



Being a Good Relative 101

May 8, 2024 10am-11:30am PT

Host

Amanda Kakuska

Guest Speakers

Dolores Jimerson, Liz Sunnyboy

Objectives

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

1. **Describe** the impacts of what it means to be a good relative.
2. **Learn** strategies and skills to be a good relative in your community within youth health programming

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Chat links:

Group Agreements – Native STAND, lesson 1:

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

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

Mentimeter Link: <https://www.menti.com/al28x8m9fr7p>

Making Relatives Video (5:52min): https://www.youtube.com/watch?v=ex49ad_8wFO

Making Relatives: A Guide for Healing the Soul Wound:

https://www.nasmhpd.org/sites/default/files/2022_NASMHPD_Making_Relatives.pdf

Alaska Network on Domestic Violence & Sexual Assault <https://andvsa.org/>

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

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

Part 2 CoP Registration: <https://us06web.zoom.us/join/zoom/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdlB#/registration>

Chat feed (names and emails have been removed)

00:36:01 Amaya (she/they): Waewaenen <3

00:40:17 Charity: Dolores, that is where I was born and grew up

00:43:11 Jessie: Navajo/ Dine' Nation

00:43:28 Taylor (they/them) NPAIHB: haʔ sləx̩il, Taylor (they/them), Puyallup tribe. I work for NPAIHB and today I'll be helping with technical assistance on this call

00:43:31 Lisa: Lisa, Tlingit and Haida Youth Navigators. Juneau.

00:43:40 Taylor (they/them) NPAIHB: Group Agreements - Native STAND, lesson 1:

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

Digital Learning Agreements: https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGajlrNkmEk-8GX4/edit

00:43:54 Dana: She/Her; Blackfeet/Gros Ventre; All Nations Health Center. I would like to learn more tips and resources in how to better serve Indian youth I work with.

00:43:58 NPAIHB: Michelle (she/her | Navajo): Ya'at'eeh abini (Good morning)! Michelle (she/her | Navajo), Healthy Native Youth Project Director at NPAIHB - so very happy to be here with you, my HNY CoP relatives!

00:44:25 Kalli: Kalli (she/her) Yavapai County Community Health Services In Arizona. I am a health educator working mainly in Teen Pregnancy Prevention/sexual health.

00:44:32 Caitlin: Hi! I'm Caitlin (they/them) from the Walla Walla County Rural Library District in southeast WA (lands belonging to the Umatilla, Walla Walla, Cayuse, and Chief Joseph Nez Perce bands/tribes/nations; I am not native). I'm here to listen and learn!

00:45:07 Cher: Cher (she/her) Dine (Navajo) Nation. Coconino County Health & Human Services, Flagstaff, Az. Always looking for resources for youth.

00:45:07 Pepper: Mandan-Hidatsa - Eastern Oregon University (she/her)

00:45:12 Elena: Elena (she/her/ella) Gabrielino-Tongva Nation, Community Outreach Coordinator/Native Connections program with San Diego American Indian Health Center San Diego, Ca Urban Native youth, i will like to learn different strategies how to become a good relative and different teachings.

00:45:12 Daryle: Oglala Lakota/ Hihanni wast'e good morning dialing in from Denver CO, Youth Program Manager at Denver Indian Family Resource Center.

00:45:12 Amaya (she/they): Posoh mawaneweyak, my name is Amaya (she/they) (Menominee Nation). Youth & Family Programs Coordinator at the Gerald L. Ignace Indian Health Center in Milwaukee, WI.

00:45:15 Millie: Ublaaluataq, good morning! she/her pronouns, ANTHC and from Unalakleet

00:45:30 Barbara: Hello. They call me Barbara. I am Navajo (Diné). Working with Johns Hopkins Center for Indigenous Health in Chinle, AZ as a Sr. Research Program Coordinator. Pronouns are they, them, theirs. Always here to learn, today I am learning how to be a GREAT relative!

00:45:53 Toney, NM, Navajo Nation: Yá'át'ééh (hello) Toney, he/him, Navajo Nation, Santa Fe, NM, Tribal Consultant 🤗; Ahéhee' (Thank you); happy to support our NM 23 Tribes, Pueblos, Nations. Keep up the great work everyone 🎉

00:45:55 Elena: Happy to be here and good morning! Achema!

00:46:01 Christine: Greetings from Texas! Chris, she/her, University of Texas in Houston, so happy to be here :)

00:46:03 Josephine: Phines (she/her) HIV/STD Prevention Program Coordinator ANTHC from Holy Cross, Alaska (3/4 Athabascan and 1/4 Inupiaq)

00:46:04 Vurlene: Good Morning Everyone-Vurlene, Jicarilla Apache Nation. Community Health Educator with the Salt River Indian Community-Scottsdale,AZ

00:46:10 Emily: Hello everyone. Emily, STI Nurse in Public Health at Gallup Indian Medical Center

00:46:22 Taylor (they/them) NPAIHB: Mentimeter Link: <https://www.menti.com/al28x8m9fr7p>

00:46:28 Kaleigh: Good morning everyone! I'm Kaleigh (she/her), Caddo, Kiowa, and Comanche from Oklahoma. Program Coordinator with Tutcint Youth Empowerment in San Fernando, CA

00:46:56 laura: Laura (she/her). Inyo County Public Health in Bishop, CA. Good morning!

00:48:36 Imo (eye-mo) she/her, IWP: Imo (eye-mo). She/Her. Diné. Director for Indigenous Wellbriety Program in Cortez, CO.

00:51:35 Ross: Ross, University of Texas, Houston :)

00:52:02 Taylor (they/them) NPAIHB: Making Relatives Video (5:52min):
https://www.youtube.com/watch?v=ex49ad_8wFO

00:53:50 Amanda (she/her): Replying to "Ublaaluataq, good mo..."

Hi Millie! 😊

00:54:12 NPAIHB: Michelle (she/her | Navajo): Replying to "Ublaaluataq, good mo..."

Hi Millie! 🎉

00:54:23 Millie: Replying to "Ublaaluataq, good mo..."

Hi Amanda and Michelle! Good to see you guys 😊

00:57:10 Dolores: everyone is welcomed to use this video; you can stop it at 4:20 if you wish to skip past the 988

00:58:10 Elena: Thank you!

01:07:04 Josephine: Love her name!

01:07:29 Tennille: *gasp* trying to jinx us with those babies looking between their legs

01:10:48 NPAIHB: Michelle (she/her | Navajo): My parents and many who went to Chemawa Indian School in the 1950s stayed close to one another and their classmates of that time and era -- to date, our family and their friends are all still close -- it was community and kinship as family being away from "home."

01:12:52 Imo (eye-mo) she/her, IWP: Will this be shared? I really don't want to leave at 12 pm, but I have an important meeting. Thank you so much.

01:13:09 Imo (eye-mo) she/her, IWP: I mean, will the recording be shared?

01:13:14 Taylor (they/them) NPAIHB: Replying to "Will this be shared?..."

I upload all the recordings to our website and our youtube :)

01:13:23 Imo (eye-mo) she/her, IWP: I have that book, it is amazing

01:13:30 Elena: great book!

01:13:40 Amanda, Zuni Pueblo (she/her): Replying to "I mean, will the rec..."

Yes! 😊

01:14:05 Imo (eye-mo) she/her, IWP: Replying to "Will this be shared?..."

@Taylor (they/them) NPAIHB the Healthy Native Youth website?

01:14:24 NPAIHB: Michelle (she/her | Navajo): @Imo (eye-mo) she/her, IWP, the CoP recording with these slides, handouts and other resources will be on the Healthy Native Youth website so check there and we appreciate you joining us today!

01:14:25 Taylor (they/them) NPAIHB: Replying to "Will this be shared?..."

Yep! Its in our resource library, or our healthy native youth youtube playlist

01:14:56 Taylor (they/them) NPAIHB: Replying to "Will this be shared?..."

Resource Library - Healthy Native Youth

01:16:42 Taylor (they/them) NPAIHB: Making Relatives: A Guide for Healing the Soul Wound: https://www.nasmhpd.org/sites/default/files/2022_NASMHPD_Making_Relatives.pdf

01:18:05 Barbara: BRB

01:24:16 Jessie: My Uncle and Grandma were good relatives to me

01:27:39 Imo (eye-mo) she/her, IWP: Liz, thank you so much for sharing your journey. Your voice is so comforting.

01:28:27 Imo (eye-mo) she/her, IWP: Thank you all as well for sharing, you are all so beautiful and sharing our medicine is important to our community. Ahe'hee

01:35:57 NPAIHB: Michelle (she/her | Navajo): Ms. Liz's suggestions of youth-elder engagement is so very important and not a heavy lift is there is willingness. Many youth are wanting to engage elders and it is our HNY hope that elders will meet our youth where they are at.

01:36:37 NPAIHB: Michelle (she/her | Navajo): Tip: Bring food, they will come! Youth-Elder dinners around learning can be done with the help and coordination of existing tribal programs!

01:39:56 NPAIHB: Michelle (she/her | Navajo): Deep down, I think the elders want to connect with the youth to pass on their best practices and hopes for their futures. I also think that the youth want to connect with their elders but are nervous as they are not sure what they should know or how to approach if they don't get teachings and protocols (indigenous ways of knowing) at home. A willing elder (caring adult) are so important to connect.

01:40:22 Daryle: How do we connect elders with our foster youth in care to teach them teachings if we have systematic barriers from directors not wanting that and want degreed individuals?

01:41:12 Daryle: How do we connect our 2 spirit LGTBQ youth to elders if there isn't elders that identify as? how would you go about getting those elders to support them and their identities

01:43:47 Dolores: Replying to "How do we connect el..."

maybe that director needs to see this <https://www.childwelfare.gov/resources/episode-39-tribal-courts-and-child-welfare-being-family-centered/>

01:47:44 Dolores : Replying to "How do we connect el..."

<https://www.acf.hhs.gov/blog/2019/05/foster-care-resources-tribes>

01:50:07 NPAIHB: Michelle (she/her | Navajo): The Healthy Native Youth website includes a how to support Two Spirit-LGBTQ+ Youth page - link: <https://www.healthynativeyouth.org/lgbt-resource-hub/>

01:50:50 Amaya (she/they): Replying to "How do we connect ou..."

this is a big one for us as well 😞 our lgbt+2s youth feel really disconnected/unwelcomed/misunderstood esp when current adults or elders in their life do not understand

01:51:29 Daryle: urban

01:52:53 Amaya (she/they): What are some self reflection tools you practice with yourself when you feel unbalanced or like you're not being a good relative?

01:53:03 NPAIHB: Michelle (she/her | Navajo): For many elders and caring adults but I do know basic understanding about identity, pronouns, terms and how to support their identities are so very helpful. Healthy Native Youth has 1-minute videos that help adults in bite-size chunks on our page and also in the Healthy Native Youth Talking is Power text campaign.

01:54:38 NPAIHB: Michelle (she/her | Navajo): My self-reflection tool for balance is doing an inventory on where is my spiritual fitness at? Not religious, but spiritual - my touchstones to keep me centered -- connection with nature, the spirit, and giving to others as a neighbor to take the focus off of me and my busy brain.

01:56:01 Taylor (they/them) NPAIHB: healthy native youth website: Home - Healthy Native Youth

01:57:00 Dolores: Replying to "urban"

I am not sure if NICWA still does this, but when I worked there we used to take emails and calls to the "ICWA" line, where you could ask questions and a staff member links you with resources and information

01:57:17 rainier: I have a very small color book and when I feel overwhelmed I take five minutes (I set a timer so I don't get carried away with my escape) and color to get my mind out of whatever task I have.

01:57:52 Taylor (they/them) NPAIHB: Session Feedback:
https://www.healthynativeyouth.org/training_feedback/

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


01:58:08 Taylor (they/them) NPAIHB: Part 2 CoP Registration:
<https://us06web.zoom.us/join/zoom/register/tZMuceCvrz4qGNFJEGGA99bnPi3-sWfkbdlB#/registration>

01:59:13 NPAIHB: Michelle (she/her | Navajo): Example of Being a Good Professional Relative --> I love seeing ANTHC's Charlene assist her colleague and elder, Ms. Liz Sunnyboy during today's Community of Practice. It is not only team work, professional partnership but also mentor-mentee | granddaughter - grandmother connection. Love it!!!

01:59:44 Amanda, Zuni Pueblo (she/her): Charlene can you put your camera on?

02:01:20 Josephine: Replying to "Charlene can you put..."

Her laptop died, she is in from the room now

02:02:06 Jessie: 

02:02:06 Elena: Achema :)