Community is Power!

June 14, 2023, 10:00-11:30 am PST

Land Acknowledgement
NPAIHB serves the 43 federally-recognized tribes of Oregon, Washington and Idaho and our office is located within the traditional and ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin, Kalauya and many other indigenous nations of the Willamette and Columbia River regions.
Let us Start with a Blessing

*Kia un’a atu-u-u-liuu*

Who this one to sing for

-Alaska Native Reader
Uvlaalautaq! Yá'át'ééh!

Jaclynne Qalukisaq Richards
Inupiaq
/she/her/
I love dogs.
jkrichards@anthc.org

Panika Teeple, BSW
Anishinaabe, Lakota, Yupik
/she/her/
I love my family and where I come from.
pateeple@anthc.org

Clint Begay
Navajo, San Felipe & Isleta Pueblos
/he/him/
I love my son, Quinton.
clint@nb3f.org

Demetrius Payne
Pueblo of Laguna/ Hopi Pueblo
/He/Him/
I love helping others
demitrius@nb3f.org

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD
Indian Leadership for Indian Health
Live Virtual Training

Logistics
- You are muted
- If comfortable, share video

Engagement
- Mentimeter Activity
- Chat box
- Icons (Zoom & More)
Welcome!

Please introduce yourself in the chat box. Include your:

- Name
- Pronouns
- Tribe/Organization

What are you hoping to learn today?
As a student and a digital citizen, I agree to:

- Be responsible, I will...
- Stay safe. I will...
- Think first. I will...
- Speak up. I will...
- Stay balanced. I will...
- In exchange, my caregiver will...

Signed by me

____________________

Signed by my caregiver

_________________________
We’ve Got Goals!

By the end of today’s session, you will be able to...
★ **Listen** to culturally relevant community building resources and activities
★ **Apply** what you’ve heard to your summer programming plans

“If you have one hundred people who live together, and if each one cares for the rest, there is One Mind”

- Shining Arrows, Crow, 1972
Where are we going

1. Mentimeter Activity
   - 1 min

2. AK Blanket Exercise
   - Background
   - Updates & Evaluation
   - Youth AK Blanket Exercise
   - 30 min

3. Wellness Moment
   - NB3F
   - 1 min

4. Mentimeter Activity
   - 1 min

5. Let’s Talk
   - 15 min

6. Summer Connections
   - 30 min

7. Closing
   - 5 min
Mentimeter Q&A

Use the link in the chat box to join...

What challenges are you experiencing with community building?
1. Alaska Blanket Exercise

Contact: akblanketexercise@anthc.org
Jaclynne Richards: jkrichards@anthc.org, 907-729-2971
Alaska Blanket Exercise

“Reconciliation Through Education and Understanding”
KAIROS Blanket Exercise

- Launched in 1996
- Aimed at truth and reconciliation
- 4 editions since 1996

Pre-Contact → Treaty-making → Colonization → Resistance
What is the AK Blanket Exercise?
Current Projects

- Virtual Alaska Blanket Exercise (vABE)
- Youth Alaska Blanket Exercise (yABE) program
- ABE Facilitator Learning Community
- ABE Healing Community
- Training of Trainers: 2020
- Regional versions: Southeast script
- Shorter versions
- ABE as part of New Hire Orientation
Evaluation Results: Post- Exercise Survey

- Evaluation Results 2022-23
- Virtual & In-person
AK Blanket Exercises’ 2022-23

- 50 ABEs Hosted
  - 44% Virtual
  - 56% In-Person

- 1,149 Attendees
  - 47% Virtual
  - 63% In-Person
ABE Attendees across Alaska
(Virtual & In Person)

Outside Alaska 0.08%
- Washington
- Maine
**Impact on Attendees**

<table>
<thead>
<tr>
<th>Sharing Alaska Native History, Culture and Resilience</th>
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<th>Alaska Native Pride and Serving</th>
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<tbody>
<tr>
<td>“Made me feel very proud to be Alaska Native, and feels good working with my people. It was good reminder why I do my job... My favorite part was the realization that I could bring all this knowledge back to my community.”</td>
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<th>Eye Opening &amp; Moving</th>
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<td>“I thought it was very smart to place the participants in the role of Alaska Natives. When the ‘European’ facilitator began reducing the size of the blankets and participants began leaving the blankets...I realized the symbolism and the connection to the land became real in a way I had never fully understood before. And the personal stories shared in the talking circle following the exercise were incredible. I was very grateful to have participated with the group I did.”</td>
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YOUTH Alaska Blanket Exercise
Truth, understanding, respect, and reconciliation

*Logo - subject to change
Scroll

“It doesn’t matter who you are or where you come from or how old you are.

You still have the power to make a difference.”

-- Bryon Nicholai, Yup’ik
The Northern Games
- Origins and History -

https://www.youtube.com/watch?v=TvpAREhxyCig
Adaptation: In-person

★ 2 Part Series
★ Adapted Online elements to in person
★ Interactive
★ Piloting in person on June 1st and 2nd
Questions?

Contact: akblanketexercise@anthc.org

Jaclynne Richards: jkrichards@anthc.org
907-729-2971
2. NB3F

Summer Connections
The NB3 Foundation is a national, award-winning Native American nonprofit organization dedicated to reducing Native American childhood obesity and type 2 diabetes. The NB3 Foundation invests in evidence-based, community-driven and culturally relevant programs that promote health, physical activity and nutrition, ensuring futures for Native American children and their communities. We are committed to ensuring that all Native American youth live healthy, happy and fulfilled lives.

Mission: To Ensure Native Children Achieve Their Full Potential by Advancing Cultures of Native American Community Health
**NB3FIT** inspires Native youth to be healthy and active through physical activity and nutrition programming. Using sports as a platform, **NB3FIT** coaches teach about health and nutrition so youth can make healthy lifestyles choices. Youth also develop leadership skills and reinforce cultural values like self respect, self-persistence, teamwork and self-discipline.

**NB3FIT** is a fun, hands-on experience for youth. Throughout the year, you can sign up for soccer, cross country and golf, including seasonal camps and clinics. All programming includes interactive team-based games and tips for eating healthy, drinking more water and less sugary drinks.

Through **NB3FIT**, the NB3 Foundation is committed to providing high-quality leadership development opportunities that help Native youth to grow in their personal lives and develop social, ethical, emotional, physical and cognitive competencies.
http://www.nb3foundation.org/nb3_publications/
Thank you

290 PRAIRIE STAR RD.
SANTA ANA PUEBLO
NM 87004

P. 505.867.0775
NB3FOUNDATION.ORG
Wellness Moment

NBF3
What community building strategies will you try, or what’s already working?

Use the link in the chat box to join...
Next Year’s Lineup???

Let us know what you want to see on next year’s (Sept 2023 - June 2024) lineup:

https://www.surveymonkey.com/r/HNYCommunityofPractice
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
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
Click on icons to go to resource

THRIVE Linktree: https://linktr.ee/npai_hbthrive?utm_source=qr_code
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**
Mind4Health
For Adults

A text message service to nurture conversations with youth to build our mental health together
★★ Online Printable Resources here

TEXT "MIND4HEALTH" TO 65664
Join the Healthy Native Youth Movement!

★ Sign up for Newsletter
★ Text “HEALTHY” to 94449
★ Follow us on Facebook, Instagram, Twitter, YouTube
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)

Partners:
- Johns Hopkins - Center for Indigenous Health
- Southern Plains Tribal Health Board
- University of Texas - School of Public Health
- Northwest Portland Area Indian Health Board

Paths ReMembered
Washington Youth Sexual Health (WYSH)

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