

12 June 2024, 10:00-11:30 am PST



# Celebrating Culture & Community 101

## **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 regions.

# Let us Start with a Blessing



“If you have one hundred people  
who live together, and if each one  
cares for the rest, there is One  
Mind.”

– Shining Arrows, Crow, 1972



# Uvlaalautaq! Yá'át'ééh!



**Jaclynne  
Qalukisaq  
Richards**

*Iñupiaq*

She/her

I love hiking and eating  
cookies.

[jkrichards@anthc.org](mailto:jkrichards@anthc.org)



**Celena J. Ghost  
Dog, MPH, CPH**

*Dine'/Navajo*

She/her

I love reading and  
annotating.

[cghostdog@npaihb.org](mailto:cghostdog@npaihb.org)



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



# 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.**



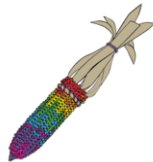
# Live Virtual Training Logistics

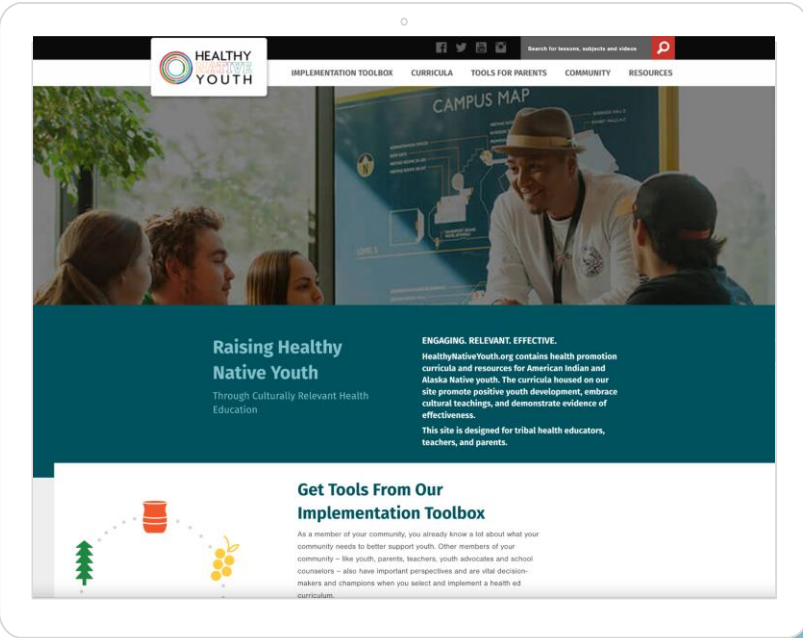
## Logistics

- 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

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- 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/15od\\_aYkTTQMzFz8p7tDjaljr9s-JGaJlrNkmEk-8GX4/edit](https://docs.google.com/document/d/15od_aYkTTQMzFz8p7tDjaljr9s-JGaJlrNkmEk-8GX4/edit)





# We've Got Goals!

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

- ★ Learn strategies of how to connect intergenerational learning with culture and with community.
- ★ Examples of how to be a "Good Relative" in supporting and celebrating youth.
- ★ Celebrating community for the youth and the generations.



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



# Where are we going



**Celebrating Culture as Prevention:**  
**Alaska Blanket Exercise**  
Youth ABE  
Future Opportunities  
25 min

**Celebration Strategies:**  
**NW NARCH Project**  
Youth & Community  
Celebration  
25 min

**Closing**  
10 min

**Opening & Intros**  
5 min

1

3

5

7

2

4

6

**Welcoming:**  
What & Why?  
5 min

**Wellness Moment**  
Honoring our Gifts  
5 min

**Let's Talk &  
Put Our Minds  
Together**  
15 min



# Alaska Blanket Exercise

Alaska Native Tribal Health  
Consortium (ANTHC)



Ts'iin da mx̄t (come inside, friend)  
Tsimshian

Do'eent'aa hello (how are you?)  
Tanana Benhti Kenaga' Athabaskan

'San uu 'dang giidang  
Haida

Nakhwal'in shoo ihlii  
Gwich'in Dinjii Zheh K'ya'a Athabaskan

Wa.é ák.wé? Hello (how are you?)  
Tlingit

Sits'ida'on (my friend)  
Deg Hit'an Xinag Athabaskan

Enaa neenyoo  
Koyukon Denaakk'e Athabaskan

Slatsiin (my friend)  
Ahtna Athabaskan

Qaimarutin  
Inupiaq

Aang  
Unanga̋

Shida (my friend)  
Tanaina /Dena'ina Athabaskan

Cama'i  
Sugpiaq



Quyana tailuci  
Central Yupik

Nijaa (our friends)  
Han Athabaskan

Quyanaqhalek tagilusi  
Siberian Yupik



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



# Youth Alaska Blanket Exercise

Jaclynne Qalukisaq Richards (Iñupiaq)  
Program Manager, Behavioral Health



# Alaska Native Tribal Health Consortium



**OUR VISION:** Alaska Native people are the healthiest people in the world.

**OUR MISSION:** Optimizing health and wellbeing through collaborative partnerships and services.





## What is the Alaska Blanket Exercise?

"Reconciliation  
through Education  
and Understanding"



# What does attending look like?

Space Setup



Welcome



Interactive  
History  
Lesson



Talking Circle



Closing



# Ceremonial Process





# Healing From Historical Trauma





# ABE Stakeholders

- **ANTHC:**
  - Board of Directors
  - Behavioral Health Department
  - ABE Team
- **KAIROS** (*creator of original Blanket Exercise*)
- **ABE Steering Committee** (*statewide*)
- **All Alaska Native People**
- **ABE Facilitator Network**
- **ABE Attendees**





**YOUTH  
Alaska  
Blanket  
Exercise**

Truth, understanding, respect, and reconciliation

# Youth Adaptations

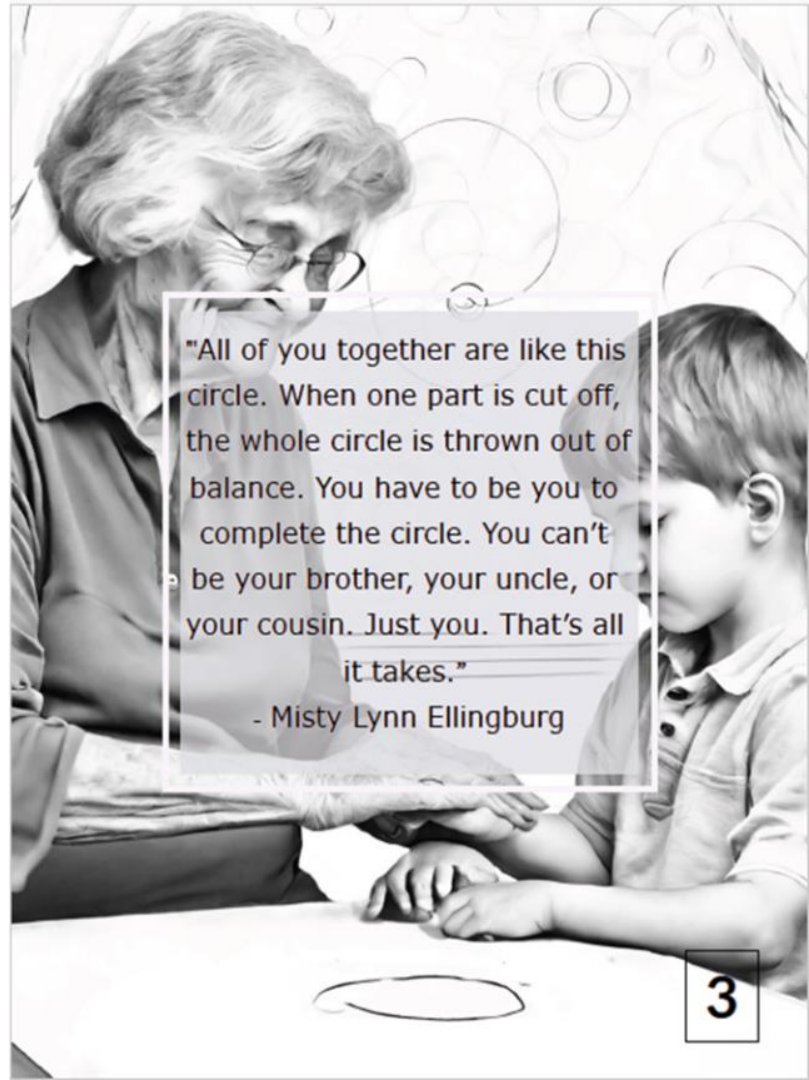
- Audience: Age 13 +
- Youth Educator Role
- Mindfulness Activities
- Gentle Education
- Youth Empowerment
- Alaska Native youth advocacy





# Sacred Circle Story by Misty Lynn Ellingburg

- **Description:** Young man's interaction with Grandmother
- **Purpose:** Each person has a role and is important
- **When:** Following history lesson



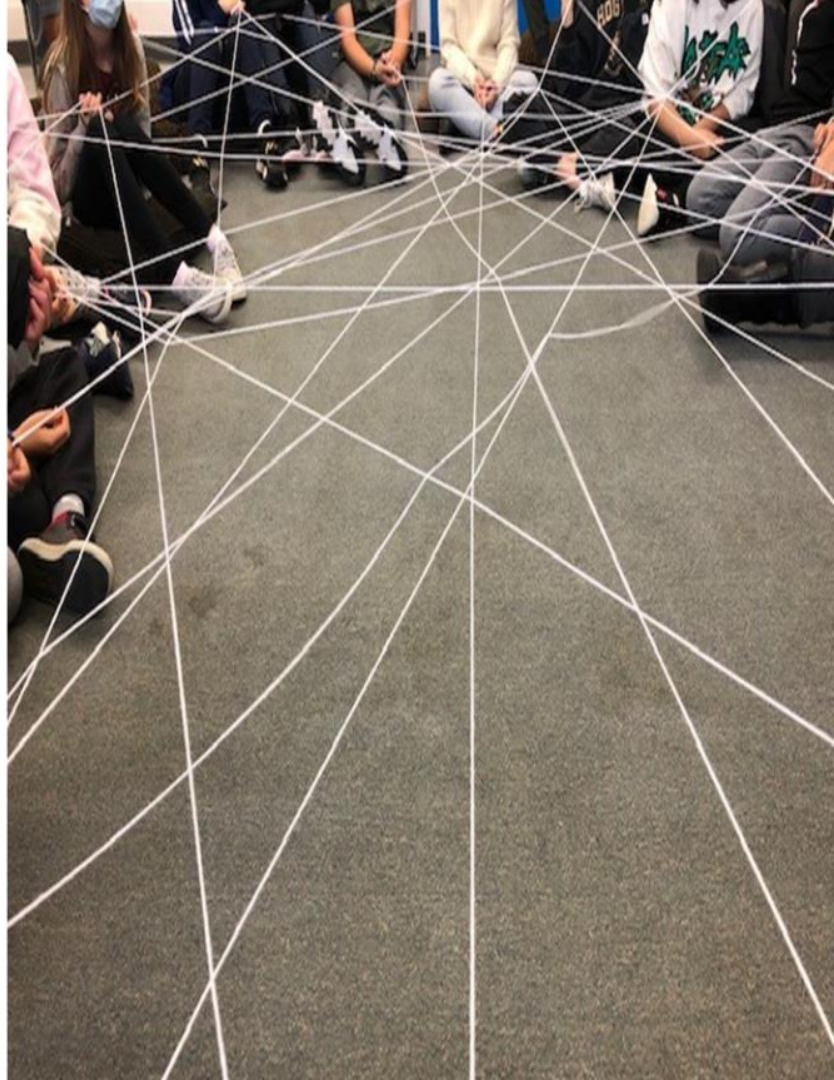
"All of you together are like this circle. When one part is cut off, the whole circle is thrown out of balance. You have to be you to complete the circle. You can't be your brother, your uncle, or your cousin. Just you. That's all it takes."

- Misty Lynn Ellingburg

# Sacred Circle Story by Misty Lynn Ellingburg

- **Yarn Activity**

- Youth pass around a ball of yarn and share one positive thing they can do in the community
  
- At the end, the yarn illustrates how everyone and their actions are connected





# Participant Feedback

“What I liked about part one was the interactive activity/exercise. I learned a lot while reading the cards/scrolls and the grounding exercises was necessary along with the reflecting part.” — yABE Attendee

**April 2024 Youth Pilot**



# Continued Growth & Sustainability

- Continue to Implement yABE
- Finalize yABE Facilitator Materials
- Develop yABE Youth Educator Training Materials
- Collect Youth Feedback
- Develop Partnerships



Chin'an,  
Gunalchèesh,  
Quyana,  
Thank you.

Questions? Contact Jaclyne  
Richards at [jkrichards@anthc.org](mailto:jkrichards@anthc.org)









# Wellness Moment

Reflection Exercise







# NARCH Public Health Research Academy

Celebration Strategies - How to help youth and  
community celebrate?





# Public Health Research Academy

**Our communities need more  
Native public health  
professionals working to  
improve tribal health.**



Our year-long Research Academy will introduce high school students to relatable public health topics and will conclude with a youth-driven community health project. The program includes an in-person kick-off week (in Portland, OR) and 6-8 virtual learning sessions with role-model guest speakers.

<https://www.npaihb.org/public-health-research-academy/>

# NARCH Public Health Academy Project Overview



## PROGRAM TIMELINE

APRIL 2024



### INFO WEBINARS

Learn about the Academy with your parents or community members

MARCH-MAY 1 2024



### MENTORS APPLY

Mentors complete site application & youth enrollment forms.  
Deadline: May 1, 2024

JUNE 24-28, 2024



### KICK-OFF WEEK IN PORTLAND OREGON

Learn about public health from Indigenous researchers, participate in field trips & cultural activities, and complete hands-on activities

SEP 2024-APR 2025



### VIRTUAL LEARNING

Learn more about key concepts & develop your research projects

MAY 2025



### RESEARCH SHOWCASE

Share your findings with others!

# METHODS USED TO CREATE STORIES



TRIBAL PUBLIC HEALTH ADVISORY TEAM EVALUATION TEAM CURRICULUM

## GOALS

- Spark Learning
- Connect to Mentors
- Meet Role Models
- Grow Researchers
- Improve Public Health

## VALUES

- Connection
- Confidence
- Hope
- Empower
- Sustain
- Transform
- Equity

NARCH NPAIHB

RESOURCES

PRAYERS OF ANCESTORS



# 5



SCHOOL OF  
**PUBLIC HEALTH**

## YOUTH RESEARCH PROJECTS

FEBRUARY-MARCH

Two options:

- 1 PHOTOVOICE PROJECT: WHAT DOES PUBLIC HEALTH LOOK LIKE IN YOUR COMMUNITY?**
  - Guided Photovoice Workplan Plan: Elements of a story map, gathering photos, crafting interview Qs for collecting quotes
- 2 DISSEMINATE A MEDIA CAMPAIGN (NEXT LEGENDS VAPING CAMPAIGN OR SAFE SPACES CAMPAIGN)**
  - Guided Media Campaign Work Plan: Place the campaign materials in your community (i.e. posters, PSAs), collect audience feedback

SHOWCASE:  
CELEBRATION & GRADUATION

TEAMS WILL PREPARE AND SHARE A SHORT ANIMATED VIDEO OR PSA, CREATE A SLIDESHOW, OR A...



# Program Materials

## Program Printed Materials



### KNOWLEDGE SEEKER NEWS

**Here's what you'll find inside:**

- KSN** **Knowledge Seeker News**  
Think of KSN as your textbook for this program. It includes short articles, examples, and inspiration.
- Activities** **Bonus Activities**  
If you're feeling inspired to practice what you've learned check out the activities here to level up your understanding of these public health topics.

### ACTIVITY WORKBOOK

**Here's what you'll find inside:**

- CPW** **Community Project Workplans**  
This is where you start to create, build and grow your community project with organizational tools and tips.
- DRG** **Data Research Guide**  
Includes highlights of some research methods along with templates and tools for you to adapt for your community project.
- DRG** **Notes, Doodle, Coloring Pages**  
Did you know how helpful and powerful taking notes, doodling, and coloring could be?! Find out more in this section.



# weRnative

@weRnative · 4.18K subscribers · 749 videos

We are a comprehensive health resource for Native youth, by Native youth. >

[wernative.org](https://wernative.org) and 2 more links

Subscribe

<https://youtube.com/playlist?list=PLvLf7yZ2zQFB1f4kGjiG9ipsiFAvi5kx&si=xXfdNi2f-wj66xan>

Home

Videos

Shorts

Playlists

Community



## Inspired- Role Models

▶ Play all



THRIVE 2023 NARCH  
Research Academy



THRIVE 2023 NARCH  
Research Academy...



THRIVE 2023 Dr Gonzales  
weRnative



THRIVE 2023 Dr Gonzales  
(captioned)





# 2023-2024 Research Academy Cohort 1



PUBLIC HEALTH  
RESEARCH ACADEMY

NEZ PERCE  
IDAHO



PUBLIC HEALTH  
RESEARCH ACADEMY

YAKAMA NATION  
WASHINGTON



PUBLIC HEALTH  
RESEARCH ACADEMY

CONFEDERATED TRIBES  
OF WARM SPRINGS  
OREGON



PUBLIC HEALTH  
RESEARCH ACADEMY

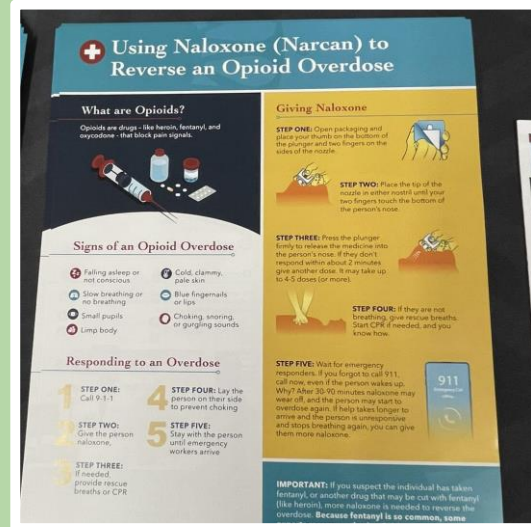
CONFEDERATED TRIBES  
OF THE UMATILLA  
INDIAN RESERVATION  
WASHINGTON

# 2023-2024 Research Academy Cohort 1

Topic	Primary Research Method
First Foods & Health: Salmon	Qualitative: Photovoice → Interviews, Posterboard, video PSA
Substance Misuse Prevention	Mixed Methods
Vandalism & Littering	Qualitative: Photovoice
Greenspace and Student Wellness	Qualitative: Photovoice
Safe Spaces for 2SLGBTQ+	Mixed Methods
Water Access Health & Safety	Mixed Methods → Survey, Interviews, Media Campaign



this is my story!!



Overdose happening at Foster Park currently. Screaming for Narcan. Foster Park Advocates

👍👎👏 100

349 comments

👍 Like

💬 Comment

📩 Send



# What has surprised you or made you proud during this program?

17 responses



A word cloud of responses to the question 'What has surprised you or made you proud during this program?'. The words are arranged in a roughly circular pattern and are color-coded. The most prominent phrases include 'creative problem solving', 'the pride is has given', 'research can be fun', 'the importance of it', 'laughter', 'to my daughter', 'community work is key', 'everyones hard work', 'thank you narch program', 'so many important topics', 'thankful', 'passion', 'impact', 'fun', 'joy', 'resiliency', and 'so much growth'.

creative problem solving  
the pride is has given  
research can be fun  
the importance of it  
laughter  
to my daughter  
community work is key  
everyones hard work  
thank you narch program  
so many important topics  
thankful  
passion  
impact  
fun joy  
resiliency  
so much growth

I hope I can do more with helping my community and being as to make real impacts on my community and my tribe.

My hopes for the future are for our youth continue to rise and grow! It is important that we learn these things because we are next up and the next generation.

That my community can still be happy

# Youth Research Projects

- Guidance through storytelling
- Creative expression through options –
  - share a short article, a brief video or PSA, create a slideshow, or a poster board.
- Mentorship guidance
- Sharing their good work:
  - Newsletter articles
  - Local Events
  - Social media

HI I'M (INSERT)!

MY PROJECT: (ADD TITLE)

ABOUT MY PROJECT (DESCRIPTION)

WHAT I LEARNED

ADD YOUR REFLECTIONS



MY PROJECT MODEL



# TEXT 'INSPIRE' TO 94449



**WE INSPIRE**

A LEARNING COMMUNITY

Listen to diverse Indigenous voices and the unique pathways you can take to work in public health

TEXT 'INSPIRE' TO 94449



Pictured: Asia Brown (Choctaw) – Sexual Health Communications Specialist, Northwest Portland Area Indian Health Board. Photograph by Robert Cuadra



TEXT 'INSPIRE' TO 94449

**WE INSPIRE**



## Goals and Objectives

- 1 Enhance relationships with educational institutions in the Pacific Northwest, including middle schools, high schools, Tribal Colleges, and Universities.
- 2 Inspire Native youth to pursue public health careers by designing and disseminating a text message service that features Native role models.
- 3 Improve organizational readiness to host student interns by designing culturally-tailored internship guides, video tutorials, and student recruitment materials
- 4 Enhance public health workforce readiness by piloting the internship guides at 6 sites, who will provide internships to 9 AI/AN youth (3 middle school, 3 high school students; 3 college or graduate students).





## MENTORING PUBLIC HEALTH INTERNS



### Ideas for Hosting Middle School Students

- 1 Host a public health "career day" – invite an EMT, health educator, or someone from your tribal health department to talk about their job.
- 2 Have students interview someone who works in Public Health or Health Education. Or take a field trip to see them in action.
- 3 Host a scavenger hunt by adapting online tools to your local community or grade level: [www.nphw.org/Events/NPHW-Instagram-Scavenger-Hunt](http://www.nphw.org/Events/NPHW-Instagram-Scavenger-Hunt)
- 4 Have students read and discuss the "My Environment" articles on We R Native. Discuss the connections that exist between caring for the land and community health: [www.wernative.org/my-culture/my-environment/take-action](https://www.wernative.org/my-culture/my-environment/take-action)

**Host a Public Health Intern**

The Northwest Portland Area Indian Health Board and We Are Healers are committed to supporting American Indian & Alaska Native youth interested in pursuing Public Health professions. Please consider hosting, mentoring, or supervising a student intern. Selected sites will receive \$2,500 to cover student stipends, the time/effort of mentors, and any other expenses associated with the internship.

**Learn more and apply online:** <https://www.surveymonkey.com/r/PublicHealthInternships>



## MENTORING PUBLIC HEALTH INTERNS



### Ideas for Hosting High School Students

- 1 Invite students to create a social media post or TikTok video that promotes a national health observance: <http://nphw.org>
- 2 Host a public health "career day" – invite a dietitian, an environmental health specialist (air, water, land preservation), or someone from your tribal health department to talk about their job.
- 3 Check out these Public Health lesson plans and worksheets from Lesson Planet: <https://www.lessonplanet.com/lesson-plans/public-health/all>
- 4 Have students read and discuss the articles on We R Native, that focus on health and wellness: <https://www.wernative.org/my-culture/identity-native-pride/wellness-healing>

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**Learn more and apply online:** <https://www.surveymonkey.com/r/PublicHealthInternships>



## MENTORING PUBLIC HEALTH INTERNS



### Ideas for Hosting College Students

- 1 Host a public health "career day" – invite a health researcher, epidemiologist, or someone from your tribal health department to talk about their job.
- 2 Give students an opportunity to shadow a public health practitioner.
- 3 Review this website and talk about Tribal Ownership of Data. What does it mean to be good steward to tribal data? <https://nativedata.npaihb.org/sharing-data/>
- 4 Y-PLAN has engaged thousands of young people to empower youth to create change in their community – and themselves. Use these DIY steps to help students develop their own Action Plan focused on health: <https://y-plan.berkeley.edu/diy>

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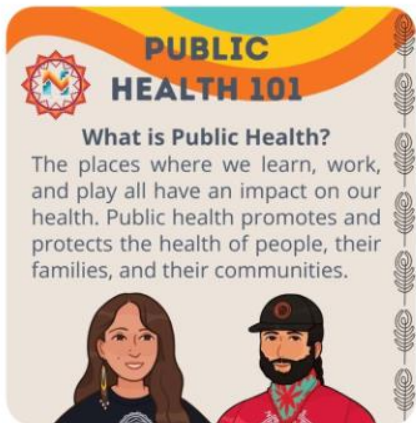
<https://www.healthynativeyouth.org/stand-alone-lessons/>

4:09

LTE



Sun, Oct 9, 3:30 PM



The health of our people is closely related to the health of our environment. That's what I love most about public health... From washing our hands to reducing pollution - Everyone has a role to play in protecting our community's health.

3:55

LTE

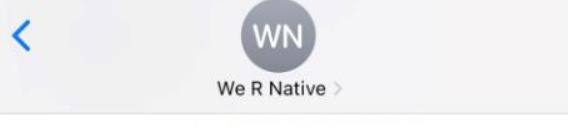


This is my friend Ryan. She is an Environmental Health Scientist in the Pacific NW. Let's hear what inspired her to work in public health:



4:08

LTE



Thu, Oct 13, 2:45 PM



This is my friend Tommy. He runs the We R Native website - a multimedia health resource for Native youth, by Native youth. Let's hear what inspired him to get involved in public health:





## Walk Away With....

---

- A better understanding of Public Health & Public Health Research
- Continue to stay in touch with NARCH Academy network
- Letters of references for jobs, scholarships, other related programs, etc.
- Connect with other Public Health programs and educational opportunities





Chatfeed Convo:  
Type Questions, Ask  
Away!



# Engagement Activities





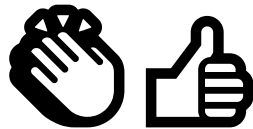
# Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- Zoom Reactions



# Gratitude Circle



What are ways you community celebrates together that includes youth?



# Help Us To Plan for Year 7 Community of Practice

**Year 7 CoP Topics**

**Let Us Know Your  
Requests!**

**Scan to give feedback  
or use Chat Feed!**





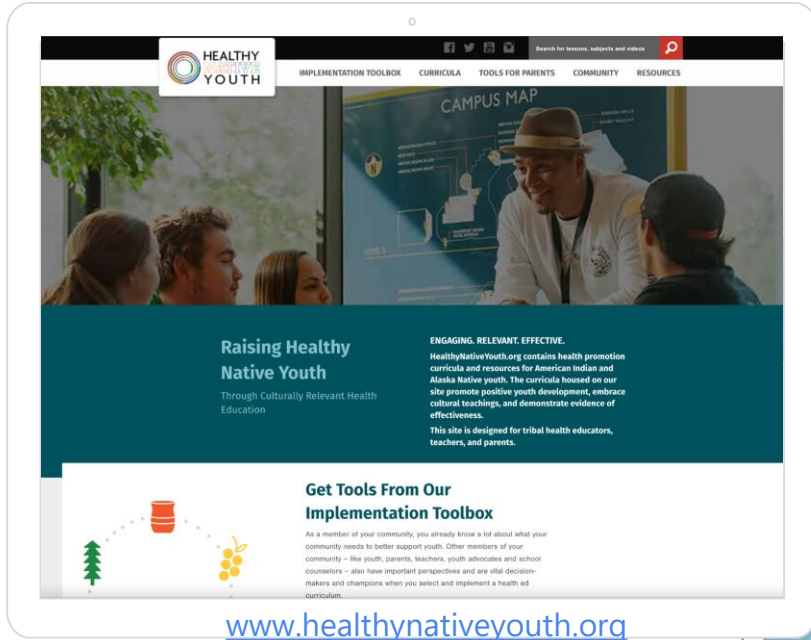


# 4. Closing

Healthy Native Youth Highlights



# Healthy Native Youth

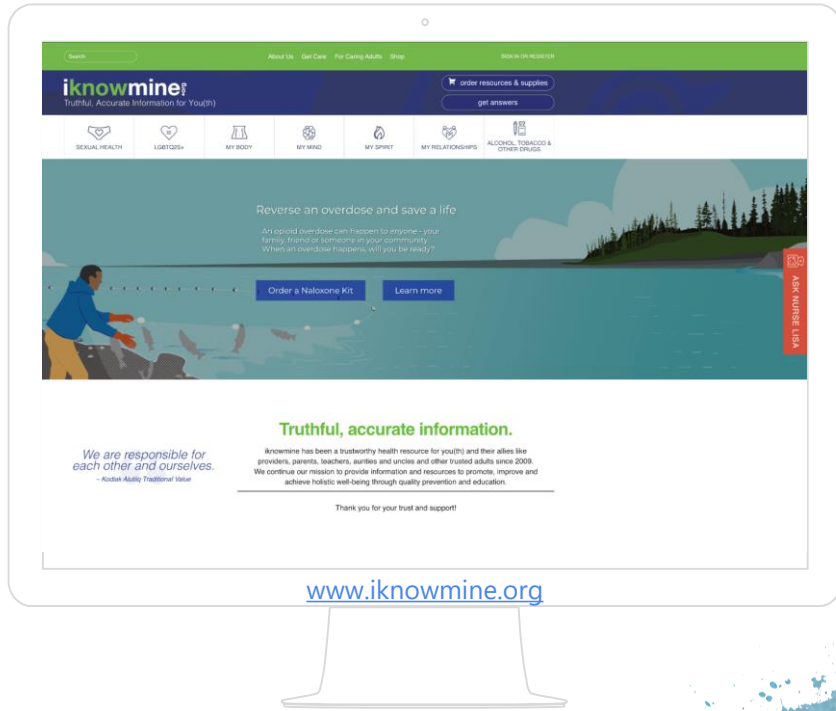


- ★ Implementation Toolbox
- ★ Filter & Compare Tool
- ★ Stand-alone Lessons
- ★ Tools for Caring Adults
- ★ Community of Practice
- ★ Resources, Support, & TA
- ★ Upload & Submit Your Own Curricula









# *I Know Mine*

## *For Alaska Native Youth*

- ★ Spawn Safely! Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Order for Supplies & Resources in AK
- ★ HIV/STI Self-Testing Kits
- ★ Follow on Twitter, YouTube, Facebook



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



Respect Yourself & Your Partner

“GYT”

Get Yourself Tested

It's ok to ask your provider about STI testing and birth control.



PrEP is effective at preventing HIV!

PrEP might be for you if your partner is HIV positive, or if you inject drugs and share your equipment. PrEP might also be for you if you have sex but you don't always use protection - like condoms.

Feel more confident and in control. 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 chlamydia, so it's best to use protection like condoms or dental dams alongside PrEP.

There are three different options for taking 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.



# SCAN HERE

◀ INDIGENOUS ▶  
HEALTH EDUCATION MATERIALS



[WWW.NATIVEHEALTHRESOURCES.COM](http://WWW.NATIVEHEALTHRESOURCES.COM)

Lets take care of our sexual health.

PrEP is for women

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

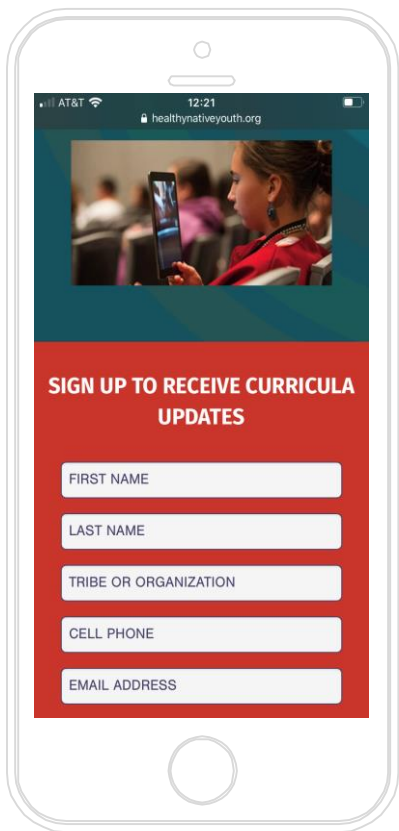


Indigiqueer Joy is having the power to protect myself & others.

Ask your provider about ways to prevent HIV infection with PrEP.







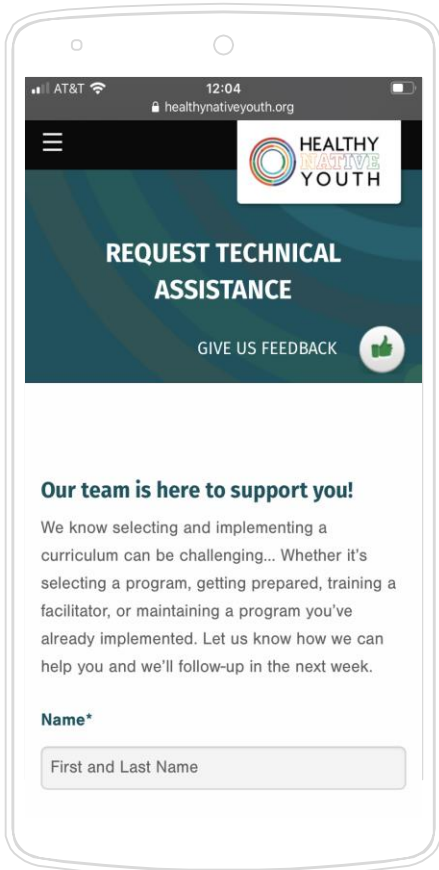
HNY [Linktree](#) QR Code

# Join the *Healthy* *Native Youth* Movement!

- ★ Sign up for Monthly [Newsletter](#)
- ★ Text "HEALTHY" to 94449
- ★ Follow us on Facebook, Instagram, Twitter, YouTube








# We LOVE helping..

- 
- ★ Training & TA Evaluation Form
- ★ Request TA

# Ahe'hee! Quyanaq! Thank you!

(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



NPAIHB

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](#)
- [Native Health Resources](#)
- [Indian Country ECHO](#)



# Let us Close with a Blessing

"Ish dom hoh icheema."  
(I cherish you.)

Zuni Pueblo

