



**NORTHWEST
PORTLAND
AREA
INDIAN
HEALTH
BOARD**

Burns-Paiute Tribe
Chehalis Tribe
Coeur d' Alene Tribe
Confederated Tribes of Colville
Confederated Tribes of Coos, Lower
Umpqua, and Siuslaw Indians
Confederated Tribes of Grand Ronde
Confederated Tribes of Siletz
Confederated Tribes of Umatilla
Confederated Tribes of Warm Springs
Coquille Tribe
Cow Creek Tribe
Cowlitz Tribe
Hoh Tribe
Jamestown S'Klallam Tribe
Kalispel Tribe
Klamath Tribe
Kootenai Tribe
Lower Elwha Klallam Tribe
Lummi Tribe
Makah Tribe
Muckleshoot Tribe
Nez Perce Tribe
Nisqually Tribe
Nooksack Tribe
NW Band of Shoshone Tribe
Port Gamble S'Klallam Tribe
Puyallup Tribe
Quileute Tribe
Quinalt Tribe
Samish Indian Nation
Sauk-Suiattle Tribe
Shoalwater Bay Tribe
Shoshone-Bannock Tribe
Skokomish Tribe
Snoqualmie Tribe
Spokane Tribe
Squaxin Island Tribe
Stillaguamish Tribe
Suquamish Tribe
Swinomish Tribe
Tulalip Tribe
Upper Skagit Tribe
Yakama Nation

2121 SW Broadway
Suite 300
Portland, OR 97201
(503) 228-4185
(503) 228-8182 FAX
www.npaihb.org

RESOLUTION # 19-0201

**WE R NATIVE: "HOW CAN TECHNOLOGY SUPPORT AI/AN
ADOLESCENT MENTAL WELLNESS?"**

WHEREAS, the Northwest Portland Area Indian Health Board {hereinafter "NPAIHB" or the "Board") was established in 1972 to assist Tribal governments to improve the health status and quality of life of Indian people; and

WHEREAS, the NPAIHB is a non-governmental "tribal organization" as defined by the Indian Self-Determination and Education Assistance Act (P.L. 93-638 seq. et al) that represents forty-three federally recognized tribes in the states of Idaho, Oregon, and Washington; and

WHEREAS, in accordance with the definitions of the Indian Self-Determination and Education Assistance Act at 25 uses §450b, a tribal organization is recognized as a governing body of any Indian tribe and includes any legally established organization of Indians which is controlled, sanctioned, or chartered by such governing body or which is democratically elected by the adult members of the Indian community to be served by such organization and which includes the maximum participation of Indians in all phases of its activities; and

WHEREAS, the NPAIHB is dedicated to assisting and promoting the health needs and concerns of Indian people; and

WHEREAS, to support Native youth, the Northwest Portland Area Indian Health Board launched We R Native in 2012, a holistic health resource for Native youth, by Native youth. The multimedia service includes an interactive website (www.weRnative.org), an Ask Auntie Q&A service, a text message service (text NATIVE to 97779), a YouTube channel, and social media accounts (Facebook, Instagram, Twitter). In 2018, the website received over 124K unique sessions, and the SMS service had over 5,500 subscribers. Altogether, the service reached nearly 31,000 viewers per weeks across its messaging channels. Notably, nearly 20% of WRN's users visited mental health topics on the website; and

WHEREAS, mental wellness is a critical component of adolescent health and wellbeing. AI/AN youth report frequent technology use and poor mental health outcomes, including historical trauma, stress, anxiety, depression, and suicidality. The potential for technology to assist with prevention, identification, and intervention deserves more robust investigation; and

WHEREAS, systematic research is needed to determine which components of We R Native's messaging strategies most effectively promote mental health and wellbeing, gaps that could be filled with additional content. We R Native is authorized to carry out the proposed research aims; and

WHEREAS, the Social Media Adolescent Health Research Team, University of Wisconsin – Madison is eliciting project proposals that

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are consistent with the goals and objectives of both the NPAIHB and the NW Tribal Epicenter; and

NOW, THEREFORE, BE IT RESOLVED, that the Board endorses and supports efforts by staff of the NW Tribal Epicenter - We R Native -- under the guidance of the Executive Director, to pursue funding through the Technology and Adolescent Mental Wellness (TAM) proposal.

CERTIFICATION

NO: 19-02-01

The foregoing resolution was duly adopted at the regular session of the Northwest Portland Area Indian Health Board. A quorum being established; 4 for, 0 against, 0 abstain on December 17, 2018

Andrew C. Joseph Jr.

Chairman

December 17, 2018

Date

Gregory J. Abrahamson

Secretary