

## October 2021 CoP: Cultural Competency to Raise Healthy Native Youth



### Host:

Amanda Gaston

Zuni Pueblo (she/ her)

[Agaston-contractor@npaihb.org](mailto:Agaston-contractor@npaihb.org)

### Speakers:

I am Melissa "Qillauruq" Castaneda, she/ her

Inupiaq

I love to learn through storytelling.

You can find me at [mjcastaneda@anthc.org](mailto:mjcastaneda@anthc.org)

I am Jared Delaney, he/ him/ his

Klamath

I love sports.

You can find me at [delanjar@ohsu.edu](mailto:delanjar@ohsu.edu)

### Resources:

Healthy Native Youth: [www.healthynativeyouth.org](http://www.healthynativeyouth.org)

[https://www.tiktok.com/@we\\_r\\_native](https://www.tiktok.com/@we_r_native)

An Executive Summary of the use of TikTok in reaching AIAN Youth in the COVID-19 era --

[https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary\\_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok\\_2021.pdf](https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok_2021.pdf)

<https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Youth-Support-Resources.pdf>

Visit We R Native to learn more about the Red Ribbon Week challenge:

<https://www.wernative.org/contest>

October 2021 monthly e-Newsletter by clicking here: <https://conta.cc/3iALLuj>

### Cultural Competency CoP Chatfeed

<b>10:06:26 - Callie</b>	Callie   Choctaw Nation Behavioral Health   Community Opioid Intervention Pilot Project   Talihina, OK   I am a member of the Choctaw & Cherokee tribes
<b>10:06:39 - Norma</b>	Norma, Hope Unlimited
<b>10:06:42 - Rachael</b>	Rachael, she/her/hers, Camp Fire Alaska's Rural Program
<b>10:06:46 - Brandon</b>	Brandon - Taos Pueblo/Seneca Nation
<b>10:06:52 - Hannah</b>	Hannah (she/her), Chevak Quissunamiut Tribe, Alaska Native Tribal Health Consortium HIV/STD Prevention Program
<b>10:06:55 - Joseph</b>	Joe, he/him, Camp Fire Alaska, Rural Alaska Program, originally from Maine, Polish-American
<b>10:06:56 - Stephanie</b>	Stephanie (she/her), Adolescent Health, NPAIHB
<b>10:07:04 - Tasia</b>	Tasia (she/her) from Dine Nation, Grants Cibola County Schools Equity Success Coordinator
<b>10:07:05 - Cyanne (she/her), NB3 Foundation</b>	Cyanne   she/her   Sandia Pueblo   Notah Begay III (NB3) Foundation
<b>10:07:05 - Patricia</b>	Trish, she/her, ANTHC   Wellness and Prevention
<b>10:07:08 - Francisco</b>	Francisco but I go by Cisco. He/Him
<b>10:07:10 - Anna</b>	Hello from Homer, Alaska. I'm a temporary guest on the lands of the Dena'ina and Sugpaiq people.
<b>10:07:10 - Niky</b>	Niky Rosebud Sioux Chemawa Indian School She/her
<b>10:07:11 - Andrea</b>	Andrea   She/her   Kodiak Area Native Association
<b>10:07:11 - Lucy</b>	Lucy (she/her), Johns Hopkins Center for American Indian Health
<b>10:07:14 - Francisco</b>	Camp Fire Alaska
<b>10:07:15 - Sierra</b>	Sierra, She/Her, Culture of Care Coach, Jefferson County ESD, Karuk Heritage
<b>10:07:26 - Claudia</b>	Claudia, Graduate Research Student at UT School of Public Health
<b>10:07:28 - Alicia</b>	Alicia, she/her, Youth Advocate, NAYA
<b>10:07:30 - Toney, Navajo, UNM Hospitals, NM</b>	Toney, he/him, Navajo, UNM Hospitals, New Mexico.
<b>10:07:34 - Michele A, 2S nimiipuu</b>	Michele, nimiipuu, no preferred pronoun, Community Engagement
<b>10:07:35 - Rae (she/her)</b>	Rae, she/her, Camp Fire Alaska

**10:07:35 - Brianna** Brianna (she/her) Nenana Native Association

**10:07:37 - Norma** I picked up a marraca

**10:07:46 - Donna** My camera isn't working but I have feathers and a dream catcher in my office

**10:07:50 - samantha** Sam (she/her) PBPN Native Connections, Mayetta KS

**10:07:51 - Norma** I'm a latina

**10:07:53 - LeShaunya** LeShaunya, She/Her, Prevention Educator with Capacity Builders Inc, located in Farmington NM. I am from the Navajo Nation. Dine Tribe.

**10:07:55 - Jennifer** Ya'at'teeh. My name is Jennifer . (she/her) I come from the Navajo tribe. I work as a foster care specialist for the Fort McDowell Yavapai Nation in Arizona.

**10:07:57 - Marnie** Marnie she/her Camp Fire Alaska

**10:07:59 - jared delaney** Jared Delaney He/Him/His, Klamath Tribes and We R Native TikTok person

**10:08:01 - Donna** Donna, Prevention Specialist, Winnebago Tribe of NE

**10:08:06 - Ramon** Ramon

**10:08:09 - Laura** Emotional pets: I have two fluffy cats sitting on my lap. :-)

**10:08:12 - Leanne** Leanne, She/her

**10:08:17 - Shiigo** Shiigo Navajo, United American Indian Involvement

**10:08:20 - Jennifer** Jennifer, Project Coordinator, ANTHC, Anchorage, AK

**10:08:35 - Rachel** Rachel (she/her), United Houma Nation in southeast Louisiana.

**10:09:00 - Ramon** Ramon, Nambe Pueblo, United American Indian Involvement, Inc.,

**10:09:12 - Shelby K** Shelby, she/her-Great Plains Food Bank- Tribal Community Liaison. I am from the Turtle Mountain Band of Chippewa Reservation

**10:09:40 - Claudia** Im at a coffee shop so no personal item but caffeine has pulled wonders for me the last year.

**10:09:46 - Chris** Hi Everyone! Chris, she/her/hers, University of Texas School of Public Health, London, England

**10:09:57 - Donna** Good morning, I am Donna from Cochiti Pueblo New Mexico. I work for the Pueblo of Tesuque as the ICWA Case Manager/ Prevention Specialist/ Youth Coalition Coordinator and Tobacco Cessation.

**10:09:58 - Melanie** Melanie (she/her), San Carlos Apache. Community Health Educator employed with the Salt River Pima-Maricopa Indian Community in Scottsdale, AZ.

**10:10:27 - Asia Brown** Asia Brown (she/her) | Choctaw Nation of OK | Sexual Health Communications Specialist | Washington Youth Sexual Health (WYSH) project | Northwest Portland Area Indian Health Board (NPAIHB) | [ambrown@npaihb.org](mailto:ambrown@npaihb.org)

**10:10:56 - Michelle Singer (she/her)** Ya'at'eeh abini, my relatives! Michelle Singer (Navajo | Sher/Her), Healthy Native Youth Project Manager @ NPAIHB --> [msinger@npaihb.org](mailto:msinger@npaihb.org)

**10:10:56 - Nicole** Nicole, She/They, NPAIHB Contractor. I am in Austin, TX and descendent of both indigenous Texans of the Rio Grande Valley and Spanish/English Colonizers. Great to be here with you all today.

**10:11:04 - Timotheen** Timotheen, Yup'ik (she/her)- Camp Fire AK, Anchorage Ak

**10:12:19 - Carrie** Carrie, Native Americans for Community Action, Lasting Indigenous Family Enrichment Program Coordinator. Flagstaff, Az hello!

**10:13:30 - Amanda Gaston** Welcome, welcome, welcome! If you'd like to message me, please do so on this profile. The one with my avatar I can't see while sharing my screen. :)

**10:13:40 - Steven** Howka, Steven, San Pasqual Band of Mission Indians Tribal Youth Program

**10:14:27 - Carrie** I have connection problems and it is better not to use video camera. sorry

**10:17:45 - Nicole** Love that!

**10:17:47 - Adina** Good Morning Adina from Ft. Yuma of the Quechan Tribe,

**10:18:18 - Jane Manthei** That was wonderful Melissa! Thank you

**10:18:35 - Hannah** It was beautiful, thank you for sharing Melissa.

**10:19:09 - Michelle Singer (she/her)** Beautiful way to set the tone today, Melissa! Ahehee'

**10:23:40 - Norma** Humor is also difficult to define.

**10:24:24 - Amanda Gaston** This is what I was imagining!!! :)

**10:24:42 - Amanda Gaston** But colder.

**10:27:19 - Nicole** Our people shape us in those big ways, for better or worse. Love that your community came together to build a network of support around you!

**10:28:45 - Amanda Gaston** All our Relations :)

**10:29:23 - hande** Sorry to interrupt this way. I am joining on the mobile phone. Most Probably doing something wrong or incomplete. Audio is not working. I clicked it as I enter yet no audio.

**10:29:51 - hande** If any one has a quick tip.

**10:30:23 - Amanda Gaston** @Hande - try this: +1 312 626 6799

**10:30:34 - Amanda Gaston** Meeting ID: 973 0508 4070

**10:31:35 - Amanda Gaston** We had the powdered cheese growing up. :)

**10:31:47 - Laura** Sometimes you have to be cheesy to get through life. LOL

**10:32:11 - Jane Manthei** <https://www.menti.com/b9xjvsvns9>

**10:32:14 - Michelle Singer (she/her)** @Melissa, I LOVE that story! Just cute!

**10:32:24 - Jane Manthei** Code: 5690 4757

**10:32:59 - Jane Manthei** What makes you laugh? In what ways are you supported through humor?

**10:33:24 - Alana** I love this story! On many levels, the most basic being I moved West from the East coast and still have never gotten used to orange cheddar, it weirdly disorients me every time!

**10:33:59 - Anna** I'm from NY State and live in AK now for 16yrs- my folks still mail me cheese :)

**10:34:17 - Evelyn** who typed in penguin I think I found a new friend :)

**10:34:21 - Jared Delaney** I love cheese but my stomach hates it haha

**10:37:30 - Jane Manthei** Ted Lasso right now

**10:37:46 - Michelle Singer (she/her)** I wrote YouTube videos of the Unknown Warrior on Reservation Dogs! haha

**10:38:19 - Tasia** LOL Michelle I like that

**10:38:29 - Norma** conflict = stress

**10:38:44 - Amanda Gaston** @Evelyn, right?! Haha. :)

**10:39:16 - Katie** @Jane Ted Lasso : )

**10:42:45 - Amanda Gaston** Breakout Activity

How do you manage expectations of yourself?

How do you manage expectations of others?

**10:42:48 - Katie** My dear departed friend Maynard, also from Kotzebue, used to say see it, understand it, and let it go. I never made the connection to his Inupiat value of avoid conflict. Thank you so much Melissa for helping me make this connection.

<b>10:44:34 - Michelle Singer (she/her)</b>	Breakout Activity  How do you manage expectations of yourself? How do you manage expectations of others?
<b>10:45:15 - Nicole</b>	How do you manage expectations of yourself? How do you manage expectations of others?
<b>10:57:39 - Rae (she/her)</b>	brb
<b>10:57:41 - Anna</b>	I love how food connects us all. and Animals
<b>10:57:56 - Hannah</b>	recognizing that everyone is doing the best that they can
<b>10:58:12 - Carrie</b>	love the thought that trickster has something to do with unplanned outcomes
<b>10:58:12 - Hannah</b>	Stepping out for 1 minute, be right back!
<b>10:58:22 - Claudia</b>	It was wonderful to discuss in my group! I have to head out to another meeting but it was a pleasure sharing and hearing multi perspectives.
<b>10:58:34 - Laura</b>	It's a small world after all
<b>10:58:53 - Jacquie (RurAL CAP)</b>	All of us have a lot more grace for others than ourselves in managing expectations
<b>10:59:03 - Michelle Singer (she/her)</b>	@Donna, we've got to get to Cochitti Pueblo! Glad you are with us today!
<b>10:59:31 - Nicole</b>	We shared about being kind to ourselves, giving ourselves and others the time and grace we need, and trying to be more whole, which includes letting go of perfectionism. :)
<b>11:00:03 - Nicole</b>	Welcome Maleah!
<b>11:00:08 - Les</b>	Really enjoyed our CoP call today, but I have to jump on to another meeting. Take care and thank you Melissa for sharing! Have a great day! Les from Riverside San Bernardino County Indian Health, Inc
<b>11:00:20 - Maleah - NPAIHB</b>	Thank you!
<b>11:00:39 - Callie</b>	My expectations of myself fall in the order of (Faith, Family, everything else). And what helps me is that the values of the Choctaw Nation is Faith, Family, Culture. My employer and my tribe sharing my values is soooo helpful to keep what's important prioritized.
<b>11:00:48 - Anna</b>	We'll miss Maleah up here in AK but so glad you're connected in the Lower 48, Maleah :)

**11:01:20 - Leanne** We all voiced that we struggle with expectations, both of our selves and towards and from others.

**11:01:35 - Maleah - NPAIHB** I'll always have a part of my heart in Alaska <3

**11:01:53 - Jennifer** Hi Anna!!!! Fun to see your name pop up!

**11:02:14 - Melissa Castaneda** @Donna, that is great! I love how you were able to find a connection. Meant to be. @Maleah; welcome! @Jacquie, yes. Thank you all for sharing and reflecting today.

**11:03:57 - Maleah - NPAIHB** Indigenous tiktok is 🔥

**11:05:01 - Norma** Unfortunately, Tik Tok is a way for human traffickers to locate you.

**11:06:59 - Maleah - NPAIHB** Wow!!!!!!!!!!!!

**11:07:13 - Jane Manthei** TikTok has a major problem with misinformation but that's a key reason for us to be on there - we can counter that with age appropriate and factual information on topics like sexual health, covid-19 and vaccines, indigenous values, etc.

**11:07:20 - Jane Manthei** JDelly's a superstar

**11:07:25 - Donna** Yes, its really sad Human Trafficking is everywhere...

**11:07:53 - Amanda Gaston** Thanks for this Norma. Yes, this is a good opportunity for us to talk about Media Literacy. Check out Healthy Native Youth's Enhancement Activities: <https://www.healthynativeyouth.org/enhancement-activities/>. We will post the Media Literacy lesson in the next couple weeks.

**11:08:37 - Asia Brown** Gotta connect with youth with where they at!

**11:08:52 - Donna** I agree!

**11:09:52 - Anna** Jared- for a non social media person, how would I suggest youth connect with your tik tok? Healthy Native Youth TikTok?

**11:10:12 - Jane Manthei** we\_r\_native

**11:10:15 - Carrie** great webinar! sadly i need to leave. please send recording. thank you!

**11:10:36 - Chris** Our teachers and schools are being hit w the Devious Licks :(

**11:10:54 - Jane Manthei** [https://www.tiktok.com/@we\\_r\\_native](https://www.tiktok.com/@we_r_native)

**11:10:58 - Asia Brown** The TikTok Jared runs is through the We R Native account! The handle is @we\_r\_native

**11:11:00 - Asia Brown** Thanks Jane :)

<b>11:11:50 - Michelle Singer (she/her)</b>	An Executive Summary of the use of TikTok in reaching AIAN Youth in the COVID-19 era -- <a href="https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok_2021.pdf">https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok_2021.pdf</a>
<b>11:13:04 - Tommy Ghost Dog</b>	Jared's jussss good everyone.
<b>11:13:48 - Asia Brown</b>	Yeah real pro this one haha
<b>11:15:23 - Jennifer</b>	just followed :)
<b>11:15:26 - Shiigo</b>	Awesome!
<b>11:15:33 - Mathias</b>	Just followed
<b>11:15:33 - Tommy Ghost Dog</b>	Haha! Just trendy
<b>11:15:38 - Evelyn</b>	Facebook Drama!
<b>11:15:45 - LeShaunya</b>	I really love this one!! LOL
<b>11:15:45 - Hannah</b>	So fun
<b>11:15:53 - Jennifer</b>	fav cuz on the rez
<b>11:15:54 - Michelle Singer (she/her)</b>	An example of a health one
<b>11:15:54 - Sara</b>	Squid games :)
<b>11:16:02 - Laura</b>	That's awful! PTSD triggering for some teens.
<b>11:16:29 - LeShaunya</b>	Definitely giving the page a follow..
<b>11:16:52 - Gabrielle</b>	Love his work and have a few pieces from NTVS
<b>11:17:05 - Tommy Ghost Dog</b>	"Ki-ah-wa"👁️ LOL
<b>11:17:17 - jared delaney</b>	still getting comments about that lol
<b>11:17:20 - Asia Brown</b>	Called out
<b>11:18:07 - Michelle Singer (she/her)</b>	There is an Indigi-Counselor from time-to-time and JDelly does do pieces on sexual health education & other health promotion pieces for AIAN youth & young adults.
<b>11:18:28 - Melissa Castaneda</b>	Thank you for sharing, Jared!
<b>11:18:36 - Asia Brown</b>	Awesome job Jdelly!!!
<b>11:19:03 - LeShaunya</b>	Very good content! Thanks for sharing.



**11:19:23 - Norma** Please send me the material you just mentioned.

**11:19:29 - Michelle Singer (she/her)** Jared- for a non social media person, how would I suggest youth connect with your tik tok? Healthy Native Youth TikTok?

**11:19:49 - Maleah - NPAIHB** Great content and great job!

**11:20:39 - Nicole** Melissa- really love your wonderful and calming energy. That was really healing :)

**11:20:55 - Nicole** Jared- awesome job, can't wait to see more of your videos!

**11:21:40 - Stephanie** Healthy Native Youth doesn't have a TikTok channel yet - we might be too old :)

**11:21:49 - Tommy Ghost Dog** I would also add trying to connect with youth that you know that are on it. They might be willing to show you the ropes

**11:22:58 - Michelle Singer (she/her)** The TikTok Jared runs is through the We R Native account! The handle is @we\_r\_native

**11:23:11 - Nicole** Build those leadership skills of youth!!

**11:23:16 - Jane Manthei** ^^^ this! Plus you're directly exposing them to the account and letting them be the experts. Poke fun at yourself for being too old ;)

**11:23:17 - Anna** Awesome, thanks much. Will pass onto students later today!

**11:23:21 - Asia Brown** Yes, let the youth do they thang!

**11:24:09 - Donna** This is awesome... I am going to introduce the Tesuque Pueblo youth to do some videos on many topics

**11:24:13 - Niky** We welcome partnerships at Chemawa Indian School.

**11:24:21 - Gabrielle** Never too old!

**11:24:42 - Joseph** [https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary\\_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok\\_2021.pdf](https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Executive-Summary_Best-Practices-for-Creating-Compelling-COVID-19-Related-Messaging-for-AIAN-Youth-on-TikTok_2021.pdf)

**11:24:52 - Jane Manthei** [www.healthynativeyouth.org](http://www.healthynativeyouth.org)

**11:25:36 - Michelle Singer (she/her)** A great way to incentivize an effort in schools, dorms, student leadership groups or even ways to showcase student arts, crafts and some sites offer Native language through TikTok -- so great opportunity to partner with different programs, departments or organizations!

**11:26:54 - Michelle Singer (she/her)** Caring & College Caring Messages + Youth Support Resources Hand out can be found at [www.healthynativeyouth.org/resources](http://www.healthynativeyouth.org/resources)

**11:26:58 - Joseph** <https://www.healthynativeyouth.org/wp-content/uploads/2021/09/Youth-Support-Resources.pdf>

**11:28:07 - Michelle Singer (she/her)** October 2021 monthly e-Newsletter by clicking here: <https://conta.cc/3iAlluj>

**11:28:15 - Michelle Singer (she/her)** But please sign up!

**11:29:01 - Stephanie** I'd also give a plug for We R Native's contest, that has been extended through December: If you are involved in cultural preservation or community activism... Or if you are looking to engage students during Red Ribbon Week (October 23-31) or for National Native American Heritage Month (November).

We R Native is hosting two challenges that draw upon the strengths and resilience of Indigenous people that protect against substance misuse.

Visit We R Native to learn more about the Red Ribbon Week challenge: <https://www.wernative.org/contest>

**11:29:59 - Melissa Castaneda** @Nicole; thank you! Thank you, everyone! This was wonderful.

**11:30:13 - Tommy Ghost Dog** Shoutout to Jared. Future doctor y'all!

**11:30:48 - Crystalyn** Gunalcheesh-Thank you!

**11:30:49 - Anna** Great meeting. Thank you for making this a unique session that focuses on all of our well being- especially in Zoomland!

**11:30:49 - Chris** THANK YOU ALL!!!!

**11:30:51 - Joseph** Thank you so much for an amazing session

**11:30:56 - Francisco** thank you

**11:30:57 - Norma** Thanks for all you do!!!

**11:31:04 - Jennifer** Thank you Melissa and Jared!

**11:31:04 - Leanne** Thank you!

**11:31:05 - Michelle Singer (she/her)** Thank you to our presenters, blessing and the learning circle today!

**11:31:06 - Adina** Thank you all

**11:31:07 - Sara** thank you

**11:31:07 - Alicia** Thanks yuh-all!

**11:31:10 - Alana** Thank you all, grateful for your work

**11:31:10 - Michele A, 2S  
nimiipuu**      qe'cii yew yew, ta'c leeheyn!

**11:31:12 - Marnie**      Thank you so much! Appreciate your time!

**11:31:12 - Mathias**      Thank you everyone

**11:31:15 - Nicole**      Great session....COPs are off to a phenomenal start this year!!

**11:31:19 - Hannah**      Quyana cakneq!

**11:31:20 - Timotheen**      Quyana for this session!

**11:31:20 - Brianna**      Thank you!

**11:31:27 - Desiree**      Thank you!

**11:31:31 - Hannah**      Have a great day

**11:31:39 - LeShaunya**      Ahe'hee. (thank you)

**11:33:24 - Michelle Singer  
(she/her)**      @Jared/Melissa -- please make sure Amanda has your mailing address!

**11:33:38 - jared delaney**      Thank you for letting me talk!! I had a lot of fun.