



Implement & Grow

November 8, 2023 10am-11:30am PT

Host

[Amanda Gaston](#)

Guest Speakers

Michelle Singer, Renee Goldtooth-Halwood, Allyson Kelley, Jay Aguilar, Brighton Crawford-Martin

Objectives

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

1. identify HNY Toolbox resources & tools for your site/ setting
2. listen to community partners share tips and strategies for implementing health programming with evaluation in mind

Stay connected

- [Upcoming Community of Practice Sessions](#)
- [Past Sessions](#)
- [Request Technical Assistance](#)

Chat links:

Group Agreements – Native STAND, lesson 1:

<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>

Digital Learning Agreements:

https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGaJrNkmEk-8GX4/edit

Implementation Video:

https://www.youtube.com/watch?v=knYUu5V9Ibg&list=PLiKVo_vO0vosLRr8_clfLD35c--BYQofe&index=5

Grow Phase Video:

https://www.youtube.com/watch?v=u6eLlhBN3T0&list=PLiKVo_vO0vosLRr8_clfLD35c--BYQofe&index=6

Celebrate with Youth:

<https://www.healthynativeyouth.org/implementation-toolbox/implement/celebrate-the-youth/>

Box Breathing Video: <https://www.youtube.com/watch?v=tEmt1Znux58>

NB3 Foundation: www.nb3foundation.org

Toolkit for Indigenous Youth Program: <https://www.nb3foundation.org/publications/>

Socio-ecological domain:

[https://nb3foundation.org/wp-content/uploads/2019/11/Exploring Native Strong First Two Years.pdf](https://nb3foundation.org/wp-content/uploads/2019/11/Exploring_Native_Strong_First_Two_Years.pdf)

Knowledge Kit:

<https://nb3foundation.org/knowledge-sharing-2/resources/>

Keeping Track: Physical Health:

<https://www.nb3foundation.org/zero-to-60/>

NB3FIT Program Data Analysis Tutorial:

<https://www.nb3foundation.org/knowledge-sharing-2/resources/>

NB3FIT video: <https://youtu.be/vqhgtD0OVrc?si=zVbgD5YaD2IW2Oxi>

Allyson Kelley & Associates: <https://www.allysonkelleypllc.com/>

Newsletter with AEA: [https://higherlogicdownload.s3.amazonaws.com/EVAL/9bfc598e-108e-464e-a54c-f905669e2811/UploadedImages/October 23 IPE Tig Newsletter Template 1 .pdf](https://higherlogicdownload.s3.amazonaws.com/EVAL/9bfc598e-108e-464e-a54c-f905669e2811/UploadedImages/October_23_IPE_Tig_Newsletter_Template_1_.pdf)

Session Feedback: https://www.healthynativeyouth.org/training_feedback/

TA Request Form: <https://www.healthynativeyouth.org/request/>

Mind4Health:

<https://www.healthynativeyouth.org/curricula/mind4health-training/>

CoP Registration Link: <https://us06web.zoom.us/meeting/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdIB>

Chat feed (names and emails have been removed)

10:02:36 From Michelle : Thank you, Jay!!

10:08:08 From Taylor : Group Agreements – Native STAND, lesson 1:

<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>

10:08:21 From Taylor : Digital Learning Agreements:

https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaIjr9s-JGaJlrNkmEk-8GX4/edit

10:08:35 From Michelle : Ya'at'eeh everyone! Michelle (she/her | Navajo), Healthy Native Youth Project Manager at Northwest Portland Area Indian Health Board. I'm looking forward to hearing more stories & resources from the field!

10:09:16 From Kami (she/her/asdzaan) : Yá'át'ée'h Abíní! I am Diné from the Phoenix Indian Center & Urban Indian Coalition of Arizona. Looking forward to sharing this space with allies and relatives always looking out for our Indigenous youth <3

10:09:26 From Christine : Hello, Everyone! Chris, she/her pronouns, UTHealth in Houston, I'd love get tips on conducting youth-focused evaluation!

10:09:30 From Stephanie : Stephanie (she/her) NPAIHB Adolescent Health team - I am eager to hear about youth and community led evaluation ideas

10:09:31 From Susan : Susan, Maniilaq Assoc., Cancer clinical nurse manager, Kotzebue Alaska. Open to learning all about youth. Inupiat

10:09:32 From Kaleigh- Tutcint Youth Empowerment : Hello everyone, my name is Kaleigh (she/hers). I am Caddo, Kiowa, and Comanche from Oklahoma City. I am currently the Program Coordinator for Tutcint Youth Empowerment in San Fernando, California. I am looking forward to learning more information and resources for the youth in my program, along with being in good community with you all. Hawwih (Thank you!)

10:09:37 From Frank : Alumni-RAY Resilient Alaska Youth, RuralCap, AmeriCorp, Native Village of Saint Michael, Alaska

10:09:41 From Minnie : Good morning. Minnie (she/her). Very excited to be here and am on the land of the Lower Elwha Klallam Tribe. I am looking forward to learning more and bringing it back to our community.

10:10:23 From Gwenda : 'Yá'át'ée'h! Gwenda (she/her) with the Inter Tribal Council of Arizona, Inc.

10:10:28 From Josephine : Josephine "Phines" (She/Her/Hers) I am Athabascan and Inupiaq, a HIV/STD Prevention Program coordinator with Alaska Native Tribal Health Consortium

10:10:31 From joann : Hello. My name is Joann. I'm an enrolled member of the Confederated Tribes of the Umatilla Indian Reservation & also work for the Umatilla tribe as a Wrap Around Services Coordinator. I'm looking forward to learning about more resources.

10:10:33 From Chandra : Driving now but will follow all instructions once I arrive at my destination.

10:10:49 From Taylor : Hi all, my name is Taylor (they/them Puyallup tribe) and I am the Healthy Native Youth Outreach Specialist. If you have any IT questions I am here to help!

10:11:22 From Clover : hello! My name is Clover I am Lingit from the gaanaaxteidi clan from tlaawkw aan I am here on behalf of myself and sitka counseling as a Youth Outreach Coordinator here in Alaska!

10:11:48 From Taylor : Implementation Mini 101 Video:
https://www.youtube.com/watch?v=knYUu5V9Ibg&list=PLiKVo_vO0vosLRr8_cLfLD35c--BYQofe&index=5

10:11:59 From Margaret : Margaret RN, BScN (T̓ilhqotin/ Tl'etinqox't'in (Chilcotin/ Anaham Band) Diversity and Equity Coordinator with Yarrow LLC

10:12:10 From Allyson : Wow! Love to see all of the communities, tribes and programs represented! And Alaska! Go Seawolves!

10:12:16 From Millie : Millie, she/her, Program Coordinator also at the Alaska Native Tribal Health Consortium. I am looking forward to learning more about using the implementation toolbox

10:13:30 From Nasbah : Nasbah, she/her, Nanestezhi tachini nishli, Nakai dine'e bashishchiin, Todichini ei da shi chei To tshohni ei da shi Nali. Looking forward to learning more about youth led evaluation in Tribal communities.

10:14:23 From Taylor : Implementation Toolbox Homepage
<https://www.healthynativeyouth.org/implementation-toolbox/>

10:14:50 From Jan : Hello all! My name is Jan from San Felipe Pueblo working with Notah Begay III Foundation. Thank you to my colleague for sharing this learning process with me. Looking forward to learning more about this awesome programming for our youth.

10:15:09 From Amanda (she/her) : Family Drawing Instructions: Find some paper and something to write with. Draw your family using images and/ or words. Get creative! We will share with the group and take a screen shot of everyone's drawings (during AKA's presentation).

10:15:11 From Kelly : Kelly - Navajo/Acoma Pueblo, Native Youth Coordinator, Inter Tribal Council of Arizona

10:17:44 From Taylor : Grow Phase Mini 101 Video:
https://www.youtube.com/watch?v=u6eLhBN3T0&list=PLiKVo_vO0vosLRr8_cLfLD35c--BYQofe&index=6

10:18:05 From Brighten : Hello all, My name is Brighten I call Las Vegas and the Fort Peck Indian reservation in MT my home. I am Lakota Sioux. I am a full-time student of public Health and an intern at AKA. Honored to share space with you all today

10:23:41 From Allyson : That is the power of all of this work- love to see youth thriving, growing, and being affirmed. And LOVE the examples!

10:24:06 From Taylor : Celebrate with Youth:
<https://www.healthynativeyouth.org/implementation-toolbox/implement/celebrate-the-youth/>

10:28:04 From Amanda (she/her) : Sorry...don't think the video is going to work from my end 😞

10:31:35 From Chandra : Chandra, she/her, Ho-Chunk (Winnebago)/Ojibwe (White Earth), Seattle School Board Director, Tribal Liaison

10:32:13 From Minnie : Thank you for allowing me in this space today. I look forward to watching the videos and returning to this gathering again.

10:32:29 From Michelle : Thank you, folx, for your patience with our IT troubles but know that the HNY Implementation Toolbox is the best kept secret out there so do check it out and start your adolescent health journey in your local community or setting, today!

10:33:00 From Taylor : Box Breathing Video: <https://www.youtube.com/watch?v=tEmt1Znux58>

10:34:36 From Taylor : NB3 Foundation: www.nb3foundation.org

10:34:58 From Brighten : I loved that exercise. Thank you thank you!

10:35:12 From Taylor : <https://www.nb3foundation.org/>

10:38:45 From Amanda (she/her) : the winter count

10:39:12 From Laura : Today is our pow wow songs, telling us about the activities. used to be kahomani, doorway songs, crier of public information.

10:39:35 From Kami (she/her/asdzaan) : Clan systems kept growing and branching out

10:39:43 From Kelly : In our Navajo culture it is the time of Winter storytelling and Winter Cereminies

10:39:53 From nicole : The seasons / seasonal plants and the change in the rivers, the butterflies.

10:40:02 From Amanda (she/her) : Reminder of family drawing: Grab a piece of paper and describe your family in a drawing or words. We'll share during AKA's section.

10:40:29 From Taylor : Toolkit for Indigenous Youth Program:
<https://www.nb3foundation.org/publications/>

10:40:49 From Gwenda : Navajo winter stories and games

10:41:00 From Susan : In the YK area of Alaska there is a program called Calgicagaq. It is bringing back the structure of communities that colonization removed.

10:49:50 From Taylor : Socio-ecological domain:

https://nb3foundation.org/wp-content/uploads/2019/11/Exploring_Native_Strong_First_Two_Years.pdf

10:50:05 From Taylor : Knowledge Kit:

<https://nb3foundation.org/knowledge-sharing-2/resources/>

10:50:07 From Allyson : Love this scale and the rez dog!

10:51:30 From Michelle : The images are so very darn cute!!! This is fun for adults, elders and also youth! LOVE IT!

10:51:58 From Taylor : Keeping Track: Physical Health:

<https://www.nb3foundation.org/zero-to-60/>

10:52:45 From Taylor : NB3FIT Program Data Analysis Tutorial:

<https://www.nb3foundation.org/knowledge-sharing-2/resources/>

10:53:11 From Taylor : NB3FIT video: <https://youtu.be/vqhgtD0OVrc?si=zVbgD5YaD2IW2Oxi>

10:53:58 From Jan : Love it Renee! Awesome presentation! ❤️

10:54:16 From Brighten : Excited to watch the video! Thank you

10:54:34 From Nikki : great presentation thank you

10:54:56 From Taylor : Allyson Kelley & Associates: <https://www.allysonkelleypllc.com/>

10:55:04 From Rosemary : Good job, NB3! We love your programming!

10:56:00 From Nikki : In my MPH studies yes

10:56:21 From Michelle : Love NB3!! Thank you! Such culturally appropriate work and relevance for our AIAN people and youth!

10:56:40 From Clover : we have used theory of change also

11:01:29 From Nikki : give them a strong voice individually and as a group

11:02:13 From Allyson : Powerful to teach evaluation to youth!

11:03:13 From Taylor : Newsletter with AEA:

https://higherlogicdownload.s3.amazonaws.com/EVAL/9bfc598e-108e-464e-a54c-f905669e2811/UploadedImages/October_23_IPE_Tig_Newsletter_Template_1_.pdf

11:03:37 From Renee : Youth led evaluation gives a valuable insight that adults may not see.

11:04:08 From Amanda (she/her) : Reminder of family drawing evaluation activity coming up...Grab a piece of paper and describe your family in a drawing or words. We'll share our drawing in just a bit.

11:04:32 From Amanda (she/her) : I just love this visual!

11:07:17 From Renee : LOVE this checklist!

11:08:19 From Allyson : It takes a team!

11:10:52 From Renee : Clover, can we see that image again?

11:13:02 From Michelle : A LOT of youth love to draw and love art!

11:23:42 From Nikki : I couldn't put the family pic on chat does someone have an email and I can send it to them?

11:24:22 From Amanda (she/her) : You can send your family drawings to agaston-contractor@npaih.org

11:25:22 From Nikki : thank you

11:25:51 From Amanda (she/her) : <https://fb.watch/o8gLpiJGye/>

11:27:48 From Courage : Thank you

11:28:04 From Clover : Gunalcheesh hoho!!Thank you so much for teaching us today

11:28:04 From Michelle : The Implement and Grow Phases are great times as a caring adult and educator to see the journey of your youth/young adults but also in the adults who engage them motivating to do more!

11:28:11 From Taylor : Session Feedback:
https://www.healthynativeyouth.org/training_feedback/

11:28:20 From Taylor : TA Request Form: <https://www.healthynativeyouth.org/request/>

11:28:23 From Frank : Thank You

11:28:29 From Taylor : Mind4Health:
<https://www.healthynativeyouth.org/curricula/mind4health-training/>

11:28:54 From Chandra : I am so grateful for how accessible you are making all of this! It's so amazing.

11:28:56 From Taylor : <https://www.wernative.org/>

11:29:43 From Laura : Thank you!

11:29:47 From Allyson : Thank you all for joining, and Jay and Brighten and our relatives from Fort Peck for allowing us to share these resources with others!

11:30:37 From Brighten : Honored to be here to learn and connect with you all. Thank you for teaching me so much. Blessings!

11:30:59 From Nikki : awesome job Brighten

11:31:58 From Nikki : of course. What an inspiring and wonderful name you have 😊

11:32:01 From Taylor : CoP Registration Link:
<https://us06web.zoom.us/meeting/register/tZMuCeCvrz4qGNFJEGGA99bnPi3-sWfkbdIB>

11:33:08 From Sandra : Thank you for facilitating and sharing these amazing resources!

11:35:01 From nicole : Thank you! This was awesome!