



Technology is Power

January 11, 2023, 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!



We R Native team,

Tommy Ghost Dog:
tghostdog@npaihb.org

Celena J. Ghost Dog:
cghostdog@npaihb.org

Asia Brown:
ambrown@npaihb.org

Jane Manthei:
jmanthei@npaihb.org



Kathleen

l̓nupiaq

(she/her)

I love smoked salmon.

kdbonnar@anthc.org



Cody

(he/him)

I love doing something
new

iknight@spthb.org



Mandy Yeahpau

(she/her)

mandy.yeahpau@wearehealers.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Live Virtual Training

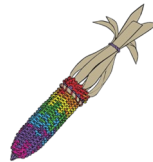
Logistics

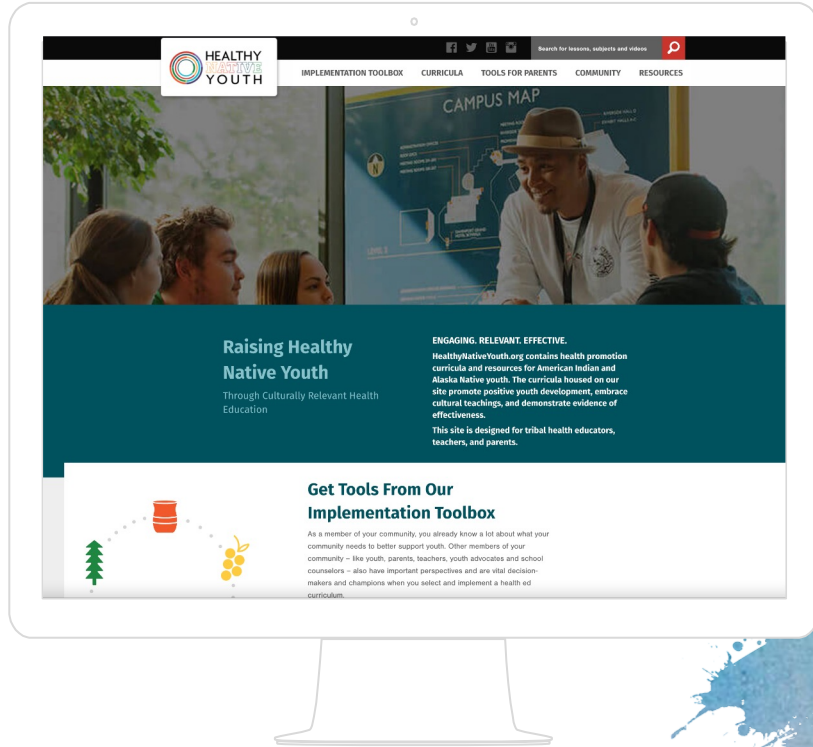
Logistics

- You are muted
- If comfortable, share video

Engagement

- Zoom Poll on Tech Use
- Breakout Rooms
- 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)**



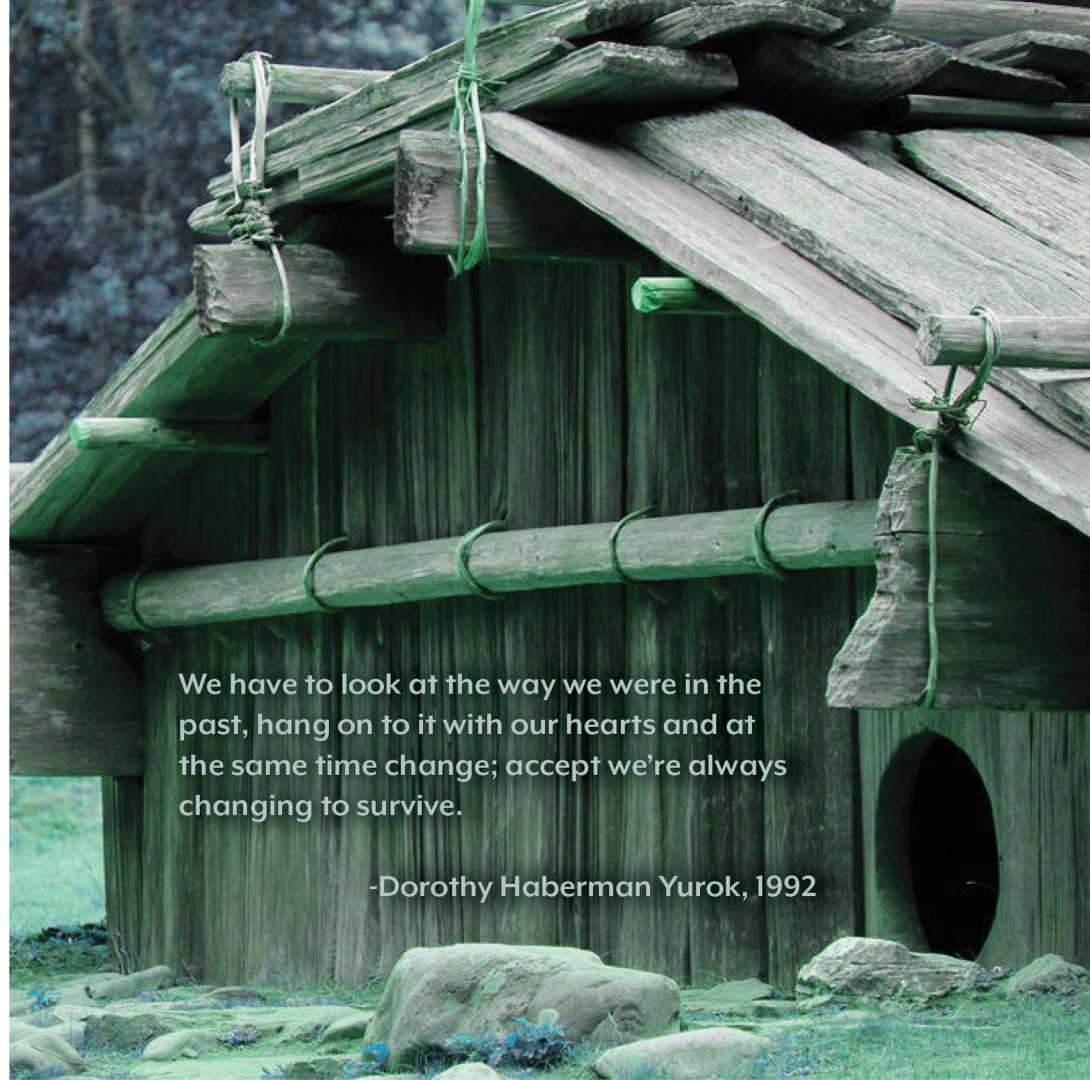
Find on HNY [Icebreakers](#), or [Native STAND 2.0](#)



We've Got Goals!

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

- ★ **describe** what the digital wellness is
- ★ **select** digital health promotion resources or tools for your programming



We have to look at the way we were in the past, hang on to it with our hearts and at the same time change; accept we're always changing to survive.

-Dorothy Haberman Yurok, 1992

Where are we going



Digital Health Promotion Campaigns

I Know Mine & I Want the Kit - ANTHC

I Want the Kit - SPTH

*We R Native & Ask Your Relative -
NPAIHB*

Inspire - We Are Healers
20 min

Breakout Groups

Select Your Room
20 min

Closing
5 min

Tech Use Poll
1 min

1

3

5

7

2

4

6

What is Digital
Wellness?

We R Native team
25 min

Wellness Moment
1 min

Let's Talk About it!
10 min



Zoom Poll

Let's see where folks technology use is
at this morning...



1. What is Digital Wellness?

Objective 1:
describe what the digital wellness is



A person is shown from the back, sitting and holding a smartphone. The phone screen displays a blue and white interface, possibly a social media or news app. The person is wearing a dark jacket and a blue lanyard. The background is a solid red color.





Pages/people we follow

- Where we online shop
- people we follow
- Who we are (demographics)



Tips to Manage Your Own SM Experience



App Tracking (iPhone)

- ★ **iOS 14.5 and newer:** App Tracking Transparency allows you to choose whether an app can track your activity across other companies' apps and websites for the purposes of advertising or sharing with data brokers.

Turn off Ads (iPhone)

★ IG (video):

- **[1] Hamburger** (on profile page)
- **[2] Settings**
- **[3] Ads** (Ad topics)

★ FB:

- **[1] Settings & Privacy** (under profile tab)
- **[2] Settings** (Pro-tip - check out **security** for connected apps and websites)
- **[3] Ads** (Ad Preferences)







Chatfeed Convo:
Type Questions,
Ask Away!



2.

Digital Health Promotion Campaigns

Objective 2:
select digital health promotion resources or
tools for your programming



Promoting HIV & STI Self-testing in Alaska



**ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM**



Destigmatizing Approach

Normalize

Inclusive language and imagery

Strengths-based tone



iKnowMine Campaigns

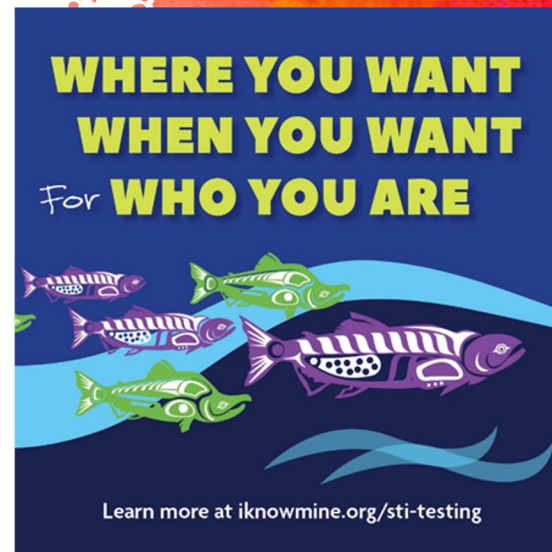
Know your status on your own terms.

If you're sexually active, getting tested is an important aspect of sexual health. We know - it can be a tough and awkward topic, but it's a valuable aspect of taking care of yourself.

Even when you feel you're in the clear, it's always good to be sure. Did you know that many people with sexually transmitted infections (STIs), sexually transmitted diseases (STDs) or HIV don't experience symptoms?

Learn more about STI and HIV testing to see if it makes sense for you:

<http://www.iknowmine.org/sti-testing>



iKnowMine Campaigns

HIV testing is love - love for yourself, your partner(s) and your community.

Learn more and order a HIV self-test at: <https://www.iknowmine.org/topic/hiv-testing/>



Art Direction

- **Partner love**

- two masculine-presenting people
- This is a celebration of people caring for each other's well-being
- The nature of the relationship doesn't need to be blatantly expressed – doesn't need to appear as a romantic couple necessarily

- **Self-love**

- celebration of identity and self-advocacy for testing
- need to be cautious of potential for singling out/isolating

- **Community love**

- celebration community wellness
- diverse people
 - gender – cisgender, transgender, two-spirit, nonbinary, gender-nonconforming, gender fluid, agender
 - ethnic identity
 - cultural identity
 - Age



IWTK & Native Test

IWTK I WANT THE KIT

Take Control, Know Your Status

TAKE THE TEST, TAKE CONTROL

TEXT

**NATIVE
TEST**

TO 55251



OKLAHOMA AREA
Tribal Epidemiology Center





Sponsored &
Grassroots

Knowledge about HIV
and STI self testing is...

**BIG
AUNTIE
ENERGY**

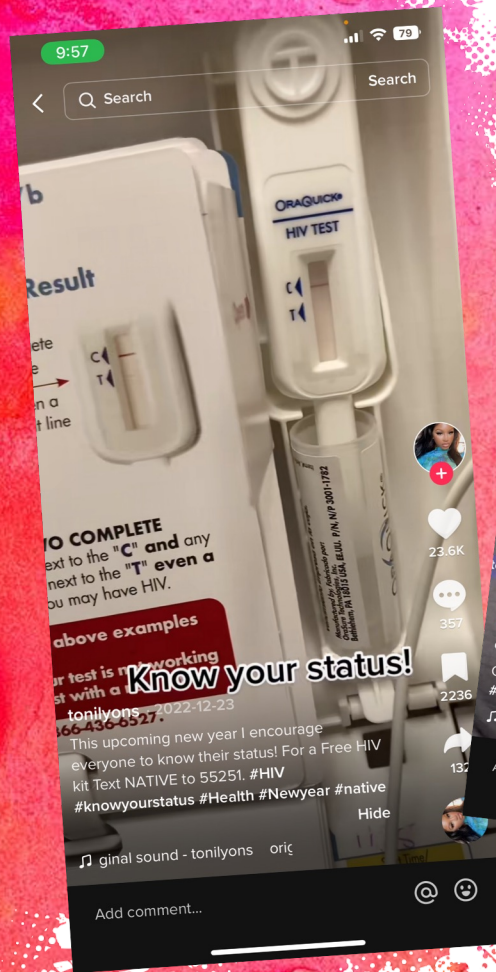
NATIVE AUNTIES
Help Spread the Word
TAKE THE TEST TAKE CONTROL

**TEXT
NATIVE
TEST
TO 55251**

To get a rapid HIV and STI self-test kit
mailed to you for **FREE**



Scan me



Accessible Technology for Users

To: 552-51 |

Cody

Hello Cody!

Please reply with the letter (A, B, C, or D) that best fits you or your preference:

- A) Info about HIV Prevention with PrEP
- B) Connect with a PrEP Specialist
- C) HIV self-test kit
- D) STI self-testing

To: 552-51 |

STI

This service provides sexually transmitted infection (STI) testing through I Want The Kit (IWTk) for Oklahoma, Arizona, and Alaska residents. This service delivers STI self-swabs to you, and are then mailed back to the lab. This service is provided for FREE by John Hopkins University College of Medicine. You will order your free test kits through this website. Please visit the website to learn more about this program.

<https://iwtk-app.iwantthekit.org/login>

To: 552-51

Test kits will be mailed in discreet packaging to an address you choose Cody. You must be 13 years or older to request a self HIV test kit. The HIV rapid test is a mouth swab that does not require blood. To confirm that you are 13 years or older, and are requesting a HIV test kit to be mailed to you; please text back CONFIRM. If you have had a direct exposure to HIV within 72 hours, see a provider for PEP services immediately.

nativetest.org

TEXT NATIVE TEST TO 55251

TAKE THE TEST, TAKE CONTROL

Sign up for your FREE rapid HIV self test kit

Name (Optional)

Cell Phone

Address

City

State

Zip Code

Age (17+)

Please confirm the provided address is able to receive packages.
☐ Good to go!

*You are ordering a free rapid HIV test kit. Other resources are available by texting "Native Test" to 55251. Completion of this form gives permission to collect data. If we need more information to complete your request, we will contact you via email.

If you have been exposed to HIV in the last 72 hours, see a provider for PEP services immediately.

An estimated 1.2 million people in the United States is living with HIV. One in seven are unaware of their status.

I WANT THE KIT

 English  Español

Welcome! Please login to your account.

By clicking Login, you agree to our Privacy Policy.

[Forgot Password](#)
[Return to website](#)

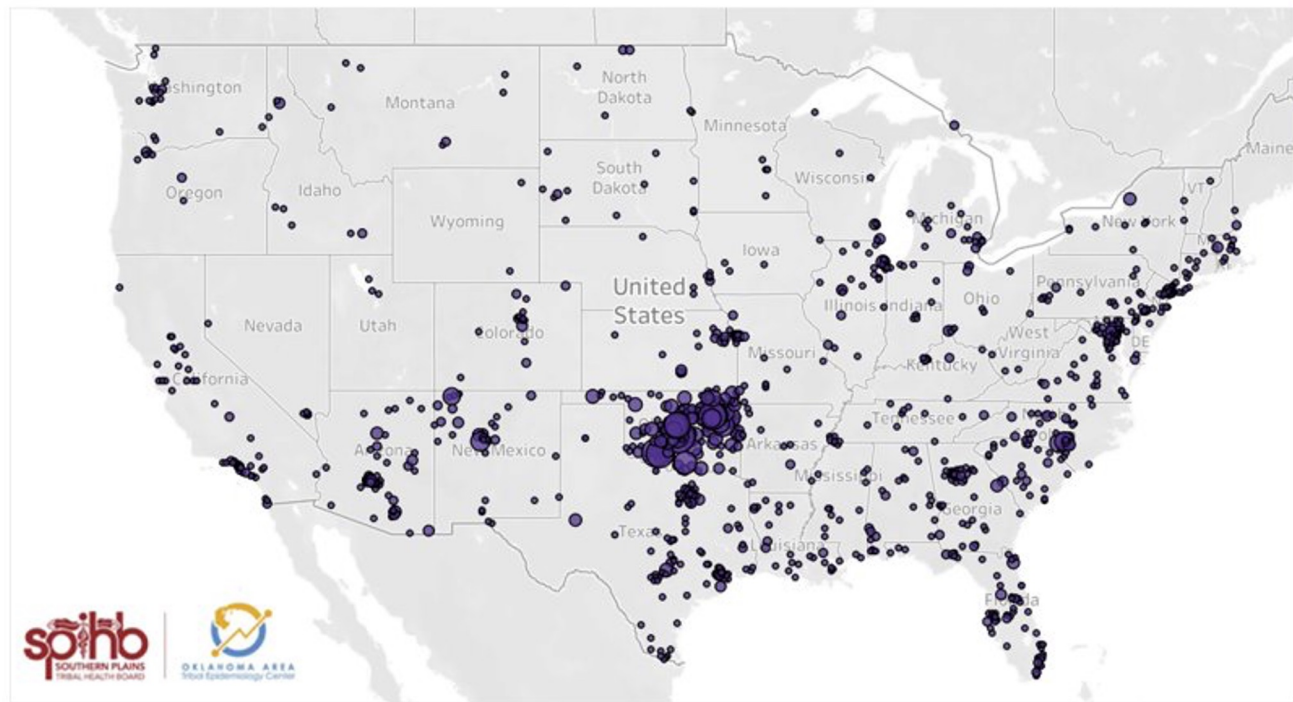
Native Test National Distribution June 1, 2021 - December 30, 2022

Number of Kits Ordered
Nationwide

2,467

Number of Kits Ordered in
SPTHB Service Area

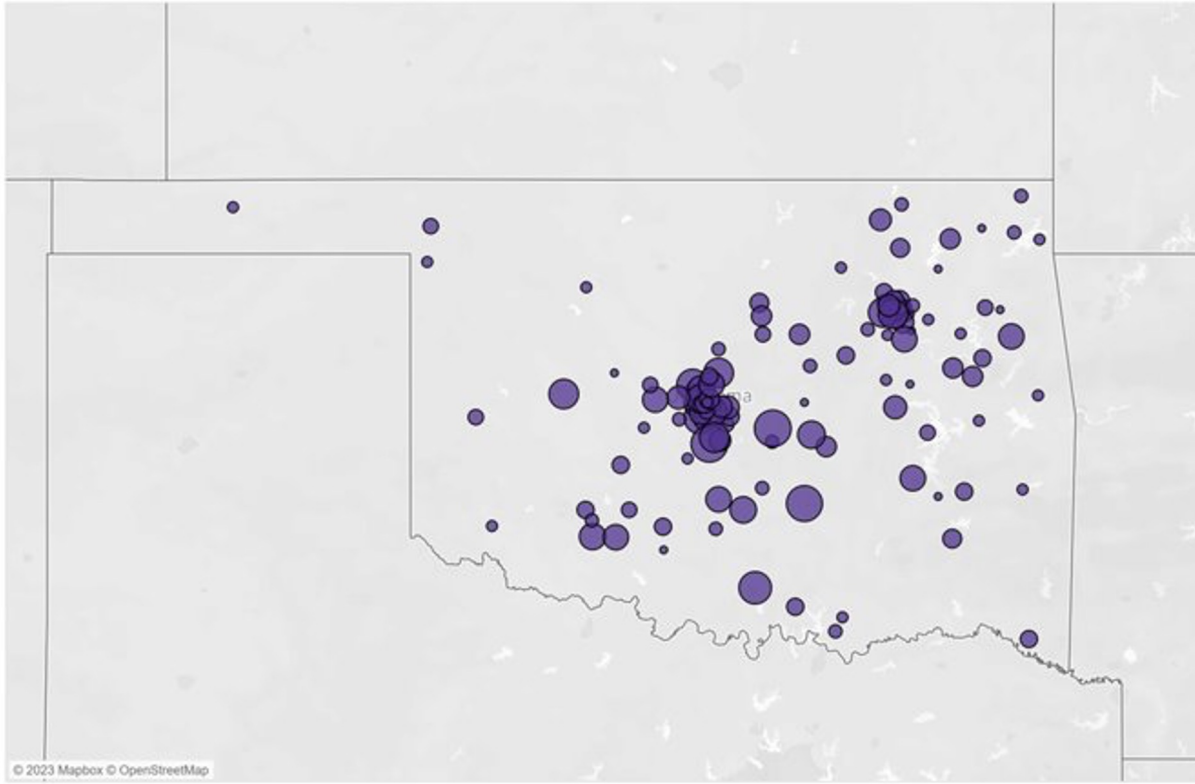
1,408



Native Test is a unique texting service established to request an HIV self-test kit that has been coordinated between the Oklahoma Area Tribal Epidemiology Center, Oklahoma City Indian Clinic, and the State of Oklahoma Department of Human Services; with funding support from IHS and Minority HIV/AIDS Fund. Native Test has over 24 organizations actively participating in the program including Tribal universities, IHS hospitals/clinics, urban facilities, and AI/AN community organizations. The program started providing testing nationwide to those who found the advertising outside of Oklahoma, but is now advertising to the rest of the country as well. Native Test has mailed over 2,400 test kits since the first order in June 2021. Marketing/media kits are available and questions can be sent to jknight@spthb.org, koconnor@spthb.org or info@spthb.org

STI Self-Swab Order Distribution in Oklahoma

April 26, 2022 - December 30, 2022



IWTK I WANT THE KIT

Take Control, Know Your Status

Number of Self-Swabs Ordered in Oklahoma

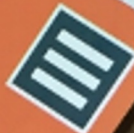
788

Number of Orders by Oklahoma Residents

259



9:58 AM



Suicide

Suicide

Suicide is a troubling topic that most of us would rather not deal with, but suicide is reality, and it is more common than we would like to think. By reaching out, however, we will discover that we are not alone and that we are not alone in our attention to warning signs.

ASK YOUR RELATIVES



You got questions! We got answers!



How do I talk to
homophobic friends?

What is it like to
get an STD test?

ASK YOUR RELATIVE



What is Ask Your Relative?

Ask Your Relative is a team of educators, public health professionals, and caring adults supporting Native Youth through our Q&A service.

Here, Native you(th) are able to ask us questions on a variety of topics ranging from how to flat stitch to snagging.

We do our best to answer – as your relatives, we recognize the ways identity, culture, and community influence our lives and our health.

Recent Q & A

Please note some of these questions are sensitive in nature. Carry on with care.

- I've heard that college parties get out of control. What should I do?
- Is it acceptable for a non Indigenous ally to buy and wear a ribbon skirt if it was from a Native business and I learn about the history and meanings?
- I've heard there might be actual nature spirits portrayed in Pokémon. Is this true?

[? Frequently Asked Questions](#)

[All Ask Your Relative Questions](#)



Ask Your Relatives

weRnative

203 videos 2,681 views Last updated on Nov 17, 2022



▶ Play all

↻ Shuffle

You've got questions. She's got answers! Check out all of Auntie's answers at <https://wernative.org/ask-auntie>

▶ Ask Your Relatives - YouTube

https://youtube.com/playlist?list=PLvLfi7yZ2zQFDrw_CPSK-KGt-Rq_Q3qs





We R Native

@weRnative · Health & wellness website

[Learn more](#)

wernative.org

[Home](#) [About](#) [Videos](#) [Photos](#) [More](#)

About

[See all](#)

i We are a comprehensive health resource for Native youth, by Native youth.
*Please note this site is NOT monitored 24/7. If you are in crisis, please c... [See more](#)

i Values:
We are Native. We are members of diverse and vibrant communities. Learn more about your culture, history, and current events.

I am Strong in... [See more](#)

50,776 people like this

54,287 people follow this

<http://www.weRnative.org/>

native@npaihb.org

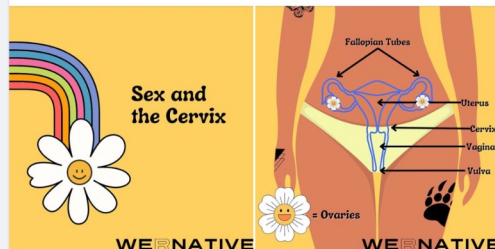
[Health & wellness website](#)



We R Native

15 h · Instagram ·

So much is going on during sex - and we don't just mean mac and cheese sounds! Did you know that the cervix can actually CHANGE during arousal and orgasm? Pleasure is so powerful that the vagina elongates while the uterus pulls up in response to sexual excitement. And in this process, the cervix may be farther away from the vaginal opening. This is called "tenting" 🍷



3

Like

Comment

<https://www.facebook.com/weRnative/>



Search ...

✓ All Relatives

Aunt Jane (2)
Auntie Asia (1)
Auntie Jane (2)
Auntie Kim (1)
Auntie Manda (519)
Cousin Asia (6)
Cousin Corey (5)
Cousin Lael (7)
Itai (1)
Uncle Paige (27)

✓ All Categories

01 – Art, Culture, & Language (240)
02 – Identity (331)
03 – Intolerance (85)
04 – Non-Native Allies (110)
05 – Spirituality (99)
06 – 2SLGBTQ (33)
07 – Physical Health (131)
08 – Sexual Health (84)
09 – Relationships (147)
10 – Mental Health (143)
11 – Activism (60)
12 – Education (88)
13 – Life Tips (123)

Reset

Submit a Question

See Our FAQs

Dear Auntie Manda, I'm so excited to hear from you! My Great-grand Grandpa, was a Chocoma. I was born in 1903, signing the Dawes Roll, but I was not enrolled, which meant neither was my Nana. I'm full-blooded Choctaw, which makes me look very ambiguous to people. I've been socialized as a white person, but I'm dropping by reconnecting since I've been socialized as a white person. I claim my heritage as a Choctaw, but I'm afraid to openly claim my heritage as a Choctaw who don't know me, but from people that do. I claim my heritage as a Choctaw, but this is so important to you? Why now?" I can't put it into words, but I've always had a natural connection to anything growing up. I don't want to feel disconnected anymore. Also, another thing that complicates my existence is the fact that I'm transgender. Perhaps, this is another reason why I feel lost. Not only do I want to feel like a whole woman, I want to feel like a whole person. Anyway, do you have any advice?

Hi there, Halito relative! Yakoke for writing in - I always get a lil extra excited when I see other Choctaws reach out 😊 Let's see where I can support you! I definitely want to acknowledge what you've written, because ...[Read More](#)

Date added: 11/17/22

By: **Cousin Asia**

Tagged: **02 - Identity** **03 - Intolerance** **05 - Spirituality** **06 - 2SLGBTQ** **10 - Mental Health**



Who is Auntie Manda? ▾

Who is Cousin Asla? ▾

Who is Auntie Jane? ▾

Who is Cousin Corey? ▾


Who is Auntie Maleah? ▾

Submit a Question ▾

Where will my question be displayed? ▾


How quickly will my question be answered? ▾

What if I need help now? ▾

 Who are "Ask Your Relative"?

 Copy link



Watch on  YouTube

This month we're thinking about...

Roe v. Wade

Going Back to School

School Mascots

Fentanyl



38 Youth
have
Enrolled
To-Date



**WE ARE
INSPIRED**



NPAIHB



TEXT 'INSPIRE' TO 94449



WE INSPIRE

A LEARNING COMMUNITY

TEXT 'INSPIRE' TO 94449

Listen to diverse Indigenous voices and the unique pathways you can take to work in public health

WE ARE HEALERS

WE R N A T I V E

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

Pictured: Asia Brown (Cheleale) - Sexual Health Communications Specialist, Northwest Portland Area Indian Health Board. Photograph by Robert Cuadra



TEXT 'INSPIRE' TO 94449

WE INSPIRE

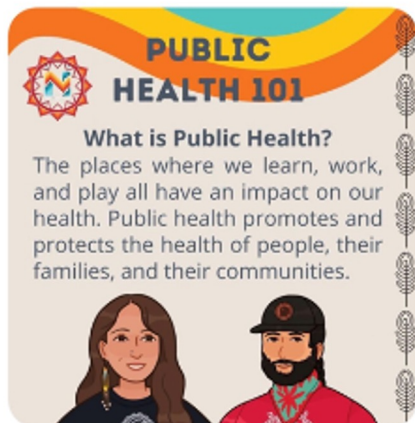
4:09

LTE

WN

We R Native >

Sun, Oct 9, 3:30 PM



The health of our people is closely related to the health of our environment. That's what I love most about public health... From washing our hands to reducing pollution - Everyone has a role to play in protecting our community's health.

3:55

LTE

WN

We R Native >



This is my friend Ryan. She is an Environmental Health Scientist in the Pacific NW. Let's hear what inspired her to work in public health:



4:08

LTE

WN

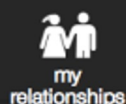
We R Native >

Thu, Oct 13, 2:45 PM



This is my friend Tommy. He runs the We R Native website - a multimedia health resource for Native youth, by Native youth. Let's hear what inspired him to get involved in public health:





WE INSPIRE

We Inspire

The places where we learn, work, and play all have an impact on our health. People who work in public health are community protectors. To hear diverse Indigenous voices, and the pathways you can take to work in public health, text INSPIRE to 94449.

When you sign up, we'll send you text messages that share info about public health and videos from friends who work in public health – all with an Indigenous lens. Throughout the series, we'll share tips and ideas to help you on your academic journey. Expect to get 2-3 text messages per week.

Anyone can be a public health protector. Simply text **INSPIRE** to **94449** to sign up.

Credits: **We Are Healers** is proud to partner We R Native to empower Native voices.





WE ARE
HEALERS

Mission Team Programs Donate Contact



The INSPIRE campaign is here to spotlight Native health professionals and inspire Native youth to see themselves as future healers through the stories of Indigenous role-models.

Text INSPIRE to 94449



- 🏠 For You
- 👤 Following
- 📺 LIVE

Log in to follow creators, like videos, and view comments.

Log in

Popular topics

- 😄 Comedy
- 🎮 Gaming
- 🍽️ Food
- 💃 Dance
- 💅 Beauty



wearehealers

WeAreHealers

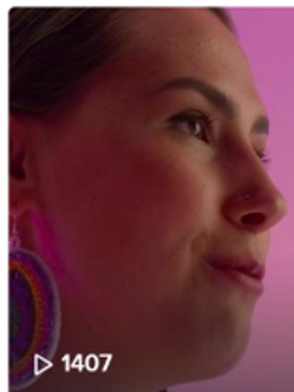
Follow

20 Following 96 Followers 667 Likes

Learn more about our fellowship program 📍 www.wearehealers.org/fellows

Videos

🔒 Liked

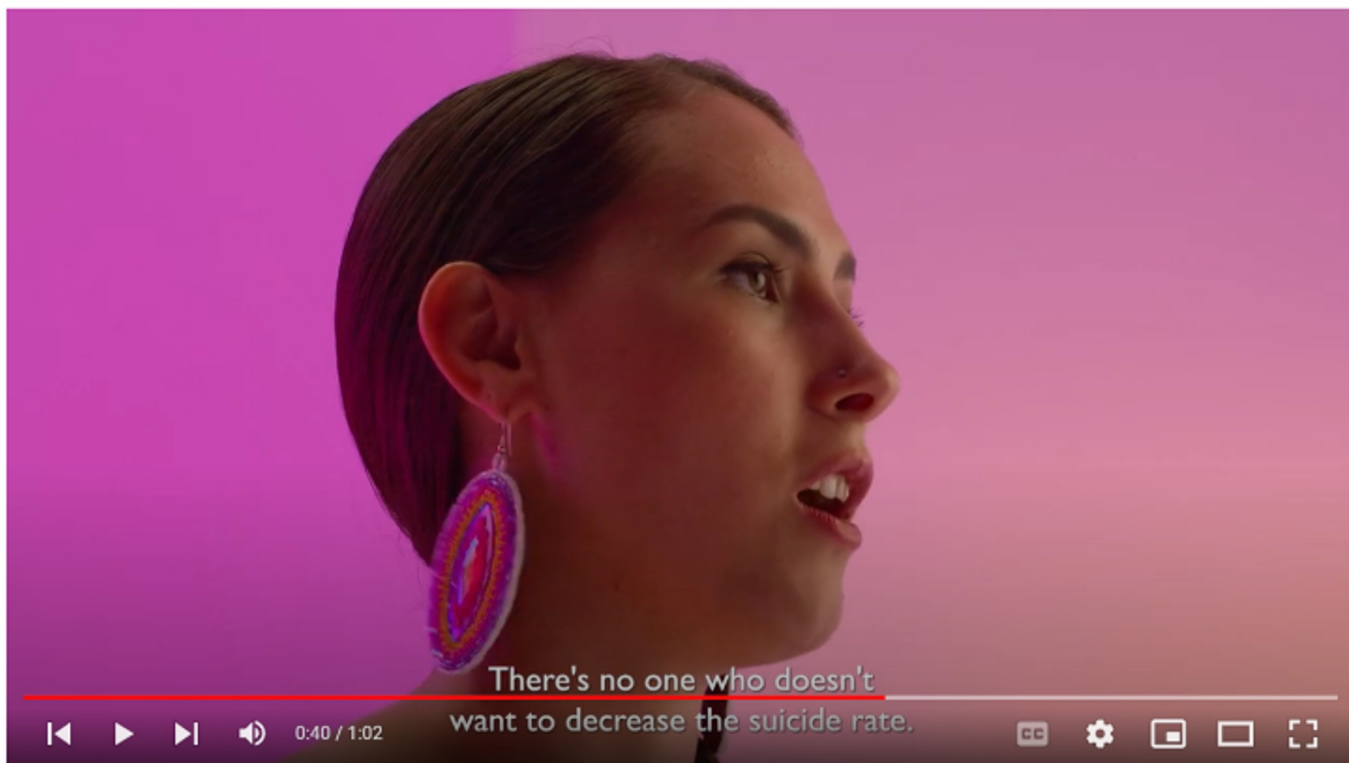


#greenscreen ...

#NativeAmericanHeritage

83% of Natives have exp...

"Public Health is abou...



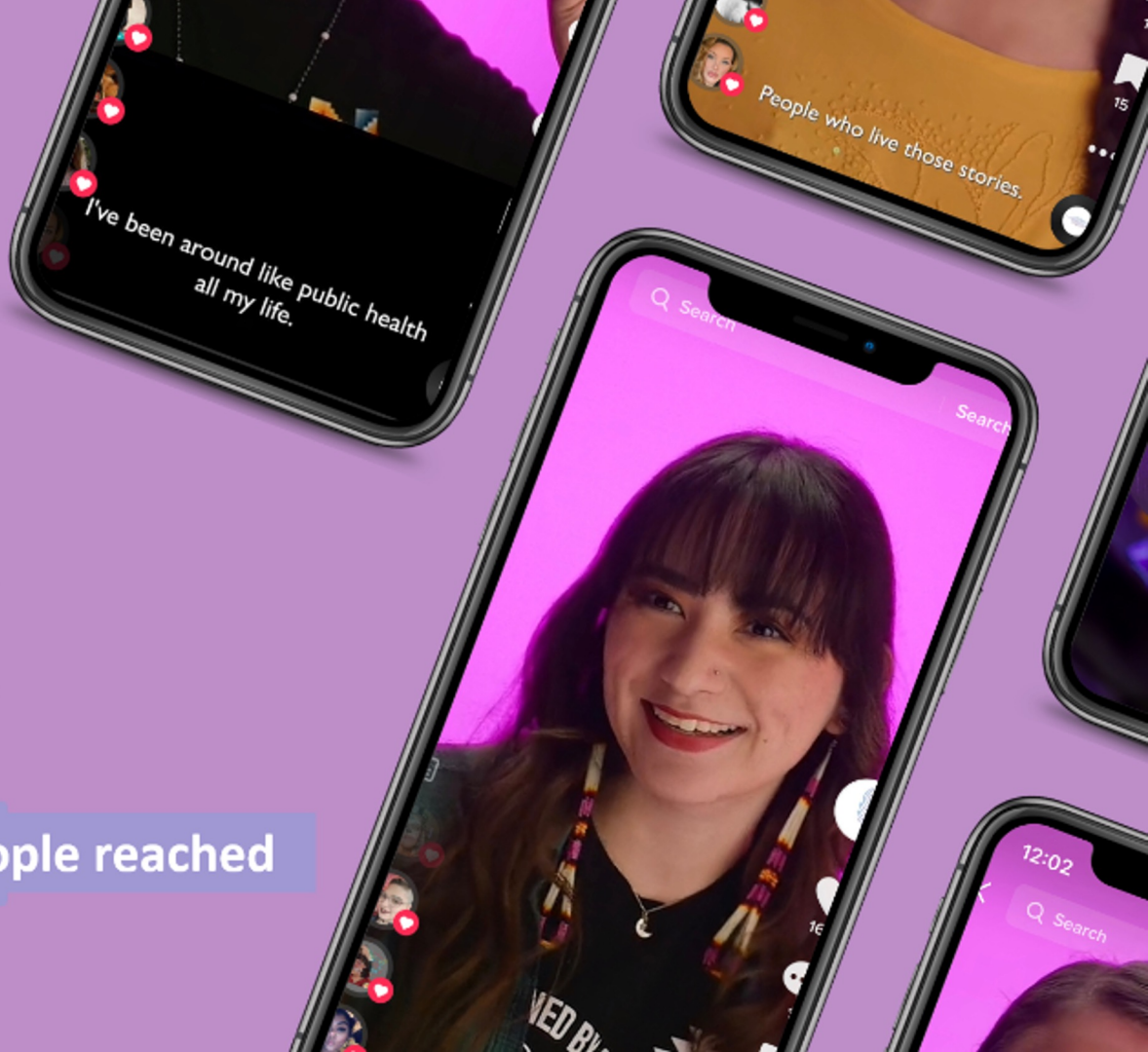
https://youtu.be/hWltJaX_RAk



WE ARE
HEALERS

INSPIRE

70,000 impressions / people reached



The most popular video touched on
domestic violence.
It reached 6,115 people



Tracy Dober-Mom-4-Life

So glad to know this support is available and being
talked about.



1

2022-10-18 Reply



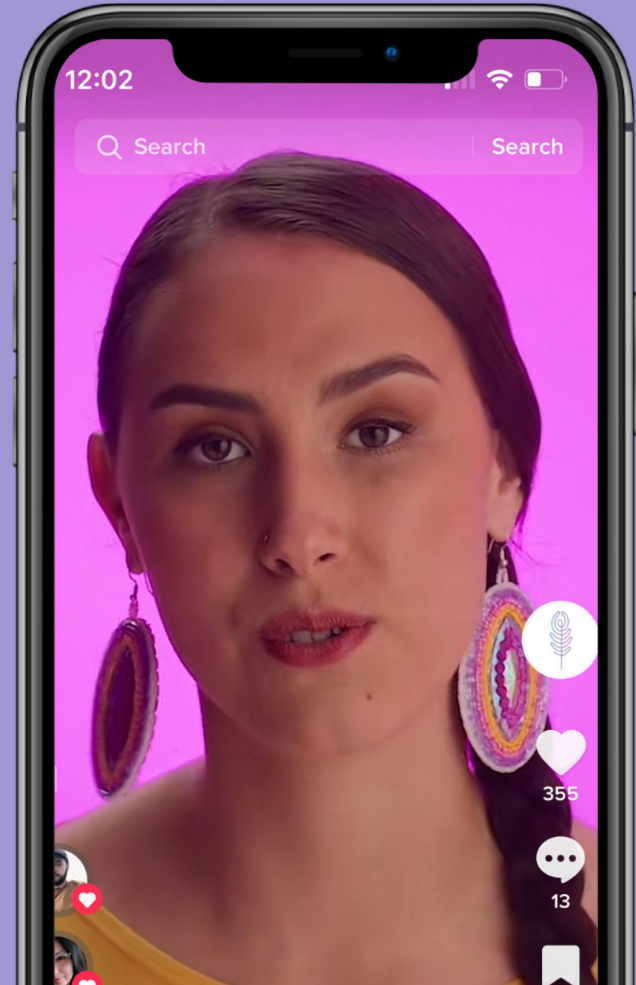
Yessi

so impactful!



1

2022-10-17 Reply





Wellness Moment

Let's take a minute to refuel...

3.

Breakout Rooms

Select which program you want to hear more about and get tips for Rural and/ or Urban settings...



Breakouts: Tips & Ideas



Instructions: Select which program you want to hear more about and join their breakout room!

Room 1: Outreach in AK



IWTK I WANT THE KIT
Take Control, Know Your Status



Room 2: Outreach Lower 48

IWTK I WANT THE KIT
Take Control, Know Your Status



Room 3: WRN & Ask Your Relative Q&A Outreach

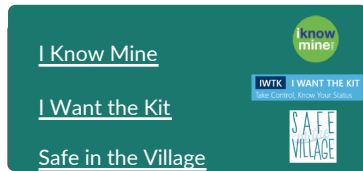


Room 4: SMS Campaign Outreach



Thank you!

From Project Red Talon (2021-2022)



Alaska Native Tribal Health Consortium



Inter Tribal Council of Arizona, Inc.

[ITCA Landing Page](#)



Johns Hopkins - Center for Indigenous Health



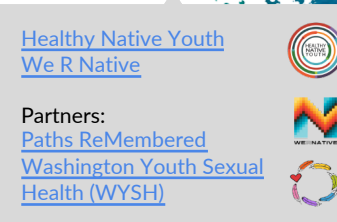
Southern Plains Tribal Health Board



University of Texas - School of Public Health



Northwest Portland Area Indian Health Board



You can find us at: Amanda Gaston, agaston-contractor@npaihb.org; Michelle Singer, msinger@npaihb.org

4. Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



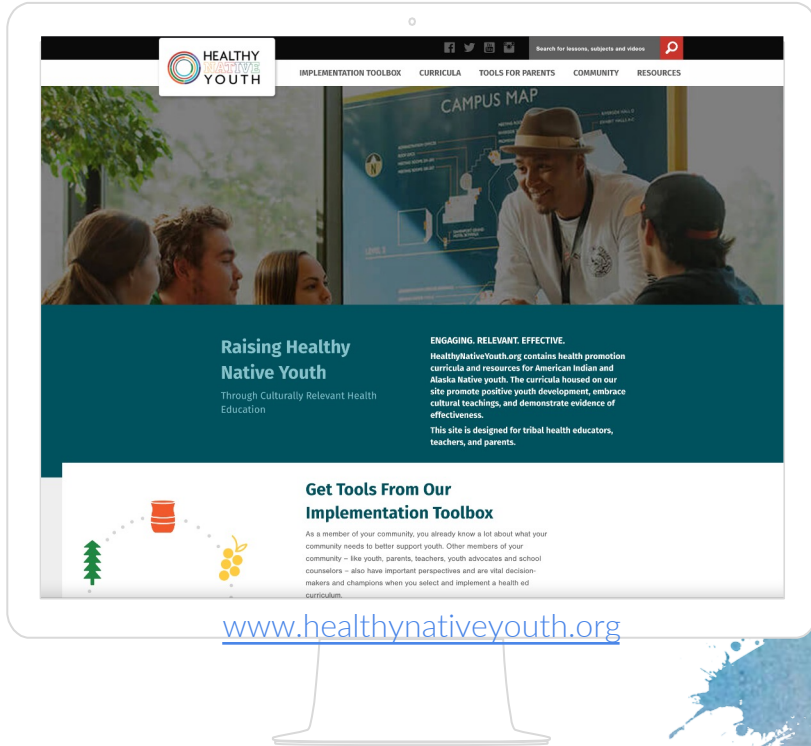
Practice in Action

Taking it back home!



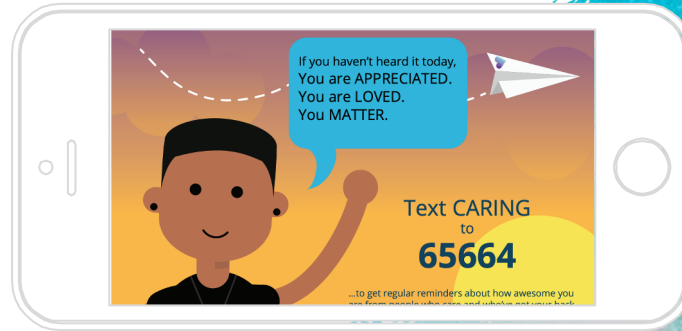
Healthy Native Youth

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

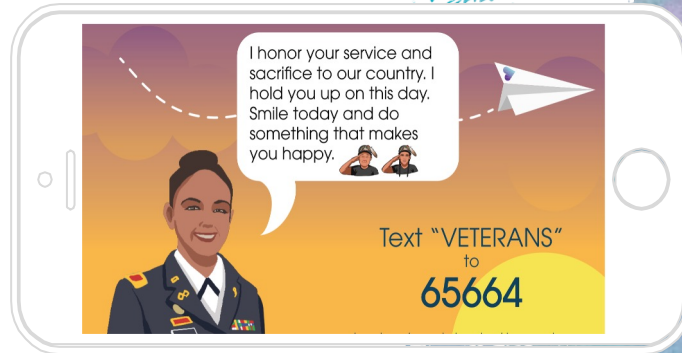


www.healthynativeyouth.org

COLLEGE



YOUTH



VETERANS

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 |

Crisis Text Line
Text: NATIVE to 741 741
www.crisistextline.org/



Suicide and Crisis Lifeline
Dial or Text: 988
www.988lifeline.org/chat/

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
www.strongheartshelpline.org



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
www.rainn.org/



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



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

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/



Teens Helping Teens
Call: 1-800-852-8336
Text: YLNATIVE to 839 863
www.theyouthline.org



We R Native: My Mind
Text: CARING to 65664
www.wernative.org/my-mind



National Hotline: Reach Out
& Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boystown.org/hotline



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for
Teens
Call: 1-800-662-HELP
www.nida.nih.gov/research-topics/parents-educators



Truth: Smoking, Vaping, and Opioids
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-quitting



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753
www.justthinktwice.gov/



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

Youth Support



PAGE 2 OF 3

Relationships & Dating



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
strongheartshelpline.org/



Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



That's Not Cool
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453



We R Native: My Relationships
www.wernative.org/my-relationships

Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 94449
www.pathsremembered.org/



Native Youth Sexual Health Network
www.nativeyouthsexualhealth.com/



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
www.thetrevorproject.org/



It Gets Better Project
www.itgetsbetter.org/

Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: www.plannedparenthood.org/learn/sex-sexual-health-chatbot



We R Native: Sexual Health
Text: SEX to 94449
www.wernative.org/ask-your-relatives



I Know Mine
www.iknowmine.org/ask-nurse-lisa



It's Your Sex Life
www.itsyoursexlife.com



Bedsider
www.bedsider.org/



Get Yourself Tested #GYT
www.cdc.gov/std/saw/gyt/howtoGYT.htm



Trans Lifeline
Call: 1-877-565-8860
www.translifeline.org/



Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233 733
www.humantraffickinghotline.org



Click on icons to go to resource

Youth Support



PAGE 3 OF 3

Bullying



Stopbullying.gov
www.stopbullying.gov/resources/teens



Cyberbullying
www.cyberbullying.org/resources/students



We R Native: Bullying Prevention
www.wernative.org/my-life/life-hacks/bullying-prevention

Find Help Near You



SAMHSA - Find the treatment center closest to you
www.samhsa.gov/find-treatment



Mental Health America - Find the clinic closest to you
www.mhanational.org/find-affiliate

Text Message Campaigns



Text: NATIVE to 94449
For health & wellness tips



Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



Text: SEX to 94449
Get tips and resources to protect your sexual health



Text: 2SLGBTQ to 94449 or ALLY to 94449
Native. Two-Spirit. LGBTQ. #BornSacred



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



Text: FITNESS to 94449
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

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



THRIVE Linktree:

https://linktr.ee/npai/bhthrivr?utm_source=qr_code

<https://linktr.ee/npaihbt thrive>



@npaihbt thrive



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**



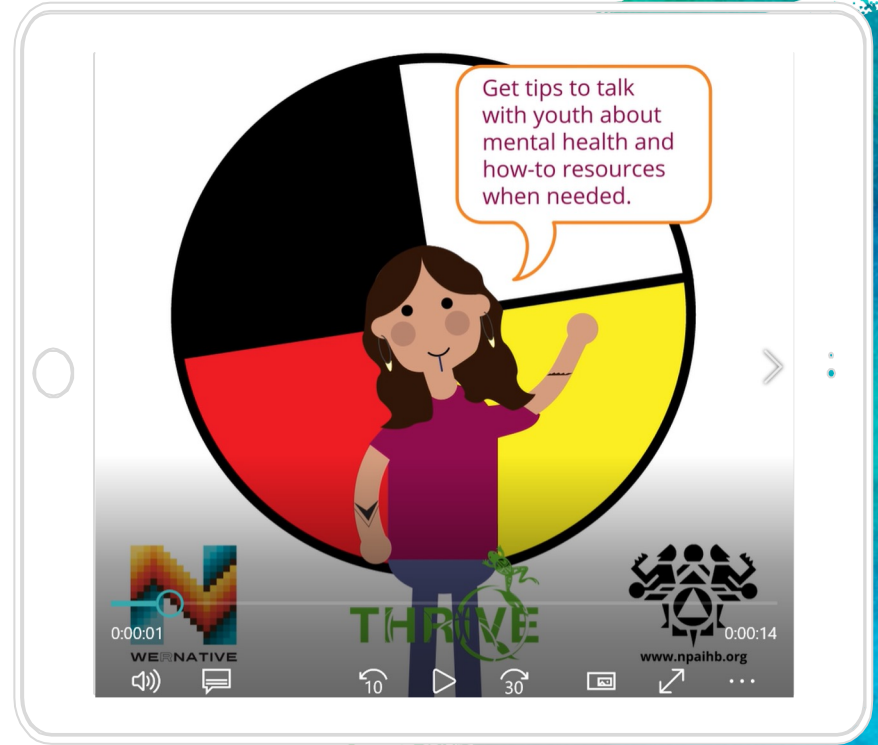
Mind4Health

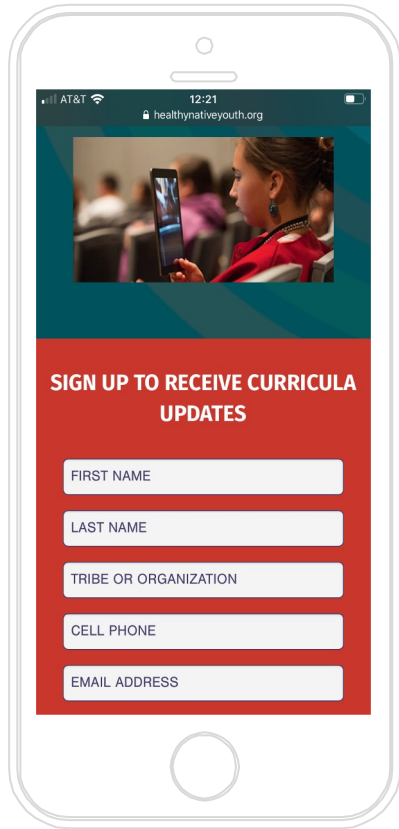
For Adults

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

- ★ Online Printable Resources [here](#)

TEXT
"MIND4HEALTH"
" TO 65664





HNY [Linktree](#) QR Code

Join the *Healthy Native* *Youth* Movement!

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



Mark Your Calendars!

Part II - Take the Power Back!

Technology is Power

January 11, 2023

Let's talk about digital wellness! Come get behind the scenes techy tips to text message, social media campaigns, and digital prevention interventions.

Culture is Power

February 8, 2023

Our relationships and cultural experiences are a keystone to our adolescent health programming. Join us to get some tips for culture integration and get assisted!

Talking is Power

March 8, 2023

Talking is sexual health power! Come talk about caregiver and child communication interventions and strategies, as well as I Want the Kit at home STI/ HIV testing kits.

Mind 4 Health is Power

April 12, 2023

Join us for tips on how to embody healing conversations with youth and community members and get resources to share!

Media Literacy is Power

May 10, 2023

Let's help youth to think critically and gain self-care boundaries around media literacy, so they can learn to act with intention.

Community is Power

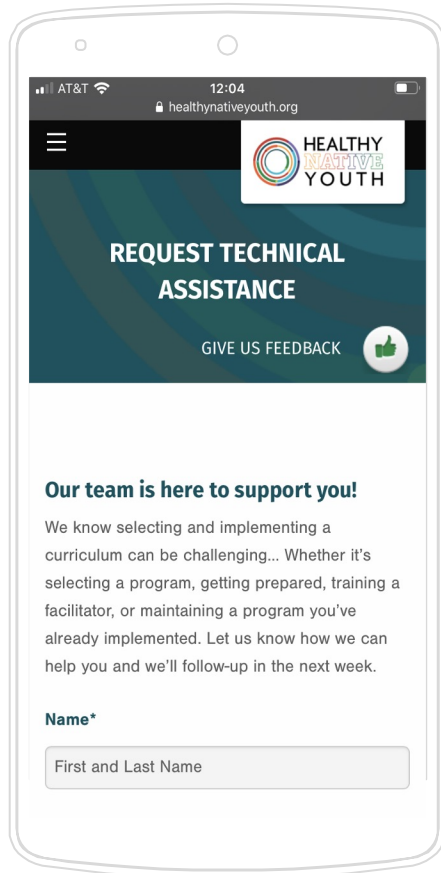
June 14, 2023

Community is at the heart of adolescent health programming. Join us to talk about how to use the power of community to strengthen the health of our youth.



Zoom registration link:
<https://linktr.ee/HealthyNativeYouth>





A smartphone mockup displaying the Healthy Native Youth website. The status bar at the top shows 'AT&T', signal strength, Wi-Fi, the time '12:04', and the battery level. The address bar shows 'healthynativeyouth.org'. The website header features a hamburger menu icon on the left and the 'HEALTHY NATIVE YOUTH' logo on the right. The main content area has a dark green background with the text 'REQUEST TECHNICAL ASSISTANCE' in white. Below this is a 'GIVE US FEEDBACK' button with a thumbs-up icon. The lower section has a white background with the heading 'Our team is here to support you!' followed by a paragraph: '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.' Below the paragraph is a 'Name*' label and a text input field with the placeholder 'First and Last Name'.

AT&T 12:04 healthynativeyouth.org

HEALTHY NATIVE YOUTH

REQUEST TECHNICAL ASSISTANCE

GIVE US FEEDBACK

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*

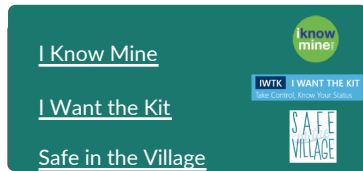
First and Last Name

We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

Thank you!

From Project Red Talon (2021-2022)



Alaska Native Tribal Health Consortium



Inter Tribal Council of Arizona, Inc.

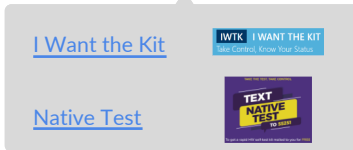
[ITCA Landing Page](#)



Johns Hopkins - Center for Indigenous Health



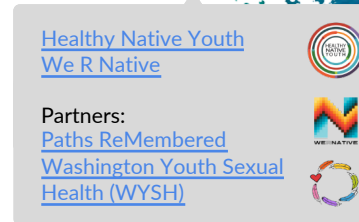
Southern Plains Tribal Health Board



University of Texas - School of Public Health



Northwest Portland Area Indian Health Board



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



Gathering Strength

“Throughout life each of us endures both painful hardships and soaring triumphs. Lessons are inherent in each experience if we will only listen. We grow by remaining fully conscious of the gifts we are given. Our responsibility to ourselves and the world is to seek out knowledge and act on what we learn. We must breathe deeply, trust ourselves, be unashamed, and gather strength from the lessons learned on our individual journeys to become whole.”

-Dana Tiger (Muscogee (Creek) Nation and is of Seminole and Cherokee)

