

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

Northwest Tribal Epidemiology Center

April 2023



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Yá'át'ééh! Keshi! Hola!

Welcome, Blessing
(Michelle)

Introductions

Name (pronouns), Where Ya Work,
and something you're looking
forward to in 2023.



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



Info Session Agenda

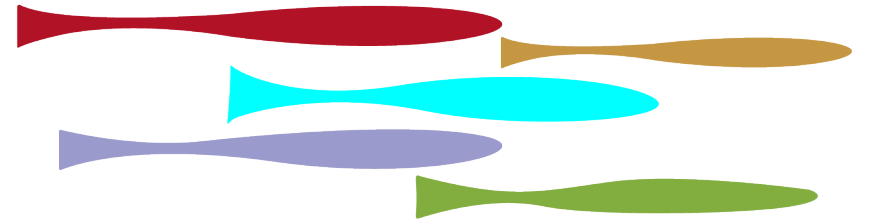
- Share Project Goals
- Overview of the Program:
 - Kick-off at THRIVE
 - Virtual Learning Sessions
 - Role Models and Guest speakers
- Open Q&A
- Related opportunities this summer
- Next Steps



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.

NW NATIVE AMERICAN RESEARCH CENTER FOR HEALTH



EVALUATION DATA COLLECT TOOLS



TRIBAL PUBLIC HEALTH ADVISORY TEAM EVALUATION TEAM CURRICULUM

GOALS

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

VALUES

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

RESOURCES

PRAYERS OF ANCESTORS

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**



SAVE THE DATE **THRIVE CONFERENCE 2023**



JUNE 26-30
PORTLAND, OR

Who - American Indian and Alaska Native youth 13-19 years old

What - Four to five interactive workshop tracks

Where - PSU Native American Student and Community Center
- Portland, OR

Why - Participants will:

- Build protective factors through creative self-expression using traditional learning strategies
- Connect with other Native youth and mentors
- Learn about healthy behaviors and develop healthy coping mechanisms
- Embrace their cultural pride and enhance resiliency

REGISTRATION IS FREE AND WILL OPEN THE FIRST WEEK OF APRIL

Northwest Portland Area Indian Health Board
THRIVE Project
Ph: (971) 282-4010
Email: mnores@npaihb.org
Website: www.npaihb.org/THRIVE



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				
Day 1	Day 2	Day 3	Day 4	Day 5
Morning				
@THRIVE	@NPAIHB	@NPAIHB	@OHSU	@THRIVE
	Photo Collection Theme: What is Public Health?	Photo Collection Theme: What do Tribal EpiCenter do?	Photo Collection Theme: What do Public Health careers look like at OHSU?	
Attend THRIVE Welcoming Activities (Orientation and Group Games)	Icebreaker Submit "Invoices" to the NPAIHB to receive payment	Icebreaker: Data Donuts (Jackie W)	Icebreaker	Icebreaker: Public Speaking Blah
In the Public Health Track: Welcome & Icebreaker Get to know each other... Introductions & Bingo Overview of the Academy, Goals for Participation, Payment	Meet: Danica, Itai, Jess Discuss: Health Research 101 – How is public health research done? Who owns the data? What happens next?	Meet: Victoria and Epi Peeps [Explore: What is the EpiCenter?] Meet: Laura and the Policy Team [Explore: What is the role of policy in public health? (MMWI)]	Meet <u>NNACoE</u> : Erik, Caitlin, Christina and Rosa Meet: <u>Wy'East</u> Students	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

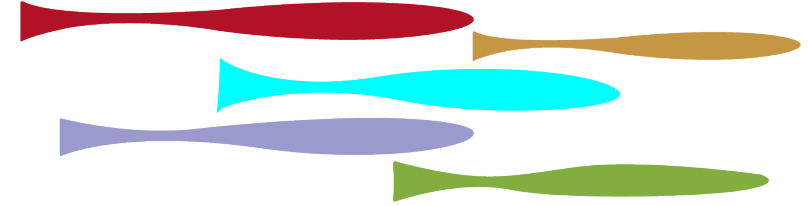
Afternoon				
@NPAIHB	@PSU	Columbia River	@OHSU	@THRIVE
	Photo Collection Theme: What makes Public Health Indigenous?	Photo Collection Theme: What is Food Sovereignty?		
Meet: Celena and Michelle PH takes many different paths In pairs: Interview each other with guided Qs	PH is Indigenous! Meet: Kelly Gonzales https://indigenous-equity.com/ Explore: Working Upstream; Community health vs Individual health; Social Determinants of Health	Field Trip: Food as Freedom	Visit: first foods garden by OHSU Native Med students with Lillian Pitt's art installation on the SW Waterfront property.	
Co-design: Youth-Driven Evaluation Plan (AKA) Focus on photography as a research and evaluation method: more here	Meet: Matt Town, Joseph Bull, and/or Judy Bluehorse Skeleton		Meet: We Are Healers (and/or Bobby Cuadra) Or: Dawn Richardson	
Next Steps: Thinking Ahead				
Preview: Showcase Options and Selection	Explore the Native Plants and Foods Portal	Debrief Field Trip	Prep for: Showcase	
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

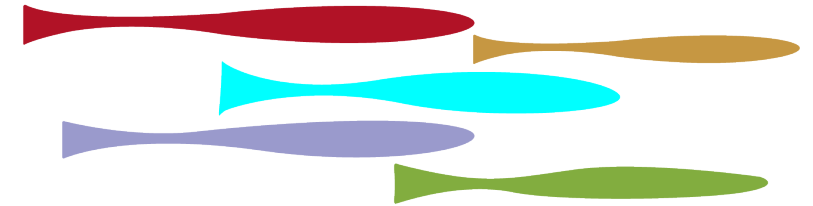
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Delivery Plan: Virtual

- **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

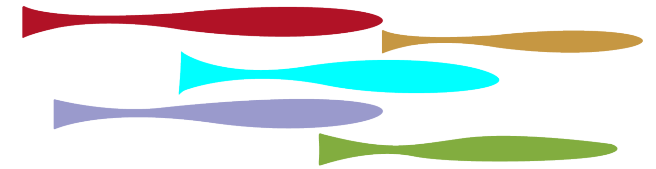
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Guest Speakers at Learning Sessions

(20 minutes + Q&A)

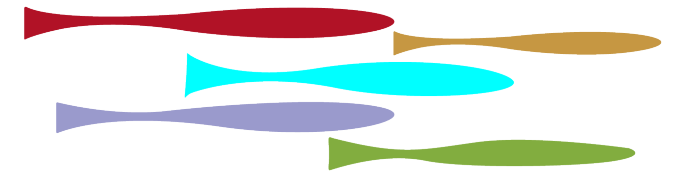
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Guest Speaker	Date	Title	Research Topical Focus	Research Method(s) to Discuss
Celena Ghost Dog, MPH	Tuesday, October 10, 2023	Indigenous Ways to Health	(1) Introduce: Community health vs Individual health	Introduce Public Health Research Methods (youth-friendly 1-page guides)
Kelly Gonzales, PhD	Tuesday, November 14, 2023	Public Health is Indigenous	(1) Socio-ecologic Model: What facets contribute to public health? What does public health look like?	Traditional Indigenous Ways of Knowing
Marc Emerson, PhD	Tuesday, January 9, 2024	What Epi Told Me	(1) Epi principles: person, place, and time;	Surveys

Guest Speakers at Check-in Sessions (Informal Meet and Greet Discussion)

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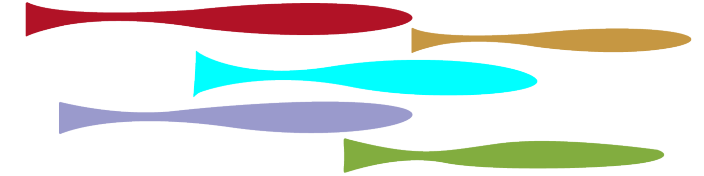
Guest Speaker - Check-In (fourth Wednesday of the month)			
Name	Date	Time	Research Methods to Discuss
Dyani Bingham, MPH	Wednesday, October 25, 2023	4-5 PM (Pacific)	Community-based Participatory Research
Itai Jeffries, PhD	Wednesday, November 22, 2023	4-5 PM (Pacific)	Mixed Methods Research in Public Health
Tommy Ghost Dog & Asia Brown	Wednesday, January 24, 2024	4-5 PM (Pacific)	Background on Social Marketing Techniques

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

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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

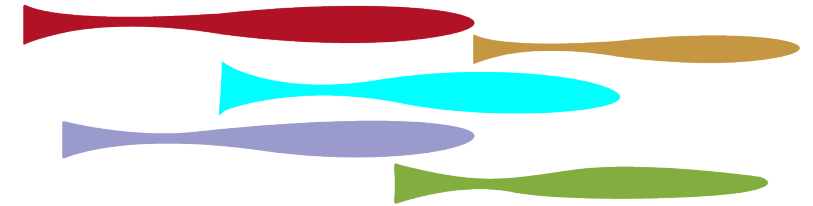
Teams will prepare and share a short article, a brief video or PSA, create a slideshow, or a poster board.



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 NATIVE AMERICAN RESEARCH CENTER FOR HEALTH



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 Idaho.

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 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**.

NW NARCH Public Health Research Academy

for Native High School Students

hosted by NPAIHB



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.



SCAN ME

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 gcunningham@npaihb.org

For more information visit:

<https://www.npaihb.org/public-health-research-academy/>



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NW NARCH

Sponsored by the National Institute of General Medical Sciences of the National Institutes of Health under Award Number S06GM145214

<https://www.npaihb.org/wp-content/uploads/2023/03/NARCH-Research-Academy-Info-for-Educators.pdf>

Youth-Driven Evaluation Plan

allysonkelleypllc.com/evaluation



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EVALUATION

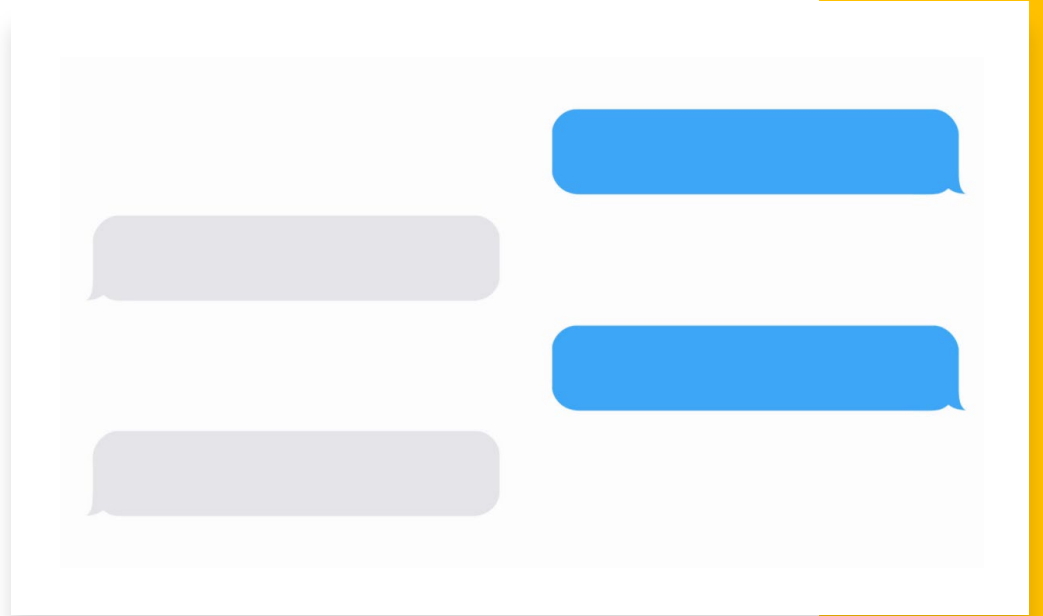
Our evaluation services focus primarily on the needs of underserved communities, tribal leaders, tribal health departments, tribal recovery programs, universities, and non-profit organizations in the US. Our senior associates have worked on a variety of tribal, local, state, regional, and national projects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

[View Portfolio](#)

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

TRIBAL HEALTH AND WELLNESS PROGRAMS

Want to host interns?

- Host AI/AN middle school, high school, and college aged students for internships
- \$2500-\$5000 to cover student intern stipends provided by NPAIHB
- Provide hands-on training in public health



- **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>



MENTORING PUBLIC HEALTH INTERNS



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.nphw.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.wernative.org/my-culture/my-environment/take-action

Host a Public Health Intern

The Northwest Portland Area Indian Health Board and We 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>



MENTORING PUBLIC HEALTH INTERNS



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.wernative.org/my-culture/identity-native-pride/wellness-healing>

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



MENTORING PUBLIC HEALTH INTERNS



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://natedata.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>

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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/

TEXT 'INSPIRE' TO 94449



WE INSPIRE

A LEARNING COMMUNITY

TEXT 'INSPIRE' TO 94449

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



WE ARE
HEALERS



WE ARE
NATIVE



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD

Pictured: Asia Brown (Choctaw) – Sexual Health Communications Specialist, Northwest Portland Area Indian Health Board. Photograph by Robert Cuadra



WE INSPIRE

TEXT 'INSPIRE' TO 94449

4:09

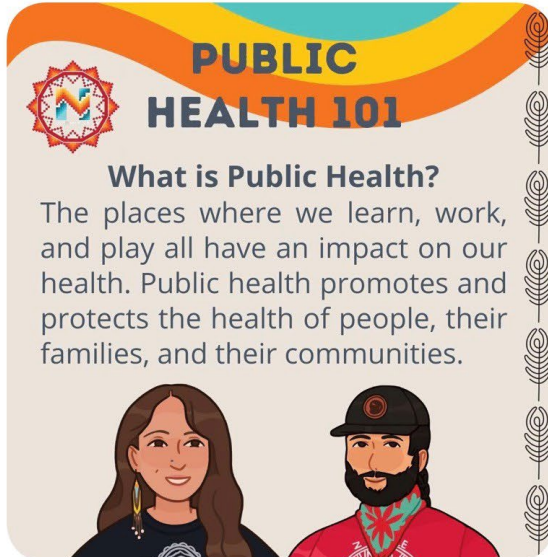
LTE



WN

We R Native >

Sun, Oct 9, 3:30 PM



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.

3:55

LTE

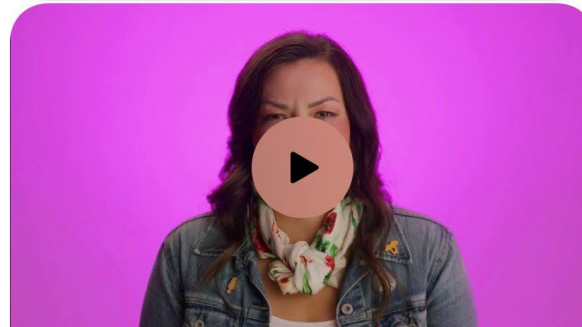


WN

We R Native >



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:



4:08

LTE



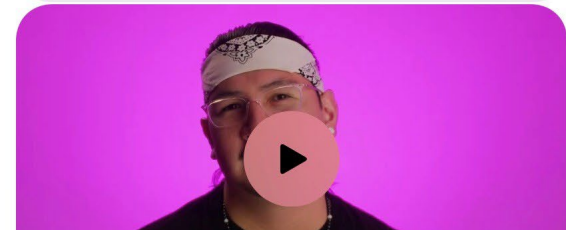
WN

We R Native >

Thu, Oct 13, 2:45 PM



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

Stephanie Craig Rushing, PhD, MPH

Principal Investigator

scraig@npaih.org

Jessica Leston, MPH

STD/HIV Clinical Services Director

jleston@npaih.org

Colbie Caughlan, MPH

THRIVE Project Director

ccaughlan@npaih.org

Celena Ghost Dog, MPH

WYSH Manager

cghostdog@npaih.org

Jane Manthei

Text Messaging Specialist

rpeterson@npaih.org

Amanda Gaston, MAT

Ask Auntie

agaston@npaih.org

Maleah Nore

THRIVE Project Coordinator

mnore@npaih.org

Tommy Ghost Dog

We R Native Coordinator

tghostdog@npaih.org

Michelle Singer

Healthy Native Youth Manager

msinger@npaih.org

Jerico Cummings

Youth Engagement Coordinator

[jcummings@npaih.org](mailto:jcumings@npaih.org)

Itai Jeffries, PhD

Manager, Paths (Re)Membered

ijefferies@npaih.org

Corey Begay (Contractor)

Multimedia Specialist

cbegay@npaih.org

Taylor Dean

Healthy Native Youth Outreach

tdean@npaih.org

Asia Brown

Sexual Health Communications

ambrown@npaih.org

Grazia Cunningham, MPH

NARCH Manager

gcunningham@npaih.org



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