

January 8, 2025, 10:00-11:30 am PST



Happy New Year with
We R Native!

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...

“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



Yá'át'ééh! Keshi! Hola!



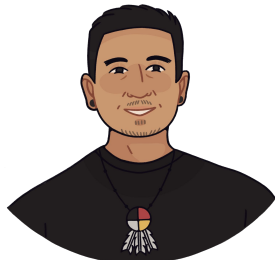
Celena Ghost Dog, MPH

Navajo Nation

(she/her)

I love coffee.

cghostdog@npaihb.org



Thomas Ghost Dog Jr

Burns Paiute/Oglala Lakota

(he/him)

I love food.

tghostdog@npaihb.org



**Amanda Gchachu
Kakuska, MAT**

Zuni Pueblo

(she/her)

I love the peace that comes from a
long walk.

akakuska-contractor@npaihb.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Live Virtual Training Logistics

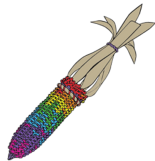


Logistics

- 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 Activity
- 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

common sense education
Shareable with attribution for noncommercial use. Review our commercial
use policy for more information.
See www.common-sense.org/education for more information.

1

- 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...

- ★ **learn** about multi-media health resource for Native youth: We R Native
- ★ **identify** resources & tools for youth from Tribal Pathways Guide

Loved Here,
Safe Here.
All are welcome.



Where are we going



We R Native &
Ask Your Relative
35 min



Tribal Pathways
Public Health Research
Academy
15 min



Let's Talk!
15 min



Chatbox Q's
2 min



Wellness Moment
Walking with Intention
2 min



Mentimeter
20 min





Chatbox Q:

Tell us what you know or have heard
about We R Native?



We R Native

For Native youth by Native youth



We R Native

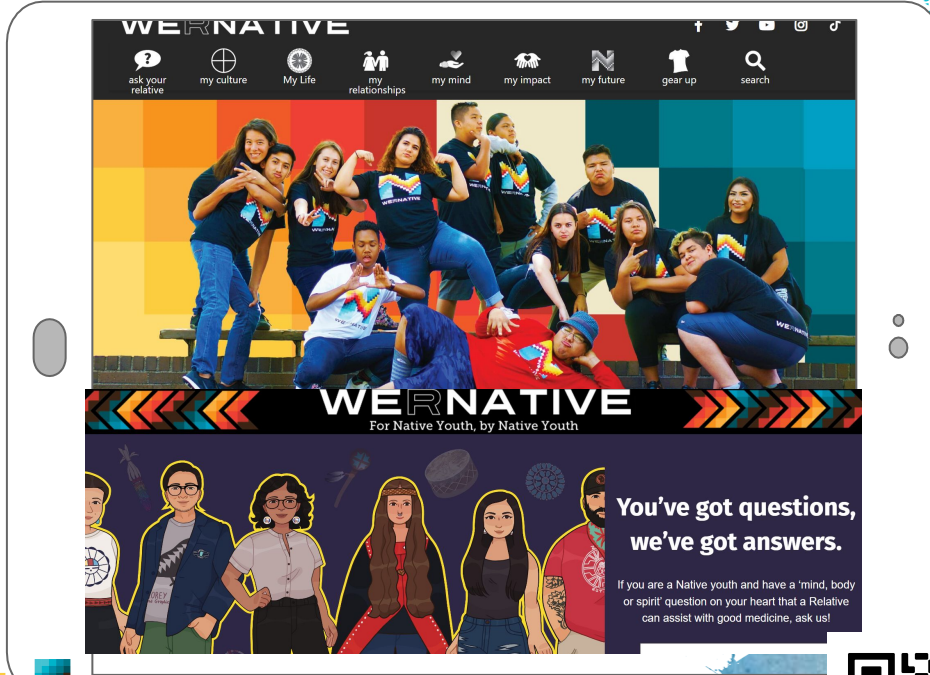
For Youth

Multimedia health resource for
Native youth by Native youth

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



www.wernative.org



Let's Explore!

A man in a grey suit and white shirt is shown from the chest up, looking back over his right shoulder. He has a serious expression. The background is a dark, textured, reddish-brown rock wall, possibly a cave or a tunnel. The lighting is dramatic, highlighting the man's face and the texture of the rock.

Follow me, I know the way!



We R Native Walkthrough





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

SEXUAL HEALTH

HIV/HCV/STI

- Congenital Syphilis
- General Syphilis
- Pocketbooks
- HIV
- PrEP
- HFP C

MENTAL HEALTH

THRIVE

- We Are Connected #WeNeedYouHere
- Suicide and Crisis Lifeline and Crisis Text Line
- Mind4Health
- Caring Messages
- Veterans #WeNeedYouHere

ADOLESCENT HEALTH

Get Yourself Tested

- Safe Spaces**
- Healthy Native Youth**
- We R Native**
- Inspire Materials**
- 2SLGBTQ+**

SUBSTANCE USE DISORDERS

Tribal Opioid Response

- OUD Prevention
- Family Care Plans
- Videos

VACCINATION

Native Boost



Order Now

We R Native Business Card

WRN Ask Your Relative Poster

We R Native ColoringBook



🔍 **We R Native Business Card**

\$0.00

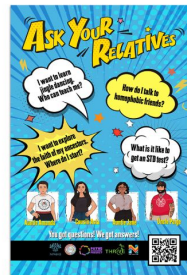


Ship to Me

The maximum quantity is 100.

Choose Download Format ▼

If quantities above the allowed amount are needed, please contact Tommy Ghost Dog at tghostdog@npaihb.org.



🔍 **WRN Ask Your Relative Poster**

\$0.00

Placing posters in locations like waiting rooms, bulletin boards, or even restroom stalls, puts them right in people's line of sight.

Dimensions: 11" x 17"



Ship to Me

The maximum quantity is 10.

Choose Download Format ▼

If quantities above the allowed amount are needed, please contact Tommy Ghost Dog at tghostdog@npaihb.org.



🔍 **We R Native ColoringBook**

Dimensions 8" x 11"

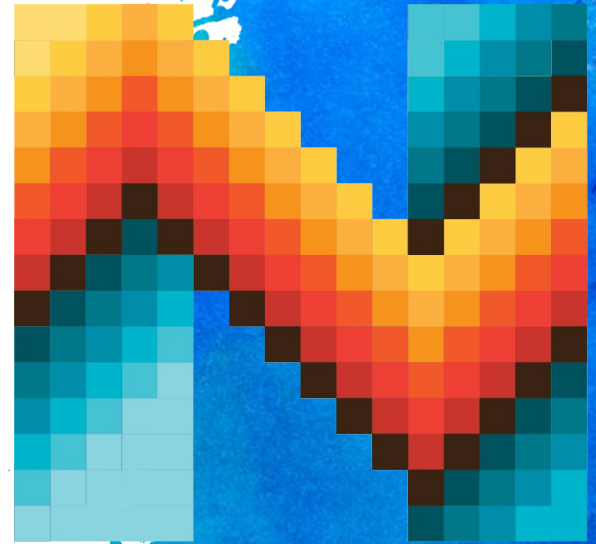


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If quantities above the allowed amount are needed, please contact Tommy Ghost Dog at tghostdog@npaihb.org.

Ask Your Relative

An anonymous Q&A service for Native youth



WERNATIVE



What is Ask Your Relative?

Ask Your Relative is a team of educators, public health professionals, and caring adults supporting Native Youth through our Q&A service.

Here, Native you(th) are able to ask us questions on a variety of topics ranging from how to flat stitch to snagging.

We do our best to answer – as your relatives, we recognize the ways identity, culture, and community influence our lives and our health.



The Stats...

- 601 Questions and Answered!
- 340 Ask Your Relative Videos on YouTube

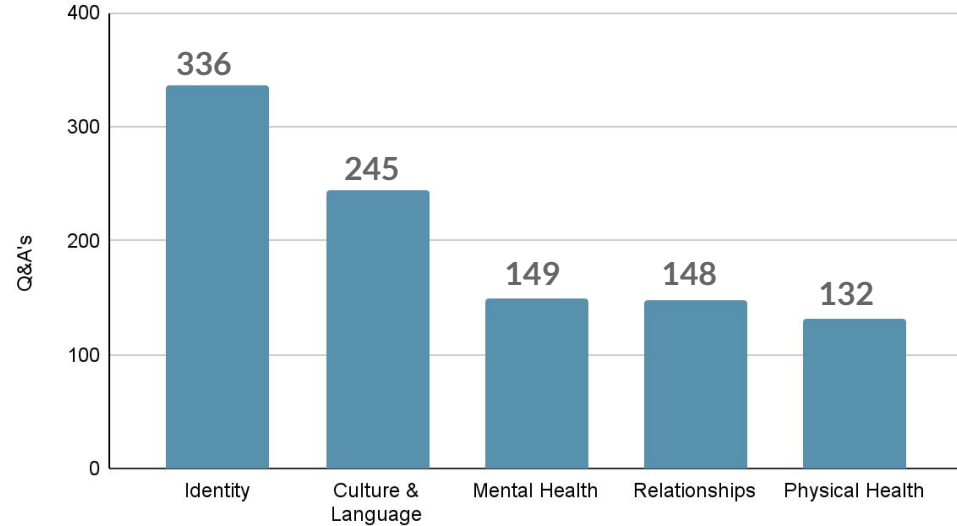
What advice would I give to my younger self about relationships?



<https://youtu.be/Z19NI0zYANw>



AYR Q&A's by Website Section



Publication Share

Check it out! <https://rdcu.be/d5uMc>

RESEARCH

Open Access



Ask Your Relative: A mixed method analysis of the Sexual Health and Healthy Relationship Q&As submitted by American Indian Alaska Native young adults

Stephanie Craig Rushing^{1*}, Amanda Gchachu Kakuska¹, Jane Manthei¹, Tommy Ghost Dog¹, Asia Brown¹, Corey Begay¹, Celena Ghost Dog¹, Michelle Singer¹, Sean Simpson², Kelley Milligan³ and Allyson Kelley³

Abstract

Background Disparities in sexual health outcomes persist among American Indian and Alaska Native (AIAN) youth due to intersectional challenges accessing youth-friendly health services. AIAN youth have an increased prevalence of STIs and teen pregnancy. To address disparities in sexual health outcomes, the Ask Auntie/Ask Your Relative (AYR) Q&A service has been used by AIAN youth and young adults for over seven years as a trusted resource for information on sensitive health topics. There is a continued need to better understand the health-seeking behaviors of AIAN youth, especially those related to healthy relationships and sexual health, to improve the alignment of health resources to their needs.

Methods This mixed-method study began with two phases. Phase 1 involved an analysis of all AYR data using Google Analytics and basic frequency counts. Phase 2 reviewed all questions and answers related to sexual health and healthy relationships ($N=240$) using thematic analysis, NVivo 12.0, and intersectionality, guided by the social determinants of health. All AYR answers were coded based on type, name/location, number of times viewed, and examples. The final step of the analytic process was to utilize an intersectional approach and socioecological model (Individual, Community, Tribe/Nation, and World) to create a visual model with results.

Results Phase 1—Since We R Native began tracking AYR data, the service has been utilized by 2.37 M users, with 1.16 M unique pageviews. The average time on the page was 4 min and 46 s. The number of AYR questions submitted varied by year, and were most frequent in 2016, then decreased in subsequent years. In Phase 2, the main themes identified in AYR questions were (1) Reaching Out for Help, (2) Identity and Physical Development, and (3) Healthy Relationships. Analysis of the Q&A answers identified 244 resources, and of these, 100 were Native-specific. The context-specific resources represented 21 uniquely coded health topics, ranging from women's health to behavioral health.

Conclusions The broad range of healthy relationship and sexual health questions submitted to the AYR service reflects the types of health information that AIAN young adults want to know about. Resources provided in response

*Correspondence:
Stephanie Craig Rushing
SCRage@paahb.org
Full list of author information is available at the end of the article



Phase 1: AYR Analytics

The WRN website contains over 642 health articles and is designed for AIAN youth 12–24 years old.

Q&A Service:

- Library includes 590 published Q&As
- 2.37 Million Users
- 1.16 Million Unique Pageviews

Average time per page = 4 min 46 s

Phase 2: Q&A Themes

Main themes identified in AYR questions were:

1. Reaching Out for Help
2. Identity and Physical Development
3. Healthy Relationships

Q&A answers identified:

- 244 resources provided,
- 100 of which were Native-specific

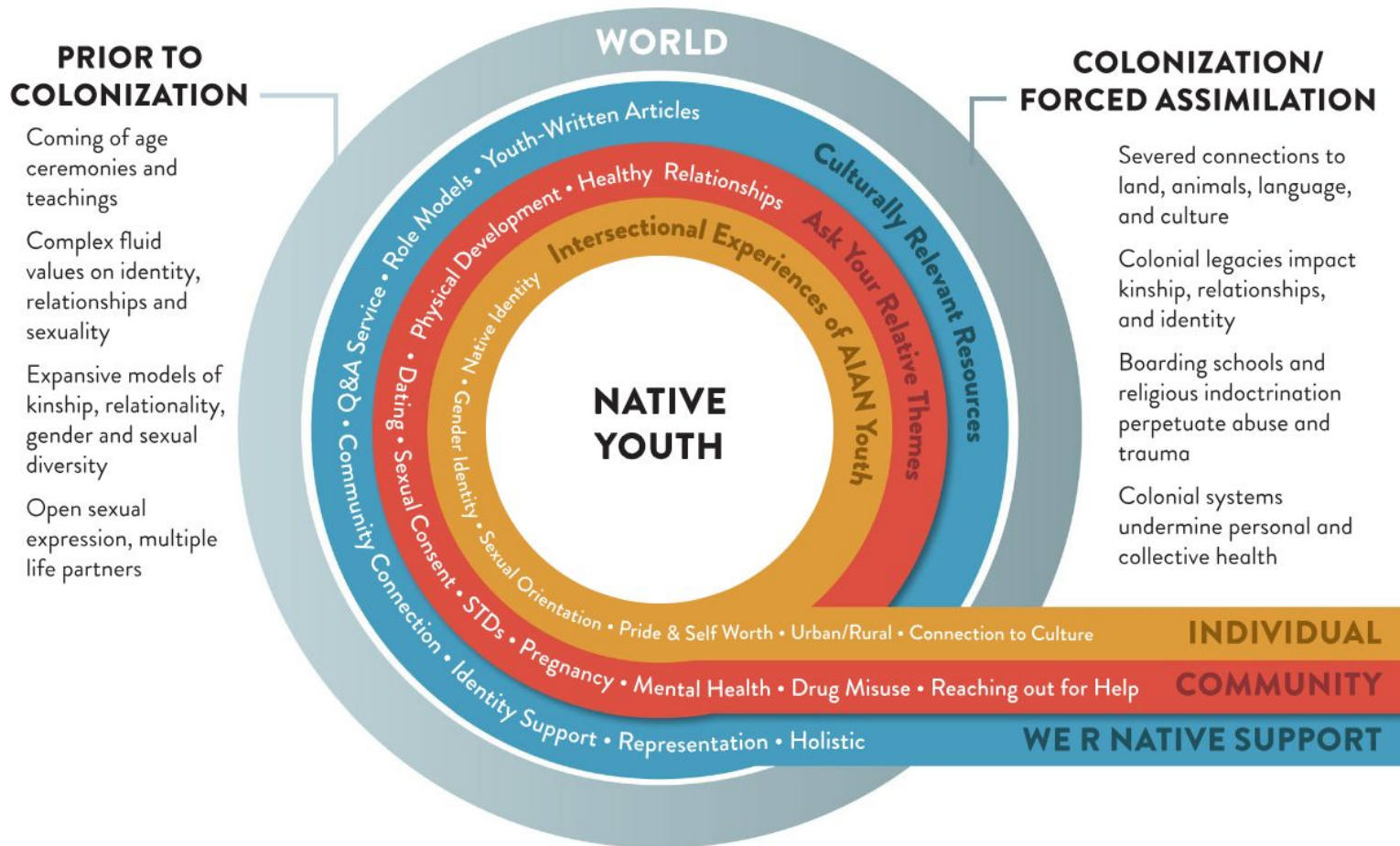


Fig. 1 Ask your relative: an intersectional framework for understanding sexual health and relationships

Figure Link: <https://link.springer.com/article/10.1186/s12889-024-20550-5/figures/1>

Let's Explore- Round 2!





Wellness Moment

Walking with Intention

Resources:

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

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





Tribal Health Pathways Guide

Public Health Research Academy (NARCH)

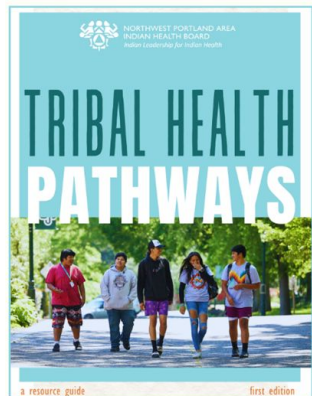
CAREER PATHWAY RESO

MY PATHWAY

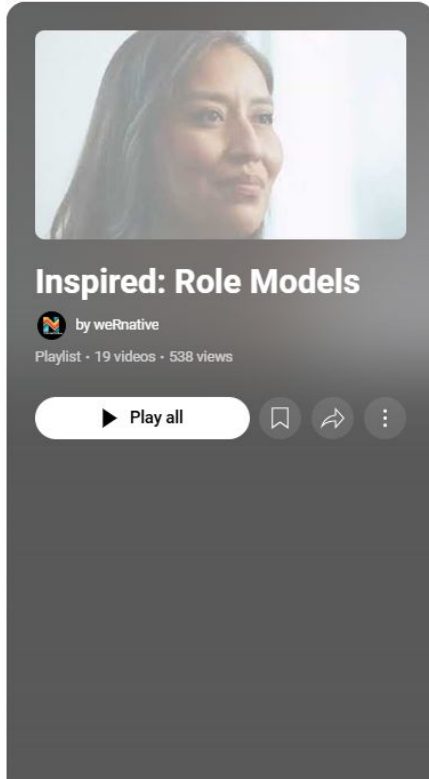
Career Pathway Resources

Text Message Campaigns

Navigating educational resources can sometimes be overwhelming. Here is a start for you to explore different educational pathways, career exploration, college preparation, and access to scholarships and financial aid! We love promoting academic success and encouraging the next generation of Indigenous leaders – also known as (aka) – YOU!




Text INSPIRE to 94449





Inspired: Role Models
by weRnative
Playlist • 19 videos • 538 views


▶ Play all


⏏ ⏪ ⏩ ⋮

- 

Inspired: Celena Ghost Dog
weRnative • 59 views • 1 month ago
- 

Inspired: Taylor Dean
weRnative • 68 views • 1 month ago
- 

Inspired: Hilary Edwards
weRnative • 14 views • 13 days ago
- 

Inspired: Torrie Eagle Staff
weRnative • 93 views • 1 month ago
- 

Inspired: Sadie Posey
weRnative • 28 views • 12 days ago



MY PATHWAY

- Career Pathway Resources
- Text Message Campaigns

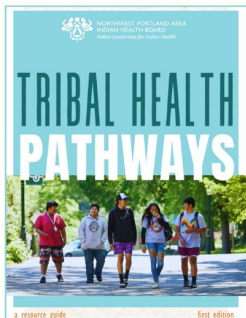
CAREER PATHWAY RESO

Navigating educational resources can sometimes be overwhelming. Here is a start for you to explore different educational pathways, career exploration, college preparation, and access to scholarships and financial aid! We love promoting academic success and encouraging the next generation of Indigenous leaders – also known as (aka) – YOU!

OUR TOP TRIBAL PATHWAYS PICKS

We've searched for as many opportunities as we could find so you don't have to.

CHECK OUT OUR FAVORITE LEARNING OPPORTUNITIES FOR NATIVE STUDENTS INTERESTED IN PUBLIC HEALTH OR HEALTHCARE CAREERS.



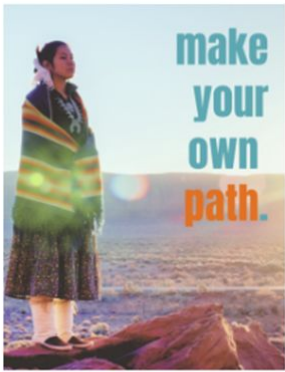
What you'll find

These one-pagers showcase our favorite programs for Native youth & young adults. You'll find quick takes on each program. For more info, click on the program name to be directed to the program website.



SCAN ME





Tribal Public Health Pathways Resource Guide

Want to find summer camps and enrichment programs to learn more about these careers? Our Resource Guides include a brief description of each program, as well as dates, locations, and links to apply.

Pathways Resource Guide for Middle School Students

High School Students

College & Grad Students

hyperlink



[Dream Catcher Program](#)

CO

Format: In-person

Location: Northern Arizona University (Flagstaff, AZ)

Duration: One full day

Cost: Free

Description: One day program introducing AI middle school students to various health care careers. Note: website is currently being updated to reflect the Dream Catcher program.

Deadline: None specified

important details



KEY

MS

middle school programs
in all regions

HS

pacific nw, west, &
national high school
programs

CC

pacific nw, west, &
national programs for
college/graduate students

Youth Version



RESOURCES & SUPPORT FOR YOUTH

GIVE US FEEDBACK



Download the Youth Support Resource Guide

DOWNLOAD

Health Websites



iknowmine

iknowmine has been a trustworthy health resource for youth and their allies like



We R Native

Health articles and resources for Native youth by Native youth

Adult Version



Educational Resources



Tribal Public Health Pathways Resource Guide

A new Tribal Public Health Pathways Resource Guide aims to inspire and connect students on their pathway into diverse public health careers. We hope to provide AI/AN students with a starting point on their journey. The guide features diverse learning opportunities for AI/AN middle school, high school, college and grad ...



American Indian College Fund: Pathways

The American Indian College Fund has two student resources to goal set: Pathways and Career Pathways Guidebooks. Students, counselors, parents and other stakeholders can sign-up for the Fund's monthly



American Indian Science & Engineering Society

AISES supports students PK-12, undergraduate, and graduate students in STEM studies through programs, scholarships, and events. AISES has active network of school-based chapters, as well as scholarships,



We Are Healers

We Are Healers is a 501c3 non-profit initiative featuring stories of Native American health professionals. We aim to inspire Native youth to envision themselves as dentists, nurses, pharmacists, physi

Text Message Campaigns



Caring Messages

Caring Messages: Sometimes all it takes is a thoughtful text to brighten your day and shift



Text INSPIRE to 94449

The places where we learn, work, and play all have an impact on our health. People who

2024 Research Academy Recap



NORTHWEST MEMBER TRIBES • EPICENTER POLICY PROGRAMS & PROJECTS • RESOURCES • EVENTS • CAREERS •

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://youtu.be/zLUWV036iW4?si=FbwSI2QPTrOP5bVT>



How to Share WRN with Youth...

3 steps

Share We R Native

...with youth

1

We R Native Facilitators Guide

Get your students actively involved in their own health and well-being by using the We R Native website! Click here for [We R Native Curriculum](#).

2

Ask Your Relative!

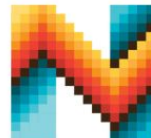
Have youth search the anonymous Question & Answer service for questions submitted by other youth. Ask them to share a question they found. <https://www.wernative.org/ayr>

3

Order & Share Promo Materials!

1. Go to [Native Health Resources](#)
2. Topic Areas
 - a. We R Native
3. Order Your Free Resources

- Free Items:
- Text Native to 94449 cards
 - We R Native QR cards
 - Ask Your Relative Posters
 - Much More!



WE R NATIVE

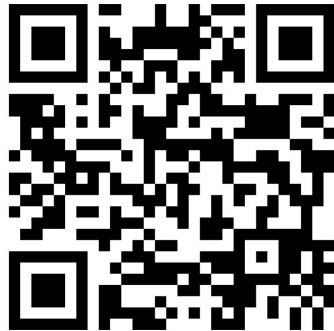




Mentimeter

How do you plan to share

We R Native with youth?



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



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



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

HEALTHY NATIVE YOUTH

IMPLEMENTATION TOOLBOX CURRICULA TOOLS FOR PARENTS COMMUNITY RESOURCES

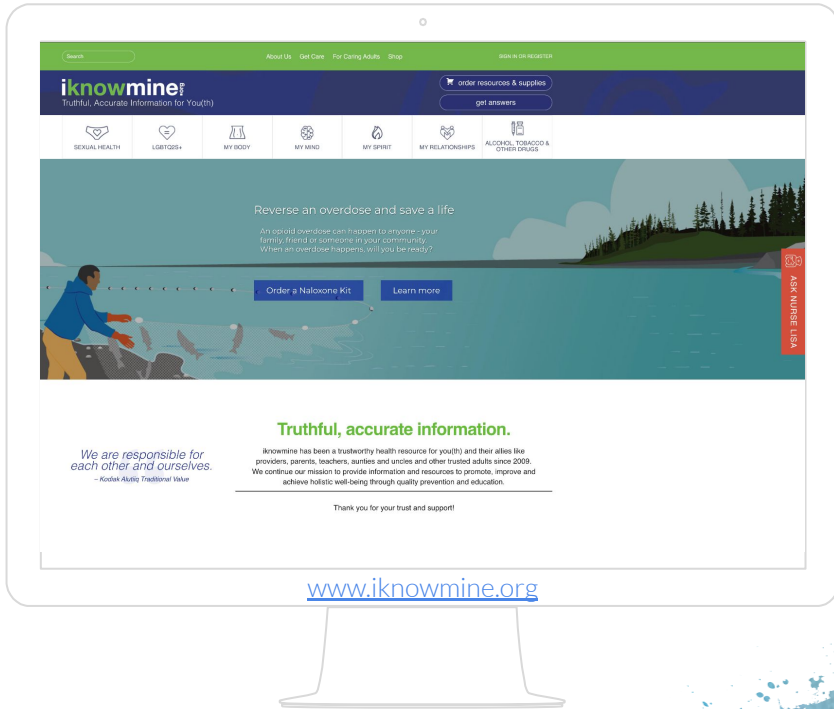
SEARCH FOR LESSONS, SUBJECTS AND VIDEOS

Raising Healthy Native Youth
Through Culturally Relevant Health Education

ENGAGING. RELEVANT. EFFECTIVE.
HealthyNativeYouth.org contains health promotion curricula and resources for American Indian and Alaska Native youth. The curricula housed on our site promote positive youth development, embrace cultural teachings, and demonstrate evidence of effectiveness. This site is designed for tribal health educators, teachers, and parents.

Get Tools From Our Implementation Toolbox
As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

www.healthynativeyouth.org



I Know Mine

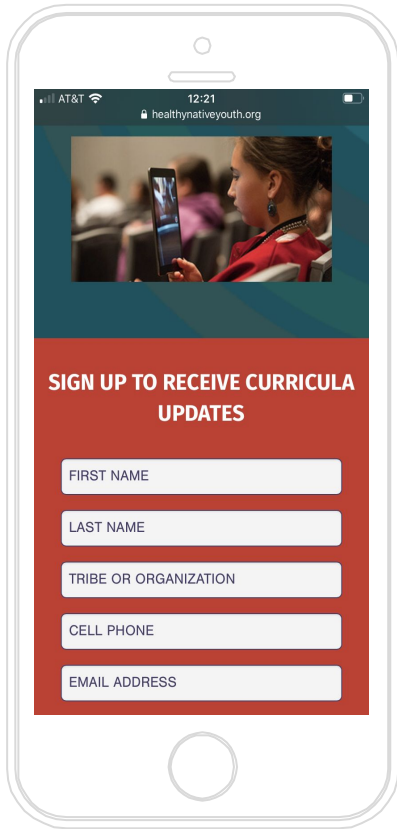
For Alaska Native Youth

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



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM





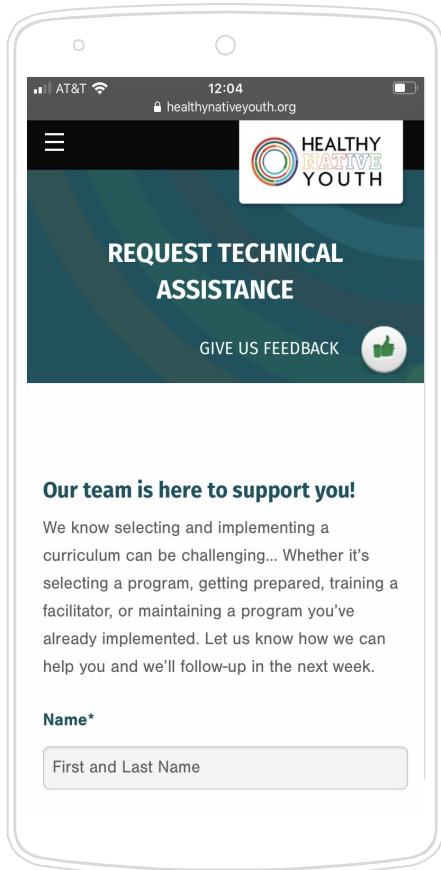
HNY [Linktree](#) QR Code

Join the *Healthy Native* *Youth* Movement!



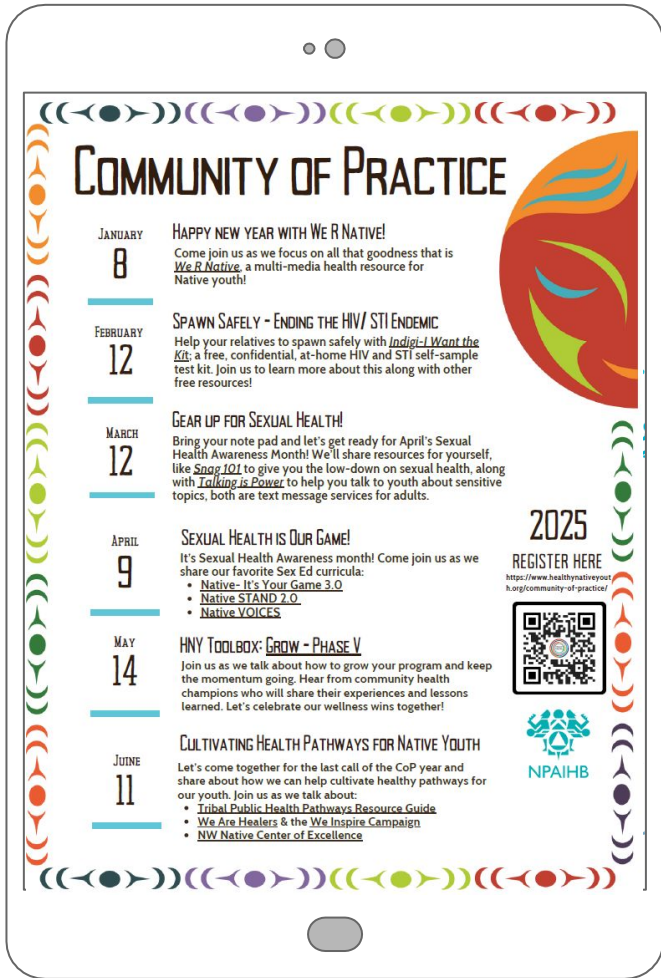
Sign up for [Newsletter](#)
Text "HEALTHY" to 94449
Follow us on Facebook, Instagram,
Twitter, YouTube





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



[ITCA Landing Page](#)

Inter Tribal Council of Arizona, Inc.

[I Want the Kit](#)
[Native Test](#)

Southern Plains Tribal Health Board



[Healthy Native Youth We R Native](#)
Partners:
[Paths ReMembered](#)
[Washington Youth Sexual Health \(WYSH\)](#)
[Native Health Resources](#)

Northwest Portland Area Indian Health Board



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

