

Healthy Native Youth Highlights & Resources



November 9, 2022 10am-11:30am PT

Host

[Amanda Gaston](#)

Guest Speakers

Gwen Gorman, Intertribal Council of Arizona

Kelly Vallo, Intertribal Council of Arizona

Hannah Warren, Alaska Native Tribal Health Consortium

Jane Manthei, Northwest Portland Area Indian Health Board

Native STAND educators: Carrie Brown & Michael Logan

Objectives

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

1. describe what the Healthy Native Youth Toolbox is
2. identify where your starting point is at
3. select resources or tools for your programming

Stay connected

- [Upcoming Community of Practice Sessions](#)
- [Past Sessions](#)
- [Request Technical Assistance](#)

Speaker Resources

Objective 1: describe what the Healthy Native Youth Toolbox is

- [Implementation Toolbox](#)
- [Implementation Toolbox Overview](#)
- Markham et al (2022) [The Healthy Native Youth Implementation Toolbox: Using Implementation Mapping to adapt an online decision support system to promote culturally-relevant sexual health education for American Indian and Alaska Native youth](#). Front. Public Health 10:889924. doi: 10.3389/fpubh.2022.889924

Objective 2: identify where your starting point is at

- [The Big Picture](#)
- [Where Do I Start?](#)

Objective 3: select resources or tools for your programming

- [Community Needs Assessment Planning Tool](#)

Wellness moment:

- [Progressive Muscle Relaxation Activity](#)

Chat feed (names and emails have been removed)

10:07 AM	From Cassie To Everyone:	Cassie she/her, Social Media Manager at Inter Tribal Council of Arizona. Looking forward to seeing the tools available!
10:07 AM	From Josette To Everyone:	Josette, she./her, Nisqually descendant - Indigenous PACT - looking to serve youth better
10:07 AM	From Maleah To Everyone:	Maleah, she/her/hers, Tlingit from Southeast Alaska working with NPAIHB. I'm hoping to have a solid overview of the tools available through HNY
10:07 AM	From Michael To Everyone:	Good Afternoon from the Mvskoke Nation in Oklahoma. I am Michael (He/him) with the Southern Plains Tribal Health Board.
10:07 AM	From April To Everyone:	Aang. My name is April, I am from the Aleut Community of Saint Paul Island. I just took over our youth tribal council and want to learn more about working with them. I am the Healing and Wellness Director
10:07 AM	From Sean To Everyone:	Sean (he/him), Good Medicine Tribal Public Health Consulting
10:07 AM	From Hannah To Everyone:	Hannah , she/her, Cup'ik Chevak Quissunamiut Tribe. Looking forward to share a little bit about the implementation toolbox.
10:07 AM	From Cassandra To Everyone:	Cassie ; she/her Coquille Tribe; Health Educator; tools to work with youth
10:07 AM	From Matt To Everyone:	Matt : Grand Ronde Tribe: TPREP Grant Coordinatiore: curriculum delivery 8th-12th grades in Willamina and soon Sheridan public schools
10:07 AM	From Anita To Everyone:	Anita Native American Tribal Health Liaison DHHS-Nebraska she her hers, and I am just looking at ways to improve health equity across the board for our State
10:07 AM	From Kami To Everyone:	Kami with the Urban Indian Coalition of Arizona. I help with the Phoenix Indian Center's youth council. Hoping to build my toolbox for them
10:08 AM	From Jennifer To Everyone:	Good morning! Jeni (she/her), Special Projects Coordinator at the Alaska Native Tribal Health Consortium based in Anchorage.
10:08 AM	From barbara To Everyone:	Barbara, She/her, Rural cap member, Nanwalek TribeTools to work with youth
10:08 AM	From Robynn To Everyone:	Robynn, MPH (she/her/hers). Health System Specialist, Northern Navajo Medical Center. Gain familiarity with the toolbox.

10:08 AM From Margaux To Everyone: Margaux (she/her), Oregon Health Authority. New to this position & hoping to learn more about how to better serve Native youth in Oregon.

10:08 AM From Jordan To Everyone: Jordan (she/her/hers). Pueblo of Acoma. I am the Native Youth Project Coordinator at the Coalition to Stop Violence Against Native Women. I am looking for more tools to work with Native youth as their leader and voice.

10:08 AM From Rosanna To Everyone: Rosanna She/her, Native youthline with Lines For Life, Confederated Tribes of Warm Springs Oregon. Always learning something new.

10:08 AM From Hannah To Everyone: Hannah (she) - general internist at NPAIHB, hoping to learn further about supporting sexual health needs among tribal youth in Great Plains

10:08 AM From amber To Everyone: Amber, (she/her) enrolled Quinault; I am Quileute/Makah/Skokomish. Admin. Assistant/Project Manager for QIN Education Dept. I am hoping to gain more resources and help our tribal youth and community members.

10:08 AM From Mona To Everyone: Mona, She/Her, Citizen of the Confederated Tribes of the Umatilla Indian Reservation. Working at Office of the Superintendent of Public Instruction in WA in the Office of Native Ed as the Native Student Success Program Supervisor. Hoping to learn more to create a Family/Student Toolbox in WA.

10:08 AM From Stephanie To Everyone: Stephanie (she/her), NPAIHB Adolescent Health. Goal: I always love hearing how others are using or adapting HNY resources.

10:08 AM From Krista To Everyone: Bosho! Krista , Prairie Band Potawatomi Nation. Project Manager with Kauffman and Associates Inc.

10:08 AM From Calvin To Everyone: Calvin , Mountain Maidu, He, Him, The 5th Direction Native Youth Programs, Northern California.

10:08 AM From Elaina To Everyone: Good afternoon. Elaina , Teen Pregnancy Prevention Manager, Navajo County, AZ. Im hoping to find some good info an resources for our Native youth!

10:09 AM From Regis To Everyone: Good Morning everyone! Regis wi

10:09 AM From Kelly To Everyone: Kelly R.
Navajo/Acoma Pueblo
Native Youth Coordinator

10:09 AM	From Michele A , NARA NW To Everyone:	Inter Tribal Council of Arizona ta'c meeywii, Michele, nimiipuu, Community Engagement and Development Mgr for NARA NW, 2SCPSIT leader
10:09 AM	From Regis To Everyone:	with RAY AmeriCorps RuralCap in Alaska
10:09 AM	From Hayden To Everyone:	Hayden , she/her Domestic and Sexual Violence Services out of Red Lodge, MT. Hoping for new ideas for our prevention education
10:10 AM	From Bobbie To Everyone:	Bobbie , Many Farms High School Counselor
10:11 AM	From Jane To Everyone:	We share a lot of resources in the chat but don't feel overwhelmed - everything mentioned here will be sent out to you in a handout after the call
10:12 AM	From Jane To Everyone:	You can download that article here: https://www.healthynativeyouth.org/wp-content/uploads/2022/10/Markham-et-al-2022-Healthy-Native-Youth-Implementation-Toolbox_Implementation-Mapping.pdf
10:12 AM	From Mona To Everyone:	@Jane , Thank you.
10:13 AM	From Michelle To Everyone:	Good Morning, I'm Michelle (she/her) with T&H Navigators Youth Program. A prevention and early intervention program for youth in Juneau, Alaska. I have been with T&H for the last 3 years. Before coming to T&H, I have worked with homeless youth in our local youth shelter and Transitional Living Program for about 8 years.
10:13 AM	From Katrina To Everyone:	Good Morning. Katrina , La Jolla Band of Luiseno Indians, Avellaka Program. North San Diego County
10:14 AM	From Amanda (she/her) To Everyone:	Thanks for all the great introductions! It's great to have you all here. 😊
10:14 AM	From Lena To Everyone:	Lena , Kawerak Inc Wellness Department, Nome, Alaska.
10:18 AM	From Jane To Everyone:	The Big Picture: https://www.healthynativeyouth.org/the-big-picture/
10:21 AM	From Jane To Everyone:	What do you want to do this year?
10:23 AM	From Louanna To Everyone:	Hear from the youth
10:24 AM	From Louanna To Everyone:	Create a youth task force team or coalition

10:26 AM From Mona To Everyone: @Kelly , no apology necessary; appreciate seeing littles in meetings and keeps us focused on why we do what we do. \o/

10:27 AM From Amanda (she/her) To Everyone: Yes, Mona! 😊

10:27 AM From Jane To Everyone: Community Needs and Resource Assessment Tool:

<https://www.healthynativeyouth.org/wp-content/uploads/2021/10/Gather-Step-2-Community-Needs-and-Resource-Assessment.docx>

10:35 AM From Michelle To Everyone: No worriers. It happens to when I need to speak too. :)

10:37 AM From Jane To Everyone: Check out the Implementation Toolbox in full here:

<https://www.healthynativeyouth.org/implementation-toolbox/>

10:38 AM From Jane To Everyone: Progressive Muscle Relaxation Exercise:

https://www.youtube.com/watch?v=pO7s9HdjTHQ&list=PLiKVo_v00vovMgINTFyByyFddBSBzwqDc&index=8

10:42 AM From Katrina To Everyone: I would like to start a podcast..adults and youth.

10:42 AM From Katrina To Everyone: and social media anti bullying campaign

10:42 AM From Kelly To Everyone: @katrina that is a great idea

10:43 AM From Amanda (she/her) To Everyone: Good to use as a guide and adapt for you program needs...

10:45 AM From Bobbie To Everyone: Could I get the information sent to myemail

10:45 AM From Jane To Everyone: Reflection log:

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

10:46 AM From Jane To Everyone: @Bobbie - yes! We will send out all of these links after the call

10:47 AM From Jane To Everyone: They will be sent to the email address that you used to register for today's meeting

10:51 AM From Stephanie To Everyone: hehe

10:52 AM From April To Everyone: I have to leave for another meeting. Thank you!

10:52 AM From Avreayl Jacobson To Everyone: I have to leave as well. Thanks all for your work.

10:52 AM From deb stuckman To Everyone: thanks to you all! this was very informative...//until next time...

10:59 AM From Michele A , NARA NW To Everyone: qe'cii yew yew, I have another commitment. ta'c halaaxp

11:00 AM From Amanda (she/her) To Everyone: Thanks Michelle!

11:00 AM From Amanda (she/her) To Everyone: I like that...don't confuse them and loose them...😊

11:07 AM From Jane To Everyone: We also made sure that they look good in grayscale too!

11:11 AM From Stephanie To Everyone: yes

11:12 AM From Stephanie To Everyone: <https://www.healthynativeyouth.org/resources-search/>

11:15 AM From Mona To Everyone: What an awesome tool!

11:16 AM From Matt To Everyone: gotta go to the school soon, thanks to everyone for sharing... the HNY toolbox and all the supports it provides are vital to our program here in Grand Ronde, the many curriculum options are 100% indigenized and the staff from NPIHB are exceptional to work with.

11:16 AM From Amanda (she/her) To Everyone: Thanks Matt!

11:17 AM From Sean To Everyone: sean.goodmedicine@gmail.com

11:17 AM From Stephanie To Everyone: Thank you Sean! We are so grateful for your help bringing the Library to life!

11:20 AM	From Jane To Everyone:	Request technical assistance: https://www.healthynativeyouth.org/request/
11:20 AM	From Kami (she/her) To Everyone:	Thank you!
11:21 AM	From Stephanie To Everyone:	We have been updating content with the new 988 info, but there is a lot to go through, and we haven't updated all of it yet - feel free to correct those
11:21 AM	From Cassandra To Everyone:	Thank you for all of the wonderful information!
11:21 AM	From Mona To Everyone:	I'd be happy to help with developing that.
11:22 AM	From Amanda (she/her) To Everyone:	Letters Home templates...
11:23 AM	From Amanda (she/her) To Everyone:	Program Newsletter template
11:23 AM	From Jane To Everyone:	Talking is Power
11:23 AM	From Mona To Everyone:	Thank you.
11:24 AM	From Michael To Everyone:	In agreement with Stephanie, I would also ask if you have done any data or work on the underlining issue(s) of what is leading to the chronic absenteeism.
11:24 AM	From Michelle To Everyone:	Have an conversation about future goals and building connections with peers or adults that help guild them.
11:25 AM	From Stephanie To Everyone:	Oh, I love both those ideas too
11:26 AM	From Jennifer To Everyone:	Free resources available in Alaska at https://www.iknowmine.org/shop/
11:27 AM	From Jennifer To Everyone:	Follow us on Instagram and Facebook at @iknowmine
11:27 AM	From amber williams (she/her) Quinault Indian Nation Education Dept. To Everyone:	I signed up my son. He likes it.

11:34 AM	From Mona To Everyone:	Thank you for a wonderful webinar. \o/
11:34 AM	From Regis To Everyone:	They you to all presenters
11:34 AM	From Hannah To Everyone:	Quyana cakneq
11:34 AM	From Jennifer To Everyone:	Thank you!
11:34 AM	From Michelle To Everyone:	Quyaanna.
11:35 AM	From Hayden To Everyone:	Thank you!