



# Back to School with HNY

September 11, 2024 10am-11:30am PT

## **Host**

Amanda Kakuska

## **Guest Speakers**

Taylor Dean, Alicia Edwards, Phines Edwards

## **Objectives**

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

1. **Learn** about Healthy Native Youth, Native Health Resources, and I Know Mine
2. **Access** resources and materials

## **Stay connected**

- [Upcoming Community of Practice Sessions](#)
- [Past Sessions](#)
- [Request Technical Assistance](#)

## **Chat links:**

### **Introduction:**

Healthy Native Youth Community of Practice Recorded Sessions Library:

[https://www.healthynativeyouth.org/resources-search/?\\_sft\\_resource\\_audience=community-of-practice-presentations](https://www.healthynativeyouth.org/resources-search/?_sft_resource_audience=community-of-practice-presentations)

Group Agreements Example – Native STAND, lesson 1:

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

Digital Learning Agreements Example:

[https://docs.google.com/document/d/15od\\_aYkTTQMZfz8p7tDJaIjr9s-JGaJlrNkmEk-8GX4/edit](https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaIjr9s-JGaJlrNkmEk-8GX4/edit)

**Healthy Native Youth:**

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

Today's Mentimeter Poll Link: <https://www.menti.com/algztu32dnbn>

Talking is Power Campaign for Caring Adults: <https://www.healthynativeyouth.org/talking-is-power-tools-for-parents/>

**Native Health Resources:**

Native Health Resources Website: [www.nativehealthresources.org](http://www.nativehealthresources.org)

**Wellness Activity:**

Amaze.org - THIS JUST IN: Self Affirmations and Goal Setting Essentials (3:45).

<https://www.youtube.com/watch?v=j9cOerEdO-U>

My Self-Care Plan Activity with Youth. <https://www.healthynativeyouth.org/wp-content/uploads/2022/02/My-Self-Care-Plan.pdf>

**I Know Mine (IKM) for Alaska Natives:**

Alaska Native Tribal Health Consortium (ANTHC) overview:

<https://anthc.org/who-we-are/overview/>

ANTHC Wellness and Prevention Program: <https://anthc.org/what-we-do/wellness/>

iKnowMine.org: [www.iknowmine.org](http://www.iknowmine.org)

iKnowMine (IKM) Store: <https://www.iknowmine.org/shop/>

IKM Ask Nurse Lisa Page: <https://www.iknowmine.org/ask-nurse-lisa/>

IKM HIV Self-Test Kit: <https://www.iknowmine.org/product/hiv-self-test-kit/>

FB: [@iknowmine](https://www.facebook.com/iknowmine) // IG: [@iknowmine](https://www.instagram.com/iknowmine)

Email: [iknowmine@anthc.org](mailto:iknowmine@anthc.org) // Web: [www.iknowmine.org](http://www.iknowmine.org)

To view and order supplies, visit: [iknowmine.org/shop](http://iknowmine.org/shop)

**End of Session:**

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

CoP Session Evaluation Feedback: [https://www.healthynativeyouth.org/training\\_feedback/](https://www.healthynativeyouth.org/training_feedback/)

Chat feed (names and emails have been removed)

10:07:40 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Healthy Native Youth Community of Practice Recorded Sessions Library:

[https://www.healthynativeyouth.org/resources-search/?\\_sft\\_resource\\_audience=community-of-practice-presentations](https://www.healthynativeyouth.org/resources-search/?_sft_resource_audience=community-of-practice-presentations)

10:09:19 From Robbie to Everyone:

Hey everyone! My name is Robbie (she/her/hers), and I work at Southern Plains Tribal Health Board on the Native Test program. Super excited to be in this session today and get to see everyone!

10:09:24 From Stephanie to Everyone:

Stephanie (she/her), NPAIHB - I'm looking forward to learning more about back-to-school health resources

10:09:40 From Frankiana to Everyone:

Hello my name is Frankiana She/Her, Navajo tribe with the Indigenous Wellbriety Program

10:09:44 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Ya'at'eeh abini! Good Morning! Michelle (she/her | Navajo), Northwest Portland Area Indian Health Board (NPAIHB) - Healthy Native Youth Project Director - I'm excited to learn more about great resources for schools and native communities!

10:09:52 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Group Agreements Example - Native STAND, lesson 1:

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

10:10:02 From Michael to Everyone:

Michael (He/Him)

Choctaw/Cherokee

Program Manager with the Southern Plains Tribal Health Board.

10:10:07 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Digital Learning Agreements Example:

[https://docs.google.com/document/d/15od\\_aYkTTQMZfz8p7tDJaljr9s-JGajlrNkmEk-8GX4/edit](https://docs.google.com/document/d/15od_aYkTTQMZfz8p7tDJaljr9s-JGajlrNkmEk-8GX4/edit)

10:10:14 From April to Everyone:

Hello. April, Healing and Wellness Director, Aleut Community of St Paul Island, Alaska

10:10:28 From Taylor (they/them) NPAIHB to Everyone:

Taylor (they/them), Puyallup tribe, Healthy Native Youth Outreach Specialist! Can't wait to present today!

10:10:28 From Christine to Everyone:

Hi Everyone! Chris, UTHealth Houston School of Public Health! Excited to hear what's coming in the Fall!

10:10:35 From Kirstie to Everyone:

Kirstie | Seward, Alaska | Representing Mt. Sanford Tribal Consortium in Chistochina, Alaska | Hoping to learn so ways to support youth better throughout their school year.

10:10:59 From Tammi to Everyone:

Tammi, from Wrangell, AK

10:11:15 From Cheryl to Everyone:

Cheryl Taos Pueblo Youth Outreach Coordinator. Learn about the back to school health resources and tools to use in the schools.

10:12:03 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

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

10:13:00 From Alicia to Everyone:



10:13:01 From Phines (she/her) to Everyone:

hot dog

10:13:04 From Tammi to Everyone:

hot dog

10:13:06 From Stephanie to Everyone:

hot dog!

10:13:10 From Amanda (she/her) to Everyone:

hot dawg!

10:13:15 From Elsie to Everyone:

Elsie (she/her), Ichishkiin Language Teacher, & Migrant Ed. Program Coordinator with Goldendale School District in Washington state.

10:13:28 From Nicole to Everyone:

Pow wow!

10:13:31 From Frankiana to Everyone:

Electric shock

10:13:44 From Michael to Everyone:

Frybread

10:13:45 From Amanda (she/her) to Everyone:

yum

10:13:46 From Kirstie to Everyone:

Fry bread

10:13:46 From Alicia to Everyone:

frybread!

10:13:51 From Phines (she/her) to Everyone:

delicioussss

10:14:00 From Robbie to Everyone:

jingle dress

10:14:00 From Cheryl to Everyone:

jingle dress

10:14:14 From Amanda (she/her) to Everyone:

yum again

10:14:18 From Michael to Everyone:

Hot Cheetos

10:14:32 From Cheryl to Everyone:

indian taco

10:15:22 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

A fun ice breaker activity to get your students and staff meetings going !

10:15:33 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

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

10:21:34 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

<http://www.healthynativeyouth.org/>

10:21:45 From Celena to Everyone:

"Website to Bookmark' when you scroll down in LinkTree :)

10:22:34 From Cheryl to Everyone:

How can we get the emoji slides

10:23:16 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Replying to "How can we get the e..."

Cheryl, you can email me directly and also, we will add them to the Stand Alone Lesson page under Icebreaker Activities.

10:23:32 From Amanda (she/her) to Everyone:

Replying to "How can we get the e..."

Super cute, huh? 😊 I'll send out the slides at the end of the week too.

10:25:40 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Yea! Elsie subscribed to the Monthly Newsletter just now! You go, Elsie! Love it! You can find the September newsletter in the [www.linktr.ee/HealthyNativeYouth](http://www.linktr.ee/HealthyNativeYouth) link

10:26:35 From Nicole to Everyone:

And this new and improved version is absolutely beautiful in design!!

10:27:08 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Shout out to Michael at SPTHB! A trained Native STAND educator! Woohoo!

10:28:44 From Amanda (she/her) to Everyone:

Love the comparison tool!

10:30:04 From Cheryl to Everyone:

is there lessons on Vaping

10:30:12 From Amanda (she/her) to Everyone:

Sharing is Caring!

10:30:13 From Kirstie | Seward, Alaska to Everyone:

Love the way this website is organized!

10:32:09 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Replying to "is there lessons on ..."

Cheryl, I would suggest visiting the Stand Alone Page to see topics under Alcohol, Tobacco, and Substance Misuse if you are looking for a specific topic. Here is the page link:

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

10:33:06 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Replying to "is there lessons on ..."

At this time, we do not have a specific, modern curricula submitted to the HNY portal on vaping. We'd LOVE one!

10:34:14 From Todd to Everyone:



10:34:16 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Replying to "is there lessons on ..."

Next Legends is a Native Strong.Vape Free campaign to explore:

<https://therealcost.betobaccofree.hhs.gov/nextlegends>

10:34:28 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Today's Mentimeter Poll Link: <https://www.menti.com/algztu32dnbn>

10:35:42 From Sunny to Everyone:

Are we all old?

10:35:43 From Nicole to Everyone:

It's because a lot of us are old!

10:35:51 From Michael to Everyone:

I was about to say, age. lol

10:36:30 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

We are a seasoned group! 😊

10:38:01 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Native STAND research study concluded that the #1 Influencer in the life of a native youth is their parent and in the home. It's noteworthy.

10:38:30 From Sunny to Everyone:

Talking is Power is awesome. My 14 year old has learned so much from the conversation starters.

10:38:36 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Healthy Native Youth Caring Adult Tool - Talking is Power Campaign:  
<https://www.healthynativeyouth.org/talking-is-power-tools-for-parents/>

10:38:39 From Taylor (they/them) NPAIHB to Everyone:

Replying to "Talking is Power is ..."

I love this!!!

10:38:56 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Native Health Resources Website: [www.nativehealthresources.org](http://www.nativehealthresources.org)

10:42:00 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Native Health Resources is the next best kept secret next to Healthy Native Youth for school & community health! Bookmark our websites!

10:44:20 From Amanda (she/her) to Everyone:

Love some of the condom package designs!

10:44:43 From Taylor (they/them) NPAIHB to Everyone:

People go crazy at boothing events for the snag safer condoms

10:44:43 From Amanda Kakuska (she/her) to Everyone:

Get your cool condoms! 😊

10:45:33 From Robbie to Everyone:

Amazing website!

10:46:11 From NPAIHB: Michelle (she/her | Navajo) to Everyone:



For condoms, if you are not already connected with your local/regional Regional Indian Health Board or Tribal Epi Center to get your health promotion support, keep them as a partner on our radar as they have items too! Find your regional board here: <https://tribalepicenters.org/>

10:46:56 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

We have ANTHC, ITCA, SPTHB and NPAIHB staffers on this call today to support and connect with you! 🙌

10:49:38 From Taylor (they/them) NPAIHB to Everyone:

the digital brochures are soooo cool

10:49:45 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Shout out to Cheryl for signing up for our monthly newsletter during this session! Woohoo!

10:51:50 From Amanda (she/her) to Everyone:

Replying to "Shout out to Cheryl ..."

Cheryl just won FREE stuff from Native Health Resources!

10:52:06 From Amanda (she/her) to Everyone:

Replying to "Shout out to Cheryl ..."

And so did everyone else!!!! 😁

10:54:39 From Cheryl to Everyone:

really

10:54:58 From Cheryl to Everyone:

wow i won'

10:55:19 From Amanda (she/her) to Everyone:

Replying to "wow i won"

You're a winner!

10:57:40 From Amanda (she/her) to Everyone:

Robbie from SPTHB is the ultimate boothing super star! If you need tips for hosting she's the person to hit up!

10:57:48 From Phines (she/her) to Everyone:

We use the "get tested for syphilis today" banner during tabling events and people LOVE it!

10:57:52 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Robbie at Southern Plains Tribal Health Board (SPTHB) is a rock star outreach specialist based in OKC. Contact her for ideas if you are in the OK, TX, KS region or just want to meet someone super cool and awesome!

10:58:28 From Michael to Everyone:

Replying to "Robbie from SPTHB is..."

I stay exhausted for her just looking at her schedule. lol

11:00:14 From Alicia to Everyone:

If you have any questions for me here is my email

11:00:57 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Wellness Activity Video: Amaze.org - THIS JUST IN: Self Affirmations and Goal Setting Essentials (3:45). <https://www.youtube.com/watch?v=j9cOerEdO-U>

11:01:35 From Sunny (she/her), NPAIHB | Data Hub Outreach Manager to Everyone:

Idea for using the resources: make educational care packages for students/new adults/new patients.

11:01:50 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Wellness with Youth: My Self-Care Plan Activity. <https://www.healthynativeyouth.org/wp-content/uploads/2022/02/My-Self-Care-Plan.pdf>

11:02:38 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Alaska Native Tribal Health Consortium (ANTHC) overview:

<https://anthc.org/who-we-are/overview/>

11:03:18 From Amanda (she/her) to Everyone:

Love these photos <3

11:03:32 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

ANTHC Wellness and Prevention Program: <https://anthc.org/what-we-do/wellness/>

iKnowMine.org: [www.iknowmine.org](http://www.iknowmine.org)

11:05:39 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Shout out to Frankiana Tsosie for signing up for the HNY Monthly Newsletter during this session!  
Yeehaw!

11:06:32 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

IKM Store: <https://www.iknowmine.org/shop/>

11:08:52 From Alicia to Everyone:

Replying to "Shout out to Frankia..."

Double shout out to Frankiana Tsosie for also connecting with the Native Health Resources stay connected form/account during this session! 😊

11:08:56 From Amanda (she/her) to Everyone:

We don't judge you!

11:09:32 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

IKM "Ask Nurse Lisa" Page: <https://www.iknowmine.org/ask-nurse-lisa/>

11:09:58 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

HIV Self-Test kit: <https://www.iknowmine.org/product/hiv-self-test-kit/>

11:13:23 From Alicia to Everyone:

Indigi-IWTK: [www.iwantthekit.org](http://www.iwantthekit.org) - tests offered in some states of the lower 48 (not available in all states yet, team is working on expansion): HIV, syphilis, Hepatitis C & B, Trich, Gonorrhea, and Chlamydia

11:13:40 From Alicia to Everyone:

Replying to "Indigi-IWTK: www.iwa..."

live link: Home Page - IWTK ([iwantthekit.org](http://www.iwantthekit.org))

11:15:07 From Alicia to Everyone:

love love love the spawn safely branding <3

11:15:12 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

I LOVE THE "Spawn Safely" campaign and images!

11:15:27 From Amanda (she/her) to Everyone:

Me too! Brilliant. 😊

11:16:18 From Amanda (she/her) to Everyone:

Everyone loves winning...Cheryl does. 😊

11:16:22 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

FB: @iknowmine // IG: @iknowmine

Web: [www.iknowmine.org](http://www.iknowmine.org)

To view and order supplies, visit: [iknowmine.org/shop](http://iknowmine.org/shop)

11:16:40 From Cheryl to Everyone:

Yes I do

11:16:44 From Robbie to Everyone:

To help cover the lower 48 we have a program called Native Test which is a unique texting service has been established to request an HIV self-test kit without internet access. Native Test, a nationwide reaching project coordinated by the Oklahoma Area Tribal Epidemiology Center (OKTEC), has 75 partner organizations across Indian Country. This program is for anyone nationwide 13 years or older including both American Indians/Alaskan Natives and non-Native individuals. The platform also provides individuals with access to information on HIV preventative care (PrEP) and links to free STI testing, in select area utilizing the IWTK with expanded testing to cover Syphilis, HIV, Hepatitis B, Hepatitis C, Chlamydia, Gonorrhea, and Trich

11:19:16 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Native TEST is famous for their "Big Auntie Energy" campaign for HIV/STI testing to Know Your Status for all!

11:19:30 From Robbie to Everyone:

For Native Test you can text 55251 or visit online at [nativetest.org](http://nativetest.org)

11:21:41 From Celena to Everyone:

<https://www.fda.gov/tobacco-products/public-health-education-campaigns/next-legends-campaign>

11:22:17 From Celena to Everyone:

<https://www.youtube.com/@nextlegends5625>

11:22:44 From Alicia to Everyone:

Replying to "<https://www.fda.gov/...>"

these are beautiful materials!

11:23:29 From Celena to Everyone:

they are very culturally-relevant too :)

11:25:07 From Frankiana to Everyone:

Lots of information and I'm thankful you all put this on for us! Love all the resources. Thank You sooo much!!! We're starting our youth program next month and going into our Alternative school here in our community and now we have materials to share with them. Couldn't have come at a better time. Thank you

11:25:28 From Taylor (they/them) NPAIHB to Everyone:

Replying to "Lots of information ..."

That means the world to us!!

11:27:02 From Robbie to Everyone:

Robbie, and I work at SPTHB and we serve OK, KS, TX my email is rbright@spthb.org if you need or want some supplies more locally

11:27:07 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

CoP Session Evaluation Feedback: [https://www.healthynativeyouth.org/training\\_feedback/](https://www.healthynativeyouth.org/training_feedback/)

11:27:22 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

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

11:28:54 From Elsie to Everyone:

Thank you, getting my order in the cart now.

11:29:45 From Kirstie | Seward, Alaska to Everyone:

Thank you for the excellent introduction to so many helpful resources.

11:29:46 From Gwenda to Everyone:

Replying to "<https://www.fda.gov/...>"

Thanks for sharing. We were looking for some resources for our GHWIC tribal programs.

11:31:39 From NPAIHB: Michelle (she/her | Navajo) to Everyone:

Thank you for the opening and closing blessings to start the day!

11:31:43 From Sara to Everyone:

Thank you everyone