



# Sexual Health in Indian Country & Alaska Today

October 26th, 2022, 10:00-11:30 am PST

# Let us Start with a Blessing

“I invite peace into my day – to calm  
the storms, to quiet my mind, and to  
settle my spirit.” – Unknown



# Yá'át'ééh! Keshi! Hola!



**Candice Jimenez,  
MPH**

*Confederated Tribes of  
Warm Springs*

(she/her)

I love matcha 🍵

[cjimenez@npaih.org](mailto:cjimenez@npaih.org)



**Nicole Treviño, MA**

(She/They)

I love Butterfly Season in  
Texas.

[Nicole@NicoleTrevino.com](mailto:Nicole@NicoleTrevino.com)



**Stephanie Craig  
Rushing, PhD, MPH**

(She/Her)

I love coffee.

[scraig@npaih.org](mailto:scraig@npaih.org)



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

# Live Virtual Training

## Logistics

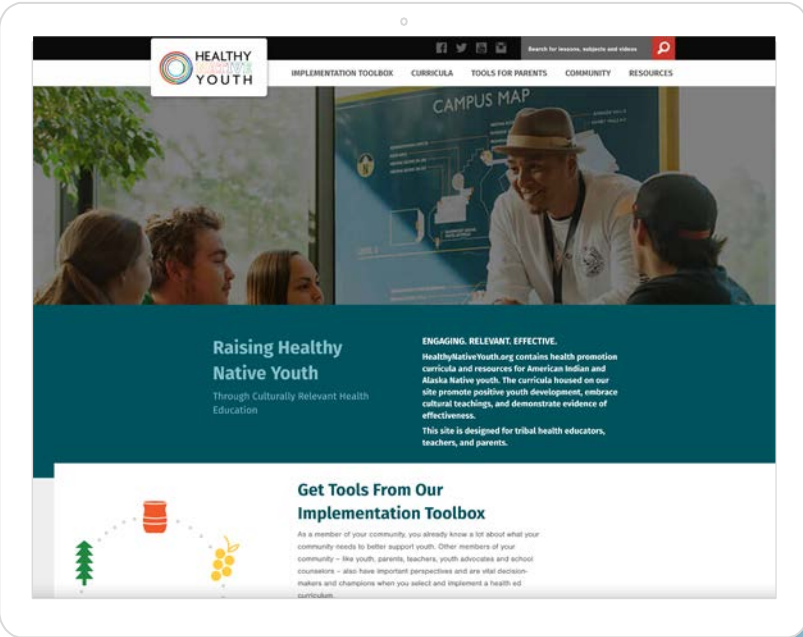
### Logistics

- You are muted
- If comfortable, share video

### Engagement

- Mentimeter Activity
- Chat box
- Icons (Zoom & More)





# Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

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

# Group Agreements

- ★ **Participate Fully**
- ★ **Delay Distractions**
- ★ **Honor Different Experiences**
- ★ **Be Brave & Explore**
- ★ **Others? (Type in the chat)**



# We've Got Goals!

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

1. **describe** sexual health concerning trends in IC & AK
2. **assess** your own sexual health community challenges, and
3. **select** resources for your community

**"LEARN HOW  
TO TALK,  
THEN HOW  
TO TEACH."**

**-NEZ PERCE**

# Where are we going



**Roe v Wade 101:  
Dobbs Briefing**  
*Implications & Options  
for Tribes around SH/ SE*  
15 min

**Gaining Confidence &  
Being an Advocate for SH**  
*Ideas to Help Overcome  
Restrictive Policy Climates*  
20 min

**Wellness Moment**  
3 min

**Closing**  
5 min

1



3



5

2

4



6

7

**Challenging Trends**  
*Mentimeter Activity:  
What policy trends are  
impacting your programs?*  
10 min

**Healthy Native Youth  
Toolbox Tools**  
5 min

**Brainstorm**  
*Mentimeter Activity:  
What creative things have you done  
to build trust in your communities?*  
25 min





1.

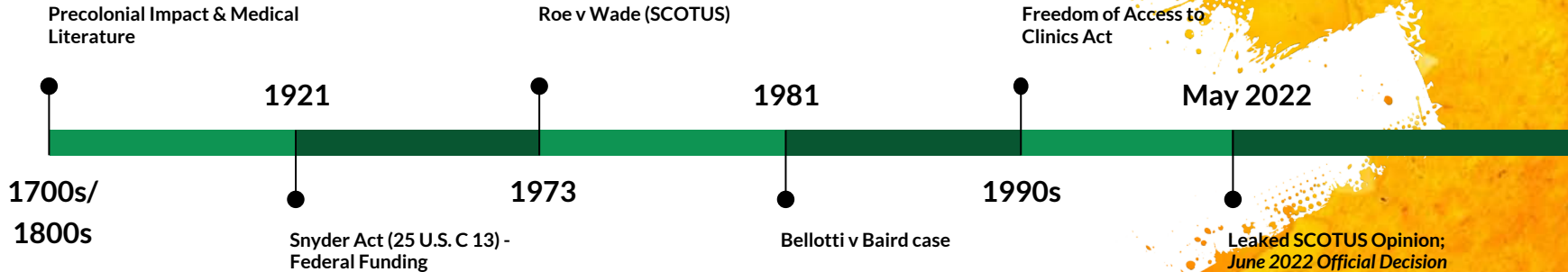
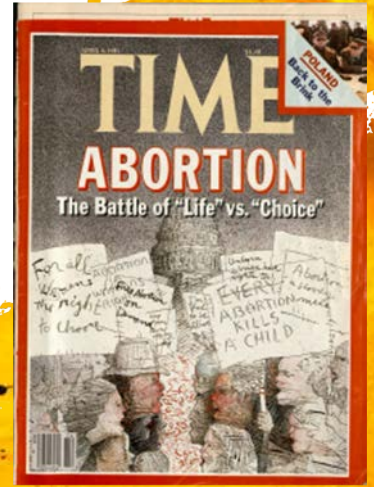
Roe v Wade 101:

Dobbs Briefing

Objective 1: describe sexual health concerning trends in  
Indian Country & Alaska



# Historical Context of Reproductive Rights



# Dobbs v. Jackson Women's Health Organization

- On Jun. 24, 2022, SCOTUS issued its decision in *Dobbs* which overturned *Roe v. Wade*
- 5-4 decision to overturn *Roe v. Wade*
- The Majority determined that although SCOTUS has recognized constitutional rights under the 14<sup>th</sup> Amendment that are not expressly mentioned in the Constitution, right to an abortion is not one of them

Case: 18-60868 Document: 00516407775 Page: 3 Date Filed: 07/26/2022

## Supreme Court of the United States

No. 19-1392

**THOMAS E. DOBBS, STATE HEALTH OFFICER OF THE MISSISSIPPI  
DEPARTMENT OF HEALTH, ET AL.,**

Petitioners

v.

**JACKSON WOMEN'S HEALTH ORGANIZATION, ET AL.**

**ON WRIT OF CERTIORARI to the United States Court of Appeals for the**



# State Response & Legislation



**House Bill 3391 - Oregon's Reproductive Health Equity Act**  
*guarantees* an individual's right to an abortion, as well as a health care provider's *right* to provide an abortion

To find a clinic, visit:  
[healthoregon.org/rhclinic](http://healthoregon.org/rhclinic), dial 211, or text HEALTH to 898211



**1970 Abortion Legalized** through statewide ballot referendum

2018 Inslee signed the **Reproductive Parity Act**



**Senate Bill 1385 - triggers abortion prohibition law**

**Senate Bill 1309** - gives family members of a pregnant person the right to sue if a medical professional performs an abortion after cardiac activity is detected (temporary stay in place)



# How to check your State...

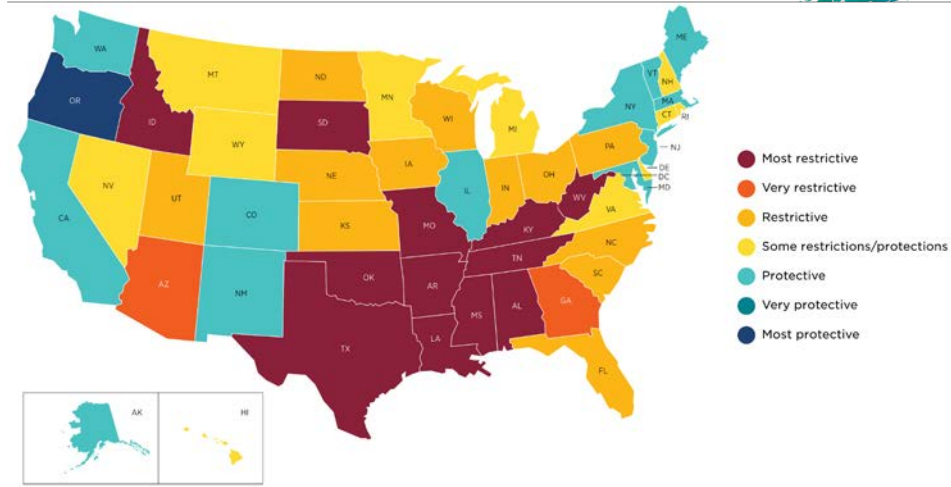
## Interactive Map: US Abortion Policies and Access After Roe

Guttmacher Institute

<https://www.guttmacher.org/state-policy>

Center for Reproductive Rights

<https://reproductiverights.org/maps/abortion-laws-by-state/>



ALL STATES AS OF OCTOBER 1, 2022

2022

Abortion

Abortion

Contraception

HIV/STIs

Pregnancy

Refusal Clauses

Teens

Abortion Bans

Abortion Bans

Abortion Method Bans

Allows Withholding of Pregnancy Information

Clinic Regulation

Crisis Pregnancy Centers

Expanding Refusal

Fetal Tissue

# IHS/Tribal Health Programs & Hyde Amendment

IHCIA/Hyde Amendment limits the use of federal funds to provide abortion services except for limited situations

- Impacts ISDEAA contracts/compacts as well as federally operated facilities
- Exceptions: pregnancy is the result of an act of rape or incest, or in the case when the pregnant person suffers from a physical disorder, physical injury, or physical illness, including a life-endangering physical condition caused by or arising from the pregnancy itself
- For compacting tribes, all Medicare, Medicaid, or other program income is treated as supplemental funding to that negotiated in the funding agreement. For contracting tribes, all program income must be used by the tribal organization to further the general purposes of the contract



# Civil Regulatory Jurisdiction

- ★ States generally do not have civil regulatory jurisdiction over AI/AN for activities in Indian Country
- ★ States may exercise civil regulatory jurisdiction over non-Indians for their activities on reservations under certain circumstances if state law has not been preempted by the operation of federal law
- ★ IHCA provides that providers working in IHS/Tribal Health programs are not required to be licensed in the state the program is located
- ★ But, many Tribal health programs require state licensure where the program is located



# Criminal Prosecution & *Oklahoma v. Castro Huerta*

- Many states, including Idaho are criminalizing abortion services
- Prior to June 29, 2022, the foundation of federal Indian law – Tribes are distinct, independent political nations where state laws have no force without congressional act. *Worcester v. Georgia* (1832)
- *Castro Huerta* held that absent federal law preempting state jurisdiction, “a state has jurisdiction over all of its territory, including Indian Country.”
- Now, states making abortion criminal would have jurisdiction over crimes committed by non-Indians with Indian or non-Indian victims







Chatfeed Convo:  
Type your  
Questions or  
thoughts!



2.

# Challenging Trends

Objective 1: describe sexual health concerning trends in Indian Country & Alaska





# Mentimeter Q&A

Use the link in the chat box to join...

What policy trends are  
impacting your  
programs?



Go to [www.menti.com](https://www.menti.com) and use the code 4618 4268



# 3. Gaining Confidence & Being an Advocate

Objectives 2 & 3: assess your own sexual health community challenges and select resources for your community



Be like the  
monarch!  
Sense when  
it is time for  
change.



Image Source: <https://www.wpr.org/beautiful-sight-huge-wave-monarch-butterflies-prepare-migrate>



# Changes to our work can feel like...

- ★ A threat to our values or identity
- ★ A threat to our culture, cultural values, and lifeways
- ★ At odds with our priorities
- ★ At odds with what youth need
- ★ Out of alignment with what we know works for youth
- ★ Challenging to work within



# Preparing for Change



# Preparing Yourself & Your Team

- ★ It's ok to mourn and complain... briefly
- ★ Find your why...
- ★ Channel your feelings into action





# Shifting Engagement With Our Communities and Partners

- ★ Avoid the soap box in public!  
Tap into Universal Values
- ★ Prepare, prepare, prepare your talking points... & stay on message
- ★ Mobilize your partners and supporters
- ★ Go where there's alignment and don't argue where there isn't!



# Pivoting Services & Strategies

- ★ Never be a one trick pony!

Create multiple program types/ focus areas  
and multiple implementation site types

- ★ Keep as many doors as possible open
- ★ Diversify your funding!





Image Source:  
[https://www.fs.usda.gov/wildflowers/pollinators/Monarch\\_Butterfly/migration/index.shtml#:~:text=Using%20environmental%20cues%2C%20the%20monarchs,to%20reach%20their%20winter%20home!](https://www.fs.usda.gov/wildflowers/pollinators/Monarch_Butterfly/migration/index.shtml#:~:text=Using%20environmental%20cues%2C%20the%20monarchs,to%20reach%20their%20winter%20home!)

4.

# Implementation Toolbox Tools

Objective 3: select resources for your community





Gather



Choose



Prepare



Implement



Grow



## Identify your community needs and resources

Use the "[Community Needs and Resource Assessment](#)" to help organize your outreach while you meet with partners to identify health priorities. There are several options included in the template that you can use to engage partners in the planning process, depending on your setting and audience. You will likely need different strategies to collect feedback from different audiences and age groups.



**Template:** [Community Needs and Resource Assessment](#)



Template: Community Needs and Resource Assessment

## GATHER Community Needs and Resource Assessment



Use the “Community Needs and Resource Assessment” to help organize your outreach while you meet with partners to identify health priorities. There are several options included in the template that you can use to engage partners in the planning process, depending on your setting and audience. You will likely need different strategies to collect feedback from different audiences and age groups.

The goal of a community needs and resource assessment is to understand:

- What youth, their families, and the broader community want to see in youth programming
- What resources you have available to your program,
- What constraints or challenges may need to be addressed

## Sample Q's for Parents and Caregivers

### Health Priorities and Ideas

1. What health topics are most important to your kids/family right now?
2. What health resources does your family use in the community?
3. Are there any you avoid? Why?
4. What additional health resources do you wish our community had?
5. What ideas do you have that would make the health resources in our community better for teens and young adults?

### Temperate Check

6. What type of health and wellr
7. What challenges is your youth,
8. What are some of your youth's
9. What type of programs or ser
10. What type of support would b



Template: Community Needs and Resource Assessment

## Sample Q's for Schools and School Administrators

### Health Priorities and Ideas

1. What health topics are most important to your students/families right now?
2. What additional health resources do you wish your school had?
3. What ideas do you have that would make the health resources at your school better for teens and young adults?

### Logistics/Plans for Implementation

4. Does your district have a 'back-to-school' schedule? If so, please share.
5. Is your school planning to utilize a traditional, virtual, or blended learning format?
6. Would in-person or virtual programs for youth be preferred?

### Temperate Check

7. What type of programs or services would be helpful to your school?
8. What type of support would be helpful for your teachers?







Gather



Choose



Prepare



Implement



Grow



## Select a program that aligns with your goals

The Healthy Native Youth website has a [comparison chart](#) that allows you to view culturally-relevant health curricula side-by-side, to help choose a curriculum that fits best with your goals and priorities.

1. **Visit the Curricula Comparison Chart** to view the complete list of all culturally-relevant, age-appropriate curricula on the Healthy Native Youth website.
2. **Use the filter tool in the Comparison Chart** to search for core criteria, like a particular health topic, age group, delivery setting, duration, cost, or evaluation outcomes (evidence of effectiveness).
3. **Narrow the selection.** To learn more about a particular curriculum, click on the program name. Each program page includes lesson plans, handouts, and supplemental materials. Many include recorded videos and webinars to help prepare educators to facilitate the program. The

Move slide to Nov

# COMPARE

COMPARE

Check the programs you wish to compare. Then click the "Compare" button.



## Tool | Knife

The Uluqaq is an Alaska Native all-purpose tool used to prepare food. The knife symbolizes the tool to get ready for implementation.

Search:

Move slide to Nov

Name	Age	Program Setting	Duration
<input type="checkbox"/> Native STAND 2.0	High School	Flexible	18 sessions (50 minutes each)
<input type="checkbox"/> Native It's Your Game 2.0	Middle School	Flexible	13 lessons (30-50 minutes each)
<input type="checkbox"/> Respecting the Circle of Life	Middle School High School	Flexible	Available in 50, 60, 80, or 120-minute lessons. Entire program c
<input type="checkbox"/> BRAVE	High School Young Adults	Flexible	1 lesson at 30 minutes; 1 lesson at 45 minutes; or 7 lessons at
<input type="checkbox"/> Native VOICES	High School Young Adults	In-School After-School	1 lesson at 35 minutes; 1 lesson at 75 minutes; or 5 lessons at
<input type="checkbox"/> Safe in the Village	Middle School High School Young Adults	Flexible	The program duration is 3 hours, which can be broken into two

[GO BACK](#)

Move slide to Nov

Program Name	Native STAND 2.0	Respecting the Circle of Life	BRAVE
Age	High School	Middle School High School	High School Young Adults
Program Setting	Flexible	Flexible	Flexible
LGBT Inclusive	Yes	Yes	No
Trauma Informed	Yes	Yes	Yes
Health Topics Covered	Healthy Relationships Other Healthy Life-Skills Sexual Health	Healthy Relationships Sexual Health	Alcohol and Drug Prevention Healthy Relationships Mental Health Other Healthy Life-Skills Suicide Prevention Violence or Bullying Prevention
Evidence of Effectiveness	Promising Practice	Best Practice	Promising Practice
Duration	18 sessions (50 minutes each)	Available in 50, 60, 80, or 120-minute lessons. Entire program duration from 9-13 lessons. Total time is 16 hours. <a href="#">Download schedule for more details.</a>	1 lesson at 30 minutes; 1 lesson at 45 minutes; or 7 lessons at 45 minutes apiece



# Wellness Moment

Name the Fear Exercise

[www.mindful.org](http://www.mindful.org)





# Mentimeter Q&A

Use the link in the chat box to join...

What creative things have you done to build trust in hesitant settings?



Go to [www.menti.com](http://www.menti.com) and use the code 4618 4268



# 4. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



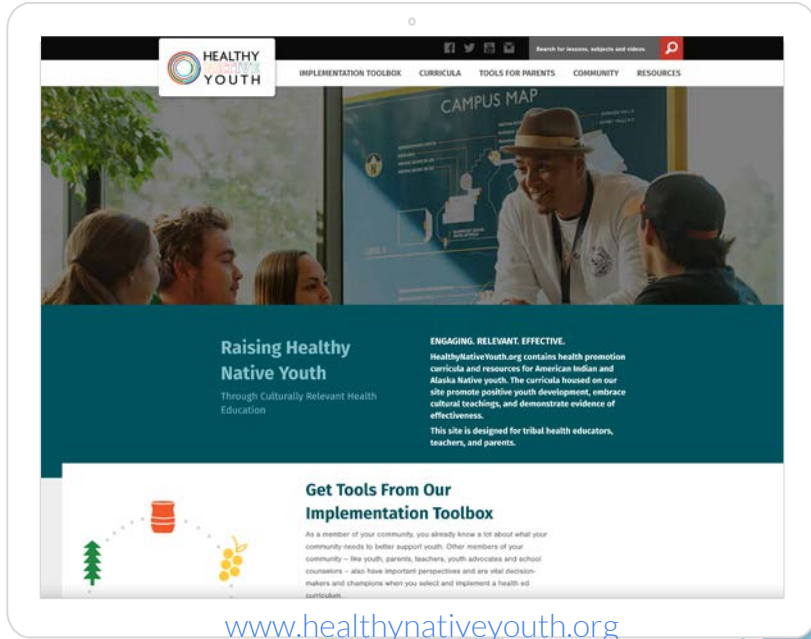
# Practice in Action

Taking it back home!



# 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



[www.healthynativeyouth.org](http://www.healthynativeyouth.org)



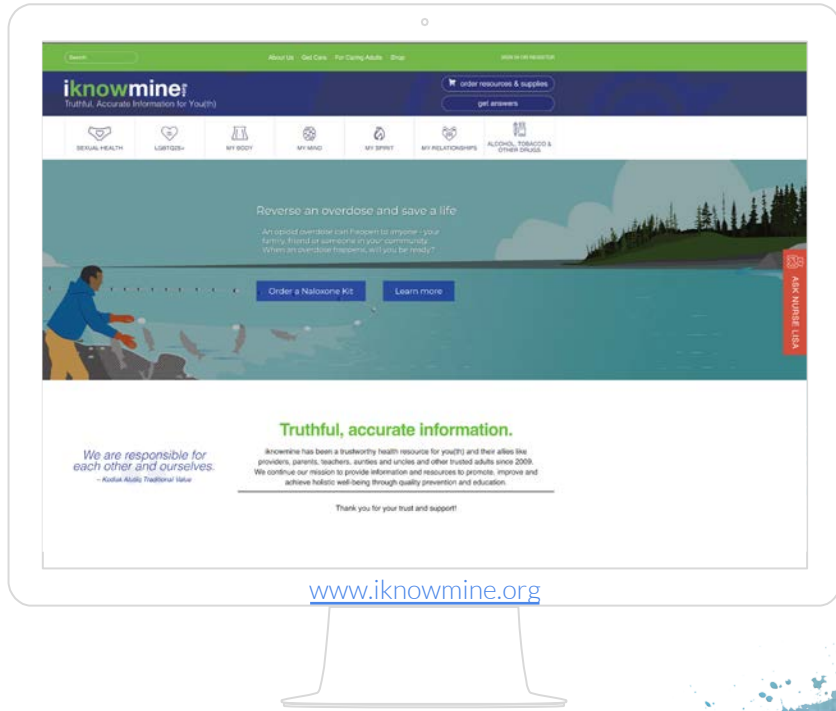
# We R Native For Youth

- ★ 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 WERNATIVE website interface. At the top, the logo 'WERNATIVE' is displayed with the tagline 'For Native Youth, by Native Youth'. Below the logo is a navigation bar with icons for 'ask your relative', 'my culture', 'My Life', 'relationships', 'my mind', 'my impact', 'ambassadors', 'gear up', and 'search'. The main content area features a large purple and blue graphic with the text 'Suicide Prevention Month'. To the left of this graphic, there are links for 'Suicide & Crisis Lifeline' (Call: 988 or 1-800-273-TALK, www.988lifeline.org/chat) and 'Crisis Text Line' (Text: NATIVE to 741 741, www.crisistextline.org/). Below this, there are links for 'Mental Health America' (Call: 1-800-969-6642, www.mhanational.org/) and 'Teens Helping Teens' (Call: 1-800-852-8336, Text: TEEN to 839 863, www.teenline.org/). A central banner features a group of diverse Native youth and the text 'You've got questions, we've got answers.' Below this banner, there is a section for 'Text CARING to 65664' with a small graphic of a person and a text box. At the bottom of the screenshot, the website URL 'www.wernative.org' is displayed.





# I Know Mine

## For Alaska Native Youth

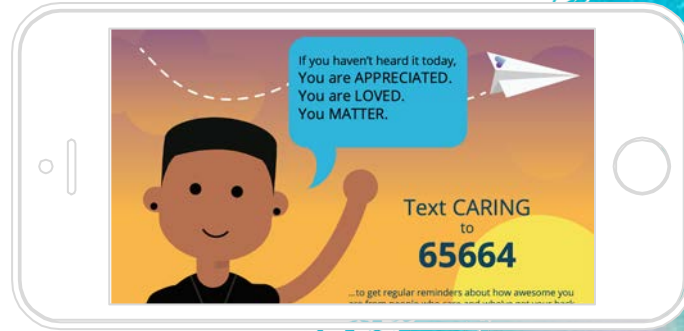
- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program
- ★ Follow on Twitter, YouTube, Facebook



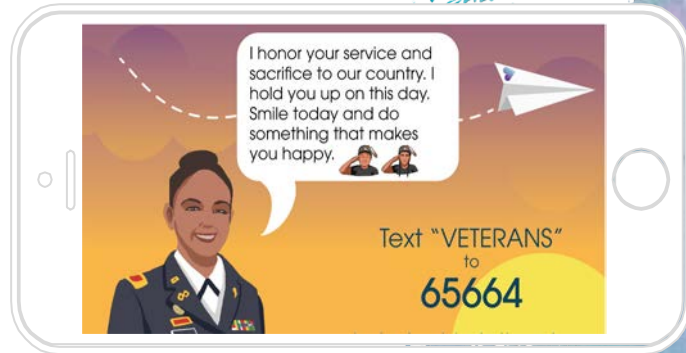
ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



# COLLEGE



# YOUTH



# VETERANS

# Caring Messages

To get regular reminders about how awesome you are from people who care and who've got your back!

- ★ Text "Caring" to 65664
- ★ Text "College" to 65664
- ★ Text "Veterans" to 65664




# Youth Support

For free 24/7 crisis support

**CRISIS TEXT LINE |** Crisis Text Line  
Text: NATIVE to 741 741  
[www.crisistextline.org/](http://www.crisistextline.org/)

**988** Suicide and Crisis Lifeline  
Dial or Text: 988  
[www.988lifeline.org/chat/](http://www.988lifeline.org/chat/)

## Abuse & Sexual Assault


 StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
[www.strongheartshelpline.org](http://www.strongheartshelpline.org)

 National Sexual Assault Hotline Call  
(24/7): 1-800-656-HOPE  
[www.rainn.org/](http://www.rainn.org/)

 National Teen Dating Abuse Helpline  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://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  
[www.nida.nih.gov/research-topics/parents-educators](http://www.nida.nih.gov/research-topics/parents-educators)

 Truth: Smoking, Vaping, and Opioids  
Text: DITCHVAPE to 88709  
[www.thetruth.com/article/this-is-quitting](http://www.thetruth.com/article/this-is-quitting)

 Get the Facts About Drugs: Just Think Twice  
Call: 1-855-378-4373  
Text: 55753  
[www.justthinktwice.gov/](http://www.justthinktwice.gov/)

 National Drug Information Treatment & Referral Hotline  
Call: 1-800-662-4357  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)


## Mental Health

 Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741  
[www.mhanational.org/](http://www.mhanational.org/)

 Teens Helping Teens  
Call: 1-800-852-8336  
Text: YLNATIVE to 839 863  
[www.theyouthline.org](http://www.theyouthline.org)

 We R Native: My Mind  
Text: CARING to 65664  
[www.wernative.org/my-mind](http://www.wernative.org/my-mind)


 National Hotline: Reach Out & Get Help  
Call: 1-800-448-3000  
Text: VOICE to 20121  
[www.boystown.org/hotline](http://www.boystown.org/hotline)

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



# Youth Support

## Relationships & Dating

 StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
[strongheartshelpline.org/](http://strongheartshelpline.org/)

 Love is Respect  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)

 That's Not Cool  
Healthy Relationships, Online & Off  
Call (24/7): 1-866-331-8453

 We R Native: My Relationships  
[www.wernative.org/my-relationships](http://www.wernative.org/my-relationships)

## Sexual Identity - 2SLGBTQ+

 Paths (Re)Membered Project  
Text: 2SLGBTQ to 94449  
[www.pathsremembered.org/](http://www.pathsremembered.org/)

 Native Youth Sexual Health Network  
[www.nativeyouthsexualhealth.com/](http://www.nativeyouthsexualhealth.com/)

 The Trevor Project  
Call (24/7): 1-866-488-7386  
Text: START to 678 678  
[www.thetrevorproject.org/](http://www.thetrevorproject.org/)

 It Gets Better Project  
[www.itgetsbetter.org/](http://www.itgetsbetter.org/)

## Sexual Health

 Planned Parenthood  
Call: 1-800-230-7526  
Chat: [www.plannedparenthood.org/learn/fo-sexual-health-chatbot](http://www.plannedparenthood.org/learn/fo-sexual-health-chatbot)

 We R Native: Sexual Health  
Text: SEX to 94449  
[www.wernative.org/ask-your-relatives](http://www.wernative.org/ask-your-relatives)


 I Know Mine  
[www.iknowmine.org/ask-nurse-lisa](http://www.iknowmine.org/ask-nurse-lisa)

 It's Your Sex Life  
[www.itsyoursexlife.com](http://www.itsyoursexlife.com)

 Bedsider  
[www.bedsider.org/](http://www.bedsider.org/)

 Get Yourself Tested #GYT  
[www.cdc.gov/std/sam/gyt/howtoGYT.htm](http://www.cdc.gov/std/sam/gyt/howtoGYT.htm)

 Trans Lifeline  
Call: 1-877-565-8860  
[www.translifeline.org/](http://www.translifeline.org/)

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



THRIVE Linktree:  
[https://linktr.ee/npai/hbthrive?utm\\_source=qr\\_code](https://linktr.ee/npai/hbthrive?utm_source=qr_code)

Click on icons to go to resource

# Youth Support


## Bullying

 Stopbullying.gov  
[www.stopbullying.gov/resources/teens](http://www.stopbullying.gov/resources/teens)

 Cyberbullying  
[www.cyberbullying.org/resources/students](http://www.cyberbullying.org/resources/students)

 We R Native: Bullying Prevention  
[www.wernative.org/my-life/life-hacks/bullying-prevention](http://www.wernative.org/my-life/life-hacks/bullying-prevention)


## Find Help Near You


 SAMHSA - Find the treatment center closest to you  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)

 Mental Health America - Find the clinic closest to you  
[www.mhanational.org/find-affiliate](http://www.mhanational.org/find-affiliate)


## 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



<https://linktr.ee/npaihbthrive>



@npaihbthrive

-  Emotional Safety Plan
-  Youth Support Resources
-  The Trevor Project
-  Suicide Prevention Lifeline
-  Crisis Text Line
-  We R Native
-  Surviving a Suicide Loss
-  We Matter Campaign
-  Suicide Awareness Voices of Education
-  MentalHealth.gov

# Talking is Power For Adults

## Tips & Resources for

- ★ Talking to Youth About Sexual Health
- ★ Getting the convo started
- ★ Online Printable Resources [here](#)

**TEXT  
"EMPOWER"  
TO 94449**



**TALKING IS POWER**

A Text Messaging Service for Parents and Caring Adults

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 EMPOWER to 94449**

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

**CURRICULA** **LESSON PLANS** **HANDOUTS** **RESOURCES**

www.healthynativeyouth.org

fb.com/HealthyNativeYouth

Listserve: Text "YouthNews" to 22828

https://www.instagram.com/healthynativeyouth/  
@HealthyNativeYouth

native@npaihb.org

**HEALTHY  
NATIVE  
YOUTH**

SIGN UP TO RECEIVE UPDATES  
VIA TEXT MESSAGE  
TEXT "HEALTHY" TO 97779

**Cama'i!**  
My name is Greg!  
My pronouns are  
he and him. Give  
yourself a high  
five from me! I'm  
glad you're here!

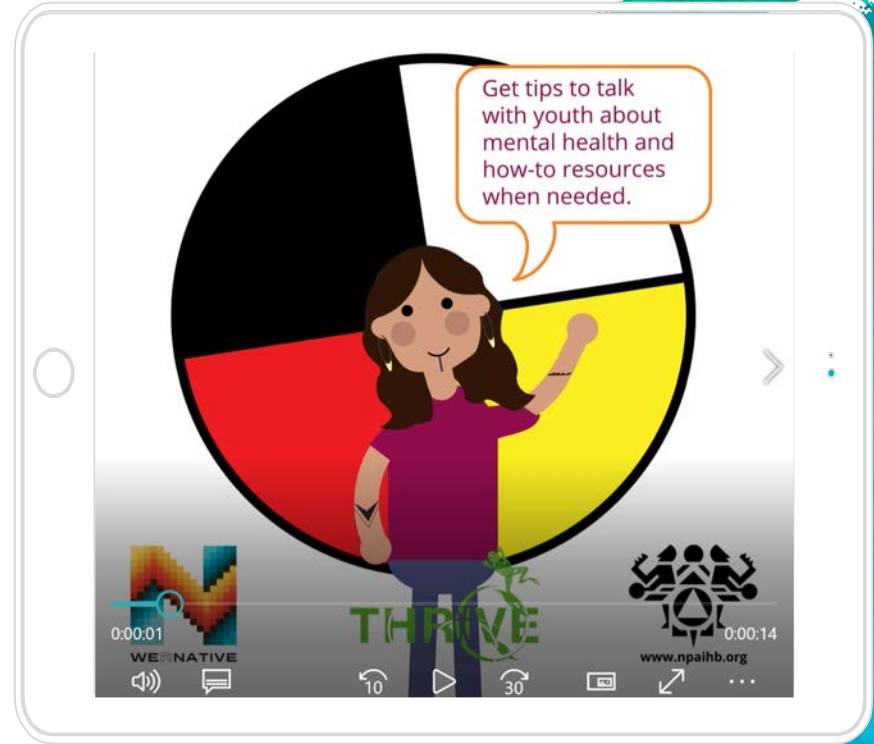
# Mind4Health

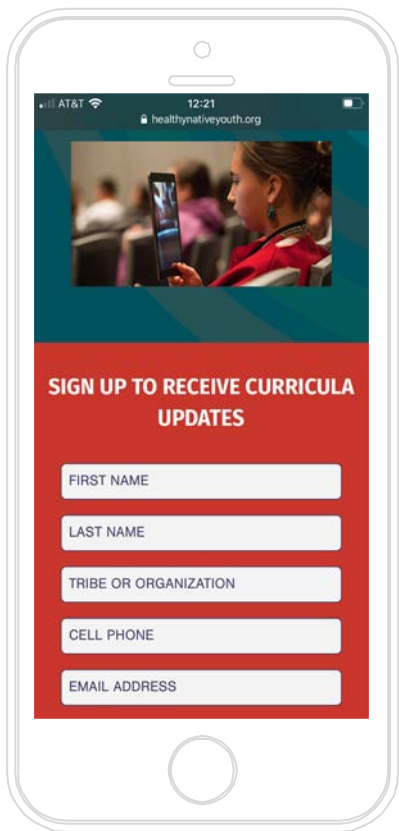
## For Adults

A text message service to nurture conversations with youth to build our mental health together

- ★ Online Printable Resources [here](#)

**TEXT**  
**"MIND4HEALTH**  
**" TO 65664**





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





# Mark Your Calendars!

## Part I - Healing & Hope

### *Safe Spaces*

September 14, 2022

Join us to talk about what a safe space is, why it's important, and how you can create one in your community!

### *Sexual Health in Indian Country & Alaska Today*

October 26, 2022

Get the breakdown of talking about sexual health in schools and tribal communities and gain confidence in advocating for youth in your community

### *Healthy Native Youth Highlights & Resources*

November 9, 2022

Sharing is Caring! If you're looking for health materials and resources for Native youth, join us to build up your toolbox. Literally, we've got a toolbox!

### *The Tribal Relationship*

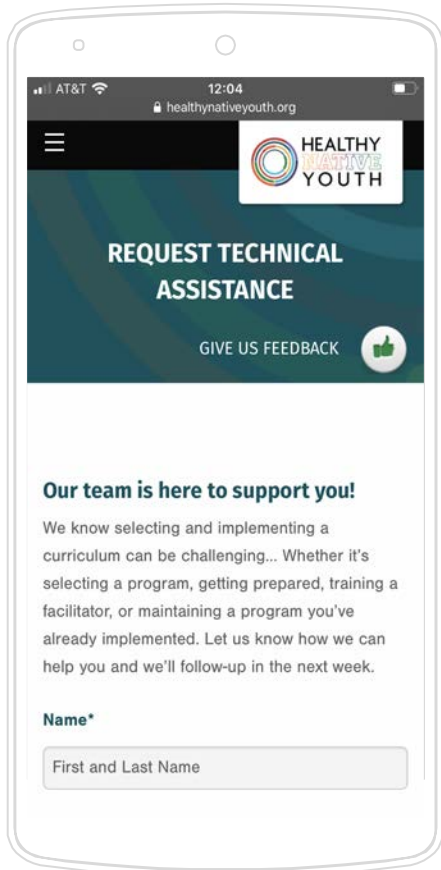
December 14, 2022

The beauty, complexity, and evolution of Tribal intergenerational relationships is at the heart of everything we do in adolescent health. Let's talk about it!



Zoom registration link:  
<https://linktr.ee/HealthyNativeYouth>





# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

# Thank you!

From Project Red Talon (2021-2022)



[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



Inter Tribal Council of Arizona, Inc.



[ITCA Landing Page](#)

Southern Plains Tribal Health Board



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

Northwest Portland Area Indian Health Board



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

You can find us at: Amanda Gaston, [agaston-contractor@npaihb.org](mailto:agaston-contractor@npaihb.org); Michelle Singer, [msinger@npaihb.org](mailto:msinger@npaihb.org)

# Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.



# Let us Close with a Blessing



“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together.”

Chief Seattle/Sealth/Si’ahl

