

Community is Power!

June 14, 2023 10am-11:30am PT



Host

[Amanda Gaston](#)

Guest Speakers

Jaclynn Richards, Panika Teeple, Clint Begay clint@nb3f.org , Demetrius P

Objectives

1. Listen to culturally relevant community building resources and activities
2. Apply what you've heard to your summer programming plans

Stay connected

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

Chat links:

STARTING QUESTIONS

Digital Learning Agreement Download:

https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit

Mentimeter link:

<https://www.menti.com/alcm6ju4rivr>

What challenges are you experiencing with community building?

BLANKET EXERCISE CURRICULUM

ABE webpage: <https://www.anthc.org/what-we-do/behavioral-health/alaska-blanket-exercise/>

Video links

Welcome to the KAIROS Blanket Exercise: https://youtu.be/KzXdi_RDkjc

What is the KAIROS Blanket Exercise? <https://youtu.be/v1KWzchI5ow>

Native Games: Origins <https://www.youtube.com/watch?v=TvpAREkxGlg>

NOTAH BEGAY III FOUNDATION

Icons Pack

<https://www.healthynativeyouth.org/resource/nb3-foundation-knowledge-kit-icons/>

NB3F Toolkit

<https://www.healthynativeyouth.org/resource/keeping-track-a-toolkit-for-indigenous-youth-program-evaluation/>

ENDING QUESTIONS

Mentimeter link:

<https://www.menti.com/alcm6ju4rirv>

What successes with community building are you experiencing?

Next years lineup - what do you want to see Sept 2023 - June 2024?

<https://www.surveymonkey.com/r/HNYCommunityofPractice>

Provide training feedback

https://www.healthynativeyouth.org/training_feedback/

Chat feed (names and emails have been removed)

00:27 Stephanie Craig Rushing: Stephanie Craig Rushing (she/her), NPAIHB Adolescent Health Team - Welcome one and all 🌿

00:28 Mitchell: Mitchell

00:28 Anita: Anita Pascua Yaqui Tribe Case Manager

00:28 Jane Manthei: We also share a lot of resources in the chat! I'll drop links throughout the presentation. We record every session and share out all the things we mention after the call

00:28 Jane Manthei: Digital Learning Agreement Download:

https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGajlrNkmEk-8GX4/edit

00:28 Mitchell: Mitchell (he/Him) Puyallup Tribe- PTHA

00:28 Elizabet: Elizabeth Ann, Health Education Coordinator, Shoshone-Bannock Tribes,

00:28 Amber: Oonugwito (greetings), Amber, Wal-houlth, she/her, enrolled Quinault, work from Quinault Indian Nation Education Department as Admin Assistant/Project Manager.

00:28 Taylor Dean: Taylor Dean (they/them) - Puyallup - Healthy Native Youth Outreach Specialist at NPAIHB!

00:28 Susan: Susan Tribal & Migrant Program Coordinator Ocosta School District

00:28 Nancy: Nancy - Tuscarora - Snipe clan

00:28 Maya: Maya (she/her), Turtle Mountain Chippewa & Little Shell Chippewa. Public Health Team-Urban Indian Health Institute

00:28 Jocelyn:Jocelyn (she/her), Hoh Indian Tribe member, Public Health Services Program Manager at the Urban Indian Health Institute.

00:28 Michelle Singer:Ya'at'eeh abini! Michelle Singer (she/her | Navajo), Healthy Native Youth Project Manager @ NPAIHB. I'm excited to learn how to bring community together to support youth efforts in local settings!

00:29 Danelle, Puyallup Tribe, MH Director: Danelle (she/her) Puyallup Tribe haʔ sləx̣il good to be here with you all!! 😊

00:2 Kalli /Yavapai County Community Health Services/AZ: Kalli (she/her) Yavapai County Community Health Services, Arizona -- Health Educator

00:29 Kristy: Hello everyone! My name is Kristy and I work for the Turtle Mountain Band of Chippewa as a Tribal Planner. I am also an enrolled member of this tribe. Happy to be hear learning about other initiatives out there in Indian Country.

00:29 Aries: Aries, Research Assistant at the Johns Hopkins Center for Indigenous Health

00:29 Michele: ta'c meeywii, Michele, nimiipuu, NARA NW

00:29 Opal: Opal (she/her) Great Plains tribal leaders Health Board...work with all Great Plains tribes

00:29 Jane Manthei: Digital Learning Agreement Download:

https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaIjr9s-JGaIrnkmEk-8GX4/edit

00:29 Kashmir (she/her): Kashmir (she/her) Clubhouse Youth Advocate at Native American Community Services

00:29 Jane Manthei: Don't worry if you miss a link or two - we'll share all of them after the call :)

00:29 Kristy: Hello everyone! My name is Kristy and I work for the Turtle Mountain Band of Chippewa as a Tribal Planner. I am also an enrolled member of this tribe. Happy to be here learning about other initiatives out there in Indian Country.

00:30 Tashina: Tashina (She/Her) Arizona Indians into Medicine Program

00:30 Kumi: Kumi, public health nurse, Alaska Department of Health. Great to be here with you all - thank you!

00:30 Darold: Darold, Hopi Community member. Qöyungnuptu- Supporting Youth Well-being.

00:30 Victoria: Victoria (she/her) , North Fork Rancheria Mono, Instructional Aide at Fresno American Indian Health Project in Youth Services

00:31 Anna: Hello, my name is Anna, Makah name Wikob. I work for the Cape Flattery School District (CFSD) located on the Makah Indian Reservation. It is a public school with about 94% Native population. The other school is non-Native. I am happy to be here as the CFSD Wellness Coordinator/SEL Supports.

00:31 Tom: Hello. My name is Thong (Tom) (he/him). I work at Puyallup Tribal Health Authority, Kwawatchee Counseling Center, as a counselor.

00:31 Phil: Ya'AT eeh everyone. Im Navajo My name is Phil from Doya Natsu healing center Youth Coordinator and

00:31 Sandra DCF Ks Tribal Specialist:Sandra (she/her) DCF Kansas Tribal Specialist Prairie Band Potawatomi Nation Take Away - have ideas to share with the Kansas Tribes continuing connections

00:31 Jane Manthei: Mentimeter link:

<https://www.menti.com/alcm6ju4rivr>

What challenges are you experiencing with community building?

00:31 Sara: Miyaxwen ne netew (hello my name is) Sara, I'm from Torres Martinez Desert Cahuilla Indian Tribe located in Southern California I work in tribal enrollment and also I'm an active community member for my tribe.

00:31 Doreen: Doreen from Anchorage, Alaska. Yup'ik from southwestern Alaska and Noweigan. Waqaa. Former teacher, now holding a Master's in Community Psychology.

00:32 Skye UNYO: Hello, My name is Skye. I am a Blackfeet Tribal member. I work with UNYO, Urban Native Youth Organization.

00:34 Patti: Trying to get other departments to collaborate and put on one big event, rather than siloing, just for the "look what we did" mentality

00:35 Phil: speak up louder. can't hear you

00:36 Mitchell: *pretty please* lets not forget manners

00:36 Danelle, Puyallup Tribe, MH Director: Will the presentation slides be shared via email?

00:36 Rebecca: Speak up cannot hear her

00:37 Jaclynne (she/her): <https://www.kairosblanketexercise.org/>

00:37 Jane Manthei: Alaska Blanket Exercise webpage: <https://www.anthc.org/what-we-do/behavioral-health/alaska-blanket-exercise/>

00:40 Tess: Tess, daybreak star native preschool, Seattle, land of the duwamish

00:41 Danelle, Puyallup Tribe, MH Director: Replying to "Tess G, daybreak sta..."

I used to work with Daybreak star many moons ago!! <3

00:42 Jane Manthei: Video links

Welcome to the KAIROS Blanket Exercise: https://youtu.be/KzXdi_RDkjc

What is the KAIROS Blanket Exercise? <https://youtu.be/v1KWzchl5ow>

00:55 Baswewe: Is this video we're watching now one of the ones linked above?

00:56 Panika (she/her): <https://www.youtube.com/watch?v=TvpAREkxGlg>

00:59 Danelle, Puyallup Tribe, MH Director: Is the screen frozen for anyone else??

01:00 Doreen: Mines frozen too

01:00 Cyndi: Mine also

01:00 Danelle, Puyallup Tribe, MH Director: thx you!

01:02 Michelle Singer:@Jaclynne, the National Indian Education Association advertises a Blanket Exercise training in the Lower 48. Is this an adapted version of the Alaska Blanket Exercise?

01:03 Baswewe: Are we free to use that digital agreement?

01:03 Jaclynne (she/her): Replying to "@Jaclynne, the Natio..."

Good question, Michelle! Thank you for asking. NIEA developed their own Blanket Exercise modeled after KAIROS. 😊 However, KAIROS did grant ANTHC permission to offer our framework to other organizations interested.

01:03 Michelle Singer:Replying to "Are we free to use t..."

Yes, you can!

01:03 Amanda Gaston: Replying to "Are we free to use t..."

It's a fabulous free resource!

01:04 Michelle Singer: Thank you so very much to our ANTHC relatives & partners!

01:04 Doreen: What is this digital agreement?

01:05 Amanda Gaston: @Doreen - here you go: Digital Learning Agreement Download:

https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit

01:06 Doreen: Replying to "@Doreen - here you g..."

Quyana, Thank you

01:06 Amanda Gaston: It's a great adaptable template to help create healthy tech use boundaries with youth and caregivers...

01:06 Taylor Dean: Replying to "What is this digital..."

the digital agreement where people/students sign a document agreeing what behavior is appropriate in an online learning environment

01:07 Aries: I have to hop off early, but thank you all for this session!

01:07 Amanda Gaston: Thanks Aries!

01:11 Doreen: Are there any of these clubs in Alaska? Golf? Soccer? Track? Cross country?

01:13 Jaclynne Richards (she/her): Replying to "Are there any of the..."

good question! some tribal health organizations have wellness programs that sponsor activity such as softball in the summer. each region and place has different resources. basketball is very popular all over Alaska, especially among tribes 😊

01:13 Jane Manthei: NB3F Program Evaluation

<https://www.healthynativeyouth.org/resource/keeping-track-a-toolkit-for-indigenous-youth-program-evaluation/>

01:16 Nancy: Do you send your kids to the North American Indigenous Games? I am the Tuscarora area representative and am in the process of sending 17 of our area kids to compete in this years games in Nova Scotia another great positive experience to get the kids into they get to exchange with other Native Youth from all over North America

01:16 Elizabet: Great information! Thank you. I have to jump off here. Have a great day!

01:17 Baswewe: Replying to "Are we free to use t..."

@Michelle Singer Miiigwech!

01:18 Michelle Singer: @Baswewe! Glad you are here with us! Ahe'hee!

01:19 Amanda Gaston: How do others approach being inclusive of different tribes/ cultural values that youth come from?

01:21 Doreen: Replying to "How do others approa..."

Good question!

01:23 Jaclynne Richards (she/her): The posters are beautifully done!

01:23 Jane Manthei: <https://www.nb3foundation.org/publications/>

01:25 Doreen: Replying to "How do others approa..."

Alaska has 231 federally recognized tribes, almost half the number of tribes in the Nation. Each tribe throughout the country is unique. 💙

01:30 Susan: I'm sorry I have to leave-Thank you so much for all of the great information!

01:31 Chris: AWESOME, thanks!!!!

01:31 Taylor Dean: needed that!!!

01:32 Jane Manthei: Mentimeter link:

<https://www.menti.com/alcm6ju4rivr>

What successes with community building are you experiencing?

01:32 Michelle Singer:The exercises were simple and felt so good to do!

01:34 Tess: We share food and medicine from our garden with our families/ community to build strong healthy positive relationships

01:35 Doreen: I'm inspired to start a movement here in Alaska

01:35 Nancy: Our Youth group is holding craft nights to try and bring up attendance. We're also planning out a summer day camp program. Looking for different ideas to do during our summer program.

01:38 Stephanie Craig Rushing: Check out our Stand-alone Lesson page for health-related activities: <https://www.healthynativeyouth.org/stand-alone-lessons/>

01:38 stan: One of the most effective activities we use is community meals combined with prayer, song and flyers to offer invites or enrollment and approval forms for trips workshops, and use culture events-weaving, harvesting, foraging carving

01:38 Doreen: Yes! Partnerships, holistic approach, family involvement

01:39 Caroline: our youth are learning natural plants-medicine/food

01:39 Skye UNYO: Thank you for having me. I have to leave. Great information. Have a good day to all.

01:40 Jane Manthei: Next years lineup - what do you want to see Sept 2023-June 2024?

<https://www.surveymonkey.com/r/HNYCommunityofPractice>

01:40 Michelle Singer:Your feedback helps guide us in our planning! We need your input!

01:41 Tess: Next year- more on language revitalization and traditional medicine and ceremony

01:41 Baswewe: Miigwech

01:41 stan: When we had youth Native groups, I would circle them up and invite lessons, songs, prayers old stories/lessons and jokes from the youth create acknowledge respect and include each and every Tribe and clan and family represented.

01:42 Doreen: I will definitely do the survey after this Zoom meeting. I am going to look at all your resources first and soak it all in!

01:42 stan: This was to respect and include all tribes

01:43 Michelle Singer:Healthy Native Youth website -- get lost in it! Here is the link:
<https://www.healthynativeyouth.org/>

01:44 Michelle Singer:Healthy Native Youth Linktree: <https://linktr.ee/HealthyNativeYouth>

01:46 Jaclynne Richards (she/her): Quyana! Thank you so much

01:46 stan: there is a really good self assessment medicine wheel for youth created by Rabideaux

01:49 Jane Manthei: Thank you all!

01:49 Kristy: Replying to "@Doreen - here you g..."

Miigwetch!

01:49 Danelle, Puyallup Tribe, MH Director: thank you all!!!! 🙏

01:49 stan: Thank you! Have a Blessed day, hoyt

01:49 Denise: Woplila (Thank you in Lakota)

01:49 Ross: Thank you ... great session :)

01:49 Michelle Singer:Thank you for that beautiful closing, Panika!!!

01:49 Caroline: quyana

01:49 Katlyn: Thank you all 🙏

01:49 Jennifer: Thank you!!