

November 13, 2024, 10:00-11:30 am PST



# Gather & Choose: HNY Implementation Toolbox

## Land Acknowledgement

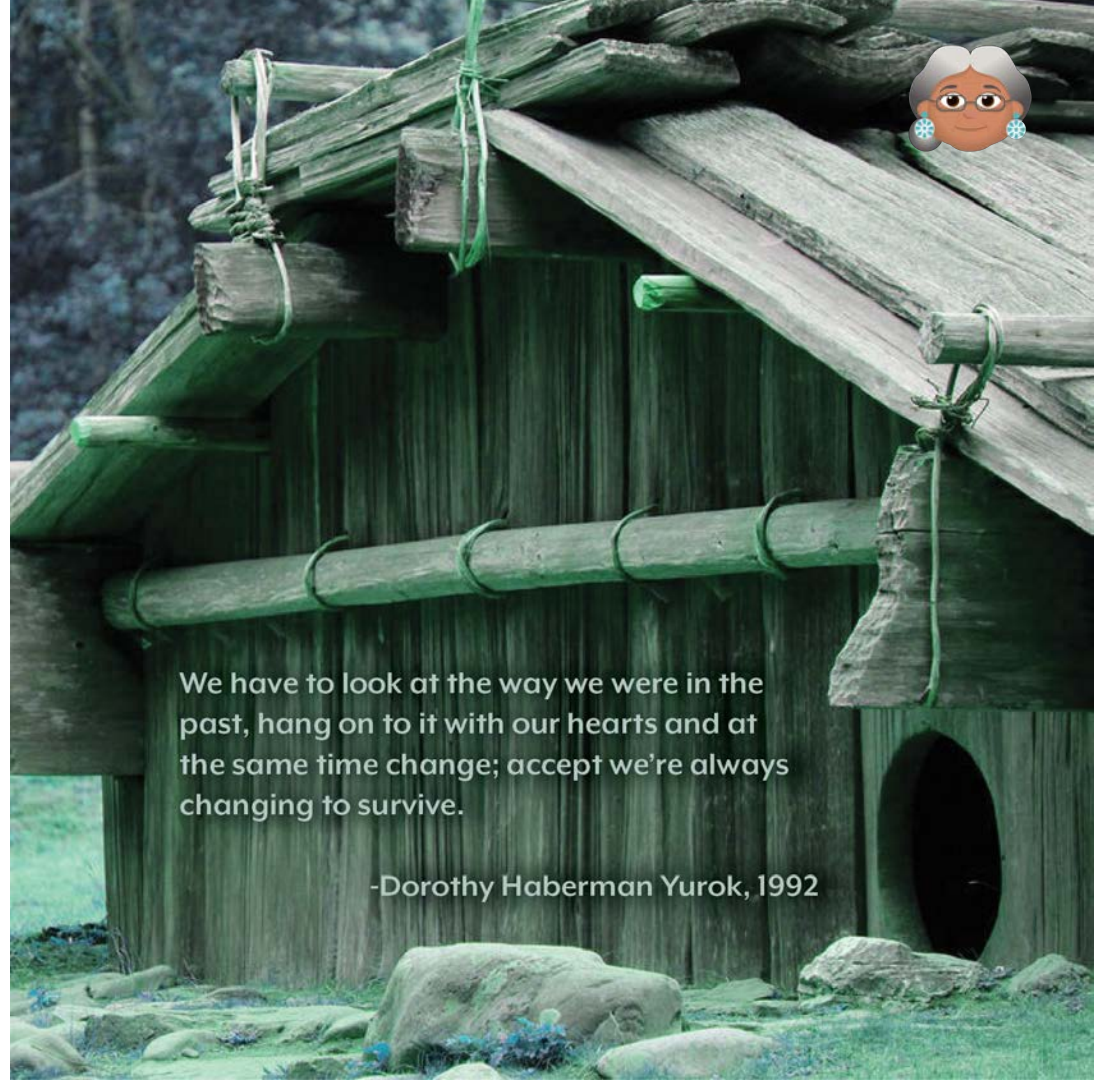
NPAIHB serves the 43 federally-recognized tribes of Oregon, Washington and Idaho and our office is located within the traditional and ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin, Kalauya and many other indigenous nations of the Willamette and Columbia River regions.

# 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 Start with a Blessing...



We have to look at the way we were in the past, hang on to it with our hearts and at the same time change; accept we're always changing to survive.

-Dorothy Haberman Yurok, 1992

# haʔt sləx̌il! Keshi! waq lis ?i, Hello!



**Taylor Dean, MFA**

*Puyallup*

(they/them)

I love live music.

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



**Will Hess**

*Klamath/Modoc*

(he/him)

I love being outside.

[hessw@ohsu.edu](mailto:hessw@ohsu.edu)



**Daryl Jones III,**

*Sicangu Lakota,*

*He/Him*

I love running long  
distance for my mental  
health!

[daryl.ionesiii@rst-nsn.gov](mailto:daryl.ionesiii@rst-nsn.gov)



# Live Virtual Training Logistics

## Logistics

- You are muted
- If comfortable, share video
- AI Notetaker is disabled

## Engagement

- Chat box Questions
- Mentimeter: Toolbox Feedback
- Icons (Zoom & More)





WELCOME BACK WITH  
*Healthy Native youth*



# 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

Developed by the National Center for Education Statistics, U.S. Department of Education. Adapted from the Common Sense Education Digital Learning Agreement.

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/15ed\\_aYkTTQMzfz8p7tDjaljr9s-JGaJlrNkmEk-8GX4/edit](https://docs.google.com/document/d/15ed_aYkTTQMzfz8p7tDjaljr9s-JGaJlrNkmEk-8GX4/edit)



# We've Got Goals!

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

- ★ **identify** HNY Toolbox resources & tools for your site/ setting
- ★ **listen** to the community partners share tips and strategies for the Gather & Choose phases

Loved Here,  
Safe Here.  
*All are welcome.*





# Where are we going



**Gather & Choose Phases**  
HNY Implementation  
Toolbox  
20 min

**Community Partner Share:**  
*Will Hess & Daryl Jones*  
30 min

**Closing**  
Toolbox Feedback:  
Mentimeter  
10 min



**Chatbox Q's**  
2 min

**Wellness Moment**  
*My Happy Place*  
1 min

**Let's Talk!**  
20 min





# Chatbox Q:

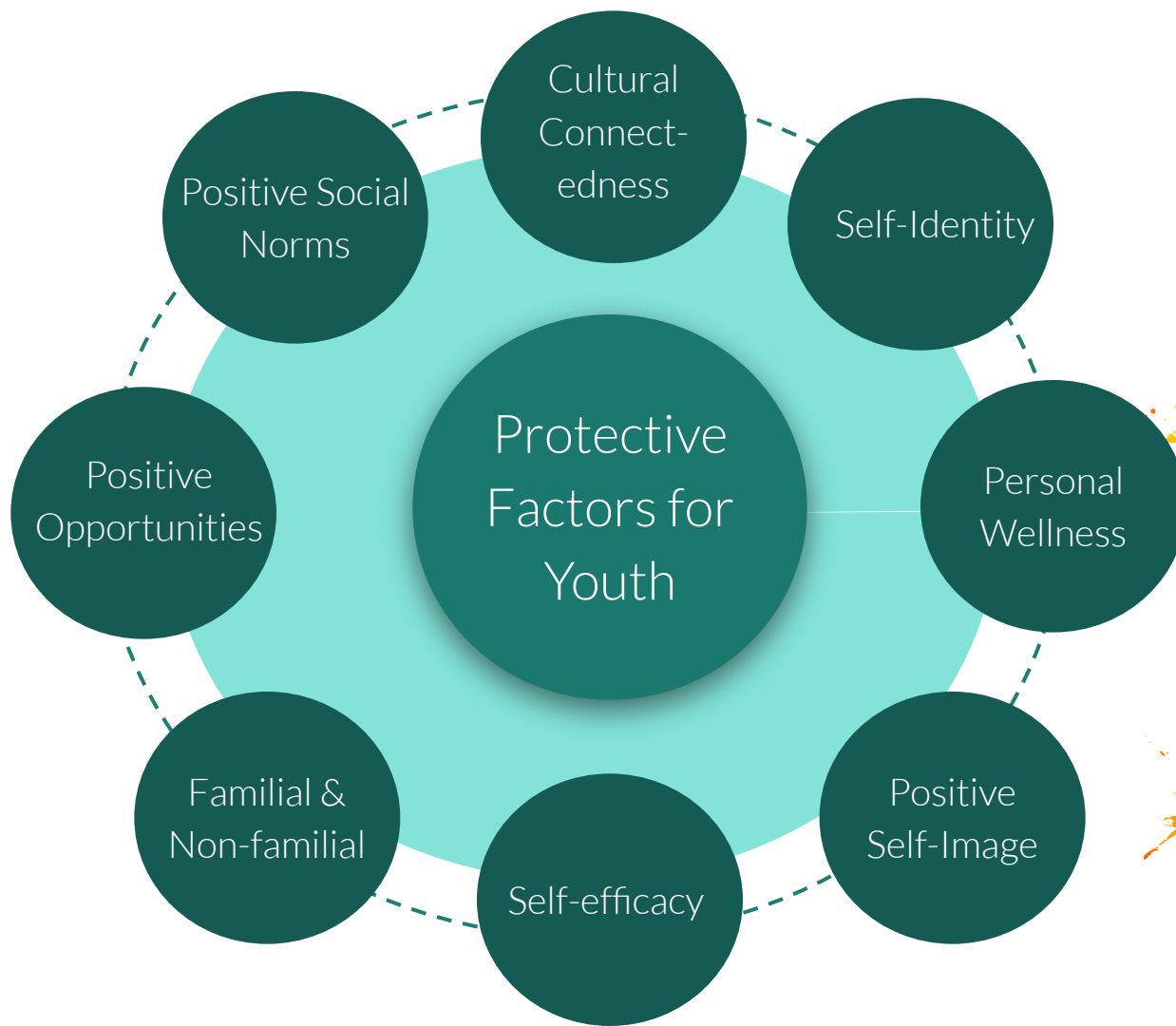
What tools have you used to gather guidance & feedback for youth programming?



# Gather & Choose Phases






Healthy Native Youth Implementation Toolbox







# Healthy Native Youth Implementation Toolbox: Phases and Steps

				
<b>Gather</b>	<b>Choose</b>	<b>Prepare</b>	<b>Implement</b>	<b>Grow</b>
<p><b>Gather</b> input on youth interests and health priorities</p> <ul style="list-style-type: none"><li>• Identify your community's needs and resources</li><li>• Select your program setting</li></ul>	<p><b>Choose</b> which criteria are most critical to your program</p> <ul style="list-style-type: none"><li>• Select a program that aligns with your goals</li><li>• Get approval if needed</li></ul>	<p><b>Prepare</b> an implementation action plan that includes self-care</p> <ul style="list-style-type: none"><li>• Order supplies, teaching tools, and incentives</li><li>• Practice going through the curriculum &amp; activities</li></ul>	<p><b>Implement</b> your program with confidence!</p> <ul style="list-style-type: none"><li>• Track your implementation journey</li><li>• Assess student learning and experiences</li></ul>	<p><b>Grow</b> with your program</p> <ul style="list-style-type: none"><li>• Share successes and lessons learned</li><li>• Keep the momentum going</li></ul>
<p><b>GET SUPPORT:</b> Connect with community members for guidance and feedback</p>	<p><b>GET SUPPORT:</b> Identify decision-makers</p>	<p><b>GET SUPPORT:</b> Invite guest speakers and attend Community of Practice sessions</p>	<p><b>GET SUPPORT:</b> Explore technical assistance and resource supports</p>	<p><b>GET SUPPORT:</b> Collaborate with other youth programs</p>
<p><b>YOUTH VOICE:</b> Gather input from youth and program participants</p>	<p><b>YOUTH VOICE:</b> Seek input from youth and community</p>	<p><b>YOUTH VOICE:</b> Recruit caregivers, youth and allies</p>	<p><b>YOUTH VOICE:</b> Celebrate the youth</p>	<p><b>YOUTH VOICE:</b> Stay connected beyond programming</p>

# Where Do I Start?



**I want to engage in the youth planning process**

**I want to do a community needs assesment**

**I want to select a health curriculum.**

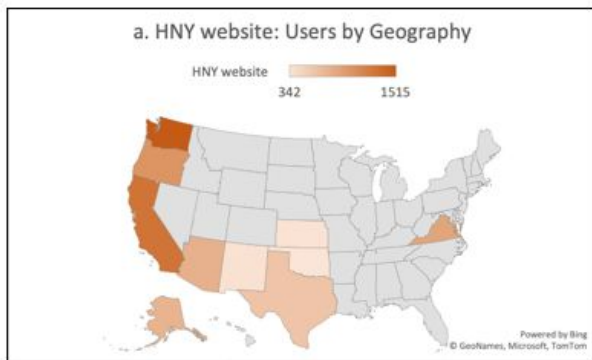
**I need help planning the logistics to deliver a program.**

**I want to join a Community of Practice.**

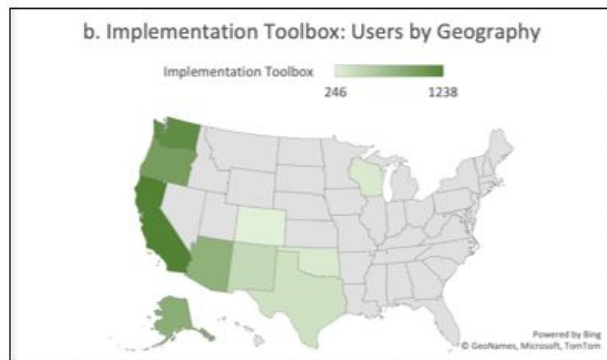
**I want to know if my curriculum is working.**

**I want to celebrate and motivate students.**

# Implementation Toolbox Reach\*



State of origin	User (n)
Washington	1515
California	1290
Oregon	1019
Virginia	884
Arizona	779
Alaska	764
Texas	617
New Mexico	366
Kansas	362
Oklahoma	342



State of origin	User (n)
California	1238
Washington	1142
Oregon	986
Alaska	847
Arizona	815
New Mexico	456
Texas	382
Oklahoma	307
Wisconsin	307
Colorado	246

\*Geographic distribution of HNY Website and HNY Implementation Toolbox users from January 1, 2022, to January 1, 2024



## Gather

**Gather** input on youth interests and health priorities.

### Implementation Toolbox - Mini 101's

Healthy Native Youth - 2 / 6



1:23

**Introduction & Overview -  
Implementation Toolbox**

Healthy Native Youth



1:37

**GATHER PHASE: HNY  
Implementation Toolbox**

Healthy Native Youth



1:29

**CHOOSE PHASE: HNY  
Implementation Toolbox**

Healthy Native Youth



1:21

**PREPARE PHASE: HNY  
Implementation Toolbox**

Healthy Native Youth



1:17

**IMPLEMENT PHASE: HNY  
Implementation Toolbox**

Healthy Native Youth



1:28

**GROW PHASE: HNY  
Implementation Toolbox**

Healthy Native Youth

1:27 / 1:36







## Template: Identify Youth & Community Partners Map

### GATHER

#### Identify Youth Advocates and Community Partners



**Get Support:** This is a resource that can help you identify community partners and key decision-makers that can help support the delivery and implementation of your program. These partners may have resources or contributions beyond what you can think of, so stay open to learning about what they are doing and how they want to work together.

**Instructions:** In the left column, brainstorm potential and existing partners that can support your work. Include actual names or organizations, if you know them. There are a few categories written in to get you started and a few "Other" spaces that can be used for partners that don't fit into the other boxes. In the right column, list ways these partners can support or participate in your programming. |

## Youth Advocates and Community Partners

Who can support the program?

How can they support the program?



Youth:



Families & Relatives:



Tribal Departments:



Decision Makers:  
Health committee,  
Tribal council



Schools: School  
Board, Principal,  
Teachers



Clinic & Health Staff:



Community Orgs:



Other:





## 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 collect feedback from different audiences and c

The goal of a community needs and resource assessment is to und

- What youth, their families, and the broader community w
- What resources you have available to your program,
- What constraints or challenges may need to be addresse

To assist you in the process, we have included a planning template steps.

- Step 1: Selecting Who to Engage in the Planning Process
- Step 2: Questions to Discuss
- Step 3: Sharing Your Findings

**Instructions:** Use this template to guide your planning process.

## Sample Q's for Youth

### Health Priorities and Ideas

1. What health topics are most important to you and your friends right now?
2. What health resources do you and your friends 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?



# Bingo Data Collection

This activity was adapted from the National Indian Child Welfare Association (NICWA) and Native It's Your Game – Clinic Teen-friendliness Survey

## How teen-friendly is your clinic?

*Adapted from the Teen-friendliness Clinic Survey from Native It's Your Game.*

1. Do you know what the clinic hours of operation are? If so, what are they?
2. Where have you seen clinic hours posted or publicized?
3. Where would you recommend they be posted or publicized?
4. What hours or days would you recommend the clinic be open to make it easier for teens schedules?
5. Do you know what the clinic service costs are (e.g. low-cost or no-cost for tribal members)?
6. Where would you recommend the clinic post their service costs?
7. How and when does the clinic send out appointment reminders?
8. Are there other ways and times teens might like to receive reminders?
9. Can teens receive an appointment within the same week they call?
10. Does the clinic have a hotline? Do you know that number?
11. How easy to see are clinic signs?
12. How teen-friendly do you think clinic signs are?
13. How LGBTQ2S friendly do you think clinic signs are?
14. Would you recommend any changes to clinic signs to be more inclusive for teens, LGBTQ2S youth, or Indigenous languages speakers?
15. Where would you recommend these signs be posted or publicized?
16. Is there any way the clinic can have a more private entrance?
17. Where would you recommend creating a separate waiting area for youth (i.e. an obscure corner or alcove or behind a divider)?
18. Where would you recommend waiting rooms signs be posted that assure youth their information is kept private and confidential, as well as the assurance they will be seen, even if they are not able to pay for their services be posted?
19. Are there ways the clinic can be better at keeping people who are walking by from seeing who's inside the waiting room?
20. Do you have any recommendations to improve or include transportation for teens to get to the clinic and back home?





Choose

**Choose** a program that aligns with your goals.

1:20 / 1:28



## Implementation Toolbox - Mini 101's

Healthy Native Youth - 2 / 6



**Introduction & Overview – Implementation Toolbox**

1:23

Healthy Native Youth

**GATHER PHASE: HNY Implementation Toolbox**

1:37

Healthy Native Youth

**CHOOSE PHASE: HNY Implementation Toolbox**

1:29

Healthy Native Youth

**PREPARE PHASE: HNY Implementation Toolbox**

1:21

Healthy Native Youth

**IMPLEMENT PHASE: HNY Implementation Toolbox**

1:17

Healthy Native Youth

**GROW PHASE: HNY Implementation Toolbox**

1:28

Healthy Native Youth

# Gather and Choose Toolbox Walkthrough







# Wellness Moment

## Happy Place Visualization Activity

*Therapy in a Nutshell:* <https://therapyinanutshell.com/happy-place-meditation/>



# Community Partner Share

Gather & Choose Phases







# Gather Phase

Will Hess, Klamath Tribes



# Gathering Input

- Community Needs Assessment
- Oregon Student Wellness Survey Data (SWS)
- Take a look around you
- Coming together



# Gathering support



## School & Tribal Support

- Admin Support
- Credit Recovery
- MOUs
- Community Safety & Needs Survey



## Community Buy-In

- Safe space
- Cultural relevance
- Healing Informed Approach
- Utilizing local champions



## Student Buy-In

- Accessibility & Flexibility
- Adaptability
- Incentives



# Lessons Learned



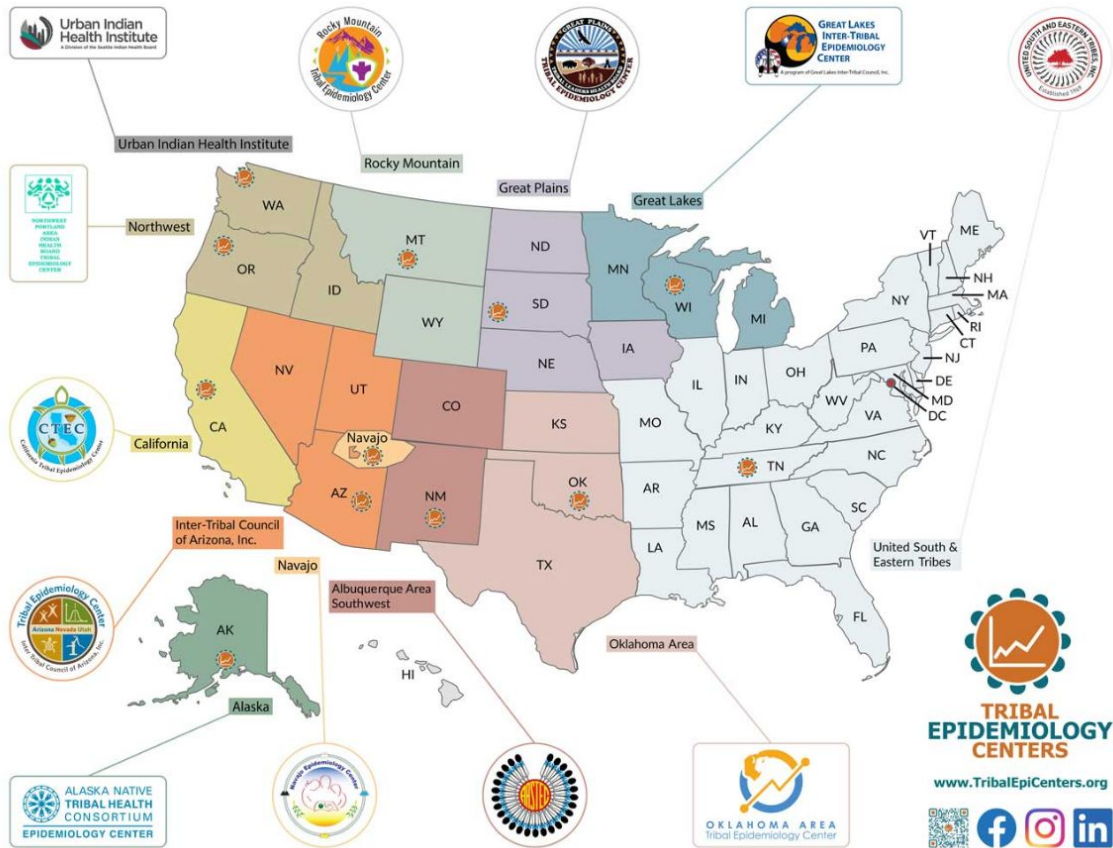
Trust the Process

Lean on  
Your  
Community

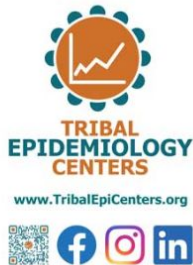
Switch it  
Up!



## TEC Regional Locator Map



# Reach Out!



## Contact Information



TRIBAL  
EPIDEMIOLOGY  
CENTERS

[TribalEpiCenters.org](http://TribalEpiCenters.org)

<p><b>Alaska Native Epidemiology Center</b> Anchorage, AK <a href="mailto:anepicenter@anthc.org">anepicenter@anthc.org</a> // Phone: (907) 729-4567 <a href="http://epi.anthc.org">epi.anthc.org</a></p>	<p><b>Albuquerque Area Southwest TEC</b> Albuquerque, NM <a href="mailto:aastecinfo@aaihb.org">aastecinfo@aaihb.org</a> // Phone: (505) 962-2602 <a href="http://aastec.net">aastec.net</a></p>
<p><b>California Tribal Epidemiology Center</b> Roseville, CA <a href="mailto:epicenter@crihb.org">epicenter@crihb.org</a> // Phone: (916) 929-9761 <a href="http://crihb.org/ctec">crihb.org/ctec</a></p>	<p><b>Great Lakes Inter-Tribal Epidemiology Center</b> Lac du Flambeau, WI Phone: (715) 588-1092 <a href="http://glitc.org/programs/epi-home">glitc.org/programs/epi-home</a></p>
<p><b>Great Plains Tribal Epidemiology Center</b> Rapid City, SD <a href="mailto:gptec@gptchb.org">gptec@gptchb.org</a> // Phone: (605) 719-5410 <a href="http://greatplaintribalhealth.org/great-plains-tribal-epidemiology-center.html">greatplaintribalhealth.org/great-plains-tribal-epidemiology-center.html</a></p>	<p><b>Inter Tribal Council of Arizona, Inc. TEC</b> Phoenix, AZ <a href="mailto:tecinfo@itcaonline.com">tecinfo@itcaonline.com</a> // Phone: (602) 258-4822 <a href="http://itcaonline.com/tec">itcaonline.com/tec</a></p>
<p><b>Navajo Epidemiology Center</b> Window Rock, AZ <a href="mailto:navajoepi@navajo-nsn.gov">navajoepi@navajo-nsn.gov</a> // Phone: (928) 357-6237 <a href="http://nec.navajo-nsn.gov">nec.navajo-nsn.gov</a></p>	<p><b>Northwest Tribal Epidemiology Center</b> Portland, OR <a href="mailto:npaihb@npaihb.org">npaihb@npaihb.org</a> // Phone: (503) 228-4185 <a href="http://npaihb.org/epicenter">npaihb.org/epicenter</a></p>
<p><b>Oklahoma Area Tribal Epidemiology Center</b> Oklahoma City, OK <a href="mailto:info@spthb.org">info@spthb.org</a> // Phone: (405) 652-9216 <a href="http://spthb.org/programs/tribal-epi-center">spthb.org/programs/tribal-epi-center</a></p>	<p><b>Rocky Mountain Tribal Epidemiology Center</b> Billings, MT Phone: (406) 252-2550 <a href="http://rmtlc.org/tribal-epidemiology-centers">rmtlc.org/tribal-epidemiology-centers</a></p>
<p><b>United South and Eastern Tribes TEC</b> Nashville, TN Phone: (615) 872-7900 <a href="http://usetinc.org/tribal-epidemiology-center">usetinc.org/tribal-epidemiology-center</a></p>	<p><b>Urban Indian Health Institute</b> Seattle, WA <a href="mailto:info@uihi.org">info@uihi.org</a> // Fax: (206) 812-3030 <a href="http://uihi.org">uihi.org</a></p>



# Choose Phase

Daryl Jones, PineRidge



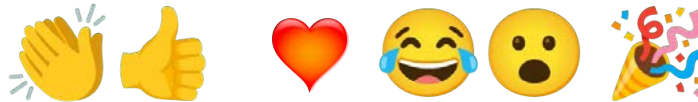
# Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions







*Chatfeed Convo:  
Type Questions, Ask  
Away!*



# Closing

Healthy Native Youth Highlights



# Mentimeter



Scan the QR code or use the link in the chat box to join...

Gather & Choose Phases:  
Feedback

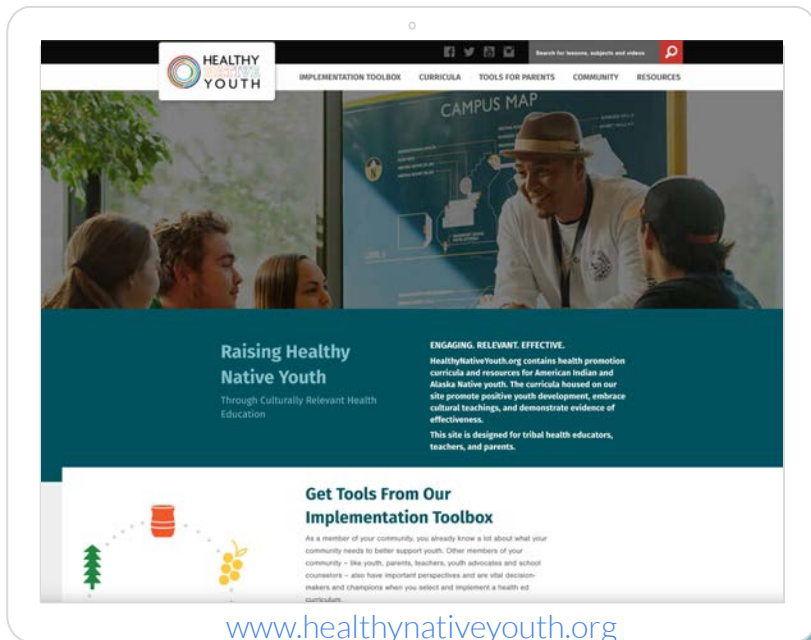


Join at [menti.com](https://menti.com) | use code 4188 4225



# 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

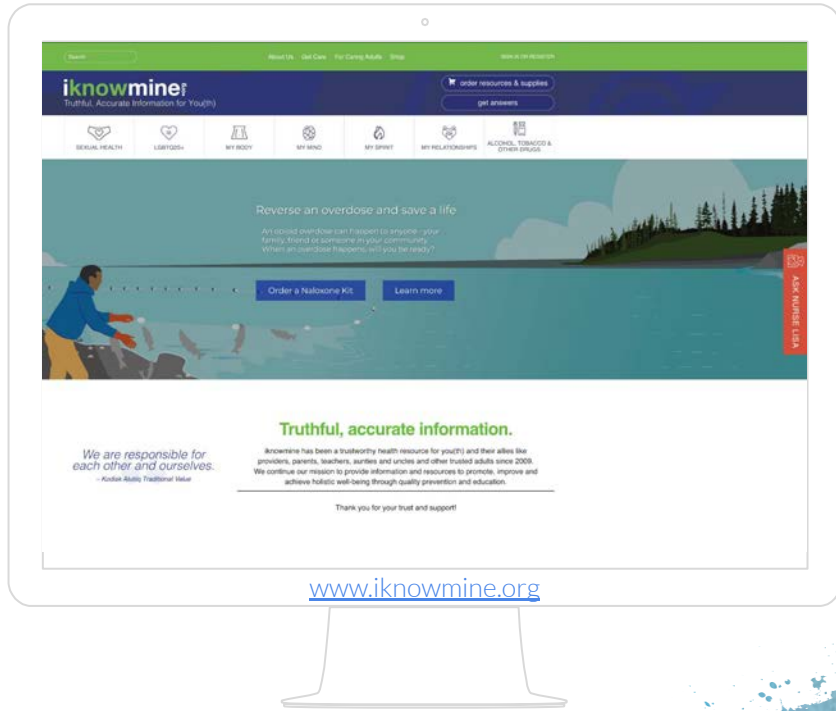
Multimedia health resource for Native youth by Native youth

- ★ “Ask Your Relative” Q&A Service
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook



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





# I Know Mine

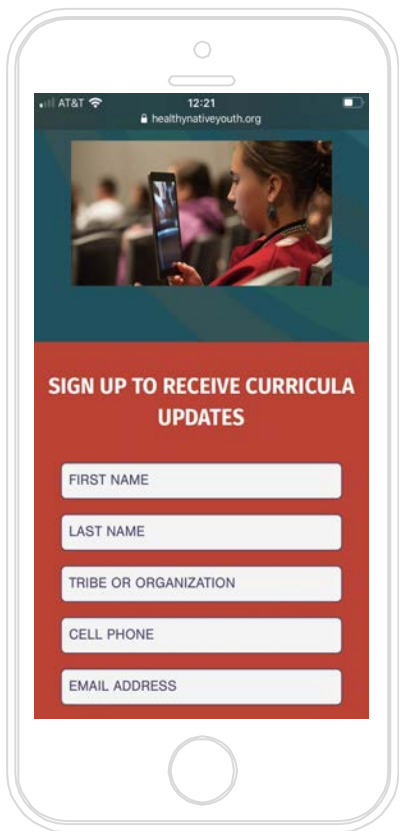
## For Alaska Native Youth

- ★ 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





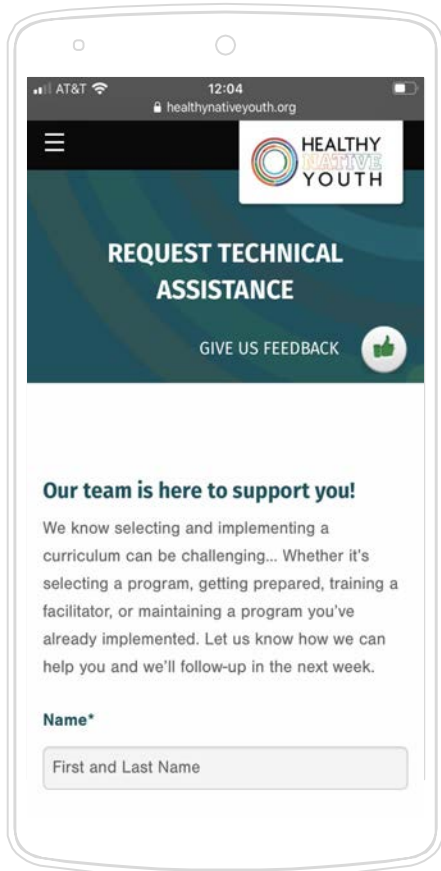
HNY [Linktree](#) QR Code

# Join the Healthy Native Youth Movement!



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





# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA



# Mark Your Calendars!

**COMMUNITY OF PRACTICE**

**SEPTEMBER 11** **BACK TO SCHOOL WITH HEALTHY NATIVE YOUTH**  
Come get the highlights on using the HNY website to empower and support positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness for your youth programming!

**OCTOBER 9** **BUILDING COMMUNITY WITH YOUTH**  
Join us as we share and learn from each other about best practices for building safe and inclusive learning environments in partnership with youth and community members.

**NOVEMBER 13** **HNY IMPLEMENTATION TOOLBOX: GATHER & CHOOSE**  
Get tools from our Implementation Toolbox! This month we'll focus on the Gather & Choose phases.

**DECEMBER 11** **HNY IMPLEMENTATION TOOLBOX: PREPARE & IMPLEMENT**  
Let us help walk you through steps and tools in the planning and implementation phases.

**CONTACT US**  
tdean@npaihb.org  
**REGISTER HERE**  
<https://www.healthynativeyouth.org/community-of-practice/>

**HEALTHY NATIVE YOUTH**  
**NPAIHB**





Scan the QR code to Register  
for next month's CoP!


# Ahe'hee! Quyana! 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





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 \(WYSH\)](#) 
- [Native Health Resources](#) 

Email us at: Amanda Kakuska, [akakuska-contractor@npaihb.org](mailto:akakuska-contractor@npaihb.org); Michelle Singer, [msinger@npaihb.org](mailto:msinger@npaihb.org)

# Let us Close with a Blessing

“Ish dom hoh icheema.”  
(I cherish you.)

Zuni Pueblo

