Peer-to-Peer Solutions Center:

HIT Chaha'oh/Gathering of People

Stephanie Craig Rushing, PhD | NPAIHB
Michelle Singer, BS | NPAIHB
Welcome!
Agenda

• Welcome
• Cultural Opening: Chaha'oh/Gathering of People
• Introductions
  • Stephanie Craig Rushing
  • Michelle Singer
• Presentation
• Ask the Experts - Open Discussion
• Conclusion
Disclaimer

This event is made possible by the Minority HIV/AIDS Fund through the Indian Health Service
The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCIA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality health care centers.
Housekeeping

• Turn on video

• Mute your microphone when not speaking

• Enter your name and organization in the chat box
Audio & Video Recording

• Please note that this session will be recorded for educational and quality improvement purposes.
Evaluation Reminder

https://ncuih.qualtrics.com/jfe/form/SV_6hX69LLDZx1Hcvl
The “Chaha’oh”:

• Navajo word for: Shade, shadow, sun shelter

• Only remaining Puebloan vestige on a construction technique once commonly used in the building of “pit houses”

• Unlike Pueblo ramadas, Navajo shade houses seldom have earth covered roofs and use leafy branches for cover
  • Range in size based on materials in the area and family need

• A chaha’oh is rarely “finished,” because it requires constant care

• It is a warm and inviting place to gather to socialize, listen, laugh, and cook

Source: Navajo Shade House Museum, chaha’oh | Navajo Word of the Day (navajowotd.com)
Navajo Grandma CHAHA'OH Navajo Shade

Navajo Grandma CHAHA'OH Navajo Shade - YouTube
Stephanie Craig Rushing, PhD

Stephanie Craig Rushing, PhD (she/her) is a Principal Investigator at the Northwest Portland Area Indian Health Board’s Tribal EpiCenter. Her work focuses on designing and evaluating multimedia resources to improve adolescent health using mixed methods community-based participatory research strategies. She completed her Masters of Public Health at Boston University, and her PhD in Public Administration and Policy at Portland State University.
Michelle Singer, BS

Michelle Singer, BS (she/her | Navajo) is the Healthy Native Youth/Project Red Talon Project Manager and is a part of the adolescent health team at the Northwest Portland Area Indian Health Board. She provides technical assistance, training and coordinates a national network of tribal partners in American Indian/Alaska Native adolescent health. Michelle’s professional experience spans over 30 years of experience in education, research, government affairs and community engagement in Indian Country & Alaska.
Project Red Talon
Ending the HIV/AIDS Epidemic in Indian Country & Alaska

Northwest Tribal Epidemiology Center
ABOUT NPAIHB

• Established in 1972
• Non-profit serving the 43 federally recognized tribes of Oregon, Washington, and Idaho.

• 4 Primary Goals:
  • Health promotion and disease prevention
  • Legislative and policy analysis
  • Training and technical assistance
  • Surveillance and research

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD
2020
Adolescent Health
Tribal Action Plan
A Strategic Plan for the Tribes of Idaho, Oregon, and Washington

Goal 1. Ensure Native youth have safe and secure places to live, learn, and play.

Goal 2. Ensure access to high-quality, teen-friendly healthcare.

Goal 3. Create programs and services that provide youth with positive connections to trusted adults.

Goal 4. Increase Tribal capacity to improve adolescent health.

Goal 5. Improve intertribal communication, coordination, and collaboration.

Grounded in cultural practices, values, and teaching methods.
Communication Strategies

Teens and Young Adults

Social Media

Partners:
NIEA, IHS, BIE, B&G Clubs

Website:
Healthy Native Youth

Parents and Caring Adults

Talking Points

Partners:
WRN, iKnowMine, UNITY, GEN-I, CNAY, We Are Healers

SMS Service, Articles, YouTube

Teachers and Educators
Where we are going

1. Meeting Community Where They Are
2. Project Red Talon
3. Adolescent & Community Health
4. Tools & Resources
5. Health Promotion Communication
Meeting Community Where They Are

Project Red Talon coordinated by NPAIHB and a National Network of Partners + NPAIHB Allies
Project Red Talon

Project Red Talon works to prevent human immunodeficiency virus (HIV), sexually transmitted infections (STIs) and hepatitis C virus (HCV). The project has provided training and technical assistance to tribes and tribal organizations throughout the U.S. on implementing and evaluating culturally appropriate sexual health and STI/HIV prevention programs since 1988.

The primary goal of this project is to promote sexual health and wellness for AI/AN people by disseminating and implementing effective programs from a socio-ecological framework, addressing systems, communities, organizations, individuals, and policies.

Project Red Talon works with partners across the nation to:
Project Red Talon: EHE Partners

- **I Know Mine**
- **I Want the Kit**
- **Safe in the Village**

Alaska Native Tribal Health Consortium

- **Johns Hopkins: Center for Indigenous Health**
- **University of Texas - School of Public Health**

Inter Tribal Council of Arizona, Inc.

- **Southern Plains Tribal Health Board**

ITCA HNY Homepage

- **Healthy Native Youth**
- **We R Native**
- **Paths ReMembered**
- **Washington Youth Sexual Health (WYSH)**

Northwest Portland Area Indian Health Board
Raising Healthy

ENGAGING. RELEVANT. EFFECTIVE.
HealthyNativeYouth.org contains health promotion
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.

The steps and tools in the Implementation Toolbox will help walk you through important phases in the planning process with ready-to-go templates, tips, examples, and words of encouragement.

Start From the Beginning   Find Your Best Starting Point

See the Big Picture
### Healthy Native Youth Implementation Toolbox: Phases and Steps

<table>
<thead>
<tr>
<th>Phase</th>
<th>Description</th>
<th>Get Support</th>
<th>Youth Voice</th>
</tr>
</thead>
</table>
| Gather | Input on youth interests and health priorities  
  - Identify your community's needs and resources  
  - Select your program setting | Connect with community members for guidance and feedback | Gather input from youth and program participants |
| Choose | Which criteria are most critical to your program  
  - Select a program that aligns with your goals  
  - Get approval if needed | Identify decision-makers | Seek input from youth and community |
| Prepare | An implementation action plan that includes self-care  
  - Order supplies, teaching tools, and incentives  
  - Practice going through the curriculum & activities | Explore technical assistance and resource supports | Recruit caregivers, youth and allies |
| Implement | Your program with confidence!  
  - Track your implementation journey  
  - Assess student learning and experiences | Collaborate with other youth programs | Celebrate the youth |
| Grow | With your program  
  - Share successes and lessons learned  
  - Keep the momentum going | | Stay connected beyond programming |
To be effective, health curricula must be age-appropriate, culturally-relevant, and reflect the values and learning styles of the learners being taught. Finding curricula that meet these requirements for American Indian and Alaska Native youth can be challenging. Healthy Native Youth is a one-stop-shop for educators and health advocates who want to expand learning opportunities for youth. Click on the program name to learn more about each curriculum, including intended audience, contents, and evaluation methods.
ABOUT THIS PROGRAM

Native It’s Your Game (N-IYG) is a web-based HIV, STI, and pregnancy prevention curriculum for American Indian and Alaska Native (AI/AN) youth ages 12-14. N-IYG is comprised of thirteen 30-50 minute interactive lessons, which can be used in the classroom, or as an extracurricular program. The program teaches about healthy relationships, life skills, communication, and refusal skills using interactive activities, videos, games, personalized “journaling” activities, tailored feedback, and individually tailored activities. It emphasizes abstinence, but also teaches learners how to protect themselves from pregnancy and sexually transmitted infections using medically accurate information.

What’s New in N-IYG 2.0?

- New Class Management Portal
- New Publication Handbook
NIYG 2.0 CURRICULUM

https://www.healthynativeyouth.org/curricula/native-its-your-game/
Topics

1. Alcohol, Tobacco and Other Drugs – Online Version (Ages: Middle School, High School): IKM Online Manual, Online Lessons
3. Alcohol and Drug Misuse (Ages: Middle School, High School): Drugs & Alcohol Activity Guide
5. Bullying (Ages: Middle School, High School): Bullying. Stand Up. Stand Strong! Activity Guide
6. Concerning Posts on Social Media: Concerning Posts Activity Guide
7. Condom Demonstration: Video | Dental Dam Demonstration: Video
13. Ice Breakers (Ages: All): Icebreakers
15. Two Spirit, LGBTQ and Sexual Identity: Indigenizing+Love+Toolkit+Youth
16. Media Literacy (Ages: Middle School, High School): Media Literacy with We R Native, Media Power Youth
17. Mindfulness: Circle of Trust
18. Mindfulness: Feelings Pie Chart
Youth Support

Abuse & Sexual Assault

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-NATIVE (628-8483)
Chat
National Suicide Prevention Lifeline
Call 1-800-273-TALK
Chat
We R Native Sexual Health
Text SEX to 97770
Ask Aunie & Uncle

Drugs, Alcohol & Tobacco

National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP
Text: OVIES to 23522

We R Native My Relationships
Ask Aunie & Uncle

Mental Health

National Mental Health America
Call: 800-985-5999
Text: MIA@741741

TransLife
Call: 877-966-9840
Text: HELPLINE to 139731
www.transforallpeople.org

Relationships & Dating

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-NATIVE (628-8483)
Chat
We R Native Sexual Health
Text SEX to 97770
Ask Aunie & Uncle

Sexual Health

Planned Parenthood
Call 1-800-273-5555
Chat: Ask BB
Find a Clinic

Sexual Identity - 2SLGBTQ+

Families Of/Membered Project
Text: 2SLCAB to 69770

Survivor Resources

We R Native Sexual Health
Text SEX to 97770
Ask Aunie & Uncle

Sex Message Campaings

Text: NATIVE to 97770
For health & wellness tips
Caring Messages - to remind you of how awesome you are
Text: CARING to 64444 (ages 13-24)
Text: COLLEGE to 65544 (college youth)
Find Help Near You

Text: SEX to 97770
Get tips and resources to protect your sexual health

Text: LGBTQ2S+ to 97779 or ALLY to 97779
National Trans Pride LGBTQ+ PromSquad

We ALL need Help...
...at different points in time. Every single one of us! Trust your gut and...
Share...any concerns you have
Talk...with someone you can trust
Report...if you’re worried about someone

Click on icons to go to resource

For Adults:
Text “Empower” to 94449
Paths (Re)membered

The Paths (Re)Membered Project centers the Two Spirit and LGBTQ+ community—its strengths, resiliencies, and histories—in our movement toward health equity.
<table>
<thead>
<tr>
<th>RELATIONSHIPS &amp; DATING</th>
<th>SEXUAL HEALTH</th>
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<tr>
<td>Abuse &amp; Violence</td>
<td>Puberty</td>
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<td>Unhealthy Relationships</td>
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<td>Text LGBTQ2S/Ally</td>
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<tr>
<td>Communicating</td>
<td>Birth Control</td>
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</table>

Virginity
Pregnancy
STDs
Text 4 Sex Ed
Get Yourself Tested Campaign Order Form:
https://www.surveymonkey.com/r/GYTSafeSpacesCampaign

Get Yourself Tested

It’s ok to ask your provider about STI testing and birth control.
Spawn Safely!

Everyone ages 13 years and older should get tested for HIV at least once to confidently know their status. Once tested, individuals can make informed lifestyle choices to reduce the risk of transmission.

Order an HIV self-test kit  Learn more about HIV testing
FREE HIV Test

Text NATIVE TEST to 55251
We’ll mail you a self-test kit for FREE!
Scan the QR code for free resources!

www.healthynativeyouth.org
linktr.ee/HealthyNativeYouth
FB, IG, Twt: healthyN8Vyouth

Sign up to receive updates via text message

Text HEALTHY to 94449
Funding Credit

*Project Red Talon, Healthy Native Youth, We R Native & Paths Remembered* are all funded by the Indian Health Service HIV program.

This work is also supported with funds from the Minority AIDS Initiative Fund.
Ask the Experts - Open Discussion
Kahoot!
Evaluation Reminder

https://ncuih.qualtrics.com/jfe/form/SV_6hX69LLDZx1Hcvi
TA Submission Request
ncuih.org/ta
Upcoming NCUIH Events

• Peer-to-Peer Solutions Center (P2PSC)
  SAVE THE DATE: Wednesday, 02/01/2023, Time TBD
• Wednesday, 11/30/2022 1:00- 2:30PM EDT A Virtual Dialogue on Understanding and Preventing Missing and Murdered Indigenous Peoples
• Vaccine Equity Community of Learning series:
  • Wednesday 12/14/2022, 2:00-3:00PM EDT
  • Wednesday, 01/11/2023, 2:00-3:00PM EDT
• Friday, 01/20/2023, 2:00- 3:00PM EDT Thriving Beyond Survival: Advancing MMIP/MMIW UIO Programming
• SAVE THE DATE: NCUIH 2023 ANNUAL CONFERENCE
  • Monday, May 15, 2023 - May 18, 2023