

March 13, 2024, 10:00-11:30 am PST



Swab Squad to the Rescue!

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

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

Zuni Pueblo



Waqaa! Hello! Way!



Hannah, MPH

Cup'ik

Chevak Quissunamiut Tribe

(she/her)

I love coffee!

hegumlickpuk@anthc.org



Cody, MPH, CPH

(he/him)

I love the outdoors.

jknight@spthb.org



**Alicia, MBA, MPH,
CHES**

Colville Confederated Tribe

She/Her

I love dogs, especially mine ;)

aedwards@npaihb.org



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

Live Virtual Training

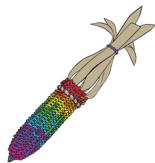
Logistics

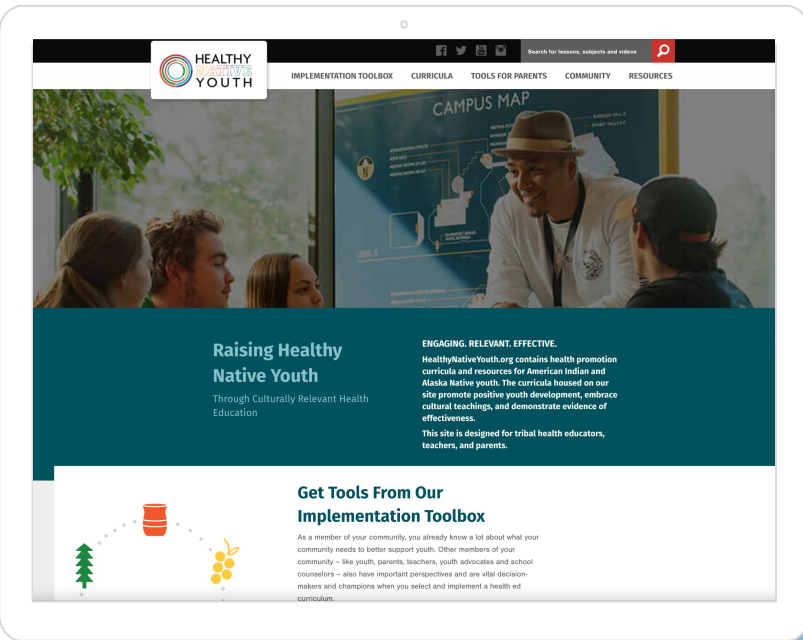
Logistics

- You are muted
- If comfortable, share video

Engagement

- Chat box
- Icons (Zoom & More)

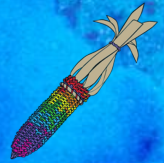




Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ What are you hoping to learn today?



Safe Spaces



Group Agreements



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



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
This work is licensed under a Creative Commons
Attribution Non-Commercial-ShareAlike 4.0
International License.

- 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.

https://docs.google.com/document/d/15ed_aYkTTQMzfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit



We've Got Goals!

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

- ★ **Learn** about the Swab Squad:
IndigiHASS, Indigi IWTK,
Native Health Resources
- ★ **Access** Swab Squad resources
and materials



"Let us put our minds together and see what life we can make for our children."

Where are we going



Indigi IWTK & Native Test
SPTHB
20 min



Native Health
Resources
NPAIHB
25 min



Indigi-HAS
ANTHC
15 min



Wellness Moment
Connection Activity
1 min



Let's Talk &
Closing
20 min



Project Red Talon

(Since 2021)




[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



[ITCA Landing Page](#)



Inter Tribal Council of Arizona, Inc.

[I Want the Kit](#)
[Native Test](#)



Southern Plains Tribal Health Board



[Healthy Native Youth We R Native](#)

Partners:
[Paths ReMembered](#)
[Washington Youth Sexual Health \(WYSH\)](#)
[Native Health Resources](#)



Northwest Portland Area Indian Health Board



1.

Indigi-HAS

Developing the Indigenous HIV/AIDS Syndemic Strategy



Land Acknowledgement

We acknowledge the Dena'ina people, on whose traditional lands we gather in Anchorage, AK. We also acknowledge the Creator and all Indigenous people and tribes of this land. Thank you for your past and present stewardship of the waters, plants, animals and spiritual practices of this place.

The Indigenous HIV, STI, HCV Strategy Advisory Committee



Shawna S. Baker, MS, JD, LLM (Cherokee)
Cherokee Nation Supreme Court
Supreme Court Justice

Noquisi Bizzell (Cherokee)
Cherokee Nation Citizen

Vickie Bradley, MPH, BSN, RN
(Eastern Band of Cherokee Indians)
Secretary of Public Health and Human
Services, Eastern Band of Cherokee Indians

Kunane Dreier (Native Hawaiian)
Hawai'i Health & Harm Reduction Center
LGB&T Program & Capacity Building
Manager

Kyle Anthony Durrant, MSN, RN
(Yakama Nation)
Lenox Hill Hospital
Registered Nurse

Savannah Gene MS, CHES (Diné Nation)
Albuquerque Area Indian Health Board
CHERP Program Director

Niki Graham, MPH
(Confederated Salish & Kootenai Tribes of the
Flathead Reservation)
American Indian Gateway at University of
Montana

Site Director – AIAN Research

Henriette Harry (Navajo)
Gallup Indian Medical Center

Jolene Keplin (Turtle Mountain Band of
Chippewa)
Tribal Health Education
Tribal Health Educator

Joshua Knight, MPH, CPH (Cherokee)
Southern Plains Tribal Health Board
Project Coordinator

Mo Mike
(Beardy's and Okemasis Cree Nation)
Indigenous Peoples Task Force
Syringe Services Specialist

Jacob Peterson (Quinault)
Nisqually Health Services
Projects Coordinator

Laura Platero (Navajo)
Northwest Portland Area Indian
Health Board
Executive Director

Anaysa Stark (Tohono O'odham)
Southern Arizona AIDS Foundation

Sharlene Todicheeny (Navajo)
Gallup Indian Medical Center

Hannah Warren, Nugurag, MPH
(Chevak Quissunamit Tribe)
Alaska Native Tribal Health Consortium
Program Manager



Vision

We envision a world in which all Indigenous people are healthy in mind, body, and spirit; the spread of HIV, STIs, and viral hepatitis is prevented; every person knows their status and lives free from stigma and discrimination; and every person has access to high quality, holistic care that reflects Indigenous values, promoting relationships with each other, the land and all beings.

This vision includes all Indigenous people, regardless of age, sex, gender identity, sexual orientation, religion, disability, geographic location, socioeconomic circumstance, or health status.



Developing the Strategy



Advisory Committee

NPAIHB convened an Advisory Committee to guide the development of the Syndemic Strategy

The Advisory Committee participated in monthly meetings to review materials and provide strategic advice on the direction of the Strategy, including:

- ★ Identifying emerging practices
- ★ Identifying existing initiatives
- ★ Sharing and integrating traditional Indigenous knowledge
- ★ Contributing clinical, professional, and community perspectives

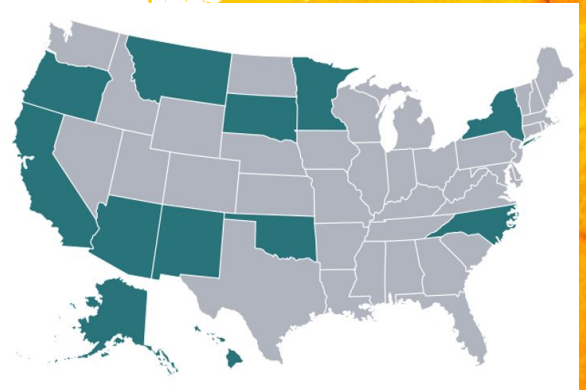


Listening Sessions

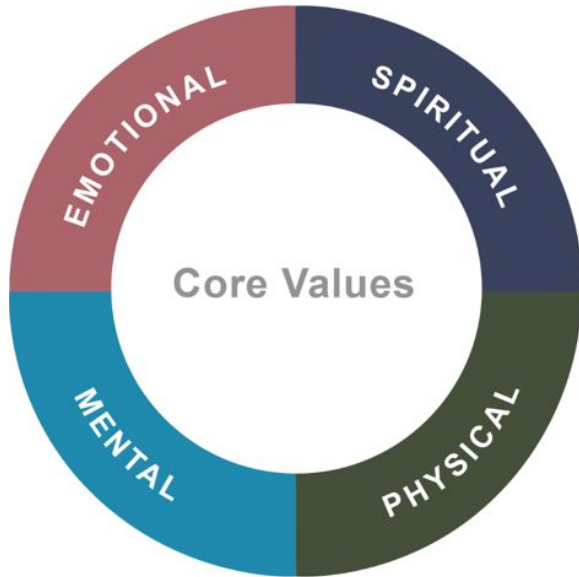
With guidance from the Advisory Committee, the partners conducted 22 interviews and two focus group discussions representing Indigenous communities nationally

Advisory Committee members...

- ★ Identified listening session participants
- ★ Supported introductions to those participants
- ★ Participated in listening sessions



Medicine Wheel



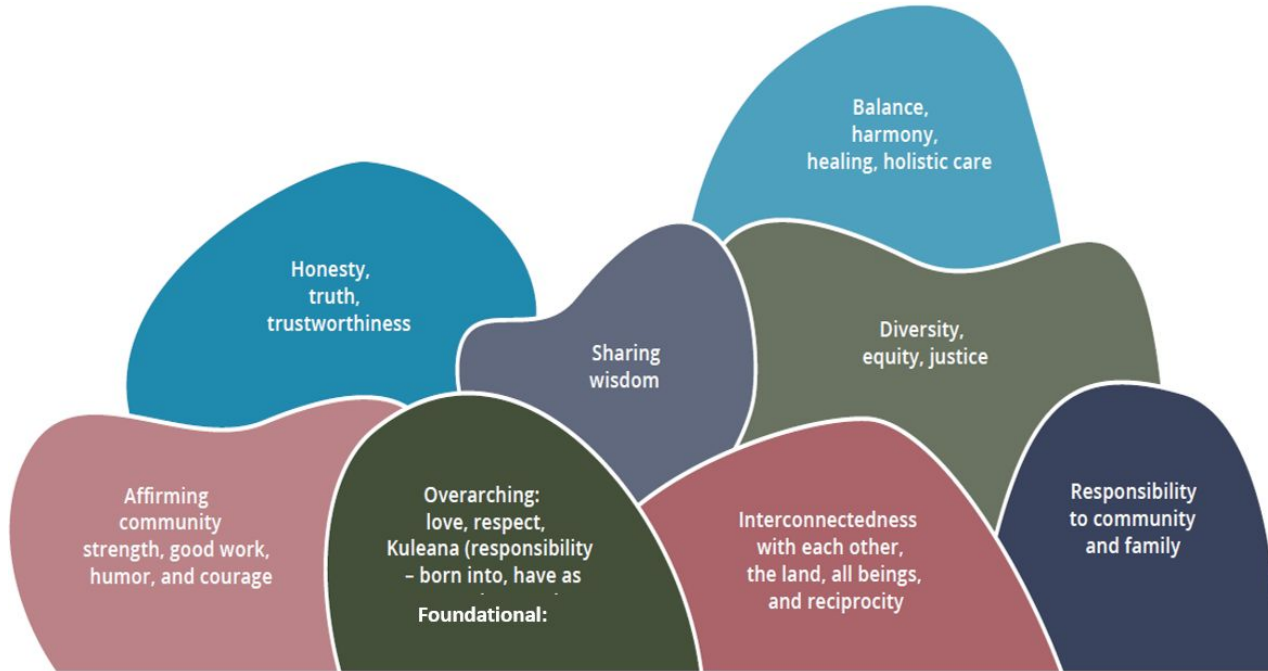
The Medicine Wheel is used across Indigenous communities as a framework for health and healing

This strategy centers the Medicine Wheel as a framework for improving the health and well-being of Indigenous people



Core Values

The Strategy centers core values that partners perceived to be common across many Indigenous communities, including...



Strategy Components



6

Main Messages
to guide the strategy

14

Goals
to specify areas of focus

23

Objectives
to reach goals

66

Strategies
to meet objectives

14

Programs & Practices
to highlight Indigenous work



Indicators
to measure progress to achieve goals



HIV, STI, and Viral Hepatitis Connections
to demonstrate alignment with national plans



Strategy Components

Icons Indicate how the goals relate to types and levels of interventions

Type of Intervention



Prevention



Treatment



Diagnosis



Response

Level of Intervention



Individual/Family



Community



System

Source for icons: <https://www.indiancountryecho.org/sud-resource-hub/>



Main Messages & Goals

Sovereignty

Cultural
Responsiveness

Partnerships

Awareness
& Stigma

Clinical
Resources
& Services

Data
Systems



Indicators

The strategy includes indicators to measure progress, which align with the goals, objectives, and strategies

- ★ Key measures are included in each section
- ★ An indicators table is included, which provides an extensive list of indicators from a variety of existing data sources on Indigenous health and wellness



Programs & Practices

The strategy includes examples of programs and additional resources that...

- ★ Illustrate current work in Indigenous communities
- ★ Support Indigenous communities in continuing to work towards the outlined goals, objectives, strategies, and indicators



The Strategy

To access the full Indigenous HIV/AIDS Syndemic Strategy, scan the QR code or go to this link:

<https://www.indiancountryecho.org/indigenous-hiv-aids-syndemic-strategy/>



Building Relationships for Better Health

Many thanks to all those who contributed to the development of this strategy, including those who participated in listening sessions and interviews to guide framing



Building Relationships for Better Health

This strategy is the result of a collaboration between NPAIHB, IHS, and the Indigenous HIV, STI, HCV Strategy Advisory Committee, with support from Cardea.



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health



Cardea



2.

Indigi I Want to Kit (IWTK) & Native TEST



Southern Plains Tribal Health Board

I Want the Kit (IWTK) Program Overview

The I Want the Kit (IWTK) Program offers free, accurate, and confidential in-home specimen collection and lab-based testing for two common STIs, Chlamydia and Gonorrhea, as well as Trichomoniasis testing for those assigned female at birth. You can order by going online to iwantthekit.org or texting "NATIVE TEST" to 55251.

What States is this available in?

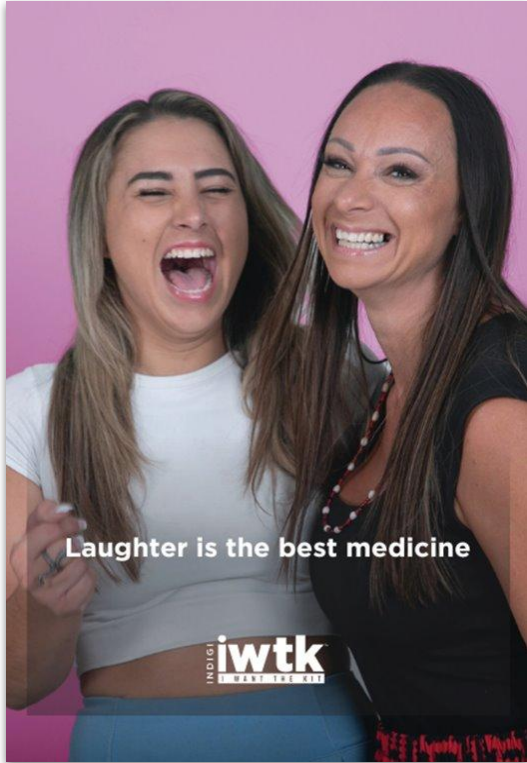
Currently available in Maryland, Alaska, Oklahoma, Kansas, New Mexico, Utah, Arizona, Nevada, North Dakota, South Dakota, Iowa, Nebraska, Oregon, Idaho, and Baltimore City residents.

What States is expanded testing available in?

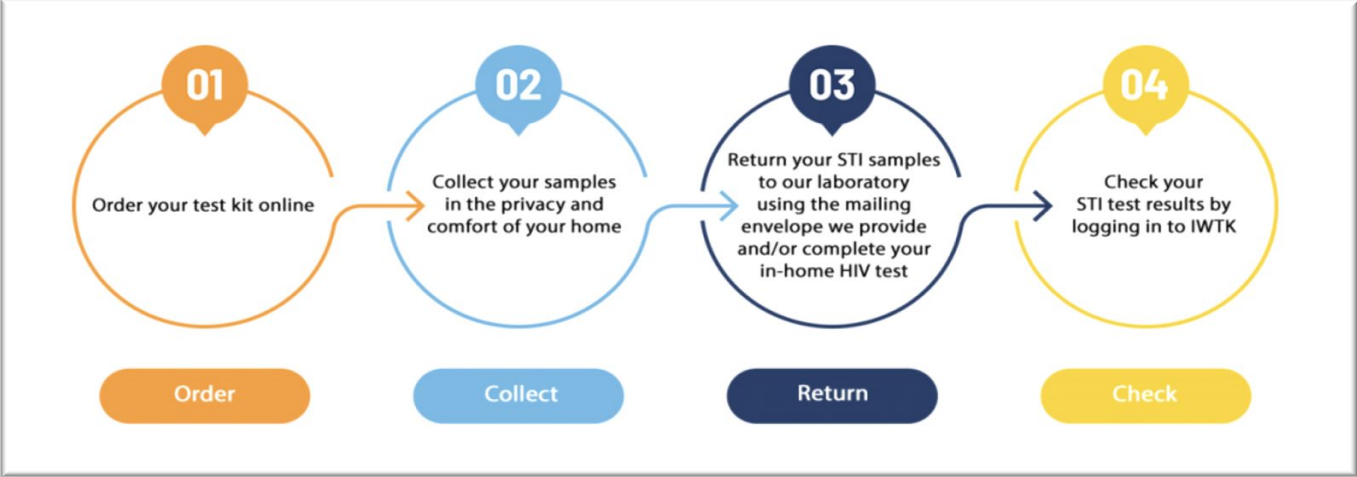
You can receive expanded testing for Syphilis, HIV, Hepatitis B, Hepatitis C, and Pregnancy testing in Oklahoma and Kansas. Other States will have expanded testing available soon.



IWTK Marketing



IWTK End User Process



Packaging



Outer packaging



Return box



Kit Contents

For Blood Samples (if ordered):

- Alcohol Wipes
- Safety Lancets (3)
- Collection Tube
- Tube Holder
- Bandage
- Small Transport Bag

For Swabs and Urine (if ordered):

- Swabs (1-3 depending on order) labeled by body part
- Transport Bag for Each Swab
- Pouch (Male Urine Sample Only)
- Bottle (Male Urine Samples Only)

Additional Items for All Kits:

- Condoms
- Welcome Card
- Resource Booklet
- Pregnancy Tests (2) (Only if Vaginal Swabs Ordered)



I Want the Kit Follow-Up

IWTK notifies linkage to care partners of test results and enters the tests results into state reporting system.

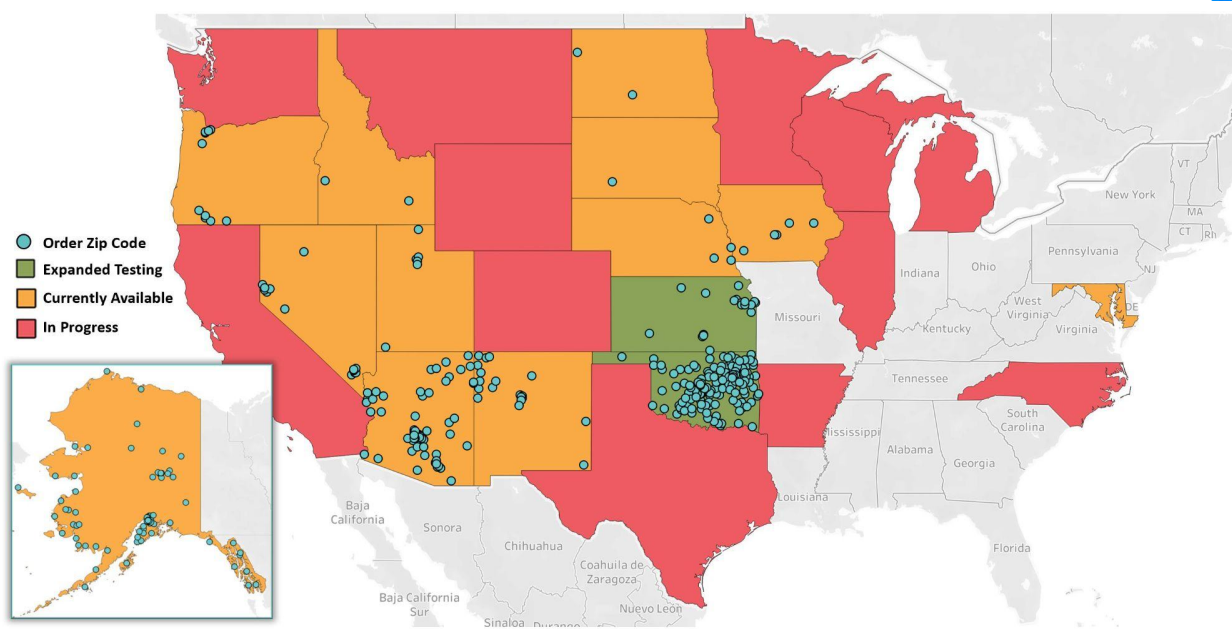
Patients receive test results through IWTK messaging system.

Case Investigators (CI) call positive individuals to provide education, resources, and answer any questions they may have regarding their results and appropriate protocol.

The OKTEC provides linkage to care for treatment in Oklahoma, Kansas, New Mexico, Utah, Arizona, and Nevada.

National expansion continues as new regional linkage to care partners are established.

IWTK Distribution



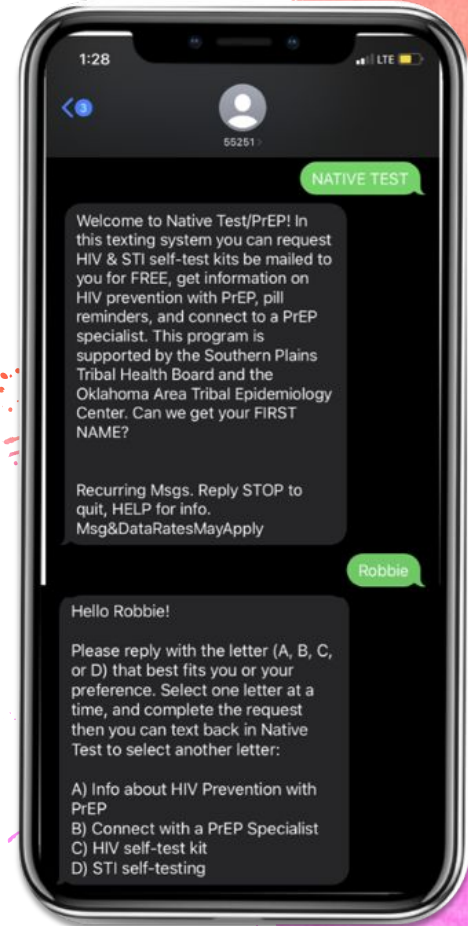
*Zip codes where orders were made indicated by dots.

Differences between Native Test and the IWTK Program



TEXT NATIVE TEST TO 55251

- Nationwide distribution of self-test kits, reaching all 50 states.
- 63 Community Partners across Indian Country.
- Provides Native and Non-Natives 13 years or older with access to free HIV self-testing, information on PrEP, and links to free STI self-collection testing.
- Over 6,219 HIV self-test kits distributed nationwide, in addition to over 93,324 condoms and educational materials.
- 30 Individuals linked to PrEP care.



Native Test Marketing

Knowledge about HIV
and STI self testing is...

BIG AUNTIE ENERGY



NATIVE AUNTIES
Help Spread the Word
TAKE THE TEST TAKE CONTROL



Take Control.
Know Your Status.

TAKE THE TEST, TAKE CONTROL



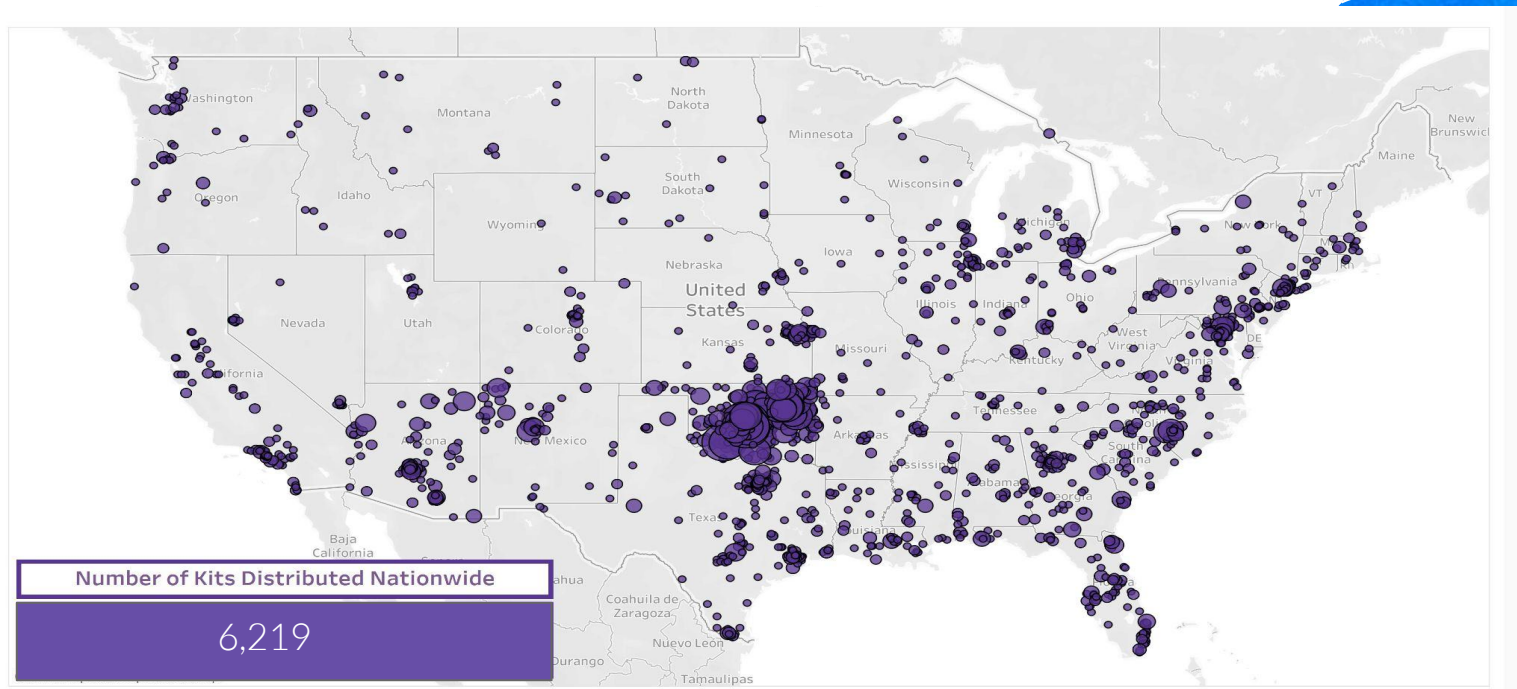
To get a rapid HIV and STI self-test kit
mailed to you for **FREE**



Take Control.
Know Your Status.

National Distribution of Native Test

June 1, 2021 - March 7, 2024



For more information or to request resources, contact program staff at nativetest@spthb.org.





Wellness Moment

Connection Activity



3.

Native Health Resources

Northwest Portland Area Indian Health Board
Syndemic Communications



National Indigenous HIV/STI Campaigns

- ★ Providers Have the Power Texting Campaign
<https://www.indiancountryecho.org/providers-have-the-power/>
- ★ ECHO Resource Hubs www.indiancountryecho.org >> Resources >> Resource Hubs
- ★ Congenital Syphilis Campaign www.nativehealthresources.com
- ★ General Syphilis Campaign www.nativehealthresources.com
- ★ Sexual Health Pocketbooks www.nativehealthresources.com
- ★ HIV / PrEP Campaign www.nativehealthresources.com
- ★ Native Health Resources - NEW one-stop shop for Indigenous health resources
- ★ Snag 101 - Adult Sexual Texting Campaign <https://www.indiancountryecho.org/snag-101/>



National Indigenous Congenital Syphilis Campaign

Key Messages:

- ✓ Syphilis is on the rise
- ✓ Syphilis can be hard to spot
- ✓ If not treated syphilis can have series consequences for you and your baby
- ✓ Testing is easy and treatment is quick - it takes only one shot of antibiotics



Print Materials

Syphilis cases are on the rise.

Know your status, especially if you're pregnant.

Syphilis can be hard to spot, often starting with an easily missed sore or rash. While anyone can get syphilis, pregnant people and newborn babies face serious complications if left untreated.



Testing is easy and treatment is quick.

Protect your and your baby's future by getting tested today!



Syphilis while pregnant

Syphilis can be hard to spot, often starting with an easily missed sore or rash. While anyone can get syphilis, pregnant people and newborn babies face serious complications if left untreated.

How do I know if I have syphilis?
You can have syphilis and not have symptoms, so as part of your prenatal care, get tested! When caught early, syphilis can be treated with just one shot of antibiotics.

How often should I get tested?
Getting tested twice throughout your pregnancy and again during delivery is great prenatal care.

Why should my partner get tested?
Even if you've been tested and treated for syphilis, you can be reinfected if your partner is still carrying the infection.

Protect your and your baby's future by getting tested today!

An illustration of a family consisting of a man, a woman, and a young child, standing in a mountainous landscape. The man is wearing a blue shirt and the woman is wearing a red sari. They are looking towards the right. The background shows rolling hills and mountains under a clear sky.

Syphilis cases are on the rise. It's important to get tested!

An illustration of a family consisting of a man, a woman, and a young child, standing in a mountainous landscape. The man is wearing a blue shirt and the woman is wearing a red sari. They are looking towards the right. The background shows rolling hills and mountains under a clear sky.

Get tested for syphilis today!

An illustration of a family consisting of a man, a woman, and a young child, standing in a mountainous landscape. The man is wearing a blue shirt and the woman is wearing a red sari. They are looking towards the right. The background shows rolling hills and mountains under a clear sky.

The logo for NPAIHB (National Partnership for Indian Health) features a circular emblem with a mountain and sun, followed by the text "NPAIHB Indian Leadership for Indian Health".



www.NativeHealthResources.com



Providers Have the Power

Text Message Campaign



Key Messages:

- Providers have the power to end HIV in Indian Country
- PrEP 101 & PrEP Prescriptions
- HIV Treatment Basics
- The Syndemic - SUDs, HCV, STIs, and HIV



Providers Education Campaign

- ★ Free training for providers about HIV
- ★ After watching the five videos in the series, you can earn a free CE



<https://www.indiancountryecho.org/providers%20have%20the%20power/>



Indian Country ECHO Resource Hubs

- ★ Syphilis: [Syphilis Resource Hub - Indian Country ECHO](#)
- ★ Sexual Health: [Sexual Health Resource Hub - Indian Country ECHO](#)
- ★ PrEP: [PrEP Resource Hub - Indian Country ECHO](#)
- ★ HIV: [HIV Resource Hub - Indian Country ECHO](#)
- ★ HCV: [HCV Resource Hub - Indian Country ECHO](#)
- ★ SUD: [SUD Resource Hub - Indian Country ECHO](#)



National Indigenous Syphilis Campaign

Key Messages:

- ✓ Syphilis is on the rise
- ✓ Anyone can get syphilis
- ✓ Testing is easy and treatment is quick - it takes only one shot of antibiotics
- ✓ Snag safer! Get tested!



Print Materials

Snag safer to prevent syphilis

Take steps to protect yourself and others!

Safer sex means:

- DoxyPEP**
Take DoxyPEP, a single dose of antibiotics, within 24 hours of having unprotected sex to prevent common STIs, including syphilis. Ask your doctor whether DoxyPEP is right for you.
- Lube**
Lube makes sex safer by preventing chafing and other barriers from breaking. It also helps your body's natural wetness and vaginal lubrication.
- Barriers**
STIs spread ably through anal, vaginal, and oral sex. Barriers like condoms, dental dams, latex or nitrile gloves, and other protection.

Get tested even if you have safer sex. Most people with STIs, like syphilis, don't know.

Snag safer. Get tested. Syphilis is on the rise.

Syphilis is on the rise.

It's important to get tested!
Syphilis spreads skin-to-skin during oral, anal, and vaginal sex. Snagged people can also pass syphilis to their babies during pregnancy and childbirth.

Anyone can get syphilis.
Many people don't notice any symptoms and feel healthy and lively fine. But, sometimes, symptoms appear.

Syphilis can cause small pox-like sores on your genitals, lips, mouth, hands, and feet that can be easily confused with pimples, ingrown hairs, dry lips, or a cold sore.

Over time, though, if left untreated, syphilis can lead to permanent health problems like:

- Blindness
- Paralysis

You won't get syphilis through everyday contact with others, including:

- sharing hands or towels
- sharing a car
- sharing a toothbrush
- sharing a drink or food
- sharing a bed
- sharing a bath
- sharing a shower
- sharing a toilet seat

Luckily, your health provider can test you for syphilis, and syphilis can be cured!

Get Tested Today!

Schedule an appointment with your health care provider

Snag safer. Get tested. Syphilis is on the rise.

Snag safer. Get tested.

Snag safer. Get tested.

Syphilis is on the rise.

Talk with your partner about safer sex.

Sex should be safe and fun.

Talk about your needs - like STI testing and using protection. Starting the conversation can be hard, but try to be open and honest.

Snag safer. Get tested. Syphilis is on the rise.



Other Materials



Order Materials Today!



www.NativeHealthResources.com



Sexual Health Pocketbooks

About our pocketbooks:

- ✓ Indigenized sexual health education
- ✓ Wide range of topics, syphilis, gonorrhea, HIV, PrEP, PEP, safer sex, condoms 101, and more...
- ✓ Lots of visuals and easy to understand



Check them Out

Place an order today!



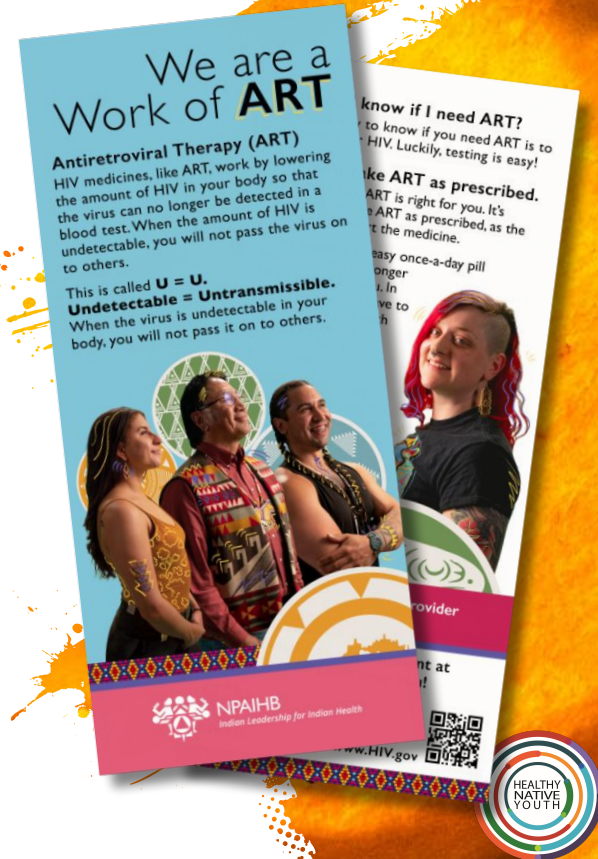
www.NativeHealthResources.com



Indigenous HIV/ PREP Campaign

Key Messages :

- ✓ Testing is the only way to know if you have HIV - so get tested!
- ✓ There are effective medicines to prevent HIV
- ✓ PrEP is for everyone
- ✓ Undetectable = Untransmissible



Indigenous HIV/ PREP Campaign

Audience:



People Living with HIV Materials



PrEP for Women



PrEP for MSM



Youth

PrEP is for everyone.
And it is effective at preventing HIV!

PrEP might be for you if your partner is HIV positive, you inject drugs and share your equipment, or you also be for you if you have sex, but you're not using protection – like condoms.

Feel more confident and in control.
Anyone who weighs at least 77 pounds and pregnant persons, can use PrEP. PrEP does not prevent other STIs like chlamydia, so it's best to use protection like condoms alongside PrEP.

There are three different ways to take PrEP:

- Take a daily pill
- Get one shot every two months
- Take PrEP 2-1-1

PrEP 2-1-1 a.k.a on-demand PrEP includes taking 2 pills 2-24 hours before sex, 1 pill 24 hours after sex, and 1 more pill 24 hours after that.

Take PrEP as prescribed.
If you don't have enough PrEP in your system, you might get HIV.



Indigenous HIV/ PREP Campaign

Order Materials Today!



www.NativeHealthResources.org

A collage of three campaign posters. The top poster features a man and the text 'On-Demand PrEP is effective HIV prevention when you need it. Talk to your doctor about whether On-Demand PrEP is right for you today!'. The middle poster features a woman and the text 'Let's take care of our sexual health.' The bottom poster features a woman and the text 'PrEP is for women. PrEP is a medicine that prevents HIV infection and might be right for you if your partner is living with HIV and not taking medicines consistently or doesn't know their status, you inject drugs or share gear, or have sex but don't always use protection.'

On-Demand PrEP
is effective HIV prevention
when you need it.
Talk to your doctor about whether On-Demand
PrEP is right for you today!

PrEP 2-1-1 may be available at your local clinic. It includes two pills before having sex, one pill 24 hours after sex, and one more pill 24 hours after that. This is an entirely "off label" method of taking PrEP. Speak to your doctor about whether this is an option for you.

**Nothing beats the peace of mind that
and those you care about are protected.**

Live your life. PrEP with pride.

**Let's take care of
our sexual health.**

PrEP is for women
PrEP is a medicine that prevents HIV infection and might be right for you if your partner is living with HIV and not taking medicines consistently or doesn't know their status, you inject drugs or share gear, or have sex but don't always use protection.

**HIV is more common than
you think**
Anyone who is sexually active or exposed to other peoples' blood can get HIV. Studies have shown that, if taken as prescribed, PrEP is over 99% effective at preventing HIV from spreading to babies through pregnancy, birth, and chest milk. It's safe to use while on birth control, too!

A collage of four campaign posters. The top left poster features a woman and the text 'Each of us has an immune system that contains warrior cells. These cells stand guard and attack invading illnesses! HIV is a virus that affects our immune system. If left untreated, over time it will weaken our immune system so much that our warrior cells can no longer protect us from illnesses.' The top right poster features a woman and the text 'The only way to know if you have HIV is to get tested. Regularly, testing is easy and treatment is effective! There are several medicines that help people with HIV live long, healthy lives. The medicines also help prevent spreading the virus to others. Make an appointment and talk to your health provider about testing today!'. The middle poster features a woman and the text 'HIV can also be spread to babies through pregnancy, birth, and chest milk. Anyone can be at risk for HIV. Anyone who has sex, or is exposed to other peoples' blood through piercings, tattoos, or injections, can be at risk for HIV.' The bottom poster features four people and the text 'HIV is a tough convo. Have it with us! NPAIHB'.

Each of us has an immune system that contains warrior cells.
These cells stand guard and attack invading illnesses!
HIV is a virus that affects our immune system. If left untreated, over time it will weaken our immune system so much that our warrior cells can no longer protect us from illnesses.

The only way to know if you have HIV is to get tested.
Regularly, testing is easy and treatment is effective!
There are several medicines that help people with HIV live long, healthy lives. The medicines also help prevent spreading the virus to others.
Make an appointment and talk to your health provider about testing today!

HIV can also be spread to babies through pregnancy, birth, and chest milk.

Anyone can be at risk for HIV.
Anyone who has sex, or is exposed to other peoples' blood through piercings, tattoos, or injections, can be at risk for HIV.

HIV is a tough convo
Have it with us!
NPAIHB

Print Materials

I PrEP to better my health journey

PrEP can be taken with hormone therapy. To date, research shows that hormone and hormone therapy do not increase your risk of getting HIV. **Live confident.**

PrEP is for you. Talk to your provider for more information.

PrEP can prevent HIV

Post-Exposure Prophylaxis (PEP) is for post-exposure (or after you have been exposed to HIV). PEP can lower your chances of getting HIV if taken within 72 hours of exposure.

PEP is a series of pills you can take 1-2 times a day for 28 days.

PrEP = Before (Pre) Exposure to HIV
PEP = After Exposure to HIV

It's important to start PEP within 3 days of exposure (72 hours).

The sooner you start PEP, the better it works. If you wait too long, skip doses, or don't use it as recommended, it won't be as effective.

How do I know if PEP is right for me?

PEP is often suggested if you've had unprotected sex or shared needles or injection gear during drug use. It is also recommended if you are sexually assaulted.

M T W Th Fr Sa Su

Shooting your shot? Don't miss.

Snag safer. Get tested.

www.NativeTest.org

PrEP is a medicine that prevents HIV infection.

And it might be right for you!

When to consider PrEP:

- If your partner is living with HIV and not taking medicines consistently or doesn't know their status.
- If you inject drugs and share your equipment.
- If you have sex but don't always use condoms.

There are three options for taking PrEP:

- 1 Take a daily pill, or pills
- 2 Get one shot every two months
- 3 Take On-Demand PrEP a.k.a. PrEP 2-1-1

Anyone who weighs at least 77 pounds, including teens and pregnant persons, can use PrEP for peace of mind. PrEP does not prevent other STIs, like gonorrhea or syphilis. So, it's best to use protection, like condoms (oral dams, alongside PrEP).

On-Demand PrEP

On-Demand PrEP (aka PrEP 2-1-1) is an off-label method of taking PrEP but evidence shows it provides effective protection for gay and bisexual men when having anal sex without a condom, especially those living with HIV or with an unknown HIV status. We don't know how well "on-demand" PrEP works for heterosexual men and women, people who inject drugs, and transgender persons. Talk to your provider to learn more.

PrEP does not prevent other STIs. You may need additional protection like condoms to reduce your risk.

PrEP should be taken as directed.

Make sure you have enough PrEP in your system, and check the risk of getting HIV.

Some health care facilities have PrEP services. You may be able to get PrEP at your local pharmacy. You can get PrEP in your system, and you may need a prescription. In addition, you may need to see a provider. PrEP is available at many state and local health departments. Most of PrEP is covered by insurance. You may need to pay a copay. PrEP is available at many state and local health departments.

Get tested today.

www.PREPdaily.org

Undetectable = Untransmittable

People who take their HIV medications as prescribed can achieve an undetectable viral load. People who have an undetectable viral load for at least 6 months, cannot transmit HIV through sex.

U = U.

Sex is ceremony

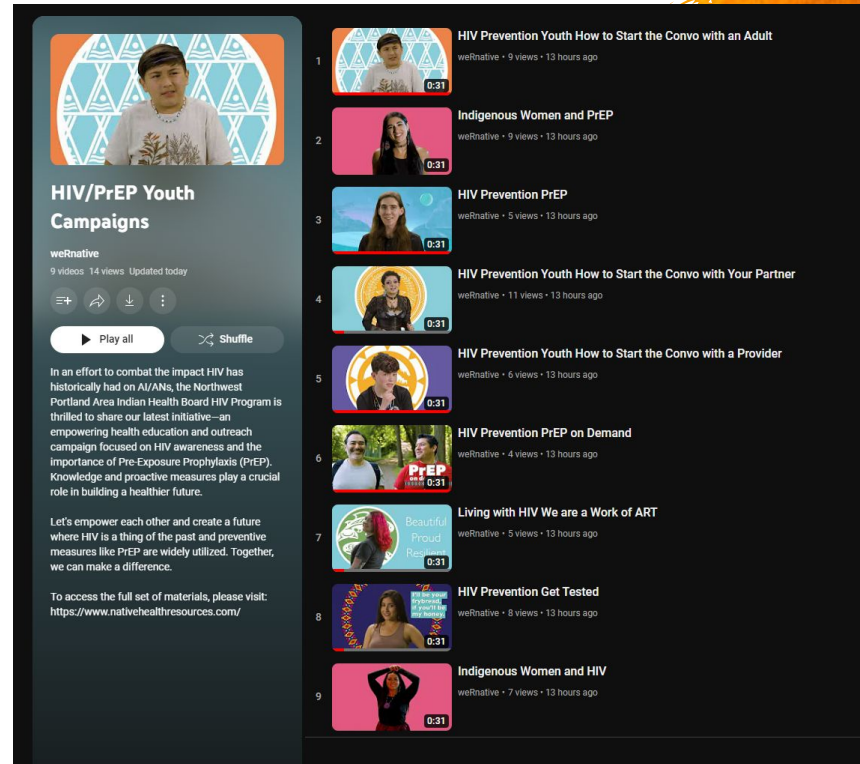
Honor yourself

Get tested!

NPAIHB

HEALTHY NATIVE YOUTH

Videos



YouTube Playlist:

<https://www.youtube.com/playlist?list=PLvLf17yZ2zQEPgsVOXgYDZiSpCCxwcv0b>





Native Health Resources

Order Now

Native Health Resources

- ★ One-stop shop for culturally relevant health education materials
- ★ Board wide site
- ★ Looking to partner with others in the future

The screenshot shows the website <https://nativehealth3.wpengine.com/resources/>. The header includes the logo for the Northwest Portland Area Indian Health Board, with the tagline "Indian Leadership for Indian Health". Navigation links include RESOURCES, TOPIC AREAS, ABOUT, CONTACT, and a Sign In button. A shopping cart icon is also present.

The main content area is organized into four columns of resource categories:

- SEXUAL HEALTH**
 - HIV/HCV/STI
 - Congenital Syphilis
 - General Syphilis
 - Pocketbooks
 - HIV/PrEP
 - Ending the Epidemic
- IMMUNIZATION**
 - Vaccinative
- MENTAL HEALTH**
 - Thrive
 - We Are Connected
 - Suicide and Crisis Lifeline and Crisis Text Line
 - #WeNeedYouHere
 - Mind4Health
 - Caring Messages
 - 988 Bundle
 - Community Bundle
 - Veterans 988 Bundle
- ADOLESCENT HEALTH**
 - Get Yourself Tested
 - Safe Spaces
 - Healthy Native Youth
 - We R Native
- TRIBAL INJURY PREVENTION**
 - Native CARS
- 2SLGBTQ+**
 - Paths (Re)membered
- SUBSTANCE USE DISORDERS**
 - Tribal Opioid Response
 - ODJ Prevention
 - Family Care Plans
 - Videos
- VACCINATION**
 - Native Boost

Below the categories, there is a filter sidebar on the left with checkboxes for "Congenital Syphilis", "General Syphilis", "HIV/PrEP", "Prenatal Care", and "Southwest Congenital Syphilis". It also includes dropdown menus for "Type" and "Price".

The main content area displays several resource cards, including:

- A card titled "CALAMITY" with a graphic of people.
- A card titled "Congenital Syphilis Best Practices – Toolkit" with a graphic of a family.

Thank you!

Alicia Edwards, MPH, CHES

HIV/STI Communications Manager (aedwards@npihb.org)



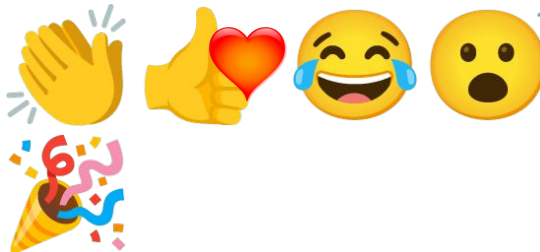
4. Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions





*Chatfeed Convo:
Type Questions, Ask
Away!*





5.

Closing

Healthy Native Youth Highlights



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

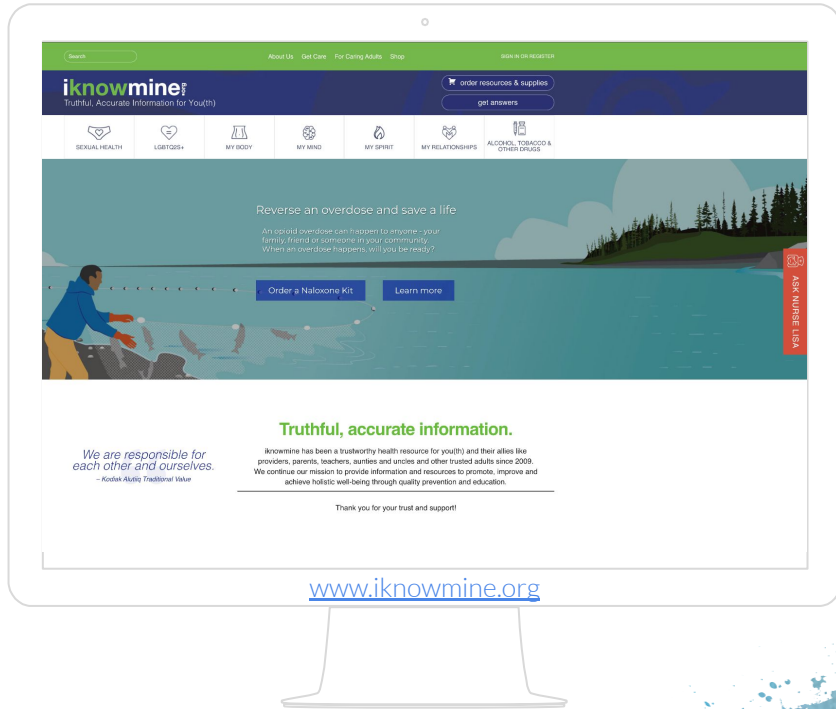
We R Native

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



The screenshot shows the We R Native website interface. At the top, there is a navigation bar with the logo 'WE R NATIVE' and various icons for 'my future', 'my life', 'my resources', 'my road', 'my story', 'my ambassadors', 'get us', and 'search'. Below the navigation bar is a large banner image of five diverse young people walking outdoors, with several heart icons overlaid. Underneath the banner is a section titled 'WE R NATIVE For Native Youth, by Native Youth' featuring a row of six stylized avatars. To the right of the avatars is the text 'You've got questions, we've got answers.' and a button labeled 'Ask Your Relative'. Below this is a section with three columns: 'A Native Candidate's Story' with a QR code, 'INDIGI Love' with a logo, and 'Indigenous Wisdom' with a photo of a totem pole. The bottom section is titled 'Youth Support Resources' and includes a QR code, a button 'Get Resources', and a speech bubble that says 'You are not alone! If you need help, Text "Native" to 741 741 for FREE 24/7 Counseling support, or Dial 988.' Below this is a 'Coping Today' section with a play button icon and the URL www.wernative.org.



I Know Mine

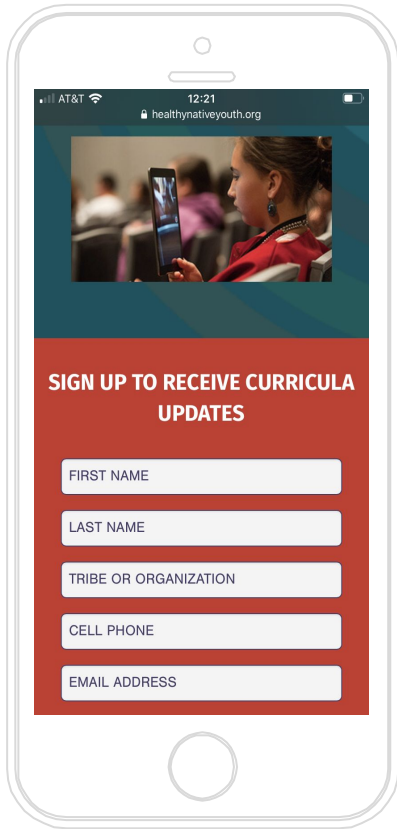
For Alaska Native Youth

- ★ 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





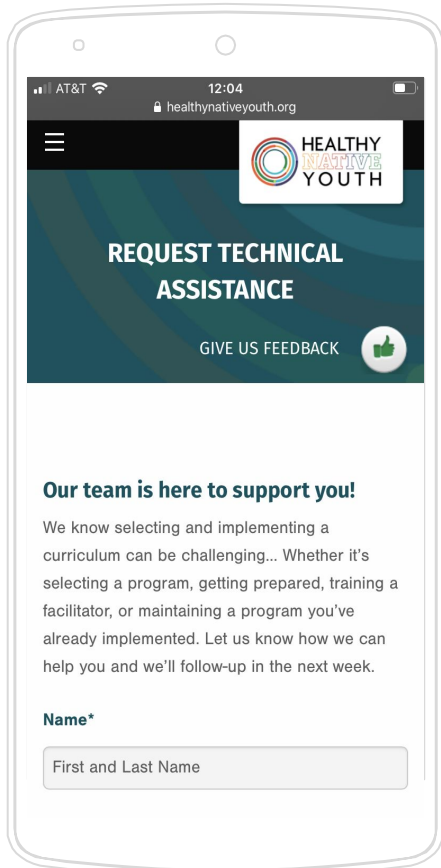
HNY [Linktree](#) QR Code

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

Mark Your Calendars!



COMMUNITY OF PRACTICE

DECEMBER	13	SAFE SPACES 101 Youth's learning environment & Healthy Boundaries (relationships & media) are key to creating safe spaces for youth. Come talk with us about it!
JANUARY	10	2SLGBTQ+ 101 Come hear how we can build strong communities that are inclusive within our 2SLGBTQ+ youth health programs.
FEBRUARY	14	SEXUAL HEALTH 101 Come hear the FAQ's & how to answer youth's sexual health questions, along with effective strategies for program delivery for persons with intellectual and developmental disabilities.
MARCH	13	SWAB SQUAD TO THE RESCUE! Join our (affectionately named) Swab Squad and hear about HIV, Syphilis, and STD at home testing resources for your communities.
APRIL	10	SUBSTANCE MISUSE 101 Come get the breakdown of Substance Misuse 101 as well as resources and strategies for your community!
MAY	08	BEING A GOOD RELATIVE 101 Come join us as we lean into our Traditional Indigenous Knowledge; the know-how's and practices of being good relatives to each other with the intent of supporting our youth through adolescent health programming.
JUNE	12	CELEBRATING COMMUNITY & CULTURE 101 Come spend some time with us as we share our celebration strategies and discuss the important role the culture of our communities play in our adolescent health programming.

REGISTER HERE
<https://www.healthynativeyouth.org/community-of-practice/>



CONTACT US
agaston-contractor@paihb.org
tdean@paihb.org



<https://us06web.zoom.us/join/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdIB>



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

“Out there beyond ideas of
wrongdoing and rightdoing there is a
field. I’ll meet you there.”

– Rumi

