We Are INSPIRED: Preparing AI/AN Students to Pursue Public Health Careers

Northwest Tribal Epidemiology Center
April 2023
Welcome, Blessing
(Michelle)

Introductions
Name (pronouns), Where Ya Work, and something you’re looking forward to in 2023.
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
Info Session Agenda

• Share Project Goals
• Overview of the Program:
  Kick-off at THRIVE
  Virtual Learning Sessions
  Role Models and Guest speakers
• Open Q&A
• Related opportunities this summer
• Next Steps
NARCH High School Goals

• Develop an introductory population health sciences research program for AI/AN high school students that introduces them to relevant public health topics and careers.
EVALUATION DATA COLLECT TOOLS

VALUES
- Connection
- Confidence
- Hope
- Empower
- Sustain
- Transform
- Equity

TRIBAL PUBLIC HEALTH

RESOURCES

PRAYERS OF ANCESTORS

GOALS
- Spark Learning
- Connect to Mentors
- Meet Role Models
- Grow Researchers
- Improve Public Health

Sponsored by the National Institute of General Medical Sciences of the National Institutes of Health under Award Number 5R01GM114921-04.
Recruitment Goals

• Recruit 4 High School Sites/Mentors (March-April), who will each host 3-4 youth (Goal 12-16 youth per year)
  • Student research support at $2,000 x 16 students/year = $32,000
  • Site Mentors at $5,000 x 4 mentors/year = $20,000
Week-long Orientation Kick Off in-Person

- Kick off the program at the NPAIHB’s annual THRIVE Youth Conference, the last week of June:
  - Recruited mentors and youth are invited to attend a week-long workshop track in PDX
  - The agenda includes an interactive mix of presentations from tribal researchers at the Board and Campus Tours (1 day at OHSU, 1 day at PSU)
  - Travel will be covered by NARCH for youth and chaperones

https://www.npaihb.org/thrive/
# THRIVE Agenda: Morning Activities

**INSPIRE Public Health Research Academy**  
**In-person: @THRIVE June 26-30, 2023**

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<thead>
<tr>
<th>Day 1</th>
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<td>@THRIVE</td>
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<td>@NPARIHB</td>
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| **Attend THRIVE Welcoming Activities**  
(Orientation and Group Games) | **Attend THRIVE Welcoming Activities**  
Submit “Invoices” to the NPARIHB to receive payment | **Attend THRIVE Welcoming Activities**  
Icebreaker: Data Donuts (Jackie W) | **Attend THRIVE Welcoming Activities**  
Icebreaker | **Attend THRIVE Welcoming Activities**  
Icebreaker: Public Speaking Blah |
| **In the Public Health Track:**  
Welcome & Icebreaker | **In the Public Health Track:**  
Meet: Danica, Itai, Jess  
Discuss: Health Research 101 – How is public health research done? Who owns the data?  
What happens next? | **In the Public Health Track:**  
Meet: Victoria and Epi Peeps  
[Explore: What is the EpiCenter?] | **In the Public Health Track:**  
Meet NNACoE:  
Erik, Caitlin, Christina and Rosa  
Meet: Wy'East Students | **In the Public Health Track:**  
Showcase @THRIVE:  
Share what you learned. |
| **Activity: Brainstorm – What is Public Health?** | **Activity from PBS’s Student Reporting Labs Curriculum.**  
(Jane and Taylor) | **Activity: Thumb through the 2022 State of Native Youth Report** | **Meet the Board’s INSPIRE Peeps**  
– Jane, Asia, Roger:  
https://www.youtube.com/playlist |
## THRIVE Agenda: Afternoon Activities

### Afternoon Activities

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<tr>
<th></th>
<th>@NPAIHB</th>
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<th>Columbia River</th>
<th>@OHSU</th>
<th>@THRIVE</th>
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<tr>
<td>Meet</td>
<td>Celena and Michelle</td>
<td>Meet: Kelly Gonzales <a href="https://indigenous-equity.com/">https://indigenous-equity.com/</a></td>
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<td>PH takes many</td>
<td>PH is Indigenous!</td>
<td>Explore: Working Upstream; Community health vs Individual health; Social Determinants of Health</td>
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<td>In pairs:</td>
<td>Interview each other with guided Qs</td>
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<td>Co-design:</td>
<td>Youth-Driven Evaluation Plan (AKA)</td>
<td>Meet: Matt Town, Joseph Bull, and/or Judy Bluehorse Skeleton</td>
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<td>Next Steps:</td>
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<td>Showcase Options and Selection</td>
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<td>Explore the</td>
<td>Native Plants and Foods Portal</td>
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<td>Debrief Field Trip</td>
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### Reflection / Self-efficacy

|                |                                                                      |                                                                      |                                              |                                                                        |                                                                          |
| Baseline:      | What is Public Health? (Photo, Video, QR Survey, and/or Activity Guide Reflections) |                                                                      |                                              |                                                                        |                                                                          |
| Share:         | Today’s PH Photos Small Groups: Make Reel or TikTok (Celena and Asia) |                                                                      |                                              |                                                                        |                                                                          |
| Share:         | Today’s PH Photos Small Groups: Make Reel or TikTok                  |                                                                      |                                              |                                                                        |                                                                          |
| Post:          | What is Public Health? (Photo, Video, QR Survey, and/or Activity Guide Reflections) |                                                                      |                                              |                                                                        |                                                                          |
Virtual Learning Sessions

• Synchronous **Learning Sessions** using a Learning Platform (like Canvas)
  • Align the schedule to the High School academic year:
    • One PH Module in Fall/Winter (Public Health 101)
    • One PH Module in Spring (Demonstrating what you’ve learned)
  • Mix of independent work, local/site work, and Community of Learning (group work).
• Each student will receive an: **Activity Guide aligned to the Lesson Plan**
Delivery Plan: Virtual

• Learning Sessions
  • 2nd Tuesday of the month
  • Oct 2023, Nov 2023, Jan-April 2024

• Zoom Cohort Check-ins
  • 4th Wednesday of the month
  • Oct 2023, Nov 2023, Jan-April 2024
## Guest Speakers at Learning Sessions (20 minutes + Q&A)

<table>
<thead>
<tr>
<th>Guest Speaker</th>
<th>Date</th>
<th>Title</th>
<th>Research Topical Focus</th>
<th>Research Method(s) to Discuss</th>
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<tbody>
<tr>
<td>Celena Ghost Dog, MPH</td>
<td>Tuesday, October 10, 2023</td>
<td>Indigenous Ways to Health</td>
<td>(1) Introduce: Community health vs Individual health</td>
<td>Introduce Public Health Research Methods (youth-friendly 1-page guides)</td>
</tr>
<tr>
<td>Kelly Gonzales, PhD</td>
<td>Tuesday, November 14, 2023</td>
<td>Public Health is Indigenous</td>
<td>(1) Socio-ecologic Model: What facets contribute to public health? What does public health look like?</td>
<td>Traditional Indigenous Ways of Knowing</td>
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<td>Marc Emerson, PhD</td>
<td>Tuesday, January 9, 2024</td>
<td>What Epi Told Me</td>
<td>(1) Epi principles: person, place, and time;</td>
<td>Surveys</td>
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<tr>
<td>Name</td>
<td>Date</td>
<td>Time</td>
<td>Research Methods to Discuss</td>
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<td>Dyani Bingham, MPH</td>
<td>Wednesday, October 25, 2023</td>
<td>4-5 PM (Pacific)</td>
<td>Community-based Participatory Research</td>
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<tr>
<td>Itai Jeffries, PhD</td>
<td>Wednesday, November 22, 2023</td>
<td>4-5 PM (Pacific)</td>
<td>Mixed Methods Research in Public Health</td>
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<tr>
<td>Tommy Ghost Dog &amp; Asia Brown</td>
<td>Wednesday, January 24, 2024</td>
<td>4-5 PM (Pacific)</td>
<td>Background on Social Marketing Techniques</td>
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</table>
Additional Role Model Videos (About 5-15 minutes)

- Amanda Urbina Hunter: Using CBPR to develop and implement a community-specific Boys & Girls club called Native Spirit
- Steele Valenzuela: Biostats
- Richelle Thomas: Heavy metals in medicinal plants utilized by Native American tribes
- Judy BlueHorse Skelton: Indigenous Gardens and Food Justice
- Dornell Pete: H. Pylori & Stomach Cancer
Youth Research Projects

• From February-March, each community cohort will select and carry-out a project:

  • Option 1. Photovoice Project: What Does PH Look Like in Your Community?
    • Guided Photovoice Workplan Plan: Elements of a story map, gathering photos, crafting interview Qs for collecting quotes
  
  • Option 2. Disseminate a Media Campaign (Next Legends Vaping Campaign or Safe Spaces Campaign)
    • Guided Media Campaign Work Plan: Place the campaign materials in your community (i.e. posters, PSAs), collect audience feedback

Showcase: Celebration & Graduation

Teams will prepare and share a short article, a brief video or PSA, create a slideshow, or a poster board.
Youth and Mentor Payments

- **Site/mentors** will receive $5,000 to cover the time and effort of mentors, and any other expenses associated with the project.
  - Host sites will be paid $2,500 after the week-long orientation and $2,500 after their community health research project (April/May).

- **Students** will receive $2,000 to cover their learning and research-related expenses participating in the Academy.
  - Students will be paid $1,000 after the week-long orientation, and $1,000 after presenting their community health research project (April/May).
NW NARCH Public Health Research Academy
for Native High School Students
hosted by NPAIHB

The Northwest Native American Research Center for Health (NW NARCH) is looking for curious American Indian & Alaska Native (AI/AN) teens ages 16-18 interested in exploring the diverse world of public health.

Our goal is to inspire future Native public health researchers. From epidemiology to evaluating social media marketing campaigns, you'll learn about the different types of public health research and how to use information to improve health and wellness.

WHO can apply?
AI/AN High School students in Oregon, Washington, and Alaska.
Teachers are encouraged to recruit 2-4 students to participate together.
No science experience required!

WHAT is involved?
Teachers mentor a group of 2-4 students for this experience and mentors will receive $5,000.
Students complete hands-on activities in classrooms and field trips in Portland; Students attend monthly sessions on Zoom during the 2023-24 school year.
Students who complete the research project receive up to $2,000 for project related costs and NW NARCH certificate of completion.

WHY is participation important?
Inspire students to pursue a future career in public health & research.
Introduce students to Indigenous public health scientists and researchers actively working to address issues important to tribal communities.
Help students gain professional skills and hands-on research experience.

WHEN is it?
The Public Health Research Academy is a year-long learning experience from June 2023-May 2024.

June 26-30, 2023: Academy kicks off in Portland, OR!

October 2023-May 2024: Monthly live Zoom check-in sessions (4-5 PM, Pacific) 2nd Tuesday and 3rd Wednesday of the month.

Detailed agendas with topics will be provided after cohorts of students are accepted into the program.

HOW can you apply?
Deadline to apply is May 1, 2023. If you’re a student, talk to your teacher about applying!

Apply HERE

Questions! Want to learn more?
Email gsculveringham@npaihb.org
For more information visit:
https://www.npaihb.org/public-health-research-academy

Sponsored by the National Institute of General Medical Sciences of the National Institutes of Health under Award Number 5K24GM116214

Youth-Driven Evaluation Plan

EVALUATION

Our evaluation services focus primarily on the needs of underserved communities, tribal leaders, tribal health departments, tribal recovery programs, universities, and non-profit organizations in the US. Our senior associates have worked on a variety of tribal, local, state, regional, and national projects employing rigorous community-driven evaluation methods.

Our work upholds the unique values and protocols of the communities and tribes we work with. We strive to work closely with communities to develop the most appropriate and meaningful evaluation approach.
Q&A and Next Steps

• Share: Ideas or Concerns re: the Plan
• Open Q&A
• Related Opportunities this Summer…
• Site Application: www.surveymonkey.com/r/NARCHResearchAcademy

  • Once participating sites have been selected, the adult Mentor/Chaperones will also fill out a THRIVE Youth Conference Registration Form (that confirms parent permission to travel/participate).
Internship Stipends

• **Host Site Stipends**: Selected sites will receive $2,500-$5,000 to cover student stipends, the time/effort of mentors, and any other expenses associated with the internship.

• **Scope of Work**: Host sites will provide 1 or more students with hands-on training in public health careers, health promotion strategies, research and evaluation methods, or community-based participatory research.

• **Number of Awards Available**: 3-6 sites will be selected.

• **Dates**: June-August 2023

• **Duration**: The timing and duration of the internship can be determined by the site mentor/supervisor. We’ve seen some internships last one or two weeks (meeting or shadowing all day), and others last all summer (working a few hours per week).

https://www.surveymonkey.com/r/PublicHealthInternships
Ideas for Hosting Middle School Students

1. Host a public health “career day” - invite an EMT, health educator, or someone from your tribal health department to talk about their job.
2. Have students interview someone who works in Public Health or Health Education. Or take a field trip to see them in action.
3. Host a scavenger hunt by adapting online tools to your local community or grade level: www.nphuw.org/events/NPHW-Instagram-Scavenger-Hunt.
4. Have students read and discuss the “My Environment” articles on We R Native. Discuss the connections that exist between caring for the land and community health: www.werenative.org/my-culture/my-environment/take-action.

Host a Public Health Intern
The Northwest Portland Area Indian Health Board and We R Are Healers are committed to supporting American Indian & Alaska Native youth interested in pursuing Public Health professions. Please consider hosting, mentoring, or supervising a student intern. Selected sites will receive $2,500 to cover student stipends, the time/effort of mentors, and any other expenses associated with the internship.

Learn more and apply online: https://www.surveymonkey.com/r/PublicHealthInternships.

Ideas for Hosting High School Students

1. Invite students to create a social media post or TikTok video that promotes a national health observance: http://nphw.org.
2. Host a public health “career day” - invite a dietitian, an environmental health specialist (air, water, land preservation), or someone from your tribal health department to talk about their job.
3. Check out these Public Health lesson plans and worksheets from Lesson Planet: https://www.lessonplanet.com/lesson-plans/public-health/all.
4. Have students read and discuss the articles on We R Native, that focus on health and wellness: https://www.werenative.org/my-culture/identity-native-pride/wellness-healing.

Host a Public Health Intern
The Northwest Portland Area Indian Health Board and We R Are Healers are committed to supporting American Indian & Alaska Native youth interested in pursuing Public Health professions. Please consider hosting, mentoring, or supervising a student intern. Selected sites will receive $2,500 to cover student stipends, the time/effort of mentors, and any other expenses associated with the internship.

Learn more and apply online: https://www.surveymonkey.com/r/PublicHealthInternships.

Ideas for Hosting College Students

1. Host a public health “career day” - invite a health researcher, epidemiologist, or someone from your tribal health department to talk about their job.
2. Give students an opportunity to shadow a public health practitioner.
3. Review this website and talk about Tribal Ownership of Data: What does it mean to be good steward to tribal data? https://nativedata.npaihb.org/sharing-data/.
4. Y-PLAN has engaged thousands of young people to empower youth to create change in their community - and themselves. Use these DIY steps to help students develop their own Action Plan focused on health: https://y-plan.berkeley.edu/diy.

Host a Public Health Intern
The Northwest Portland Area Indian Health Board and We R Are Healers are committed to supporting American Indian & Alaska Native youth interested in pursuing Public Health professions. Please consider hosting, mentoring, or supervising a student intern. Selected sites will receive $2,500 to cover student stipends, the time/effort of mentors, and any other expenses associated with the internship.

Learn more and apply online: https://www.surveymonkey.com/r/PublicHealthInternships.
NPAIHB Youth Delegates

• The NPAIHB’s Youth Delegates are a group of Native youth (ages 15-24) who represent the tribes in Idaho, Oregon, and Washington.

• They collaborate to share their voice on health programs and policies and learn more about health and wellness careers.

• Youth Delegates serve a 1-year term and are the official youth policy-making body for the Northwest Portland Area Indian Health Board and its member tribes.

• The application is open for new and returning applicants and closes May 30, 2023: www.surveymonkey.com/r/NPAIHBYouthDelegate2023

Learn more: www.npaihb.org/youth-delegate/
WE INSPIRE
A LEARNING COMMUNITY

Listen to diverse Indigenous voices and the unique pathways you can take to work in public health

TEXT ‘INSPIRE’ TO 94449

WE INSPIRE
PUBLIC HEALTH 101

What is Public Health?
The places where we learn, work, and play all have an impact on our health. Public health promotes and protects the health of people, their families, and their communities.

The health of our people is closely related to the health of our environment. That's what I love most about public health... From washing our hands to reducing pollution - Everyone has a role to play in protecting our community's health.

This is my friend Ryan. She is an Environmental Health Scientist in the Pacific NW. Let's hear what inspired her to work in public health:

This is my friend Tommy. He runs the We R Native website - a multimedia health resource for Native youth, by Native youth. Let's hear what inspired him to get involved in public health:
60+ Youth have Enrolled To-Date

WE ARE INSPIRED

NPAIHB
Northwest Portland Area Indian Health Board

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