



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



ABOUT

NCUIH

NATIONAL COUNCIL *of* URBAN INDIAN HEALTH

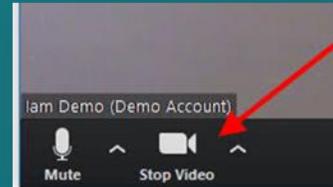
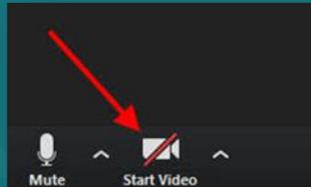
The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

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.

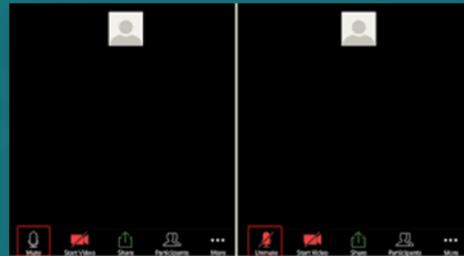


Housekeeping

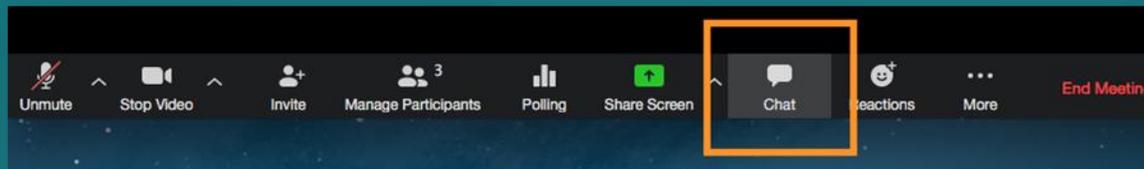
- Turn on video



- Mute your microphone when not speaking



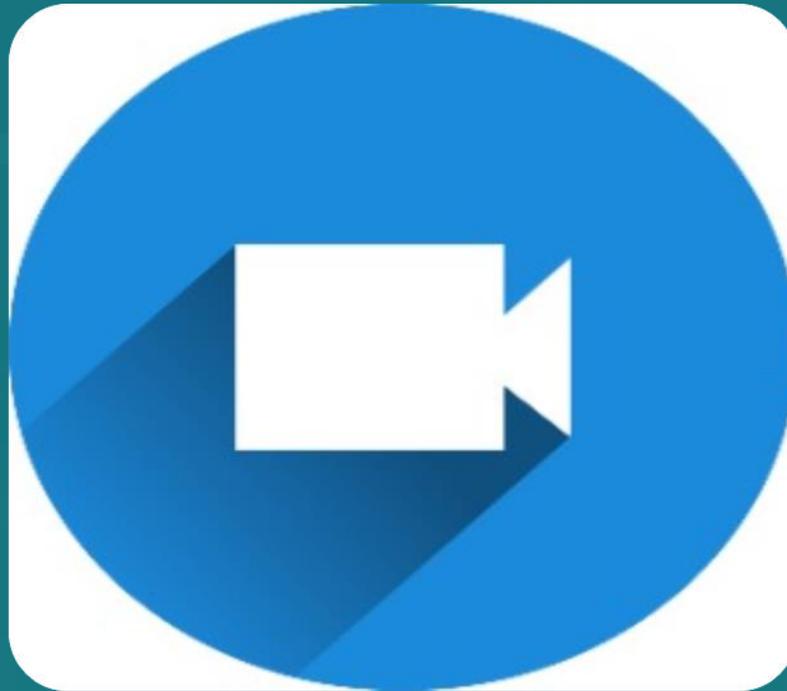
- Enter your name and organization in the chat box





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 \(navajowotd.com\)](https://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



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health



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.

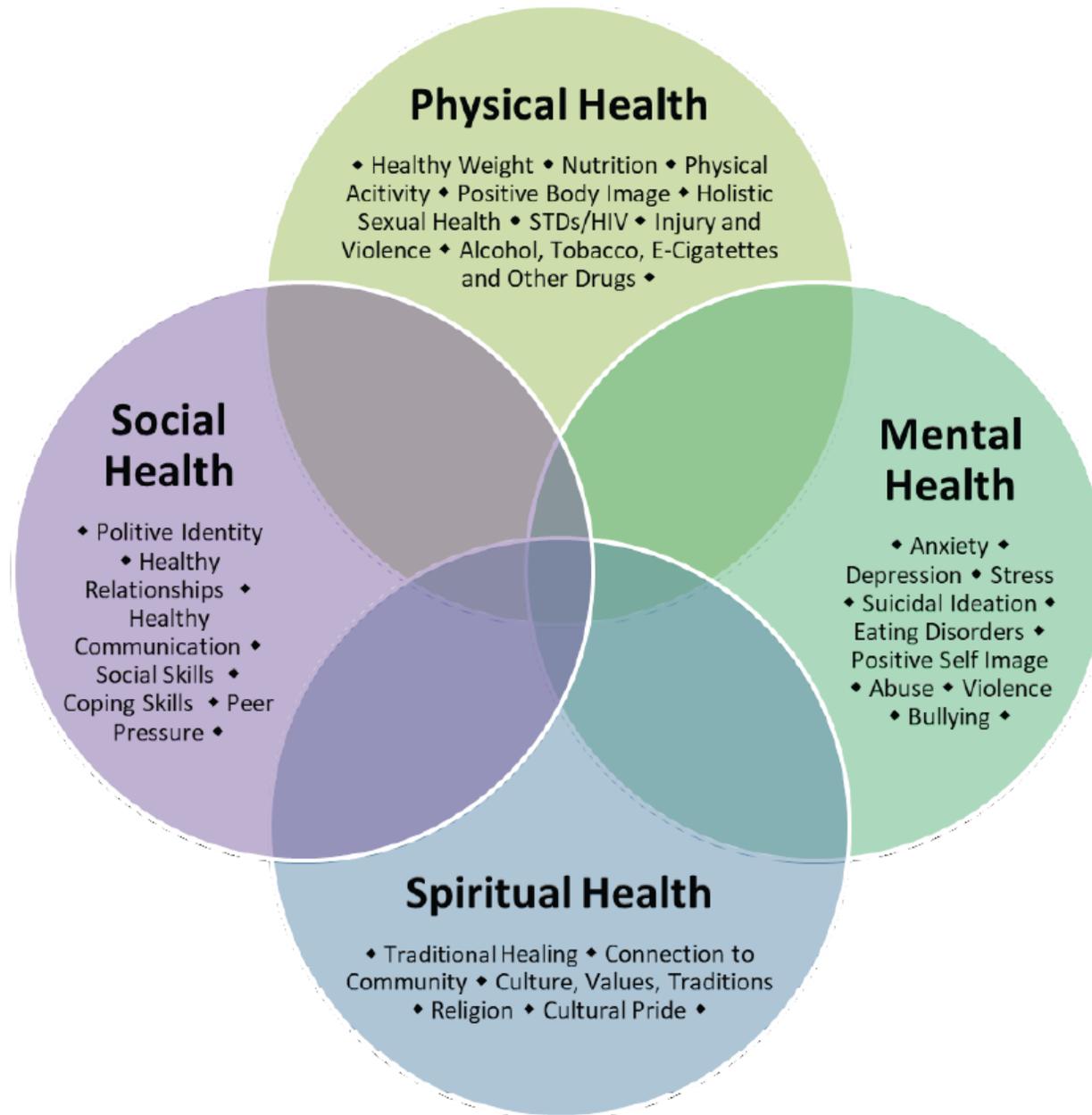


Goal 4. Increase Tribal capacity to improve adolescent health.

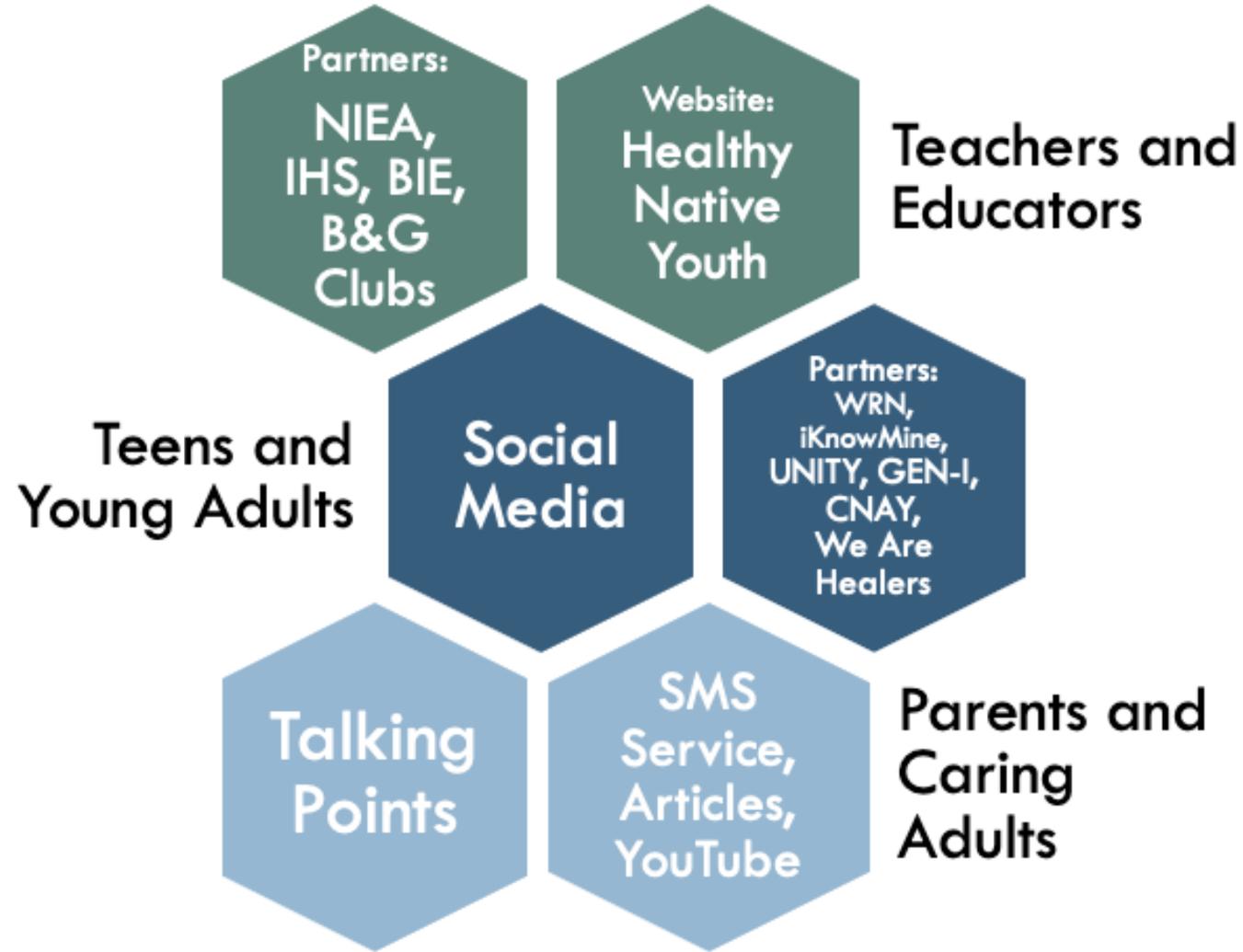


Goal 5. Improve intertribal communication, coordination, and collaboration.

Grounded in cultural practices, values, and teaching methods.



Communication Strategies



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



<https://www.npaihb.org/hiv/>



npaihb.org/hiv/

- Community
- Provider
- Educator
- Leader
- Curricula
- Films
- Print Materials
- Educational Campaigns
- PrEP Training
- Project Red Talon
- EPCC
- Contact Us

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:

Urban Indian Health Institute (UIHI)

Rocky Mountain

Great Plains

Great Lakes

Northwest

California

Inter-Tribal Council of Arizona, Inc.

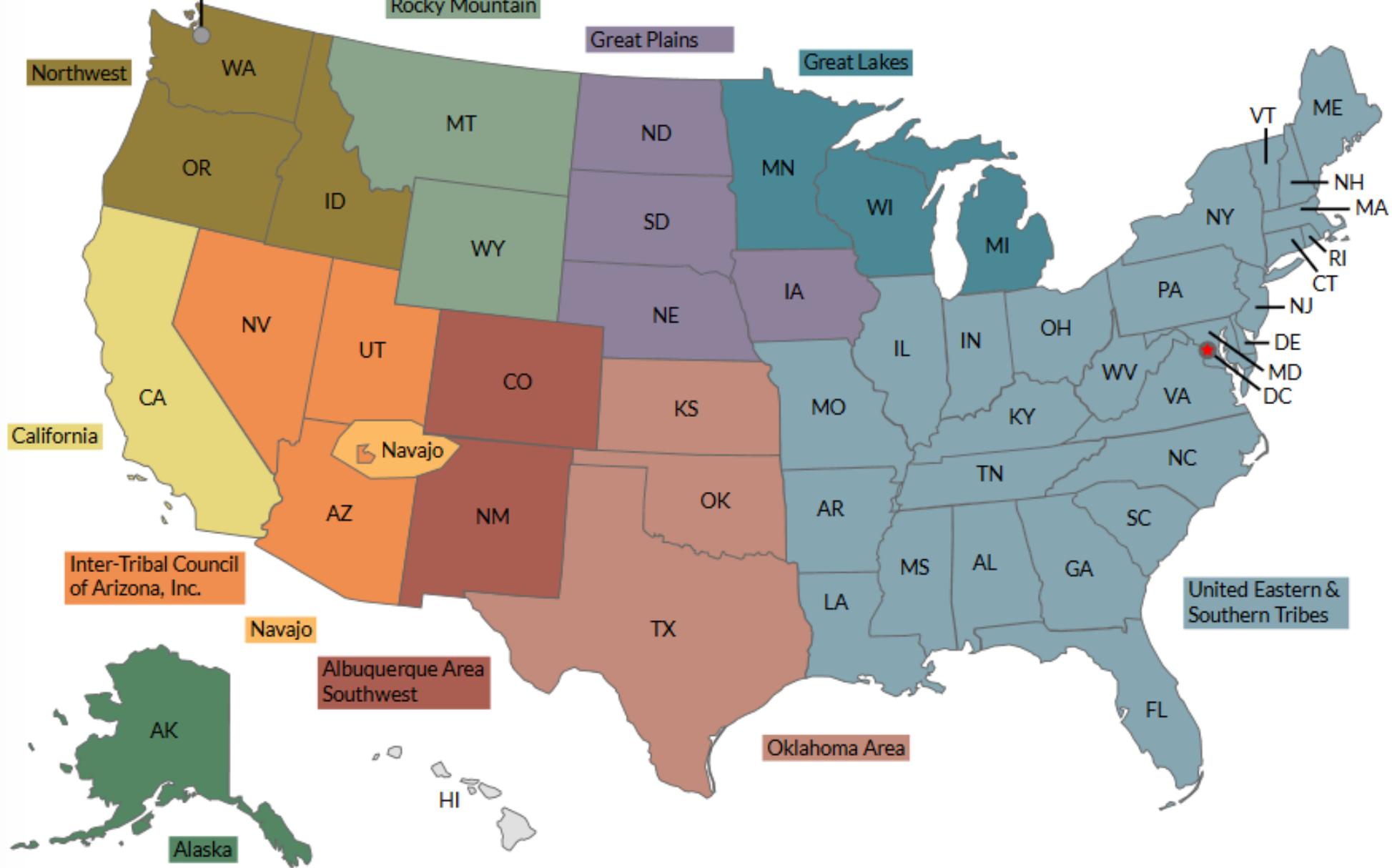
Navajo

Albuquerque Area Southwest

Oklahoma Area

United Eastern & Southern Tribes

Alaska



Project Red Talon: EHE Partners



[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 HNY Homepage](#)

Inter Tribal Council of Arizona, Inc.



[I Want the Kit](#) 

[Native Test](#) 

Southern Plains Tribal Health Board

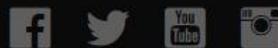


[Healthy Native Youth We R Native](#) 

Partners:

- [Paths ReMembered](#) 
- [Washington Youth Sexual Health \(WYSH\)](#) 

Northwest Portland Area Indian Health Board



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



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

				
Gather	Choose	Prepare	Implement	Grow
<p>Gather input on youth interests and health priorities</p> <ul style="list-style-type: none">• Identify your community's needs and resources• Select your program setting	<p>Choose which criteria are most critical to your program</p> <ul style="list-style-type: none">• Select a program that aligns with your goals• Get approval if needed	<p>Prepare an implementation action plan that includes self-care</p> <ul style="list-style-type: none">• Order supplies, teaching tools, and incentives• Practice going through the curriculum & activities	<p>Implement your program with confidence!</p> <ul style="list-style-type: none">• Track your implementation journey• Assess student learning and experiences	<p>Grow with your program</p> <ul style="list-style-type: none">• Share successes and lessons learned• Keep the momentum going
<p>GET SUPPORT: Connect with community members for guidance and feedback</p>	<p>GET SUPPORT: Identify decision-makers</p>	<p>GET SUPPORT: Invite guest speakers and attend Community of Practice sessions</p>	<p>GET SUPPORT: Explore technical assistance and resource supports</p>	<p>GET SUPPORT: Collaborate with other youth programs</p>
<p>YOUTH VOICE: Gather input from youth and program participants</p>	<p>YOUTH VOICE: Seek input from youth and community</p>	<p>YOUTH VOICE: Recruit caregivers, youth and allies</p>	<p>YOUTH VOICE: Celebrate the youth</p>	<p>YOUTH VOICE: Stay connected beyond programming</p>

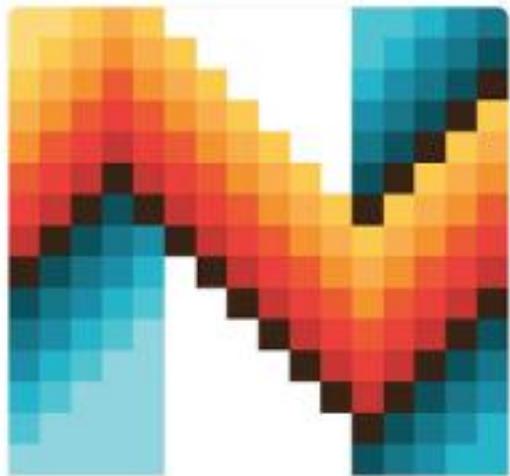
ALL CURRICULA

[GIVE US FEEDBACK](#)[COMPARE CURRICULA](#)

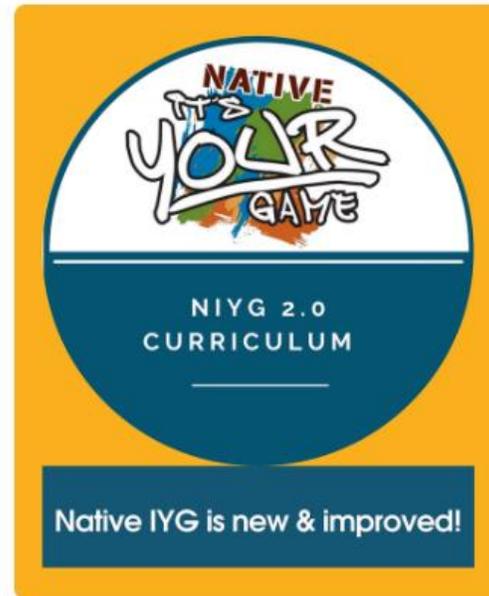
VIEW:



FILTER YOUR SEARCH:

**WERNATIVE****WE R NATIVE TEACHER'S
GUIDE**

Students Together Against Negative Decisions

NATIVE STAND 2.0

Native IYG is new & improved!

NATIVE IT'S YOUR GAME

FINDING THE RIGHT CURRICULA

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

NATIVE IT'S YOUR GAME 2.0

GIVE US FEEDBACK



COMPARE CURRICULA



ABOUT

TRAINING

LESSONS PLANS

SUPPORTING MATERIALS

CULTURAL RELEVANCE

EVALUATION

REFERENCES

ABOUT THIS PROGRAM

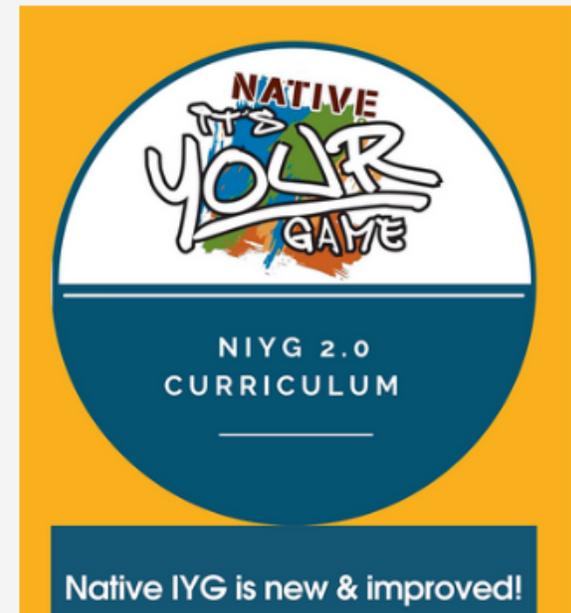
Updated:09/23/2021

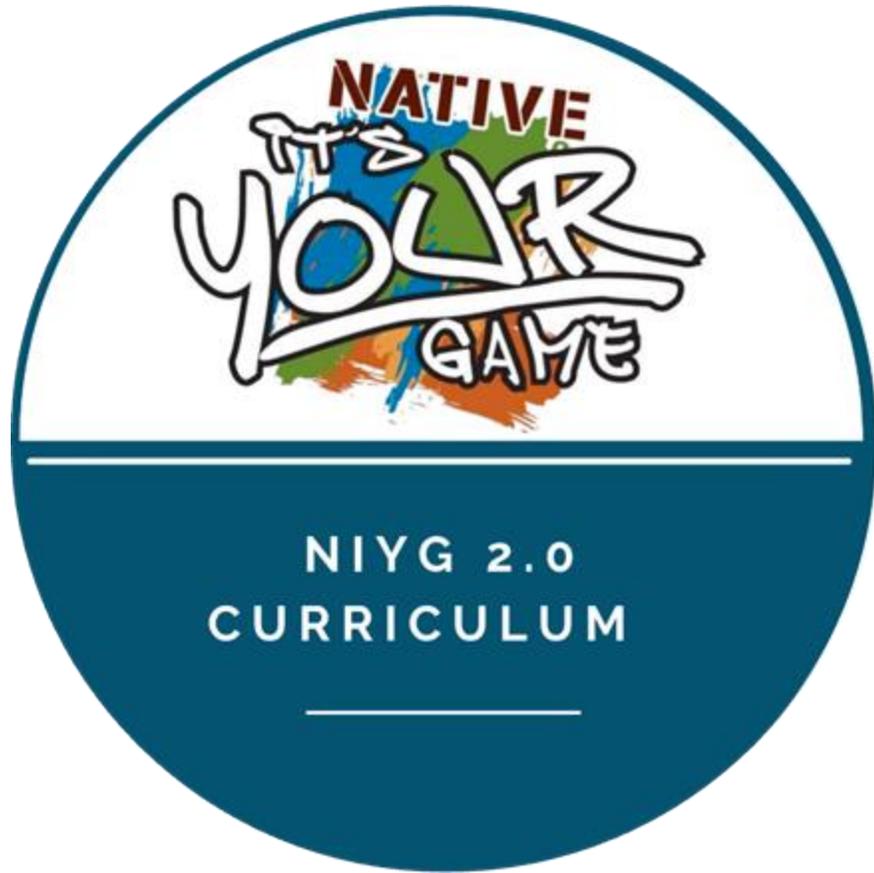
Native It's Your Game (N-IYG) is a web-based HIV, STI, and pregnancy prevention curriculum for American Indian and Alaska Native (AI/AN) youth ages 12-14. N-IYG is comprised of thirteen 30-50 minute interactive lessons, which can be used in the classroom, or as an extracurricular program. The program 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 Facilitation Manual





Topics

1. Alcohol, Tobacco and Other Drugs – Online Version (Ages: Middle School, High School): [IKM Online Manual](#), [Online Lessons](#)
2. Alcohol, Tobacco and Other Drugs – Offline Version (Ages: Middle School, High School): [IKM Offline Manual](#), [Offline Lessons](#)
3. Alcohol and Drug Misuse (Ages: Middle School, High School): [Drugs & Alcohol Activity Guide](#)
4. Bingo Data Collection (Ages: All): [Bingo Data Collection 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](#)
8. Consent and Dating Violence (Ages: High School): [Native STAND 2.0 – Relationships Part 2](#)
9. Cultural Identity (Ages: High School): [Native STAND 2.0 – Culture and Tradition](#)
10. Healthy Relationships (Ages: High School): [Native STAND 2.0 – Relationships Part 1](#)
11. Help Seeking Strategies: [Help Seeking Activity Guide](#)
12. HIV/AIDS (Ages: Middle School, High School): [Native STAND 2.0 HIV/AIDS](#), [NIYG 2.0 About Testing Handout](#)
13. Ice Breakers (Ages: All): [Icebreakers](#)
14. Indigenous Leadership Skill Building (Ages: Middle School, High School): [Indigenous Leaders](#)
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

In crisis? Connect 24/7...

CRISIS TEXT LINE

Crisis Text Line
Text: NATIVE to 741 741
[WhatsApp](#)



National Suicide Prevention Lifeline
Call: 1-800-273-TALK
[Chat](#)

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
[Chat](#)



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
[Chat](#)



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



Childhelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)

Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for
Teens
Call: 1-800-662-HELP



Truth: Smoking, Vaping, and Opioids
[Get 24/7 Support](#)
Text: DITCHVAPE to 88709



Get the Facts About Drugs:
Just Think Twice
Call: 1-855-378-4373
Text: 55753



National Drug Information
Treatment & Referral
Hotline
Call: 1-800-662-4357

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741



Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863



We R Native: My Mind
[Ask Auntie & Uncle](#)
Text: CARING to 65664



National Hotline: Reach Out
& Get Help
Call: 1-800-448-3000
Text: VOICE to 20121



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



PAGE 1

CLICK ON THE LOGOS TO GO TO RESOURCE

Youth Support

PAGE 2

Relationships & Dating



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
[Chat](#)



Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org



That's Not Cool
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453



We R Native: My Relationships
[Ask Auntie & Uncle](#)

Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project
Text: 2SLGBTQ to 97779



Native Youth Sexual Health Network



The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
[Chat](#)



It Gets Better Project
Embrace the Journey



Sexual Health



Planned Parenthood
Call: 1-800-230-7526
Chat: [Ask Boo](#)
[Find a Clinic](#)



We R Native: Sexual Health
Text: SEX to 97779
[Ask Auntie & Uncle](#)



I Know Mine
[Ask Nurse Lisa](#)
[I Want the Kit & Order](#)
Condoms (AK mailing only)



It's Your Sex Life
[Live Chat](#)



Bedsider



Get Yourself Tested #GYT
[Find a clinic near you](#)



Trans Life
Call: 1-877-565-8860



Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233 733
www.humantraffickinghotline.org

CLICK ON THE LOGOS TO GO TO RESOURCE

Click on icons to go to resource

Youth Support

PAGE 3

Bullying



Stopbullying.gov
[What Teens Can Do](#)
[What Adults Can Do](#)



Cyberbullying
Resources for Youth
[Report Cyberbullying](#)



We R Native: Bullying Prevention
[Ask Auntie & Uncle](#)

Find Help Near You



SAMSHA - Zip code locator
for a treatment center
closest to you



Mental Health America - Zip
code locator for a clinic
closest to you

CLICK ON THE LOGOS TO GO TO RESOURCE

Text Message Campaigns



Text: NATIVE to 97779
For health & wellness tips



Caring Messages - to remind you of how
awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)



Text: SEX to 97779
Get tips and resources to protect your sexual
health



Text: LGBTQ2S to 97779 or ALLY to 97779
Native Two-Spirit, LGBTQ, #BornSacred



Text: STEM to 97779
For inspiration and motivation on your journey
in Health, Technology, Engineering or Math



Text: FITNESS to 97779
For inspiration and motivation to conquer your
personal wellness goals and you could win
fitness gear or a fitbit!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE
YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO
BUENO

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

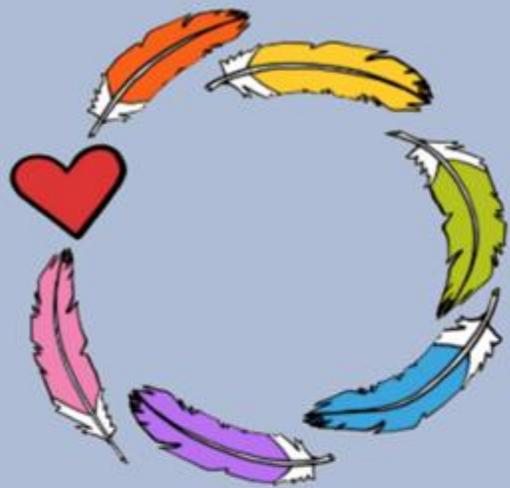
Talk - with someone you can trust

Report - if you're worried about someone





For Adults:
Text
“Empower”
to 94449



PATHS (RE)MEMBERED PROJECT



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD

Indian Leadership for Indian Health

Follow



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.

[ORDER A TOOLKIT](#)

[CONTACT US](#)

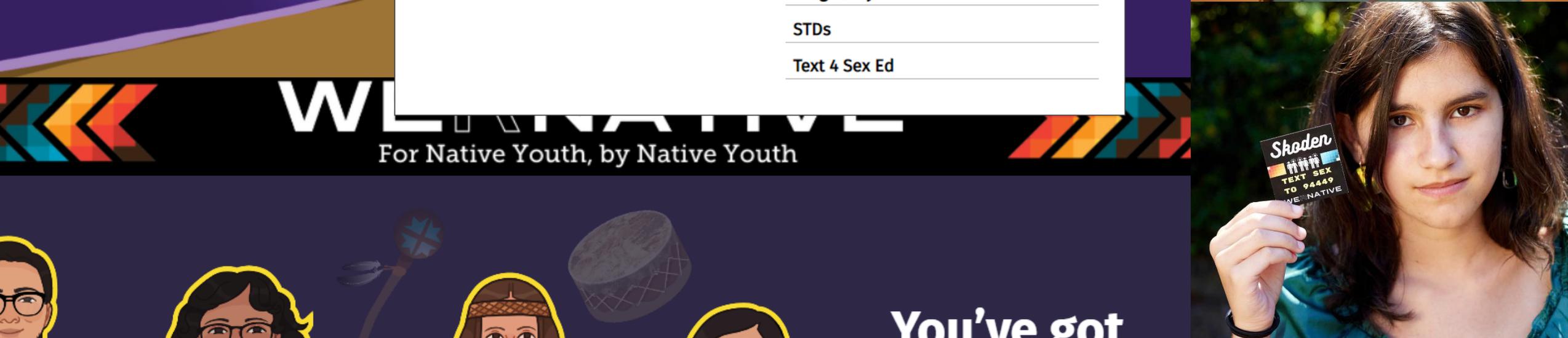
- ask your relative
- my culture
- My Life
- my relationships**
- my mind
- my impact
- ambassador
- gear up
- search

RELATIONSHIPS & DATING

- Abuse & Violence
- Family
- Friendships
- Dating
- Unhealthy Relationships
- Social Media
- Communicating

SEXUAL HEALTH

- Puberty
- Anatomy
- Sexual Identity
- Sex
- LGBT – Two Spirit
- Text LGBTQ2S/Ally
- Birth Control
- 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.



MASTURBATION
=
SELF CARE



WE NATIVE



WE NATIVE

April 
is
STI
Awareness
Month

Protecting your sexual health is as easy as:

 
Talk *Test* *Treat*



WE NATIVE.ORG

Know the Signs:



Talk

Test

Treat

WE NATIVE

Know the Signs:



Talk

Test

Treat

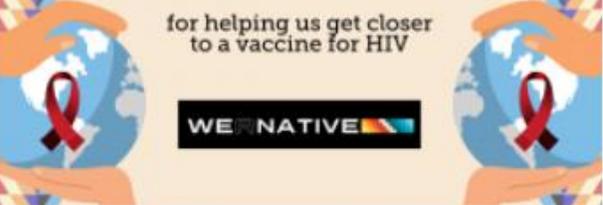
WE NATIVE

HIV VACCINE AWARENESS DAY

Thank you to:

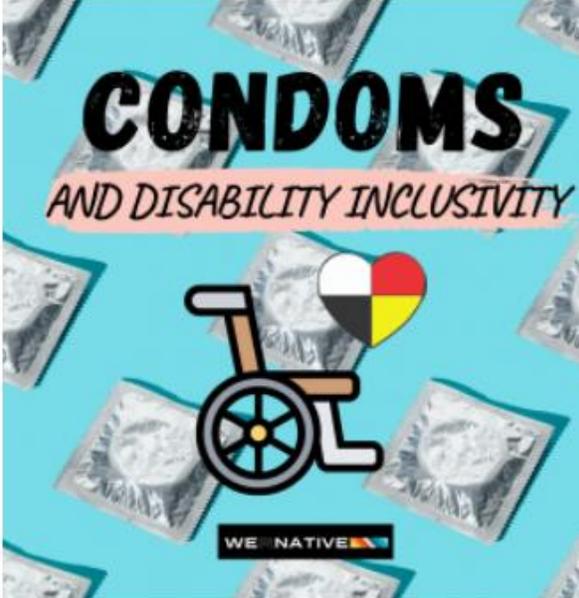
- Our Community
- Our Healthcare Workers
- Our Clinical Trial Volunteers
- Researchers
- and so many others

for helping us get closer to a vaccine for HIV



WE NATIVE

CONDOMS
AND DISABILITY INCLUSIVITY



WE NATIVE

TALK ABOUT HIV/AIDS
DE-STIGMATIZE HIV
PROTECT OUR PEOPLE
NATIONAL WOMEN AND GIRLS
HIV/AIDS AWARENESS DAY
GET TESTED
KNOW YOUR STATUS



WE NATIVE

iknowmine.org

Truthful, Accurate Information for You(th)

 [order resources & supplies](#)[get answers](#)[SEXUAL HEALTH](#)[LGBTQ2S+](#)[MY BODY](#)[MY MIND](#)[MY SPIRIT](#)[MY RELATIONSHIPS](#)[ALCOHOL, TOBACCO &
OTHER DRUGS](#)

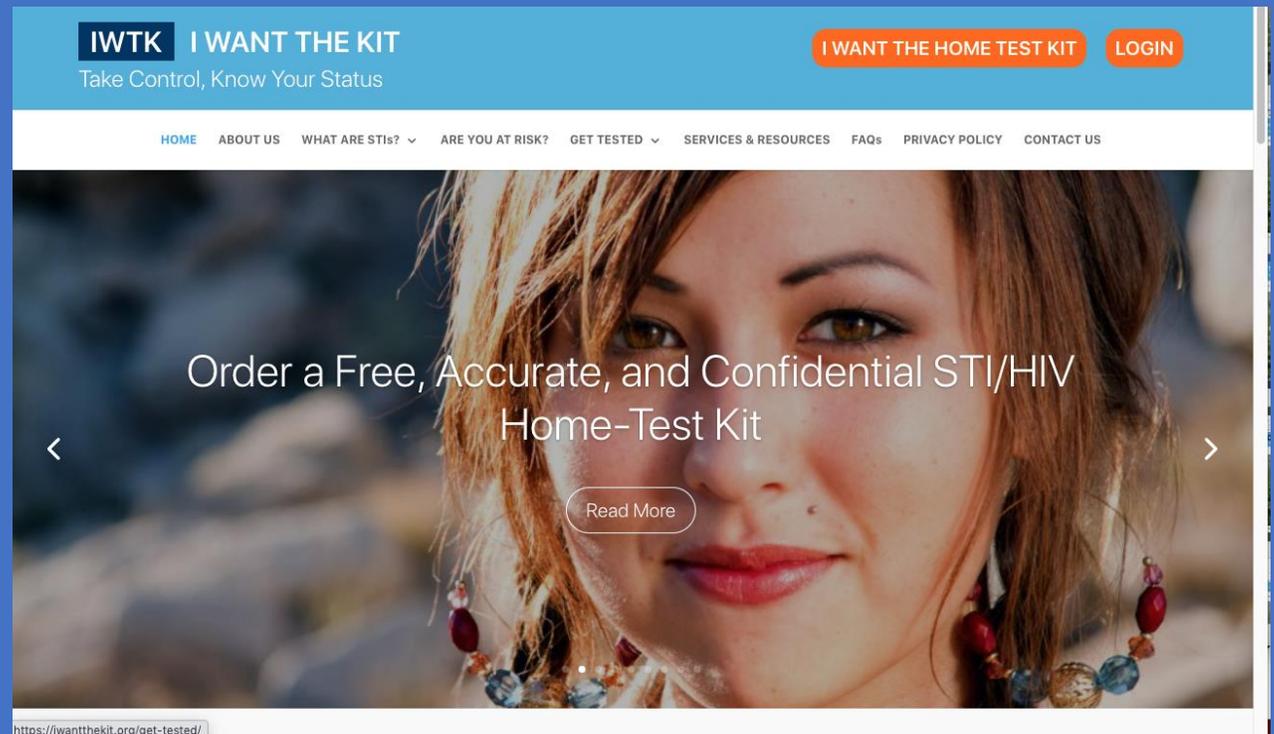
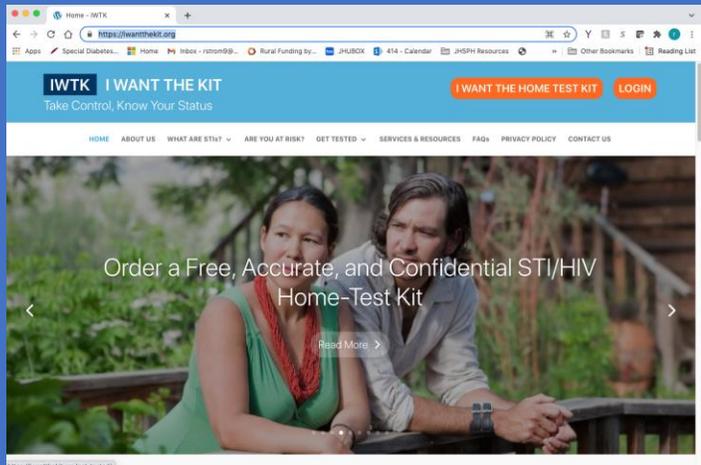
Spawn Safely!

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](#)

raise awareness & prevent the spread of HIV/AIDS

[ASK NURSE LISA](#)

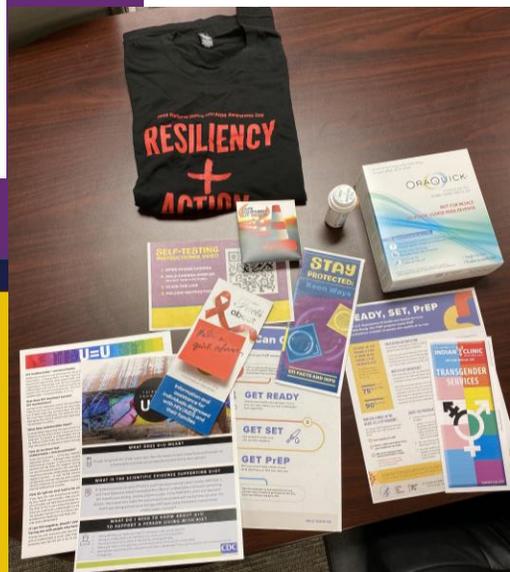


Sponsored By



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.

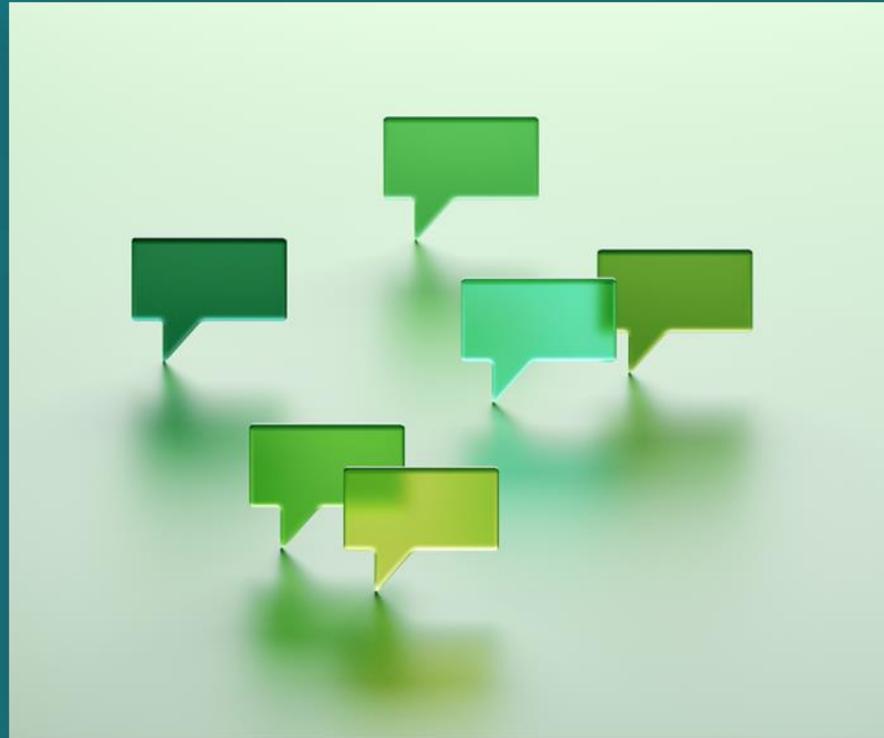
This work is also supported with funds from the Minority AIDS Initiative Fund.







Ask the Experts - Open Discussion





Kahoot!



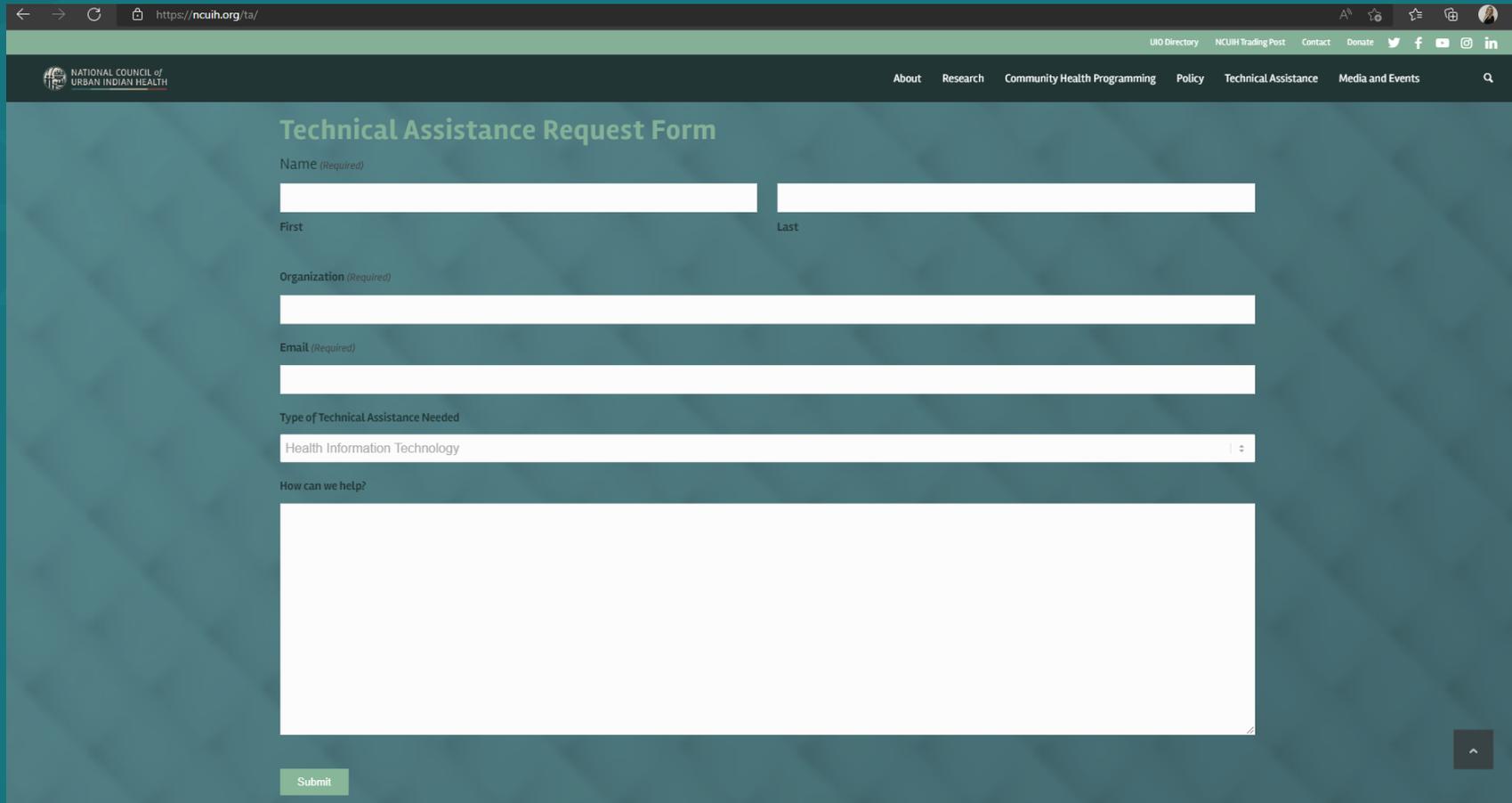
Evaluation Reminder

https://ncuih.qualtrics.com/jfe/form/SV_6hX69LLDZx1Hcvi



TA Submission Request

ncuih.org/ta



The screenshot shows a web browser window displaying the "Technical Assistance Request Form" on the NCUIH website. The browser's address bar shows "https://ncuih.org/ta/". The website's navigation menu includes "UJO Directory", "NCUIH Trading Post", "Contact", "Donate", and social media icons for Twitter, Facebook, YouTube, Instagram, and LinkedIn. The main navigation bar contains "About", "Research", "Community Health Programming", "Policy", "Technical Assistance", and "Media and Events".

The form itself is titled "Technical Assistance Request Form" and includes the following fields:

- Name (Required)**: Two input fields for "First" and "Last" names.
- Organization (Required)**: A single input field.
- Email (Required)**: A single input field.
- Type of Technical Assistance Needed**: A dropdown menu with "Health Information Technology" selected.
- How can we help?**: A large text area for providing details.

A "Submit" button is located at the bottom left of the form, and a "back to top" arrow is at the bottom right.



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



NCUIH

NATIONAL COUNCIL *of* URBAN INDIAN HEALTH

