Mind4Health is Power!

April 12, 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
Halito! Keshi! Hello!

Danica Brown, PhD, MSW  
Choctaw Nation of Oklahoma  
(she/her)  
I love puppies (it’s in my bio).  
dbrown@npaihb.org

Amanda Gaston, MAT  
Zuni Pueblo  
(she/her)  
I love gatos!  
agaston-contractor@npaihb.org

Stephanie Craig Rushing, PhD, MPH  
(She/Her)  
I love coffee.  
scraig@npaihb.org
Live Virtual Training

Logistics

- You are muted
- If comfortable, share video

Engagement

- Box Breathing & Vagals Regulation
- 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)
We’ve Got Goals!

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

You, whose day it is, make it beautiful. Get your rainbow colors, so it will be beautiful.

-Nootka song to bring fair weather
Where are we going

1. Healing Conversations
   - Box Breathing
   - Vagus Regulation
   - 30 min

2. Mind4Health
   - Text Message Service
   - Youth Activity
   - 5 min

3. Crisis Resources
   - 20 min

4. Let's Talk & Tech Time
   - 25 min

5. Closing
   - 5 min
1. Healing Conversations: Self, Community and Spiritual Care

Danica Love Brown, PhD, MSW
Choctaw Nation of Oklahoma
Behavioral Health Programs Director NPAIHB
Taking care of yourself, taking care of your community: Being a good relative
Honor your compassion
Meaning Making

THE WHY

We are living through difficult times and must take care of ourselves and each other. As compassionate, empathetic caregivers we are at risk for vicarious trauma. Trauma is stored in the brain and so is healing. No one way to heal - modalities are connected.

Image: https://www.mprnews.org/story/2019/06/15/jingle-dress-tradition-native-american-dance
Making Meaning

SELF-CARE

Not to be confused with current "wellness movements." Self-Care is the act of caring for your own basic needs. It is a way to support yourself during times of ease and times of struggle.

COMMUNITY CARE

Focused on the collective. Caring for one another. This can be a large community or a community of two people. Humans are social creatures and the best medicine we have as Native people is each other.

SPIRITUAL CARE

Utilizing resources from spiritual, religious, and/or cultural traditions to help people find a sense of meaning, belonging, purpose, and well-being. Supporting people as they cope with their life experiences.
BREATHING EXERCISE
FOR RELAXATION #1

Perform for 2 to 5 Minutes

INHALE THROUGH NOSE

Instagram: @elevatevibe
"CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION AND THAT IS AN ACT OF POLITICAL WARFARE."

Audre Lorde

www/audrelordeproject.org
SOMETIMES SELF-CARE IS NOT MUCH FUN

not always bubble baths & pedicures
SOMETIMES IT IS

Connect with Tradition
Rest is REVOLUTIONARY
(from Characteristics of White Supremacy by Tema Okun)

» Winter teaches us about rest. Time for story and making art. Time for dreaming and visioning. Time of the ancestors.

» "Rest is a form of resistance and sleep deprivation is a racial and social justice issue." ~The Nap Ministry

» Defies oppressive settler/colonial structures: sense of urgency, progress is more, written word as superior, fear, perfectionism, etc.
A MODEL FOR SELF CARE
"SHOUTING 'SELF-CARE' AT PEOPLE WHO ACTUALLY NEED 'COMMUNITY CARE' IS HOW WE FAIL PEOPLE."
~ NAKITA VALERIO
HEALING JUSTICE HEALING BY CHOICE

» Past
» Confront our trauma & embrace our history Intergenerational Trauma

» Present
» Release the pain
» Address current structures of oppression

» Future
» Turn pain into action to benefit our communities Generative/Co-created future
COMMUNITY CARE IN INDIAN COUNTRY

Ceremony
Talking Circle
Mutual Aid / Indigenous Economies
Justice Movements (Standing Rock, Mauna Kea, MMIWG2S marches)
Cultural Gatherings/Events
Intergenerational Connection
Practice Learning traditional arts, dance, music
Food
Wellbriety group
CONNECTION & BELONGING

WE ARE LONELY
There is a loneliness epidemic. Loneliness & social isolation can be as damaging to health as smoking 15 cigarettes a day. Especially true among youth and elders. Made worse by covid pandemic and the rise of social media.

COMMUNITY = SURVIVANCE
Humans are social creatures and Native people often experience our sense of self, connection to the sacred, and sense of meaning through communal activity. Community is about possibility.

BELONGING IS HEALING
A sense of belonging is essential to our well-being. It helps with depression, anxiety, and creating a strong sense of self. Belonging restore

Image: https://www.mprnews.org/story/2019/06/15/jingle-dress-tradition-native-american-dance
Spiritual Care

IS:
» For everyone - regardless of faith tradition or religious beliefs
» A time to be heard, to be witnessed, to be listened to without judgement
» Flexible - meets you in the moment
» Time for exploration - purpose, values, ethics, interpersonal relationships, meaning, emotions

IS NOT:
» Only for the religious/spiritual
» A substitute for mental health care - though there may be overlap
» Static - may be a new experience each time, will vary from person to person
» Shared - confidential within the boundaries of professional mandatory reporting
SPIRITUAL CARE TOOLS & PRACTICES
(AKA GOOD MEDICINE)

PRAYER/MINDFULNESS/CONTEMPLATION/MEDITATION
» connect to a sense of wonder, awe, to something bigger than you. Prayer can be singing, smudging, talking, listening, breathing, dancing, drumming, ceremony, a hike. Mindfulness practice - focusing on breath or a word to return to the present moment.

CREATE
» write, paint, dance, sing, draw, bead, weave, plant a garden, make some babies, design a skirt, sew a new wardrobe

ANCESTRAL CONNECTION
» they love you, they miss you, they prayed for you to be here, we are the descendants of survivors, they can hear you.

SACRED SPACE
» ceremony, church, temple, house of worship, altar building, time outdoors, visits to traditional sites, collecting first foods & plant medicines, on a sports field or court, In a barn, on a farm

STORYTELLING/STORYLISTENING
» story is medicine, we cannot tell stories without also knowing how to listen deeply, tarot
Vagus Nerve Regulation Activity
Resources

https://www.gse.harvard.edu/news/21/02/combatting-epidemic-loneliness


Legacy: Trauma, Story, and Indigenous Healing by Suzanne Methothttps://w
www.suzannemethot.ca/books/

Wiyaxayxt / Wiyaakaa’awn / As Days Go By: Our History, Our Land, Our People - The Cayuse, Umatilla, and Walla Walla. Edited by Jennifer Karsonhttps://uwapress.uw.edu/book/9780295986234/wiyaxayxt-wiyaakaaawn-as-days-go-by/
Chatfeed Convo: Type Questions, Ask Away!
2. Mind 4 Health

A text message service for Caring Adults...
Nurturing Conversations to Build Mental Health
Promo Video

Halito! Ahchishi Okshulba Onnahinli Fichik

https://www.youtube.com/watch?v=qosET4AUrDQ
In the Respond phase, you’ll learn how to support youth with their mental health.

Step 1: Start the Convo
Step 2: Listen & Ask Questions
Step 3: Connect to Support

As Indigenous people our experience with mental health is unique due to our collective historical trauma. Our answer to this trauma is HEALING.

Throughout the series, we’ll share inspirational messages from your Relatives, so you know you’re not alone.

We’ll use our Indigenous lens to put things into context - sharing tips and tools to support your own mental health.
Types of Messages

Sequencing
- Three: 30-40 Message Blocks
- Front Load priority messaging
- Rotate between Call to Actions & Normal Messaging
- Graphics
  - Spacing
  - Transitions between Respond, Heal, Grow
- Half-time Show
- Monitoring

Rotate Between Types of Messaging:

Call to Action Messages
- Links to:
  - Videos, Articles, Resources, Documents, Websites
- Reply to:
  - Commit to being an Askable Adult
  - Self-efficacy Questions
  - REPLY MORE: Talking is Power or Caring Messages

Normal Messages
- Neutral Messaging
- Caring Messages - a collection of messages from your relatives
## Steps to Supporting Youth

...when they see something concerning

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td><strong>Start the Convo</strong>&lt;br&gt;The first step to be an askable adult, is to start the convo. Say, “I’m here if there’s ever anything you or a friend want to talk about, big or small.” Watch how Tommy kicks off the convo: <a href="https://youtu.be/2fvakloAb8I">link</a></td>
</tr>
<tr>
<td>02</td>
<td><strong>Listen &amp; Ask Questions</strong>&lt;br&gt;The second step to starting the convo is to listen and ask questions. Validate youth’s feelings or their concern about a friend. And, let them know what you plan to do next. Watch Tommy help a youth with a concerning social media post: <a href="https://youtu.be/2fvakloAb8I">link</a></td>
</tr>
<tr>
<td>03</td>
<td><strong>Connect to Support</strong>&lt;br&gt;The final, most important step when talking to youth about mental health is to connect them to support when needed, like mental health professionals and youth resources. Watch how Tommy does it: <a href="https://youtu.be/2fvakloAb8I">link</a></td>
</tr>
</tbody>
</table>
New Materials...
Youth Activity Guide

The goal of this lesson
...is for youth to learn what to do when they or their friend(s) see or post something that is concerning online.

Age Groups: Middle School, High School, Young Adult
Time: ~50 minutes

Youth will:
- classify concerning, uncorncering, or not sure online posts
- discuss what to do with a concerning post
- practice steps 1) Talk, 2) Share, and 3) Support those who post concerning messages

<table>
<thead>
<tr>
<th>Activity Outline</th>
<th>Core Content Components</th>
<th>Instructional Method</th>
<th>Materials Needed</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome &amp; Icebreaker</td>
<td>Welcome youth &amp; Blessing</td>
<td>Miniature Group Activity Group Activity</td>
<td>White board/Markers</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td>Group Agreements (optional)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Icebreakers - Social Media Wave</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introducing Activity Concepts</td>
<td>What is a concerning post?</td>
<td>Brainstorm</td>
<td>White board/Markers, white bg or tape</td>
<td>5 minutes</td>
</tr>
<tr>
<td>Video</td>
<td>The Story of Rosa &amp; Tervel video</td>
<td>Large Group Activity</td>
<td>Computer, Wi-Fi Dir, downloaded to USB (drive), projector, screen, audio equipment</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Putting It All Together</td>
<td>Talk, Share, Support</td>
<td>Miniature Group Activity</td>
<td>Youth Handouts</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td>Youth Handout #1</td>
<td></td>
<td></td>
<td>10 minutes</td>
</tr>
<tr>
<td></td>
<td>Snowball Activity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Youth Handout #2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Closing</td>
<td>Closing &amp; Blessing</td>
<td>Miniature Individual Reflection</td>
<td>Youth Handouts</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td>Journal Space</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Youth Handout #3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Native Youth Resource Flyer</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Materials
- Whiteboard/Flipchart + markers
- Youth Handouts
- Timer or phone for keeping track of activity times
- Proxiflysers
- School, sticky tape or tape
- A projector, screen, and audio equipment, if showing the video to a large group

Preparation
- Preview Lesson plan
- Preview Youth handouts to determine what is most appropriate for your youth’s levels and your goals.
- Print enough copies of the handouts for each youth.
- See “Message exchanges” grey (print & cut)
- Watch the Rosa & Tervel video. Double check that your audio equipment (speakers and projector) are functioning, and that the video is loaded for easy access. *If streaming from the Internet, you might want to buffer the video first; pull the video up, pause it, and wait until it is fully loaded – the grey bar at the bottom will show the full length of video. This will ensure you won’t have delays when playing the video. If offline - download the video to your computer or USB drive
- Write a scenario to attend your event. In-case youth participants would like to talk to someone after participating in the discussion

Cultural Component Options
- Note: additional time needed for this activity

Preparation
- Identify a culturally appropriate and relevant quote, poem, and prayer or short ritual to open and/ or close the session with
Activity Examples

What is a concerning post? 5 minutes

Say, “As you’ve just seen, many of us use different types of social media channels. Social Media can be awesome! It can also have some pretty negative things about it too. Most youth your age have said they’ve seen posts that have concerned them, like posts on depression, substance misuse, suicidality, or self-harm in their social media feeds and they see them pretty often.

Youth have also said that sometimes it can be really confusing to decide what a concerning post is, especially if you don’t know the person who posted it very well. I’d like for us to do an activity that will help to clear this up.

For starters, the definition of a concerning post is that they express depression or intent to hurt one’s self or others, that have been posted online.

I’m going to pass out a few cards, face down, that have examples of messages posted online. Together we are going to decide if they are a concerning post or not. Later we will talk about what you can do if you do ever come across a concerning post online like Talk, Share, and Support...but we’ll talk about that more in a bit.”

Ask a volunteer to pass out example message cards, face down and ask youth to keep them that way. While that is being done, draw a large Venn diagram on the board (or large white sticky paper) with the titles: Unconcerning Post, Not Sure, Concerning Post, like the below.

---

**Message Examples**

- FML. It’s too hard, I can’t take it anymore
- Nobody would notice if I went missing
- I don’t want to do this anymore, there’s no point
- I’m done
- I’m worthless... no one cares about me. Wish I wasn’t here
- F**K IT GOODBYE
- Sometimes you have to fly with the eagles
- Gun, knife, pills, or noose emojis
- Depressing or sad song quotes
- Photos of alcohol bottles, pills, weapons, or self-harm
- I wish I could go to sleep and not wake up
- I’m gonna walk into the woods and never come back
Storytelling

The Story of Rosa & Terrell

Say, “We are going to watch a short video together, but before we do I want to tell you that this can be a hard topic to talk about, so if you are feeling like you need a break - it’s ok to step out for a moment, or to come talk to me after we’re done, okay?”

Say, “After we watch the video, we get a chance to talk about it. Then, we’ll do an activity called ‘snowball’ where we can share about a post that has you worried. We will share in a way where no one will know who wrote what. Lastly, we will close by talking about how you and your friends can connect to local and national health resources for help.”

Show Video clip

Click here and have video prepared for viewing. (6 minutes)

Link: https://www.youtube.com/watch?v=gYMERPpFOCQ&list=PLikV0vO0voTvIkOeCSqsf2255R&index=9

Video Discussion Q’s

Say, “What do you think of Rosa and Terrell’s experience?”

Allow time for responses.

Say, “What helped Terrell pull through when he was feeling low?”

Allow time for responses.

Say, “What can you receive from the gift of their stories?”

Allow time for responses.
Youth Activities

Talk, Share, Support

Talk
You can help those you care about by letting them know you're around if they need to talk.

Share
Need help talking to someone you're concerned about? Talk to a trusted adult for help, like a counselor (check with your tribal clinic), relative, teacher, or another trusted adult.

Support
Reach out for help when you need to! We ALL need a little support from time to time. No worries! You're not alone.

Snowball Activity!

Person creating the Snowball, please write an example of...

A Concerning Post on Social Media:

1. Talk:
   What can you say to this person?

2. Share:
   Who will you share this info with?

3. Support:
   What resources can they use?
FOR NATIVE YOUTH

Reach out for Help When you Need to

We all need a little support from time to time. No worries! You’re not alone. If you or a friend are in crisis...

Text “Native” to 741741, or Dial/Text 988 for free 24/7 counseling support

CRISIS TEXT LINE | 988

You can help those you care about by letting them know you’re around if they need to talk. Need support? Talk to a trusted adult for help.

Scan the QR code using your phone for Native Youth Support Resources

#WeAreNative #CaringMessages #CrisisTextLine
After receiving messages...

Q5 After receiving the messages, how likely are you to model and practice Mental Health self-care?

- I am not likely to model or practice MH self-care: 0.00% (0 responses)
- I am not sure whether I will model or practice MH self-care: 8.70% (4 responses)
- I am likely to model or practice MH self-care: 91.30% (42 responses)

Total: 46 respondents

Q6 Did the series improve the mental health conversations you’re having or your help-seeking and referral skills? (select all that apply)

- Yes, I’ve shared something I learned from the series with a youth or family member: 56.52% (26 responses)
- Yes, we’re talking more often about mental health: 39.13% (18 responses)
- Yes, we’re spending more time together doing wellness activities: 36.96% (17 responses)
- Yes, I’ve helped someone respond to a concerning post on social media: 15.22% (7 responses)
- Other impacts you’ve noticed (please specify): 8.70% (4 responses)
- No, not yet: 6.52% (3 responses)

Total Respondents: 46
Outcomes & Impacts

**Q7 As a result of the text messages:**

<table>
<thead>
<tr>
<th>ANSWER CHOICES</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>I saved both the Youth Support Resources or the Crisis Text Line to my phone</td>
<td>45.69%</td>
</tr>
<tr>
<td>I did not save the Youth Support Resources or the Crisis Text Line to my phone</td>
<td>21.74%</td>
</tr>
<tr>
<td>I saved the Youth Support Resources to my phone</td>
<td>17.39%</td>
</tr>
<tr>
<td>I saved the Crisis Text Line to my phone</td>
<td>15.22%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100%</td>
</tr>
</tbody>
</table>

**Q1 Overall, how prepared do you feel to be an “Askable Adult” (starting the conversation and creating safe spaces to talk to youth about mental health) after receiving the text messages?**

<table>
<thead>
<tr>
<th>ANSWER CHOICES</th>
<th>RESPONSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>More prepared than I was before</td>
<td>82.61%</td>
</tr>
<tr>
<td>As prepared as I was before</td>
<td>15.22%</td>
</tr>
<tr>
<td>Less prepared than I was before</td>
<td>2.17%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100%</td>
</tr>
</tbody>
</table>
Include additional resources

The program was a helpful reminder of why we do what we do, it’s for the kids.
Amazing source!! I do hope more youth know about this service...should be shared on social media like a highlight of what is shared
Loved it! Keep doing more!
Keep those texts coming forever.

I love getting these texts. They seem to come at just the right time. I have shared them with peers to help them with conversations with their students as well!
Sometimes using names confused me that I someone else was texting me
I wouldn't change anything.
I really can't think of anything I would change. I thought this is very helpful information. 😊
Nothing.....I loved it. X 4

Increase face-to-face communication by having conversations about mental health. If face-to-face not possible (because of covid) there should be FaceTime or zoom meetings.
Thank you for providing this info.
I think it’s a good start in the right direction

Continued content
Podcast or video series
More inspirational quotes or advice
This has been amazing! Thank you!

You all are doing amazing work! Keep it up, our communities need you. Much respect!!
3. Crisis Call & Text Services

Get your phones ready...
When you've got a police, fire, or rescue emergency, call 911.

When you have a mental health emergency, call/text 988.

Suicide & Crisis Lifeline

Dial 988 for mental health emergencies.

Text NATIVE to 741741 for free, 24/7 support.

#WeNeedYouHere

When you have a mental health emergency, call/text 988.
988: The Suicide & Crisis Lifeline

- Over 10,430,970 calls answered
- Less than 3% of calls result in emergency dispatch
- Less than 1% of calls result in involuntary dispatch
- 988 is effective in reducing emotional distress and suicidality
- 988 Lifeline centers divert callers from unnecessary law enforcement and emergency services
988 Messaging

- 988 social media graphics for Native communities:
  https://npaihborg.box.com/s/4wo260zxc9qkn55oanqbig2mdgylofg
- 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
- How to report on 988:
Native & Strong Lifeline

• Available 24/7 in Washington state

• Staffed by Native crisis counselors from across the U. S.

• Crisis counselors trained in:
  • Historical trauma
  • Cultural skills and ceremonies for coping with stress
  • Ways of talking about suicide, abuse, and substances in Native communities
  • Self care (emotional and spiritual)
Native & Strong Lifeline now available 24/7 in Washington State

We provide the first step to healing that centers around the lived experiences, traditions, and wisdom of Indigenous people.

This line is for anyone who is tribal-affiliated in Washington state, regardless of the geographical location of their Tribal home.

Dial 988 and press "4" to get connected
In crisis?
Text NATIVE
to 741741.
for free, 24/7 support.
CTL NATIVE Keyword Data

- 628 conversations (as of 4/5/2023)
- Texter age ranges from 13-64yo
- 89% of texters found conversation helpful
- 55% of texters shared something with the CTL counselor that they’ve never shared with anyone else before

CTL NATIVE Keyword Feedback

- ...your presence and communication skills provided a place for me to sort out what was happening and regain some control over my thoughts & actions. And that helped create more trust so I can feel better about reaching out for further assistance. This is life saving work and I’m very grateful you were there for me today.

- I really appreciate you doing your best to help me. I want you to know that I’m okay and I’m safe. I’m working on reaching out to more people and resources, so I appreciate you being there to help

- Thank you for your time and immediate attention! Made me feel like I matter

- Thank you for being there for me... I know I wouldn't have figured it out tonight if I hadn't had a sounding board, and ear, a shoulder. Thank you. The work you do matters. By just being there tonight as I walked thru my scary place that is my mind, you help me facilitate a next step in my healing my childhood trauma. Miigwetch. Thank you so very much.
YouthLine

- Service of Lines for Life
- Teens helping teens
- Number answered 24/7, youth answering 4-10pm daily PST
- Crisis support and general support
YouthLine Native

• Connect through self-identification – text YLNATIVE to 839863 or call

• Adult native staff currently, Native youth by June 2023

• Youth answer using aliases

• Callers can remain anonymous

Image: YouthLine Native center in Warm Springs, OR
YOUR GUIDE TO CRISIS CALL & TEXT SERVICES

<table>
<thead>
<tr>
<th>988 Suicide and Crisis Lifeline</th>
<th>Crisis Text Line</th>
<th>Youthline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Text or Call 988</td>
<td>Text &quot;NATIVE&quot; to 741741</td>
<td>Call 877-968-8491 or text &quot;yinative&quot; to 839863</td>
</tr>
<tr>
<td>Available 24/7</td>
<td>Available 24/7</td>
<td>Available 24/7, youth peers answering from 4pm-10pm PST</td>
</tr>
<tr>
<td>Connects to crisis counselor</td>
<td>Connects to crisis counselor</td>
<td>Connects to youth peer counselor - native youth peer counselors available</td>
</tr>
<tr>
<td>For any person</td>
<td>For any person</td>
<td>For youth</td>
</tr>
<tr>
<td>For any mental health crisis</td>
<td>For any mental health crisis</td>
<td>For any mental health crisis or general emotional support</td>
</tr>
<tr>
<td>Formerly known as the Suicide Prevention Lifeline, operated by SAMHSA</td>
<td>Operated by Crisis Text Line</td>
<td>Operated by Lines for Life</td>
</tr>
</tbody>
</table>

Questions?
Maleah Nore, mnore@npaihb.org
THRIVE Suicide Prevention Project Coordinator

2SLGBT+ CRISIS CALL & TEXT SERVICES

<table>
<thead>
<tr>
<th>Trevor Lifeline</th>
<th>Trans Hotline</th>
<th>SAGE LGBT Elder Hotline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call 1-866-488-7386 or text START to 678-678</td>
<td>Call 1-877-565-8860</td>
<td>1-877-360-LGBT (5428)</td>
</tr>
<tr>
<td>Available 24/7</td>
<td>Available 24/7</td>
<td>Available 24/7</td>
</tr>
<tr>
<td>Connects to crisis counselor trained on LGBT+ mental health</td>
<td>Connects to trans/nonbinary peer counselor</td>
<td>Connects to LGBT+ crisis counselor trained to support LGBT elders</td>
</tr>
<tr>
<td>For any LGBT+ person</td>
<td>For any trans or nonbinary person</td>
<td>For LGBT+ elders</td>
</tr>
<tr>
<td>For any mental health crisis</td>
<td>For any mental health crisis</td>
<td>For any mental health crisis or general support</td>
</tr>
<tr>
<td>Operated by the Trevor Project</td>
<td>Operated by the Trans Lifeline</td>
<td>Operated by the SAGE Advocacy &amp; Services for LGBT+ Elders</td>
</tr>
</tbody>
</table>
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
We R Native
For Youth

★★ Multimedia health resource for Native youth by Native youth
★★ “Ask Your Relative” Q&A Service
★★ Youth can text “NATIVE” to 94449
★★ Follow on Instagram, Twitter, YouTube, Facebook

www.wernative.org
I Know Mine
For Alaska Native Youth

★ Get Condoms
★ “Ask Nurse Lisa” Q&A Service
★ Opioid Overdose Response Kit
★ AK Syringe Services Program
★ Follow on Twitter, YouTube, Facebook

www.iknowmine.org
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
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
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 test 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 gain some tips for culture integration and get teams.

Talking is Power
March 8, 2023
Talking is sexual health -4! Come talk about consent and child communication interventions and strategies, as well as HIV testing kits.

Mind 4 Health is Power
April 12, 2023
Join us for tips on how to endure healthy 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://linkin.bio/healthyteens/Youth
We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA

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
Thank you!
From Project Red Talon (2021-2022)

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

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together.”

Chief Seattle/Sealth/Si’ahl