Sexual Health in Indian Country & Alaska Today

October 26th, 2022, 10:00-11:30 am PST
Let us Start with a Blessing

“I invite peace into my day – to calm the storms, to quiet my mind, and to settle my spirit.” – Unknown
Yá'át'ééh! Keshi! Hola!

Candice Jimenez, MPH
Confederated Tribes of Warm Springs
(she/her)
I love matcha 💚
cjimenez@npaihb.org

Nicole Treviño, MA
(She/They)
I love Butterfly Season in Texas.
Nicole@NicoleTrevino.com

Stephanie Craig Rushing, PhD, MPH
(She/Her)
I love coffee.
scraig@npaihb.org
Live Virtual Training

Logistics

- You are muted
- If comfortable, share video

Engagement

- Mentimeter Activity
- Chat box
- 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...

1. **describe** sexual health concerning trends in IC & AK
2. **assess** your own sexual health community challenges, and
3. **select** resources for your community

"**LEARN HOW TO TALK, THEN HOW TO TEACH.**"

-NEZ PERCE
Where are we going

Roe v Wade 101: Dobbs Briefing
Implications & Options for Tribes around SH/SE
15 min

Gaining Confidence & Being an Advocate for SH
Ideas to Help Overcome Restrictive Policy Climates
20 min

Wellness Moment
3 min

Closing
5 min

Challenging Trends
Mentimeter Activity: What policy trends are impacting your programs?
10 min

Healthy Native Youth Toolbox Tools
5 min

Brainstorm
Mentimeter Activity: What creative things have you done to build trust in your communities?
25 min

Gaining Confidence &
Being an Advocate for SH

Wellness Moment

Closing
1. Roe v Wade 101: Dobbs Briefing

Objective 1: describe sexual health concerning trends in Indian Country & Alaska
Historical Context of Reproductive Rights

- **1700s/1800s**
  - Precolonial Impact & Medical Literature

- **1921**
  - Snyder Act (25 U.S. C 13) - Federal Funding

- **1973**
  - Roe v Wade (SCOTUS)

- **1981**
  - Bellotti v Baird case

- **1990s**
  - Freedom of Access to Clinics Act

- **May 2022**
  - Leaked SCOTUS Opinion; June 2022 Official Decision
Dobbs v. Jackson Women’s Health Organization

- On Jun. 24, 2022, SCOTUS issued its decision in Dobbs which overturned Roe v. Wade
- 5-4 decision to overturn Roe v. Wade
- The Majority determined that although SCOTUS has recognized constitutional rights under the 14th Amendment that are not expressly mentioned in the Constitution, right to an abortion is not one of them
House Bill 3391 - Oregon’s Reproductive Health Equity Act guarantees an individual’s right to an abortion, as well as a health care provider’s right to provide an abortion.

To find a clinic, visit: healthoregon.org/rhclinics, dial 211, or text HEALTH to 898211.

1970 Abortion Legalized through statewide ballot referendum

2018 Inslee signed the Reproductive Parity Act

Senate Bill 1385 - triggers abortion prohibition law

Senate Bill 1309 - gives family members of a pregnant person the right to sue if a medical professional performs an abortion after cardiac activity is detected (temporary stay in place).
How to check your State...

Interactive Map: US Abortion Policies and Access After Roe

Guttmacher Institute
https://www.guttmacher.org/state-policy

Center for Reproductive Rights
https://reproductiverights.org/maps/abortion-laws-by-state/
IHS/Tribal Health Programs & Hyde Amendment

IHCIA/Hyde Amendment limits the use of federal funds to provide abortion services except for limited situations

- Impacts ISDEAA contracts/compacts as well as federally operated facilities
- Exceptions: pregnancy is the result of an act of rape or incest, or in the case when the pregnant person suffers from a physical disorder, physical injury, or physical illness, including a life-endangering physical condition caused by or arising from the pregnancy itself
- For compacting tribes, all Medicare, Medicaid, or other program income is treated as supplemental funding to that negotiated in the funding agreement. For contracting tribes, all program income must be used by the tribal organization to further the general purposes of the contract
Civil Regulatory Jurisdiction

★ States generally do not have civil regulatory jurisdiction over AI/AN for activities in Indian Country
★ States may exercise civil regulatory jurisdiction over non-Indians for their activities on reservations under certain circumstances if state law has not been preempted by the operation of federal law
★ IHCIA provides that providers working in IHS/Tribal Health programs are not required to be licensed in the state the program is located
★ But, many Tribal health programs require state licensure where the program is located
Criminal Prosecution & 
Oklahoma v. Castro Huerta

- Many states, including Idaho are criminalizing abortion services
- Prior to June 29, 2022, the foundation of federal Indian law –Tribes are distinct, independent political nations where state laws have no force without congressional act. *Worcester v. Georgia* (1832)
- *Castro Huerta* held that absent federal law preempting state jurisdiction, “a state has jurisdiction over all of its territory, including Indian Country.”
- Now, states making abortion criminal would have jurisdiction over crimes committed by non-Indians with Indian or non-Indian victims
Chatfeed Convo: Type your Questions or thoughts!
2. Challenging Trends

Objective 1: describe sexual health concerning trends in Indian Country & Alaska
What policy trends are impacting your programs?

Go to www.menti.com and use the code 4618 4268
3. Gaining Confidence & Being an Advocate

Objectives 2 & 3: assess your own sexual health community challenges and select resources for your community
Be like the monarch!
Sense when it is time for change.

Image Source: https://www.wpr.org/beautiful-sight-huge-wave-monarch-butterflies-prepare-migrate
Changes to our work can feel like...

- A threat to our values or identity
- A threat to our culture, cultural values, and lifeways
- At odds with our priorities
- At odds with what youth need
- Out of alignment with what we know works for youth
- Challenging to work within
Preparing for Change

YOURSELF/
YOUR TEAM

COMMUNITY

SERVICES/
STRATEGY
Preparing Yourself & Your Team

★ It’s ok to mourn and complain... briefly
★ Find your why...
★ Channel your feelings into action
Shifting Engagement With Our Communities and Partners

★ Avoid the soap box in public!
Tap into Universal Values
★ Prepare, prepare, prepare your talking points... & stay on message
★ Mobilize your partners and supporters
★ Go where there’s alignment and don’t argue where there isn’t!
Pivoting Services & Strategies

★ Never be a one trick pony!
Create multiple program types/ focus areas and multiple implementation site types
★ Keep as many doors as possible open
★ Diversify your funding!
Using environmental cues, the monarchs are guided to reach their winter home!
4. Implementation Toolbox Tools

Objective 3: select resources for your community
Identify your community needs and resources

Use the “Community Needs and Resource Assessment” to help organize your outreach while you meet with partners to identify health priorities. There are several options included in the template that you can use to engage partners in the planning process, depending on your setting and audience. You will likely need different strategies to collect feedback from different audiences and age groups.

Template: Community Needs and Resource Assessment
GATHER
Community Needs and Resource Assessment

Use the “Community Needs and Resource Assessment” to help organize your outreach while you meet with partners to identify health priorities. There are several options included in the template that you can use to engage partners in the planning process, depending on your setting and audience. You will likely need different strategies to collect feedback from different audiences and age groups.

The goal of a community needs and resource assessment is to understand:

- What youth, their families, and the broader community want to see in youth programming
- What resources you have available to your program,
- What constraints or challenges may need to be addressed
Sample Q’s for Parents and Caregivers

Health Priorities and Ideas
1. What health topics are most important to your kids/family right now?
2. What health resources does your family use in the community?
3. Are there any you avoid? Why?
4. What additional health resources do you wish our community had?
5. What ideas do you have that would make the health resources in our community better for teens and young adults?

Temperate Check
6. What type of health and wellness programs or services do you think would be most beneficial for your family?
7. What challenges is your youth facing?
8. What are some of your youth’s interests?
9. What type of programs or services would your youth be interested in?
10. What type of support would be helpful for your family?

Sample Q’s for Schools and School Administrators

Health Priorities and Ideas
1. What health topics are most important to your students/families right now?
2. What additional health resources do you wish your school had?
3. What ideas do you have that would make the health resources at your school better for teens and young adults?

Logistics/Plans for Implementation
4. Does your district have a ‘back-to-school’ schedule? If so, please share.
5. Is your school planning to utilize a traditional, virtual, or blended learning format?
6. Would in-person or virtual programs for youth be preferred?

Temperate Check
7. What type of programs or services would be helpful to your school?
8. What type of support would be helpful for your teachers?
Step 3: Share Your Finding

Once you have gathered input from community partners, you will want to share your findings back with those who contributed to it.

What Health Topics or Skills were mentioned most?

<table>
<thead>
<tr>
<th>Community Needs</th>
<th>Community Resources</th>
<th>Ways to Incorporate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Possible Themes</strong></td>
<td><strong>Possible Themes</strong></td>
<td><strong>Possible Ways</strong></td>
</tr>
<tr>
<td>Most students didn’t feel comfortable booking clinic appointments.</td>
<td>Most students have WiFi access at school</td>
<td>Invite clinic staff to attend health class</td>
</tr>
<tr>
<td>Most students mentioned needing better access to counselors.</td>
<td>Parents are supportive of health programs at school</td>
<td>Invite a behavioral health counselor to attend a class</td>
</tr>
</tbody>
</table>

What Needs Stood Out... What Resources Stood Out... What ways can you incorporate your findings? Who can help?
Select a program that aligns with your goals

The Healthy Native Youth website has a comparison chart that allows you to view culturally-relevant health curricula side-by-side, to help choose a curriculum that fits best with your goals and priorities.

1. Visit the Curricula Comparison Chart to view the complete list of all culturally-relevant, age-appropriate curricula on the Healthy Native Youth website.

2. Use the filter tool in the Comparison Chart to search for core criteria, like a particular health topic, age group, delivery setting, duration, cost, or evaluation outcomes (evidence of effectiveness).

3. Narrow the selection. To learn more about a particular curriculum, click on the program name. Each program page includes lesson plans, handouts, and supplemental materials. Many include recorded videos and webinars to help prepare educators to facilitate the program.
<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Program Setting</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Native STAND 2.0</td>
<td>High School</td>
<td>Flexible</td>
<td>18 sessions (50 minutes each)</td>
</tr>
<tr>
<td>Native It’s Your Game 2.0</td>
<td>Middle School</td>
<td>Flexible</td>
<td>13 lessons (30-50 minutes each)</td>
</tr>
<tr>
<td>Respecting the Circle of Life</td>
<td>Middle School</td>
<td>Flexible</td>
<td>Available in 50, 60, 80, or 120-minute lessons. Entire program can be broken into shorter segments.</td>
</tr>
<tr>
<td>BRAVE</td>
<td>High School</td>
<td>Flexible</td>
<td>1 lesson at 30 minutes; 1 lesson at 45 minutes; or 7 lessons at 30 minutes each.</td>
</tr>
<tr>
<td>Native VOICES</td>
<td>High School</td>
<td>In-School</td>
<td>1 lesson at 35 minutes; 1 lesson at 75 minutes; or 5 lessons at 30 minutes each.</td>
</tr>
<tr>
<td>Safe in the Village</td>
<td>Middle School</td>
<td>Flexible</td>
<td>The program duration is 3 hours, which can be broken into two 1.5-hour sessions.</td>
</tr>
<tr>
<td>Program Name</td>
<td>Native STAND 2.0</td>
<td>Respecting the Circle of Life</td>
<td>BRAVE</td>
</tr>
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</tr>
<tr>
<td><strong>Age</strong></td>
<td>High School</td>
<td>Middle School</td>
<td>High School</td>
</tr>
<tr>
<td></td>
<td>High School</td>
<td>High School</td>
<td>Young Adults</td>
</tr>
<tr>
<td><strong>Program Setting</strong></td>
<td>Flexible</td>
<td>Flexible</td>
<td>Flexible</td>
</tr>
<tr>
<td><strong>LGBT Inclusive</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td><strong>Trauma Informed</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Health Topics Covered</strong></td>
<td>Healthy Relationships</td>
<td>Healthy Relationships</td>
<td>Alcohol and Drug Prevention</td>
</tr>
<tr>
<td></td>
<td>Other Healthy Life-Skills</td>
<td>Sexual Health</td>
<td>Healthy Relationships</td>
</tr>
<tr>
<td></td>
<td>Sexual Health</td>
<td></td>
<td>Mental Health</td>
</tr>
<tr>
<td><strong>Evidence of Effectiveness</strong></td>
<td>Promising Practice</td>
<td>Best Practice</td>
<td>Other Healthy Life-Skills</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Suicide Prevention</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Violence or Bullying Prevention</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>18 sessions (50 minutes each)</td>
<td>Available in 50, 60, 80, or 120-minute lessons. Entire program duration from 9-13 lessons. Total time is 16 hours. Download schedule for more details.</td>
<td>1 lesson at 30 minutes; 1 lesson at 45 minutes apiece</td>
</tr>
</tbody>
</table>
Wellness Moment

Name the Fear Exercise

www.mindful.org
Mentimeter Q&A

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

What creative things have you done to build trust in hesitant settings?

Go to www.menti.com and use the code 4618 4268
4. Let’s Talk About it!

**Logistics**
- Share Your Video
- Use the Chatfeed

**Engagement**
- Use the Chatfeed
- ASL
- Zoom Reactions

👏👍😂😮🎉
Practice in Action

Taking it back home!
Healthy Native Youth

- Implementation Toolbox
- Filter & Compare Tool
- Stand-alone Lessons
- Tools for Caring Adults
- Community of Practice
- Resources, Support, & TA
- Upload & Submit Your Own Curricula

www.healthynativeyouth.org
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

www.wernative.org
I Know Mine

For Alaska Native Youth

★ Get Condoms
★ “Ask Nurse Lisa” Q&A Service
★ Opioid Overdose Response Kit
★ AK Syringe Services Program
★ Follow on 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
Youth Support

For free 24/7 crisis support
Crisis Text Line
Text: NATIVE to 741741
www.crisistextline.com/

Abuse & Sexual Assault
StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7-NATIVE (762-8483)
www.stronghearts helpli ne.org

RANN
National Sexual Assault Hotline Call 24/7
1-800-656-HOPE (4673)
www.rann.org

Alcohol & Tobacco
National Institute on Drug Abuse for Teens
Call: 1-800-955-1301
www.nida.nih.gov

ChildHelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)

Mental Health
Mental Health America
Call: 1-800-962-6642
Text: MHA, 741741
www.mhanational.org/

Boys Town
YouthLine
Teens Helping Teens
Call: 1-800-852-8366
Text: YLH to 839 863
www.boystown.org/ylhnline.

We R Native: My Mind
Text: CARRING to 65664
www.werena tive.org/mymind.org

For free 24/7 crisis support
Crisis Text Line
Text: NATIVE to 741741
www.crisistextline.com/

Youth Support

Click on icons to go to resource

THRI V E Linktree: https://linktr ee.epai hbthrive?utm_source =gr_code

Drugs, Alcohol & Tobacco
National Institute on Drug Abuse for Teens
Call: 1-800-955-1301
www.nida.nih.gov

Truth, Smoking, Vaping, and Opioids
Text: DITCHVAPE to 88709
www.thetruth.org

Get The Facts About Drugs
Just Think Twice
Call: 1-855-378-4373
Text: 55733
www.justthinktwic e.org

National Drug Information Treatment, Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Sexual Identity - 2SGLBTQ+
Path - DePaul Center Project
Text: 2SGLTBQ to 64449
www.de paulcenterproject.org

National Youth Sexual Health Network
www.nysenhealth.org

The Trevor Project
Call: 1-866-488-7386
Text: START to 67867
www.thetrevorproject.org

It Gets Better Project
Text: ITGETSBETTER to 65664
www.itg etabetter.org

Bullying
StepOutBullying.org
www.stepoutbullying.org/resources/ students

We R Native: Bullying Prevention
www.werenative.org/volunteer

Find Help Near You
SAMHSA - Find the treatment center closest to you
www.samhsa.gov/findtreatment

Human Trafficking Hotline
Call: 1-888-373-7888
Text HELP to 33733
www.humantrafficking.org

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

Text Message Campaigns
Text: NATIVE to 94449
For health & wellness tips

Text: FREEQUALITY to 94449
For resources to protect your sexual health

Text: 2SGLTBQ to 94449 or 4LLY to 94449
NextGen, TEENSPHIL, LGBTQ. AllBlack-owned

Text: STEAM to 94449
For inspiration and motivation on your journey in health, Technology, Engineering, or Math

Text: 888-741-2663 to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a watch.

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE, YOUR MESSAGE WILL GET ALL MIXED UP AND THAT’S NO FUN.
Emotional Safety Plan
Youth Support Resources
The Trevor Project
Suicide Prevention Lifeline
Crisis Text Line
We R Native
Surviving a Suicide Loss
We Matter Campaign
Suicide Awareness Voices of Education
MentalHealth.gov
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
Mind4Health
For Adults

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

★ Online Printable Resources here

TEXT "MIND4HEALTH" TO 65664
Join the Healthy Native Youth Movement!

- Sign up for Newsletter
- Text “HEALTHY” to 94449
- Follow us on Facebook, Instagram, Twitter, YouTube

HNY Linktree QR Code
Mark Your Calendars!

Part I - Healing & Hope

Safe Spaces
September 14, 2022
Join us to talk about what a safe space is, why it’s important, and how you can create one in your community!

Sexual Health in Indian Country & Alaska Today
October 26, 2022
Get the breakdown of talking about sexual health in schools and tribal communities and gain confidence in advocating for youth in your community.

Healthy Native Youth Highlights & Resources
November 9, 2022
Sharing is Caring! If you’re looking for health materials and resources for Native youth, join us to build up your toolbox. Literally, we’ve got a toolbox!

The Tribal Relationship
December 14, 2022
The beauty, complexity, and evolution of Tribal intergenerational relationships is at the heart of everything we do in adolescent health. Let’s talk about it!

Zoom registration link: https://teams.microsoft.com/l/meeting?ocid=6931295208262282200
We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA

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
Thank you!

From Project Red Talon (2021-2022)

You can find us at: Amanda Gaston, 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