

February 12, 2025, 10:00-11:30 am PST



Spawn Safely

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 regions.



Project Red Talon Regional Network

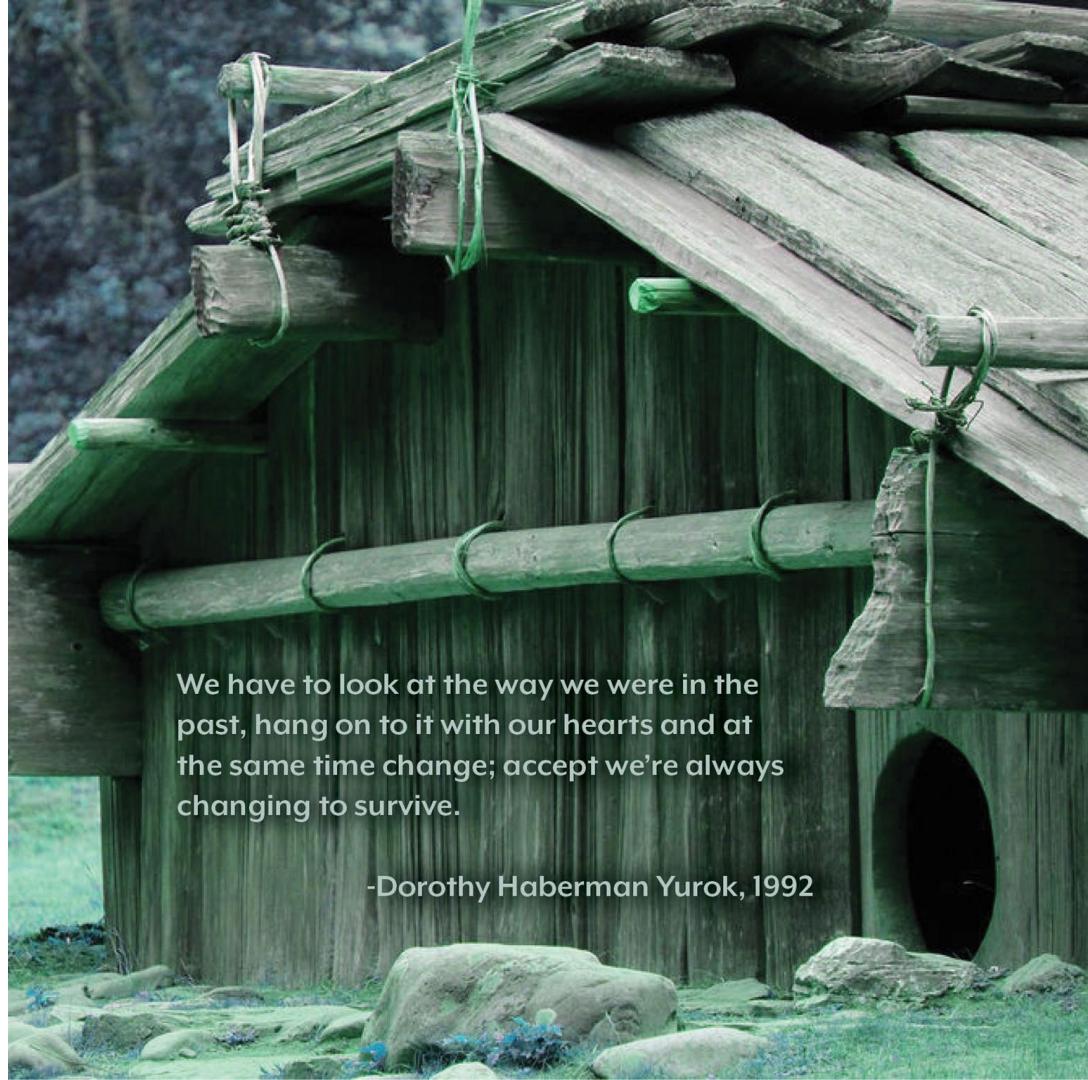


A Project of the Northwest Portland Area Indian Health Board



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

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

Yá'át'ééh! Keshi! Cami!



Nicole Treviño

(she/they)

I love water.

info@nicoletrevino.com



Robbie Bright

(she/her)

I love music!

rbright@spthb.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Live Virtual Training Logistics

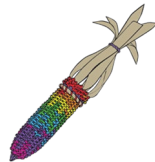


Logistics

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

Engagement

- Mentimeter
- Wellness Moment
- Chat box
- 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
- ★ How are you feeling
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, edit text 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

Downloadable with attribution for noncommercial use. Reviewing is permitted. See www.common-sense.org/education for more information.

- 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/15od_aYkTTQMzFz8p7tDjaljr9s-JGaJlrNkmEk-8GX4/edit



We've Got Goals!

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

- ★ **Engage** in Community
- ★ **Learn** about Native Test, how to order, and share with your communities

Loved Here,
Safe Here.
All are welcome.



Where are we going



Mentimeter
Culture Share
5 min

Wellness Moment
Grounded in Hope
Exercise
5 min

Closing
5 min



A New Landscape
Being Prepared
20 min

Native Test
Free Self-Tests
10 min

Let's Talk
30 min





A New Landscape

Being prepared for what may lay ahead...



My Story

- Served as the lead project director for Office of Population Affairs Technical Assistance team.
- Grant was terminated in 2017 at the transition between fiscal years and was laid off.
- My entire team working on other OPA projects had funding cut in 2018 and were also laid off, resulting in closure of our office.
- Briefly served as a TA for another federal team, until the direction of the office was at odds with my professional and personal values.
- Relied on my network and communities to find a new path forward.



“No individual or group can block another individual’s path or change it against what fits his nature and his purpose. It might be done for a time, but in the end it won’t work out.”

— Rolling Thunder, Cherokee



Some Things to Keep In Mind

- Be conscious of all that you do in both your personal and professional life. Even when you are not representing your organization or Tribe, your actions can have consequences. Be strategic!
- Ask for guidance from your leadership and legal departments so that you can align your efforts with the direction of your Tribe or organization.
- If you have federal funds, ask for written guidance and feedback, ask for examples, ask for clarity.
- Be clear with yourself about your personal boundaries.



More Things to Keep In Mind

- Start backing up files, publishing your work, and taking stock of what supplies you have.
- If at a nonprofit organization, look for unrestricted funds, foundation funding, make donor requests, etc.
- Tap into cultural teachings that may provide another way to talk about community health.
- Remember that anything you say, at any time, could be recorded or used against you.
- Engage your partner organizations in brainstorming ways to maximize your resources collaboratively.



“The trees act not as individuals, but somehow as a collective. Exactly how they do this, we don’t yet know. But what we see is the power of unity. What happens to one happens to us all. We can starve together or feast together.”

— Robin Wall Kimmerer, Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants





Mentimeter Q&A

Use the link in the chat box to join...

Share Traditional words
for:

"All Relations", Love,
Support, Empowerment...



Key Takeaways



- Maintaining spaces for youth to connect with each other and be supported by caring adults is our most important priority.
- Program topics may change but we should look for ways to incorporate culture as prevention and connect youth to healthy ways of caring for themselves and others.
- Our support networks, communities and partnerships will always sustain us.



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Native Test

FREE! Nationwide Texting Service



The IWTK Story...



Take Control.
Know Your Status.

TEXT
**NATIVE
TEST**
TO 55251

- ★ FREE! Nationwide Texting Service
- ★ Includes:
 - HIV & Syphilis Self-Test kits
 - Info about PrEP, PEP, Sexual Health Care
 - Sexual Health Care Navigation
- ★ For Who?
 - 13 years old +

<https://nativetest.org/>



Why self-test?

- Allows for people to protect themselves and their partner/community
- Confidential
- Convenient/accessible
- Removes stigma
- Testing is a act of love, responsibility, and respect

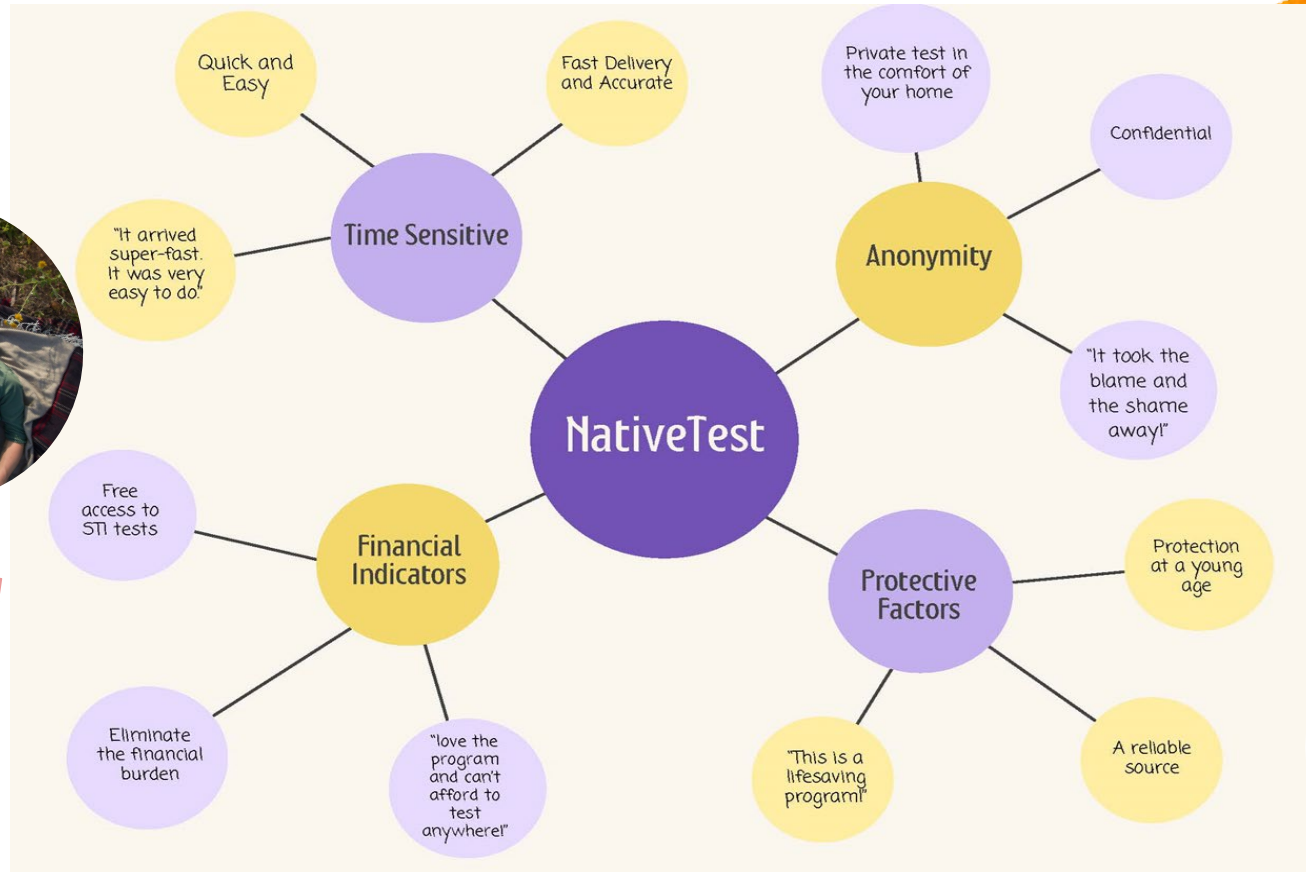


What People are Saying...

Was very easy and confidential. I appreciated it!



... even more important, Native Test's educational resources are what connected me with my PrEP provider



Highly recommended to friends and partners to help spread the word and end the stigma

This is a lifesaving program! I received my kit the very next day upon ordering.



Community Engagement



For more information or to request resources please reach out to rbricht@spthb.org





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Wellness Moment

Grounded in Hope Exercise





*Chatfeed Convo:
Type Questions, Ask
Away!*



Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



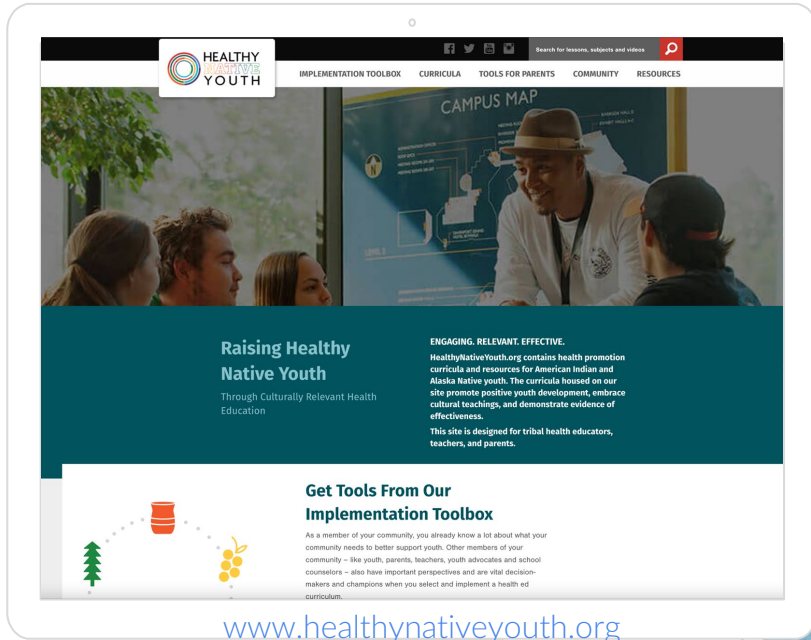


Closing

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

We R Native

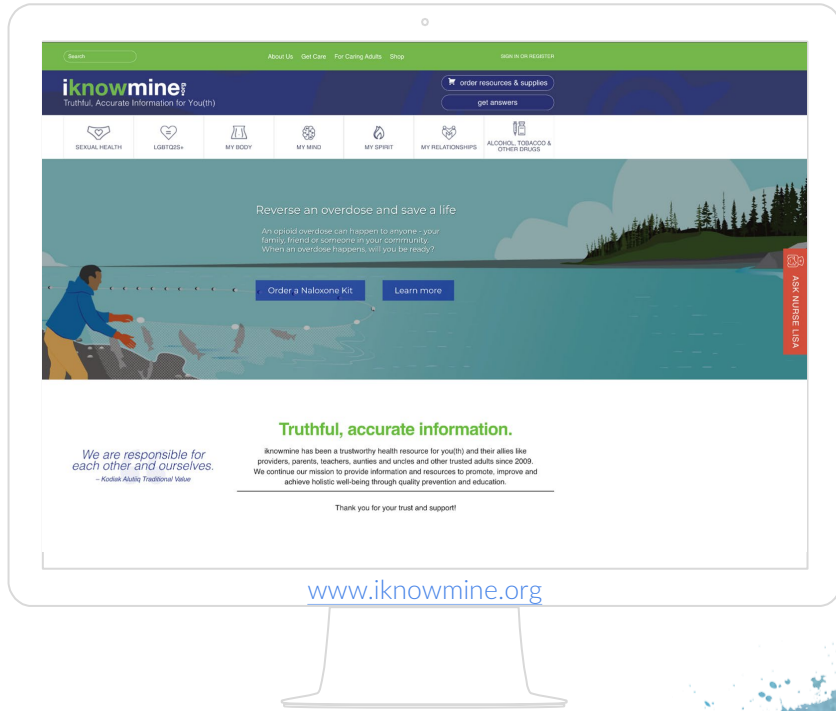
For Youth

- ★ 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

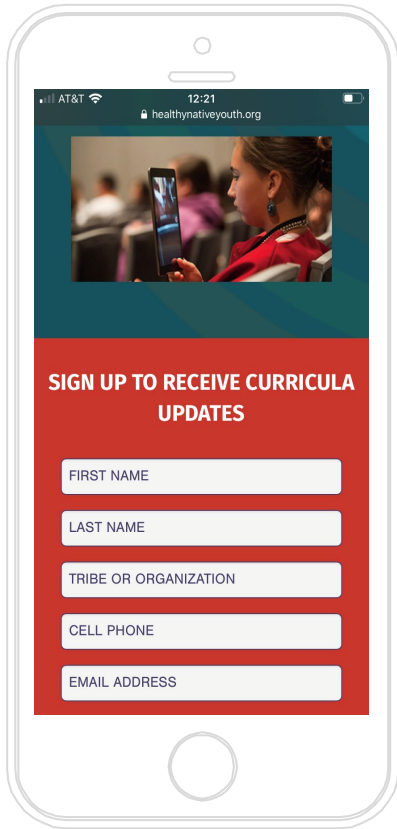
For Alaska Native Youth

- ★ 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



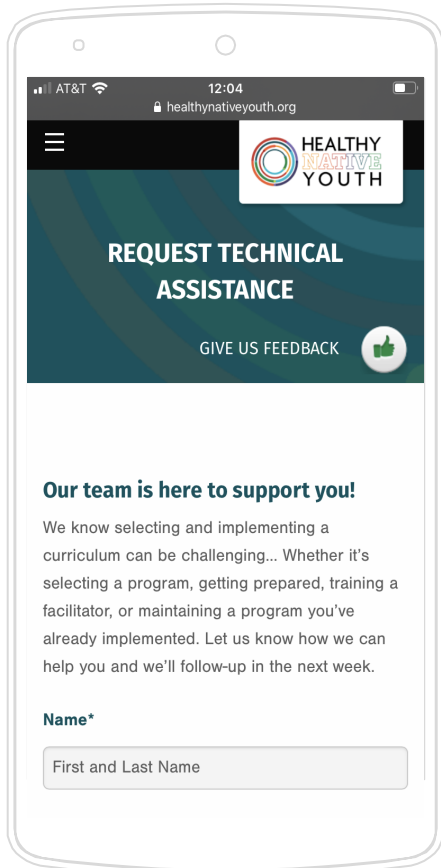


HNY [Linktree](#) QR Code

Join the *Healthy Native* *Youth* Movement!

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





We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA



COMMUNITY OF PRACTICE

YEAR SEVEN - PART II

As a community, we share our strengths and experiences about how we can uplift and support our Native youth. Sessions include new resources and opportunities to engage with topical experts.

WHEN?

90-minute virtual gatherings are held the second Wednesday of each month.

Start Times:

9:00 AK, 10:00 PST, 11:00 MST, 12:00 CST,
1:00 EST

WHO IS IT FOR?

Tribal health educators, teachers, parents, prevention specialists; people who share a passion for improving the lives of Native youth.



NPaiHB

REGISTER HERE

<https://www.healthynativeyouth.org/community-of-practice/>



CONTACT US

tdean@npaihb.org



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



Project Red Talon
Regional Network
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Inter Tribal Council of Arizona, Inc.




ITCA Landing Page
Healthy Native Youth @ ITCA

Southern Plains Tribal Health Board



Native Test



Northwest Portland Area Indian Health Board

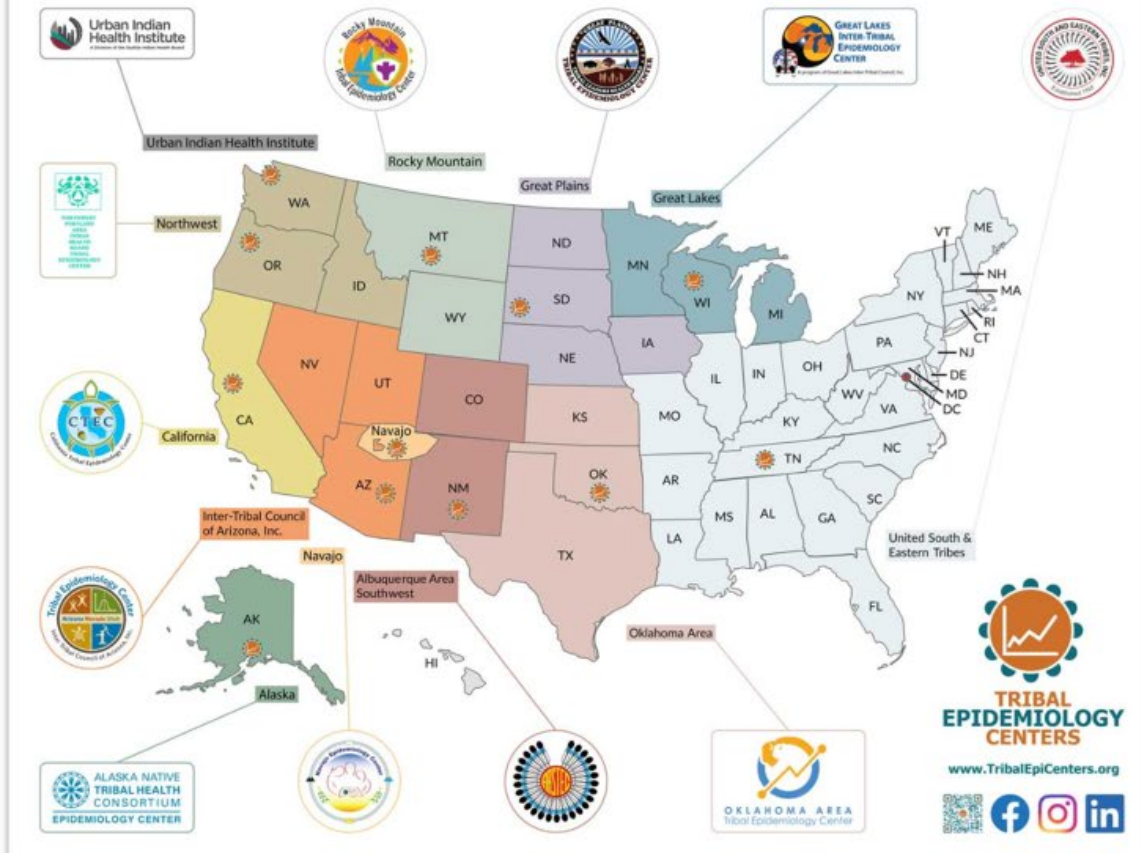


Healthy Native Youth We R Native

Partners:
Paths ReMembered
Indian Country ECHO
Native Health Resources



TEC Regional Locator Map



Reach Out!

<https://tribalepicenters.org/12-tecs/>

Contact Information



TRIBAL
EPIDEMIOLOGY
CENTERS

TribalEpiCenters.org

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

Let us Close with a Blessing

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

Zuni Pueblo

