Prepare: Implementation Toolbox

October 11, 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

“Out there beyond ideas of wrongdoing and rightdoing there is a field. I’ll meet you there.”
– Rumi
I love music & sports!!.
msinger@npaihb.org

I love reading.
mlvoight@anthc.org

I love to cook & sports
vurlene.notsinneh-bowekaty@rpmic-nsn.gov

Michelle Singer  
Navajo  
/she/her/
I love music & sports!!.
msinger@npaihb.org

Millie Voight  
Namesake: Luglualiq  
Inupiaq, Native Village of Unalakleet  
She/Her  
I love reading.
mlvoight@anthc.org

Vurlene Notsinneh-Bowekaty  
Jicarilla Apache Nation  
I love to cook & sports
vurlene.notsinneh-bowekaty@rpmic-nsn.gov

Yá'át'ééh! Ublaaluataq! Daanzho!
Live Virtual Training

Logistics
- You are muted
- If comfortable, share video

Engagement
- Padlet 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?
Safe Spaces

Group Agreements

Digital Learning Agreement

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

Be responsible. I will...
- Check my work.
- Complete my assignments.
- not dropping or losing it.
- not using my device in a clean, safe, quiet environment.
- not writing or taking notes when I should.
- Tell my teacher and parents if my device is broken, stolen, or lost.

Stay safe. I will...
- Not share my 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 address or school.
- Report bullying or activity I find disturbing to my teacher or a trusted adult.
- Tell my teacher or an adult if I myself or anything makes me feel unsafe or scared, or if anyone acts inappropriately toward me.

Think first. I will...
- Remember that teachers and administrators can see what I type and do on a school-issued device during class meetings, in emails, and chats, and on shared documents.
- Not post anything online that I wouldn’t want my family, teachers, colleagues, friends, or future employers to see because posts and comments can be saved and shared without my knowledge.

Common Sense Media

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

We’ve Got Goals!

By the end of today’s session, you will be able to...

★ **identify** HNY Toolbox resources & tools for your site and setting

★ **listen** to the community partners share tips and strategies for recruitment and preparing for implementation success

“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. Prepare Phase: HNY Implementation Toolbox 15 min
2. Wellness Moment Chair Movement 1 min
3. Stories from Alaska! ANTHC 20 min
4. Stories from Arizona! SRPMIC 20 min
5. Padlet Activity 5 min
6. Let’s Talk 20 min
7. Closing 5 min
1. Prepare

Preparing for program implementation...
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.

The steps and tools in the Implementation Toolbox will help walk you through important phases in the planning process with ready-to-go templates, tips, examples, and words of encouragement.

- Start From the Beginning
- Find Your Best Starting Point
- See the Big Picture
<table>
<thead>
<tr>
<th>Gather</th>
<th>Choose</th>
<th>Prepare</th>
<th>Implement</th>
<th>Grow</th>
</tr>
</thead>
</table>
| **Gather** input on youth interests and health priorities  
- Identify your community's needs and resources  
- Select your program setting | **Choose** which criteria are most critical to your program  
- Select a program that aligns with your goals  
- Get approval if needed | **Prepare** an implementation action plan that includes self-care  
- Order supplies, teaching tools, and incentives  
- Practice going through the curriculum & activities | **Implement** your program with confidence!  
- Track your implementation journey  
- Assess student learning and experiences | **Grow** with your program  
- Share successes and lessons learned  
- Keep the momentum going |

**GET SUPPORT:**  
Connect with community members for guidance and feedback  
Identify decision-makers  
Invite guest speakers and attend Community of Practice sessions  
Explore technical assistance and resource supports  
Collaborate with other youth programs

**YOUTH VOICE:**  
Gather input from youth and program participants  
Seek input from youth and community  
Recruit caregivers, youth and allies  
Celebrate the youth  
Stay connected beyond programming
Gather
input on youth interests and health priorities.

Grow
with your program and share your successes.

Choose
a program that aligns with your goals.

Implement
your program with confidence!

Prepare
an implementation action plan and practice the lessons.
Prepare

OVERVIEW: Start making preparations for your program – gather supplies, order materials, and preview the lessons

Goal: Create a plan to implement the curriculum in your school or community setting. Start reading through your program of choice and begin ordering materials for activities and incentives.

Now that you have chosen a program, you can prepare for success! In the PREPARE phase you are going to draft an implementation action plan. Reach out to potential guest speakers who can lend their knowledge and connect with the youth. Start ordering supplies, teaching tools, and incentives – make this program work for you! Practice going through the curriculum and try to anticipate any hurdles you might run into. Consider any possible logistical challenges. How will you handle them? How will you start recruiting participants? Reach out to caregivers, youth, and other community allies.
Where do I start?

**Gather**

**Choose**

**Prepare**

Get support: Invite guest speakers and attend Community of Practice sessions. Learn more

Prepare an implementation action plan that includes self-care. Learn more

Order supplies, teaching tools, and incentives. Learn more

Practice going through the curriculum & activities. Learn more

Youth voice: Recruit caregivers, youth, and allies. Learn more

**Implement**

**Grow**

Download for quick reference.
Prepare an implementation action plan and practice the lessons.

https://www.youtube.com/watch?v=uaqjvwstrM&list=PLiKVo_vO0vosLRR8_cLF3D35c--BYQofe&index=4
PREPARE
Curriculum Implementation Plan

Instructions: Start thinking about the logistics involved in implementing your program. Use these questions to anticipate your program’s needs: who will deliver each lesson, where will the classes take place, when will you meet and how often?

Use the Implementation Plan template to draft out logistics, lesson enhancements, and crisis response protocols. Having a clear plan will help you gain support from decision-makers and communicate your program’s needs.

We know this work can be taxing, build in time and space for reflection and self-care as you go on this journey: Self-care plan for Adults and Elders

Curriculum Implementation Plan

Lead Educator Contact Information

Name:
Tribe/Organization:
Office # (Direct):
Cell #:
Email:
Name of Supervisor:
Email of Supervisor:

Add other staff or site points-of-contact, as needed.

1. Which curriculum did you choose on www.HealthyNativeYouth.org? Add (Write a few sentences, thinking about the following questions...)
   a. What steps did you take to GATHER community support? An advisory board? Parents? Students?
   b. When you CHOSE the program, did you need approval from the Tribe? School? School Board?

2. How will you recruit youth in your community to participate in the curriculum?
   Check out PREPARE – Step 4, for more tips and tools to help recruit youth, caregivers and allies. (Write a few sentences, thinking about the following questions...)
   a. Are you building upon an existing youth program or creating a new one?
   b. How will you build interest for youth and their parents?
   c. Will you collect permission or consent forms?
   d. How will you keep in touch with participants and their parents to schedule sessions?
**Template: Class Agenda and Invite for Guest Speakers**

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Min</th>
<th>What/activities</th>
<th>Lead</th>
<th>Materials/Links:</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00am</td>
<td>11:15</td>
<td>15</td>
<td>Welcome students, open PPT for class Kickoff</td>
<td>Facilitator’s Name</td>
<td>Flip chart, markers, name tags</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Introduce guest speaker</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:15</td>
<td>12:00</td>
<td>45</td>
<td>Talking Point to Cover</td>
<td>Guest’s Name</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Add</td>
<td></td>
<td></td>
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<td>- Add</td>
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<td>- Add</td>
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</tr>
</tbody>
</table>

**Note to Guests: Our classroom**

1. Promotes skills development (e.g., communication, negotiation, refusal, assertiveness, contraceptive use) with practice and feedback.
2. Teaches youth to initiate risk reduction conversations with friends and family.
3. Teaches youth how to communicate with messages that target risk-related attitudes, norms, intentions, and self-efficacy.
4. Uses active learning techniques.
5. Uses non-heterosexist language and positive role modeling.
6. Is “sex-positive,” teaching that sexual expression under the right circumstances is normal and healthy.
7. Focuses first on knowledge, attitudes, and behaviors, then on how to promote positive social norms in the community.
8. Supports youth as they set personal goals.
Dear Parent or Guardian:

We are very excited to inform you that your child will have the opportunity to participate in a health education program that we will be implementing in the [school, after-school program, summer program, etc.], called Native STAND (Students Together Against Negative Decisions). This curriculum is designed to help students make better decisions about their health. The curriculum is a comprehensive health curriculum that addresses sexually transmitted diseases, HIV, unplanned pregnancy, drugs and alcohol, dating violence, mental health, and other important issues that impact our youth today. After the training program is over, your child will be able to help themselves and their friends make healthy decisions.

There are 18 sessions in the curriculum that last about one hour each. These may occur weekly, or more frequently, depending on the program is delivered.
Wellness Moment

Image source: dreamstime.com
2. Stories from Alaska

Alaska Native Tribal Health Consortium & Native It’s Your Game
Tribal Personal Responsibility Education Program

★ 5-year grant
  ○ 2021-2026

★ Combines Evaluation with Implementation

★ Project Wangkuta – “Project Us”
  ○ Community Partners
  ○ Pilot Program
  ○ iKnowMine Youth Advisory Board

★ N-IYG curriculum in rural Alaska
Partners
Community Partners

★ Local implementation
★ Providing technical assistance
★ Training
  ○ Be knowledgeable about resources you are sharing
  ○ Prepare Implementation Action Plan ahead of time
  ○ Bring food!
Pilot Programs

★ Goal: Implement 1 lesson from the N-IYG in communities across the state

★ Constant communication
  ○ Doodle Poll/Email vs. Immediate Communication

★ Fostering Positive Relationships
  ○ Connections improved the creation of these programs
iKnowMine Youth Advisory Board

★ Goal: Incorporate youth feedback into youth programming
★ Complete 1 year
  ○ Recruitment and retention challenges
★ Leverage other youth organizations
  ○ Tabling events
★ Don’t be discouraged!
  ○ It takes a while to get started, but things will kick off

https://www.iknowmine.org/
## How we used HNY Toolbox

### Timeline for Completion

<table>
<thead>
<tr>
<th>Activities</th>
<th>Specific Steps</th>
<th>Who is responsible?</th>
<th>Timeline for Completion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sep 2023</td>
</tr>
<tr>
<td>YAB meetings</td>
<td>1. Provide YAB Leaders with Questions Ready</td>
<td>PC</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>3. Assign curriculum lessons</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4. Keep CP sites in mind regarding curriculum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YAB Leadership Opportunities</td>
<td>1. Mention Leadership opportunity to YAB members</td>
<td>PC</td>
<td>X</td>
</tr>
<tr>
<td></td>
<td>3. Mention Leadership opportunity to YAB members</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Template: Curriculum Implementation Action Plan

### Template: Self-Care Plan for Adults and Elders

### Example: Project Budget from the Field

### Template: Class Agenda and Invite for Guest Speakers

### Start | End  | Min | What/activities | Lead (Presenter and speaker) | Materials/ Links:
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 pm</td>
<td>2:15 pm</td>
<td>15</td>
<td>Welcome students</td>
<td>All staff</td>
<td>Permission slips received at the door</td>
</tr>
<tr>
<td>2:15</td>
<td>2:30</td>
<td>15</td>
<td>Ice Breaker</td>
<td>Millie</td>
<td>Mingle, Mingle, Mingle</td>
</tr>
<tr>
<td>2:30</td>
<td>2:35</td>
<td>5</td>
<td>Explain event – what should attendees expect, expectations of attendees also</td>
<td>Millie</td>
<td>Maybe a white board or big poster paper</td>
</tr>
</tbody>
</table>
My Self-care

★ Reading
★ Beading
★ Family time
★ Going outside!

Image source: Millie
3. Stories from Arizona

Salt River Pima-Maricopa Indian Community
Program Background

Image Source: Ms. Vurlene
Our Partnerships

★ Youth Services After School Program
★ Youth Council
★ Boys & Girls Club
★ Recreation Afterschool Program
★ LEARN Program
★ Accelerated Learning Academy (ALA) School
Accelerated Learning Academy

Image Source: Ms. Vurlene
Native STAND

Class of 2016

Image Source: Healthy Native Youth
ALA & Native STAND

ACCELERATED LEARNING ACADEMY

Native STAND

Image Source: Ms. Vurlene
Incentives...

What’s worked for us

Native STAND (Students Together Against Negative Decisions) is an ongoing program designed to help teenagers (13-18 years old) make better decisions. The curriculum holistically addresses healthy decision making and develops knowledge and skills for healthy relationships and self-esteem, preventing STD’s and early pregnancy and avoiding substance abuse.

For teens ages 13-18 years old
DATE: February 16 - May 5, 2018
WHEN: Every Thursday evening from 6:00-7:30 PM
WHERE: Recreation Department

For more info: SRPMIC BANS Prevention Intervention Services (480) 362-2706
or Recreation Dept (480) 362-8360

Image Source: Ms. Vurlene
#2rez4U

Image Source: Ms. Vurlene
Eleanor E. Roehris
Advocate Award

Image Source: Ms. Vurlene
My Self-Care
Padlet

Use QR code or the link in the chat box to join...

Recruitment Strategies...Let’s Share ‘em!
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!
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
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
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

Two Parts:
★ A text message service to nurture conversations with youth to build our mental health together
★ Online 90-min training

https://www.healthynativeyouth.org/curricula/mind4health-training/
Join the Healthy Native Youth Movement!

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

HNY Linktree QR Code
Mark Your Calendars!

## Community of Practice

<table>
<thead>
<tr>
<th>September 13</th>
<th>Gather &amp; Choose</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Join us as we share tips and strategies from the Healthy Native Youth Implementation Toolbox to Gather community feedback &amp; Choose a culturally-relevant health program!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>October 11</th>
<th>Prepare</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>November 08</th>
<th>Implement &amp; Grow</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Let’s talk Implementation, Evaluation, Reflection &amp; Retention!</td>
</tr>
</tbody>
</table>

### 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
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

We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA
Ahe'hee! Quyana! Thank you!

From Project Red Talon (2021-2022)

Alaska Native Tribal Health Consortium

I Know Mine
I Want the Kit
Safe in the Village

Johns Hopkins - Center for Indigenous Health

I Want the Kit
Respecting the Circle of Life

Native It's Your Game
Healthy Native Youth Implementation Toolbox

University of Texas - School of Public Health

I Want the Kit

Inter Tribal Council of Arizona, Inc.

Safe in the Village

Southern Plains Tribal Health Board

ITCA Landing Page

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
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

“İsh dom hoh icheema.”
(I cherish you.)

Zuni Pueblo