

Community of Practice



WE ARE A COMMUNITY OF PRACTICE

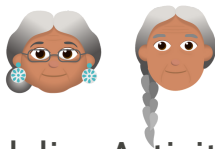
Our passion is to work together to uplift and support our Native youth. Sessions include new resources and opportunities to engage with native professionals in the field. As a community, we share our strengths and experiences about how we will improve the lives of Native youth.

WHO SHOULD ATTEND?

Tribal health educators, teachers, parents, prevention specialists; people who share a passion for improving the lives of Native youth.

WHAT'S INCLUDED?

During the calls, when you see the below icons on the top right corner of the slides...



Modeling Activities

Elders - we are modeling an activity that you can take back home to your community



Strategies

Cedar hat - we are sharing a strategy



Sharing & Inclusion

Medicine Shaker - space for us to share our experiences
Multicolored Corn - space for us to be 2SLGBTQ+ Inclusive

WHEN?

90-minute virtual gatherings are held the Second Wednesday of every month

Start Times:

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


WHERE?

Click on links next to each session below to register in advance

After registering, you will receive an email with info on joining the Community of Practice calls

Contact us

 agaston-contractor@npaihb.org

 msinger@npaihb.org



www.healthynativeyouth.org



Text HEALTHY to 94449

2021-22 Community of Practice Lineup

Date	Title	Description	Links
September 8, 2021	<i>Back-to-School: Intentional Balance</i>	<p>What a year it has been! Now more than ever, we find the need to create intentional safe spaces for ourselves and those we serve to acknowledge, rebuild, and thrive in this upcoming school year.</p> <p>Join Robert Johnston from the Native Wellness Institute and Danica Brown from the NPAIHB who will help create a space for you to work through burnout, re-traumatization in the workplace, time-management and boundaries to carve a path towards intentional balance.</p>	Watch Recorded Session here
October 13, 2021	<i>Cultural Competency to Raise Healthy Native Youth</i>	<p>Culture is engrained in everything that we do, from how we engage, learn, and process information. In order to best serve our Native youth, we must share our experience and the science behind culture as prevention so that our Relatives and allies can best support the health of our Native youth.</p> <p>Join the Alaska Native Tribal Health Consortium, the Native Health Initiative and Native Social Media influencers to share their experience imparting cultural competency.</p>	Watch Recorded Session here
November 10, 2021	<i>Tackle Trauma with Care</i>	<p>Indigenous communities have long fostered resiliency skills to cope, rebuild, and reclaim our beauty and place.</p> <p>Join the Native Children's Trauma Center to walk through trauma informed practices to address and health from the trauma we have all experienced individually and communally during the pandemic. Together we heal and thrive!</p>	Watch Recorded Session here
December 8, 2021	<i>Set the Stage for Program Success</i>	<p>Our Elders have taught us the importance of the gathering season; to prepare and maintain us throughout the year, setting a strong foundation to create ease and success for the future.</p> <p>Join the HNY crew to talk about how to GATHER and process community and youth input on health priorities and interests to set the stage for program success.</p>	Watch Recorded Session here
January 12, 2022	<i>Pickers Can be Choosers: Choosing a Program</i>	<p>You have gathered youth and community feedback to identify health priorities, resources and needs. Now you are ready for the CHOOSE phase!</p> <p>Let the HNY crew help chose critical criteria for program selection, getting approval, and tips for involving youth in the selection process. Hear from program developers on Native youth programming; We R Native, Native STAND, Native WYSE Choices, Native It's Your Game.</p>	Watch Recorded Session here
February 9, 2022	<i>Thrive in the Spaces we Create</i>	<p>Help Native youth build affirmative, inclusive, FUN and creative spaces together using Indigenous leadership and peer mentoring approaches.</p> <p>Hear how Native youth are using creative expression to positively process emotions to thrive in their spaces. Come learn how you can help youth in your community do the same.</p>	Watch Recorded Session here

2021-22 Community of Practice Lineup

Date	Title	Description	Registration Links
March 9, 2022	<i>Prepare for Implementation Success</i>	<p>Now that you have chosen a program, you can prepare for implementation success!</p> <p>Let the HNY crew help to PREPARE an IMPLEMENT a plan that includes recruitment, guest speaker lineup, supplies and incentives for implementation success. You've got this and we've got your back!</p>	Watch Recorded Session here
April 13, 2022	<i>Stand Up to STI/HIV Stigma</i>	<p>As sexual health educators we know the challenges of community and youth attitudes, biases, misinformation, and STI/ HIV stigma that presides and harms the health of our Tribal communities. Join us as we stand up to STI/ HIV stigma through holistic approaches to Indigenous Sexual Health. And, hear about successful HIV/STI self-testing programs from the Swab Squad: Alaska Native Tribal Health Consortium, Johns Hopkins & the South Plains Tribal Health Board – I want the Kit!</p>	Watch Recorded Session here
May 11, 2022	<i>Sustain and Grow your Program</i>	<p>Congratulations! You have implemented your program and are now in the GROW phase.</p> <p>Let the HNY team help reflect on what worked, what can change, and how to use what you've learned to keep the momentum going.</p>	Click here to register
June 8, 2022	<i>Concerning Social Media Posts Workshop</i>	<p>Learn how you can become the trusted adult youth can turn to when they view or post concerning messages on social media.</p> <p>Suicide prevention remains challenging among youth, as many do not disclose thoughts of suicide before making an attempt. However, youth may disclose depression symptoms and suicidal ideation via social media, like Instagram, TikTok, Twitter, Snapchat, and through text messaging.</p> <p>These public disclosures may provide new opportunities to identify youth at risk and connect them to appropriate resources and support. Join us to learn how!</p>	Click here to register
July 13, 2022	<i>Staying Connected</i>	<p>Summer is upon us and our conversations are now consumed with how we can stay connected and keep program momentum going with our summer programs and peer/ elder mentorships.</p> <p>Join the CoP crew to talk about what others and doing how we can support each other's youth programming.</p>	Click here to register

Contact us



agaston-contractor@npaihb.org



msinger@npaihb.org



www.healthynativeyouth.org



Text HEALTHY to 94449



Click on links next to each session to register in advance

TALKING IS POWER

A Text Messaging Service for Parents and Caregivers

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 POWER to 97779

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.

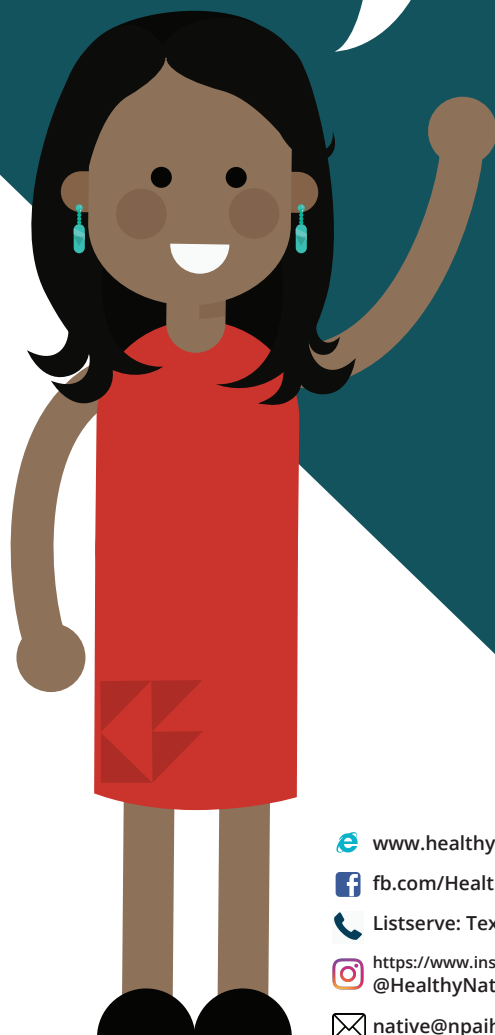
#TalkingIsPower

#HealthyNativeYouth

#weRnative

Ya at eeh!
My name's
Michelle!
I am Navajo! My
pronouns are
she and her. Give
yourself a big
hug from me. I'm
glad you're here!

What's a
rule you
have for your
relationships?
How can you
respect other
people's
rules and
boundaries?



www.healthynativeyouth.org
fb.com/HealthyNativeYouth
Listserve: Text "YouthNews" to 22828
<https://www.instagram.com/healthynativeyouth/@HealthyNativeYouth>
native@npaihb.org



CURRICULA

LESSON PLANS

HANDOUTS

RESOURCES

THREE TIPS

FOR TALKING WITH YOUTH
ABOUT SEXUAL HEALTH

BE AN ASKABLE ADULT

Tips

Tip 1

SHARE what you've been thinking about, rather than waiting for your youth to talk.

Tip 2

LISTEN to their point of view, even when it's difficult to hear.

Tip 3

EXPRESS your opinion without putting down theirs; acknowledge that it's okay to disagree.

Text
Empower to
97779

Traits of Askable Adult



Wants communication, but doesn't expect to have all the answers.



Knows the most important part of communication is listening.



Doesn't expect to be perfect, and knows that admitting mistakes is a valuable lesson for youth to see.

#TalkingisPower

#HealthyNativeYouth



GRAB THE MOMENT

TO TALK WITH YOUTH
ABOUT SEXUAL HEALTH



In the car. The car is a private space where your teen doesn't have to look at you but can hear what you have to say.



Immediately following a relevant show/ series. Storyline characters model many behaviors, and may provide the opportunity to reinforce positive behaviors or discuss the consequence of risky behaviors.

Through text messaging, which may provide an easy, acceptable way to reinforce messages discussed in-person.



CREATING SAFE SPACES TO TALK TO YOUR YOUTH DOESN'T HAVE TO TAKE A LOT OF WORK. FIND MOMENTS IN YOUR EVERYDAY ROUTINES.

TEXT
"EMPOWER"
TO 97779

#TALKINGISPOWER
#HEALTHYNATIVE
YOUTH

WWW.HEALTHYNATIVEYOUTH.ORG

My Self-Care Plan

The things you do and the way you talk to yourself matters!
Be your best self by selecting activities that nurture your soul.

#TALKINGISPOWER
#HEALTHYNATIVE
YOUTH

Create a Self-care Plan...

1. Select three Self-Care Activities

...from the example box below (or create your own!), that will help to nourish your mental, spiritual, physical, and social self and make them a part of your routine.

Self-care activities affect how you think, feel, your sense of who you are and your place is in this world.

Examples of Self-care Activities:

Start a Journal, Unplug, Take a Walk, Pray, Talk to an Elder, Plant a garden, Make Art, Sit by a body of water, Make a funny video, Sing, Trim my nails, Volunteer, Play with my pet, Dance, Write, List 3 things I'm grateful for, Talk to a Friend, Take a Shower, Breathing Exercises, Listen to Music, Read a Book, Daydream, Play Basketball, Write a song, Eat with my family, Look at the Stars, Connect with my Culture, Be nice to Someone, Laugh, Sweat, Learn my Language. Nap...Create Your Own!

2. Select Positive Self-Talk Statements

...from the example box below (or create your own!), that you can say to yourself on repeat, throughout the day, when you need a little encouragement or a little self-love. Start paying attention to the things you say to yourself on the daily. Are they mostly positive or negative? See if you can change the dialog to only include positive talk.

Examples of Positive Self-talk Statements:

I am Strong, I am Loving, I am Special, I am a good person, All is well - right here - right now, I control my choices, I am working towards my goals, I can treat myself gently and with kindness, I have gifts, I am taking things one step at a time, I have a purpose, I have all that I need, Today I will look for the good, I am learning to take care of myself, I am freaking awesome!...Create your Own!

3: Live it!

Make these activities and positive self-talk statements part of your daily life. This can help you to be the best version of yourself. Go you!

TALKING IS POWER RESOURCES

CRISIS HOTLINES

National Suicide Prevention Lifeline

Call (24/7): 1-800-273-8255

Text: "START" to 741741

<https://suicidepreventionlifeline.org/>

RAINN - National Sexual Assault Hotline

Call (24/7): 1-800-656-HOPE

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

Stronghearts - Native Domestic Violence Helpline

Call (7am-10pm CST): 1-844-7NATIVE

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

Love is Respect - National Domestic Violence Hotline

Call (24/7): 1-866-331-9474

Text: "loveis" to 22522

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

TRAININGS & MATERIALS

RESPONDING TO CONCERNING POSTS OF SOCIAL MEDIA

www.healthynativeyouth.org

QUESTION. PERSUADE. REFER. INSTITUTE

<https://qprinstitute.com/>

PRINT MATERIALS

HEALTHY NATIVE YOUTH RESOURCES

www.healthynativeyouth.org/

WE R NATIVE MATERIALS

www.weRnative.org

TEXT MESSAGE SERVICES

Talking is Power:

Text "Empower" to 97779

National Suicide Prevention Lifeline:

Text "START" to 741741

Love is Respect:

Text "loveis" to 22522

VIDEOS

Amaze

www.amaze.org

Ask Auntie & Ask Uncle

www.weRnative.org

PODCASTS:

ADD

ADD

SOCIAL MEDIA

@weRnative

@iKnowmine

Loved Here, Safe Here.

Social Marketing Campaign Materials

The creation of safe, inclusive, and welcoming spaces is critically important to provide holistic wellness for 2SLGBTQ (Two Spirit, lesbian, gay, bisexual, transgender, and queer/questioning) community members. A safe space is a place, program, or community that is intentionally working to affirm 2SLGBTQ identities. For many Native youth, having the knowledge that 2SLGBTQ allies exist across their tribal community can help create a welcoming and safe environment.

Creating welcoming spaces is a continual process; one that requires accountability and buy-in from everyone who create the space and access it. There are several ways we can create welcoming spaces, especially in the clinical and educational environments.

The Adolescent Health Team at the Northwest Portland Area Indian Health Board (NPAIHB) is pleased to announce the availability of health promotion materials for tribal clinics and those who engage with Native youth (such as health educators, teachers, advisors, counselors, coaches, youth recreation staffers, etc.) to support and provide an affirming environment for 2SLGBTQ youth. The campaign materials – *Loved Here, Safe Here.* – can be posted, printed, or shared with your networks.

In this shipment you will find:

- Posters
- Window clings
- Temporary tattoos
- Magnets
- Enamel Pins
- Stickers
- Children's books (Sassy Sassafras)
- Coloring book (Sassy Sassafras)



These youth-friendly materials are designed to promote HIV/STI testing, spark conversations around sexual health topics, and encourage access to We R Native (www.weRnative.org), a multimedia health resource for Native youth, by Native youth. You will find:

- **Sassy Sassafras Two Spirit Children's Book** (and companion coloring book) – A children's book based on a southeastern woodlands Indigenous wisdom. The book captures a heartfelt encounter between the two authors, retold through a story about Sam/Samantha, a Two Spirit person, and Miss Mary, a tribal elder.
- **Get Yourself Tested (GYT)** – The GYT campaign encourages young people to get tested and treated for STDs and HIV to protect their health and the health of their partners.
- **Text SEX to 94449** – A text message service for Native youth and young adults designed to deliver sexual health information to prevent HIV/STIs.
- **Ask Your Relatives** – An online anonymous Q&A service for Native Youth and young adults ages 13-24 years old on We R Native (<https://www.wernative.org/ask-your-relatives>).
- **Caring Messages** – Caring Messages is an evidence-based suicide-prevention intervention. Youth can sign up for the text message series and will receive 2 texts per week with messages design to improve their mood and remind them how awesome they are.
- **BRAVE** – A culturally-relevant mobile health (mHealth) intervention designed to improve healthy relationships, promote cultural pride and resilience, and increase help-seeking skills among AI/AN youth 15-24 years old.

Tips for using these campaign materials in Tribal communities:

- Hang the posters in Tribal service buildings, such as: health clinics, gyms, administration buildings, schools, local stores, and businesses.
- Use the temporary tattoos, stickers, magnets, and enamel pins to hand-out at school or community events and health fairs. Have them available in clinic waiting rooms or place them in information packets provided to patients.
- Download the materials from the NPAIHB website and post them on your Tribe's website or social media pages.
- Promote the materials during Health Observances and holidays, such as: February - Valentine's Day; April - STD Awareness Month; May - Teen Pregnancy Prevention Month; or June - PRIDE Month, etc.

DIGITAL DOWNLOADS

In addition to the printed materials, this campaign will include 30-second video PSAs, virtual backgrounds for social media and online education platforms!

To download visit:

<https://www.npaihb.org/social-marketing-campaigns/>



We Appreciate Your Feedback

Please share how you've used the materials in your community.

Please take this 5-minute survey:

<https://www.surveymonkey.com/r/WYSHCampaign>

To request more materials,
visit:

<https://www.surveymonkey.com/r/GYTSafeSpacesCampaign>

For more information,
contact:

Celena Ghost Dog, WYSH Project Manager
Email: cghostdog@npaihb.org

Thank you to our funders:

- Minority HIV/AIDS Fund (MHAf) through Indian Health Services (IHS)
- The Office of Public Affairs (OPA) through U.S. Department of Health & Human Services (DHHS)



HEALTHY
NATIVE
YOUTH



Beaded artwork by: Ameyalli Mañon-Ferguson, she/her, Osage/Mazahua

This piece was designed in collaboration with her sister, symbolizing the beauty of Two-Spirit identities.

Angelino A. Celebrating Our Magic: Resources for American Indian/Alaska Native transgender and Two-Spirit youth, their relatives and families, and their healthcare providers. Seattle Children's Hospital Center for Diversity and Health Equity, Northwest Portland Area Indian Health Board; 2019



Implementation Toolbox

CREATING HOLISTIC AND INCLUSIVE EDUCATION PROGRAMS

The Implementation Toolbox is your roadmap to creating a sustainable and culturally relevant sexual education program within your community. This toolbox is designed to empower you - to help you make thoughtful decisions about meeting your community needs and to support your youth.

There are 5 key phases: gather, choose, prepare, implement, and grow. Within each phase we include specific ways to increase community buy-in, get youth support, and we even give you the tools to do so.



These tools include ready to use templates such as Community Needs Assessment surveys, Memorandum of Understanding drafts, and mindful Classroom Engagement strategies.

Community buy-in is fundamental, from tribal leaders to the school board to parents and caring adults. Every tool can be adapted to your specific community and cultural needs.



If you feel ready to dive right in, go for it! If you need a little more information or if you have questions, that's fine, too. We offer technical assistance and we're here to help.

Keep an eye out for these Indigi-icons as you explore HealthyNativeYouth.org!



Youth Support



In crisis? Connect 24/7...

CRISIS TEXT LINE |

Crisis Text Line
Text: NATIVE to 741 741
[WhatsApp](#)



National Suicide Prevention Lifeline
Call: 1-800-273-TALK
[Chat](#)

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
[Chat](#)



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
[Chat](#)



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



Truth: Smoking, Vaping, and Opioids
[Get 24/7 Support](#)
Text: DITCHVAPE to 88709



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753



National Drug Information
Treatment & Referral
Hotline
Call: 1-800-662-4357

Mental Health



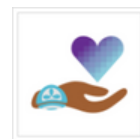
Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741



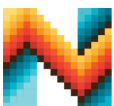
National Hotline. Reach Out
& Get Help
Call: 1-800-448-3000
Text: VOICE to 20121

teen line

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863



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



We R Native: My Mind
[Ask Auntie & Uncle](#)
Text: CARING to 65664



Youth Support

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Relationships & Dating



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
[Chat](#)



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
[Ask Auntie & Uncle](#)

Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: [Ask Roo](#)
[Find a Clinic](#)



We R Native: Sexual Health
Text: SEX to 94449
[Ask Auntie & Uncle](#)



I Know Mine
[Ask Nurse Lisa](#)
[I Want the Kit & Order](#)
[Condoms \(AK mailing only\)](#)



It's Your Sex Life
[Live Chat](#)



Bedsider



Get Yourself Tested #GYT
[Find a clinic near you](#)



Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 94449



Native Youth Sexual Health Network



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
[Chat](#)



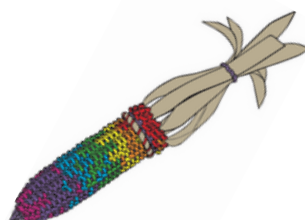
It Gets Better Project
Embrace the Journey



Trans Life
Call: 1-877-565-8860



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



CLICK ON THE LOGOS TO GO TO RESOURCE

Youth Support



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Bullying

stopbullying

[Stopbullying.gov](http://stopbullying.gov)
[What Teens Can Do](#)
[What Adults Can Do](#)



[Cyberbullying Resources for Youth Report Cyberbullying](#)



[We R Native: Bullying Prevention Ask Auntie & Uncle](#)

Find Help Near You



[SAMSHA - Zip code locator for a treatment center closest to you](#)



[Mental Health America - Zip code locator for a clinic closest to you](#)

CLICK ON THE LOGOS TO GO TO RESOURCE

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

