

Mind4Health is Power

April 12, 2023

10am-11:30am PT



Host

[Amanda Gaston](#)

Guest Speakers

Danica Brown, PhD, MSW; dbrown@npaih.org

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Objectives

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

- address the effects of vicarious trauma and offer skills to addressing self, community and spiritual care.
- learn skills to regulate trauma responses
- talk to youth about self, community and spiritual care
- identify mental health resources for youth

Stay connected

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

Speaker Resources

- Text MIND to 65664 to sign up for Mind4Health
- Mind 4 Health Stand Alone Lesson: https://www.healthynativeyouth.org/wp-content/uploads/2023/04/Mind-4-Health_Concerning-Posts-Online-Youth-Activity.pdf
- Mind 4 Health Tools for Caring Adults Page on Healthy Native Youth website here: <https://www.healthynativeyouth.org/resources/mind4health/>

Chat links:

Self-Regulation

- Box breathing relaxation gif: <https://gph.is/2dfntfr>
- Vagus nerve exercise: <https://www.youtube.com/embed/rbowly6kONY>

Building Community

- Making Relatives Video: <https://www.youtube.com/watch?v=gC5qoWFA-lw>

- Making Relatives Workbook: https://www.nasmhpd.org/sites/default/files/2022_NASMHPD_Making_Relatives.pdf
- Building community partnerships: <https://www.healthynativeyouth.org/implementation-toolbox/gather/get-support-connect-with-community-members-for-guidance-and-feedback/>

Crisis Resources

- 988 social media graphics for Native communities: <https://npaihb.org.box.com/s/4wo260zxc9kqkn55oanqbig2mdgylofg>
- 988 social media shareables from SAMHSA: <https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables>
- The official 988 messaging framework: <https://suicidepreventionmessaging.org/988messaging/framework>
- <https://www.healthynativeyouth.org/wp-content/uploads/2022/05/Youth-Resources-94449.pdf>
- Native & Strong <https://www.youtube.com/watch?v=hleYKuADK70>
- Youthline Warmline <https://www.theyouthline.org/>
- The NPAIHB THRIVE linktree link is: <https://linktr.ee/npaihbthrive>
- Here's an older Community of Practice session, "Escape the Vape: Vaping and Tobacco": <https://www.healthynativeyouth.org/resource/6-10-20-escape-the-vape-vaping-tobacco/>

Additional Resources

- I Know Mine @ Alaska Native Health Tribal Consortium <https://www.iknowmine.org/>
- The Sacred Circle of Tobacco: <https://www.healthynativeyouth.org/wp-content/uploads/2020/08/TSCOT-Final-11.30.18-1.pdf>
- Standalone lessons: <https://www.healthynativeyouth.org/stand-alone-lessons/>
- HNY April 2023 monthly newsletter <https://conta.cc/3m645XI>
- HNY Linktree link: www.linktr.ee/HealthyNativeYouth

Chat feed (names and emails have been removed)

10:07 From Vashti to Everyone:

Vashti, Program Coordinator for Cowlitz Tribe.

10:07 From Cody to Everyone:

Cody. He/Him. Evaluator with Lost&Found

10:08 From Taylor to Everyone:

haʔ sləx̩il, my name is Taylor (they/them). I am a member of the Puyallup Tribe of Indians. I work at NPAIHB as the healthy native youth outreach specialist!

10:08 From Ranae to Everyone:

Ranae she/her I am with Nebraska Dep. of Ed. I am the Statewide Youth Tobacco Specialist and I have had requests for resources for Native American schools. I want to learn best practices of working with Native Americans.

10:08 From Jennifer to Everyone:

Jeni (she/her), Program Coordinator, Alaska Native Tribal Health Consortium

10:08 From Michelle to Everyone:

Hello everyone! Michelle (she/her | Navajo), Healthy Native Youth Project Manager at NPAIHB - msinger@npaihb.org -- glad you are here!

10:08 From Regina to Everyone:

Good Morning! Regina Kumeyaay-North Fork Rancheria Tribal TANF Case Manager

10:09 From Doug to Everyone:

Doug CTLUSI Tribal Council

10:09 From Marylisa to Everyone:

Marylisa, Fairbanks Native Association- Project Manager for Reconnecting Youth Native Connections grant

10:09 From Samantha to Everyone:

Samantha, currently on Nisqually lands in WA; DCYF JR Rehabilitation Counselor

10:09 From Hayden to Everyone:

Hayden. He/Him. I do not have a tribal affiliation, but I am married to an Apache man and he has taught me a lot about his culture. I work for the San Carlos Unified School District on the San Carlos Apache Reservation in Arizona. I am hoping learn how to best help the children I work with as a success coach.

10:09 From Randy to Everyone:

Kymie (She/her) I am Navajo and am a prevention specialist for the Capacity Builders Inc. in New Mexico

10:09 From Victoria to Everyone:

Munahuu, Victoria (she/her), I'm here in central California and am North Fork Rancheria Mono. I'm with Fresno American Indian Health Project

10:09 From Amber to Everyone:

Oonugwito (Greetings) my name is Amber (she/her); enrolled Quinault. Work for QIN Education Dept. as Admin Assist./Project Manager.

10:09 From Luz to Everyone:

Luz, she/her, community educator with the Alaska Native Tribal Health Consortium, working with kids at summer camp Hoping to hear ideas that support resilience.

10:10 From Carole to Everyone:

Good morning everyone, my name is Carole and I am Oglala Lakota Nation tribal member, from Pine Ridge, SD. I work at the Pine Ridge Elementary-FACE Preschool-Homebase program,, as a Parent Educator focusing on the Prenatal to age 3 years old children. I wear many other hats outside my employment!

10:10 From Monique to Everyone:

Monique (she/her | Chalon) Site Project Coordinator OVDCDC

10:10 From Arlen to Everyone:

Arlen, Yakama Nation Juvenile Probation Program Manager

10:12 From Susan to Everyone:

Susan, School Nurse, no tribal affiliation, work with them, Hope for better understanding

10:12 From Amanda (she/her) to Everyone:

I love that approach...

10:13 From Jasmine to Everyone:

Jasmine (she/her), I am Navajo. Currently working and living in Flagstaff, AZ as a Mental Health Specialist for Native Americans for Community Action, Inc.

10:13 From Thong to Everyone:

Tom, he/him, I am a mental health counselor with the Puyallup Tribal Health Authority. I am hoping to be open and learn about how to connect to the population I am working with.

10:13 From Marquis to Everyone:

Mr. Marquis (he/him), Bdewakantonwan Isanti/HoChunk(Ne.)/Sicangu Lakota/Turtle Mountain Chippewa. Enrolled in the HoChunk of Nebraska. I work for the Nebraska Urban Indian Health Coalition in Omaha, Ne. as Youth Advocate/Community Navigator. I'm here to be a better advocate for our youth here and a better understanding of how to promote mental/physical/spiritual/cultural wellness.

10:13 From Jacqueline to Everyone:

Jacqueline (Navajo, She/her), I work in Portland with Portland Public School Head Start as a Family Advocate and currently taking the BHA/MHA program through TCHPP and NPAIHB. Just craving to learn how I could support and uplift individuals.

10:14 From Karimme to Everyone:

Good morning. Karimme working as a Parent Educator for the Cocopah Indian Tribe

10:15 From Normw to Everyone:

Ch'ee-la good morning Norma (she/her) enrolled Siletz, working at the University of Oregon as a Native/Indigenous Retention Specialist

10:15 From Desirae to Everyone:

Desirae (Navajo-Western Agency, She/They) I am the Outreach Advocate / Case Manager for the American Indian Child Resource Center in Oakland California. I am here to recenter myself so that I can serve my clients with all the care they deserve.

10:16 From Doug to Everyone:

Self care , riding my Harley's and walking barefoot on the beach!

10:16 From Jeremy to Everyone:

Hi all. Jeremy -Principal K-12 Remote Village School in Southwest, Alaska (Yup'ik Community)-Quyana

10:16 From Vashti to Everyone:

Self care hiking

10:17 From Marquis to Everyone:

My apologies in advance. Im going to shut my video down for a couple minutes. it is lunch time, here.

10:17 From Lacayah to Everyone:

Lacayah, She/Her, Director of Youth Development at Copper River Native Association, Living and working on Ahtna land

10:18 From JOHN to Everyone:

Johnny, MPH,RDN,LN,LRD. Healthcare Consultant and Clinical Nutritionist and Dietician for the Cheyenne River Sioux Tribe (WIC and Youth Diabetes Prevention Program SD); Rosebud Sioux Tribe WIC SD; Three Affiliated Tribes WIC in ND and Grant Writer for the Sacred Pipe Organization Mandan, ND.

10:18 From Susan to Everyone:

Uvlaaluataq, good morning from Kotzebue Alaska. I'm Susan Tessier and work as the cancer clinical nurse manager here at Maniilaq health center.

10:21 From Sara to Everyone:

Mixawen (hello), my name is Sara. I work for my tribe as an enrollment assistant for Torres Martinez Desert Cahuilla Indians and work in collaboration with other agencies such as TANF and ICWA as needed.

10:23 From Amanda (she/her) to Everyone:

Aaaaaahhh....

10:24 From Amanda (she/her) to Everyone:

<https://gph.is/2dfntfr>

10:24 From Taylor to Everyone:

I like pretending that I'm blowing bubbles when I do this, visualizations help me <3

10:25 From Darold to Everyone:

Hello Everyone- My name is Darold from Hopi. I work as an assistant professor in the College of Ed at Northern Arizona University. I am currently supporting efforts with my community to support the wellbeing of our Youth . Thank you for the breathing excercise 😊

10:25 From Amanda (she/her) to Everyone:

www.audrelordeproject.org

10:27 From Doug to Everyone:

Elders nap also !!!

10:27 From Ranae to Everyone:

I love this! Now I feel better!

10:27 From Amanda (she/her) to Everyone:

It's deliberate and hard work!

10:31 From Cody to Everyone:

I love revolutionary nap—such a great concept

10:34 From Amanda (she/her) to Everyone:

yes...and the social anxiety that has crept up on lots of folks since covid...

10:35 From Taylor to Everyone:

Replying to "yes...and the social a..."

so true

10:39 From Alana to Everyone:

Hello All,

My name is Alana, I am of Scottish, German and Eastern European descent. I am living/working/traveling between the ancestral lands of the Nipmuck in Massachusetts and Shoshone, Paiute, Goshute and Ute in Utah, consulting with Restoring Ancestral Winds, Great Basin Domestic and Sexual Violence Coalition on violence prevention and response. Thank you for this approach to rooted, sustainable care of self, community and land.

10:42 From Amanda (she/her) to Everyone:

Jane do you have that link?

10:42 From Jane to Everyone:

<https://www.youtube.com/embed/rbowly6kONY>

10:43 From Jennifer to Everyone:

Thank you Danica!

10:43 From Jane to Everyone:

Thank you Danica!

10:43 From Barbara to Everyone:

Thank you! Especially agree with connecting with tradition!

10:43 From Jacqueline to Everyone:

Thank you Danica.

10:43 From Pamela to Everyone:

I arrived late. Sorry! What is Danica's last name?

10:44 From Taylor to Everyone:

Thank you Danica!!

10:44 From Desirae to Everyone:

Danica Brown

10:44 From Pamela to Everyone:

Thank you

10:44 From Ranae to Everyone:

Awe Danica love this!

10:46 From Jane to Everyone:

Text Mind4Health to 65664 to sign up

10:57 From Michelle to Everyone:

Mind 4 Health Stand Alone Lesson: https://www.healthynativeyouth.org/wp-content/uploads/2023/04/Mind-4-Health_Concerning-Posts-Online-Youth-Activity.pdf

10:57 From Carole to Everyone:

So these are printable? Nice.

10:57 From Michelle to Everyone:

Yes!

10:58 From Michelle to Everyone:

The lesson lays it all out with printable handouts. :-)

10:58 From Jacqueline to Everyone:

Love it :)

10:59 From Jacqueline to Everyone:

I love the journal space

11:00 From Michelle to Everyone:

Suggestion: it is a good time to start adults to sign up but also to prepare youth as Spring is upon youth and kiddos getting ready to face prom, graduation, end-of-school. Can spark lots of emotions -- so adults be prepared and get your youth support resources now.

11:01 From Pamela to Everyone:

I already signed up  it looks like a wonderful support.

11:01 From Michelle to Everyone:

Mind 4 Health Tools for Caring Adults Page on Healthy Native Youth website here:
<https://www.healthynativeyouth.org/resources/mind4health/>

11:01 From Amanda (she/her) to Everyone:

Text Mind4Health to 65664 to sign up

11:02 From Danica to Everyone:

Making Relatives Video: <https://www.youtube.com/watch?v=gC5qoWFA-lw>

Making Relatives Workbook:

https://www.nasmhpd.org/sites/default/files/2022_NASMHPD_Making_Relatives.pdf

11:02 From Darold to Everyone:

Is there a jpeg for the 988 info we can share with our networks and social media?

11:02 From Jane to Everyone:

988 social media graphics for Native communities:

<https://npaihborg.box.com/s/4wo260zxc9kqkn55oanqbig2mdgylofg>

11:03 From Jane to Everyone:

988 social media shareables from SAMHSA: <https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables>

11:03 From Jane to Everyone:

The official 988 messaging framework:

<https://suicidepreventionmessaging.org/988messaging/framework>

11:04 From Amanda (she/her) to Everyone:

Was this formally Stronghearts?

11:06 From Amanda (she/her) to Everyone:

Native & Strong

<https://www.youtube.com/watch?v=hleYKuADK70>

11:08 From Taylor to Everyone:

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

11:10 From Marquis to Everyone:

Thank You these are awesome

11:10 From Darold to Everyone:

This is all very helpful. Kwhakwa!

11:10 From Michelle to Everyone:

They are on the HNY Social Media channels but we can see to add them to HNY Resource Library as well as make sure they are added to the THRIVE linktree.

11:14 From Michelle to Everyone:

The NPAIHB THRIVE linktree link is: https://linktr.ee/npaihbthrive?utm_source=qr_code

11:14 From Michelle to Everyone:

@Marquis, there is some really good resources here for your kiddos! Youth Support Resources and more.

11:16 From Marquis to Everyone:

Replying to "@Marquis, there is s..."

thank you

11:16 From Alana to Everyone:

Thank you all - this material is incredibly timely and much needed for us here in Utah. I will share the resources provided today with Tribal partners here and look forward to seeing you again next month!

11:17 From Vashti to Everyone:

Thank you!!

11:17 From Jane to Everyone:

<https://www.healthynativeyouth.org/wp-content/uploads/2022/05/Youth-Resources-94449.pdf>

11:18 From Michelle to Everyone:



11:18 From Taylor to Everyone:

<https://www.healthynativeyouth.org/wp-content/uploads/2020/08/TSCOT-Final-11.30.18-1.pdf>

11:19 From Stephanie to Everyone:

Yes, there are tobacco related lessons: <https://www.healthynativeyouth.org/stand-alone-lessons/>

11:19 From Jane to Everyone:

Here's an older Community of Practice session, "Escape the Vape: Vaping and Tobacco":

<https://www.healthynativeyouth.org/resource/6-10-20-escape-the-vape-vaping-tobacco/>

11:19 From Michelle to Everyone:

@Marquis, I placed the two crisis charts in the chat feed for your download and I will also make sure we have this loaded as part of the backup documents for this CoP recording that will include the slides, handouts, etc.

11:19 From Stephanie to Everyone:

Including: Tobacco Prevention: Sacred Circle of Tobacco

11:20 From Stephanie to Everyone:

Replying to "Including: Tobacco P..."

And: Alcohol, Tobacco and Other Drugs

11:20 From Pamela to Everyone:

Maybe your agency can hire a Indigenous consultants to get serious help.

11:22 From Michelle to Everyone:

HNY Linktree link: www.linktr.ee/HealthyNativeYouth

11:22 From Denise to Everyone:

Did you ask for a formal introduction to the communities? That may help.

11:23 From Carole to Everyone:

Take care of YOU so you can take care of others, you are a great person (from listening to you) have a great day prayers for your endeavors.

11:23 From Ranae to Everyone:

Denise, yes I have been introduced to some of the tribal leaders and thankfully, more are attending the zoom meeting next Monday so I feel like there may be some trust being rebuilt.

11:24 From Stephanie to Everyone:

We also have some tools in the Implementation Toolbox, that focus on building community partnerships: <https://www.healthynativeyouth.org/implementation-toolbox/gather/get-support-connect-with-community-members-for-guidance-and-feedback/>

11:24 From Jennifer to Everyone:

If you have any questions for the ANTHC I Know Mine program please feel free to email us at info@iknowmine.org! <https://www.iknowmine.org/>

11:27 From Michelle to Everyone:

HNY April 2023 monthly newsletter link --> click and spread the word! Click to read: Here is the link:

<https://conta.cc/3m645XI>


11:30 From suzanne to Everyone:

Much gratitude to all for this amazing opportunity.

11:30 From Susan to Everyone:

Quyaanathank you!

11:30 From Sara to Everyone:

Thank you 

11:30 From Pamela to Everyone:

Thank you! 🤝

11:30 From Luz to Everyone:

Thank your for all of the sharing!

11:30 From Jennifer to Everyone:

Thank you for today!

11:30 From Taylor to Everyone:

Thank you all for attending!

11:30 From Jacqueline to Everyone:

Thank you

11:30 From Gary to Everyone:

Thank you!