**Youth Committee**

**Tuesday, October 22, 2019**

Wildhorse Casino Resort, Pendleton, OR

Meeting Agenda:

* Stephanie provided an update on the NPAIHB Youth Delegate program
  + They attended the joint meeting with CRIHB that took place last summer
  + The new cohort of Youth Delegates is up and running: <http://www.npaihb.org/youth-delegate/>
  + Their next in-person QBM meeting will be in July 2020
  + They are reviewing and updating the Adolescent Health Tribal Action Plan
  + This is the third and final year of our ANA I-LEAD funding.
* We R Native: Next year’s messaging focus will be on building youth’s mental wellness skills, and encouraging life balance
* Michelle Singer will be giving an update on We R Native and Healthy Native Youth’s programming on Wednesday.
* Vaping and E-cigarette Use
  + Tribes are interested in knowing about youth use/incidence
  + RPMS needs a patch to collect info on vaping and chewing
    - Dentrix can collect that data
  + The Board is working on a survey, and will share those survey questions with committee members
  + Shoalwater Bay just banned selling vaping, Kim will share the policy with those who are interested
  + We R Native partnered on a Vaping PSA from Fort Hall: <https://www.facebook.com/weRnative/videos/503511900226706/>
* Please help us recruit participants for the BRAVE Study: <http://www.npaihb.org/BRAVE>
  + [We R Native](https://www.wernative.org/) is making a *monumental* push to enroll 1,500 AI/AN teens and young adults nationwide (15-24 years old) to participate in a study that will evaluate the impact of its text messaging service. We would love your help recruiting young adults!
  + Youth who enroll in the study will be randomized to receive either:
    - 8 weeks of BRAVE videos and text messages, designed to improve mental health, help-seeking skills, and promote cultural pride and resilience, or
    - 8 weeks of STEM videos and text messages, designed to elevate and re-affirm Native voices in science, technology, engineering, math and medicine.

Afterwards, the two groups will switch and participants will receive the other set of messages.

* + Eligibility. Youth must be:
    - American Indian or Alaska Native
    - 15-24 years old
    - Live in the United States
    - Able to receive text messages on their phone
  + We have two easy options for students to enroll:
    - Eligible youth can join by texting: BRAVE to 97779
    - Tribal Schools and Colleges can enroll a larger group of students by showing a 15 minute video (available from Stephanie – [scraig@npaihb.org](mailto:scraig@npaihb.org)).
  + **Please encourage students in your community to join the study by November 9th!**
* Healthy Native Youth Community of Practice: <https://www.healthynativeyouth.org/community-of-practice/>
* Tribal Boys and Girls Clubs
  + There are about 6 in the NW
* Committee Reporter: Leslie Randall