

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](#)
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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/1lpeqnUz3XBvZZPwGBU_HA8NQwjBHssMooWeYDtIWRlk/edit?usp=sharing

Padlet Assessment Activity:

<https://padlet.com/wernative/12sau59jm86j0gxa>

HNY Reflection Tool:

<https://www.healthynativeyouth.org/wp-content/uploads/2021/11/Implement-Step-2-Session-Reflection-Log.docx>

Self-care plan:

<https://www.healthynativeyouth.org/wp-content/uploads/2022/03/My-Self-Care-Plan-Elders-Adults-1.pdf>

Group Agreements:

<https://jamboard.google.com/d/1Jop05ZoxGFcmpiB0q-hNgIVBKpu2SvqVBNX3iwNRDzo/edit?usp=sharing>

Native Stand - lesson 1:

<https://www.healthynativeyouth.org/wp-content/uploads/2021/10/Native-STAND-2.0-Lesson-1-Welcome.pdf>

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/m12kqsngg8>

Techy Tuesdays:

https://www.youtube.com/playlist?list=PLiKVo_vO0vouZdWlja_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/1lpeqnUz3XBvZZPwGBU_HA8NQwjBHssMooWeYDtiWRLk/edit?usp=sharing

12:37 AM Melanie: Hello Everyone from Farmington, NM! Melanie, Capacity Builders, I look forward to more knowledge from you all:)
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 Chrystal: 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 Jennifer: 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 Mitch (he/they): Charlotte, with the Quileute Tribe Crime Victim services. Looking forward to more or new information of safe spaces

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

12:38 AM Lisa: Stephanie

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!

12:39 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

12:39 AM jillian: 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/ AL TSA/ 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: she/her/hers

12:39 AM Marnie (she/her): 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: litamiksskanatoooni! 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.

12:39 AM Carrie: Good morning! Carrie with the Alaska Native Tribal Health Consortium in Anchorage, AK.

12:40 AM Chenoa: Oki, I work with the Indian Education Program with youth and families in Jefferson County, CO. Look forward to learning.

12:40 AM Jane
Manthei: Padlet Assessment Activity:
<https://padlet.com/wernative/12sau59jm86j0gxa>

12:40 AM Kami
(She/her): Ya'at'eeh 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 UHealth 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:)

Good Morning, All I hope that you are well and in good spirits,, 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,

12:40 AM Adina:

12:41 AM Zandria: Zandria, I work with the Tulalip Education department as an Advocate.

12:41 AM Jennifer: Good morning! Jeni, ANTHC in Anchorage with the HIV/STD Prevention Program and www.iknowmine.org program.

12:42 AM Kiara: Hello! My name is Kiara, I work as the Youth Outreach Coordinator at Copper River Native Association.

12:43 AM Michelle
Singer: Good day! Michelle Singer (she/her | Navajo), Healthy Native Youth/Project Red Talon Project Manager @ NPAIHB -
msinger@npaihb.org

12:59 AM Celena
Ghost Dog: honestly...."SHOOT!":D

12:59 AM Tommy
Ghost Dog: *beep beep beep*

12:59 AM Jane
Manthei: It's really more of a hiss, tbh

12:59 AM Jennifer: I tell myself "this is why I don't wear white"

12:59 AM Kasey: I knew I shouldn't have worn white

12:59 AM Charlotte: never fails if its a white shirt hahahha

12:59 AM Kami
(She/her): ^^

1:00 AM Jane
Manthei: HNY Reflection Tool:
<https://www.healthynativeyouth.org/wp-content/uploads/2021/11/Implement-Step-2-Session-Reflection-Log.docx>

Jane
1:00 AM Manthei: Self-care plan:
<https://www.healthynativeyouth.org/wp-content/uploads/2022/03/My-Self-Care-Plan-Elders-Adults-1.pdf>

Jane
1:01 AM Manthei: Group Agreements:
<https://jamboard.google.com/d/1Jop05ZoxGFcmpiB0q-hNgIVBKpu2SvqVBNX3iwNRDzo/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
1:02 AM Manthei:
Celena
1:04 AM Ghost Dog: ☒

Jane
1:09 AM Manthei: Tackle Trauma with Care:
<https://www.healthynativeyouth.org/community-of-practice-sessions/#:~:text=11/10/21%20%2D%20Tackle%20Trauma%20with%20C>
are

Celena
1:09 AM Ghost Dog: 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

1:15 AM Melanie: m.@capacitybuilders.info

Jane
1:16 AM Manthei: Paths (Re)membered:
<https://www.pathsremembered.org/>

Eli
1:18 AM (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?
Hi Eli! Yes, they are, we'll be working on linking these resources on our AK-based www.iknowmine.org site.

1:20 AM Jennifer:
1:22 AM Asia: WYSH Website: <https://www.npaihb.org/wysh/>
Kay
Johnston
1:22 AM (she/her): Hi Eli we provide Mental Health resources to Oregon, Washington, Idaho, North Dakota, Texas and New Mexico!
Kay
Johnston
1:22 AM (she/her): You can find it here: <https://www.pathsremembered.org/mental-health-services/>
Amanda
Gaston
1:23 AM (she/her): And, Kay that's just for the support hotline, right?
Kay
Johnston
1:24 AM (she/her): This is for virtual therapy session! So this is NOT a support hotline. This is free therapy!
Celena
1:24 AM Ghost Dog: <https://www.npaihb.org/wysh/>

Kay
 Johnston
 1:25 AM (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
 Celena
 1:27 AM Ghost Dog: <http://www.npaihb.org/social-marketing-campaigns/>
 1:28 AM Asia: Asia (she/her)
 Tribe: Choctaw Nation of Oklahoma
 Role: Sexual Health Communications Specialist (WYSH project @ NPAIHB)
 E: am@npaihb.org
 1:28 AM Michelle Singer: Great for your classrooms, youth & school/community health centers, local tribal buildings and in schools.
 Hello all, I have another meeting at 11 so I have to leave early thank you so much for this presentation
 1:30 AM Kelly: Stephanie
 Craig
 1:31 AM Rushing: WYSH Campaign Order Form:
<https://www.surveymonkey.com/r/GYTSafeSpacesCampaign>
 Celena
 1:32 AM Ghost Dog: email: cghostdog@npaihb.org
 Stephanie
 Craig
 1:32 AM Rushing: A brief Feedback Survey:
<https://www.surveymonkey.com/r/WYSHCampaign>
 Kay
 Johnston
 1:33 AM (she/her): Here is the Paths(Re)Membered toolkit order form for anyone interested: <https://www.pathsremembered.org/toolkit/>
 Eli
 1:33 AM (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!
 Kay
 Johnston
 1:35 AM (she/her): Thank you for your question!
 1:36 AM Vurlene: thank you...need to sign off now :)
 Celena
 1:36 AM Ghost Dog: 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.
 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
 Kay
 Johnston
 1:38 AM (she/her):
 Michelle
 1:40 AM Singer: Honoring Diversity - Respecting Differences general theme...

Kay
Johnston
1:44 AM (she/her): kjohnston@npaihb.org
Jane

1:44 AM 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 😊

1:46 AM Asia:

1:47 AM Asia: Ahhh put on blast haha

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 boothing. 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!

1:47 AM Michelle Singer:

1:48 AM Michelle Singer: We will also be at the US Conference on HIV/AIDS convention too -- so seek us out!

Kay
Johnston
1:49 AM (she/her): I also would just like to reaffirm Paths(Re)Membered supplies recourses to all locations in the US and Canada! Sorry about that confusion!
Free condoms are also available in Alaska for individuals and organizations at, <https://www.iknowmine.org/product/condoms/>
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!

1:50 AM Jennifer:

1:51 AM Michelle Singer:

1:52 AM Michelle Singer: Hi Jennifer !!! Ms. Native It's Your Game OG is in the house!!!
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

1:52 AM Eli (she/her):

1:52 AM Jennifer: Hi Michelle! Miss you guys, we need a reunion!

Celena
1:53 AM Ghost Dog: absolutely Eli! I love to see what you have to share.

Eli
1:53 AM (she/her): <https://www.mvskokeyouth.com/street-outreach>

Kay
Johnston
1:53 AM (she/her): Absolutely! please share whatever you'd like!

1:54 AM Asia: I LOVE the period packs Eli!!

Celena
1:54 AM Ghost Dog: Eli, period packs! YES!!!!

Eli
1:54 AM (she/her): It's called Street Outreach. Native Youth in crisis or homelessness (ages 12-24) can get Period Packs and/or Hygiene Kits
Hi! Please let us know if you have any questions about the resources available at, <https://www.iknowmine.org/shop/>

1:54 AM Jennifer:

1:54 AM Asia:
Celena @Eli one of my friends works with Portland Street Medicine, I will definitely share this with her 😊

1:55 AM Ghost Dog: Also, Friday the 16th is Global Internal/Female Condom Day

1:55 AM Jennifer: The iknowmine.org resources are free to anyone in Alaska, email, store@iknowmine.org or jj@anthc.org. Thanks!

1:56 AM Michelle Singer:
Eli 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/>

1:56 AM (she/her): <https://www.mvskokeyouth.com/street-outreach>

1:57 AM Jennifer: I have to leave. Thanks to all presenters for great info. I'm taking back lots of ideas to share with my team.

1:57 AM Ghost Dog:
Celena thank you so much for sharing@

1:57 AM Ghost Dog: !

1:57 AM Manthei:
Michelle <https://linktr.ee/healthynativeyouth>

1:57 AM Singer: Spawn Safely in Alaska! www.iknowmine.org

1:58 AM Hannah: I need to hop off, but thank you all for a wonderful session! Have a wonderful week.

1:58 AM Avreyal: I need to hop off as well. Thank you all for the great resources and work!!

1:58 AM Ghost Dog:
Michelle 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

1:58 AM Singer: All adults here today, please text EMPOWER to 94449!!

2:01 AM Ghost Dog: thank you all!

2:01 AM Asia:
Jane Yakoke!

2:02 AM Manthei: Thank you all!

2:02 AM (he/they):
Eli Thank you!!!

2:02 AM (she/her): Mvto!