



NW Native Adolescent Health Alliance Meeting Minutes

Northwest Portland Area Indian Health Board, Portland OR

Jun 27, 2019: 2:30-4:00 PM

- I. **Emerging Native Youth Topics**
 - a. Vaping (mid school), e-cigarettes (JUUL), cutting, homelessness, drugs/alcohol, depression, bullying/cyberbullying, sexting, gaming (boys), gang violence, CBD oils (legal marijuana), pain pills, brain development/connection, and sleep (max of 4 hours).
- II. **NPAIHB Two Spirit and LGBTQ Health webpage**
 - a. Resources to improve healthcare for people who identify as **Two Spirit** or **LGBTQ**. Includes resources for our **Two Spirit** and **LGBTQ** community members, friends, relatives, and for their healthcare providers. <http://www.npaihb.org/2slgbtq/>
 - b. Participants discussed it would be helpful to obtain more information on language and education around pronouns for tribal communities.
- III. **Firearm Safety Module**
 - a. Community driven gunlock safety events to promote firearm safety.
 - b. Resources & shared recommendations:
 - i. Means Matter – campaign
 - ii. Provide gunlocks with hunting tags in your communities.
 - iii. Hunter’s safety, normalizing education classes
- IV. **Youth and Educator Opportunities:**
 - a. Educator Opportunities
 - i. Healthy Native Youth website (<https://www.healthynativeyouth.org/>)
 1. Community of Practice, prerecorded session and downloadable supporting documents to improve the lives of Native youth. (<https://www.healthynativeyouth.org/community-of-practice-sessions>)
 2. NEW and improved training webinar - Responding to Concerning Post Social Media. Updates include: an updated webinar and video, an updated look on the [Viewer Care Plan Poster](#) and [Viewer Care Plan tip card](#), and Community Awareness Activity Guides for youth and adults. These new tools provide viewers the opportunity to have conversation and build a safer community on social media.
 3. Upcoming facilitator trainings:
 - a. We R Native Facilitator Training: (tentatively) Last week of August 2019 at Lummi Nation, Bellingham, WA.
 - b. Healing of the Canoe Facilitator Training: September 30th – October 3rd, 2019 at Suquamish, WA.
 - b. Youth Opportunities
 - i. NPAIHB Youth Delegates (<http://www.npaihb.org/youth-delegate/>)

1. Youth Delegates serve a 1-year term from July 2019 – June 2020, and serve as the official youth policy body for the Northwest Portland Area Indian Health Board and its member tribes. This diverse group of Native youth (ages 14-24) must be enrolled members or a descendant of one of the 43 NPAIHB [member tribes](#) located in Idaho, Oregon and Washington.
- ii. We R Native Ambassadors (<https://www.wernative.org/ambassadors/ambassador-about>)
 1. We R Native Ambassadors are the heart and soul of We R Native. The Ambassador program is a way for you to join the We R Native development team, get involved in your community, and make a positive difference around the topics that matter most to youth. Text “represent” to 97779 for more information.
- iii. We R Native opportunities
 1. Community Service Mini grants (<https://www.wernative.org/my-impact/grants>) Open to American Indian and Alaska Native youth 13-21 years old with an adult mentor. The grant funds up to \$475 for a community service project.
- iv. STEM
 1. Text STEM to 97779 to get tips that elevate and re-affirm Native voices in science, technology, engineering, and math.

V. “Help Seeking” intervention teaser

- a. More information coming soon!

VI. Updates to the Adolescent Health Tribal Action Plan

- a. The Adolescent Health Tribal Action Plan was designed to aid the development of programs and interventions to improve adolescent health within the 43 federally-recognized tribes in ID, OR and WA. It can be used by program managers, public health professionals, tribal leaders, policy-makers and they set agendas for improving their community’s health.
- b. Copies of the 2014-2018 action plan and upcoming updates is located on our website at: <http://www.npaihb.org/thrive/>

VII. Save the date: 10th Annual THRIVE Youth Conference-Portland Oregon, June 22-26th, 2020.

- a. Save the date: <http://www.npaihb.org/thrive/#1461959216954-454d5e19-bb03>
- b. Conference contact, Paige Smith at psmith@npaihb.org