



# Happy New Year with We R Native

January 9, 2025 10am-11:30am PT

## **Host**

Amanda Kakuska

## **Guest Speakers**

Tommy Ghost Dog, Celena Ghost Dog, Amanada Kakuska

## **Objectives**

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

1. **Learn** about multi-media health resource for Native youth: We R Native
2. **Identify** resources & tools for youth from Tribal Pathways Guide

## **Stay connected**

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

## **Chat links:**

Introduction:

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

Tommy Ghost Dog We R Native:

We R Native: <https://www.wernative.org/>

We R Native Curricula: [We R Native Teacher's Guide - Healthy Native Youth](#)

Native Health Resources: <https://www.nativehealthresources.org/>

Ask Your Relative Q&A Service for Native Youth: <https://www.wernative.org/ayr>

Dallas Goldtooth AYR Video: <https://youtu.be/Z19NI0zYANw>

Ask Your Relative: A mixed method analysis of the Sexual Health and Healthy Relationship Q&As submitted by American Indian Alaska Native young adults: <https://rdcu.be/d5uMc>

### **Wellness break:**

Resources:

Calm: <https://www.calm.com/blog/setting-intentions>

Mindful.org: <https://www.mindful.org/4-ways-to-awaken-your-intention/>

### **Celena Ghost Dog Tribal Health Pathways:**

My Pathway: <https://www.wernative.org/my-pathway>

Pathways for Youth: <https://www.healthynativeyouth.org/wp-content/uploads/2024/09/SMS-campaigns-doc.pdf>

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

The adult guide page: <https://www.healthynativeyouth.org/resource/tribal-public-health-pathways-resource-guide/>

Healthy Native Youth Resources & Support for Youth Homepage:

<https://www.healthynativeyouth.org/resources/>

**End of Session:**

<https://www.menti.com/alk11uxgz2x5>

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

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

### Chat feed (names and emails have been removed)

00:27:08 Tess: Hello I am Tess

00:27:08 Michelle: Michelle, Fresno Unified Indian Education

00:27:14 Taylor (they/them) NPAIHB: Introduction:

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

00:27:27 Erika: Erika (she/her), social worker for Cherokee Nation

00:27:40 LuNell: LuNell, School Nurse in Toledo WA. We work with the Cowlitz tribe.

00:27:53 Ashley: Ashley - Member of the Sault Tribe of Chippewa Indians - Program Manager for Inter-Tribal Council of Michigan

00:28:00 Aurora: Aurora. She, Here, They, Enrolled Blackfeet Tribal member, Program Manager, Native American Health Center in San Francisco, CA

00:28:05 Tess: Tess Indigenous Wellbriety Program Coordinator Cortez COMixed Linage she/her

00:28:09 Catherine: Boozhoo! Catherine with Great Lakes Inter Tribal Council in Wisconsin.

00:28:12 Kortney: Kortney (she/her)- JCP Coordinator at the Burns Paiute Tribe.

00:28:13 Ranae: Ranae Nebraska Department of Ed Youth Tobacco Specialist. I actively engage with our Nebraska Native American Youth Gathering and have done programming for the Winnebago Health Department on Winnebago Reservation.

00:28:18 Chelsea: Chelsea/ Cheyenne River Sioux/ Youth Peer Recovery Coach with Indigenous Wellbriety in Cortez, Colorado! Happy to be here! Thank you!

00:28:25 Aiyana: Hi, I'm Aiyana from Lil'wat Nation (she/her). I work for the Nation in the Youth Justice department as an Admin Assistant.

00:28:35 Taylor (they/them) NPAIHB: haʔ sləx̣il, Taylor (they/them), member of the Puyallup tribe, NPAIHB Healthy Native Youth outreach specialist. If you have IT questions today I will do my best to help!

00:28:35 Laura: Hello. Laura (Kickapoo) Urban Indian Program Coordinator, Wichita, Ks

00:28:42 Melanie: Melanie, Student (Social Service Worker) and Ojibway from Eagle Lake First Nation, Ontario, Canada.

00:28:47 Calistea: ha7h swayel, Kwekwaltanot kwi en sna. Good Day my name is Calistea of Squamish Nation, British Columbia. Working in Nooksack Tribe Washington

00:28:50 Kalli: Kalli, Yavapai Community Health Services, on Yavapai-Apache and Hopi lands in Arizona.

00:29:12 Caroline: sorry I have to go, I have another meeting I have to attend

00:29:29 Lynsey: Hi! My name is Lynsey (she/her) and I am a proud member of Cherokee Nation. I am the Tribal Suicide Prevention Program Coordinator at the Southern Plains Tribal Health Board in Oklahoma City, OK.

00:29:34 Aprill: Hello Everyone! My camera does not seem to be working. My name is Aprill and I am a Program Coordinator in the Community Wellness Department here at the Native American Health Center in San Francisco, California. I am native Californian Hupa, Yurok and Paiute. Happy New Year!

00:29:36 Brianna: Siyo from Cherokee Nation!

00:30:17 Ranae: I have attended a few webinars and I utilize your website. Also, eating lunch once finished I will turn camera on :)

00:30:18 Robbie: Robbie (she/her), Southern Plains Tribal Health Board - Native Test Program

00:30:31 Dena: Dena, RN, Inyo County Public Health and Prevention. Tribal Member of the Big Pine Paiute Tribe of the Owens Valley.

00:30:32 LuNell: I'm still learning. Have attended 2-3 webinars.

00:30:56 Marco: Marco Peer Recovery Coach for Youth Indigenous Wellbriety/ Specials Teacher K-8 Cortez, Colorado

00:31:02 Laura: I have heard about We R Native; maybe looked at website once.. But don't know much.

00:31:14 Erika: I'm brand new. First webinar with We R Native!

00:31:30 Almalía (they/them): Saludos, my name is Almalía. I'm the Marketing & Public Relations Officer for Native Americans for Community Action, Inc. in Flagstaff, Arizona. Our organization frequently uses We R Native resources and merch at our events!

00:31:50 Lynsey: This is also my first webinar with We R Native!

00:32:05 Aprill: This is my first time engaging with We R Native. I am super excited and hope to gain knowledge about how to help our native youth in all areas.

00:32:09 Catherine: Great resource for our department and communities! We utilize a lot of your resources with our cohorts and through social media.

00:32:37 Kalli: I have attended several webinars/Community of Practice sessions, and have utilized some activities from Native Stand when working with native youth in my area. I have also ordered resources which I passed along to my contacts from the Yavapai Apache Nation. I love and appreciate the work you are doing!

00:33:03 Ranae: I should clarify, I use tobacco prevention pieces but I continue to push your resources out to other agencies and communities. It is very comprehensive!

00:35:00 Taylor (they/them) NPAIHB: We R Native: <https://www.wernative.org/>

00:40:28 Sheena: Love it!

00:40:29 Marco: vibin

00:41:18 Laura: Nice!

00:41:36 Michelle: "The aura is strong!" - Love this young person statement that exudes confidence and strength! Nice!

00:43:51 Amanda (she/her): Just a suggestion to only sign up for one campaign at a time...or it could get confusing. 😊

00:47:31 Michelle: Helpful SMS Handout: Text Message Campaigns for Youth, Caring Adults/Parents, and Pathways for Youth: <https://www.healthynativeyouth.org/wp-content/uploads/2024/09/SMS-campaigns-doc.pdf>

00:49:30 Chelsea: That's excellent!

00:52:49 Sheena: What a wealth of information!

00:53:02 Michelle: Healthy Native Youth Curriculum Homepage with 19 curricula including We R Native Facilitator's Guide: <https://www.healthynativeyouth.org/curriculum/>

00:53:08 Taylor (they/them) NPAIHB: Native Health Resources: <https://www.nativehealthresources.org/>

00:54:02 Erika: Great site! Thank you.

00:54:38 Michelle: We R Native Curriculum Link:  
<https://www.healthynativeyouth.org/curricula/we-r-native-teachers-guide/>

00:54:39 Calistea: I am Admin Assistant for a Day Care, so very young native children. Great Website. I would love to print off some of your info to have available for parents

00:54:46 Taylor (they/them) NPAIHB: Ask Your Relative Q&A Service for Native Youth:  
<https://www.wernative.org/ayr>

00:55:13 Celena: Replying to "I am Admin Assistant..."

<https://www.nativehealthresources.org/> 😊

00:55:15 Taylor Dean (they/them) NPAIHB: Replying to "I am Admin Assistant..."

Native health resources makes it easy!

00:57:06 Michelle: Replying to "I am Admin Assistant..."

Wonderful! The Healthy Native Youth website has "Tools for Caring Adults" which includes parents in the areas of sensitive topics as well as mental health skill building. Take a look! wink! Thank you for what you do!

01:01:33 Taylor (they/them) NPAIHB: Dallas Goldtooth AYR Video:  
<https://youtu.be/Z19NI0zYANw>

01:03:12 Taylor (they/them) NPAIHB: Ask Your Relative: A mixed method analysis of the Sexual Health and Healthy Relationship Q&As submitted by American Indian Alaska Native young adults:  
<https://rdcu.be/d5uMc>

01:15:17 Taylor (they/them) NPAIHB: Calm: <https://www.calm.com/blog/setting-intentions>  
Mindful.org: <https://www.mindful.org/4-ways-to-awaken-your-intention/>

01:16:14 Taylor (they/them) NPAIHB: My Pathway: <https://www.wernative.org/my-pathway>

01:16:54 Calistea: I am in day care. birth to 5 years

01:20:41 Amanda (she/her): Inspire YouTube Videos: <https://www.menti.com/alk11uxgz2x5>

01:22:21 Michelle: Replying to "I am in day care. bi..."

Calistea, wonderful! If you have not contacted your regional health board - it would be beneficial for you as many regional health boards have maternal child health, toddlers programs in a variety of areas: vaccination/immunization, dental, injury prevention, and more. You can find your regional health board/tribal epidemiology center via this link: <https://tribalepicenters.org/>

01:23:05 Calistea: Replying to "I am in day care. bi..."

thank you so much. I appreciate it

01:25:21 Michelle: Replying to "I am in day care. bi..."

Calistea, you can certainly find health communication/promotion resources for your kids + parents at [www.nativehealthresources.com](http://www.nativehealthresources.com) as well. Do check out and order.

01:26:28 Michelle: Healthy Native Youth Resources & Support for Youth Homepage:  
<https://www.healthynativeyouth.org/resources/>

01:26:46 Stephanie: The adult guide page:  
<https://www.healthynativeyouth.org/resource/tribal-public-health-pathways-resource-guide/>

01:29:09 Stephanie: Academy: <https://www.npaihb.org/public-health-research-academy/>

01:30:23 Amanda (she/her): Youth are super interested in social justice topics...

01:35:58 Taylor (they/them) NPAIHB: That was the first time I've gotten to see that new video!! beautiful

01:36:05 Michelle: Tip: Check with your Regional Indian Health Board/Tribal Epidemiology Centers for what they offer to assist, to support and/or to enhance adolescent health/workforce pathways for your youth/young adults: <https://tribalepicenters.org/>

01:36:11 Taylor (they/them) NPAIHB: <https://www.menti.com/alk11uxgz2x5>

01:36:22 Taylor (they/them) NPAIHB: Replying to "<https://www.menti.co...>"

Mentimeter link

01:36:55 Denise: This was a really great session!

01:37:09 Taylor (they/them) NPAIHB: We R Native Teacher's Guide - Healthy Native Youth

01:38:18 Taylor (they/them) NPAIHB: <https://www.menti.com/alk11uxgz2x5>

01:39:54 Laura: Sharing, would like to use the "name cards" at a table for our annual Teen program.

01:40:14 Ranae: Share this resource with my team and their agencies and schools who have native youth.

01:41:32 Denise: There will be a recording from today, right?

01:41:37 Taylor (they/them) NPAIHB: Replying to "There will be a reco..."

yes!

01:41:53 Denise: Replying to "There will be a reco..."

will share with some folks I work with !!

01:41:57 Taylor (they/them) NPAIHB: Replying to "There will be a reco..."

I'll upload it to youtube, the website and I'll announce it on the healthy native youth social media channels

01:42:19 Denise: Replying to "There will be a reco..."



01:42:19 Taylor (they/them) NPAIHB: Replying to "There will be a reco..."

Should be uploaded by the end of day, latest by friday

01:42:31 Celena: Yes, LuNell feel free to contact me :)

01:43:04 Stephanie: We've heard of schools setting their computer labs to use We R Native as their home/landing page too. Another fun idea.

01:43:43 Michelle: We've heard of tribal and urban Indian communities implementing We R Native curriculum during spring and summer breaks.

01:45:42 Taylor (they/them) NPAIHB: <https://www.menti.com/alk11uxgz2x5>

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01:45:50 Michelle: For Alaska Native residents: I Know Mine <https://www.iknowmine.org/>

01:49:10 Calistea: great information thank you all. Im apologize I don't have a mic. looking forward to more information in the next webinar

01:49:20 Aprill: Thank you!