

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



# Community is Power!

#### 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**

Iñupiaq

(she/her)

I love dogs.

[ikrichards@anthc.org](mailto:ikrichards@anthc.org)



**Panika Teeple, BSW**

*Anishinaabe, Lakota, Yupik*

(she/her)

I love my family and where  
I come from.

[pateep@anthc.org](mailto:pateep@anthc.org)



**Clint Begay**

*Navajo, San Felipe & Isleta  
Pueblos*

(he/him)

I love my son, Quinton.

[clint@nb3f.org](mailto:clint@nb3f.org)



**Demetrius Payne**

*Pueblo of Laguna/ Hopi Pueblo*

(He/Him)

I love helping others

[demitrius@nb3f.org](mailto:demitrius@nb3f.org)



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

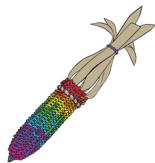
# Live Virtual Training Logistics

## Logistics

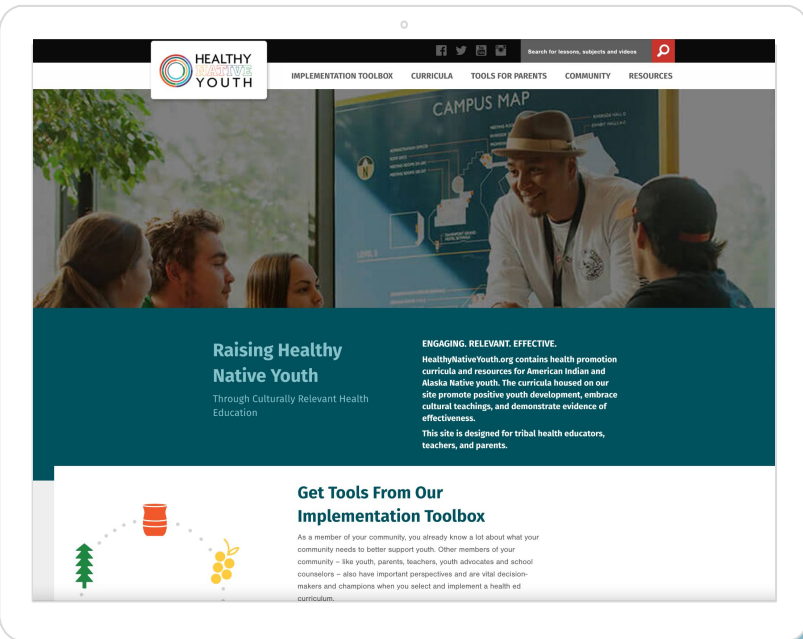
- You are muted
- If comfortable, share video

## Engagement

- Mentimeter Activity
- 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?

# Digital Learning Agreements



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

---

## Digital Learning Agreement

Teachers or parents: Use this document at the beginning of the school year to set a positive culture of digital citizenship in your classroom. Copy or download this form and add or delete items to customize it. Go over the pledge with students; then make sure the student and a parent/caregiver sign it.

As a student and a digital citizen, I agree to:

**Be responsible. I will ...**

- Do my best to complete my schoolwork and assignments.
- Take care of my device by:
  - not dropping or tossing it.
  - putting it down on a clean, flat surface.
  - not eating or drinking when I use it.
- Tell my teacher and parent or caregiver if my device is broken, stolen, or lost.
- 

**Stay safe. I will ...**

- Not share my school account passwords with anyone other than my teacher and parent or caregiver.
- Not create accounts or share private information without my family's permission. (This includes my full name, date of birth, address, phone number, and photos or videos of myself.)
- Tell my teacher or an adult I trust if anything makes me feel uncomfortable online, or if anyone acts inappropriately toward me.
- 

**Think first. I will ...**

- Remember that teachers and administrators can see whatever I say and do on a school-issued device during video meetings, in emails and chats, and on shared documents.
- Not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see because posts and comments can be saved and shared without my knowledge.

common sense education © 2018 common sense education. All rights reserved. See commonsense.org for more information. 1

- Investigate whether a source is credible because not all information online is true.
- Give proper credit whenever I use, reference, or share someone else's creative work online.



# 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



AK Blanket Exercise  
Background  
Updates & Evaluation  
Youth AK Blanket Exercise  
30 min

Wellness Moment  
NB3F  
1 min

Mentimeter Activity  
1 min



Mentimeter Activity  
1 min



AK Blanket Exercise  
Background  
Updates & Evaluation  
Youth AK Blanket Exercise  
30 min



NB3F  
Summer Connections  
30 min



Wellness Moment  
NB3F  
1 min



Let's Talk  
15 min



Mentimeter Activity  
1 min



Closing  
5 min

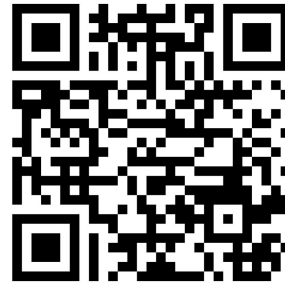




# Mentimeter Q&A

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](mailto:akblanketexercise@anthc.org)  
Jaclyne Richards: [jkrichards@anthc.org](mailto:jkrichards@anthc.org),  
907-729-2971





# Alaska Blanket Exercise



“Reconciliation  
Through Education  
and Understanding”

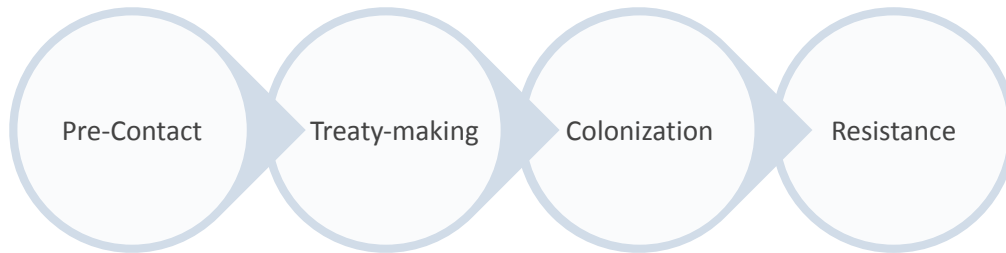






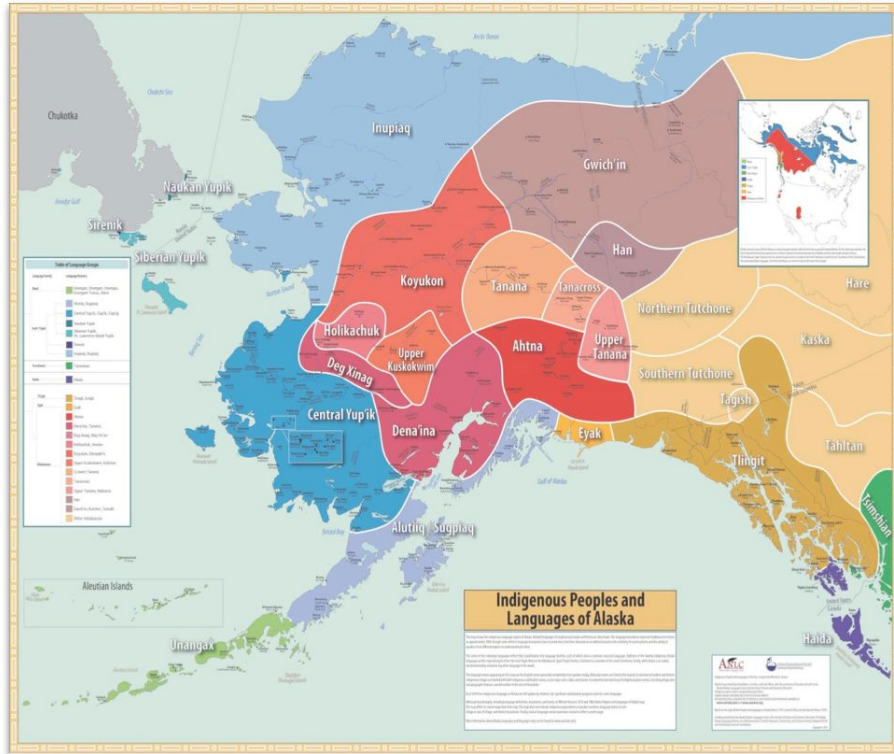
# KAIROS Blanket Exercise

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





# What is the AK Blanket Exercise?





**Alaska**

# **Blanket Exercise**

Truth, understanding, respect, and reconciliation



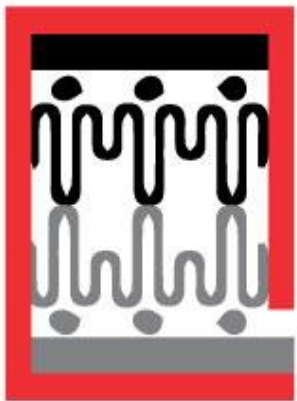
# Current Projects

- 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



**Alaska  
Blanket  
Exercise**

Truth, understanding, respect, and reconciliation

- ★ Evaluation Results 2022-23
- ★ Virtual & In-person



# AK Blanket Exercises' 2022-23

**50 ABEs Hosted**

44% Virtual

56% In-Person

**1,149 Attendees**

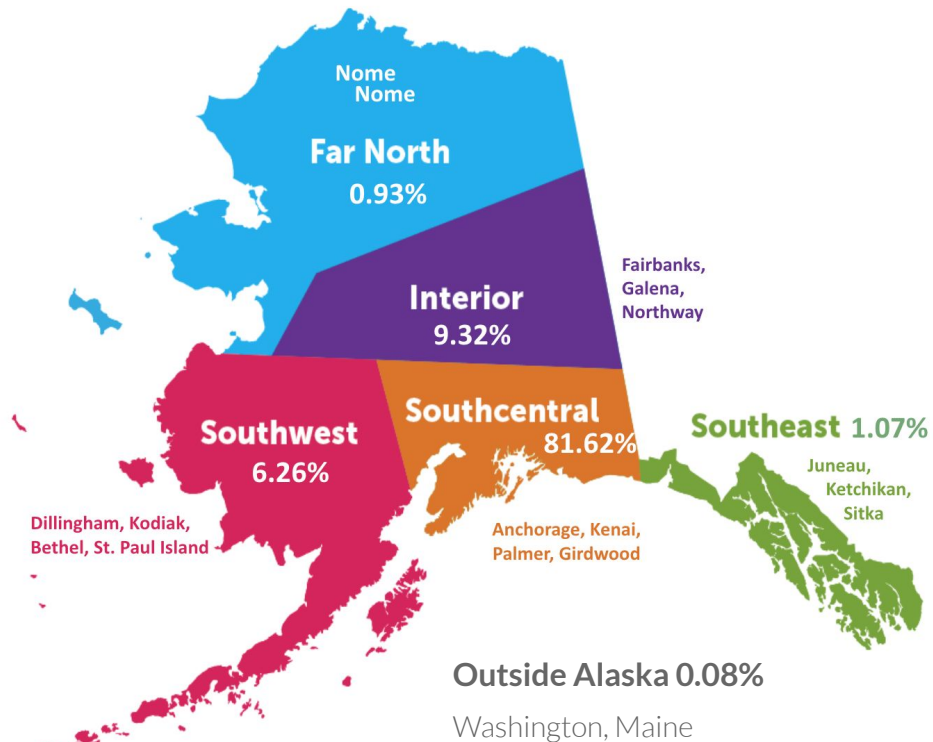
47% Virtual

63% In-Person



# ABE Attendees across Alaska

(Virtual & In Person)



# Impact on Attendees

## Sharing Alaska Native History, Culture and Resilience

## Alaska Native Pride and Serving

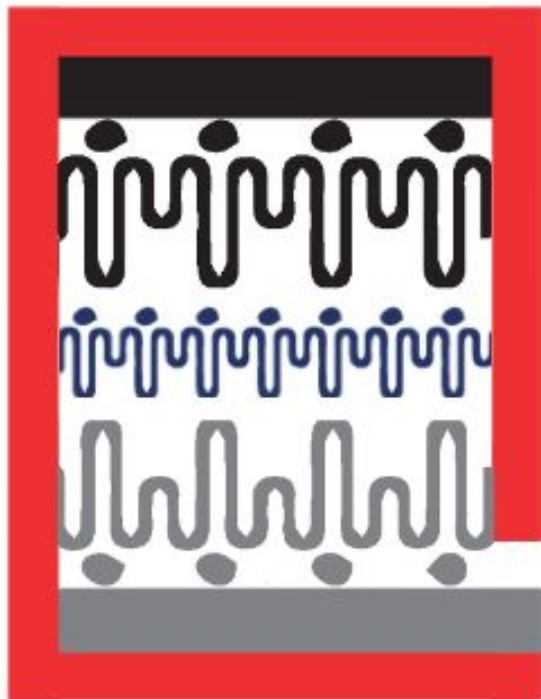
- "Made me feel very proud to be Alaska Native, and feels good working with my people. It was good reminder why I do my job... My favorite part was the realization that I could bring all this knowledge back to my community."

## Eye Opening & Moving

- "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."







# 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=TvpAREkxGls>



# Adaptation: In-person

- ★ 2 Part Series
- ★ Adapted Online elements to in person
- ★ Interactive
- ★ Piloting in person on June 1<sup>st</sup> and 2<sup>nd</sup>



# Questions?

Contact:

[akblanketexercise@anthc.org](mailto:akblanketexercise@anthc.org)

Jaclynn Richards:

[jkrichards@anthc.org](mailto: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**



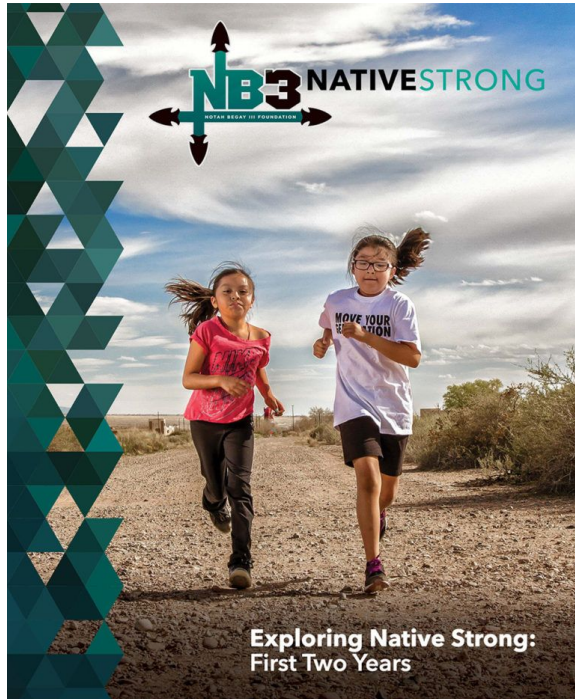




**NB3FIT** inspires Native youth to be healthy and active through physical activity and nutrition programming. Using sports as a platform, **NB3FIT** coaches teach about health and nutrition so youth can make healthy lifestyles choices. Youth also develop leadership skills and reinforce cultural values 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/](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

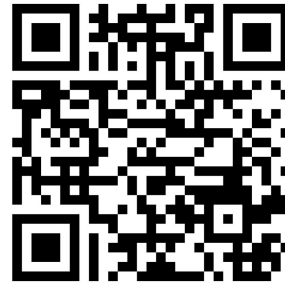




# Mentimeter Q&A

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

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



# 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>

Here's what we covered last year:

### Part I - Healing & Hope

**Safe Spaces**  
September 14, 2022

Join us to talk about what a safe space is, why it's important, and how you can create one in your community!

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**Sexual Health in Indian Country & Alaska Today**  
October 26, 2022

Get the breakdown of talking about sexual health in schools and tribal communities and gain confidence in advocating for youth in your community

---

**Healthy Native Youth Highlights & Resources**  
November 9, 2022


Sharing is Caring! If you're looking for health materials and resources for Native youth, join us to build up your toolbox. Literally, we've got a toolbox!


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**The Tribal Relationship**  
December 14, 2022

The beauty, complexity, and evolution of Tribal intergenerational relationships is at the heart of everything we do in adolescent health. Let's talk about it!

---

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



### 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.

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**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 boosted!

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**Talking is Power**  
March 6, 2023

Talking is sexual health power! Come talk about caregiver and child communication interventions and strategies, as well as [Lift the BS](#) at home STI/HIV testing kits.

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**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!

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**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.

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







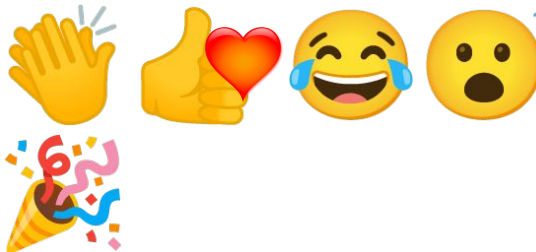
# 4. Let's Talk About it!

## 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

HEALTHY NATIVE YOUTH

IMPLEMENTATION TOOLBOX CURRICULA TOOLS FOR PARENTS COMMUNITY RESOURCES

SEARCH FOR LESSONS, SUBJECTS AND VIDEOS

CAMPUS MAP

**Raising Healthy Native Youth**  
Through Culturally Relevant Health Education

**ENGAGING. RELEVANT. EFFECTIVE.**  
HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness. This site is designed for tribal health educators, teachers, and parents.

**Get Tools From Our Implementation Toolbox**  
As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community - like youth, parents, teachers, youth advocates and school counselors - also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

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



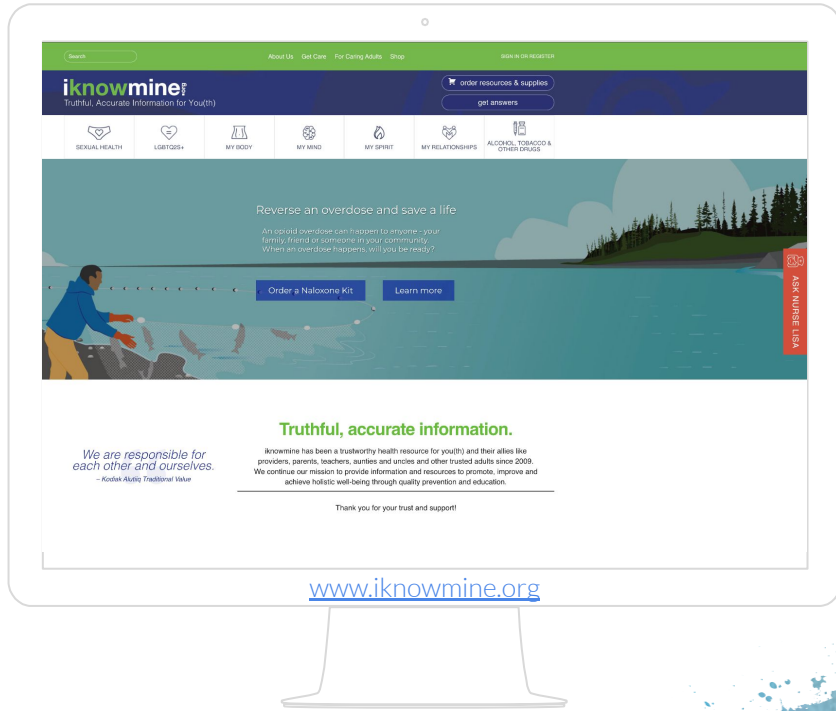
# We R Native

## 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](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

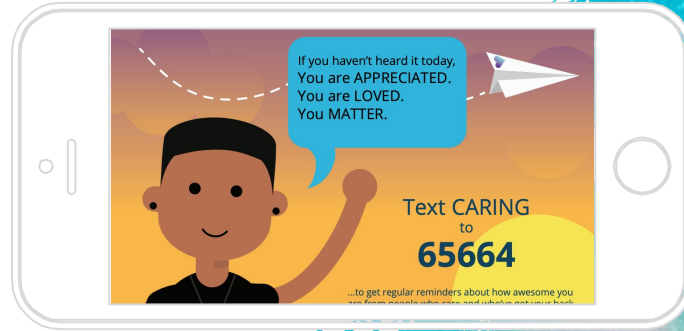


ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

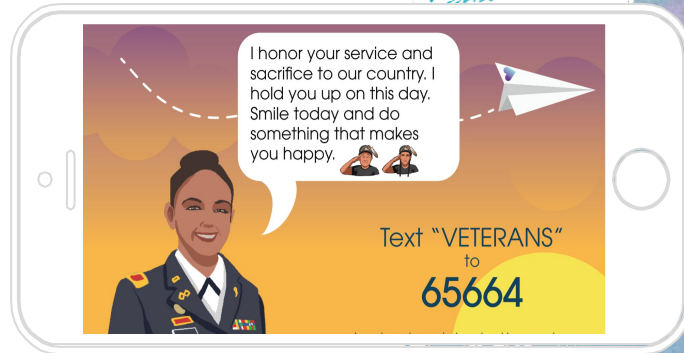




# COLLEGE



# 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/)



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



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



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



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

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# Youth Support

PAGE 2 OF 3

## 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/sex-sexual-health-chatbot](http://www.plannedparenthood.org/learn/sex-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)



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

Click on icons to go to resource

# Youth Support

PAGE 3 OF 3

## 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 BUENO

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



<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

SIGN UP TO RECEIVE UPDATES VIA TEXT MESSAGE  
TEXT "HEALTHY" TO 97779

HEALTHY NATIVE YOUTH



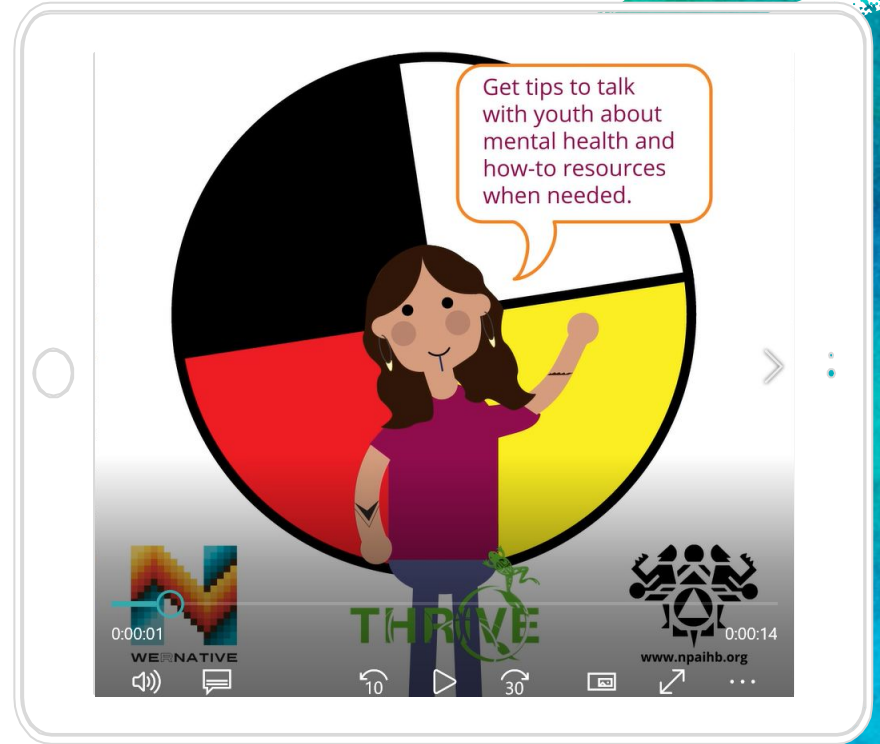
# Mind4Health

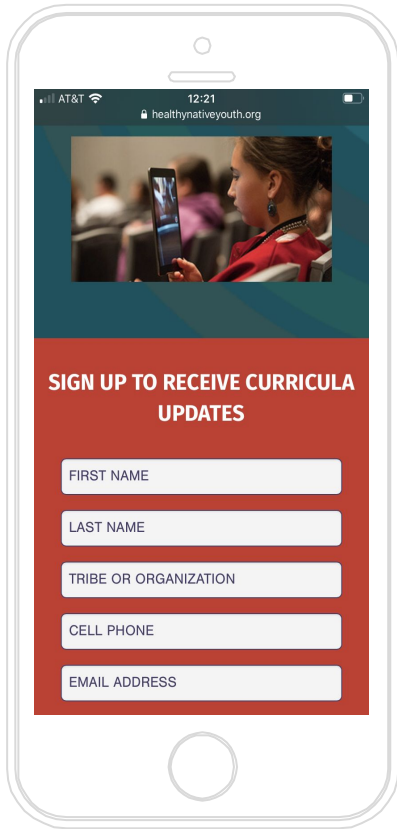
## For Adults

A text message service to nurture conversations with youth to build our mental health together

- ★ Online Printable Resources [here](#)

**TEXT  
"MIND4HEALTH"  
TO 65664**





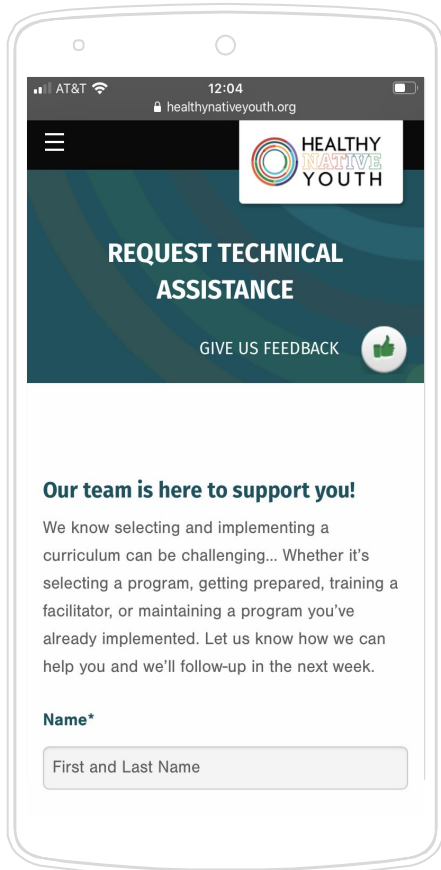
HNY [Linktree](#) QR Code

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



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





# 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



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[ITCA Landing Page](#)

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[I Want the Kit](#)

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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)

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# 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

