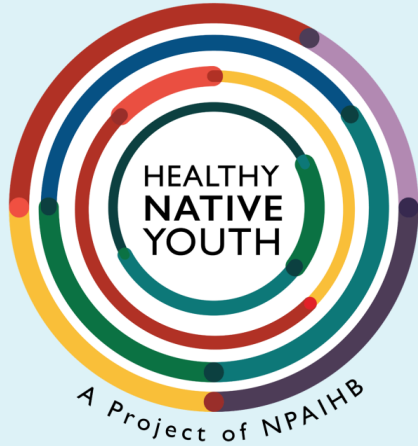


October 14, 2026 | 10:00-11:30 am PST



Tap into Community Needs

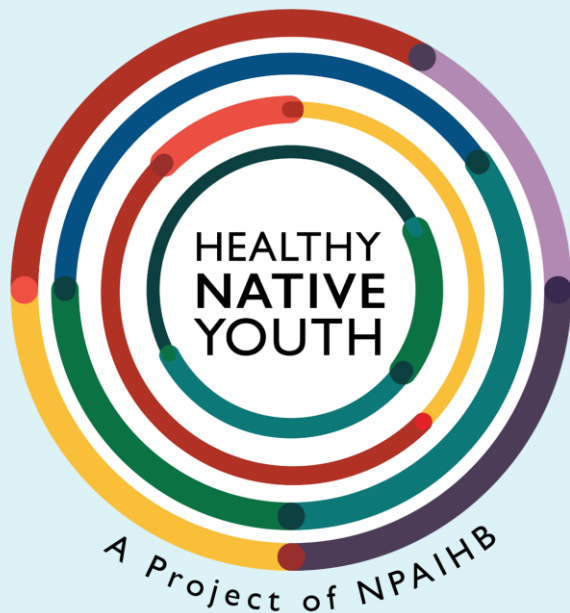
Land Acknowledgement

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, Kalapuya and many other indigenous nations of the Willamette and Columbia River regions.

Ancestral Acknowledgement

Thank you to those who came before us and to those who walk beside us.

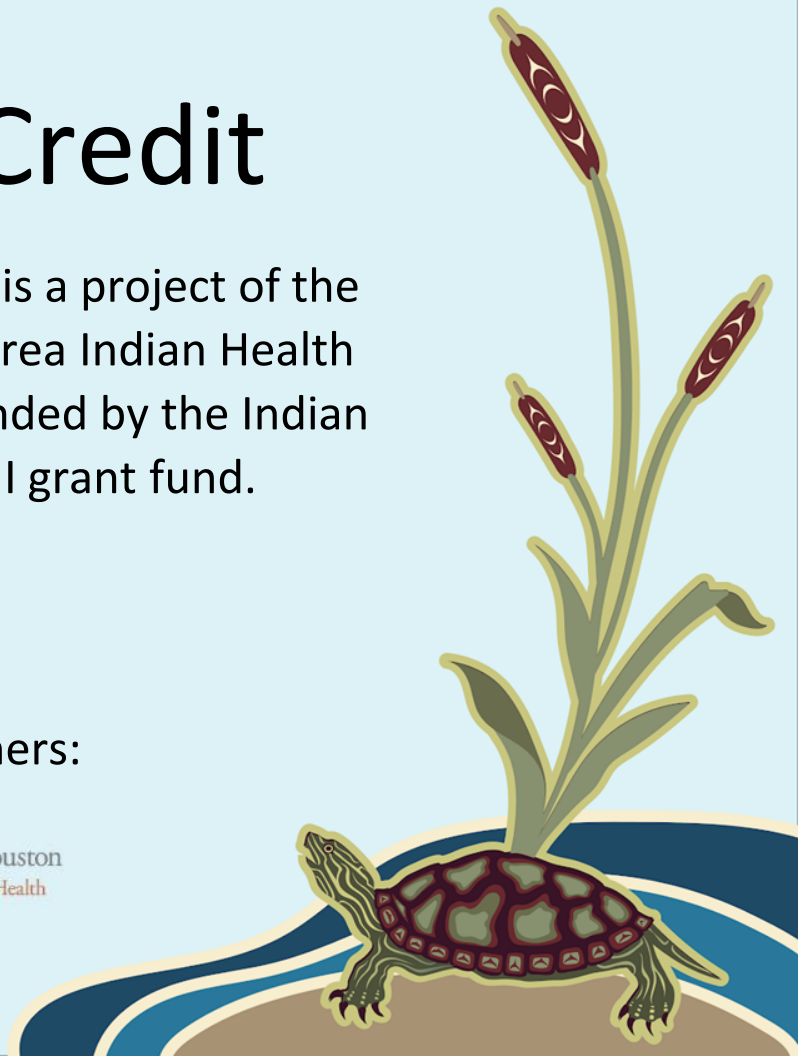




Funding Credit

Healthy Native Youth is a project of the Northwest Portland Area Indian Health Board and NWTEC funded by the Indian Health Service ETHIC II grant fund.

In collaboration with our Project Red Talon Partners:

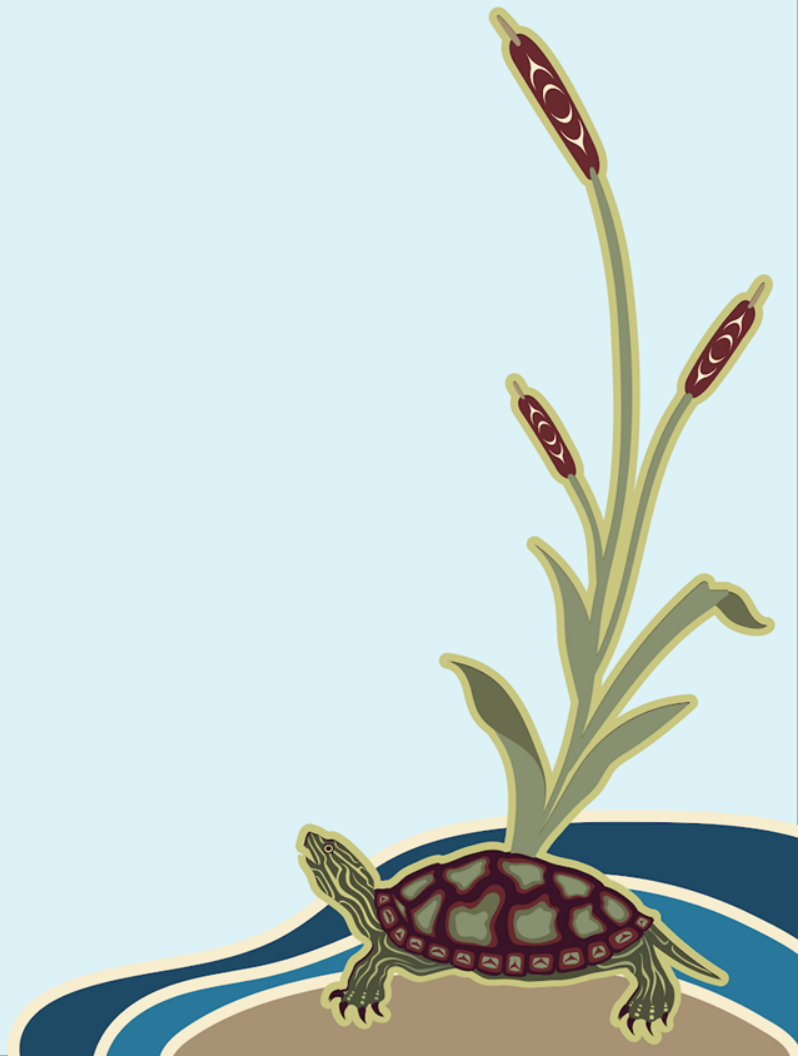


Grounded in Gratitude

"That spiritual power I wear is much more beautiful and much greater. We call it wisdom, knowledge, power and gift, or love. There are these four parts to that spiritual power. So I wear those. When you wear that power it will beautify your mind and spirit. You become beautiful. Everything that Tunkashila creates is beautiful."

– Wallace Black Elk, Lakota

<https://wellbrietymovement.com/meditations/>



Hello! Qhest! Háu!



Chris Markham

England & Texas
(she/her)

I love live music and books!

Christine.Markham@uth.tmc.edu



Carrington Casaus

Coeur d'Alene Tribe/ Schitsu'umsh

(she/her)

I love watching my kids play sports
and reading about magic &
dragons!

ccasaus@marimnhealth.org



Daryl Jones III

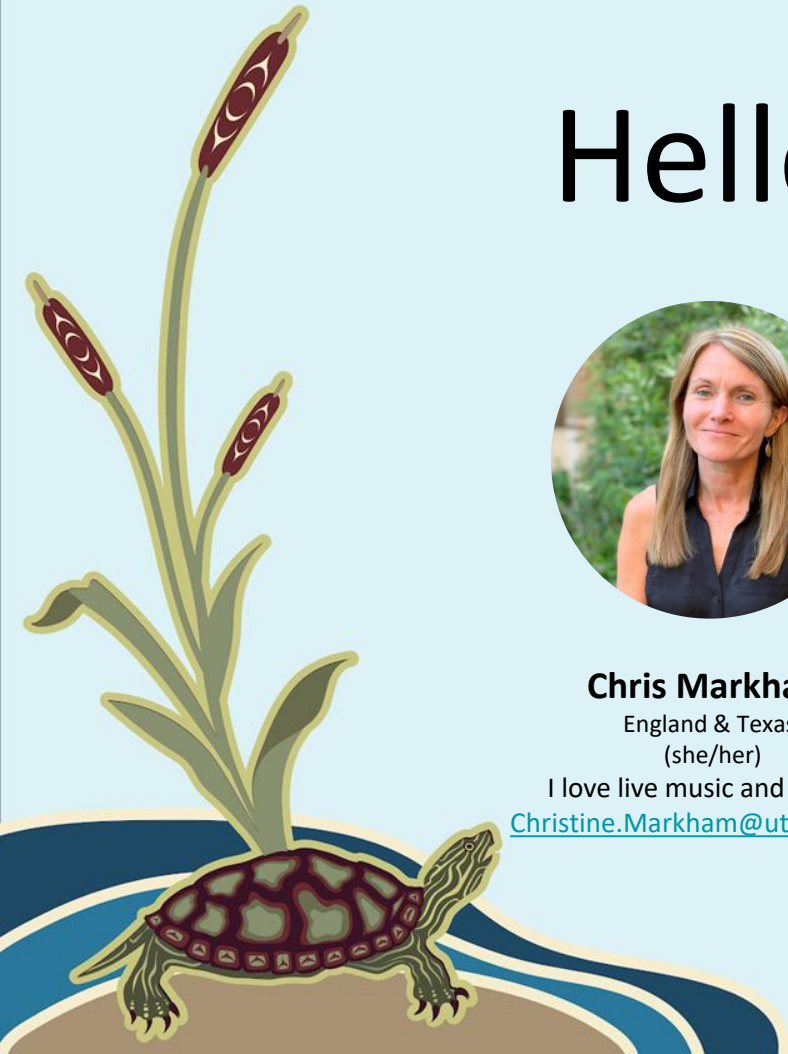
Sicangu Lakota Oyate

Rosebud Sloux Tribe

He/Him

I love to organize! It gives me a sense
of productivity and progression
forward!

daryl.jonesiii@rst-nsn.gov

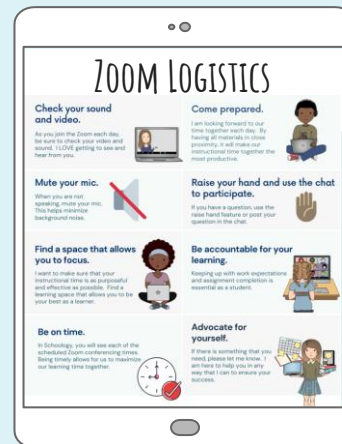


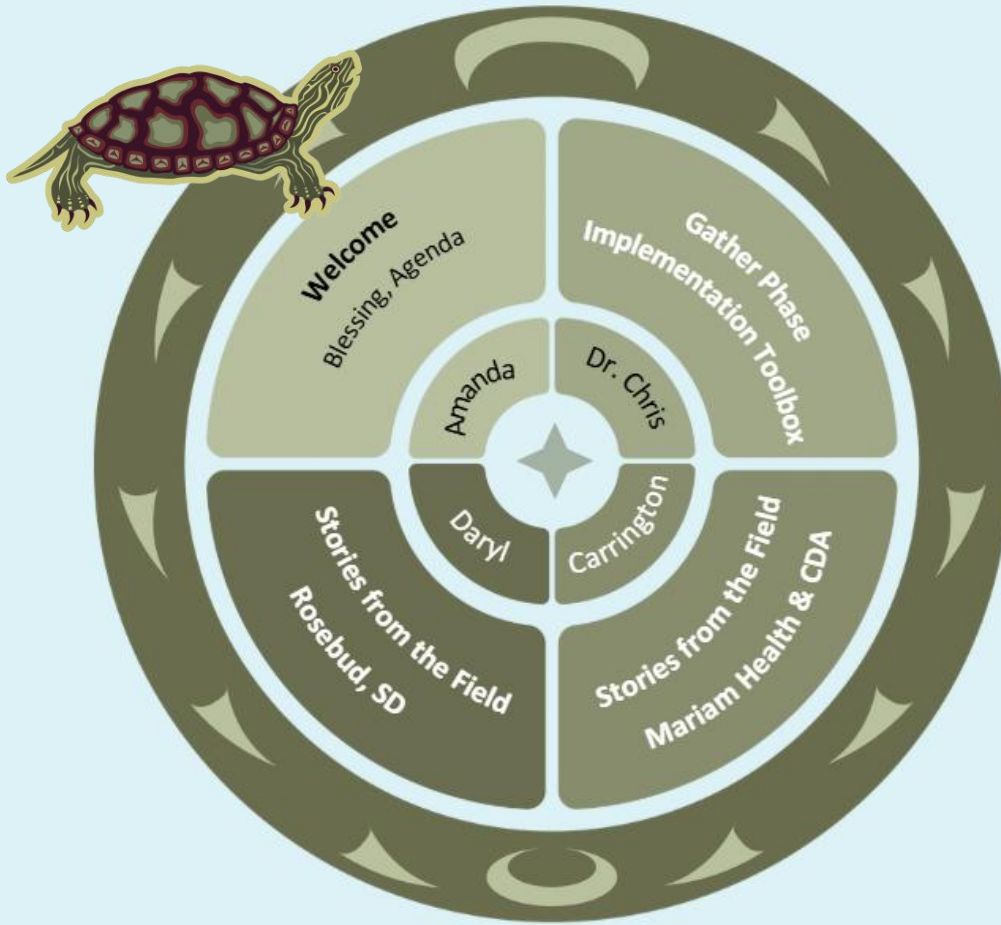


Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe(s)/ Organization
- ★ What's good?

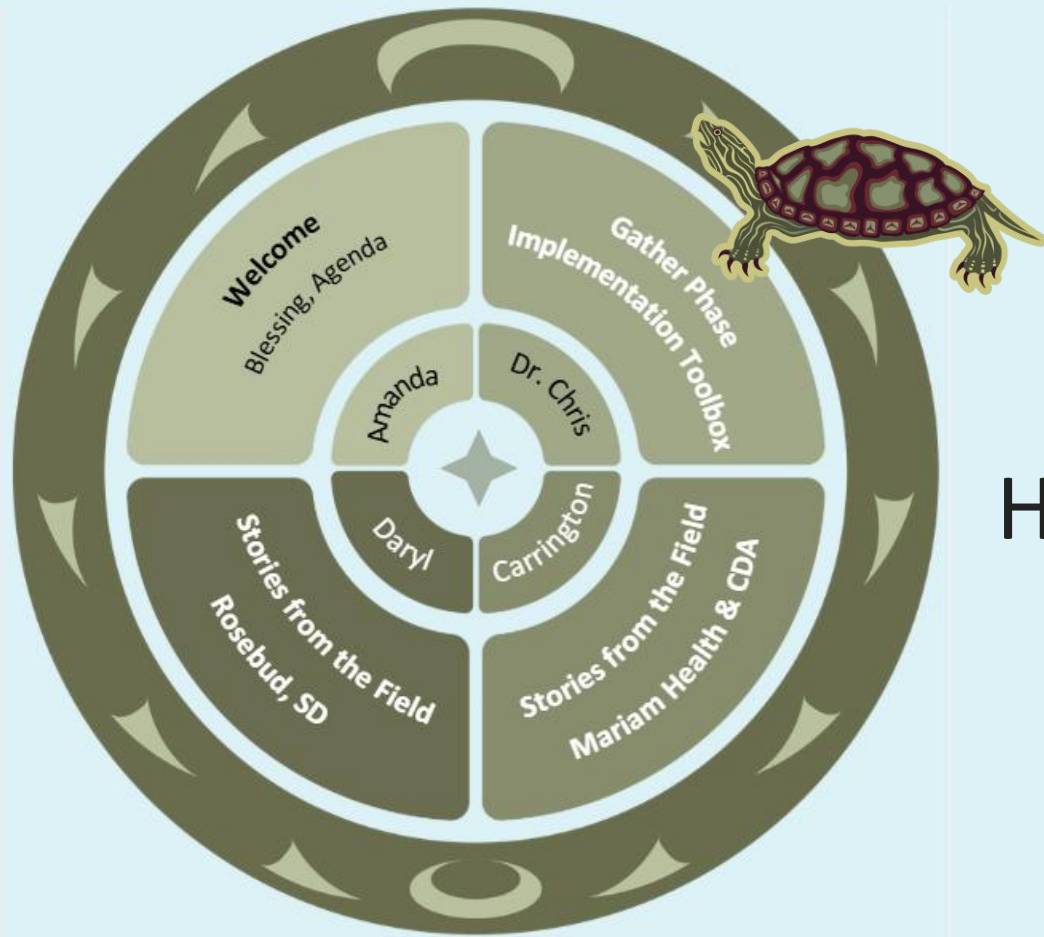




Today's Agenda

- 10:00-10:10 Welcome & Icebreaker
- 10:10-10:25 Gather Phase Tools
- 10:25 Wellness Moment
- 10:25-10:40 Mariam Health & Coeur d'Alene Tribe
- 10:40-11:00 Sicangu Lakota Oyate Makoce
- 11:00-11:25 Q&A's
- 11:25-11:30 One Small Kindness Activity &

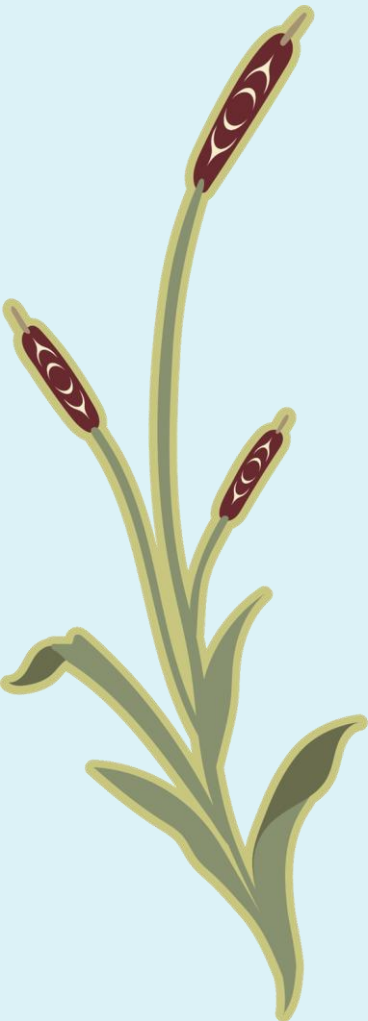
Closing



The Story

Gather Phase - HNY Implementation Toolbox

...with Dr. Christine Markham, UTH



The Healthy Native Youth Implementation Toolbox



Online decision support to help
American Indian and Alaska Native
communities adopt and implement
effective adolescent health programs



Search for lessons, subjects and videos



LOGIN

IMPLEMENTATION TOOLBOX

CURRICULA

TOOLS FOR PARENTS

COMMUNITY

RESOURCES

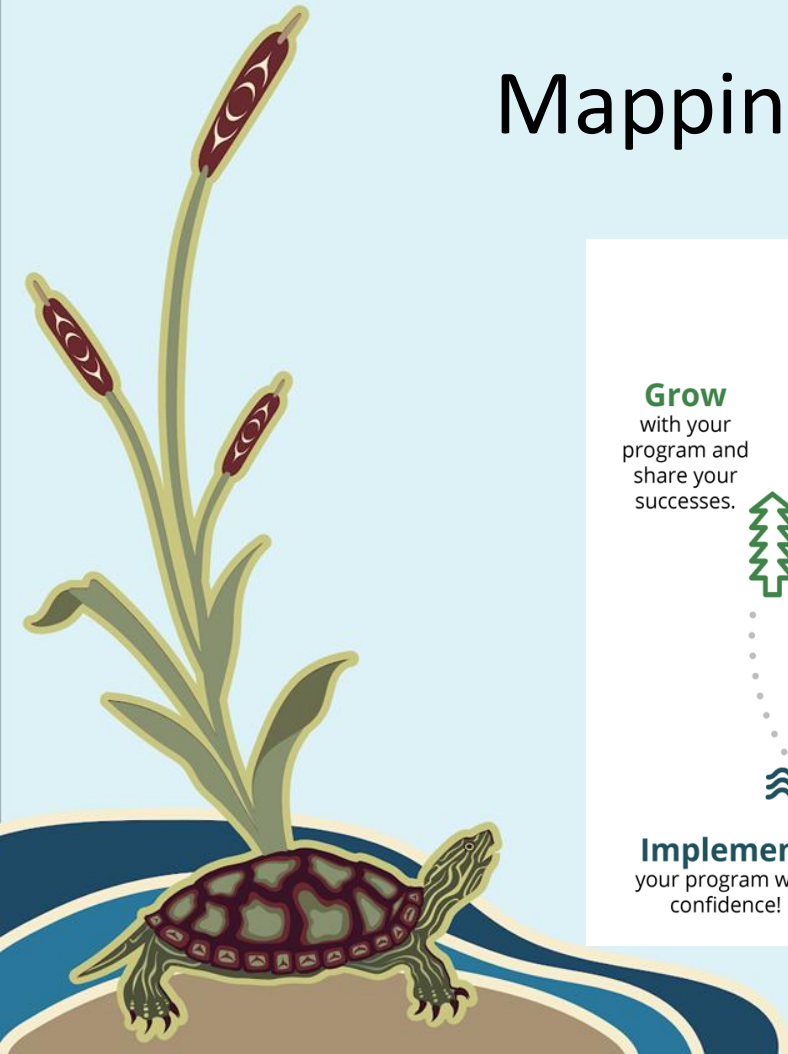
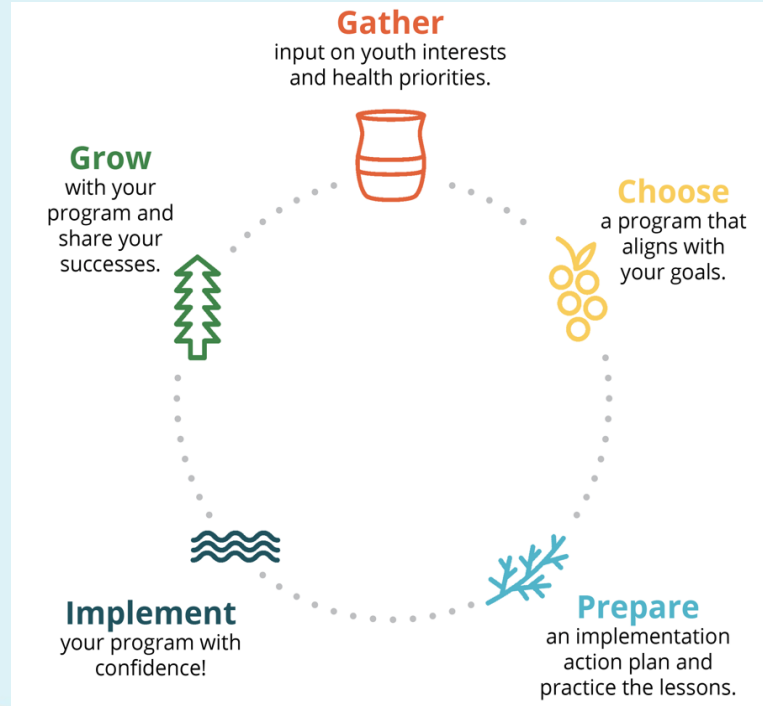


Raising Healthy

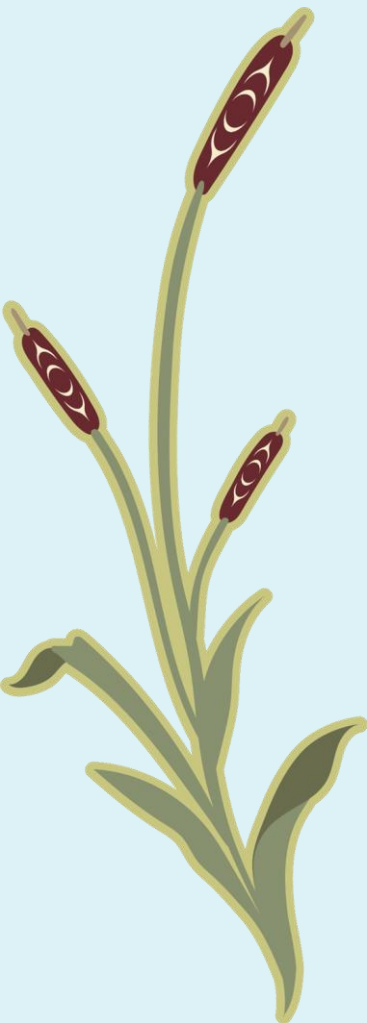
ENGAGING. RELEVANT. EFFECTIVE.

HealthyNativeYouth.org contains health promotion

Mapping the Journey....



Model rollout



 Healthy Native Youth Implementation Toolbox: Phases and Steps				
 Gather	 Choose	 Prepare	 Implement	 Grow
Gather input on youth interests and health priorities - Identify your community's needs and resources - Select your program setting	Choose which criteria are most critical to your program - Select a program that aligns with your goals - Get approval if needed	Prepare an implementation action plan that includes self-care - Order supplies, teaching tools, and incentives - Practice going through the curriculum & activities	Implement your program with confidence! - Track your implementation journey - Assess student learning and experiences	Grow with your program - Share successes and lessons learned - Keep the momentum going
GET SUPPORT: Connect with community members for guidance and feedback	GET SUPPORT: Identify decision-makers	GET SUPPORT: Invite guest speakers and attend Community of Practice sessions	GET SUPPORT: Explore technical assistance and resource supports	GET SUPPORT: Collaborate with other youth programs
YOUTH VOICE: Gather input from youth and program participants	YOUTH VOICE: Seek input from youth and community	YOUTH VOICE: Recruit caregivers, youth and allies	YOUTH VOICE: Celebrate the youth	YOUTH VOICE: Stay connected beyond programming

How do I use the HNY Implementation Toolbox?



The illustration on the left side of the slide depicts a turtle with a brown and black patterned shell and a green head, positioned at the bottom. Above the turtle is a plant with green leaves and three purple, seed-like pods hanging from a thin stem.

HEALTHY NATIVE YOUTH

IMPLEMENTATION TOOLBOX CURRICULA TOOLS FOR PARENTS COMMUNITY RESOURCES

INTRODUCTION
WHERE DO I START?
THE BIG PICTURE

CAMPUS MAP

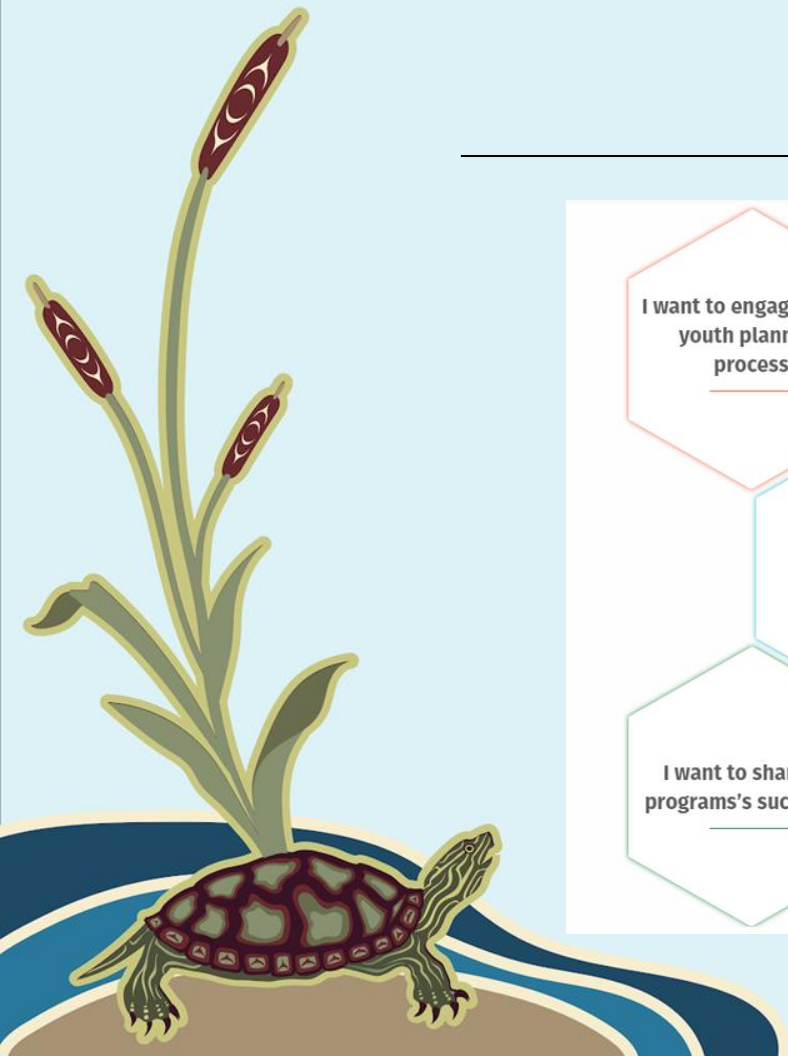
Raising Healthy Native Youth
Through Culturally Relevant Health Education

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.

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



Where Do I Start?



The Big Picture



Gather



Choose



Prepare



Implement



Grow

Where do I start?

The Big Picture Expanded



The Big Picture

Where do I start?



Gather

Get support: Connect with community members for guidance and feedback. [Learn more](#) 

Gather input on youth interests and health priorities. [Learn more](#)

Identify your community needs and resources. [Learn more](#) 

Select your program setting. [Learn more](#) 

Youth voice: Gather input from youth and program participants. [Learn more](#) 



Choose



Prepare



Implement



Grow

Top 10 Downloaded Tools¹

#	Impl. Phase	Tool Type		Tool Name	Down-loads (n)
1	Gather	Factsheet		Community needs and resource assessment	136
2	Gather	Factsheet		Identify youth advocates and community partners	111
3	Gather	Activity sheet		Bingo Data collection activity	83
4	Prepare	Template		Curriculum Implementation Plan template	76
5	Gather	Checklist		Site selection	72
6	Implement	Log		Session reflection log (confirm name)	44
7	Prepare	Inventory list		Example list of materials to order for Native STAND	40
8	Implement	Log		Class attendance sheet	30
9	Choose	Factsheet		Identify youth advocates and community partners	29
10	Gather	Factsheet		AK Adolescent health action plan	28

¹ Google Analytic data from January 2022 to January 2024



Gather Phase





HEALTHY
NATIVE
YOUTH
A Project of NPAIHB

[Implementation Toolbox](#) [Curricula](#) [For Caring Adults](#) [Community](#) [Resources](#)

Search for lessons, subjects and videos

IMPLEMENTATION TOOLBOX

GIVE US FEEDBACK

Gather

Choose

Prepare

Implement

Grow



Gather

OVERVIEW: Gather your community to get guidance and feedback

Goal: Connect with community members who understand and care about adolescent health priorities. Gather to identify youth interests and health priorities, as well as your community's resources and needs. Choose a setting to deliver the program.

Teamwork makes the dreamwork! In the GATHER phase of the process, connect with community members to identify the health priorities and interests of youth in your program. One way to do that is by completing a community needs and resource assessment. It is helpful to do this early in the planning process, because it can inform everything you do along the way. This phase shouldn't be a major research effort! By gathering feedback or asking questions, you will be collecting valuable information and building partnerships that will help your program succeed.





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 likely need different strategies to collect feedback from different audiences and age groups.

The goal of a community needs and resource assessment is to understand:

- What youth, their families, and the broader community want to see in youth programming
- What resources you have available to your program,
- What constraints or challenges may need to be addressed

To assist you in the process, we have included a planning template that walks you through the following steps.

- Step 1: Selecting Who to Engage in the Planning Process and How Best to Reach Them
- Step 2: Questions to Discuss
- Step 3: Sharing Your Findings

Instructions: Use this template to guide your planning process.

Community Needs and Resource Assessment (CNA)

Helps you understand:

- What youth, their families, and the broader community want to see in youth programming
- What resources are available
- What constraints or challenges may need to be addressed

<https://healthynativeyouth.npaihb.org/wp-content/uploads/2021/10/Gather-Step-2-Community-Needs-and-Resource-Assessment.docx>



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.

<https://healthynativeyouth.npaihb.org/implementation-toolbox/choose/get-support-identify-decision-makers/>

Community Mapping

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 likely need different strategies to collect feedback from different audiences and age groups.

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Step 2: Questions to Discuss

Step 3: Sharing Your Findings

Instructions: Use this template to guide your planning process.

Gathering Feedback

Different ways to gather feedback:

- Surveys (online, in person)
- Interviews (online, in person, phone)
- Discussion groups
- Social media polls

Different venues:

- Youth event
- School event
- Parent event
- Tribal or cultural event
- Create your own event!



Template: Community Needs and Resource
Assessment

Sample Questions

Sample Q's for Youth

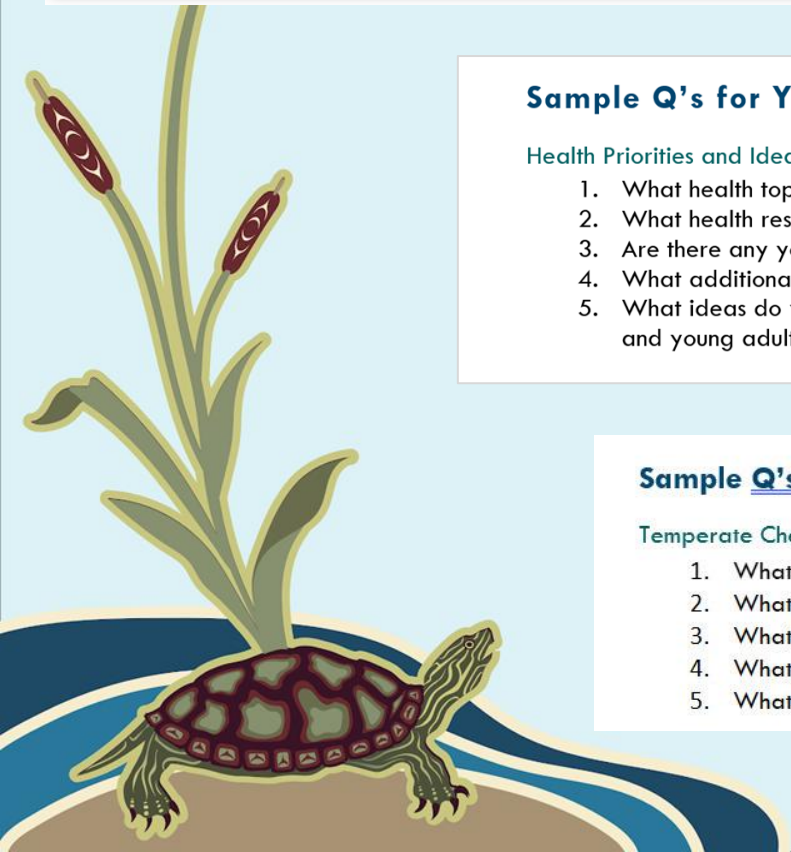
Health Priorities and Ideas

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?

Sample Q's for Parents and Caregivers

Temperate Check

1. What type of health and wellness programs would your youth be interested in?
2. What challenges is your youth/family experiencing right now?
3. What are some of your youth's strengths that you want to nurture?
4. What type of programs or services would be helpful for your family?
5. What type of support would be helpful for you as a parent/caregiver?





Activity Guide: Bingo Data Collection Activity



Gathering Youth Feedback

“Rather than give you a boring survey or asking you questions, we thought it would be more fun to get your feedback through a game of Bingo.”

- HNY Facilitator



Template: Community Needs and Resource Assessment

Sharing Your Findings

Step 3: Share Your Finding

Once you have gathered input from community partners, you will want to share your findings back with those who contributed to it.

What Health Topics or Skills were mentioned most?



Community Needs

Possible Themes

- Most students didn't feel comfortable booking clinic appointments.
- Most students mentioned needing better access to counselors.

What Needs Stood Out...

Community Resources

Possible Themes

- Most students have WiFi access at school
- Parents are supportive of health programs at school.

What Resources Stood Out...

Ways to Incorporate

Possible Ways

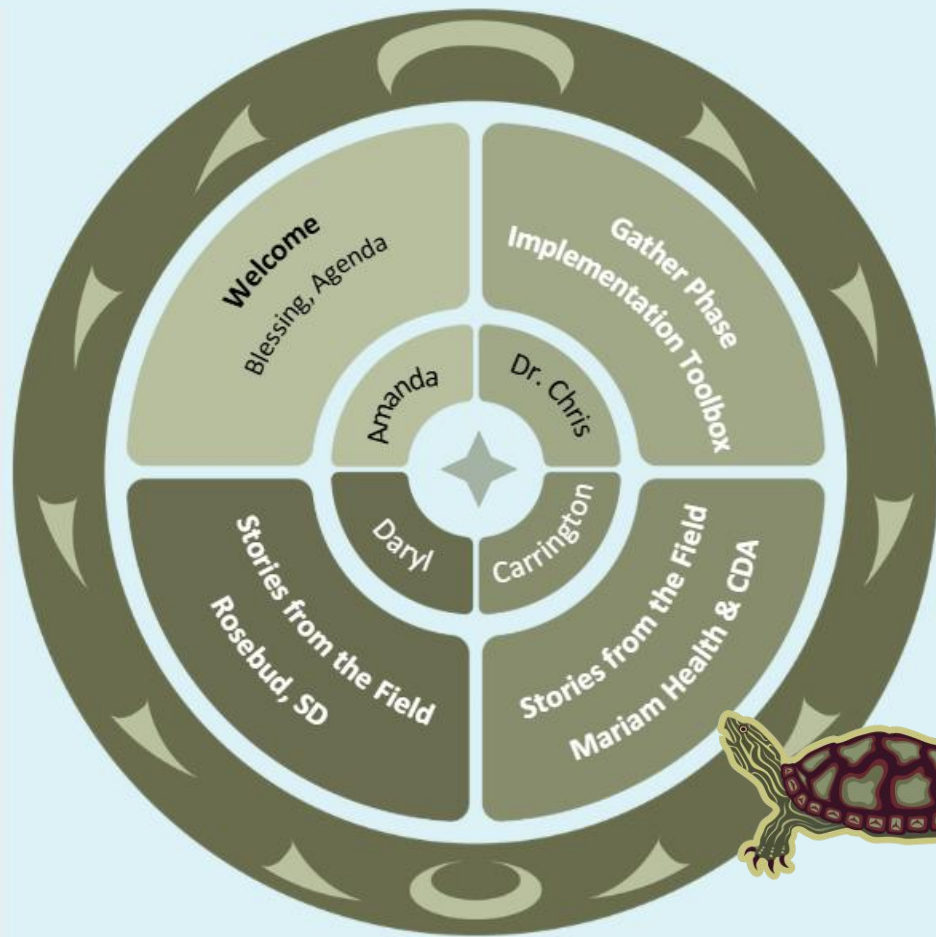
- Invite clinic staff to attend health class
- Invite a behavioral health counselor to attend a class

What ways can you incorporate your findings? Who can help?

Wellness Snack



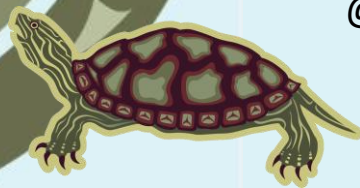
Source: <https://myyogateacher.com/articles/desk-stretches>



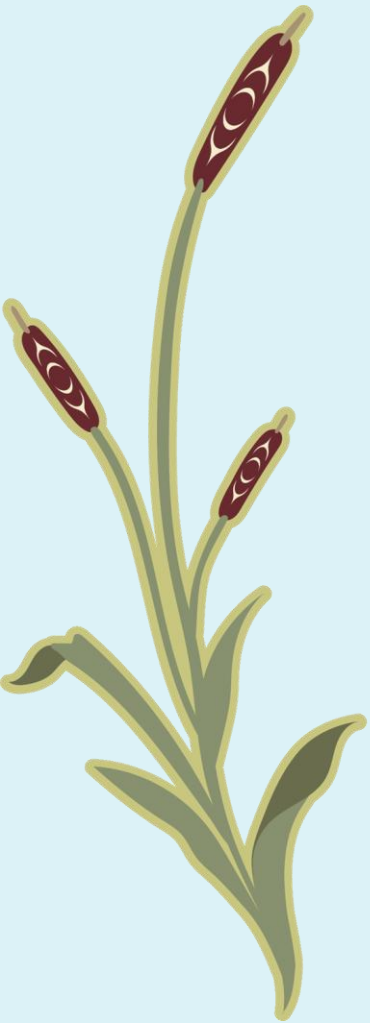
How are folks using the
Healthy Native Youth Toolbox?

Stories from the Field

...with Carrington Casaus
@Marimn Health & the Coeur d'Alene
Tribe of Idaho



Native STAND 2.0



Training

- Junior Staff
- One week Training



Native STAND Lesson Implementation

- Honoring Diversity & Respecting Differences
- Our Values
- Healthy Relationships



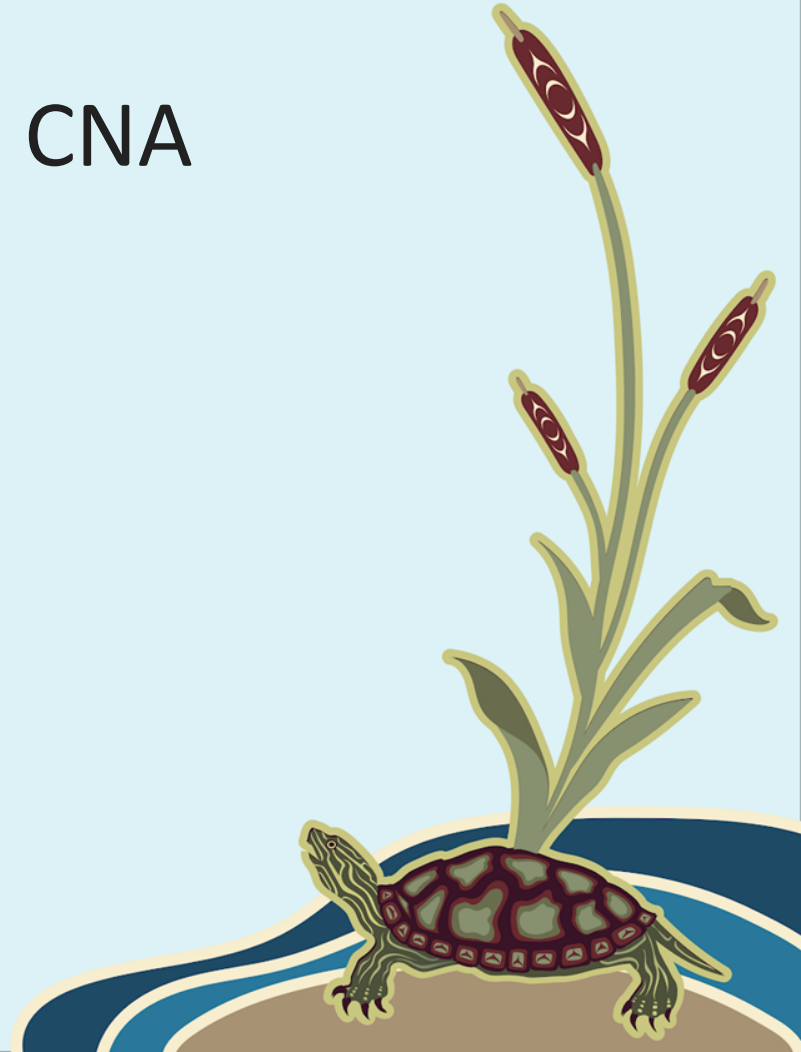
Youth Activities

- Mind mapping: How to be a good relative
- Healthy boundaries & relationships
- Stereotypes (3 Sisters Story)
- Values activity

Adapting the CNA

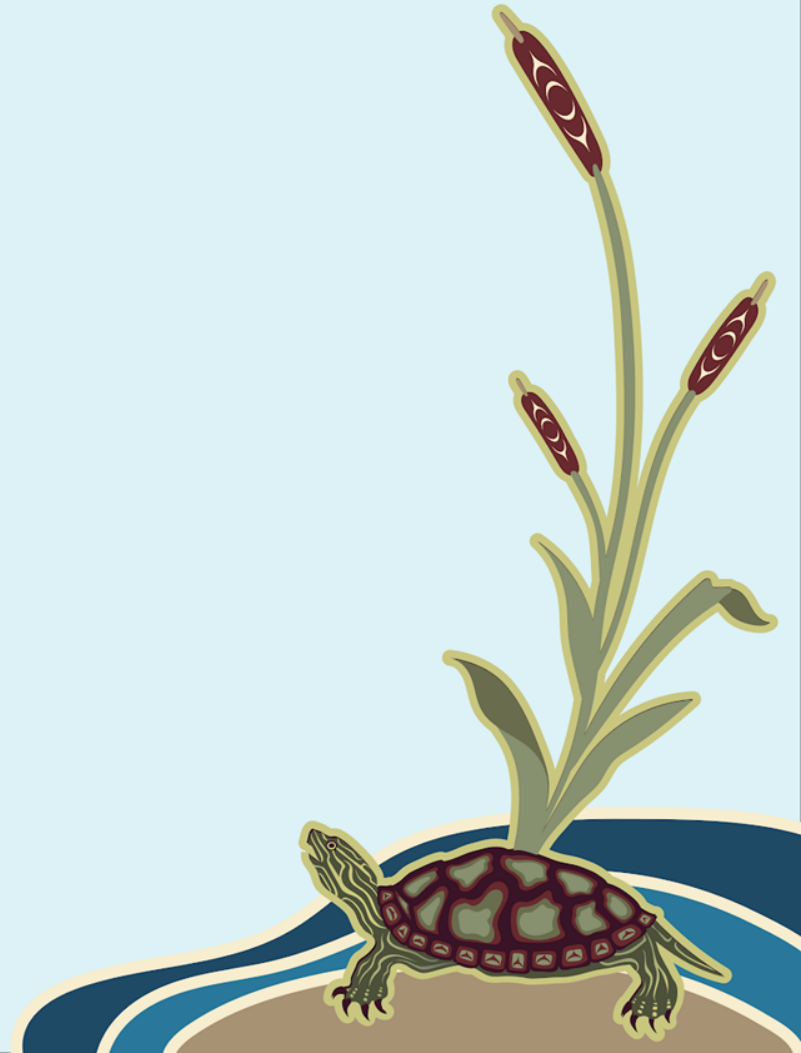
How we did it...

- Jr Staff, YDPs, & Parents/Caregivers
- Experience feedback
- Liked/Disliked about the program
- Feedback for improvements



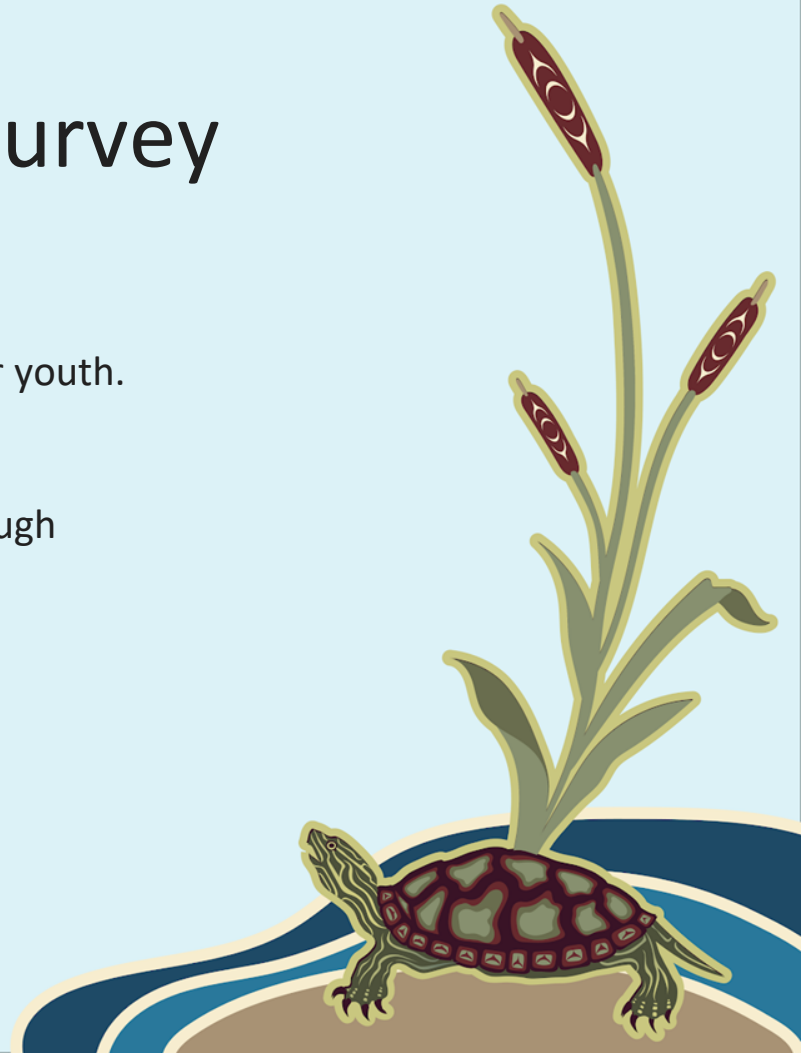
Partnerships

- Marimn Health Facility as partner
- Communication Collaboration - used listserv

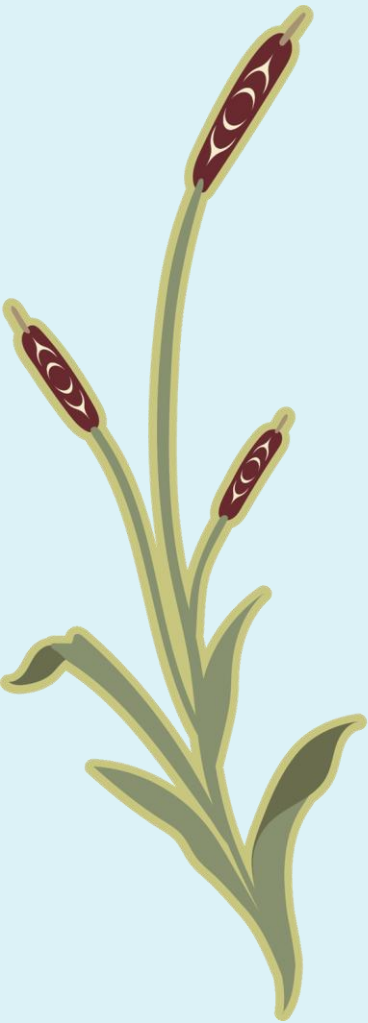


Implementing the Survey

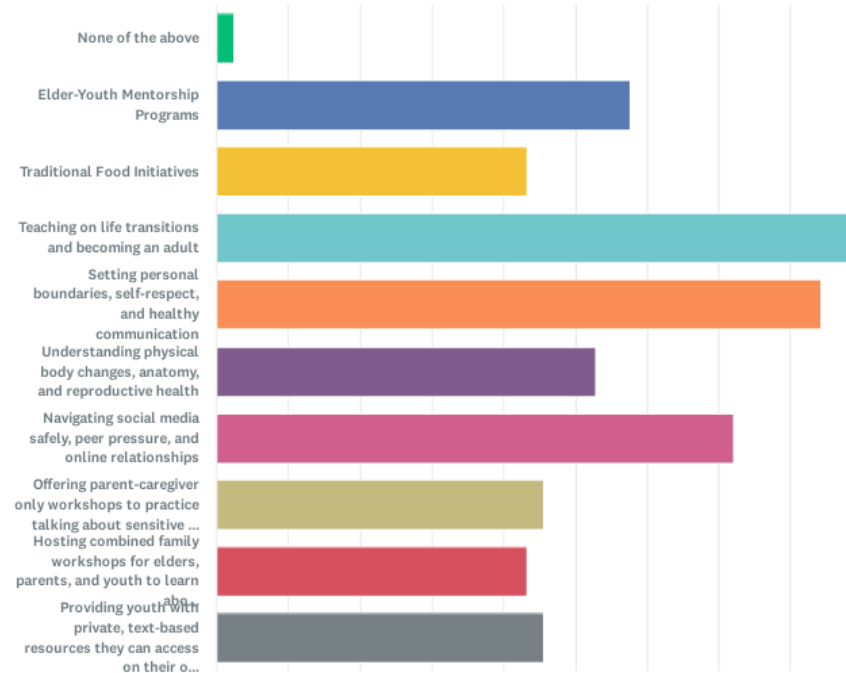
- Ipads with access to complete the survey for youth.
- Incentives, gift cards for completing survey
- Survey sent out by email list to parents through Marimn Health Clinic



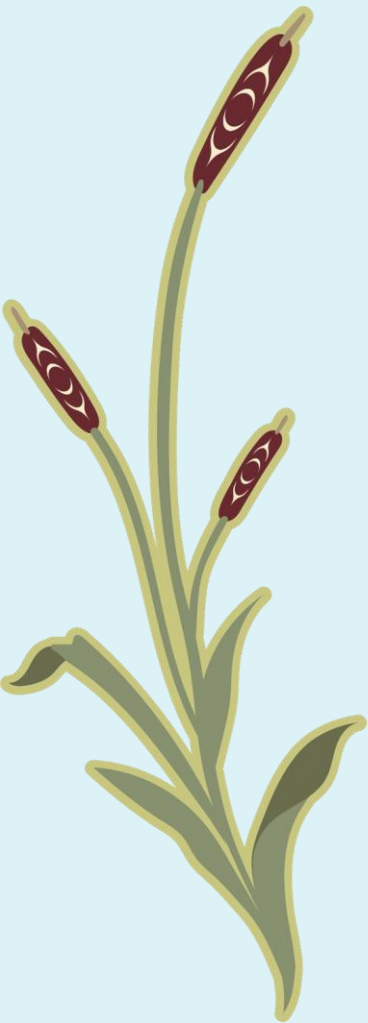
Parent Caregiver Survey Results



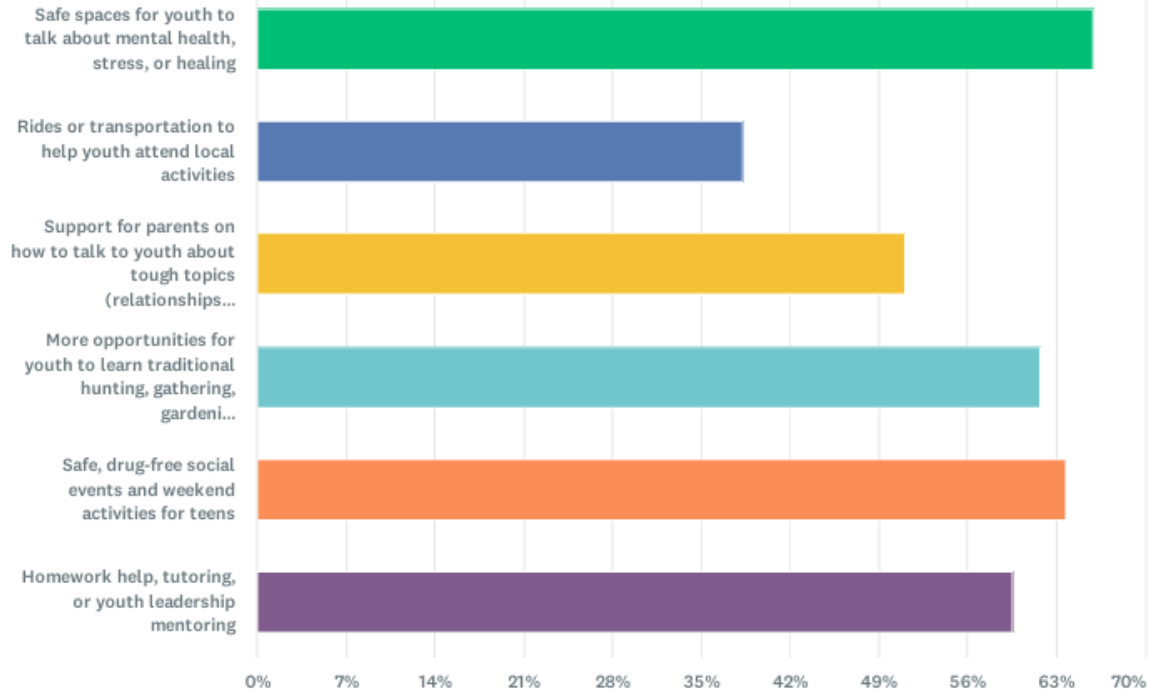
What ideas do you have for improving health and wellness resources for youth and young adults in our community?



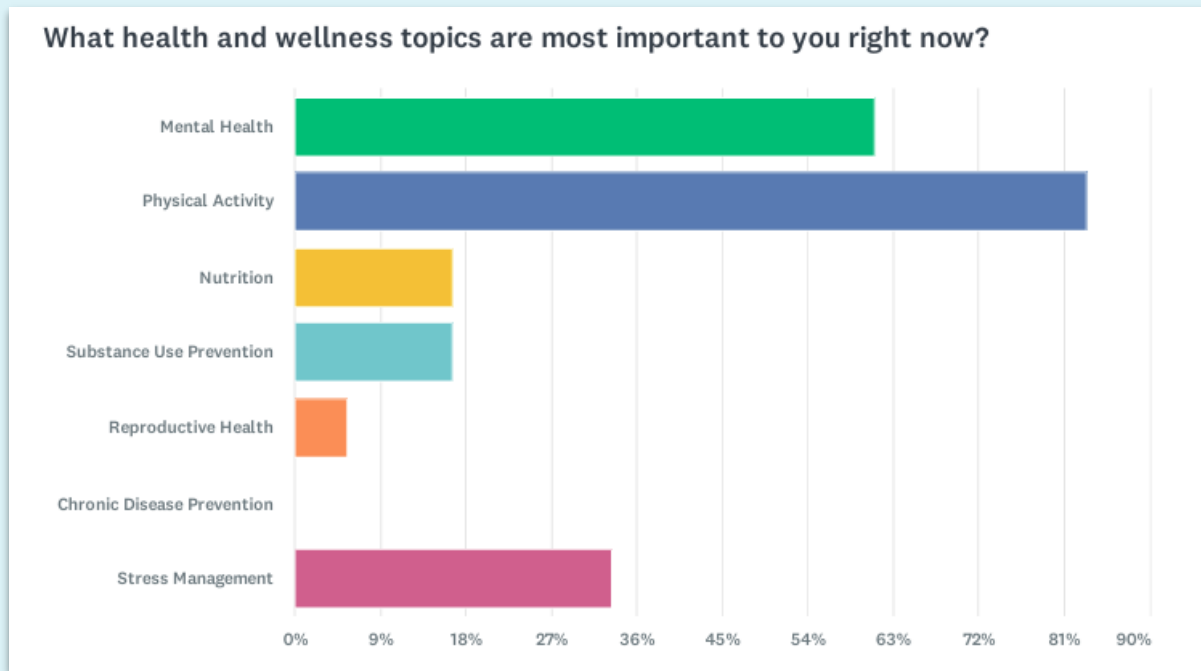
Caregiver Survey Results cont.



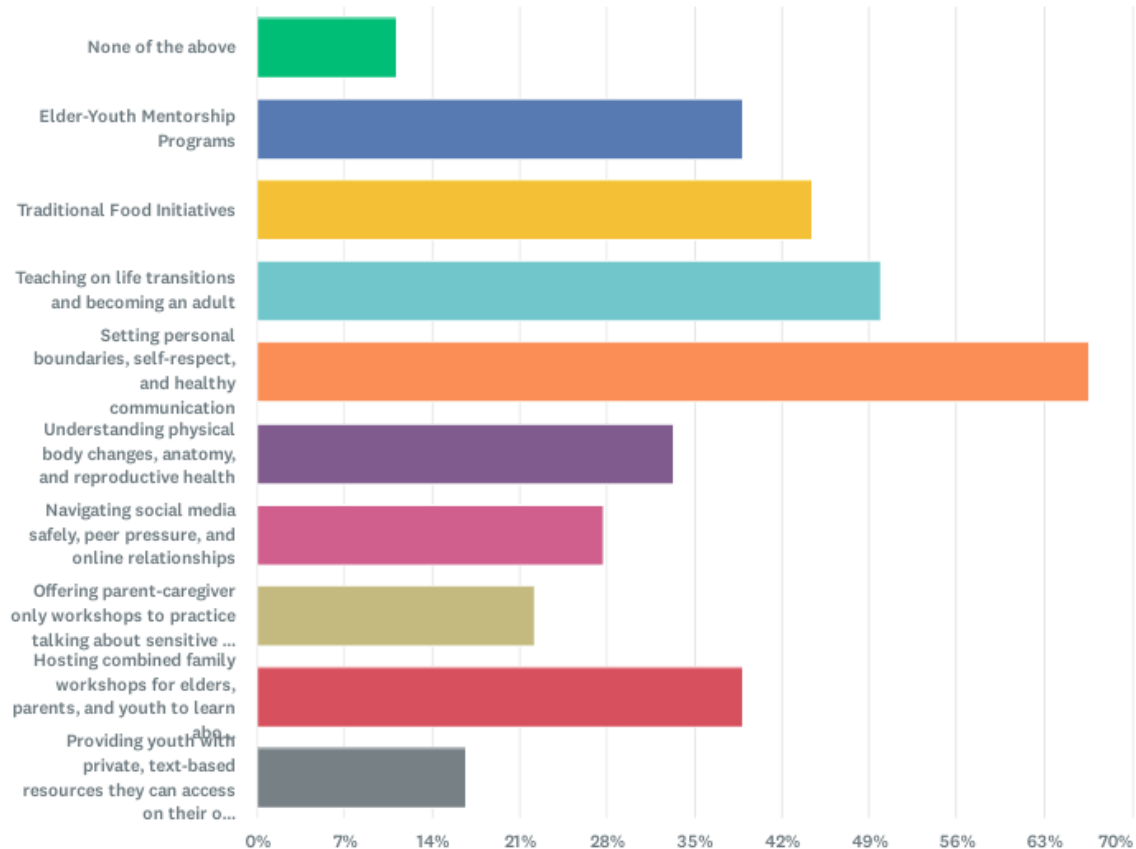
What areas of support would be most helpful for your youth or family right now?
(select all that apply)



Youth Survey Results



What ideas do you have for improving health and wellness resources for youth and young adults in our community? (Select all that apply)



Youth Survey
Results
cont.



6-Week Teen Prevention Program

“Choices & Consequences”

Goal:

Help teens understand substance use, peer pressure, risky decisions, and real-world consequences while building healthy coping and decision-making skills.

Week 1- What’s really out there?

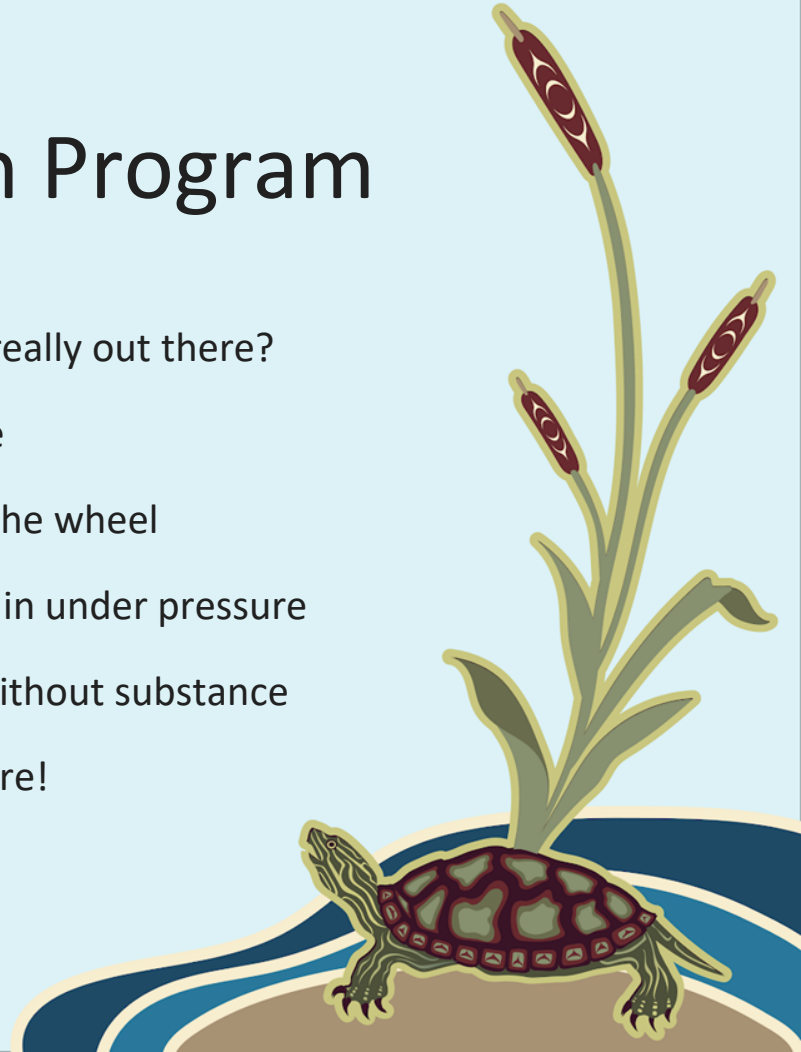
Week 2- Pressure

Week 3- Behind the wheel

Week 4- Your brain under pressure

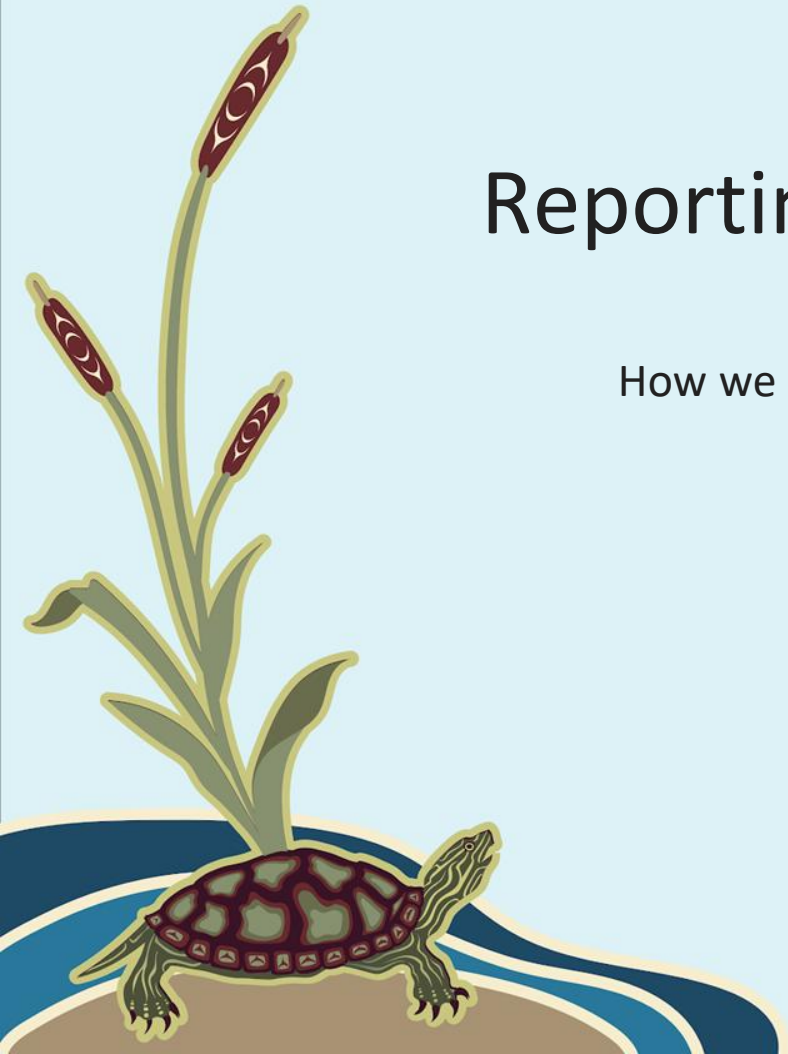
Week 5- Stress without substance

Week 6- My Future!



Reporting Back to Community

How we did it...





How are folks using the
Healthy Native Youth Toolbox?

Stories from the Field

...with Daryl Jones III
Sicangu Lakota Oyate Makoce

Sicangu Lakota Oyate Makoce (Land of the Burnt thigh Nation) Rosebud, SD

- Connection with our stakeholders
- Sharing Resources
- Identifying the group those in need.

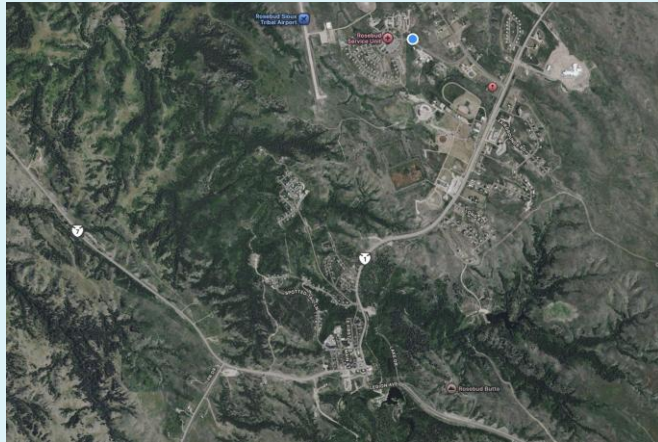
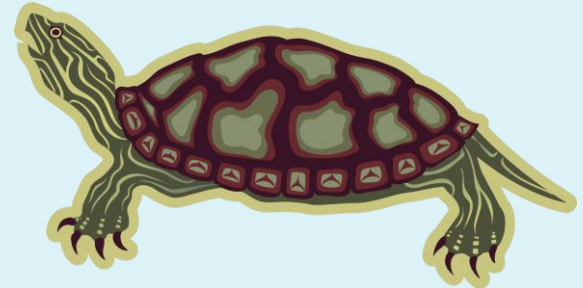


Image Source: Google Maps





Wóglaka: To speak, talk, or communicate (general verb form).

Wówaglake: "I speak" or "I communicate".

We communicate everyday but in many communities, this could look different depending on where you are.



Conclusion ...

The Finish line: The takeaway & the bond ...



Image Source: Shared with Permission by



Chatfeed Convo:

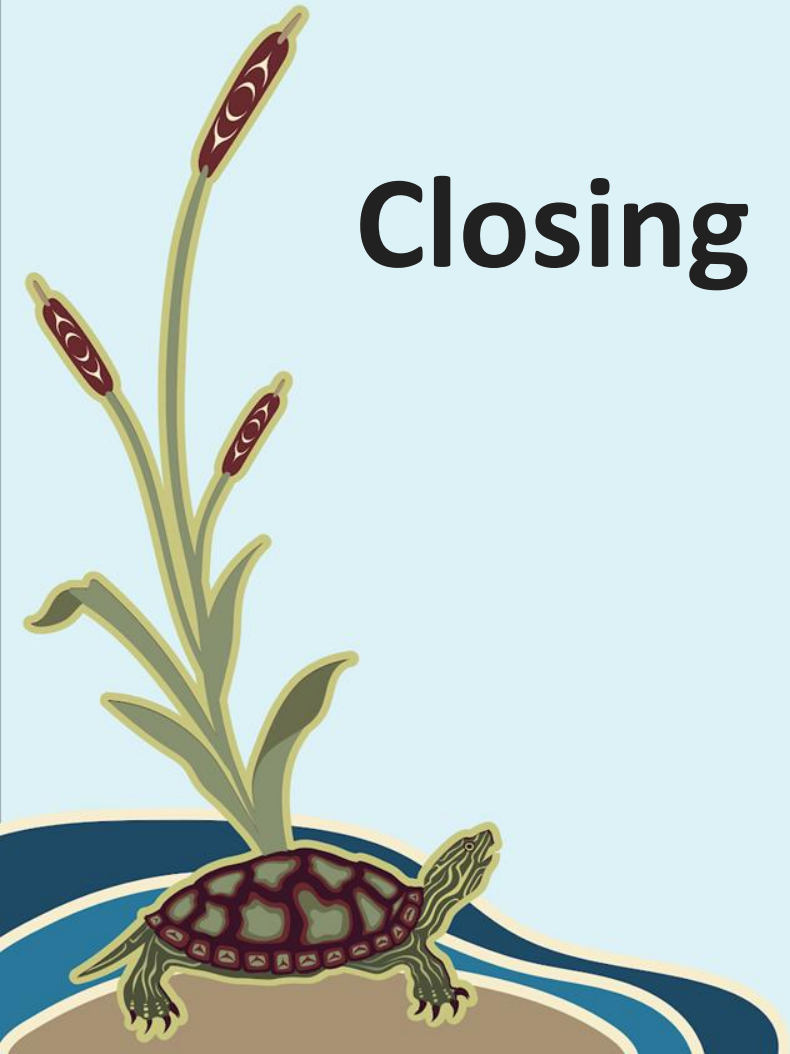
Any Questions?

Comments?

Insights?

Let's Get Chatty!

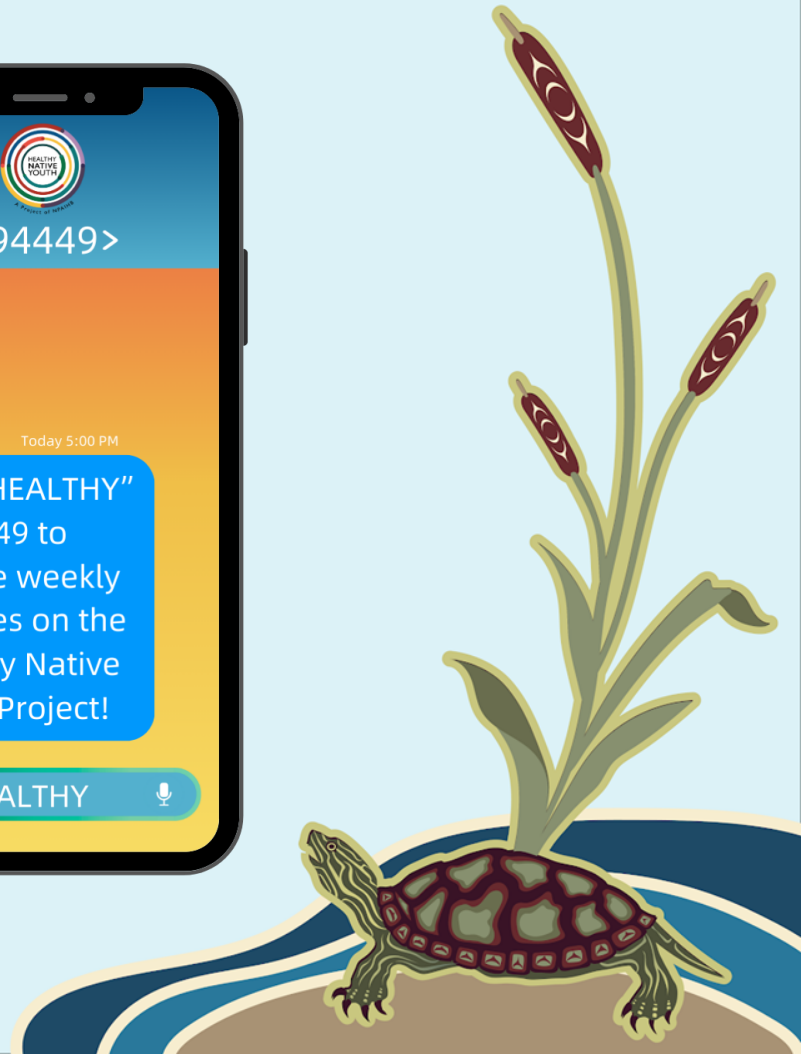
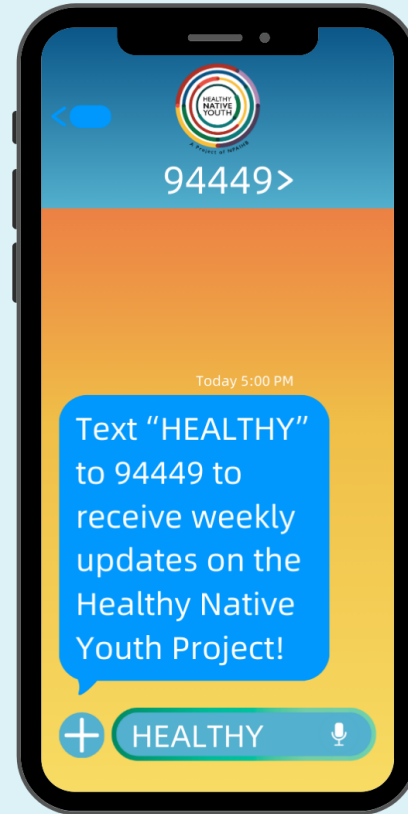
Closing



Feedback:
We'd sure love to hear from you!



**Keep up with the
HNY project... Sign
up for our SMS
updates!**

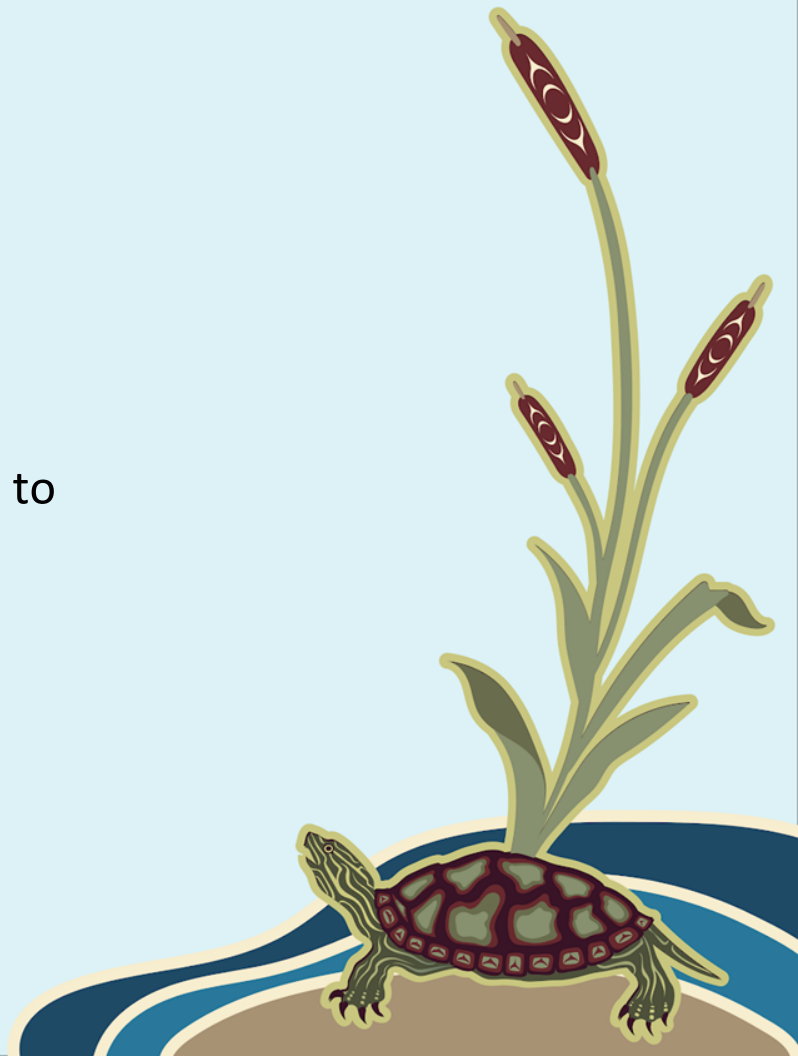


One Small Kindness

Setting an intention of care.

Focus: For today, I will give myself permission to come first.

"What can I do today to fill my cup?"





See you Next Month!

10:00 - 11:30 PST

Date:

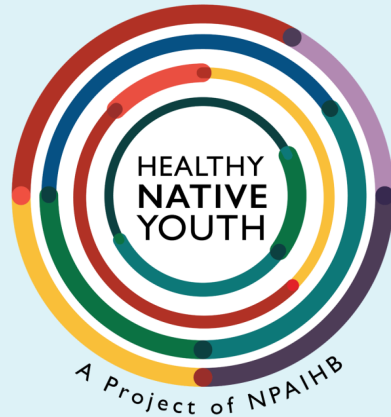
Title:

11/4/2026	Native It's Your Game 2.0 (NIYG)
12/9/2026	Winter Storytelling: Being a Good Relative
1/13/2026	We R Native's Digital Social Marketing Toolkit
2/10/2027	Youth Voices for Change!
3/10/2027	We Are Here Now!
4/14/2027	Tobacco & Vaping 101
5/12/2027	Pathways Guide for Native Youth



Registration Link: <https://healthynativeyouth.npaihb.org/community-of-practice/>

Elahkwa! Thank you!



Reach out to us!
native@npaihb.org