scottsdale, AZ Salt River Pima Maricopa Indian Community-I'm Vurlene -Jicarilla Apache Nation. I am a Community Health Educator with DHHS. Good morning! Carrie with the Alaska Native Tribal Health Consortium in Anchorage, AK. Oki, I work with the Indian Education Program with youth and families in Jefferson County, CO. Look forward to learning. |
| 12:40 AM | Carrie: |  |
| 12:40 AM | Manthei: | Padlet Assessment Activity: https://padlet.com/wernative/12sau59jm86j0gxa |
| 12:40 AM | Jane | Kami Ya'at'eel abini! Kami, prevention specialist at the Phoenix Indian Center working through the Urban Indian Coalition of Arizona |
| 12:40 AM | Hannah: | Hannah, she/her, ANTHC in Anchorage, AK |
| 12:40 AM | Chris: | Hello Everyone!! Chris w UTHealth School of Public Health |
| 12:40 AM | Ivana: | Ivana H. (she/her), currently the Youth and Family Program Coordinator at the Urban Indian Center of Salt Lake. |
| 12:40 AM | Annie: | Annie, community health educator in Homer Alaska:) |
| 12:40 AM | Adina: | Good Morning, All I hope that you are well and in good sprits,, I'm from the Quechan Indian Tribe located in Winterhaven Ca, I'm the District Community Liaison for our local school, pre-k to adult ed. Hope to learn new tech/ideas and resources, |
| 12:41 AM | Zandria: | Zandria, I work with the Tulalip Education department as an Advocate. Good morning! Jeni, ANTHC in Anchorage with the HIV/STD Prevention Program and www.iknowmine.org program. |
| 12:41 AM | Jennifer: | Hello! My name is Kiara, I work as the Youth Outreach Coordinator at Copper River Native Association. Good day! Michelle Singer (she/her | Navajo), Healthy Native Youth/Project Red Talon Project Manager @ NPAIHB - msinger@npaihb.org |
| 12:42 AM | Kiara: |  |
| 12:43 AM | Michelle Singer: |  |
| 12:59 AM | Ghost Dog: | honestly...."SHOOT!":D |
| 12:59 AM | Tommy: | *beep beep beep* |
| 12:59 AM | Jane: |  |

Jane Manthei: Group Agreements: https://jamboard.google.com/d/1Jop05ZoxGFcmpi80q-hNglVBPu2SvqVBNX3iwNRDzo/edit?usp=sharing

Also - we will create a handout after this meeting with the various links and resources for easy access. There will also be a recording available on our website and YouTube page.

Jane Manthei: Group Agreements: https://jamboard.google.com/d/1Jop05ZoxGFcmpi80q-hNglVBPu2SvqVBNX3iwNRDzo/edit?usp=sharing

Also - we will create a handout after this meeting with the various links and resources for easy access. There will also be a recording available on our website and YouTube page.

Celena: I always liked "creative expression" so any medium from journaling to coloring, singing, dancing, running, beading, etc:) I would love to have information sent to me regarding PATHS.

Jane Manthei: Tackle Trauma with Care: https://www.healthynativeyouth.org/community-of-practice-sessions/#:~:text=11/10/21%20%2D%20Tackle%20Trauma%20with%20Care

Celena: I always liked "creative expression" so any medium from journaling to coloring, singing, dancing, running, beading, etc:) I would love to have information sent to me regarding PATHS.

Jane Manthei: Tackle Trauma with Care: https://www.healthynativeyouth.org/community-of-practice-sessions/#:~:text=11/10/21%20%2D%20Tackle%20Trauma%20with%20Care

Celena: I always liked "creative expression" so any medium from journaling to coloring, singing, dancing, running, beading, etc:) I would love to have information sent to me regarding PATHS.

Melanie: I would love to have information sent to me regarding PATHS m@capacitybuilders.info

Jane Manthei: Paths (Re)membered: https://www.pathsremembered.org/

Eli (she/her): I cannot write on the Q&A Jamboard, so I'll write it here:
- I see that the Paths (Re)Membered Project states "NW Portland Area". Are most things still provided/relevant/etc to other states/locations?

Jennifer: Hi Eli! Yes, they are, we'll be working on linking these resources on our AK-based www.iknowmine.org site.

Asia: WYSH Website: https://www.npaihb.org/wysh/

Kay Johnston (she/her): Hi Eli we provide Mental Health resources to Oregon, Washington, Idaho, North Dakota, Texas and New Mexico!

Kay Johnston (she/her): You can find it here: https://www.pathsremembered.org/mental-health-services/

Amanda Gaston (she/her): And, Kay that's just for the support hotline, right?

Kay Johnston (she/her): This is for virtual therapy session! So this is NOT a support hotline. This is free therapy!

Celena: https://www.npaihb.org/wysh/
Kay Johnston (she/her): Also Eli we provide resources to everyone not just people in the Portland area. We have shipped to people all of the United States as well as Canada.


1:28 AM Asia: Tribe: Choctaw Nation of Oklahoma
Role: Sexual Health Communications Specialist (WYSH project @ NPAIHB)
E: am@npaihb.org

Michelle Singer: Great for your classrooms, youth & school/community health centers, local tribal buildings and in schools.

1:30 AM Kelly: Hello all, I have another meeting at 11 so I have to leave early thank you so much for this presentation

1:31 AM Stephanie Craig Rushing: WYSH Campaign Order Form: https://www.surveymonkey.com/r/GYTSafeSpacesCampaign

Celena Ghost Dog: email: cghostdog@npaihb.org


Kay Johnston (she/her): Here is the Paths(Re)Membered toolkit order form for anyone interested: https://www.pathsmembered.org/toolkit/

1:33 AM Eli (she/her): Question:
How do you recommend making/maintaining safe spaces in areas where we cannot control the greater population (ex: at a festival with our youth, but half of the community present is not LGBTQ+ supportive)

1:35 AM Jennifer: Thank you Kay!

1:35 AM Kay Johnston (she/her): Thank you for your question!

1:36 AM Vurlene: I feel like too sometimes "opening prayers" also set the tone and feeling of the space - it's like "group agreements" in its own way.

1:36 AM Celena Ghost Dog: The most affirming thing I had ever experienced from a teacher was them adding pride flags to the classroom after I opened up to them about experiencing homophobia. Don't underestimate how affirming it can be to just see yourself in the space

1:38 AM Michelle Singer: Honoring Diversity - Respecting Differences general theme...
Kay Johnston (she/her): kjohnston@npaihb.org

Jane Manthei: Technical assistance request: https://www.healthynativeyouth.org/request/
To follow that, I can also talk about Snag Bags if folks are thinking about what to share or ask 😊

Asia: Ahhh put on blast haha

Michelle Singer: A few of the NPAIHB Adolescent Team members will be at the National Indian Education Association at OKC - Oct 6-7 - comprised of (We R Native & Healthy Native Youth) presenting and boothng. We will have be able to share info, talk to you & strategize and have materials so stop by to see & to visit with us in person!

Michelle Singer: We will also be at the US Conference on HIV/AIDS convention too -- so seek us out!

Kay Johnston: I also would just like to reaffirm Paths(Re)Membered supplies recourses to all locations in the US and Canada! Sorry about that confusion!

Jennifer: Free condoms are also available in Alaska for individuals and organizations at, https://www.iknowmine.org/product/condoms/

Michelle Singer: It's a terrific opportunity for local programs to see this as an example and to create your own local to your community and partnering with local tribal programs & neighboring allies to get a "snag bag" local effort started!

Michelle Singer: Hi Jennifer !!! Ms. Native It's Your Game OG is in the house!!!

Eli (she/her): Are any of us able to share possible, relevant resources for Native youth? Our program has something for Native youth in crisis/homelessness that might be helpful for some communities, and we can mail them across the US

Jennifer: Hi Michelle! Miss you guys, we need a reunion!

Celena Ghost Dog: absolutely Eli! I love to see what you have to share.

Kay Johnston: Absolutely! please share whatever you'd like!

Asia: I LOVE the period packs Eli!!

Celena Ghost Dog: Eli, period packs! YES!!!! It's called Street Outreach. Native Youth in crisis or homelessness (ages 12-24) can get Period Packs and/or Hygiene Kits

Jennifer: Hi! Please let us know if you have any questions about the resources available at, https://www.iknowmine.org/shop/
@Eli one of my friends works with Portland Street Medicine, I will definitely share this with her 😊

Also, Friday the 16th is Global Internal/Female Condom Day

The iknowmine.org resources are free to anyone in Alaska, email, store@iknowmine.org or jj@anthc.org. Thanks!

Planning Tip: Visit the HNY Implementation Toolbox and view and use (for your local effort) to get community together to assess, to plan, and to go for it! https://www.healthynativeyouth.org/implementation-toolbox/

https://www.mvskokeyouth.com/street-outreach

I have to leave. Thanks to all presenters for great info. I'm taking back lots of ideas to share with my team.

thank you so much for sharing@

I need to leave. Thank you all for a wonderful session! Have a wonderful week.

I need to hop off as well. Thank you all for the great resources and work!!

QR codes are a hot item now. Great for future messaging in your local communities. Online QR generation accounts are free, or a super low cost for an annual subscription

All adults here today, please text EMPOWER to 94449!!

thank you all!

Thank you all!

Thank you!!!

Mvto!