



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) .

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**Amanda Gaston,  
MAT**

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I love gatos!

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(She/Her)

I love coffee.

[scraig@npaihb.org](mailto:scraig@npaihb.org)



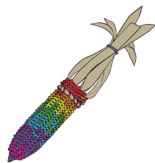
**NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD**  
*Indian Leadership for Indian Health*

# Live Virtual Training

## Logistics

### Logistics

- You are muted
- If comfortable, share video

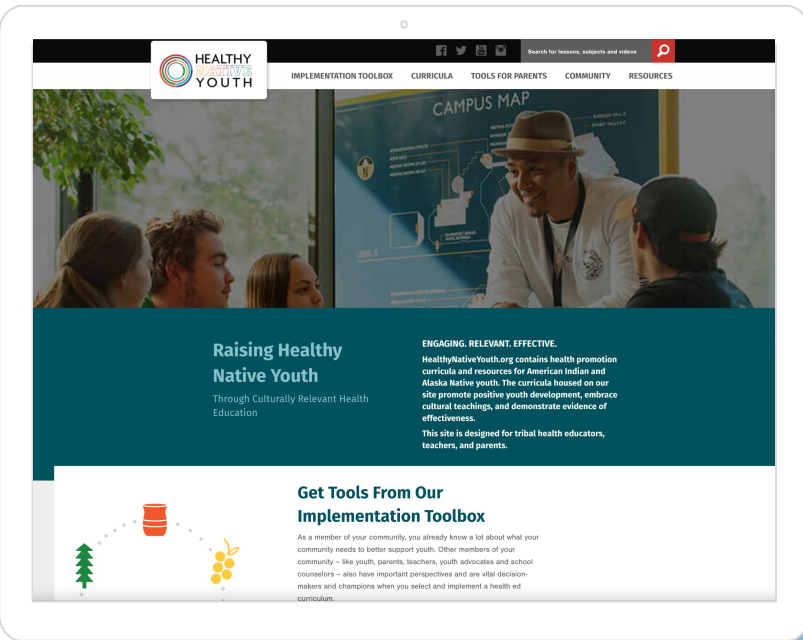


### Engagement

- Box Breathing & Vagas 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



**Healing Conversations**  
*Box Breathing*  
*Vagus Regulation*  
30 min



**Crisis Resources**  
20 min



**Closing**  
5 min



**Mind4Health**  
*Text Message Service*  
*Youth Activity*  
5 min



**Let's Talk &  
Tech Time**  
25 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/jingl-e-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



INHALE  
THROUGH NOSE

Perform for  
2 to 5 Minutes

Instagram: @elevatevibe



Audre Lorde

[www.audrelordeproject.org](http://www.audrelordeproject.org)

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

# SOMETIMES SELF-CARE IS NOT MUCH FUN

not always bubble baths & pedicures





# SOMETIMES IT IS

Connect with Tradition

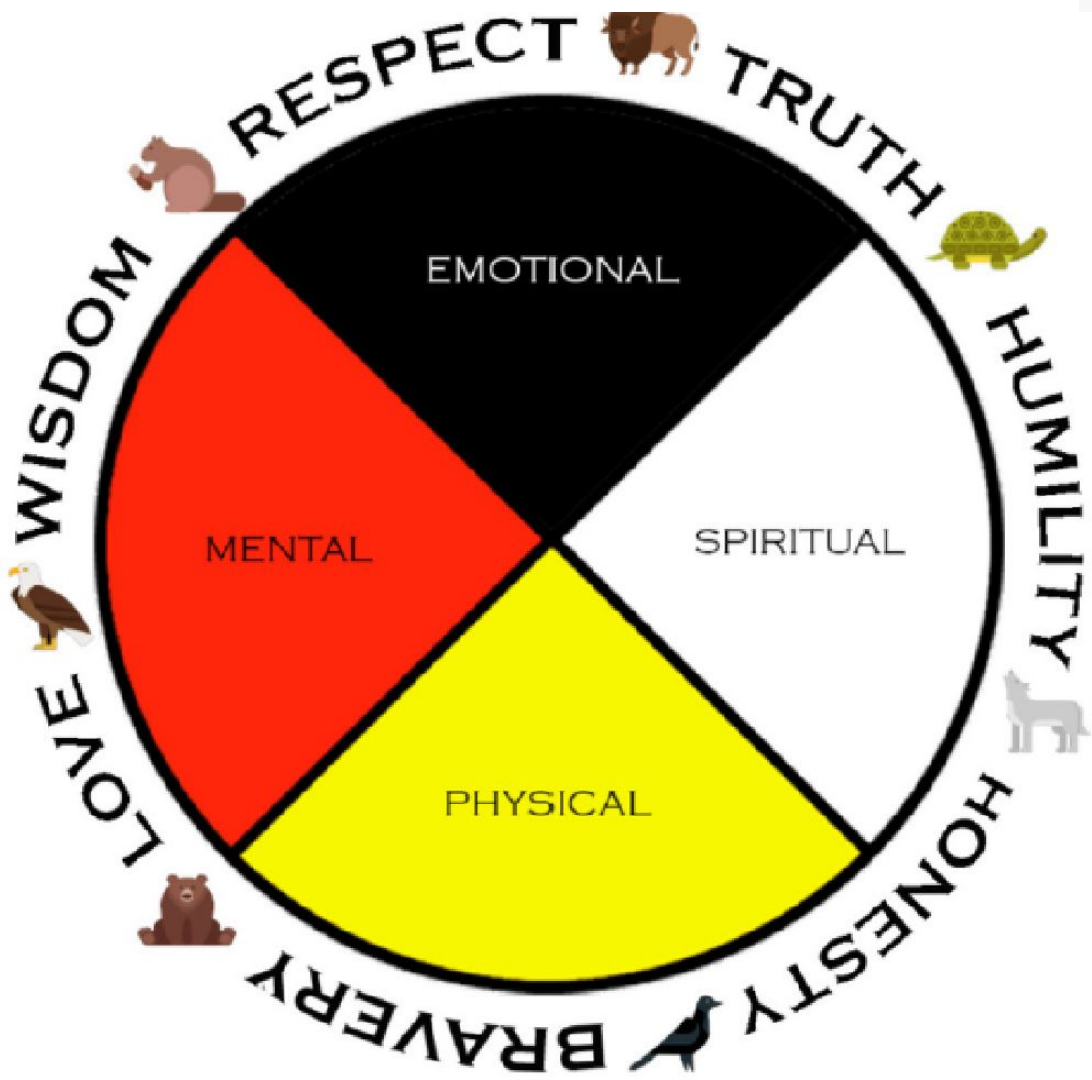


## Rest is REVOLUTIONARY

(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



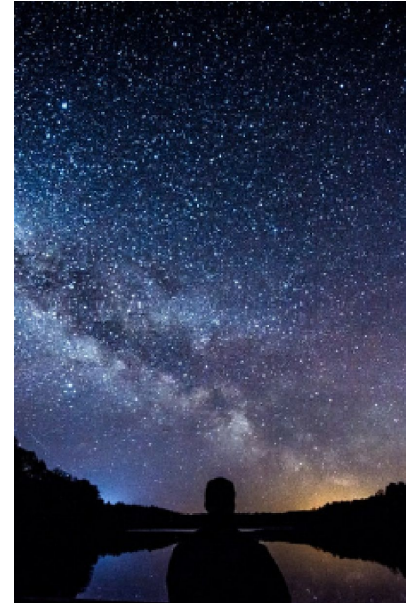
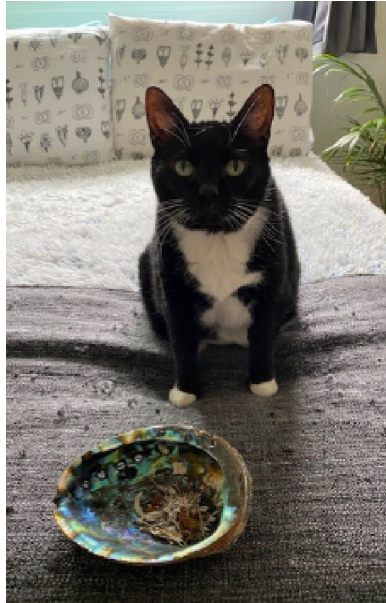
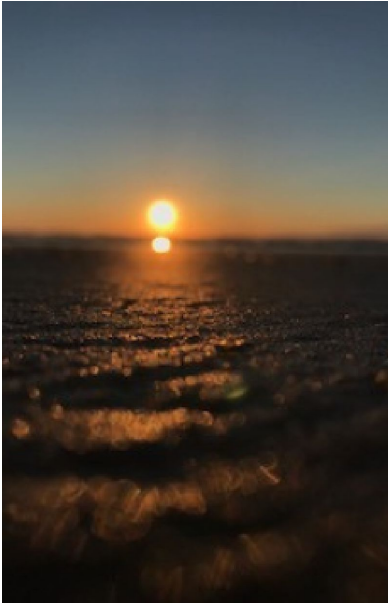
"SHOUTING 'SELF-CARE' AT PEOPLE WHO ACTUALLY NEED 'COMMUNITY CARE' IS HOW WE FAIL PEOPLE."  
~NAKITA VALERIO





## 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)

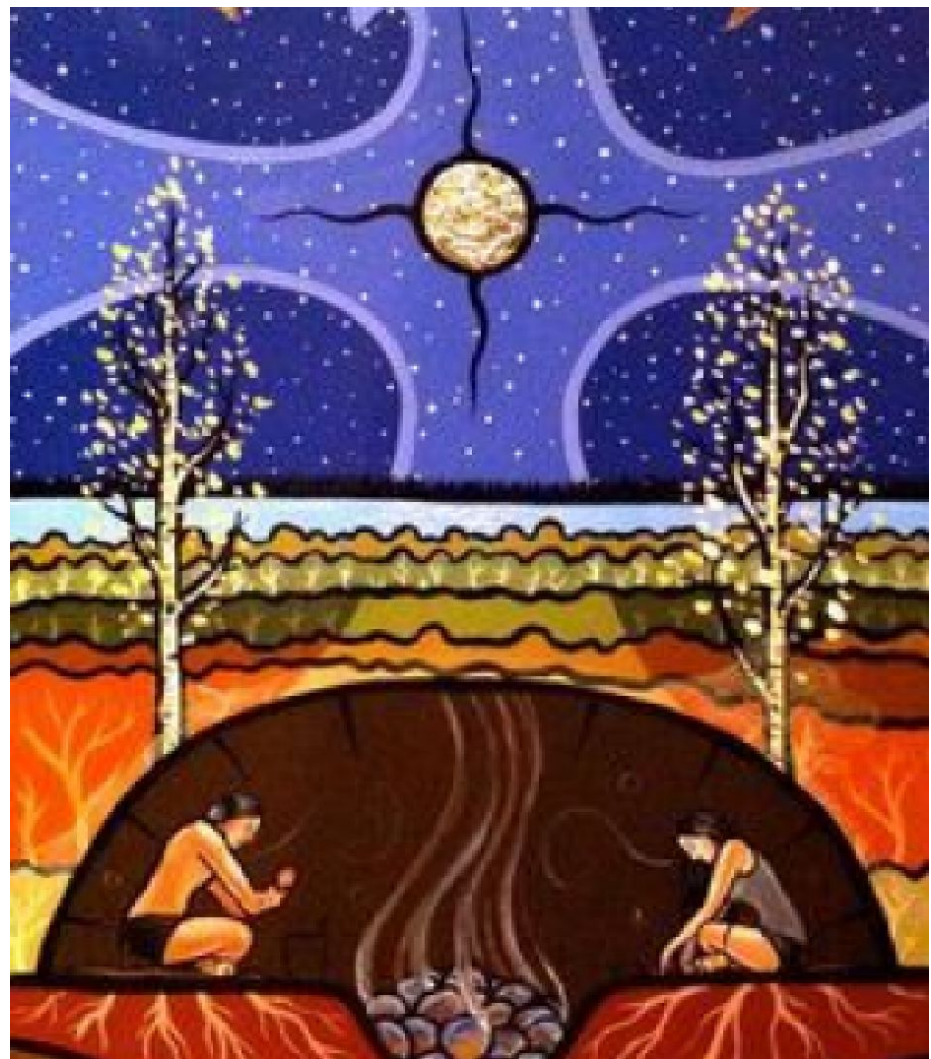
Cultural Gatherings/Events

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



# 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

Combatting an Epidemic of Loneliness. Harvard Graduate School of Education, Feb. 2021

<https://www.gse.harvard.edu/news/21/02/combating-epidemic-loneliness>

The Loneliness Epidemic. Health Resources and Services Administration (HRSA), Jan. 2019.

<https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic>

The Nap Ministry. Tricia Hersey (The Nap Bishop). <https://thenapministry.wordpress.com/>

Characteristics of White Supremacy. Tema Okun. <https://www.whitesupremacyculture.info/characteristics.html>

Kindred Southern Healing Justice Collective, Cara Page. <http://kindredsouthernhjcollective.org/>

Legacy: Trauma, Story, and Indigenous Healing by Suzanne Methot <https://www.suzannemethot.ca/books/>

[www.suzannemethot.ca/books/](https://www.suzannemethot.ca/books/)

Wiyaxayxt / Wiyakaaw'n / As Days Go By: Our History, Our Land, Our People - The Cayuse, Umatilla, and Walla Walla. Edited by Jennifer

Karson <https://uwapress.uw.edu/book/9780295986234/wiyaxayxt-wiyaakaaw'n-as-days-go-by/>



*Chatfeed Convo:  
Type Questions, Ask  
Away!*





**LAUNCHED ON  
JULY 18, 2023**

2.

# Mind 4 Health

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



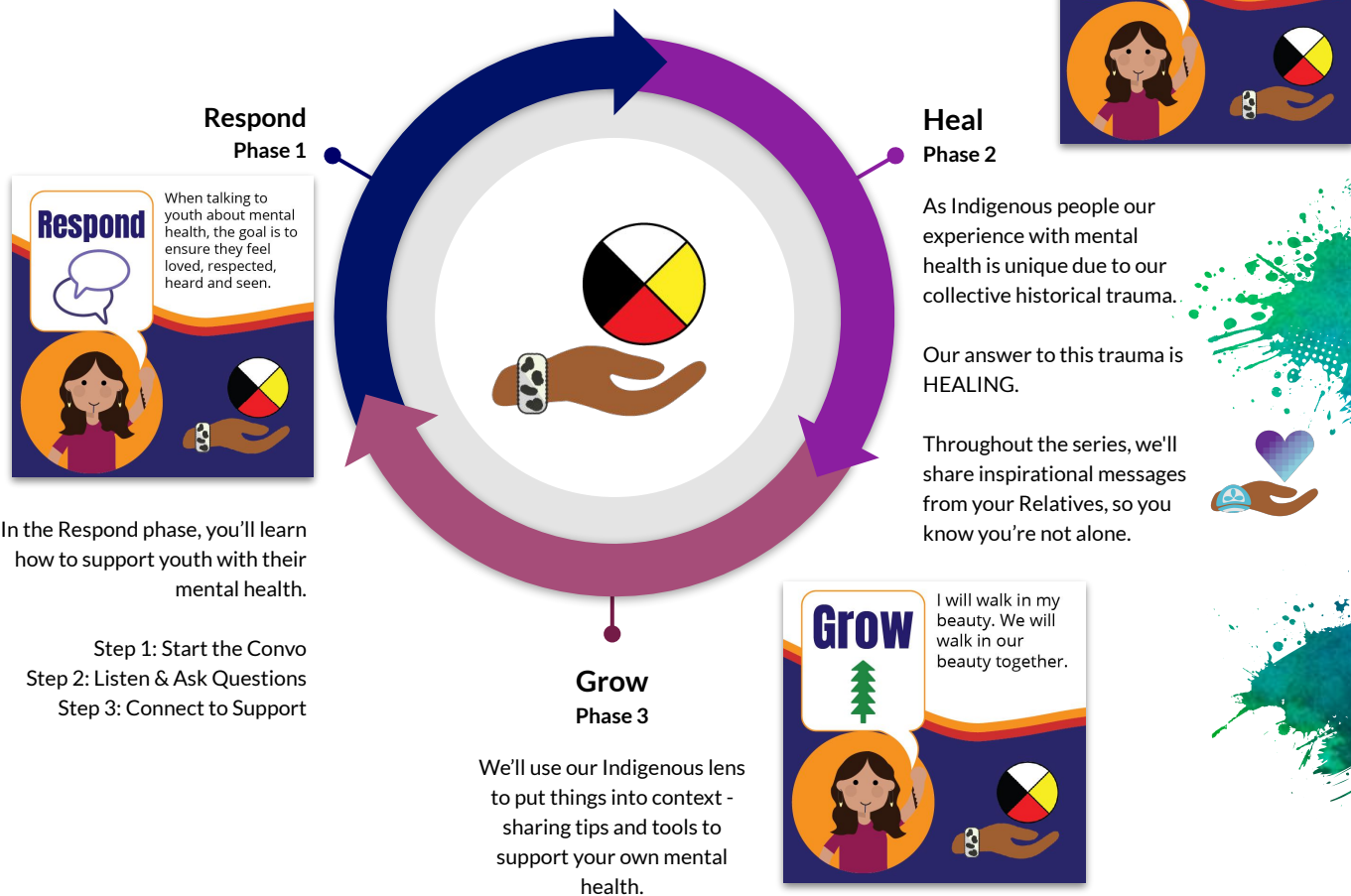
# Promo Video



<https://www.youtube.com/watch?v=qosET4AUrDQ>



# Mind 4 Health: Text Message Service Phases



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





# Types of Messages



## Rotate Between Types of Messaging:

### 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

### 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



<https://youtu.be/2fvakloAh8I>

01

Start the Convo

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: [link](#)

02

Listen & Ask Questions

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: [link](#)

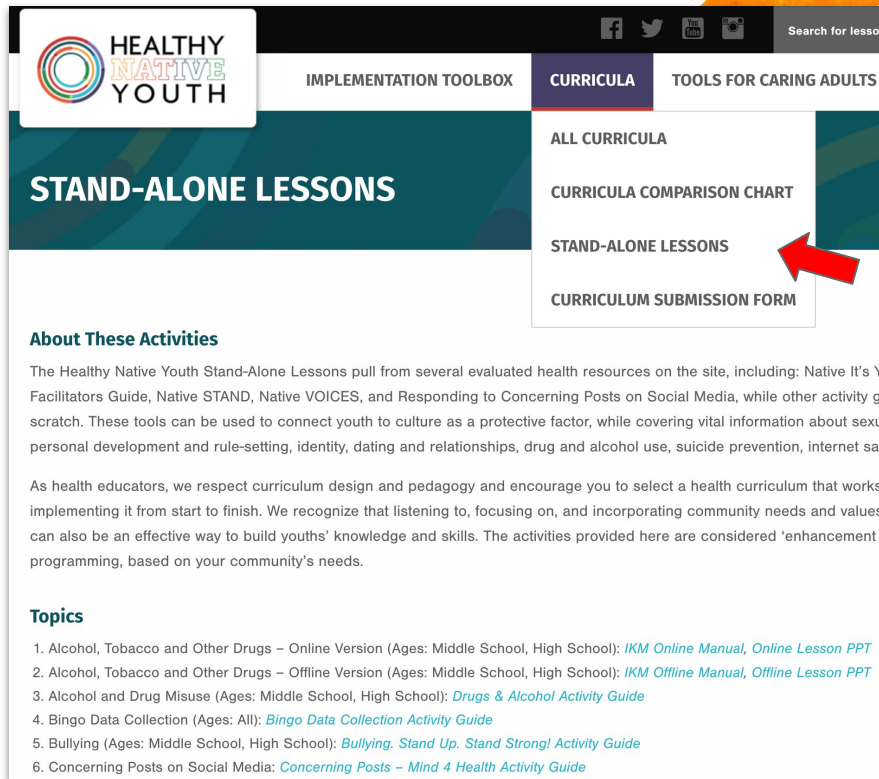
03

Connect to Support

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: [link](#)



New  
Materials...



**HEALTHY NATIVE YOUTH**

IMPLEMENTATION TOOLBOX CURRICULA TOOLS FOR CARING ADULTS

STAND-ALONE LESSONS

ALL CURRICULA  
CURRICULA COMPARISON CHART  
STAND-ALONE LESSONS  
CURRICULUM SUBMISSION FORM

**About These Activities**

The Healthy Native Youth Stand-Alone Lessons pull from several evaluated health resources on the site, including: Native It's Your Turn Facilitators Guide, Native STAND, Native VOICES, and Responding to Concerning Posts on Social Media, while other activity guides are developed from scratch. These tools can be used to connect youth to culture as a protective factor, while covering vital information about sexual health, personal development and rule-setting, identity, dating and relationships, drug and alcohol use, suicide prevention, internet safety, and more.

As health educators, we respect curriculum design and pedagogy and encourage you to select a health curriculum that works for your community, implementing it from start to finish. We recognize that listening to, focusing on, and incorporating community needs and values can also be an effective way to build youths' knowledge and skills. The activities provided here are considered 'enhancement' programming, based on your community's needs.

**Topics**

1. Alcohol, Tobacco and Other Drugs – Online Version (Ages: Middle School, High School): [IKM Online Manual, Online Lesson PPT](#)
2. Alcohol, Tobacco and Other Drugs – Offline Version (Ages: Middle School, High School): [IKM Offline Manual, Offline Lesson PPT](#)
3. Alcohol and Drug Misuse (Ages: Middle School, High School): [Drugs & Alcohol Activity Guide](#)
4. Bingo Data Collection (Ages: All): [Bingo Data Collection Activity Guide](#)
5. Bullying (Ages: Middle School, High School): [Bullying, Stand Up, Stand Strong! Activity Guide](#)
6. Concerning Posts on Social Media: [Concerning Posts – Mind 4 Health Activity Guide](#)

# 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, unconcerning, 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

Activity Outline	Core Content Components	Instructional Method	Materials Needed	Timing
<b>Welcome &amp; Icebreaker</b>	<ul style="list-style-type: none"> <li>• Welcome youth &amp; Blessing</li> <li>• Group Agreements (optional)</li> <li>• Icebreakers - Social Media Wave</li> </ul>	<ul style="list-style-type: none"> <li>• Miniecture</li> <li>• Group Activity</li> <li>• Group Activity</li> </ul>	White board/ Markers	5 minutes Time Varies 3 minutes
<b>Introducing Activity Concepts</b>	<ul style="list-style-type: none"> <li>• What is a concerning post?</li> </ul>	Brainstorm	White board/ Markers, sticky tac or tape	5 minutes
<b>Video</b>	<ul style="list-style-type: none"> <li>• The Story of Rosa &amp; Terrell video</li> <li>• Video Discussion Q's</li> </ul>	Large Group Activity	Computer, Wi-Fi (or download to USB drive), projector, screen, audio equipment	15 minutes
<b>Putting it All Together</b>	<ul style="list-style-type: none"> <li>• Talk, Share, Support                             <ul style="list-style-type: none"> <li>• Youth Handout #1</li> <li>• Snowball Activity</li> <li>• Youth Handout #2</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Miniecture</li> <li>• Group Activity</li> </ul>	Youth Handouts	5 minutes 10 minutes
<b>Closing</b>	<ul style="list-style-type: none"> <li>• Closing &amp; Blessing</li> <li>• Journal Space</li> <li>• Youth Handout #3</li> <li>• Native Youth Resource Flyer</li> </ul>	<ul style="list-style-type: none"> <li>• Miniecture</li> <li>• Individual Reflection</li> </ul>	Youth Handouts	5 minutes

## Materials

- Whiteboard/flipchart + marker(s)
- Youth Handouts
- Timer or phone for keeping track of activity times
- Pencils/pens
- Scissors, sticky tac 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 youths' levels and your goals.
- Print enough copies of the handouts for each youth. See "Message Examples" prep (print & cut).
- Watch the [Rosa & Terrell](#) 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
- Invite a counselor to attend your event, in case youth participants would like to talk to someone after participating in the discussion

## Cultural Component Option(s)

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

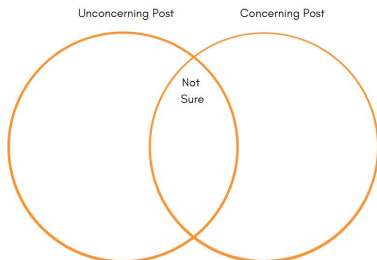
Say, "As you've just seen, many of us use different types of social media channels. Social Media can be awesome! It can also have some pretty negative things about it too. Most youth your age have said they've seen posts that have concerned them, like posts on depression, substance misuse, suicidality, 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 posts 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 faced 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.



Prep:  
Print & Cut  
ahead of time

## 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

15 minutes

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=yMErPpfQCQ&list=PLIKVo\\_vO0votVzkDeCSqf2255RHmtxk&index=9](https://www.youtube.com/watch?v=yMErPpfQCQ&list=PLIKVo_vO0votVzkDeCSqf2255RHmtxk&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

Youth Handout #1

## 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.

If you or a friend are in crisis:  
Text "Native" to 741 741 or Dial/Text 988 for FREE 24/7 Counseling Support



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

<https://linktr.ee/npsaihbthrive>

Youth Handout #2


## Snowball Activity!

1 Person creating the snowball, please write an example of...

**A CONCERNING POST ON SOCIAL MEDIA:**

---

2 Person picking up the snowball, please write how the person above can...



**TALK:**  
What can you say to this person?

**SHARE:**  
Who will you share this info with?

**SUPPORT:**  
What resources can they use?





If you or a friend are in crisis, we've got your back!

## 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...

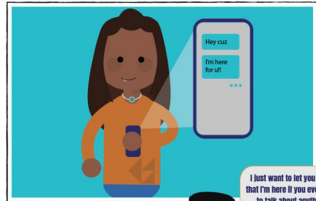
Text "Native" to 741741 , or Dial/ Text 988 for free 24/7 counseling support

CRISIS TEXT LINE |

988  
SUICIDE  
& CRISIS  
LIFELINE

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



I just want to let you know that I'm here if you ever want to talk about anything, big or small.



#WeNative

#CaringMessages

#CrisisTextLine



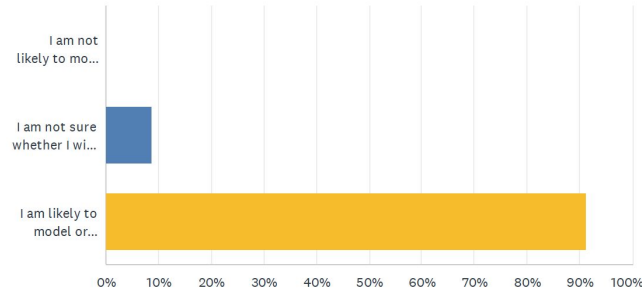
NPAIHB

These materials were developed in part under grant number 58357126 from SAMHSA. The ideas, opinions and content of this publication are those of the authors and contributors and do not necessarily reflect the views, opinions, or policies of SAMHSA, NPAIHB, or IHS, and should not be construed as such.

# After receiving messages...

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

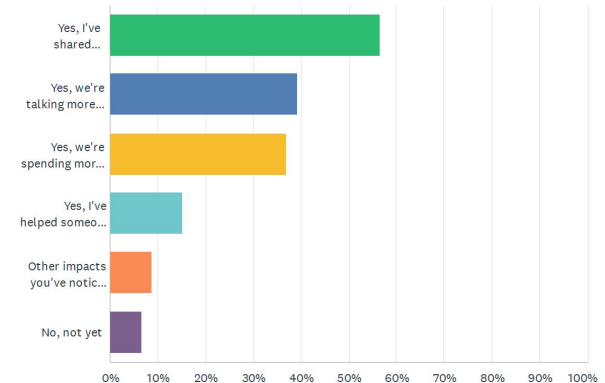
Answered: 46 Skipped: 0



ANSWER CHOICES	RESPONSES	
I am not likely to model or practice MH self-care	0.00%	0
I am not sure whether I will model or practice MH self-care	8.70%	4
I am likely to model or practice MH self-care	91.30%	42
<b>TOTAL</b>		<b>46</b>

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

Answered: 46 Skipped: 0

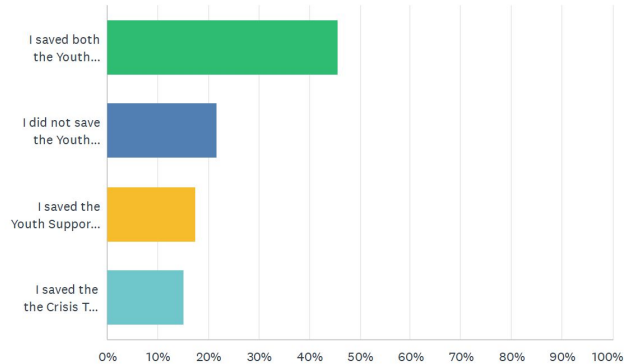


ANSWER CHOICES	RESPONSES	
Yes, I've shared something I learned from the series with a youth or family member	56.52%	26
Yes, we're talking more often about mental health	39.13%	18
Yes, we're spending more time together doing wellness activities	36.96%	17
Yes, I've helped someone respond to a concerning post on social media	15.22%	7
Other impacts you've noticed (please specify)	8.70%	4
No, not yet	6.52%	3
<b>Total Respondents: 46</b>		

# Outcomes & Impacts

Q7 As a result of the text messages:

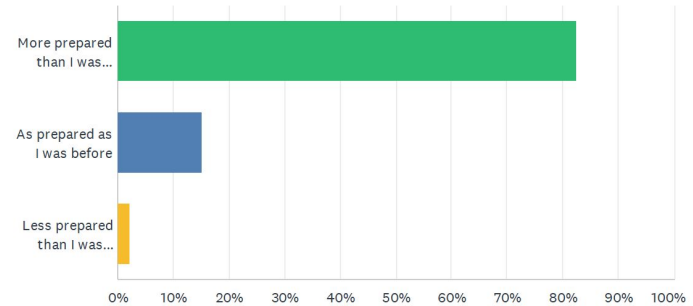
Answered: 46 Skipped: 0



ANSWER CHOICES	RESPONSES
I saved both the Youth Support Resources or the Crisis Text Line to my phone	45.65% 21
I did not save the Youth Support Resources or the Crisis Text Line to my phone	21.74% 10
I saved the Youth Support Resources to my phone	17.39% 8
I saved the the Crisis Text Line to my phone	15.22% 7
TOTAL	46

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?

Answered: 46 Skipped: 0



ANSWER CHOICES	RESPONSES
More prepared than I was before	82.61% 38
As prepared as I was before	15.22% 7
Less prepared than I was before	2.17% 1
TOTAL	46



# User Feedback

Include additional resources

**The program was a helpful reminder of why we do what 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.

**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

## Active in Indian Country: 988 and the Suicide & Crisis Lifeline

### Is 988 working?

The new 988 Suicide & Crisis Lifeline is already reaching more Americans in distress — and connecting them to help faster — than the old 10-digit suicide prevention line it replaced. In August of 2022, the Lifeline saw a 45% increase in overall volume of calls, texts, and chats compared with August 2021. Answer time is faster as well; in August of 2022, the average answer time was 42 seconds, while the previous year was around 2 minutes and 30 seconds.

The Lifeline is effective in reducing suicidal and emotional distress. Since its inception in 2005:

- the Lifeline has served over 10 million people;
- call centers in the Lifeline divert hundreds of thousands of calls from 911 every year and;
- independent evaluations demonstrate that Lifeline centers are effective in reducing emotional distress and suicidality.

### How does 988 call routing work?

When a caller dials 988, they will hear a recorded introduction message providing details on 988 services. Callers then have the option to self-identify for connection to a specific call center — for instance, pressing 1 to identify as a veteran and speak with the Veteran crisis center. If a caller does not self-identify, they will be connected to their local crisis call center. 988 technology uses the caller's area code to route the caller to the closest call center. Crisis centers can transfer calls to other centers as needed.

### Does 988 involve the police?

988 crisis counselors are trained to de-escalate mental health crises with minimal involvement of emergency services. In rare instances where a caller is in immediate danger and the crisis counselor cannot de-escalate over the phone, 988 may contact emergency services. Less than 3% of calls to 988 result in dispatching emergency services, and less than 1% of calls result in involuntary dispatch.

### Does 988 require personal information?

When a caller reaches out to 988, the Lifeline crisis counselor who responds will know their phone number if they call/text, or their IP address if they use chat. Beyond that, the Lifeline will not know who the caller is or where they are located. Callers are not required to provide any personal information to receive support from the 988 Lifeline.

988 call centers may use geolocation if emergency services are dispatched. Geolocation is only used when a caller's safety cannot be secured over the phone and geolocation software is not available at all call centers. 988 decreases the number of calls to 911 and is an effective way to get help while rarely involving emergency services.



# 988 Messaging

- 988 social media graphics for Native communities:

<https://npaihborg.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>

- How to report on 988:

<https://suicidepreventionmessaging.org/sites/default/files/2022-03/988%20Messaging%20Framework%20-%20Media%20Toolkit.pdf>

**988**  
**24/7 Crisis**  
**& Support**



# 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 L I F E L I N E**

Suicide, crisis, and help line  
providing culturally relevant  
counseling and mental  
health support to  
Indigenous peoples.





**Free  
Confidential  
Available 24/7**



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.



**BREAKING NEWS!**

# Native & Strong Lifeline now available 24/7 in Washington State



**Dial 988 and press "4" to get connected**



**In crisis?**

**Text NATIVE**

**to 741741.**

**for free, 24/7 support.**



# CRISIS TEXT LINE |



Hi! It sounds like you're in an emotionally painful place. I'm here to support you. Is there anything I can do to make you feel safe?

Thank you for checking in. I really need a friend right now.

## 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.





teens  
HELPING  
teens

## YouthLine

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

Need help?

*let's talk.*

4-10pm daily

TALK  
**877.968.8491**

TEXT  
**"teen2teen" to 839863**

CHAT  
**OregonYouthLine.org**

# 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

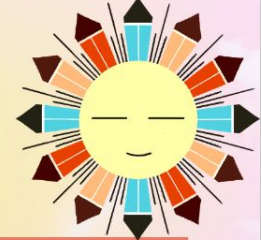


# YOUR GUIDE TO CRISIS CALL & TEXT SERVICES



988 Suicide and Crisis Lifeline	Crisis Text Line	Youthline
Text or Call 988	Text "NATIVE" to 741741	Call 877-968-8491 or text "ylnative" to 839863
Available 24/7	Available 24/7	Available 24/7, youth peers answering from 4pm-10pm PST
Connects to crisis counselor	Connects to crisis counselor	Connects to youth peer counselor - <a href="#">native youth peer counselors available</a>
For any person	For any person	For youth
For any mental health crisis	For any mental health crisis	For any mental health crisis or general emotional support
Formerly known as the Suicide Prevention Lifeline, operated by SAMHSA	Operated by Crisis Text Line	Operated by Lines for Life

# 2SLGBT+ CRISIS CALL & TEXT SERVICES



Trevor Lifeline	Trans Hotline	SAGE LGBT Elder Hotline
Call 1-866-488-7386 or text START to 678-678	Call 1-877-565-8860	1-877-360-LGBT (5428)
Available 24/7	Available 24/7	Available 24/7
Connects to crisis counselor trained on LGBT+ mental health	Connects to trans/nonbinary peer counselor	Connects to LGBT+ crisis counselor trained to support LGBT elders
For any LGBT+ person	For any trans or nonbinary person	For LGBT+ elders
For any mental health crisis	For any mental health crisis	For any mental health crisis or general support
Operated by the Trevor Project	Operated by the Trans Lifeline	Operated by the SAGE Advocacy & Services for LGBT+ Elders



## Questions?

Maleah Nore, [mnore@npaih.org](mailto:mnore@npaih.org)  
THRIVE Suicide Prevention Project Coordinator





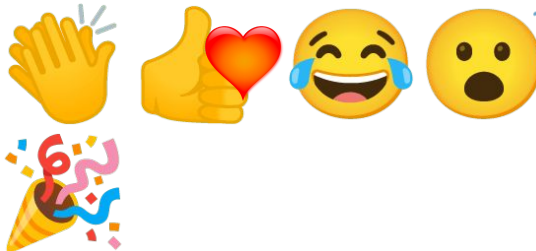
# 4. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



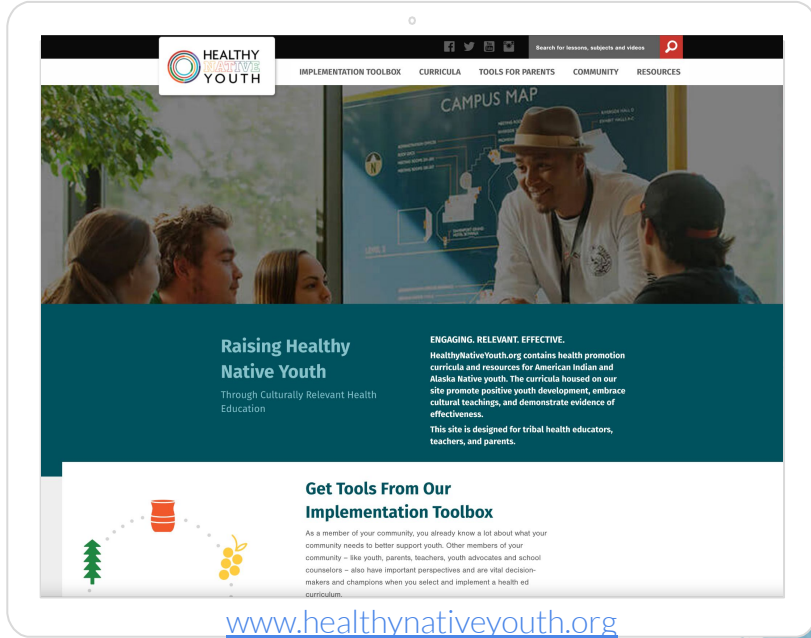
# Practice in Action

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





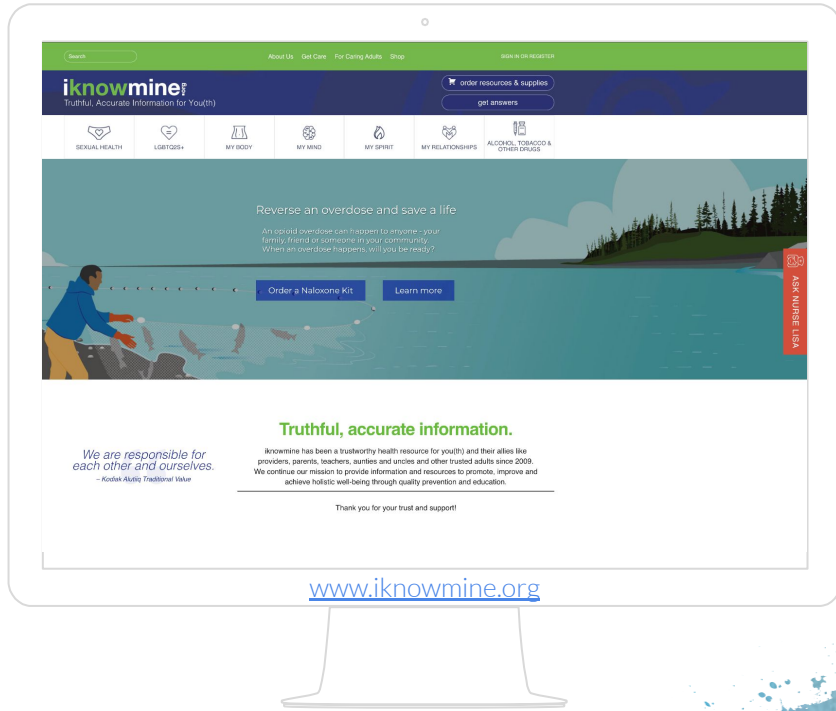
# We R Native

## 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](http://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

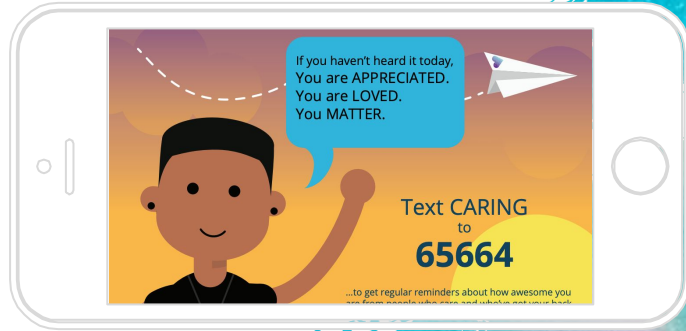


ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

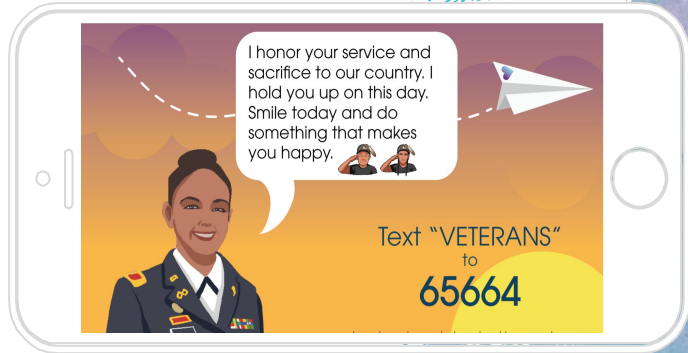




# COLLEGE



# YOUTH



# VETERANS

# Caring Messages

To get regular reminders about how awesome you are from people who care and who've got your back!

- ★ Text "Caring" to 65664
- ★ Text "College" to 65664
- ★ Text "Veterans" to 65664





# Youth Support

For free 24/7 crisis support

**CRISIS TEXT LINE |**

Crisis Text Line  
Text: NATIVE to 741 714  
[www.crisistextline.org/](http://www.crisistextline.org/)



Suicide and Crisis Lifeline  
Dial or Text: 988  
[www.988lifeline.org/chat/](http://www.988lifeline.org/chat/)

## Abuse & Sexual Assault



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



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



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



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

## Drugs, Alcohol & Tobacco



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



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



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



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

## Mental Health



Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741  
[www.mhanational.org/](http://www.mhanational.org/)



Teens Helping Teens  
Call: 1-800-852-8336  
Text: YLNATIVE to 839 863  
[www.theyouthline.org](http://www.theyouthline.org)



We R Native: My Mind  
Text: CARING to 65664  
[www.wernative.org/my-mind](http://www.wernative.org/my-mind)



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



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



# Youth Support

## Relationships & Dating



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



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



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



We R Native: My Relationships  
[www.wernative.org/my-relationships](http://www.wernative.org/my-relationships)

## Sexual Identity - 2SLGBTQ+



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



Native Youth Sexual Health Network  
[www.nativeyouthsexualhealth.com/](http://www.nativeyouthsexualhealth.com/)



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



It Gets Better Project  
[www.itgetsbetter.org/](http://www.itgetsbetter.org/)



## Sexual Health



Planned Parenthood  
Call: 1-800-230-7526  
Chat: [www.plannedparenthood.org/learn/foe-sexual-health-chatbot](http://www.plannedparenthood.org/learn/foe-sexual-health-chatbot)



We R Native: Sexual Health  
Text: SEX to 94449  
[www.wernative.org/ask-your-relatives](http://www.wernative.org/ask-your-relatives)



I Know Mine  
[www.iknowmine.org/ask-nurse-lisa](http://www.iknowmine.org/ask-nurse-lisa)



It's Your Sex Life  
[www.itsyoursexlife.com](http://www.itsyoursexlife.com)



Bedsider  
[www.bedsider.org/](http://www.bedsider.org/)



Get Yourself Tested #GYT  
[www.cdc.gov/std/saw/gyt/howtoGYT.htm](http://www.cdc.gov/std/saw/gyt/howtoGYT.htm)



Trans Lifeline  
Call: 1-877-565-8860  
[www.translifeline.org/](http://www.translifeline.org/)



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

Click on icons to go to resource

# Youth Support

## Bullying



Stopbullying.gov  
[www.stopbullying.gov/resources/teens](http://www.stopbullying.gov/resources/teens)



Cyberbullying  
[www.cyberbullying.org/resources/students](http://www.cyberbullying.org/resources/students)



We R Native: Bullying Prevention  
[www.wernative.org/my-life/life-hacks/bullying-prevention](http://www.wernative.org/my-life/life-hacks/bullying-prevention)

## Find Help Near You



SAMHSA - Find the treatment center closest to you  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)



Mental Health America - Find the clinic closest to you  
[www.mhanational.org/find-affiliate](http://www.mhanational.org/find-affiliate)

## Text Message Campaigns



Text: NATIVE to 94449  
For health & wellness tips



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



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



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



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



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

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NOT FUN!

We ALL need Help...

...at different points in time. Every single one of us! Trust your gut and...

**Share** - any concerns you have

**Talk** - with someone you can trust

**Report** - if you're worried about someone











THRIVE Linktree:  
[https://linktr.ee/npai/bbthriv?utm\\_source=qr\\_code](https://linktr.ee/npai/bbthriv?utm_source=qr_code)

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



@npaihbt thrive

-  Emotional Safety Plan
-  Youth Support Resources
-  The Trevor Project
-  Suicide Prevention Lifeline
-  Crisis Text Line
-  We R Native
-  Surviving a Suicide Loss
-  We Matter Campaign
-  Suicide Awareness Voices of Education
-  MentalHealth.gov

# Talking is Power

## For Adults

### Tips & Resources for

- ★ Talking to Youth About Sexual Health
- ★ Getting the convo started
- ★ Online Printable Resources [here](#)

**TEXT  
"EMPOWER"  
TO 94449**

**TALKING IS POWER**

A Text Messaging Service for Parents and Caring Adults

Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

Text **EMPOWER** to 94449

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We'll cover sexual health, pregnancy, STDs, and consent. You don't need to have all the answers, you just need to start talking - be open and honest - and keep at it. Talking with your teen will help them make healthy decisions.

#TalkingIsPower #HealthyNativeYouth #weRnative

CURRICULA LESSON PLANS HANDOUTS RESOURCES

www.healthynativeyouth.org

fb.com/HealthyNativeYouth

Listserve: Text "YouthNews" to 22828

https://www.instagram.com/healthynativeyouth/  
@HealthyNativeYouth

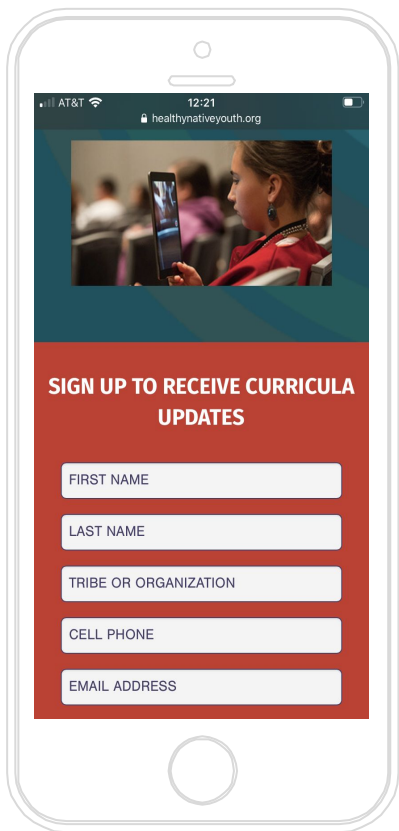
native@npaihb.org

**HEALTHY  
NATIVE  
YOUTH**

SIGN UP TO RECEIVE UPDATES  
VIA TEXT MESSAGE

TEXT "HEALTHY" TO 97779





HNY [Linktree](#) QR Code

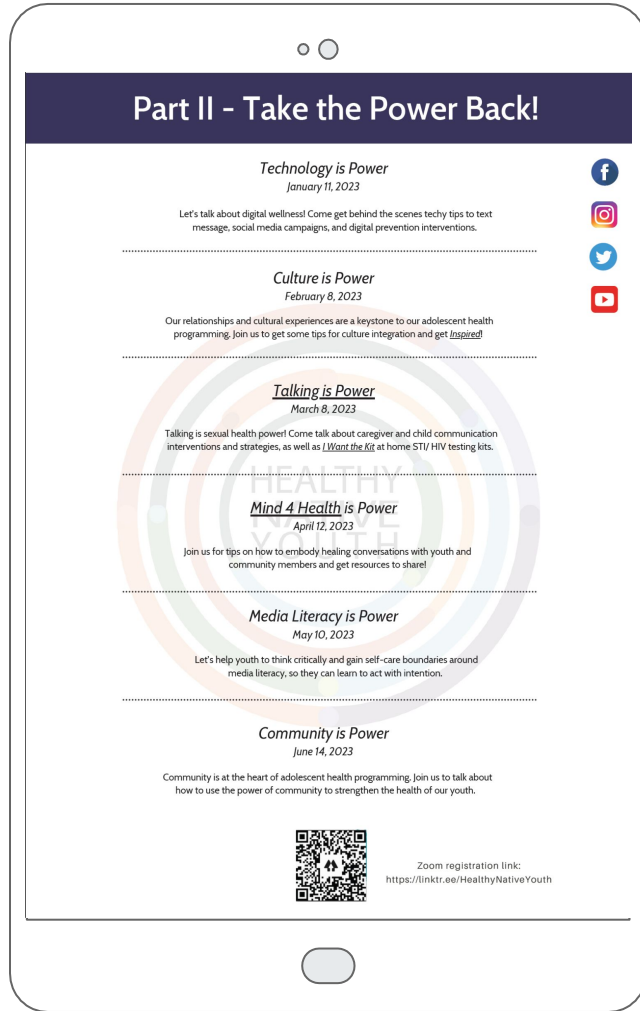
# Join the *Healthy Native* *Youth* Movement!



- Sign up for [Newsletter](#)
- Text "HEALTHY" to 94449
- Follow us on Facebook, Instagram, Twitter, YouTube



# Mark Your Calendars!



**Part II - Take the Power Back!**

***Technology is Power***  
January 11, 2023

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

***Culture is Power***  
February 8, 2023

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

***Talking is Power***  
March 8, 2023

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

***Mind 4 Health is Power***  
April 12, 2023

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


***Media Literacy is Power***  
May 10, 2023


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

***Community is Power***  
June 14, 2023

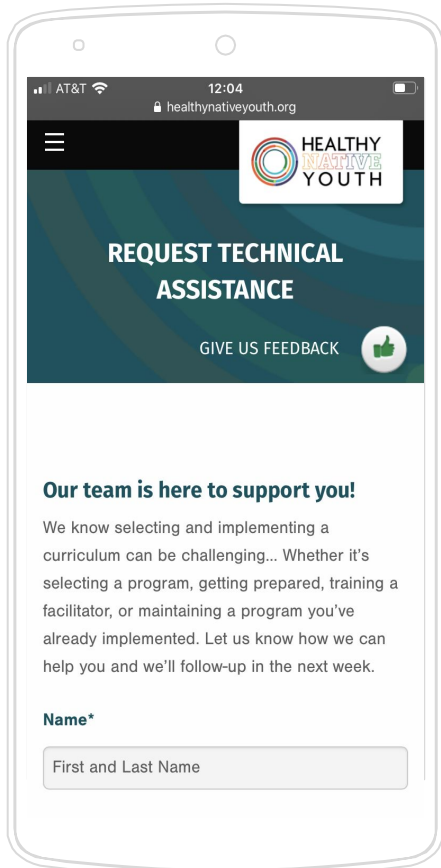
Community is at the heart of adolescent health programming. Join us to talk about how to use the power of community to strengthen the health of our youth.

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









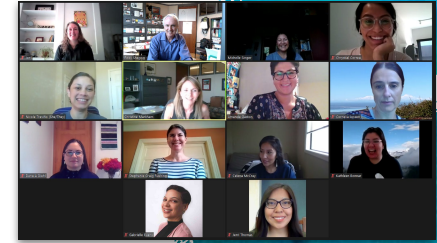
# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA



# Thank you!

From Project Red Talon (2021-2022)



[I Know Mine](#)

[I Want the Kit](#)

[Safe in the Village](#)

Alaska Native Tribal Health Consortium



[I Want the Kit](#)

[Respecting the Circle of Life](#)

Johns Hopkins - Center for Indigenous Health



[Native It's Your Game](#)

[Healthy Native Youth Implementation Toolbox](#)

University of Texas - School of Public Health



NPAIHB

Inter Tribal Council of Arizona, Inc.



[ITCA Landing Page](#)

Southern Plains Tribal Health Board



[I Want the Kit](#)

[Native Test](#)

Northwest Portland Area Indian Health Board

[Healthy Native Youth We R Native](#)

Partners:

[Paths ReMembered](#)

[Washington Youth Sexual Health \(WYSH\)](#)

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

