

The Tribal Relationship

December 14, 2022 10am-11:30am PT



Host

[Amanda Gaston](#)

Guest Speakers

Dr. Terry Cross, Alexis Contreras, Tomas Karmelo Amaya, Matt Bucknell & Dominic

Objectives

By the end of today's session, you will be able to...

1. describe what SCOTUS is and its implications for Native youth health and programming
2. determine how to strengthen youth and community members relationships in your own community challenges
3. select resources for your community

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Speaker Resources

- [AI/AN Grandfamilies Toolkit](#)
- [Indigenous 20 Something Project](#)
- [The Confederated Tribes of Grand Ronde](#)

Chat links:

- [Healthy Native Youth December 2022 Newsletter](#)
- [HNY Standalone Lessons](#)
- [HNY Curriculum](#)

Chat feed (names and emails have been removed)

9:59 From Marylisa To
AM Everyone: Hello from Fairbanks, Alaska!

9:59 From Elise To
AM Everyone: Good Morning Marylisa, I'm zooming in from Sitka Alaska!

9:59 From Elise To
AM Everyone: Good morning everyone :)

10:00 From Marylisa To
AM Everyone: Hello Elise!!

10:00 From Callista To
AM Everyone: Good morning from Tucson, AZ

10:00 From Carole To
AM Everyone: Good snowy morning from Pine Ridge SD-Pine Ridge Village...

10:00 From Randy To
AM Everyone: Good morning Theresa warner Gallup New Mexico

10:00 From D. To
AM Everyone: Hiyah from Durango, Colorado :)

10:00 From Bronson To
AM Everyone: Boozhoo from Detroit, MI

10:01 From Stephanie To
AM Everyone: Good Morning! Stephanie Craig Rushing (she/her), Adolescents Health Team at the NPAIHB

10:01 From Tomás Karmelo Amaya To
AM Everyone: Keshi! Good morning!

10:01 From Gwenda To
AM Everyone: Ya'at'teeh Abinni (Good Morning) from the Navajo Nation.

10:01 From Cody To
AM Everyone: Good Morning! Cody (He/Him)--Lost&Found--External Evaluator for STITPPI Grant

10:02 From Desirae To
AM Everyone: Good morning all from Oakland, California!

10:03 From Debra To
AM Everyone: Good morning! Miami Tribe of Oklahoma Native

10:03 From April To
AM Everyone: Good morning from Nespelem, WA - I'm the HHS Marketing person for Colville Tribes

10:05 From Anita To
AM Everyone: Hi Anita with the State of Nebraska I am the Native American Health Liaison

10:05 From Hannah To
AM Everyone: Hi all, I'm a physician at NPAIHB, calling in from central PA, which is Lenape and Susquehannock territories, hod to be here to learn with you all

10:05 From Calvin To
AM Everyone: Good morning from Great Falls, MT

10:05 AM From Darold To Everyone: Hello Tomas great to see and hear you!

10:05 AM From Gary To Everyone: HI Im Gary, member of Confederated Salish & Kootenai Tribes of the Flathead Indian NAtion. I work with Native Connections Suicide Prevention projects and live in Anchorage, Alaska

10:06 AM From Gabrielle To Everyone: Good morning. Gabrielle (she/her), Haliwa-Saponi Tribe. Doctoral Candidate at UHealth-Houston

10:06 AM From Mona To Everyone: Hi, I am joining from the traditional homelands of the Squaxin Island people in Olympia, WA. I am a citizen of the Confederated Tribes of the Umatilla Indian Reservation and work at OSPI as the Native Student Success Program Supervisor

10:07 AM From Sheyenne To Everyone: Hello, Sheyenne joining from Fargo, ND with the Indigenous Association

10:07 AM From Miranda To Everyone: Good Afternoon from Ironwood, MI - joining from the lands of the Anishinabek Nation.

10:07 AM From Michele A, NARA NW To Everyone: ta'c meeywii, Michele, nimiipuu, NARA NW Portland OR

10:07 AM From Katrina To Everyone: Good Morning from San Diego, Ca

10:07 AM From Maleah To Everyone: Good morning ☺. Maleah, Tlingit, she/hers. I work on the THRIVE Suicide Prevention Project at NPAIHB

10:07 AM From Chris To Everyone: Good morning & afternoon, everyone! Chris with UHealth! Matt & Dominic - so great to see you today, thanks for joining!!

10:08 AM From Isabell To Everyone: Hi all - Isabell (she/her) with Seattle Children's.

10:08 AM From Rachel To Everyone: Native American Student Services, Tucson Unified School District

10:08 AM From Katie To Everyone: Hello, from Coos County Public Health in Oregon. I largely do equity work :)

10:08 AM From Annie (she/her) To Everyone: good morning! I am the youth outreach coordinator for Sitka Counseling in Sitka, AK! I use she/her pronouns :)

10:08 AM From Kari To Everyone: Hi All, this is Kari and I'm Zooming in from Northeast South Dakota. I work with the BIE Family and Child Education Program at Enemy Swim Day School.

10:08 AM From THOMALISA To Everyone: Good Morning from Farmington, NM, Capacity Builders, Inc. Thomalisa Project Director Success With Adolescent Goals(SWAG)/Tobacco Cessation Program(TCPP)

10:08 AM From Darold To Everyone: Lomatalangva! It is a beautiful morning here in Flagstaff, Arizona. Snow on the ground. I'm Hopi from the Village of Moenkopi.

10:08 AM From Katrina To Everyone: La Jolla Band of Luiseno Indians, Avellaka Program

From Toney,
he/him, Navajo,
Behavioral Health
10:08 Coordinator To
AM Everyone: Hi everyone, he/him/his, Navajo Nation, Santa Fe, New Mexico,
Behavioral Health Coordinator, Indian Affairs Department, excited to
re-join the community of practice events. Keep up the great work! 😊

10:08 From Callista To
AM Everyone: Native American Student Services in Tucson Unified School District
I hoping to find out more information about this group and do some
networking.

10:08 From Kari To
AM Everyone: Interested in learning how to be a better relative with the communities
we partner with

10:09 From Miranda To
AM Everyone: Hannah, HIV/STD Prevention Program Manager, Alaska Native Tribal
Health Consortium

10:09 From Hannah To
AM Everyone: Hannah, HIV/STD Prevention Program Manager, Alaska Native Tribal
Health Consortium

10:09 From Debra To
AM Everyone: I would like to learn more about family and community engagement
resources to share with school districts in Washington State.
From Stephanie

10:09 Craig Rushing To
AM Everyone: Icebreakers: <https://www.healthynativeyouth.org/stand-alone-lessons/>
Ya'at'eeh abini! Michelle Singer (she/her | Navajo), Healthy Native
Youth/Project Red Talon Project Manager -- so happy to be with you
today! msinger@npaihb.org

10:10 From Michelle
AM Singer To Everyone: today! msinger@npaihb.org
From Stephanie

10:10 Craig Rushing To
AM Everyone: NS2.0: <https://www.healthynativeyouth.org/curricula/native-stand-2-0/>
Good Morning! Tish, Curyung Tribe, in Dillingham Alaska. I am the OUD
Outreach Youth Liaison for the Opioid Overdose Prevention Program at
BBAHC.

10:10 From Tish To
AM Everyone: Good Morning! Tish, Curyung Tribe, in Dillingham Alaska. I am the OUD
Outreach Youth Liaison for the Opioid Overdose Prevention Program at
BBAHC.

10:10 From Desirae
AM (She/They) To Everyone: Hi everyone, my name is Desirae and use she / they pronouns. I am
from the Navajo tribe from the Western Navajo Agency. Currently, I
reside in the San Francisco Bay Area. Today, I represent the American
Indian Child Resource Center's (Oakland, California) Indian Education
Program as an Outreach Advocate / Case Manager.

10:11 From Helaena To
AM Everyone: Good morning! My name is Helaena and I use she/her/hers pronouns. I
work on the Youth Programming team at the Urban Indian Health
Institute in Seattle, WA., and I am a member of the Quinault Indian
Nation.

10:11 From Bronson To
AM Everyone: Bronson (He/Him) Ojibway, Great Lakes Organizer at Native Justice
Coalition

10:11 AM From Tomás Karmelo Amaya (he/him) To Everyone: Keshi! My name is Tomás Karmelo Amaya. I'm A:shiwi and Yoeme on my mother's side and Rarámuri on my father's side. I'm married to Siera Begaye who is Diné. We have a daughter named Haseya who is 2 years and 7 months old. We live so called Phoe, AZ on the ancestral homelands of our O'odham, Yavapai, Piipaash, and Yaqui relatives. I

10:11 AM From Desiree To Everyone: Good Morning! Desiree joining from St'l'pulmsh (Cowlitz) WA. I am with Division of Child Youth and Families Juvenile Rehabilitation.
Good Afternoon, my name is Christina and I have transition from Prevention worker to Sexual Assault Case manager with Saginaw Chippewa Indian Tribe, here in Michigan. I love working with youth to build resiliency.

10:12 AM From Christina To Everyone: Good Afternoon, my name is Christina and I have transition from Prevention worker to Sexual Assault Case manager with Saginaw Chippewa Indian Tribe, here in Michigan. I love working with youth to build resiliency.

10:15 AM From Eryon To Everyone: Ya'at'eeh abini, My name is Eryon (She/Her). I am Diné from Upper Fruitland, New Mexico. I am the SAMHSA Native Connections Coordinator at the Urban Indian Center of Salt Lake.

10:16 AM From Cindy To Everyone: Good morning everyone, Cindy Curyung land, Nitaput Child Advocacy Center Dillingham AK

10:18 AM From Randy To Everyone: Good morning every one, Randy (Prevention Educator) with Capacity Builders Inc. here in Fort Defiance AZ, Navajo Nation

10:21 AM From Rachel To Everyone: Will this slide deck be shared with us?

10:22 AM From Jane Manthei To Everyone: Yes, as will a recording and any resources shared in the chat

10:22 AM From Michelle Singer To Everyone: @Rachel, yes, this recording, slides, handouts will be made available via the HealthyNativeYouth.org website.

10:22 AM From Rachel To Everyone: Wonderful!

10:22 AM From Amanda Gaston (she/her) To Everyone: Thanks Rachel...we will share out the recording and slides after the call. We'll usually get them up by the end of the week or beginning of next week.

10:24 AM From Stephanie Craig Rushing To Everyone: AI/AN Grandfamilies Toolkit: <https://www.gu.org/app/uploads/2020/07/AIAN-Toolkit-WEB.pdf>

10:24 AM From Michelle Singer To Everyone: Awww...Baby is so cute!!! 💖

10:29 AM From Debra To Everyone: TY!

10:29 AM From Alexis Contreras (she/her) To Everyone: Feel free to email me if you would like hard copies of the toolkit. alexis@nicwa.org

10:30 AM From Kelly To Everyone: VERY GOOD

10:30	From Amanda Gaston (she/her) To AM Everyone:	The important things you put first! 😊	
	From Stephanie		
10:32	Craig Rushing To AM Everyone:	https://www.nativewellness.com/indigenous-20-something-project.html	
	From Amanda		
10:32	Gaston (she/her) To AM Everyone:	It's Grand Ronde's day!	
10:39	From Gary To AM Everyone:		7
10:39	From Marylisa To AM Everyone:		4
10:39	From Bronson To AM Everyone:		9.5
10:39	From Helaena To AM Everyone:		8
10:39	From Mona To AM Everyone:	10+	
10:39	From Tish To AM Everyone:		10
10:39	From Hannah To AM Everyone:		7
	From Amanda		
10:39	Gaston (she/her) To AM Everyone:		7
	From Stephanie		
10:39	Craig Rushing To AM Everyone:	I'm feeling 8 today :)	
	From Desirae		
10:39	(She/They) To AM Everyone:		8
	From Cody		
10:39	(He/Him) To AM Everyone:		6
10:39	From THOMALISA AM To Everyone:	I am at a 10 as well.	
10:39	From Debra To AM Everyone:		9
10:39	From Darold To AM Everyone:		9
10:39	From Katrina To AM Everyone:		7
	From Annie		
10:39	(she/her) To AM Everyone:		6
10:39	From Kari To AM Everyone:		7.5

	From Michelle Singer		
10:39	(she/her Navajo) AM To Everyone:	8 because I am here with you all today!	
10:39	From Christina To AM Everyone:		9
10:39	From Rachel To AM Everyone:		8
10:39	From Wheiller To AM Everyone:		10
10:39	From Randy To AM Everyone:		8
10:39	From Chris To AM Everyone:		8
	From Toney , he/him, Navajo, Behavioral Health		
10:39	Coordinator To AM Everyone:		10
10:39	From matt bucknell AM To Everyone:		8.5
10:39	From Gabrielle To AM Everyone:		6
10:39	From Jane Manthei AM To Everyone:		7
	From Elise , Sitka Counseling &		
10:39	Prevention (Alaska) AM To Everyone:	10!	
10:39	From Gwenda To AM Everyone:		9
10:39	From Carole To AM Everyone:		10
10:39	From Cindy To AM Everyone:		6
10:40	From Calvin To AM Everyone:		10
	From Alexis		
10:40	Contreras (she/her) AM To Everyone:		8
10:40	From Terry Cross To AM Everyone:	9 so glad to be with everyone today	
10:43	From THOMALISA AM To Everyone:	healthy risk! I like that.	
10:44	From Michelle AM Singer	Music is the language of the soul!	

(she/her|Navajo)
 To Everyone:

10:46 AM From Debra To Everyone: Your energy is contagious! Thank you!
 From Elise , Sitka
 Counseling &
 Prevention (Alaska)

10:46 AM To Everyone: Beautiful poetry!!
 Music,, Art, Reading, Writing, Poetry, Dancing examples of Youth
 communicating w/self & peers..I like your video it has positive all over
 it & also has some good tips..My nephew helps to facilitate & organize
 Youth Groups here on the Rez & Neighboring towns where our people
 are living.

10:46 AM From Carole To Everyone: I love that concept of showing up for youth at an 8+
 From Elise , Sitka
 Counseling &
 Prevention (Alaska)

10:47 AM To Everyone: Good words Tomas.
 From Calvin To
 Everyone:

10:47 AM From Bronson To Everyone: Miigwech, Tomas
 From Hannah To
 Everyone:

10:47 AM From Hannah To Everyone: Thank you, Tomas. Your spoken word is beautiful
 From Darold To Everyone: I appreciated the examples about creating beautiful spaces in our
 communities for collective wellness. Kwhakway!

10:48 AM From Hannah To Everyone: Truly hod to sit in this space with your words and art!
 From Mona To
 Everyone:

10:48 AM From Mona To Everyone: Qew ci yew yew - Thank you.
 From Carole To Everyone: Good Job, Tomas! Can I forward your email to my Nephew and a few
 others, I work with...

10:49 AM From Debra To Everyone: Absolutely humanizes adults to let kids know we are not always our
 best, and that's okay.

10:49 AM From Maleah To Everyone: ^^
 I have found that the young people have become the healers for me
 when I was vulnerable with them. They liked being the one to help and
 support and encourage

10:49 AM From Stan To Everyone: ^^
 From Debra To
 Everyone:

10:50 AM From Debra To Everyone: ^^
 From Stan To
 Everyone:

10:51 AM From Stan To Everyone: It's a sign of Courage and Strength to ask for help
 We do something similar but ask "What is Your Weather"....feeling
 stormy, feeling sunny, feeling windy.....How can we help the sun come
 out?

10:51 AM From Kari To Everyone: out?

From Tomás
Karmelo Amaya
10:52 (he/him) To
AM Everyone: Please visit www.NativeWellness.com for more information!
Honesty is key cause the youth will see it right away. When I say im a 6 or so, I tell them I want to get to a ten though. Also showing them it's ok to not be ok, is ok

10:52 From Thomas To
AM Everyone:
From Tomás
Karmelo Amaya
10:52 (he/him) To
AM Everyone: Please also follow us on Instagram, @nativewellness
From Michelle
Singer

10:53 (she/her|Navajo)
AM To Everyone: The Confederated Tribes of Grand Ronde Official Tribal Website:
<https://www.grandronde.org/>
From Tomás
Karmelo Amaya

10:53 (he/him) To
AM Everyone: Thank you everyone for your kind words and expressions! Grateful for all the work you do to heal our communities.

10:53 From Stan To
AM Everyone: There is a great self assessment that uses the Medicine Wheel formed by Dennis Roubideaux
From Tomás
Karmelo Amaya

10:55 (he/him) To
AM Everyone: 

From Michelle
Singer
11:00 (she/her|Navajo)
AM To Everyone: Confederated Tribes of Grand Ronde (CTGR) is implementing a Healthy Native Youth curricula (Native It's Your Game 2.0) at a nearby Jr/Sr High School with middle school youth that includes CTGR tribal youth as part of the DHHS Tribal PREP grant. NIYG alumni are peer health youth advocates & public health interns. Find the curricula here:
<https://www.healthynativeyouth.org/curriculum/>

11:01 From Gary To
AM Everyone: I have another webinar I must attend. Thank you so much.
From Amanda

11:01 Gaston (she/her) To
AM Everyone: Thanks for joining Gary!

11:02 From Stan To
AM Everyone: Correction the balance wheel is created by Alan Rabideau and Shannon Crossbear
From Amanda

11:02 Gaston (she/her) To
AM Everyone: Thanks Stan! Do you have a link you can share?

11:04 From Stan To
AM Everyone: sorry I do not just have a copy saved. Send me an email and I will send a copy

From Amanda

11:05 AM Gaston (she/her) To Everyone: Great! Thanks Stan. I think you can share it in the chat. There is a paper icon that you can select and it will share that doc in the chat.
From Michelle Singer

11:06 AM (she/her|Navajo) To Everyone: Gen X are elders in training nowadays! 😊
From Amanda

11:07 AM Gaston (she/her) To Everyone: Yay!
From Amanda

11:07 AM Gaston (she/her) To Everyone: This is recorded!
From Amanda

11:09 AM Gaston (she/her) To Everyone: Be real
From Tomás Karmelo Amaya

11:09 AM (he/him) To Everyone: Thank you, Dominic! Keeping it **100**
From Elise , Sitka Counseling &

11:09 AM Prevention (Alaska) To Everyone: Love it. Don't be rude or condescending. Don't be hypocritical :)
From Amanda "practice what you preach" yessss, powerful words.

11:10 AM Gaston (she/her) To Everyone: I liked your comment about being 'appropriately vulnerable'
From Michelle Singer

11:10 AM (she/her|Navajo) To Everyone: Keep Your Game real!
From Amanda

11:10 AM Gaston (she/her) To Everyone: Safe Spaces signage...find it on HNY!
From Tomás Karmelo Amaya

11:12 AM (he/him) To Everyone: Healthy Relationships 🙌
From Alexis

11:12 AM Contreras (she/her) To Everyone: Thank you Dominic! Love that you are representing for our tribe.

11:14 AM From Mona To Everyone: Thank you Dominic!

11:14 AM From Darold To Everyone: Thank you for the healthy reminders about our responsibility to each other Dominic.

11:14 AM From Tomás Karmelo Amaya To Everyone: Thank you Dominic for sharing such a comprehensive ways in which we can support you and your peers!

(he/him) To
 Everyone:
 From Michelle
 Singer

11:15 (she/her|Navajo) Question for Dominic, what would be your hope for your generation
 AM To Everyone: based off of what your elders and caring adults passed on to you?
 From Michelle
 Singer

11:15 (she/her|Navajo) It's hard to hear --
 AM To Everyone:

11:16 From Chris To Thank you, Dominic and Matt, for sharing your wisdom and
 AM Everyone: experience!!

11:16 From Mona To Dominic, what is the best way to do outreach for student voice in state
 AM Everyone: policies?

11:17 From Maleah To For Dominic or any others: do you have advice for how to create an
 AM Everyone: "appropriately vulnerable" moment if you're not used to that? I feel
 like it can be really hard to do that if you're not already vulnerable with
 the youth you're around because it feels so out of place at first

11:18 From Randy To Beautifully stated Terry
 AM Everyone:
 From Michelle
 Singer

11:18 (she/her|Navajo) Good words, Terry! Thank you!
 AM To Everyone:

11:21 From Darold To I appreciated the themes around youth engagement through creating
 AM Everyone: beautiful spaces, taking healthy risks, being real in conversation with
 youth and more....I'm wondering how we might consider ways bridge
 this to supporting the family units in identifying their resilience? Are
 there curriculums available for Indigenous families that might serve as
 models?
 From Michelle
 Singer

11:23 (she/her|Navajo) @Darold, we encourage you to visit our HealthyNativeYouth.org and
 AM To Everyone: click on Curricula.

11:23 From Darold To Thank you Michelle.
 AM Everyone:
 From Stephanie

11:23 Craig Rushing To <https://www.healthynativeyouth.org/curriculum/>
 AM Everyone:
 From Stephanie

11:24 Craig Rushing To [https://www.healthynativeyouth.org/resources/talking-is-power-
 tools-for-parents/](https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/)
 AM Everyone:
 From Michelle
 Singer

11:24 (she/her|Navajo) I'm also happy to talk to assist -- I can be reached at
 AM To Everyone: msinger@npaihb.org. We also have Tools for Parents & Caring Adults
 ^^^^

11:25 AM From Stan To Everyone: Dominic do you believe hosting small group talking circles and help strengthen young people and help them practice public speaking develop young leaders youth council members and have them present to an adult group but with the power to effect change...they must have the power to create change otherwise it is a show

11:25 AM From Darold To Everyone: Thank you for these amazing resources. Thank you Dominic and the presenters today. I will reach out Michelle!

11:25 AM From Mona To Everyone: grateful for this meeting

11:25 AM From Carole To Everyone: It is so good to hear the young man Dominic and his "talk" because they are the Target Population we do these things for, and we need to LISTEN to them! Thank You.. No better survey than the Youth... also condolences to families who've lost a loved one, Take care & wishes for a safe and Happy Healthy Holidays & a great year 2023!

11:27 AM From Michelle Singer (she/her|Navajo) To Everyone: A flyer for Healthy Native Youth contacts, resources and tools - get connected with us and we got your back! December 2022 HNY e-News link <https://conta.cc/3VER6NJ>

11:28 AM From matt bucknell To Everyone: matt.bucknell@grandronde.org for matt or Dominic

11:28 AM From Tomás Karmelo Amaya (he/him) To Everyone: Kindly sharing! The Native Wellness Institute has curriculum that includes filling out a Trauma Web, coming up with a wellness plan, as well as historical context from an abundance-based approach. Please visit www.NativeWellness.com

11:28 AM From THOMALISA To Everyone: thank you Amanda, Matt, Dominic, and Tomas.

11:28 AM From Tomás Karmelo Amaya (he/him) To Everyone: Aoó, thank you Thomalisa!

11:30 AM From Stephanie To Everyone: <https://www.healthynativeyouth.org/community-of-practice/>

11:31 AM From Craig Rushing To Everyone: Thank you all!

11:32 AM From Helena To Everyone: Thank you!

11:32 AM From Darold To Everyone: Khwakwa

11:32 AM From Alexis Contreras (she/her) To Everyone: Thank you!

11:32 AM From Elise , Sitka Counseling & Prevention (Alaska) To Everyone: Thank you!

From Tomás
Karmelo Amaya
11:32 (he/him) To
AM Everyone: Elahkwa, thank you Amanda!
11:32 From Hannah To
AM Everyone: quyana
11:32 From Maleah To
AM Everyone: Gunalchéesh!
11:32 From Jane Manthei
AM To Everyone: Great job!!