

September 13, 2023, 10:00-11:30 am PST



Gather & Choose: Implementation Toolbox

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

“I invite peace into my day – to calm
the storms, to quiet my mind, and to
settle my spirit.” – Unknown



Cami! Keshi! Hello!



Donna Quintana,
post nominals

Tribe(s)

(pronouns)

I love (insert).

email



Denise Kalmakoff,

Koniag Inc.

She/Her

I love the outdoors, coffee,
and family

denise.kalmakoff@citci.org



Adison Hawk

Bethel Native Corp.

She/Her

I love Alaska & Coffee!

adison.hawk@citci.org



Michelle Singer,
post nominals

Navajo

(she/her)

I love music & sports!

msinger@npaihb.org



Live Virtual Training Logistics

Logistics

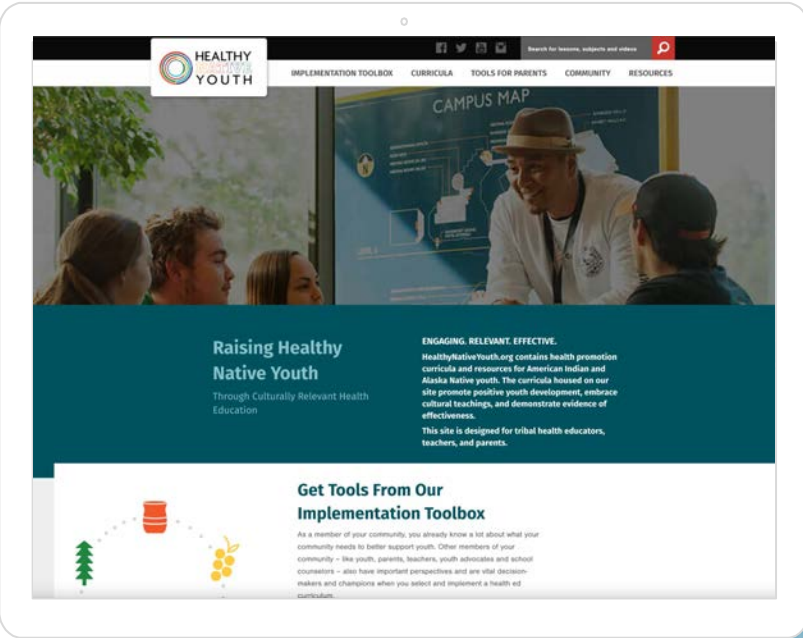
- You are muted
- If comfortable, share video
- Certificate of Completion



Engagement

- Mentimeter Activity
- Annotation Feature
- 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)**



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

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...

- ★ **identify** HNY Toolbox resources & tools for your site/ setting
- ★ **listen** to the community partners share tips and strategies for Community Mapping & Youth Buy-in (Peer Educators)



Where are we going



Community Mapping & ID
Stakeholders
Tesuque Pueblo
20 min

Strengthening Our Youth
Cook Inlet Tribal Council
20 min

Let's Talk!
Closing
20 min

Mentimeter Activity
1 min

1

3

5

7

2

4

6

HNY Toolbox
Gather & Choose
Phase
15 min

Wellness Moment
1 min

Annotation Activity
1 min



Mentimeter Activity



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

What health topics are most relevant for teens and young adults in your community right now?



1. Implementation Toolbox

Gather & Choose Phases



2020

Adolescent Health Tribal Action Plan

A Strategic Plan for the Tribes of Idaho, Oregon, and
Washington



Physical Health

- ♦ Healthy Weight ♦ Nutrition ♦ Physical Acitivity ♦ Positive Body Image ♦ Holistic Sexual Health ♦ STDs/HIV ♦ Injury and Violence ♦ Alcohol, Tobacco, E-Cigarettes and Other Drugs ♦

Social Health

- ♦ Politive Identity ♦ Healthy Relationships ♦ Healthy Communication ♦ Social Skills ♦ Coping Skills ♦ Peer Pressure ♦

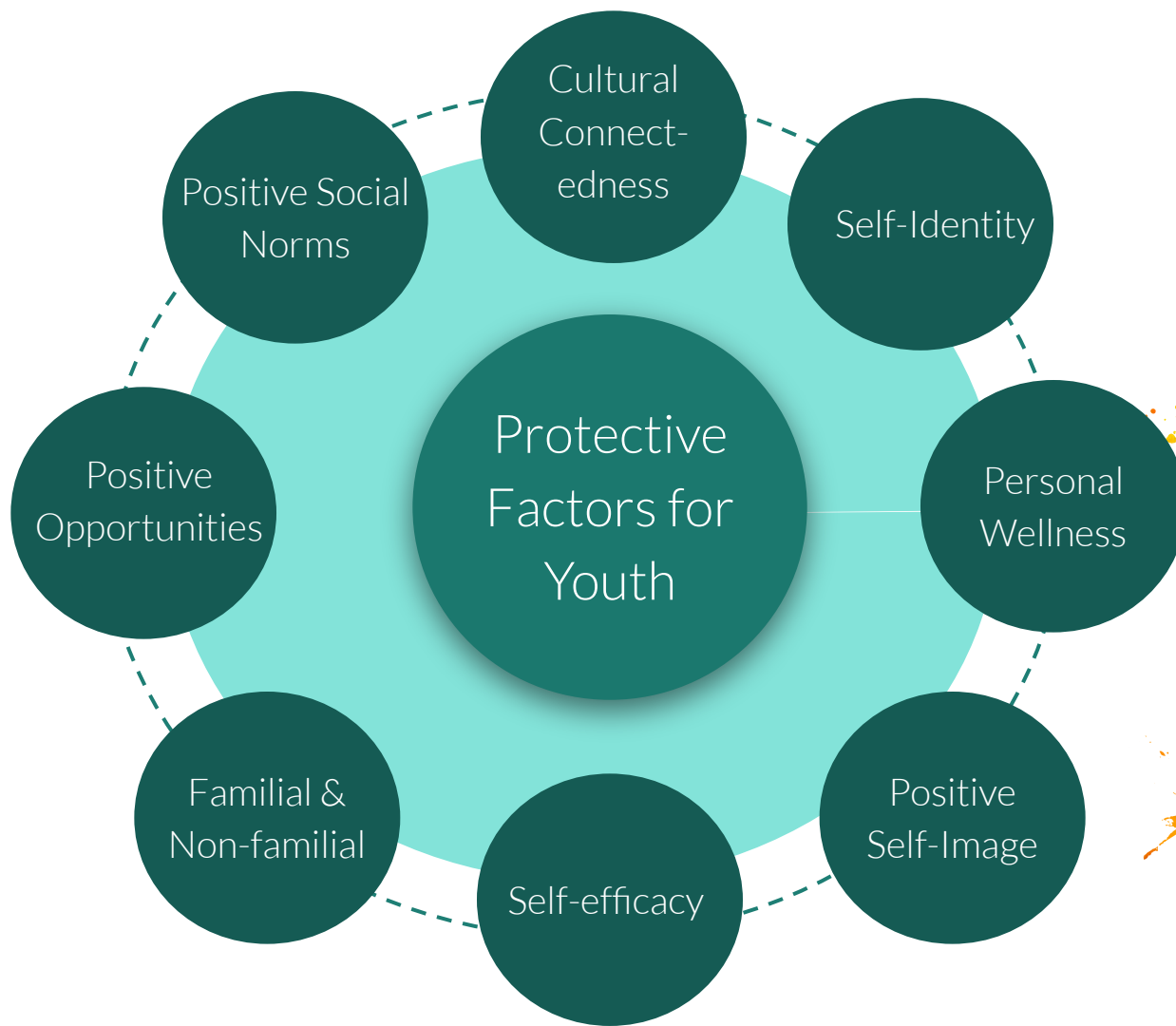
Mental Health

- ♦ Anxiety ♦ Depression ♦ Stress ♦ Suicidal Ideation ♦ Eating Disorders ♦ Positive Self Image ♦ Abuse ♦ Violence ♦ Bullying ♦

Spiritual Health

- ♦ Traditional Healing ♦ Connection to Community ♦ Culture, Values, Traditions ♦ Religion ♦ Cultural Pride ♦

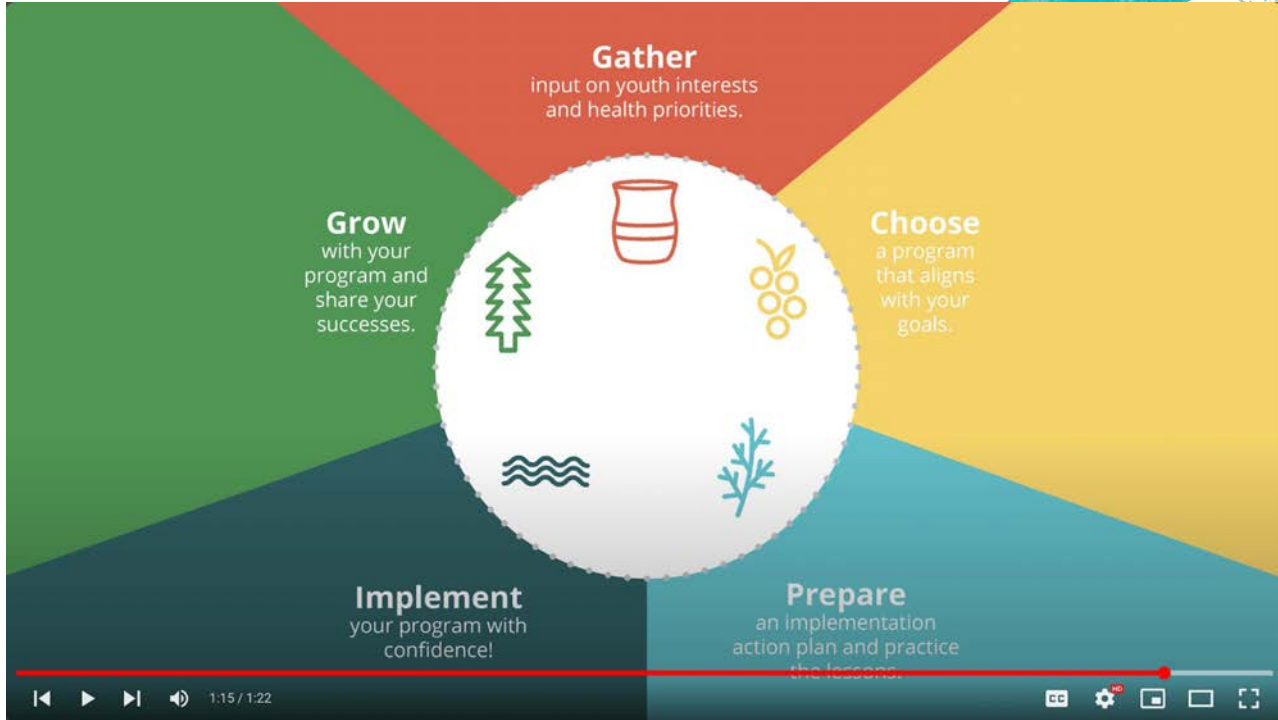




Background:

AI/AN Adolescent Sexual Health





Implementation Toolbox - Mini 101's






Healthy Native Youth - 2 / 6

↺ ↻

- Introduction & Overview – Implementation Toolbox**
Healthy Native Youth
1:23
- GATHER PHASE: HNY Implementation Toolbox**
Healthy Native Youth
1:37
- CHOOSE PHASE: HNY Implementation Toolbox**
Healthy Native Youth
1:29
- PREPARE PHASE: HNY Implementation Toolbox**
Healthy Native Youth
1:21
- IMPLEMENT PHASE: HNY Implementation Toolbox**
Healthy Native Youth
1:17
- GROW PHASE: HNY Implementation Toolbox**
Healthy Native Youth
1:28



Healthy Native Youth Implementation Toolbox: Phases and Steps

				
Gather	Choose	Prepare	Implement	Grow
<p>Gather input on youth interests and health priorities</p> <ul style="list-style-type: none">• Identify your community's needs and resources• Select your program setting	<p>Choose which criteria are most critical to your program</p> <ul style="list-style-type: none">• Select a program that aligns with your goals• Get approval if needed	<p>Prepare an implementation action plan that includes self-care</p> <ul style="list-style-type: none">• Order supplies, teaching tools, and incentives• Practice going through the curriculum & activities	<p>Implement your program with confidence!</p> <ul style="list-style-type: none">• Track your implementation journey• Assess student learning and experiences	<p>Grow with your program</p> <ul style="list-style-type: none">• Share successes and lessons learned• Keep the momentum going
<p>GET SUPPORT: Connect with community members for guidance and feedback</p>	<p>GET SUPPORT: Identify decision-makers</p>	<p>GET SUPPORT: Invite guest speakers and attend Community of Practice sessions</p>	<p>GET SUPPORT: Explore technical assistance and resource supports</p>	<p>GET SUPPORT: Collaborate with other youth programs</p>
<p>YOUTH VOICE: Gather input from youth and program participants</p>	<p>YOUTH VOICE: Seek input from youth and community</p>	<p>YOUTH VOICE: Recruit caregivers, youth and allies</p>	<p>YOUTH VOICE: Celebrate the youth</p>	<p>YOUTH VOICE: Stay connected beyond programming</p>

INTRODUCTION

WHERE DO I START?

THE BIG PICTURE



Raising Healthy Native Youth

Through Culturally Relevant Health
Education

<https://www.healthynativeyouth.org/>

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.

The Big Picture



Gather



Choose



Prepare



Implement




Grow


Where do I start?




The Big Picture


Where do I start?


 **Gather** -


Get support: Connect with community members for guidance and feedback. [Learn more](#) 


Gather input on youth interests and health priorities. [Learn more](#)


Identify your community needs and resources. [Learn more](#) 


Select your program setting. [Learn more](#) 

Youth voice: Gather input from youth and program participants. [Learn more](#) 

 **Choose** +

 **Prepare** +

 **Implement** +

 **Grow** +



Gather | Basket

Baskets have been created for multipurpose use. The basket symbolizes community coming together to gather feedback and stakeholder support.



Choose | Berries

Traditionally, communities came together to seasonally harvest berries. Berries symbolizes choosing a culturally-relevant curriculum as a source of nourishment.



Prepare | Cedar

A cedar tree is a multipurpose wisdom keeper. The branch symbolizes medicine to prepare and plan for program delivery in the community.



Implement | Water

Water is life and a river is a power source. The water symbolizes program implementation with movement, positive flow and energy.



Grow | Tree

A tree is as strong as its roots. The tree symbolizes wisdom, cultural connection and community growth.



Tool | Knife

The Uluq is an Alaska Native all-purpose tool is used to prepare food. The knife symbolizes the tool to get ready for implementation.



IMPLEMENTATION TOOLBOX

GIVE US FEEDBACK



Gather



Choose



Prepare



Implement



Grow



Grow

OVERVIEW: Sustain and grow your program

Goal: Reflect on what works, what can change, and what you are learning as you go on this journey. Use this knowledge to grow and to keep the momentum going.

Congratulations! You have implemented your program and you have learned quite a bit on the journey. You are now in the GROW phase. Take some time to think about how you will grow with the program and how you want to keep the momentum going. Reach out and collaborate with other youth programs. Document your experiences and plan to build upon them in the next round of implementation. Share the lessons you learned with your youth and your community. Celebrate the wins! Above all, keep cultivating relationships and find ways to stay connected beyond programming.

Where Do I Start?





Gather

Gather input on youth interests and health priorities.

Implementation Toolbox - Mini 101's

Healthy Native Youth - 2 / 6



1:23

**Introduction & Overview -
Implementation Toolbox**

Healthy Native Youth



1:37

**GATHER PHASE: HNY
Implementation Toolbox**

Healthy Native Youth



1:29

**CHOOSE PHASE: HNY
Implementation Toolbox**

Healthy Native Youth



1:21

**PREPARE PHASE: HNY
Implementation Toolbox**

Healthy Native Youth



1:17

**IMPLEMENT PHASE: HNY
Implementation Toolbox**

Healthy Native Youth



1:28

**GROW PHASE: HNY
Implementation Toolbox**

Healthy Native Youth

1:27 / 1:36





Template: Community Needs and Resource Assessment

GATHER Community Needs and Resource Assessment



Use the “Community Needs and Resource Assessment” to help organize your outreach while you meet with partners to identify health priorities. There are several options included in the template that you can use to engage partners in the planning process, depending on your setting and audience. You will collect feedback from different audiences and c

The goal of a community needs and resource assessment is to und

- What youth, their families, and the broader community w
- What resources you have available to your program,
- What constraints or challenges may need to be address

To assist you in the process, we have included a planning template with the following steps.

- Step 1: Selecting Who to Engage in the Planning Process
- Step 2: Questions to Discuss
- Step 3: Sharing Your Findings

Instructions: Use this template to guide your planning process.

Sample Q's for Youth

Health Priorities and Ideas

1. What health topics are most important to you and your friends right now?
2. What health resources do you and your friends use in the community?
3. Are there any you avoid? Why?
4. What additional health resources do you wish our community had?
5. What ideas do you have that would make the health resources in our community better for teens and young adults?



Activity Guide: Bingo Data Collection Activity



Bingo Data Collection

This activity was adapted from the National Indian Child Welfare Association (NICWA) and Native It's Your Game – Clinic Teen-friendliness Survey

Healthnativeyouth.org

How teen-friendly is your clinic?

Adapted from the Teen-friendliness Clinic Survey from [Native It's Your Game](#).

1. Do you know what the clinic hours of operation are? If so, what are they?
2. Where have you seen clinic hours posted or publicized?
3. Where would you recommend they be posted or publicized?
4. What hours or days would you recommend the clinic be open to make it easier for teens schedules?
5. Do you know what the clinic service costs are (e.g. low-cost or no-cost for tribal members)?
6. Where would you recommend the clinic post their service costs?
7. How and when does the clinic send out appointment reminders?
8. Are there other ways and times teens might like to receive reminders?
9. Can teens receive an appointment within the same week they call?
10. Does the clinic have a hotline? Do you know that number?
11. How easy to see are clinic signs?
12. How teen-friendly do you think clinic signs are?
13. How LGBTQ2S friendly do you think clinic signs are?
14. Would you recommend any changes to clinic signs to be more inclusive for teens, LGBTQ2S youth, or Indigenous languages speakers?
15. Where would you recommend these signs be posted or publicized?
16. Is there any way the clinic can have a more private entrance?
17. Where would you recommend creating a separate waiting area for youth (i.e. an obscure corner or alcove or behind a divider)?
18. Where would you recommend waiting rooms signs be posted that assure youth their information is kept private and confidential, as well as the assurance they will be seen, even if they are not able to pay for their services be posted?
19. Are there ways the clinic can be better at keeping people who are walking by from seeing who's inside the waiting room?
20. Do you have any recommendations to improve or include transportation for teens to get to the clinic and back home?



Choose

Choose a program that aligns with your goals.

1:20 / 1:28



Implementation Toolbox - Mini 101's

Healthy Native Youth - 2 / 6



1:23

**Introduction & Overview -
Implementation Toolbox**

Healthy Native Youth



1:37

**GATHER PHASE: HNY
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1:29

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1:21

**PREPARE PHASE: HNY
Implementation Toolbox**

Healthy Native Youth



1:17

**IMPLEMENT PHASE: HNY
Implementation Toolbox**

Healthy Native Youth



1:28

**GROW PHASE: HNY
Implementation Toolbox**

Healthy Native Youth



Template: Identify Youth & Community Partners Map

GATHER

Identify Youth Advocates and Community Partners



Get Support: This is a resource that can help you identify community partners and key decision-makers that can help support the delivery and implementation of your program. These partners may have resources or contributions beyond what you can think of, so stay open to learning about what they are doing and how they want to work together.

Instructions: In the left column, brainstorm potential and existing partners that can support your work. Include actual names or organizations, if you know them. There are a few categories written in to get you started and a few "Other" spaces that can be used for partners that don't fit into the other boxes. In the right column, list ways these partners can support or participate in your programming. |

Youth Advocates and Community Partners

Who can support the program?

How can they support the program?



Youth:



Families & Relatives:



Tribal Departments:



Decision Makers:
Health committee,
Tribal council



Schools: School
Board, Principal,
Teachers



Clinic & Health Staff:



Community Orgs:



Other:



2. Community Mapping & Stakeholders

Tesuque Pueblo, NM



Tesuque Pueblo Youth Coalition



Recruitment



Native STAND
Students Together Against Negative Decisions!

Youth interested!
Come participate in an education program for Tesuque Pueblo Youth; Native STAND
(Students together against negative decisions!)

Native STAND is designed to help the youth make better decisions concerning their health, drugs, alcohol, dating, violence and other important issues that impact our youth today.

WE ARE NATIVE

*IF YOU WOULD LIKE MORE INFORMATION, STOP BY MY OFFICE OR YOU CAN REACH ME AT:
231-7717/955-7715*

DONNA QUINTANA

AGES
14-24 YEARS

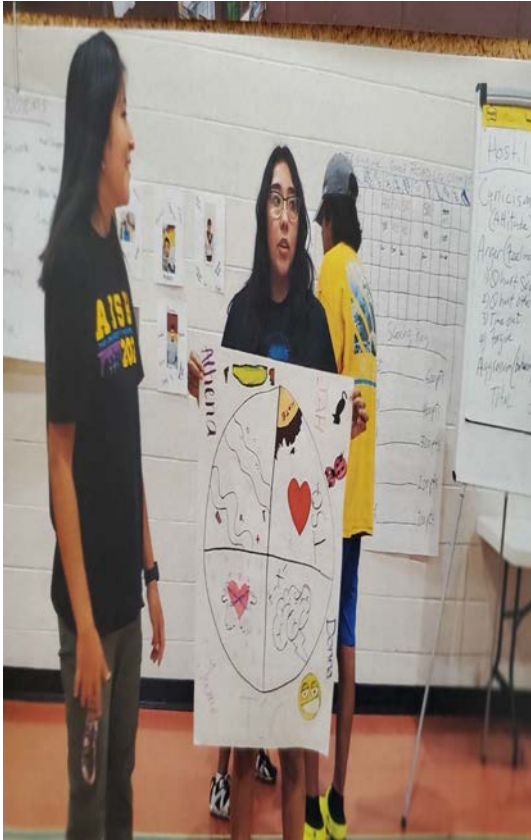
WHEN (TENTATIVE)
July 2
July 23
August 6
August 20
September 10
September 24

WHERE
I.G.C Room 211
(Youth Coalition Room)

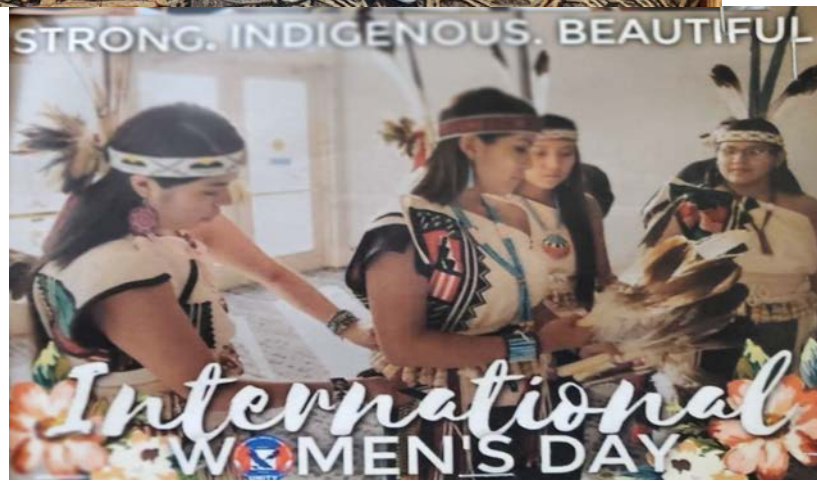
TIME
5PM-6PM











United National Indian Tribal Youth (UNITY)

Council of the Year Award 2023





Wellness Moment

Breathing Exercise



3. Strengthening Our Youth

Peer Education from Cook Inlet Tribal Council



Overview



- 1 Our Program, Benefits, and Goals
- 2 Lessons Content
- 3 Curriculum/ Classroom
- 4 Peer Education



Our Program



Our Tribal PREP program prepares youth for adulthood as they learn how decisions made today affect their future.

Strengthening Our Youth is a peer-led healthy life skills and sexual health education program specifically designed for youth and young adults between the ages of 14 - 21.



Our Benefits

- SOY team can travel to rural Alaska!
- Free of Cost!
- Open to all cultural backgrounds
- Education for better decision making
- Promoting healthy relationships
- Learning healthy life skills
- Learn about the reproductive system
- Incentives!



Our Goal

- T-PREP Strengthening Our Youth's goal is to help reduce unintended pregnancies, birth rate, and the spread of sexually transmitted infections.
- We strive to prepare indigenous and non-indigenous youth to be healthy adults in their community.





Curriculum/Classroom

- Co-facilitated by Peer Educators and Tribal PREP Coordinator
 - 10 lessons, 45-120 minutes each
 - About 13 hours total class time
 - We work with each individual group to create a schedule for lesson roll out
- Participants must complete at least 7.5 lessons to successfully complete the program
- We provide snacks and incentives!

Lesson Content

Lesson 1: Welcome & Introduction

Lesson 2: Diversity & Respecting Differences

Lesson 3: Goals & Values

Lesson 4: Technology, Social Media, & Human Trafficking.

Lesson 5: Healthy Relationships, Intimacy, & Conflict Resolution

Lesson 6: Unhealthy Relationships, Breaking Up & "In Their Shoes"

Lesson 7: Consent & Refusal Skills

Lesson 8: Penile & Vaginal Structures & Functions

Lesson 9: Sexually Transmitted Infections & Sexually Transmitted Diseases

Lesson 10: Safer Sex Practices & Program Closure





Photo courtesy of Telling Marie Standards (on left) works on an activity with Tribal PEOP



Peer Education

Success Stories

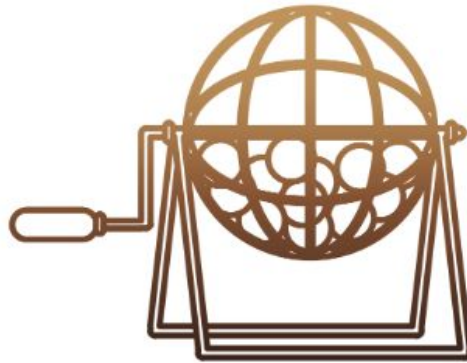
There was a time when a student had learned some information from the previous day of class and another student had a question, and that student was able to answer.

Challenges

One of the challenges is trying to get the youth to participate.

How are we addressing these challenges?

Separating a group of participants who are already friends and let them participate with those who they do not know others.



Certificate of Completion

This is to certify that

Participant Name

has successfully completed the **Strengthening Our Youth**
Healthy Relationships & Sexual Health Education Program
given at Cook Inlet Tribal Council, this month of (month), 20(year).



Lead Facilitator

Peer Educator

Peer Educator



Thank you!

Email Address

tprep@citci.org

Phone Number

(907) 793-3274





Choose TWO that are MOST important for you this year.

→ ✓ ✕
★ ♥ ?

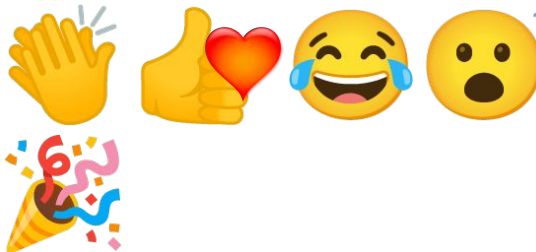
4. Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions





*Chatfeed Convo:
Type Questions, Ask
Away!*



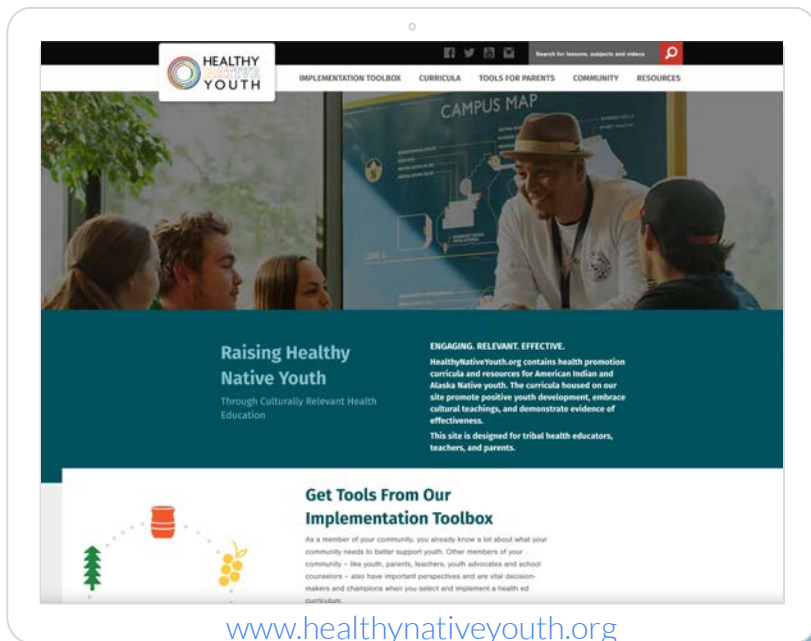
Practice in Action

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



www.healthynativeyouth.org

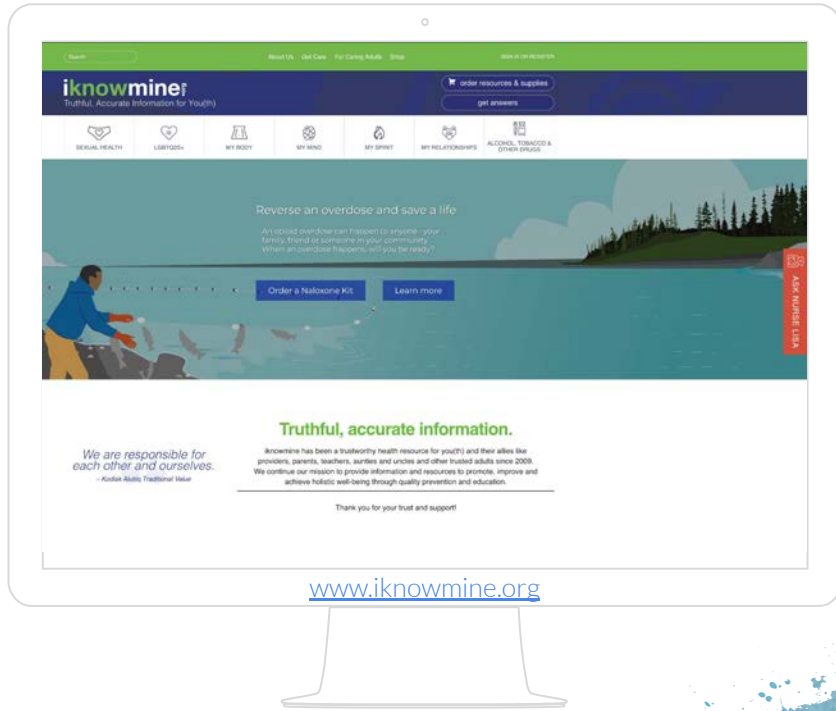
We R Native

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





I Know Mine

For Alaska Native Youth

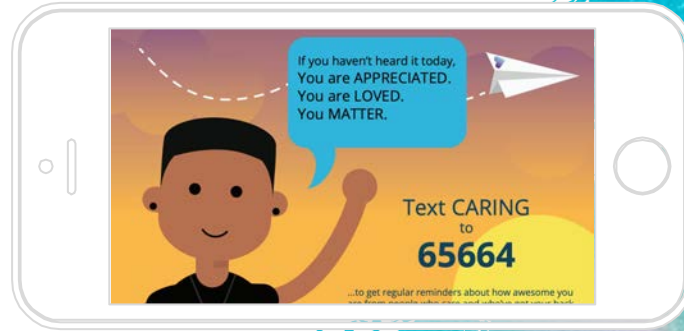
- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program
- ★ Follow on Twitter, YouTube, Facebook



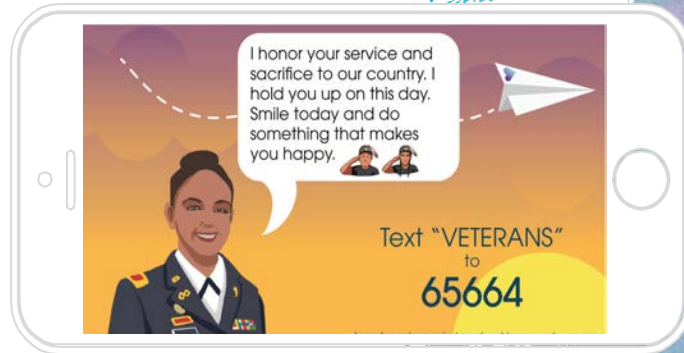
ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



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 741 741
www.crisistextline.org/

988 Suicide and Crisis Lifeline
Dial or Text: 988
www.988lifeline.org/chat/

Abuse & Sexual Assault


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

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

 National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
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

 Truth: Smoking, Vaping, and Opioids
Text: DITCHVAPE to 88709
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/

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

Mental Health

 Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/

 Teens Helping Teens
Call: 1-800-852-8336
Text: YLNATIVE to 839 863
www.theyouthline.org

 We R Native: My Mind
Text: CARING to 65664
www.wernative.org/my-mind



National Hotline: Reach Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boyztown.org/hotline




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



Youth Support

PAGE 2 OF 3

Relationships & Dating

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

 Love Is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
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

Sexual Identity - 2SLGBTQ+

 Paths (Re)Membered Project
Text: 2SLGBTQ to 94449
www.pathsre-membered.org/

 Native Youth Sexual Health Network
www.nativeyouthsexualhealth.com/

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

 It Gets Better Project
www.itgetsbetter.org/

Sexual Health

 Planned Parenthood
Call: 1-800-230-7526
Chat: www.plannedparenthood.org/learn/sex-sexual-health-chatbot

 We R Native: Sexual Health
Text: SEX to 94449
www.wernative.org/ask-your-relatives

 I Know Mine
www.iknowmine.org/ask-nurse-lisa

 It's Your Sex Life
www.itsyoursexlife.com

 Bedsider
www.bedsider.org/

 Get Yourself Tested #GYT
www.cdc.gov/std/saw/get/hotlineGYT.htm

 Trans Lifeline
Call: 1-877-565-8860
www.translifeline.org/

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



Click on pdf icons to go to resource

Youth Support

PAGE 3 OF 3

Bullying

 StopBullying.gov
www.stopbullying.gov/resources/teens

 Cyberbullying
www.cyberbullying.org/resources/students

 We R Native: Bullying Prevention
www.wernative.org/my-life/tackles-bullying-prevention

Find Help Near You


 SAMHSA - Find the treatment center closest to you
www.samhsa.gov/find-treatment


 Mental Health America - Find the clinic closest to you
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 NO 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



THRIVE Linktree:
https://linktr.ee/npaihbthrive?utm_source=qr_code



@npaihbthrive



Emotional Safety Plan



Youth Support Resources



The Trevor Project



988 Suicide & Crisis Lifeline



Crisis Text Line



Mental Health Services for 2SLGBT+ Persons



We R Native



Surviving a Suicide Loss



We Matter Campaign



Suicide Awareness Voices of Education



MentalHealth.gov

Scan the QR code
with your phone...



<https://linktr.ee/npaihbthrive>

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

Cama'it!
My name is Greg!
My pronouns are he and him. Give yourself a high five from me! I'm glad you're here!

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

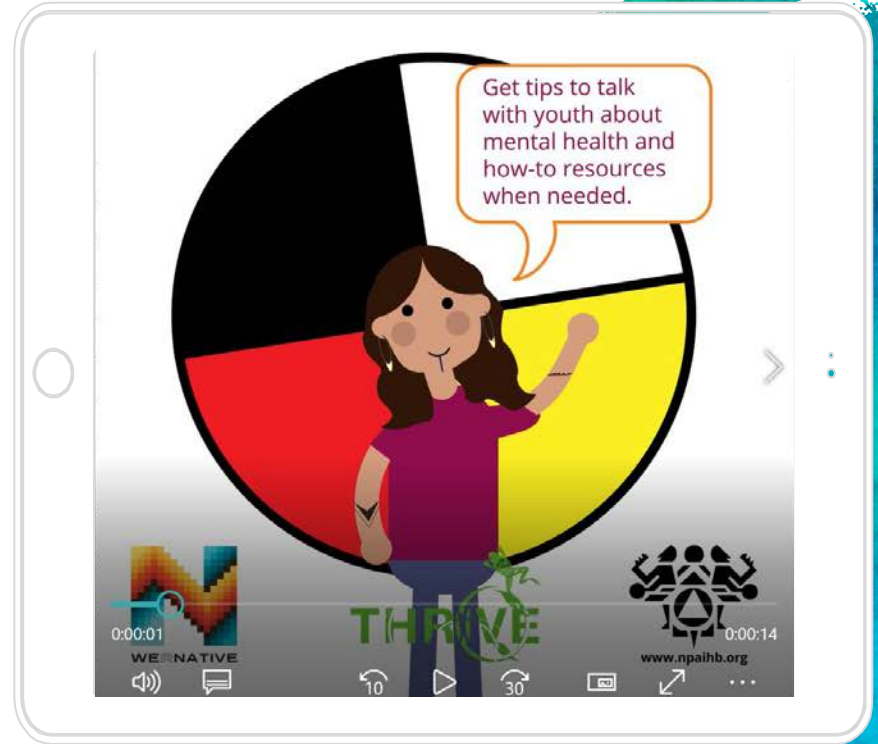
Mind4Health

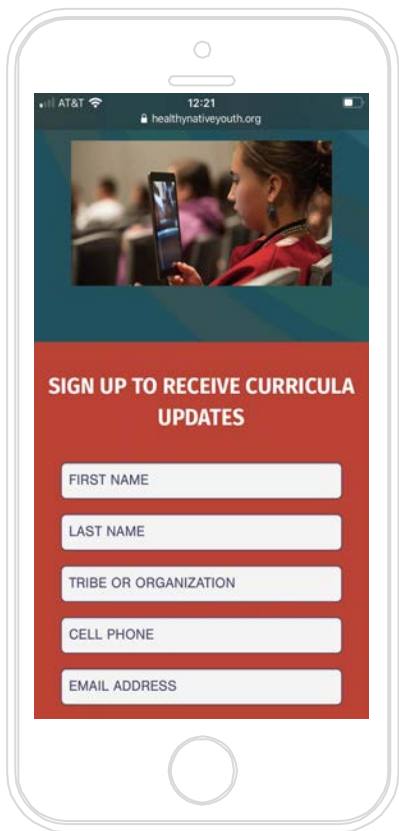
For Adults

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



Mark Your Calendars!



COMMUNITY OF PRACTICE

September 13 **Gather & Choose**
Join us as we share tips and strategies from the Healthy Native Youth Implementation Toolbox to Gather community feedback & Choose a culturally-relevant health program!

October 11 **Prepare**
Recruitment of caregivers, youth, and allies is always at the top of our lists. Join us as we Prepare for the implementation phase and share our lessons learned.

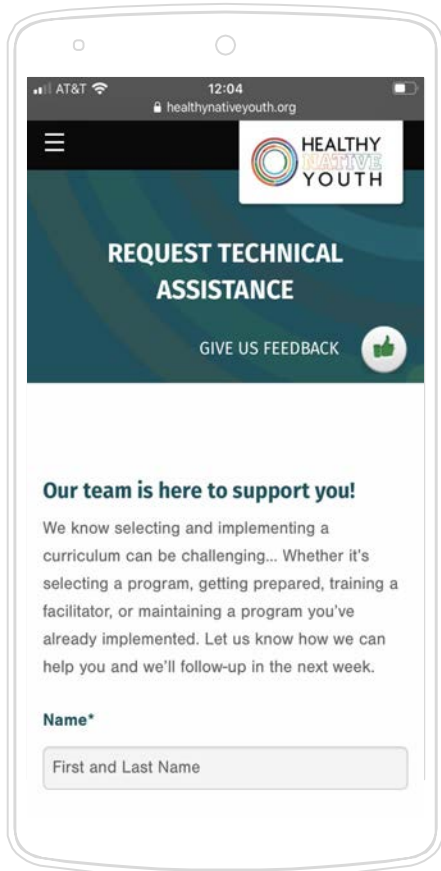
November 08 **Implement & Grow**
Let's talk Implementation, Evaluation, Reflection & Retention!

When?
90-minute virtual gatherings are held the second Wednesday of most months

Start Times:
9:00 AK, 10:00 PST, 11:00 MST, 12:00 CST, 1:00 EST

Registration
Zoom registration link:
<https://linktr.ee/HealthyNativeYouth>
agaston-contractor@npaihb.org
tdean@npaihb.org





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




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; Michelle Singer, 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

