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_aYkTTQzMZfz8p7tDJaljr9s-JGaJrlNkmEk-8GX4/edit

Mentimeter link: https://www.menti.com/alcm6ju4rirv
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/
Welcome one and all 🌿🌿

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.

Digital Learning Agreement Download:
https://docs.google.com/document/d/15od_aYkTTQMZFz8p7tDJaljr9s-JGaJrNkmEk-8GX4/edit

Mitchell (he/Him) Puyallup Tribe- PTHA

Elizabeth Ann, Health Education Coordinator, Shoshone-Bannock Tribes,

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

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

Susan Tribal & Migrant Program Coordinator Ocosta School District

Nancy - Tuscarora - Snipe clan

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

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

Michelle Singer: Ya’at’eeh abinil! 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!

Danelle (she/her) Puyallup Tribe ha?l slax'il good to be here with you all!! 😊

Kalli (she/her) Yavapai County Community Health Services, Arizona -- Health Educator

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.

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

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_aYkTTQMZfz8p7tDJaljr9s-JGaJrNkmEk-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, Kwawachee 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/alcm6ju4rirv

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/


00:40 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!
Amanda Gaston: Replying to "Are we free to use t..."

It's a fabulous free resource!

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

Doreen: What is this digital agreement?

Amanda Gaston: @Doreen - here you go: Digital Learning Agreement Download: https://docs.google.com/document/d/15od_aYkTTQMFZfz8p7tDJaljr9s-JGaJlNkmEk-8GX4/edit

Doreen: Replying to "@Doreen - here you go..."

Quyana, Thank you

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

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

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

Amanda Gaston: Thanks Aries!

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

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 😊

Jane Manthei: NB3F Program Evaluation

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

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

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

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

@Michelle Singer Miigwech!

Michelle Singer: @Baswewe! Glad you are here with us! Ahe'hee!
How do others approach being inclusive of different tribes/ cultural values that youth come from?

Good question!

The posters are beautifully done!

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

What successes with community building are you experiencing?

The exercises were simple and felt so good to do!

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

I’m inspired to start a movement here in Alaska

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.

Check out our Stand-alone Lesson page for health-related activities: https://www.healthynativeyouth.org/stand-alone-lessons/

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

Yes! Partnerships, holistic approach, family involvement

our youth are learning natural plants-medicine/food

Thank you for having me. I have to leave. Great information. Have a good day to all.

Next years lineup - what do you want to see Sept 2023-June 2024?
Michelle Singer: Your feedback helps guide us in our planning! We need your input!

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

Baswewe: Miigwech

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.

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!

This was to respect and include all tribes

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

Michelle Singer: Healthy Native Youth Linktree: https://linktr.ee/HealthyNativeYouth

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

there is a really good self assessment medicine wheel for youth created by Rabideaux

Jane Manthei: Thank you all!

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

Miigwetch!

Danelle, Puyallup Tribe, MH Director: thank you all!!!! 😊

stan: Thank you! Have a Blessed day, hoyt

Denise: Woplila (Thank you in Lakota)

Ross: Thank you ... great session :)

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

Caroline: quyana

Katlyn: Thank you all 🙏

Jennifer: Thank you!!