

December 11, 2024, 10:00-11:30 am PST



Prepare & Implement: 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...

N



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

haʔt sləx̣il! Keshi! waq lis ?i, Hello!



Taylor Dean, MFA

Puyallup

(they/them)

I love live music.

tdean@npaihb.org



Daryl Jones III,

Sicangu Lakota,

He/Him

I love running long
distance for my mental
health!

daryl.ionesiii@rst-nsn.gov



Will Hess

Klamath/Modoc

(he/him)

I love being outside.

hessw@ohsu.edu



Live Virtual Training Logistics



Logistics

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

Engagement

- QR Codes...get your phone ready!
- Chat box Questions
- Pen & Paper - Wellness Moment
- 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



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 Prepare & Implement phases

Loved Here,
Safe Here.
All are welcome.



Where are we going



Prepare & Implement
Phases
HNY Implementation
Toolbox
20 min

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

Closing
Toolbox Feedback:
Mentimeter
10 min



Chatbox Q's
2 min



Wellness Moment
Purposely Focused
2 min



Let's Talk!
20 min





Chatbox Q:

What recruitment tools have you used for youth programming?



Prepare & Implement Phases

Healthy Native Youth Implementation Toolbox





Gather

Gather input on youth interests and health priorities

- Identify your community's needs and resources
- Select your program setting

GET SUPPORT:

Connect with community members for guidance and feedback

YOUTH VOICE:

Gather input from youth and program participants



Choose

Choose which criteria are most critical to your program

- Select a program that aligns with your goals
- Get approval if needed

GET SUPPORT:

Identify decision-makers

YOUTH VOICE:

Seek input from youth and community



Prepare

Prepare an implementation action plan that includes self-care

- Order supplies, teaching tools, and incentives
- Practice going through the curriculum & activities

GET SUPPORT:

Invite guest speakers and attend Community of Practice sessions

YOUTH VOICE:

Recruit caregivers, youth and allies



Implement

Implement your program with confidence!

- Track your implementation journey
- Assess student learning and experiences

GET SUPPORT:

Explore technical assistance and resource supports

YOUTH VOICE:

Celebrate the youth



Grow

Grow with your program


- Share successes and lessons learned
- Keep the momentum going

GET SUPPORT:

Collaborate with other youth programs

YOUTH VOICE:


Stay connected beyond programming



Prepare

Prepare an implementation action plan and practice the lessons.

PREPARE PHASE: HNY Implementation Toolbox

 **Healthy Native Youth**
356 subscribers







[Analytics](#) [Edit video](#)

Like Share Download

https://www.youtube.com/watch?v=uaqjvstrrM&list=PLiKVo_vO0vosLRr8_cLFLD35c--BYQofe&index=4

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





Template: [Letter for Parents and Guardians](#)

Examples: [Recruitment flyers](#), [news articles](#), [parent and youth cover letters](#)



Letter to Parent or Guardian

Date: Add

Dear Parent or Guardian:

We are very excited to inform you that your child will have the opportunity to participate in a health education program that we will be implementing in the [school, after-school program, summer program, etc.], called **Native STAND (Students Together Against Negative Decisions)**. This curriculum is designed to help students make better decisions about their health. The curriculum is a comprehensive health curriculum that addresses sexually transmitted diseases, HIV, unplanned pregnancy, drugs and alcohol, dating violence, mental health, and other important issues that impact our youth today. After the training program is over, your child will be able to help themselves and their friends make healthy decisions.

There are 18 sessions in the curriculum that last about **one hour** each. These may occur weekly, or more frequently, depending on the program is delivered.





Template: [Curriculum Implementation Action Plan](#)

Template: [Self-Care Plan for Adults and Elders](#)

Example: [Project Budget from the Field](#)



My Self-Care Plan for Elders/ Adults

1: Select three Self-Care Activities

My 1st Self-care Activity is...

My 2nd Self-care Activity is...

My 3rd Self-care Activity is...



Template: Letter for Parents and Guardians

Examples: Recruitment flyers, news articles, parent and youth cover letters

Native S.T.A.N.D.

Native S.T.A.N.D. (Students Together Against Negative Decisions) is a peer education curriculum designed to help Native Youth make healthy decisions in every aspect of their lives.

**INVITING NATIVE AMERICAN YOUTH (14-18YR OLDS)
FOR A 2 DAY CONFERENCE ON MARCH 17 & 18, 2017**

2 Day Conference Sessions include:

- ❖ Team Building
- ❖ Culture & Tradition
- ❖ Honoring Diversity/Respecting Differences
- ❖ Healthy Relationships
- ❖ Preventing Early Pregnancy
- ❖ STD/HIV/AIDS Awareness
- ❖ Alcohol & Substance Abuse
- ❖ Taking Care of the whole person
- ❖ Decision Making
- ❖ Goals & Values
- & much more

Parents & youth interested in learning more about Native STAND meet @ Taos Pueblo Senior Center
March 11, 2017 12pm-2pm
LUNCH WILL BE PROVIDED

ONLY 20 SPOTS AVAILABLE!
SO PLEASE ATTEND MEETING TO RSVP FOR CONFERENCE. FIRST COME, FIRST SERVE!



Contact Beverly Valencia,
Youth Outreach at Taos
Pueblo Health &
Community Services
575-758-7824 ext. 109



NATIVE STAND

Students Together Against Negative Decisions

Kick off for the Participant Recruitment for
Native Stand.

WHERE: Terrace Room at the TMCC

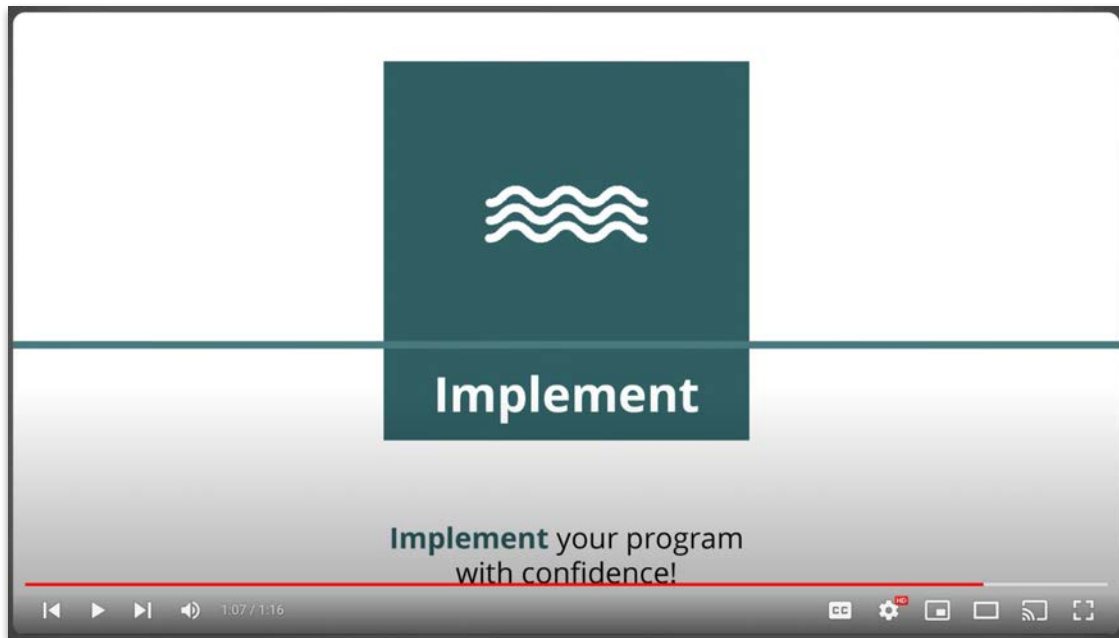
WHEN: Thursday, September 15, 2016

WHO: NATIVE YOUTH TRACK STUDENTS

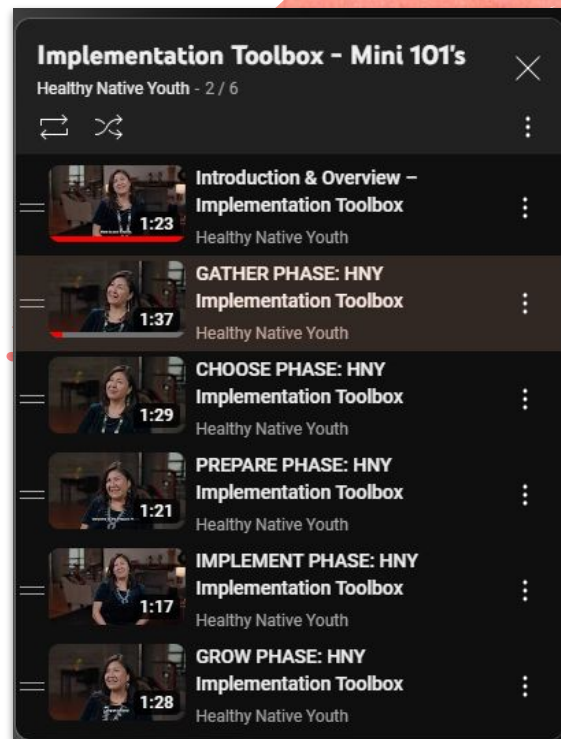
TIME: 10:00 AM—11:00 AM

The student will have the opportunity to participate in a health education program that will be implemented by the Tribal Health Education Department. The curriculum will address Sexually Transmitted Disease, HIV, unexplained pregnancy, drugs, and alcohol, dating violence, mental health, and other important issues that impact our youth today.

Participants will have to meet weekly.



https://www.youtube.com/watch?v=knYUu5V9Ibg&list=PLiKVo_vO0vosLRr8_cLflD35c--BYQofe&index=5





Template: [Session Reflection Log](#)

Template: [Class Attendance Sheet](#)



IMPLEMENT Lesson Reflection Log



Instructions: You may find yourself making adjustments and adaptations to your program – keep track of what works and what you want to build on. You can make small adjustments throughout the journey and use them to plan the next go-round. Activity logs will help you gather valuable data – here are some tools for reflecting on lessons, tracking attendance, and making observations as you go.

Lesson Reflection Log



Lessons Title:	Strengths: What went well?	Challenges: What didn't go so well?	Ideas for Next Time?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

This resource was adapted from the [Program Planning and Implementation Workbook](#).



Example: [Healing of the Canoe – Pre-Survey](#)

Example: [Healing of the Canoe – Post-Survey](#)

Example: [Native STAND Questionnaire](#)



Questions about your friends, family and community

Please indicate the extent to which you agree or disagree with the following statements. We are interested in learning about how you feel in general (most of the time).

I have friends who support me.	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
I can talk about my problems with my friends.	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
If I had to move, I would miss the community I now live in.	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
I feel safe in my community or neighborhood.	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
I can share my thoughts and feelings with someone in my family.	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
If I had a personal problem, I could ask someone in my family for help.	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
I feel safe at home.	Strongly Disagree	Disagree	Neither	Agree	Strongly Agree

Date:

ID:

Youth Questionnaire



You are being asked to participate in a survey that is being conducted by the Oregon Health & Science University. The information you provide will help us better understand what teens learn and experience during the Native STAND Program.

The survey will take about 20 minutes to complete. Your answers will be kept confidential. Your name will not be on the survey and no one will be able to connect your responses to you.

Your completion of this survey serves as your voluntary agreement to participate. You may choose not to take the survey. You may also choose to skip questions that you do not want to answer. You may stop answering at any point in the survey.



Helpful link: [HNY Icebreakers](#)

Helpful link: [Energizers and Wellness Moments](#)

Icebreaker Title	Description/ Materials Needed	Type of Icebreaker	Group Size	Timing
A Friend That Strengthens Me	Participants will identify a positive person in their life, as well as identify their attributes. <u>Materials Needed:</u> post-it notes, pen or markers	Energizer	Small to Medium	5 minutes
Energy Ball	Builds trust and cooperation. It enhances creativity and divergent thinking by asking participants to use their imagination to pass around an imaginary ball.	Creativity	Small to Medium	5 minutes
Group Agreements	Together the group will come up with a list of agreements for group expectations. A Mandatory Reporting & Sensitive Topics Clause is included. <u>Materials Needed:</u> flip chart paper/ large sticky note, markers	Team-building	Small, Medium, Large	15 minutes
Healthy/ Unhealthy Relationship Brainstorm	Participants will list characteristics of Unhealthy & Healthy Relationships, as well as boundaries.	Team-building	Small to Medium	15 minutes



Gather and Choose Toolbox Walkthrough



3



Wellness Moment

Purposely Focused

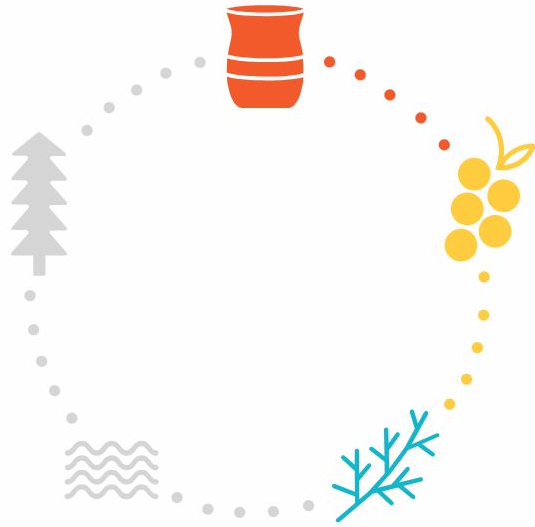
Therapy in a Nutshell: <https://www.youtube.com/watch?v=ITdki0tTQ10>



Community Partner Share

Prepare & Implement Phases





Prepare Phase

Daryl Jones III, Rosebud Sioux Tribe, Sicangu Makoce' (Land of the Burnt Thigh Nation)

Facing Barriers

Checking the scene!

Whos talking about sex?

Parent Involvement

Technology



Prep Work

★ **Ordered Supplies!**

★ **Research**

★ **Incentives!**

Our Coordinator, Project Manager did a lot the ordering



Building Community

Teacher -

Coach -

Community organizer -

Facilitator -





Implement Phase

Daryl Jones III, Rosebud Sioux Tribe, Sicangu
Makoce' (Land of the Burnt Thigh Nation)

Addressing Barriers

Identify Barriers -

Teen Attitude,
Direction following
School Scheduling

Login -

I prompted everything
Username/Password
Installed Apps
Streamlined the process



Monitoring Progress

Progress Reports -
I created a template

Native Stand 2.0
software monitor

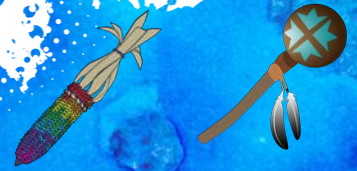
Questions of the day



Celebrating Along the Way!

Tomorrow, 12/12/2024 is our Incentive party and
award banquet!





Prepare & Implement

Will Hess, Klamath Tribes

Prepare

- Meeting youth where they are at
- Structure & Flexibility
- It's ok to switch it up



Implementation



Adapting the curriculum to fit your community

Utilize your local & regional experts

Incentivize, incentivize, incentivize!



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...

Prepare & Implement
Phases: Feedback

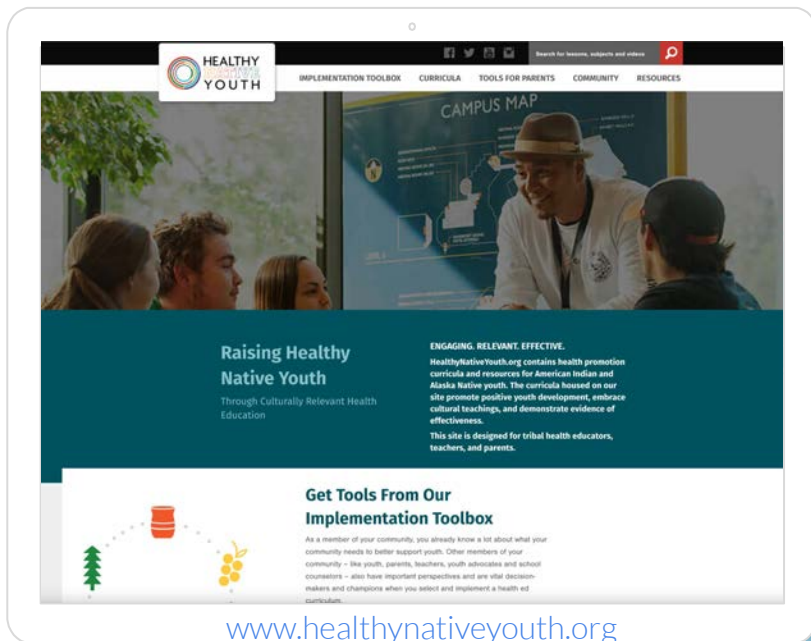


Join at menti.com | use code **6433 5662**



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

We R Native

For Youth

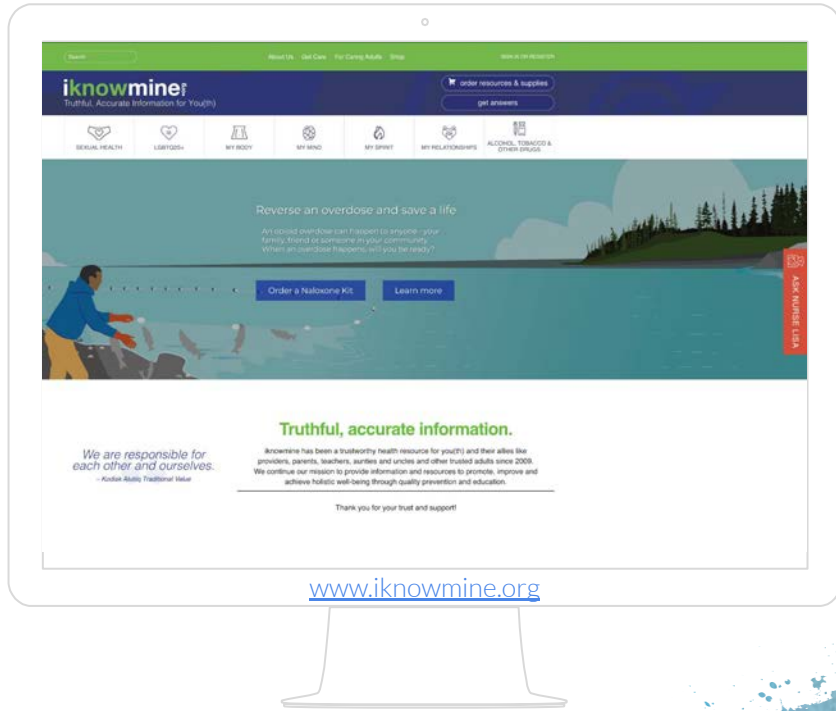
Multimedia health resource for
Native youth by Native youth

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



www.wernative.org





I Know Mine

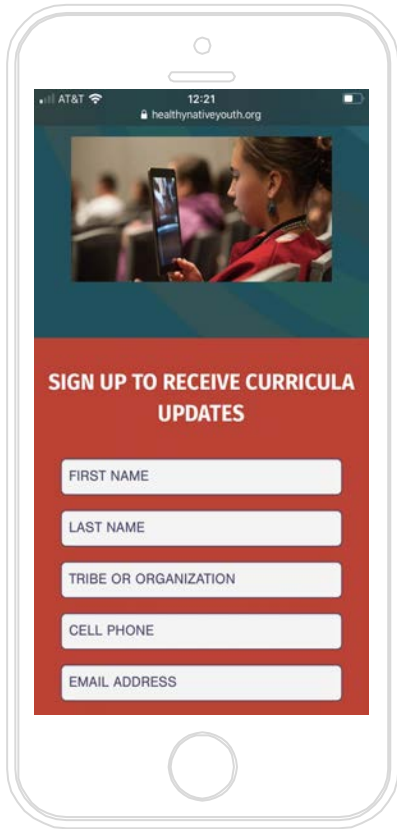
For Alaska Native Youth

- ★ Indigi-IWTK
- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM





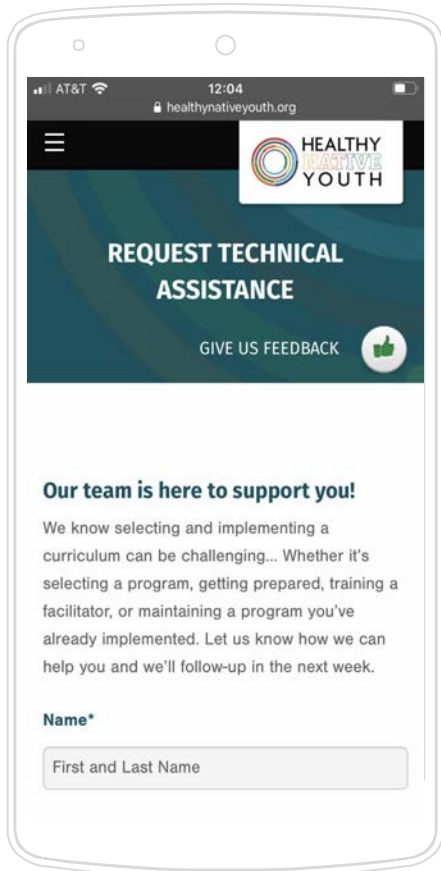
HNY [Linktree](#) QR Code

Join the *Healthy Native* *Youth* Movement!



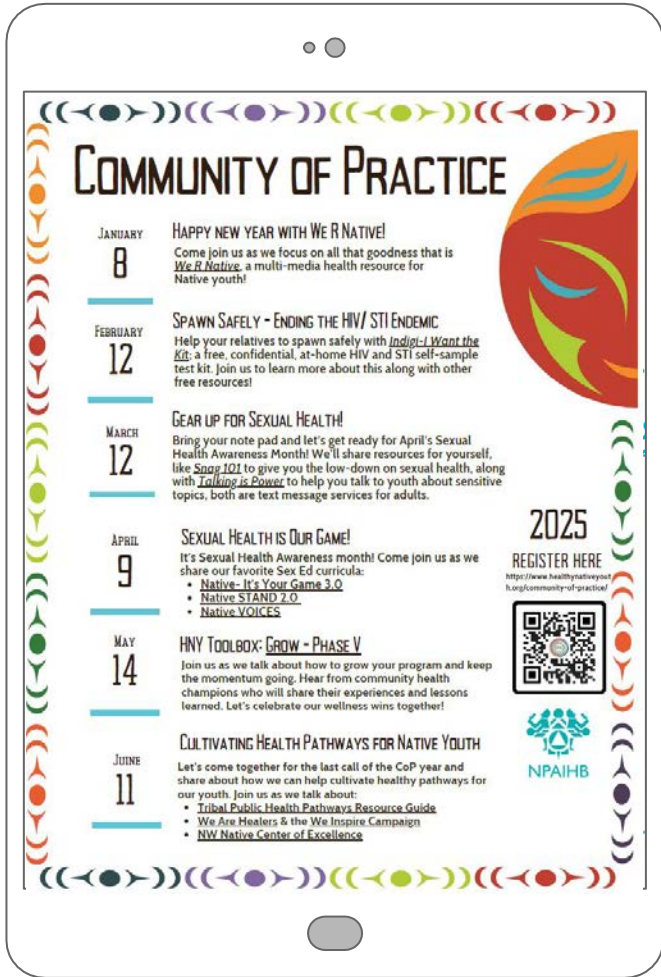
- Sign up for [Newsletter](#)
- Text "HEALTHY" to 94449
- Follow us on Facebook, Instagram, Twitter, YouTube





We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA



Mark Your Calendars!





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; Michelle Singer, msinger@npaihb.org

Let us Close with a Blessing

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

Zuni Pueblo

