

# Talking is Power

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



## **Host**

[Amanda Gaston](#)

## **Guest Speakers**

- Stephanie Craig Rushing, PhD, MPH, [scraig@npaihb.org](mailto:scraig@npaihb.org)
- Kathleen Bonnar, [kdbonnar@anthc.org](mailto:kdbonnar@anthc.org)
- Nicole Trevino, WRN, [nicole@nicoletrevino.org](mailto:nicole@nicoletrevino.org)
- Jeni Williamson, [jjwilliamson@anthc.org](mailto:jjwilliamson@anthc.org)
- Robbie Bright, [rbright@spthb.org](mailto:rbright@spthb.org)

## **Objectives**

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

- examine youth technology and messaging needs
- listen to examples of adolescent sexual health interventions
- design culturally and community relevant sexual health promotional materials for your community

## **Stay connected**

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

## **Speaker Resources**

- Talking is Power Homepage: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>
- Mind4Health Poster: [https://www.healthynativeyouth.org/wp-content/uploads/2022/07/Poster\\_Mind4Health\\_Youth\\_Compressed.pdf](https://www.healthynativeyouth.org/wp-content/uploads/2022/07/Poster_Mind4Health_Youth_Compressed.pdf)
- Canva Template: [https://www.canva.com/design/DAFcJS2RFiY/p4u\\_jj3rZRVTLU-hWDP\\_CQ/view?utm\\_content=DAFcJS2RFiY&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAFcJS2RFiY/p4u_jj3rZRVTLU-hWDP_CQ/view?utm_content=DAFcJS2RFiY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)
- Youth Support Resources page: <https://www.healthynativeyouth.org/wp-content/uploads/2022/05/Youth-Resources-94449.pdf%22>
- <https://www.iknowmine.org/shop/>
- <https://gettested.cdc.gov/>
- We're here to help! <https://www.healthynativeyouth.org/request/>

**Chat links:**

- Example: [https://www.healthynativeyouth.org/wp-content/uploads/2022/05/06.-The-Talking-Journey\\_94449.pdf](https://www.healthynativeyouth.org/wp-content/uploads/2022/05/06.-The-Talking-Journey_94449.pdf)
- [https://coloradosph.cuanschutz.edu/docs/librariesprovider205/journal\\_files/vol29/29\\_3\\_2022\\_1\\_reed.pdf](https://coloradosph.cuanschutz.edu/docs/librariesprovider205/journal_files/vol29/29_3_2022_1_reed.pdf)
- <https://www.nmac.org/programs/thecenter/escalate/>
- This is the CoP that focuses on text messaging:  
<https://www.healthynativeyouth.org/resource/7-14-21-text-messaging/>

Chat feed (names and emails have been removed)

00:35 Stephanie: Good Morning All!

00:36 Jennifer: Hi everyone! Good to see you all :)

00:36 Amber: Oonugwito (greetings)

00:36 Stephanie: reacted to "Hi everyone! Good t..." with 🐱

00:36 LuNell: Hello, my apologies I can not use video. I'm in an very rural location with limited broadband.

00:36 Sandi: Good afternoon, I work in an K-12 school district in Macy NE on the Omaha Reservation

00:36 Taylor: haʔt sləx̄il (greetings!) hope you're all having a good morning

00:36 Jovita: Sengi thamu! Good morning! I'm Jovita. I'm from Ohkay Owingeh, Isleta, and Turtle Mountain Chippewa. My pronouns are she/they. I'm the Native Youth Program Specialist at the National Indigenous Women's Resource Center. I run the NativeLove program.

00:37 Gabbie: Gabbie, USET Inc. Infectious Disease Program Manager gniski@usetinc.org

00:37 Mary: Hello! My name is Mary and I am a member of the Seneca Nation and work as a Prevention Specialist. My pronouns are she/her.

00:37 Clarissa: Good morning my name is Clarissa and I work at Presbyterian Medical Services as an Outreach Worker at the School Based Health Center in New Mexico.

00:37 Michele, NARA NW: ta'c meeywii, oykalo. nimiipuu, NARA NW Portland.

00:37 Gwenda: Ya'at'teeh'. Good Morning. Gwenda with Inter Tribal Council of Arizona.

00:37 Cody (He/Him) | Lost&Found: Hello! My name is Cody. I work at Lost&Found in Sioux Falls, SD - We are the evaluators for the STITPPI grant with the Great Plains Tribal Leader's Health Board.

00:37 Debra: Nix Maytski, Good morning, Debra, Executive Director, Nch'i Wana Housing CDC. A new non-profit in the Columbia River Gorge serving the Native population in housing and community development.

00:37 Val [UAII]: Good morning I am a Program Coordinator for United American Indian Involvement in Los Angeles. I am a descendant of PALA band of Mission Indians + an enrolled member of the IIPAY Nation of Santa Ysabel

00:37 LuNell: I work with the Cowlitz Tribe in Washington. I want to be more culturally aware.

00:37 Jennifer: Good afternoon! I am Jen, (she/her) with UTHealth School of Nursing.

00:37 Kori: Hi there! I'm Kori (she/her) from the Albuquerque Area Southwest Tribal Epidemiology Center. I'm open to learning everything!

00:37 Ashley: Ashley

Youth Substance Abuse Counselor with TSSD for Santa Rosa Rancheria

00:38 Star: Star (she/her), Seneca, Health & Wellness Director at Native American Community Services, Buffalo, NY. Looking for creative ways to engage teens!

00:38 Amber: I would like to help our youth and staff in order to help educate each other to have them know and understand of safe and healthy sexual practices.

00:38 Randy: Good morning everyone from Fort Defiance & Navajo Nation, Prevention Educator with Capacity Builders Inc.

00:38 Ash they/them: Hi I am Ash, I use they/them pronouns and I'm a prevention educator at Rebuilding Hope Sexual Assault Center on Puyallup land. I am hoping to learn more about starting conversations and creating a safe space for youth and especially native youth

00:38 Krystie: Good Morning! Krystie, she/her. Chinook Nation & Grand Ronde. Community Engagement & Development Assistant at NARA NW

00:38 Amber: Hello, my name is Amber, I'm a Community Health Nurse with the Suquamish Tribe. Hoping to leave with some skills to help speak to our youth about sexual health.

00:38 Karimme: Hello everyone, I am Karimme Delgado (She/They) with the Cocopah Indian Tribe and I am a Parent Educator for families with children ages 0-5.

00:38 LaDawn: Ya'at'teeh, My name is LaDawn, Tribal Public Health Educator on the San Ildefonso Pueblo in New Mexico.

00:38 Kitty: Kitty - I am a tribal liaison with the Nebraska Indian Child Welfare Coalition

00:39 Rizza: Good morning everyone! Rizza, she/her, WA State DOH Sexual and Reproductive Health Program, Clinical consultant. Open to learn all and everything that will help inform our work

00:39 Carrie: Carrie - Bishop Paiute Tribe in Bishop CA, I am the Youth Activities Specialist, Advisor to the Bishop Tribal Youth Council, Proud parent to five amazing Bishop Paiute Tribal children.

00:39 Bre: Hello My name is Bryanna (Bre), Wilton Rancheria Tribe. I work at Sacramento Native American Health Center (SNAHC) as the Program Associate :) with youth ages 9-20

00:39 Belinda: Belinda RN Case Manger Women's Cherokee Nation

00:40 Amanda: Hi. I work for the Suquamish Tribe. My pronouns are she/her. Helping to learn skills to help speak to youth/staff in the community.

00:40 Lacey: Haŋ mitákuyepi! Lacey from Rocky Mountain Tribal Leaders Council Tribal Opioid Response program. We focus on working with the urban Indian populations across Montana. I am looking for resources to improve outreach activities and programming for youth prevention efforts. Philámayaye!

00:40 Deon: Boozhoo, my name is Deon. I work in Minneapolis at Indigenous peoples Task Force (Native American non-profit) as a youth peer educator. I'm Ojibwe from Bois Forte- MN.

00:40 Amber: My name is Amber, she/her; work Quinault Education Dept. as project manager on Quinault Indian Nation reservation in Taholah Wa.

00:40 Maria: Maria (she/her)-New member in Kodiak Area Native Association with the Prevention Department Kodiak, Alaska (Substance Abuse and Use Prevention Specialist for Youth and Young Adult Grant)

00:40 Chelsea - UPHP (she/her): Hello! My name is Chelsea, LPN, CHES, and I work in the Children's Health area for Upper Peninsula Health Plan. We are located in the UP of Michigan, on Lake Superior. Looking for ways to engage with our Native Youth and improve preventive health!

00:40 Amanda: How do you survey them? Would love to hear about feedback techniques

00:41 Karen: Hello, Karen, Family Resource Coordinator for Tohono O'odham Nation Komckud Ki: Domestic & Sexual Violence Program in Sells, Arizona.

00:42 Nicole: Good morning! I'm Nicole (she/her) working with the WA Department of Health's Adolescent Health team. I'm excited to learn about resources for meeting young peoples' sexual health needs

00:43 Jeni: Good morning! Great to see everyone.

Jeni (she/her), Special Projects Coordinator, Alaska Native Tribal Health Consortium, HIV/STD Prevention Program iknowmine.org program and AK ID ECHO.

00:43 Lora: Good afternoon everyone, my name is Lora from the Oneida Tribe (WI). I work for Oneida Comprehensive Housing - Community Outreach/Crime Prevention. I am looking forward to learning ways to maintain a safe space at our community buildings and events promoting healthy lifestyles and crime prevention.

00:49 Stephanie: Replying to "How do you survey th..."

Last time, because of COVID, we recruited participants over social media channels. But usually we offer paper-based surveys too, at youth conferences.

00:50 Amanda (she/her): @Steph - Amanda is looking for some more info on surveying youth: "How do you survey them? Would love to hear about feedback techniques". Want to start a side convo...

00:50 Amanda (she/her): Hahah...I see you've done that...didn't cross down far enough. 😊

00:51 Stephanie: Replying to "How do you survey th..."

This article provides a little context too:

[https://coloradosph.cuanschutz.edu/docs/librariesprovider205/journal\\_files/vol29/29\\_3\\_2022\\_1\\_reed.pdf](https://coloradosph.cuanschutz.edu/docs/librariesprovider205/journal_files/vol29/29_3_2022_1_reed.pdf)

00:53 Stephanie: Replying to "@Steph - Amanda is l..."

Yes. This article provides greater context too, on the Youth Health Tech survey:

[https://coloradosph.cuanschutz.edu/docs/librariesprovider205/journal\\_files/vol29/29\\_3\\_2022\\_1\\_reed.pdf](https://coloradosph.cuanschutz.edu/docs/librariesprovider205/journal_files/vol29/29_3_2022_1_reed.pdf)

00:55 LuNell: What is Native humor?

01:00 Jennifer: Can you add the name of that training in the chat?

01:00 Kathleen (she/her): "ESCALATE" trains and empowers participants to recognize and address HIV stigma within every level of the Ryan White HIV AIDS Program.

<https://www.nmac.org/programs/thecenter/escalate/>

01:00 Jennifer: Thank you!

01:04 Cody (He/Him) | Lost&Found: This is so great!

01:04 Taylor: omg love your graphics <3

01:04 Taylor: the beavers with the dental dam cracked me up!

01:06 Cody (He/Him) | Lost&Found: I use it too much :D

01:06 Kori: a LOT!

01:06 Rizza: Too much to count LOL!

01:06 Chelsea - UPHP (she/her): 50x/day

01:06 Karen: constantly

01:06 Ash they/them: I actually use snapchat more!

01:06 Karen: prefer

01:06 Amber: Daily, for work/personally, too much to count.

01:06 LuNell: Not much- I'm old

01:06 Jennifer: never counted..but A LOT!

01:06 Taylor: I use facebook messenger and Instagram DMs a lot more than sms actually 😊

01:06 Amanda: prefer as well

01:07 Kathleen (she/her): Here are my presentation notes, in case you're interested

01:07 Taylor: Replying to "Here are my presenta..."

I'm the new HNY outreach specialist at NPAIHB, your presentation was very helpful for me!

01:07 Amber: DMs, PMs (private messaging-old skool term); email is building up but with having phone connected to email and busy life it's so much easier to either call or text me. Lol

01:08 Kathleen (she/her): Great! Glad to hear it, Taylor!

01:08 Amber: Can we get slides and information emailed to us?

01:09 Amanda (she/her): For sure Amber...I'll follow up with an email once we've uploaded the recorded session and resources to Healthy Native Youth. 😊

01:09 Stephanie: Replying to "Can we get slides an..."

Yes, we will post the recording, slides, and handouts on HNY after the call - this week

01:10 Taylor: to me, native humor is how natives communicate and get through hard times. A lot of it stems from our experiences, struggles, and culture. A lot of inside jokes as well! Being joyful and laughing is medicine!

01:11 Stephanie: Here is the Talking is Power page on HNY:

<https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

01:12 Amanda (she/her): @Native Humor are little sayings or gestures or sounds that are specific to where I come from...

01:13 Clarissa: I apologize in advance but I will be leaving this presentation early. I had learned so much within this amount of time. If any additional information can be sent to me please feel free to contact me via email

01:14 Amanda (she/her): That's my Uncle Kirby Gchachu in that elder video. <3

01:14 Kori: How do you recruit adults to Talking in Power?

01:14 Amanda (she/her): Thanks Clarissa!

01:16 Taylor: Replying to "How do you recruit a..."

we have post cards we can send out that promote the campaign, also showing people how to sign up in person or over zoom during community meetings is a good idea as well. I'm sure there's a lot of people who've never signed up for a sms campaign

01:18 Kathleen (she/her): Yes - sorry to gloss over that piece. Native humor can be pretty specific. It's a challenging thing to capture because it often varies from culture to culture.

01:18 Amanda (she/her): I like to model technical difficulties! Ha.

01:19 Stephanie: Replying to "How do you recruit a..."

There is also a "share" section on HNY, where you can download and share the promotional materials for the campaign: <https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

01:20 Krystie: I missed the text number. Can it be added to the chat please?

01:20 Amanda (she/her): Yes! Text Empower to 94449!

01:22 Amber: Need to have Big Auntie Energy tshirts!

01:23 Amanda (she/her): LOVE the Big Auntie Energy!

01:25 Rizza: How do you order if you live outside the states you mentioned?

01:26 Stephanie: For folks in Alaska: <https://www.iknowmine.org/shop/>

01:27 Robbie: Replying to "How do you order if ..."

You can order HIV kits nationwide, and STI kits in MD, OK, KS, AK, NM, UT or AZ. For other states you can visit <https://gettested.cdc.gov/> to find a testing site closest to you.

01:27 Melissa: I would like posters of the text mental health lines for teens at my school

01:27 Maria: i really like iknowmine. ive ordered materials for teen dating violence awareness month

01:28 Sandi: I would also like the mental health text posters

01:28 Taylor: Replying to "I would like posters..."

[https://www.healthynativeyouth.org/wp-content/uploads/2022/07/Poster\\_Mind4Health\\_Youth\\_Compressed.pdf](https://www.healthynativeyouth.org/wp-content/uploads/2022/07/Poster_Mind4Health_Youth_Compressed.pdf)

01:29 Taylor: Replying to "I would like posters..."

heres the link to download our youth poster for mind4health!

01:30 Amanda (she/her): @Melissa and Sandi - let us know if you find them on iknowmine

01:30 Stephanie: Replying to "I would like posters..."

We also have some print versions available, if you share your mailing address - you can private message us

01:30 Nicole: Reminder: All the Talking is Power resources can be found here-  
<https://www.healthynativeyouth.org/resources/talking-is-power-tools-for-parents/>

01:30 Nicole: Replying to "I would also like th..."

[https://www.healthynativeyouth.org/wp-content/uploads/2022/07/Poster\\_Mind4Health\\_Youth\\_Compressed.pdf](https://www.healthynativeyouth.org/wp-content/uploads/2022/07/Poster_Mind4Health_Youth_Compressed.pdf)

01:31 Jeni: store@iknowmine.org

<https://www.iknowmine.org/>

01:31 Amber: Is there going to be an email with information?!

01:32 Robbie: Had technical difficulties where my headset stopped working, IT swiftly came by and fixed it. So sorry about that everyone!

01:33 Amanda (she/her): Canva Template:  
[https://www.canva.com/design/DAFcJS2RFiY/p4u\\_jj3rZRVTLU-hWDP\\_CQ/view?utm\\_content=DAFcJS2RFiY&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=publishsharelink&mode=preview](https://www.canva.com/design/DAFcJS2RFiY/p4u_jj3rZRVTLU-hWDP_CQ/view?utm_content=DAFcJS2RFiY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

01:33 Ash they/them: I have to head out to another meeting but thank you so much for today!

01:33 Jeni: Thanks for joining Ash!

01:33 Kathleen (she/her): @Amber yes, Amanda will send out a follow-up email

01:34 Nicole: Replying to "Is there going to be..."



All COP resources and recordings can be found here shortly after the calls:

[https://www.healthynativeyouth.org/resources-search/?\\_sft\\_resource\\_audience=community-of-practice-presentations](https://www.healthynativeyouth.org/resources-search/?_sft_resource_audience=community-of-practice-presentations)

01:34 Gabbie: will this recording be sent in a follow up email?

01:34 Nicole: Replying to "will this recording ..."

Recordings and materials are uploaded here after the call:

[https://www.healthynativeyouth.org/resources-search/?\\_sft\\_resource\\_audience=community-of-practice-presentations](https://www.healthynativeyouth.org/resources-search/?_sft_resource_audience=community-of-practice-presentations)

01:35 Kori: I've got to head out but thank you so much for the great resources and tips! Looking forward to the next community of practice!

01:38 Taylor: Canva is very user friendly and has lots of great templates for you to use! The best part is the free to use graphics and icons, makes designing easy for anyone~

01:39 Amber: I'm totally a newb/rookie to Canva. I'm hoping to get this information and help to work with our tribal clinic, schools and programs with spreading this information to our youth/community members.

01:40 Nicole: Replying to "I'm totally a newb/r..."

We're here to help! <https://www.healthynativeyouth.org/request/>

01:41 Jovita: I'm interested to know more about how you do live Q&A over text. Is it for events?

01:41 Nicole: Lots of our Talking is Power resources were designed in CANVA!

01:42 Kathleen (she/her): yeah, I create a lot of the graphics for iknowmine using Canva too

01:42 Amber: Replying to "I'm totally a newb/r..."

Oh gads. I'm on my phone and having fat finger problems

01:43 Nicole: Replying to "Lots of our Talking ..."

Example: [https://www.healthynativeyouth.org/wp-content/uploads/2022/05/06.-The-Talking-Journey\\_94449.pdf](https://www.healthynativeyouth.org/wp-content/uploads/2022/05/06.-The-Talking-Journey_94449.pdf)

01:43 Jeni: Kathleen's made some awesome posts in Canva!

You can also share Canva files with others for collaborating on projects.

01:43 Kathleen (she/her): I like to think of Canva as like a collage lol

you can use their stock library to create images.

01:43 Nicole: Replying to "I like to think of C..."

Agree!! It's super user friendly!

01:43 Amber: Replying to "I'm totally a newb/r..."



01:44 Jovita: Wow that's a really cool way to engage young folks! Thank you for sharing.

01:44 Nicole: Replying to "I'm totally a newb/r..."

Ah, yes online might be easier. On the phone is a little tougher!

01:48 Stephanie: Replying to "Wow that's a really ..."

This is the CoP that focuses on text messaging: <https://www.healthynativeyouth.org/resource/7-14-21-text-messaging/>

01:48 Jovita: Replying to "Wow that's a really ..."

Awesome! Thanks for this!

01:52 Belinda: Once they get results where do they go for treatment. I'm in Oklahoma

01:53 Amanda (she/her): As we start to wrap up this call, if someone would like to close the call with a blessing, prayer, song, poem, well wishes...I'll hit you up. 😊

01:54 Amber: So much great information shared today, thank you all! Our Community Health Department is looking into beginning teaching sexual education at our tribal high school. We are in the beginning stages of this. I'm curious if there are any existing curriculums that anyone has experience with and would recommend?

01:54 Robbie: Replying to "Once they get result..."

If their results are positive they will receive a call from Oklahoma Area Tribal Epidemiology Center for a case investigation and they will connect them with the linkage to care.

01:55 Jeni: <https://www.healthynativeyouth.org/>

01:55 Nicole (She/ They): Replying to "So much great inform..."

Amber, we have a ton of curricula we've developed or curated! Check them out here: <https://www.healthynativeyouth.org/curriculum/>

01:55 Kathleen (she/her): We're piloting Native It's Your Game 2.0 in Alaska for sexual health education: <https://www.healthynativeyouth.org/curricula/native-its-your-game-2-0/>

01:55 Amber: Lol Lower 48!

01:55 Jeni: <https://www.wernative.org/>

01:56 Stephanie: Replying to "So much great inform..."

Also a page to help you compare and select them: <https://www.healthynativeyouth.org/curriculum/compare/>

01:56 Robbie: Replying to "Once they get result..."

We will talk about what options are closest to them, and then where they feel comfortable as well. Then they can schedule a appointment with wherever they choose, and then we will follow up with them to make sure they were able to complete treatment.

01:56 Jeni: @Amber, we use "Lower 48" so often we forget that it's a AK saying! lol

01:57 Amber: Replying to "@Amber, we use "Lowe..."

Have Canadian family who use that term too. Definitely tribal/native lingo.

01:58 Sandi: Can you go back to QR code side

01:59 Amber: Thanks for all the responses!

01:59 Nicole (She/ They): <https://www.healthynativeyouth.org/request/>

01:59 Stephanie: Replying to "Thanks for all the r..."

Here is the link: <https://www.healthynativeyouth.org/wp-content/uploads/2022/05/Youth-Resources-94449.pdf%22>

02:01 Taylor: Thank you everyone!