

# Culture is Power!

February 8, 2023 10am-11:30am PT



## **Host**

[Amanda Gaston](#)

## **Guest Speakers**

[Chelsey Luger](#)

[Thosh Collins](#)

[Crystalyn Lemieux](#)

## **Objectives**

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

1. describe the impact of Native wellness philosophies on adolescent health
2. select cultural adaptation strategies for your programming

## **Stay connected**

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

## **Speaker Resources**

### **Well for Culture**

[The Seven Circles | Birchbark Books](#)

[The Seven Circles | Barnes & Noble](#)

### **Cook Inlet Tribal Council**

[Cook Inlet Tribal Council Prevention Team](#)

["Anchorage is Dena'ina e'ne'na." Land Acknowledgement](#)

## **Chat links:**

[Native Wellness Institute](#)

[Your Life Your Voice](#)

[Teen Line](#)

[Alaska Native Blanket Exercise](#)

[Alaska Children's Trust | Strengthening Families](#)

Chat feed (personal information has been removed)

9:50 AM	Amanda Gaston (she/her)	Cool
10:05 AM	Darold	Kwhakwkay for the blessing.
10:06 AM	Lacey	Shu' shaa nin-la for the blessing
10:07 AM	Caitya	Tlazocamati
10:09 AM	Stephanie	Lemlmts for the blessing Thosh, good words & a Great way to start the Day!
10:09 AM	Stephanie	Stephanie
10:09 AM	Victoria	tory
10:09 AM	Sandy	Sandy, Inupiaq, with the American Indian College Fund. Currently located in Oregon.
10:10 AM	Ranae	Ranae with Nebraska Department of Education I am the Youth Tobacco Specialist.
10:10 AM	Stephanie Craig Rushing	Stephanie Craig Rushing (she/her), NPAIHB
10:10 AM	Crystalyn Lemieux	Crystalyn, Gunsli, Lemieux Tlingit/ Cook Inlet Tribal Council and I'm hoping to learn how I can implement Wellness activities for our youth programs 😊 located in Anchorage, AK
10:10 AM	Cody	Cody, He/Him, Lost&Found (Sioux Falls, SD), Hoping to learn good ways for cultural integration in both programming and evaluation!
10:10 AM	April	Project Coordinator, Yaytaanak Wellness Center, Viejas Band of Kumeyaay Indians, Alpine, CA
10:10 AM	Lacey	Lacey with Tolowa Dee-ni' Nation in Smith River, CA
10:10 AM	Kalani	Kalani, she/her, with Cook Inlet Tribal Council, member of Knik Tribe in AK. Hoping to learn more about indigenizing.
10:10 AM	Chelsie	Chelsie (She/her) Dine/ Southwest Colorado AHEC
10:10 AM	Renea	Renea (she/they) Pascua Yaqui/White Mtn. Apache, NAYA Family Center, Portland, OR

10:10 AM Ranae I want to gain knowledge of how to use best practices to engage with Nebraska Native Youth.

10:10 AM Victoria tory, Acoma Pueblo Kewa Family Wellness Center

10:10 AM LORI Lori, Tribal Action Plan, Oneida Nation, Wisconsin

10:10 AM Jo Jo, Community Case Manager for the Aleut Community of St Paul Island, Anchorage AK

10:10 AM Haily Haily, Diné/Navajo, She/Her, Urban Indian Health Institute

10:10 AM April April (she/her), Colville Tribes HHS in Nespelem, WA - hoping to learn to better reach Native youth in our programs and marketing

10:10 AM Denise Denise (She/her) Oglala Lakota, STITPPI-Stationed in Rapid City, SD. Service areas ND, SD, IA, NE

10:10 AM Darold Darold, Hopi, Northern Arizona University, Moenkopi, AZ

10:10 AM Caitya Caitya she/her, Chahta and Mexican Indigenous, Albuquerque New Mexico, Social work student

10:10 AM Tish & Sindy, Curyung Tish, She/Her, Curyung Tribe, Dillingham, AK - Bristol Bay Area Health Corporation, OUD Youth Liaison, I am looking forward to networking and learning today.

10:10 AM Carl Carl (He/Him) (Hupa), Program Manager, Sacramento Native American Health Center

10:11 AM Sacena Manahuu! Sacena a member of the Bishop Paiute Tribe, she/her, program manager with Urban Indian Health Institute Seattle WA

10:11 AM Danelle haʔł sləx̄il Danelle tsi da Puyallup Tribe hoping to learn new ways to interact with our youth and grow wellness hišəbəʔ / hisk'w̄uʔ 🙏

10:11 AM Gwenda Ya'ah'teeh'. Gwenda, she/her, Inter Tribal Council of Arizona, Inc.

10:11 AM Taylor (they/them) haʔł sləx̄il my name is Taylor (They/Them) and I am a member of the Puyallap Tribe. I am the newest addition to the Healthy Native Youth project at NPAIHB

10:11 AM Anthony Anthony S. (he/him/they) Dine, Kiowa, Caddo & Meskwaki. Native American Community Academy. Open ears/heart to all knowledge to be shared

10:11 AM Abraham Abraham, Nez Perce Tribe

10:11 AM Matthew Matt ~ Grand Ronde Tribe (Oregon) ~ TPREP Grant Coordinator (NIYG w/ 8th graders @ public schools)

10:11 AM Mary Mary, Dean New Mexico Highlands University School of Education, I am here to listen and learn. With appreciation for your gifts of expertise and time.

10:11 AM Carlyn Carlyn, She/Her, Michigan Public Health Institute. Hoping to learn about incorporating culture into program design and evaluation for youth substance use/suicide prevention.

10:11 AM Eugenia Eugenia Mescalero Apache Mescalero N.M.

10:11 AM Lesley Les , Zero Suicide Program Coordinator/Case Manager, RSBCIHI Behavioral Health Services, Grand Terrace, CA.

10:11 AM Zordia NLN Hello my name is Zordia, I am Aztec and I work for the Tulalip Tribes of Washington state.

10:11 AM Michele, NARA NW ta'c méewii, Michele, nimiipuu, NARA NW in Portland

10:11 AM Kris Kris (she/they), postvention coordinator with the Association of Oregon Community Mental Health Programs. Hoping to learn more about indigenizing curriculum as I've been invited into a collaborative process to indigenize a training I support

10:11 AM Stephanie Stephanie, Confederated Salish & Kootenai Tribes in Northwest Montana. Information & Education Program Manager for our Tribal Natural Resource Program & Wildlife Biologist.

10:11 AM Amaya (she/her) Posoh mawanew weyak! My name is Amaya (she/her) from Milwaukee, WI. I am Menominee & Oneida. Serving as the Youth Empowerment Program Coordinator at Gerald L. Ignace Indian Health Center. I look forward to learning more ways to tie in culture into youth programming focused on empowerment. Waewaenen

10:12 AM Eryon Eryon (She/Her), Dine, I am the SAMHSA Native Connections Program Coordinator at the Urban Indian Center of Salt Lake

10:12 AM Ada Ada, (Apsaalooke-Crow Tribal Nation, MT) Coordinator-Tobacco Good Health & Wellness in Indian Country & Coordinator-EPA Program Rocky Mountain Tribal Leaders Council RMLTC Billings, MT & Laura, (Apsaalooke-Crow Tribal Nation, MT) Program Coordinator-Good Health & Wellness in Indian Country GHWIC Program RMTLC

10:12 AM Libby Libby, she/her, Domestic and Sexual Violence Services, Red Lodge, Mt. Here to listen and learn

- 10:12 AM Courtney Courtney (She/Her) Positive Youth Development (Tulalip Tribes, WA)  
Looking to build resources, tool and open to receiving anything coming forward through learning today!
- 10:12 AM Leanne Leanne, Umatilla/Nez Perce, paraeducator for the Healing Lidge of the Seven Nations in Spokane, WA
- 10:12 AM Elisha Elisha, she/her, Program Coordinator, Alaska Native Tribal Health Consortium. Hoping to learn more about incorporating culture into youth programs.
- 10:12 AM Gwenda Hello my name is Julianna, Navajo, a health promotion specialist for the Good Health and Wellness of Indian Country at the Inter Tribal Council of Arizona. Happy to meet everyone.
- 10:12 AM Kelly Kelly (Navajo/Acoma Pueblo)  
  
Native Youth Coordinator  
Inter Tribal Council of Arizona  
Phoenix, AZ
- 10:12 AM Bre Bre (she/her) (Miwok), Program Associate, Sacramento Native American Health Center
- 10:12 AM Kate Kate with the Qawalangin Tribe of Unalaska. Looking forward to gaining perspective.
- 10:12 AM Chaslyn Chaslyn Kewa Keres Language Program
- 10:12 AM Lori Lori, she/her, Great Lakes Inter-Tribal Council, Lac du Flambeau, Wisconsin I am hoping to learn new strategies and activities to enhance our Tribal PREP programming with 5 tribal communities in Wisconsin.
- 10:12 AM Julie Julie (she/her) I am a descendent of the Winnemem Wintu tribe. I am a new tribal crisis counselor with the Native & Strong Lifeline in Washington. Hoping to learn and soak in as much as I can about cultural wellness especially for youth. Very grateful for all of you
- 10:12 AM Glenda Glenda, Health Promotions Coordinator, Inter Tribal Council of Arizona, Inc.
- 10:13 AM Toney Toney, Navajo, Santa Fe, NM. State of NM Indian Affairs Dept. Behavioral Health Program Coordinator. Thank you 😊
- 10:13 AM Tish & Sindy, Curyung Also here with me: Sindy, She/Her, Curyung Tribe, Dillingham, AK - BBAHC Recovery and Prevention Event Coordinator, I am looking forward to learning how to incorporate culture into our work with youth.

10:13 AM Anfesia Anfesia with the Qawalangin Tribe of Unalaska

10:13 AM Vashti/ CIT, Healing of the Canoe Vashti ,Cowlitz Tribe Healing of the Canoe Program Coordinator

10:14 AM Krystie Krystie, She/her, Chinook & Grand Ronde, NARA NW

10:14 AM Shirley Shirley of Taos Pueblo Education and Training Division. Taos Pueblo NM.

10:14 AM Michelle Singer Michelle Singer (she/her | Navajo), Healthy Native Youth Project Manager at NPAIHB in Portland, OR (msinger@npaihb.org) -- Welcome, y'all!

10:15 AM Anfesia Really enjoyed the 7 Circles of Wellness and would like to see if we are able to integrate it into our Culture and Wellness programs

10:15 AM Jane Manthei Well for Culture homepage:  
<https://www.wellforculture.com/>

10:15 AM Andrea Excited to be here. I just bought the book today.

10:15 AM Jane Manthei <https://birchbarkbooks.com/products/the-seven-circles>  
<https://www.barnesandnoble.com/w/the-seven-circles-chelsey-luger/1141109724?ean=9780063119208>

10:17 AM Jolene-Community Building Shiix Sqwippa, Jolene from the Palouse, Wasco bands. Does your work address adopting colonial ways and accepting, adopting and letting some of those go

10:17 AM Melissa Melissa (Mescalero Apache), Director - Native American Social Work Studies Institute, New Mexico Highlands University - I am here to learn.

10:17 AM Sandy Will this be recording be shared later?

10:17 AM Dena Dena, RN, Inyo County Public Health Dept. Tribal Member of the Big Pine Paiute Tribe of the Owens Valley California


10:17 AM Jane Manthei Sandy - Yes, along with the links and resources shared today

10:17 AM David David (Rosebud Sioux), with AISES and president of Great Lakes chapter of Michelle Singer Fanclub

10:17 AM Amaya (she/her) Would it be possible to receive a document with introductions from folks in the chat? Would love to make connections but it's a lot to write down while listening to speakers.

10:17 AM Felicia I will be ordering the book

10:21 AM Andrea Plan to use your book in my profession, Licensed School Social Worker. Positive psychology.

10:22 AM Taylor (they/them) Reacted to "haʔ sləx̣il Danelle..." with 

10:22 AM Michelle Singer I love that picture and the quote!

10:22 AM Anthony Tomahawk bang!

10:23 AM Julie Just want to express gratitude again because I can already tell the 7 circles is a tool I can use to help clients learn it and expand with their community's cultural teachings. I'm also personally excited to use it for myself 🙏

10:23 AM Amanda Gaston (she/her) Hi Amaya! We will share out the chat feed, which will have folks intros...but don't include any personal info (like emails)... 😊

10:24 AM Rudene Rudene

she/her  
Enrolled in Tulalip Tribes, descendant of the quileute and Shoshone bannock tribes  
I'm employed by the Tulalip Tribes as a school advocate for truancy and drop out prevention.

10:25 AM LORI I really relate to the 7 circles, TAP is currently working on Inspirational videos with he youths and this will help me in my efforts. Yaw^ko

10:25 AM Michael Michael, Choctaw

Southern Plains Tribal Health Board

10:26 AM Flona This is a wonderful presentation but I got in late and have to leave early. Will the recording be available?

10:26 AM Amanda Gaston (she/her) Thanks for joining Fiona! 😊

10:26 AM Amanda Gaston (she/her) Yes...we'll get the recording out in a few days.

10:26 AM Flona Great, thank you!!

10:27 AM Amanda Gaston (she/her) Thosh and Chelsey...feel free to add another 5 minutes... 😊

10:27 AM	Jeni	Good morning, Jeni (she/her), Project Coordinator, HIV/STD Prevention Program, Alaska Native Tribal Health Consortium
10:29 AM	Patricia	Love all of this, thank you for sharing today! Patricia, Santo Domingo Pueblo, NM 87052
10:29 AM	Jolene- Community Building	deep breaths make me dizzy and sleepy
10:30 AM	Michele, NARA NW	Thank you for reminding me to breath! 😊
10:31 AM	Amanda Gaston (she/her)	Movement Snack! 😊
10:31 AM	Crystalyn Lemieux	I love that- movement snack
10:32 AM	Julianna, ITCA	Love this. I really needed that movement for today
10:32 AM	Amaya (she/her)	would love some alternatives or resources for folks with different mobility!!
10:32 AM	Mary (she/Her)	Very powerful.
10:33 AM	Felicia	Movement snack love it
10:35 AM	Susie Snyder	feels very good doing these techniques
10:36 AM	Danelle	hawadubš čäləp 🙏 I needed this today and great reminders!!!! 😊
10:38 AM	Crystalyn Lemieux	Gunalcheesh! That was awesome. I love this! I think this is so helpful and I want to incorporate more movement when we work with youth and even when we do training for adults. I can do walking meetings.
10:38 AM	Michele, NARA NW	KUUS! imacus qe'cii yew yew, Chelsey & Thosh, for the wisdom and movement!
10:39 AM	Amaya (she/her)	waewaenen!
10:39 AM	Victoria	thank you for your sharing.
10:39 AM	Darold	“Movement is ceremony”- So powerful. Iss Kwhakway!
10:39 AM	Gwenda	Ahe'hee'. :)



10:39 AM NPAIHB: Michelle Singer (she/her) Idea: open every meeting and/or class with that 10 minute movement! That felt so good, especially first thing in the morning or throughout the day to wake up! Love it!!

10:39 AM Jenny Pidamayaye! Appreciate your guidance and knowledge!

10:39 AM Felicia Thank you

10:39 AM Mary (she/Her) Much appreciation.

10:40 AM Doug Thank You Chelsey and Thosh !! just bought your book !!!

10:40 AM Jane Manthei <https://www.menti.com/al3q6j16q46f>

10:40 AM Kelly THANK YOU SO MUCH

10:40 AM Susie Snyder Thank You

10:40 AM Jeni Thank you! Thank you!

10:41 AM Kelly It gives a sense of belonging and identity

10:42 AM Sandy Do you offer these training sessions to organizations? I'd love to have you do a session with my organization and the network of Indigenous serving schools we work with.

10:43 AM NPAIHB: Michelle Singer (she/her) @Sandy, Chelsey Lugar & Thosh Collins are trainers with our Portland, Oregon friends & relatives at Native Wellness Institute. Here is NWI's website: <https://www.nativewellness.com/>


10:44 AM NPAIHB: Michelle Singer (she/her) Here is the Well for Culture website: <https://www.wellforculture.com/>

10:46 AM Kalani Cook Inlet Tribal Council Prevention Team -prevention@citci.org

10:46 AM Chelsey & Thosh Feel free to email us at any time: info

10:46 AM Chelsey & Thosh [info@wellforculture.com](mailto:info@wellforculture.com)

10:47 AM Amanda Gaston (she/her) Thanks Tosh and Chelsey!

10:47 AM Stephanie Craig Rushing Reacted to "Thanks Tosh and Chel..." with 

10:47 AM Amanda Gaston (she/her) Here's a link for The Seven Circles of Wellness: <https://birchbarkbooks.com/products/the-seven-circles>

10:47 AM NPAIHB: Michelle Singer (she/her) Tosh & Chelsey! You both rock! Thank you so very much! HNY 🤎 you both and your babies!

10:48 AM Amanda Gaston (she/her) I think Barnes and Nobel is having a sale: <https://www.barnesandnoble.com/w/the-seven-circles-chelsey-luger/1141109724?ean=9780063119208>

10:49 AM Sandy Thank you for sharing the websites, Michelle!

10:50 AM Amanda Gaston (she/her) Hey Vashti! Yes! We will send these out along with the recording. 😊

10:50 AM Krystie Reacted to "Hey Vashti! Yes! We ..." with 🤎

10:50 AM Sandy I highly recommend Birch Bark Books, support Native businesses!

10:50 AM Amanda Gaston (she/her) @Sandy, yes!

10:53 AM Jolene-Community Building can we get more info about blanket exercise?

10:55 AM NPAIHB: Michelle Singer (she/her) The Alaska Native Tribal Health Consortium, a partner to the Healthy Native Youth collective, has the Alaska Native Blanket Exercise on their website found here: <https://www.anthc.org/what-we-do/behavioral-health/alaska-blanket-exercise/>

10:55 AM Jeni Hi Jolene! They are in the process of creating a youth version of the Alaska Blanket Exercise.  
akblanketexercise@anthc.org  
Thanks for sharing the link Michelle!

10:55 AM Amanda Gaston (she/her) Super vision with a movement snack...sounds like a winner! 😊

10:56 AM Amanda Gaston (she/her) Modeling and implicit teaching is so powerful with our youth

10:57 AM Kelly FOOD is always a movement, I will totally move for food

10:57 AM NPAIHB: Michelle Reacted to "FOOD is always a mov..." with 🤎

Singer  
(she/her)

10:57 AM April Reacted to "FOOD is always a mov..." with 😊

10:57 AM Amanda Gaston (she/her) Reacted to "FOOD is always a mov..." with 😊

10:58 AM Stan two lessons we have used with youth groups is " the most powerful weapon in the world is free, it is under your nose. definitions are in people not in words Love, respect, strength can be described very differently by different groups of people parents, grand parents, kids, peers, and of course cultures

10:58 AM Stephanie Craig Rushing Reacted to "two lessons we have ..." with ❤️

10:58 AM Amanda Gaston (she/her) love that Stan!

10:58 AM Taylor (they/them) Reacted to "two lessons we have ..." with ❤️

10:59 AM Taylor (they/them) Reacted to "FOOD is always a mov..." with 😊

10:59 AM Kelly I utilize the Four R's





Respect  
Relationship  
Responsibility and  
Reciprocity...  
Simple and it correlates with everything

10:59 AM Stephanie Craig Rushing Reacted to "I utilize the Four R..." with ❤️

10:59 AM Amanda Gaston (she/her) Thanks Kelly! I love that. 😊

10:59 AM NPAIHB: Michelle Singer (she/her) Reacted to "I utilize the Four R..." with ❤️

11:00 AM Sandy This has been an amazing webinar! I have to leave early, but I'll look forward to watching the recording. Please be sure to share it with me!.  
Quyanna, thank you!

11:00 AM	Amanda Gaston (she/her)	Thanks Sandy!
11:01 AM	Amanda Gaston (she/her)	I'm coming to Alaska!
11:01 AM	Kelly	Reacted to "Thanks Kelly! I love..." with 
11:01 AM	Chelsey & Thosh	Love that inclusion of the whole family. So cool
11:01 AM	Stephanie Craig Rushing	Reacted to "Love that inclusion ..." with 
11:01 AM	NPAIHB: Michelle Singer (she/her)	For those of us coming to National Indian Health Board in May, wow! Let's connect with CITCI for these awesome classes in action!
11:02 AM	Jolene-Community Building	the elders sharing is critical, so it's not just a craft, missing the cultural context
11:02 AM	April	Powerful presentations! Thank you.
11:02 AM	NPAIHB: Michelle Singer (she/her)	Reacted to "Love that inclusion ..." with 
11:02 AM	Kalani	Cook Inlet Tribal Council Prevention Team -prevention@citci.org
11:02 AM	Jeni	Thank you Crystalyn!
11:02 AM	LORI	This is so awesome!
11:02 AM	Jane Manthei	<a href="https://www.menti.com/al3q6j16q46f">https://www.menti.com/al3q6j16q46f</a>
11:03 AM	Victoria	thank you for your information it sounds all good for youths our future.
11:03 AM	NPAIHB: Michelle Singer (she/her)	Wonderful way to recruit, to mentor Alaska Native professionals in these native orgs as our youth and our communities need and want (now expect) to see our Native professionals working with our generations in our communities. Love it!
11:03 AM	Stan	Thank you Crystalyn
11:03 AM	Crystalyn Lemieux	Reacted to "can we get more info..." with 
11:03 AM	Crystalyn Lemieux	Alaska Blanket Exercise: <a href="https://www.anthc.org/what-we-do/behavioral-health/alaska-blanket-exercise/">https://www.anthc.org/what-we-do/behavioral-health/alaska-blanket-exercise/</a>

11:03 AM	Danelle	Is there anyway the Mentimeter feedback be shared post session?
11:03 AM	Crystalyn Lemieux	Strengthening families: <a href="https://www.alaskachildrenstrust.org/strengthening-families">https://www.alaskachildrenstrust.org/strengthening-families</a>
11:04 AM	Danelle	hisk'wu? \o/ thank you!
11:04 AM	NPAIHB: Michelle Singer (she/her)	@Danielle, the recording, the slides and the mentimeter (etc) will be posted on the HNY website
11:04 AM	Crystalyn Lemieux	The events we do annually*
11:04 AM	NPAIHB: Michelle Singer (she/her)	And, sent out to those who attended today.
11:04 AM	Jolene-Community Building	please reshare mentimeter
11:04 AM	Jane Manthei	<a href="https://www.menti.com/al3q6j16q46f">https://www.menti.com/al3q6j16q46f</a>
11:04 AM	Chelsey & Thosh	We have some movement exercises posted on our YouTube channel as well. Well For Culture is the name of the channel
11:05 AM	NPAIHB: Michelle Singer (she/her)	Reacted to "We have some movemen..." with 👍
11:05 AM	Crystalyn Lemieux	I forgot to mention we use Medicaid billing to cover food costs and extra money for our events so we can gift items to families and cover fishing licenses for adults or older youth.
11:06 AM	Julie	Storytelling via social media
11:06 AM	Stephanie Craig Rushing	Reacted to "Storytelling via soc..." with 🍷
11:06 AM	Vashti/ CIT, Healing of the Canoe	Plant teachings

11:07 AM Crystalyn Lemieux Our Prevention Team is working towards becoming CARF accredited and getting our CDC I so we can start billing for Medicaid to diversify our funding streams. Right now we are under Recovery Services department and they bill for Medicaid and give us a percentage of the money they get from billing for prevention efforts.

11:07 AM Carole Always ask for Permission to speak, if there are Elders/Others older than Presenter to share, include thoughts & comments of both Elders & Youth..use available resources that can be utilized, instead of creating a Second Wheel..

11:07 AM NPAIHB: Michelle Singer (she/her) These are all great ways to incorporate in implementation action plans but also to get "dreamy" for grant seeking/writing efforts in local communities with like-minded stakeholders in the tribe, org and/or nearby.

11:08 AM Crystalyn Lemieux This is the land acknowledgement I used [https://www.anchoragemuseum.org/media/19602/am\\_publication\\_land\\_acknowledgement\\_v8.pdf](https://www.anchoragemuseum.org/media/19602/am_publication_land_acknowledgement_v8.pdf)

11:08 AM Crystalyn Lemieux I use\*

11:08 AM Danelle 🙏

11:08 AM Vashti/ CIT, Healing of the Canoe Reacted to "This is the land ack..." with ❤️

11:08 AM Lori I will need to log in to another meeting. Miigwech for this enlightening content!

11:08 AM Darold Wow the information already shared today was so helpful and powerful! Thank you so much.

11:09 AM Jennifer, HL7N (she/her) Beautiful presentation. I love all the slides and content. Thank you!

11:09 AM Melissa Crystal, thanks for sharing curriculum and foundation of instruction.

11:09 AM Amanda Gaston (she/her) Our neighbor!

11:10 AM Amanda Gaston (she/her) Our Zuni neighbor! 😊

11:10 AM Eugenia Thank You Wonderful information

11:11 AM Crystalyn Lemieux The Alaska Native Tribal Health Consortium is working on curriculum for teachers on that. They took the western model and Indigenized it.

11:11 AM Andrea Thank you for this wonderful presentation. I have learned so much. I believe the work shared here can benefit all-cultures. Love this.

11:11 AM Emet to Everyone: Thank you! I teach future social workers in New Mexico and your framing, resources is so helpful - blessings and gratitude!

11:11 AM Amanda Gaston (she/her) Thanks Emet!

11:11 AM Crystalyn Lemieux The Injury Prevention Team is working on that.

11:12 AM Crystalyn Lemieux Lower Yukon Kuskokwim School District is also working on a parent support group curriculum.

11:12 AM Taylor (they/them) One resource we have at Healthy Native Youth is our Tools for caring adults which is geared for family members, parents elders, ect.  
<https://www.healthynativeyouth.org/resources/mind4health/>

11:12 AM Stephanie Craig Rushing This is a curriculum template that some of our NW tribes have used and adapted with other cultural metaphors:  
<https://www.healthynativeyouth.org/curricula/healing-of-the-canoe/>

11:13 AM Amanda Gaston (she/her) Thanks Steph!

11:13 AM Krystie Thank you Stephanie!

11:14 AM Stan I attended a strengthening the families program that supports the entire family for I believe 12 weeks. I helped a local tribe create a MDT Multi-Disciplinary Team to ensure all the Tribal programs were on the same page and supporting each other in family dynamics

- 11:14 AM NPAIHB: Michelle Singer (she/her) Darold, so happy to hear you are at NAU in Flag. I have a thought about native college students. We need culture is power on mainstream college campuses! This is important at the local levels (youth) but we cannot avoid or forget our young adults in college or in other areas as our youth adults are looking for ways via their college campuses or nearby communities to connect with them with culture to affirm their identities and stay close on campus for their academic retention and positive personal development while away from home.
- 11:14 AM Taylor (they/them) Reacted to "Darold, so happy to ..." with ❤️
- 11:14 AM Darold Darold-. I'm curious and want to learn about models/curriculum, in addition to todays resources, to support families in sustaining/ building resilience from an indigenous lens. If anyone in this community can share with me I would be so grateful!
- 11:15 AM Carole Building Trust is the first value we need to build our Family Foundation on...once earned never lose it.. Helping Parents is no easy road map, I always remember my struggles and connect with that in order to offer help the Famiies & Children, I am no Expert, though I've learned a lot through my Milestones, and I always say & remember, "Hey Babies do not come with Instructions"! I never put myself above the Parent/s. Parents & Children Matter..I learn from them also every day is a new Lesson for me...Yes!
- 11:15 AM Kelly Reacted to "Building Trust is th..." with ❤️
- 11:16 AM Crystalyn Lemieux We offer suicide intervention skills training every month for anyone in the state of Alaska is one way we work towards reducing stigma. We also do campaigns.
- 11:17 AM Amanda Gaston (she/her) Thanks Carole...I love that! 😊
- 11:17 AM Crystalyn Lemieux The reason why we do that is that some generations are only willing to work on suicide prevention if we change the wording. It's often the older generations that are unwilling to have the conversations but the younger people want to have the conversations. However, it's important to build in safety by offering resources.
- 11:18 AM Carole I think you have to be comfortable in saying the word..and connect with it, in some way or another.



- 11:18 AM NPAIHB: Michelle Singer (she/her) Native STAND (Students Together Against Negative Decisions) 2.0 is a comprehensive holistic culturally-relevant curriculum that also recommends the Talking is Power text messaging campaign for parents so that learning how to be an askable adult and learn with youth as a joint experience rooted in culture and taking our & roles power back for intergenerational learning.
- 11:18 AM Amanda Gaston (she/her) And it differs based on each communities readiness levels...
- 11:19 AM NPAIHB: Michelle Singer (she/her) Native STAND 2.0 link: (it's free!) <https://www.healthynativeyouth.org/curricula/native-stand-2-0/>
- 11:19 AM Kelly Reacted to "The reason why we do..." with ❤️
- 11:19 AM Kelly Reacted to "I think you have to ..." with ❤️
- 11:19 AM Kelly Reacted to "And it differs based..." with ❤️
- 11:19 AM Stephanie Craig Rushing Reacted to "And it differs based..." with ❤️
- 11:19 AM NPAIHB: Michelle Singer (she/her) Talking is Power and Mind for Health are text messaging campaigns for parents and caring adults (mental health, sexual health, etc) -- links on HNY website: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>
- 11:20 AM Zordia NLN [Www.Yourlifeyourvoice.org](http://www.Yourlifeyourvoice.org)
- 11:20 AM Michele, NARA NW [Www.teenlineonline.org](http://www.teenlineonline.org)  
Connecting or re-connecting youth and families to culture. Life is Sacred, Culture is Healing
- 11:20 AM Darold Thank you for sharing the additional resources. We are planning to pull together, a community advisory team to ask the questions Kelly suggested asking.
- 11:20 AM Taylor (they/them) Reacted to "Native STAND (Studen..." with ❤️
- 11:22 AM Crystalyn Lemieux We use Elders or Chaplains in some cases. In Alaska there is not a trust with the medical field. You could also use Calricaraq from Bethel's Yukon Kuskokwim Health Corporation.

11:22 AM Carole Yes it is a negative stigma, how can we change it? I offer my self in a positive and energetic resource. I know can't ignore it.

11:22 AM NPAIHB: Michelle Singer (she/her) Here is an AWESOME link to bookmark for your youth and your families! NPAIHB THRIVE linktree: <https://linktr.ee/npaihbthrive>

11:23 AM Crystalyn Lemieux REVENTATIVE SERVICES


907-543-6731

We offer Calricaraq, traditional counseling services, in Bethel and communities throughout the YK Delta. Based in our outpatient services, this program provides group and individual counseling. Calricaraq staff provide Qaruyun response for communities where a crisis has occurred. Three-day Calricaraq gatherings are provided in communities whose tribe requests them. Staff also provide these activities for schools who request it.

11:23 AM LORI Thank you,

11:23 AM Crystalyn Lemieux Calricaraq sounds like it would help the adults and staff.

11:23 AM Crystalyn Lemieux And the parents/guardians or adults


11:23 AM Kelly Reacted to "Thank you for sharin..." with 

11:24 AM Kelly Replying to "Thank you for sharin..."

I am so excite to see what you help build there at NAU....great things are happening there...

11:24 AM Carole I really wanted to throw in my 2 cents...

11:24 AM Crystalyn Lemieux You will also need to do a community readiness assessment to see if your community is ready. The other thing is a lot of people try to do suicide prevention too soon and you need to do suicide post-vention first or the healing first.

11:24 AM Kelly Reacted to "You will also need t..." with 

11:25 AM Crystalyn Lemieux It sounds like a suicide prevention call is needed?

11:25 AM Jolene-Community Building Lorl sounds like your program is the one to take on this issue, if you have the foundational trust relationship. We all have to face our strengths and responsibly, to take on, learn. Thank you for starting and taking on the conversation for your community and our larger community.

11:25 AM Kris Reacted to "You will also need t..." with ❤️

11:25 AM Crystalyn Lemieux I would recommend QPR, SafeTALK, ASIST training. I also recommend the Piliaq curriculum I shared or Riding the Waves for 5th grade or American Indian Life Skills curriculum.

11:26 AM NPAIHB: Michelle Singer (she/her) The Healthy Native Youth Implementation Toolbox is embedded into the HNY website. Please explore this amazing A to Z circular approach to your planning along with curricula:  
<https://www.healthynativeyouth.org/implementation-toolbox/>

11:26 AM Crystalyn Lemieux I can also send a ton of suicide prevention and postvention resources.

11:26 AM Crystalyn Lemieux Please send us an email and we can send you a wealth of information.

11:26 AM NPAIHB: Michelle Singer (she/her) @Melissa, the Albuquerque Area Indian Health Board has trainings and could help you in your region.

11:27 AM Melissa Thanks!

11:27 AM NPAIHB: Michelle Singer (she/her) If not, contact me and we can offer you some technical assistance to get your the help and/or resources you need!

11:27 AM Kelly I feel there are so many programs that discuss the numbers, the research and data...it feels like a replay...We create prevention teams but we never have prevention, we have resources of agencies and groups that point you back to the same resource

11:27 AM Melissa Thanks Michelle.

11:27 AM NPAIHB: Michelle Singer (she/her) HNY TA Request link: <https://www.healthynativeyouth.org/request/>

11:27 AM Kelly I sound so cynical today... I apologize

11:28 AM Kris Replying to "Please send us an em..."

11:28 AM NPAIHB: Michelle Singer (she/her) Can you re-send your contact information?  
Replying to "I sound so cynical t..."

11:28 AM Jeni Kelly, your heart is big. You care and it's love.  
<https://www.iknowmine.org/>

11:28 AM Crystalyn Lemieux Kelly I understand it's hard this work is difficult.

11:28 AM Avreayl Thanks for all the sharing!

11:28 AM Danelle As a person who works in BH and had the challenge of changing community perception for mental health has taken other tribal programs helping us and partnering to change the narrative - we are all a TEAM working for youth ;)

11:29 AM Crystalyn Lemieux we have to breakdown the silos  
[prevention@citci.org](mailto:prevention@citci.org) OR [Crystalyn.lemieux@citci.org](mailto:Crystalyn.lemieux@citci.org) if you want more information or want to set up a time to call. We have shared our resources with others organizations and don't mind at all.

11:29 AM NPAIHB: Michelle Singer (she/her) NPAIHB THRIVE linktree: <https://linktr.ee/npaihbthrive>

11:29 AM NPAIHB: Michelle Singer (she/her) Talking is Power Text Message Campaign:  
<https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

11:30 AM Matthew To All: thank you for your time and teachings today, lots of wisdom and tools to use in my community

11:30 AM Michele, NARA NW qe'cii yew yew to our presenters and for all the information. I have to get to my next meeting. Have a great day, everyone!

11:30 AM NPAIHB: Michelle Singer (she/her) Mind 4 Health Text Message Campaign:  
<https://www.healthynativeyouth.org/resources/mind4health/>

11:30 AM NPAIHB: Michelle Singer (she/her) Reacted to "prevention@citci.org..." with ❤️

11:30 AM Crystalyn Lemieux September is Suicide Awareness month and maybe we can do a monthly call on that topic?

11:30 AM Kris thank you so much for this session today!

11:30 AM Taylor (they/them) Reacted to "September is Suicide..." with ❤️

11:30 AM Kelly Reacted to "September is Suicide..." with ❤️

11:31 AM David Good show, everyone! Thank you

11:31 AM Avreayl Wado.

11:31 AM NPAIHB: Michelle Singer (she/her) ITCA HNY team is on the call: Kelly & Gwenda

11:31 AM Victoria thank you lots of resources and presentation.

11:31 AM Chelsey & Thosh Miigwech + Philamayaye for having us

11:31 AM NPAIHB: Michelle Singer (she/her) and, ANTHC's Jeni , our HNY AK partner

11:31 AM Carole Thank you

11:32 AM Zordia NLN 🙌❤️

11:32 AM Taylor (they/them) Thank you so much to Amanda, Michelle, Stephanie, Jane, Crystalyn, and Chelsey! Thank you participants for joining!

11:32 AM Lacey Thank you

11:32 AM Darold Thank you!

11:33 AM Ada A;ho (thank you) Ada, RMTLC GHWIC MT

11:34 AM Crystalyn Lemieux We have made adaptations for ASIST. We offer lunch always, we offer snacks, we offer coloring pages, we are working towards offering the crisis canines. We do a blessing and land acknowledgement.

11:34 AM Jane Manthei Reacted to "We have made adaptat..." with ❤️

11:34 AM Crystalyn Lemieux We also made it easier on the trainer we have some documents that might help if there are some ASIST Trainers that would like them.

11:34 AM Kelly @CAROLE...I AGREEEEEE

11:35 AM Crystalyn Lemieux Those that are educated don't always have the experience  
The best way is to do postvention first but there is not a lot of grants for that. So it will take the Tribe or organization making it a priority. We have had one of our partners do a Gathering Of Alaska Natives for grief and I think that is the best way.

11:36 AM Crystalyn Lemieux Carole if you want some tools to make it easier email us.

11:38 AM NPAIHB: Michelle Singer (she/her) Carole, the Great Plains Tribal Chairmen's Health Board out of Rapid City should have QPR trainings and other supports for you on Pine Ridge and the region. I'm happy to make a connection for you.

11:43 AM Jeni Thank you for today! So good to see everyone!

Jolene - let me know if you'd like me to get you in contact with the blanket exercise staff, feel free to email me.

Take care!