

NPAIHB Weekly Update

July 23, 2024

Please sign in using the chat box:

Enter the tribe or organization you are representing
and names of all people participating with you today



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

Information for Today's Call

Agenda

- Welcome & Introduction: Bridget Canniff
- Upcoming Indian Country ECHO Sessions
- Upcoming NPAIHB Weekly Update Sessions
- Upcoming NPAIHB Events
- NPAIHB Project Update – Journey of Transformation Curriculum: Birdie Wermy, Maya Webber & Stephanie Soliz
- ID Division of Public Health Update: Robert Graff
- Other State Partner Updates
- Questions & Comments

Guidelines

- Please place yourself on mute unless speaking
- Sign in, using chat box, with your tribe/organization and names of all participants
- Use the chat box for questions, for Q&A after updates and announcements



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Upcoming Indian Country ECHO Telehealth Opportunities

- **Care and Access for Pregnant People ECHO** – 4th Tuesday of every month at 11am PT
 - Tuesday, July 23rd at 11am PT
 - Topic: *Contraception Access in Indigenous communities*
 - To learn more and join: <https://www.indiancountryecho.org/program/pregnancy-care-echo-program/>
- **Hepatitis C ECHO** – Wednesdays at 11am PT
 - Wednesday, July 24th at 11am PT
 - Didactic Topic: *Ending the Syndemic at Crow/Northern Cheyenne*
 - To learn more and join: <https://www.indiancountryecho.org/program/hepatitis-c/>
- **Dementia Caregiver Support ECHO** – 4th Thursday of every month at 11am PT
 - Thursday, July 25th at 11am PT
 - Didactic Topic: *2023 Replay Session: Cultural Assessment Tools and Tribal Specific Ways*
 - To learn more and join: <https://www.indiancountryecho.org/program/dementia-caregiver-support-echo/>
- **Journey to Health ECHO** – 2nd & 4th Thursday of every month at 7am/12pm PT
 - Thursday, July 25th at 7am PT
 - Didactic Topic: *NPAIHB: Hood to Coast Relay*
 - To learn more and join: <https://www.indiancountryecho.org/program/journey-to-health-echo-program/>

Weekly Update Schedule Preview: July-August

July 30: Legislative & Policy Update

August 6: Public Health Update – TBD

August 13: Public Health Update – Tribal Public Health Workforce Development

August 20: NWTEC Update New Tribal Memoranda of Agreement for Data Sharing

August 27: Legislative & Policy Update



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Visit www.npaihb.org/weeklyupdate for upcoming topics, past presentations, and more!

Upcoming NPAIHB Events

- 2nd Annual NW Tribal Brain Health & Dementia Summit – August 21-22, Portland, OR

<https://www.npaihb.org/modernevent/2nd-annual-northwest-tribal-brain-health-and-dementia-summit-registration/>

- Native Fitness XVIII – August 21-22, Providence Park, Portland, OR

<https://www.npaihb.org/modernevent/native-fitness-xviii/>

- Northwest Tribal Food Sovereignty Gathering – September 3-5, Toppenish, WA

<https://lp.constantcontactpages.com/ev/reg/6uws2tj>



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NPAIHB Events Calendar: <https://www.npaihb.org/npaihb-events/>

Journey of Transformation Curriculum 2024

Instructors: Birdie Wermy, MPH, BS (Southern Cheyenne)

Maya Webber, MSW (Anishinaabe)

Stephanie Soliz, MPH, Research Coordinator Indigenous Wellness
Research Institute



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UNIVERSITY of WASHINGTON

Hi! I'm Birdie...

- Oklahoma → Oregon
- Employed with NPAIHB 17yrs!
- Part-time Instructor at MHCC
- Personal life
- Free time, I enjoy...





Hi! I'm Maya...

- Oregon → Colorado → PNW
- Graduated PSU with MSW in June of 2023
- Hired with NPAIHB in December of 2023
- Personal life
- Free time, I enjoy...

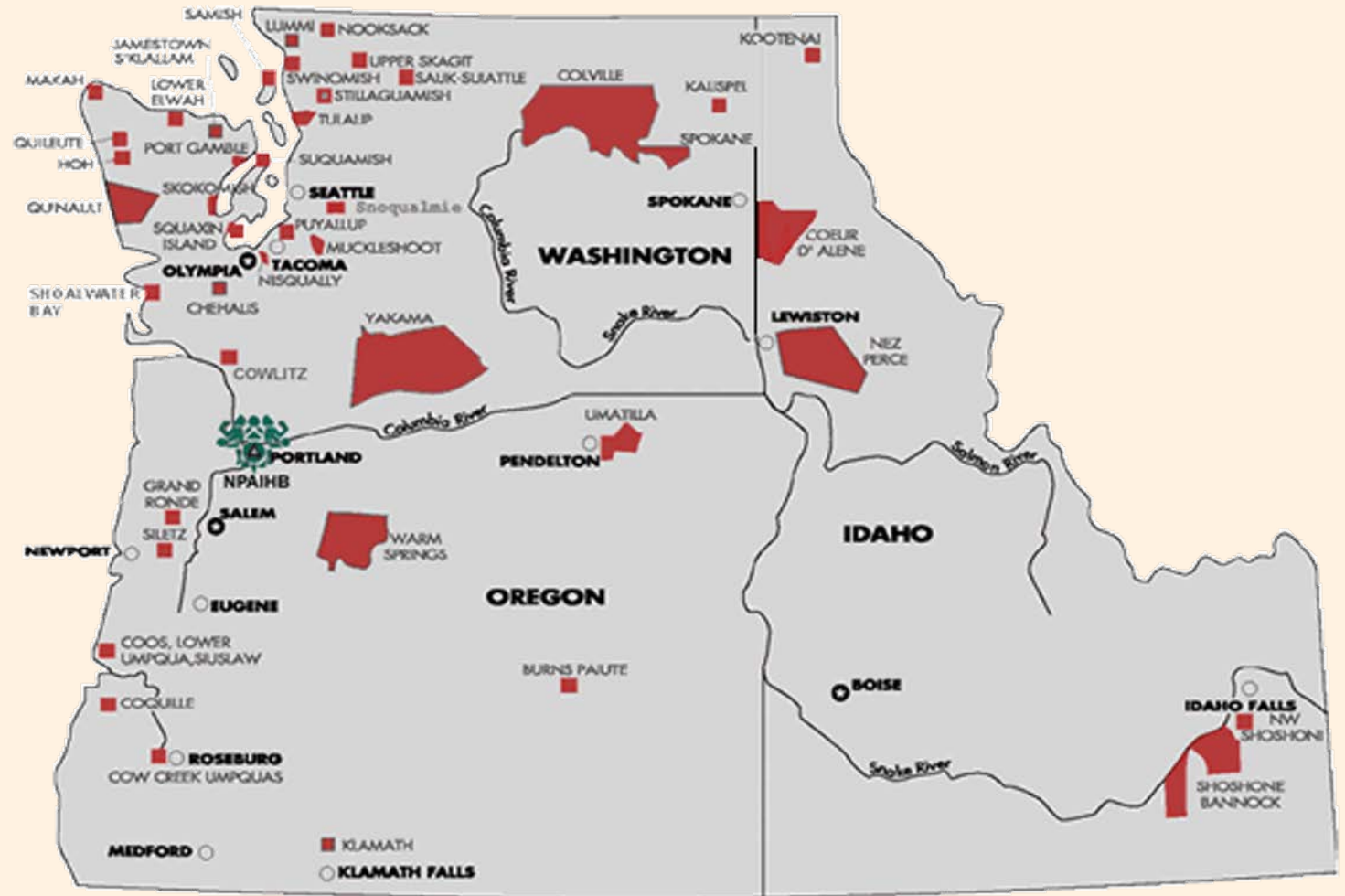


Northwest Portland Area Indian Health Board

“Our mission is to eliminate health disparities and improve the quality of life of American Indians and Alaska Natives by supporting Northwest Tribes in their delivery of culturally appropriate, high quality healthcare.”



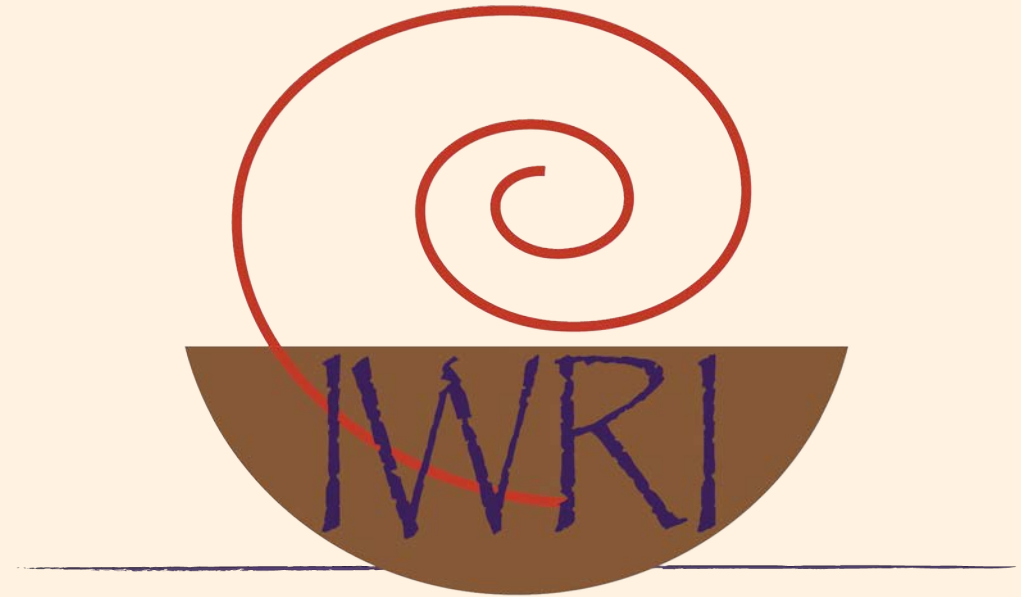
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Indigenous Wellness Research Institute

Mission:

To marshal community, tribal, academic, and governmental resources toward innovative, culture-centered interdisciplinary, collaborative social and behavioral research and education.



Indigenous Wellness Research Institute
National Center of Excellence



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Journey of Transformation - Research Study

Journey of Transformation is a **research** study that aims to test a **culturally meaningful, strengths-based** curriculum for **high school students**.

Study aims

- Support youth leadership
- Prevent substance use
- Promote healthy relationships

Study activities

- Participants engage in curriculum
- Complete surveys throughout school year



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Funding Organization: National Institute on Drug Abuse (NIDA)
Lead Faculty Investigator: Tessa Evans-Campbell, PhD
Award Number: 1R01DA050521-01A1

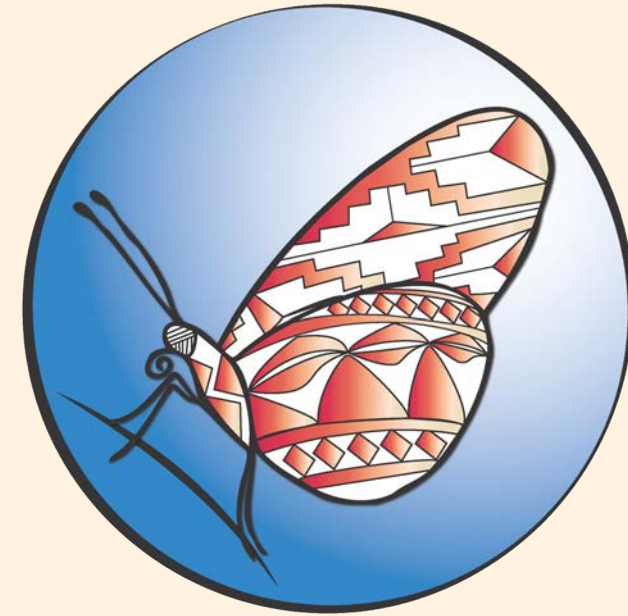
Journey of Transformation - Research Study

- Currently in year 4 of 5
- Winter and Spring 2024 - first year in the classroom:
 - Winter trimester: 36 students
 - Spring trimester: 25 students
- Next steps
 - Edit & manualize the *JOT* curriculum
 - Collect survey data from participants
 - Deliver the intervention to the second cohort (2024-2025 academic year)



JOT Curriculum

- 8 – 9 weeks of teaching and learning; 8 sessions every Wednesday
- JOT with all sophomores
- Concepts of the 4 directions, 4 elements
- Traditional teachings from many Tribal communities & Traditional stories
 - Specific from their culture
- Healthy relationships, healthy choices and communication
- Discussions, exercises, role playing, etc.



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Student Introductions

- Where are you from? Name, Tribe, descendant
- Are you involved with any clubs?
- Do you play any sports?
- What kind of school did you come from before this school?
- What would you bring to a picnic?
- What is your favorite color?



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Ground Rules & Learning Style

- What are some ground rules we should have for this class?
 - Ex. Not interrupting others, raising hand...
- What is your learning style in the classroom? Outside of the classroom?
 - Ex. Hands-on learner, examples for more clarity, discussing with others...
- What would you like us to know when teaching to you?



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Weekly Curriculum Planning

- Discuss session topic and related themes
- Plan session from start to finish
- Practice presentation & facilitation
- Discuss possible student responses and scenarios
- Discuss updates from teachers/administration regarding students



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Curriculum Follow-Up with UW

- Debrief session
 - student dynamics
 - student responses to session topic
- Discuss changes/adaptation for next session
- Discuss curriculum and next session
- *In process: Facilitator Toolkit*



Weekly sessions

- Taking Care of Yourself
- Healthy Relationships & Friendships – VEVOX poll
- Communicating in a Good Way & Being Able to Say No
- Peer Pressure to Peer Support
- Drugs and Alcohol – *Modified to add Vaping*
 - *Stages of Change Model*
- Stress & Health
- Balance & Care for the Whole Self
- My Journey



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Your Wellness Village

- A stress-relieving or stress-free environment
 - Indoor – Outdoor - both
- Who is in my wellness village?
- What does it smell like?
- Where is this place?
- Can you go here whenever you want?
- Breathing techniques
- Relaxation techniques
- Meditation



Week 6: Drugs and Alcohol

- Myths & stereotypes of substance use among teens in high school
- Alcohol & Drug Abuse & Experimenting
 - What is the difference?
 - Peer Pressure
- VEVOX poll & “Be Smart, Don’t Start” Vaping Campaign
- Stages of Change Model (Transtheoretical Model)
 - Think about something you want to change or improve on
 - Change Plan Worksheet



Week 9: My Journey

- Think of where you are today, and how you got here
- Think of moments in your life that have shaped or helped make who you are today
 - A piece of that journey is being at this school
- What cultural teachings or traditions have made you “you”?
- Draw a path that illustrates your life journey up to this day



Challenges & Lessons Learned

- Unknown educators in “their environment”
 - Establishing trust
- High School dynamics
 - Sequence of activities
- Students and learning styles
- Folder or binder to store their activities and journal writings
- Invitation to student leaders for luncheon on feedback





Thank You

BE HONEST,
♡ be kind, ♡
be honorable,
work hard,
and always be awesome.
-Wil Wheaton

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Resources

- www.npaihb.org
- www.iwri.org
- www.wernative.org
- www.healthynativeyouth.org
- www.idahoptv.org/shows/specials/knowvape/home/
- www.indiancountryecho.org
- Links for vaping PSA's:
 - Royce: [RMTL231208 RoyceWEB \(youtube.com\)](https://www.youtube.com/watch?v=RMTL231208)
 - Bailey Nelson: <https://youtu.be/bb28ZWGnLGM?feature=shared>
 - Alexandria: <https://youtu.be/obY44Godjxw?feature=shared>



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Contact us

Birdie Wermy – bwermy@npaihb.org

Maya Webber – mwebber@npaihb.org

Stephanie Soliz – ssoliz@uw.edu



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NPAIHB Weekly Update, 7.23.24 Idaho DPH Presentation

Robert Graff, PhD

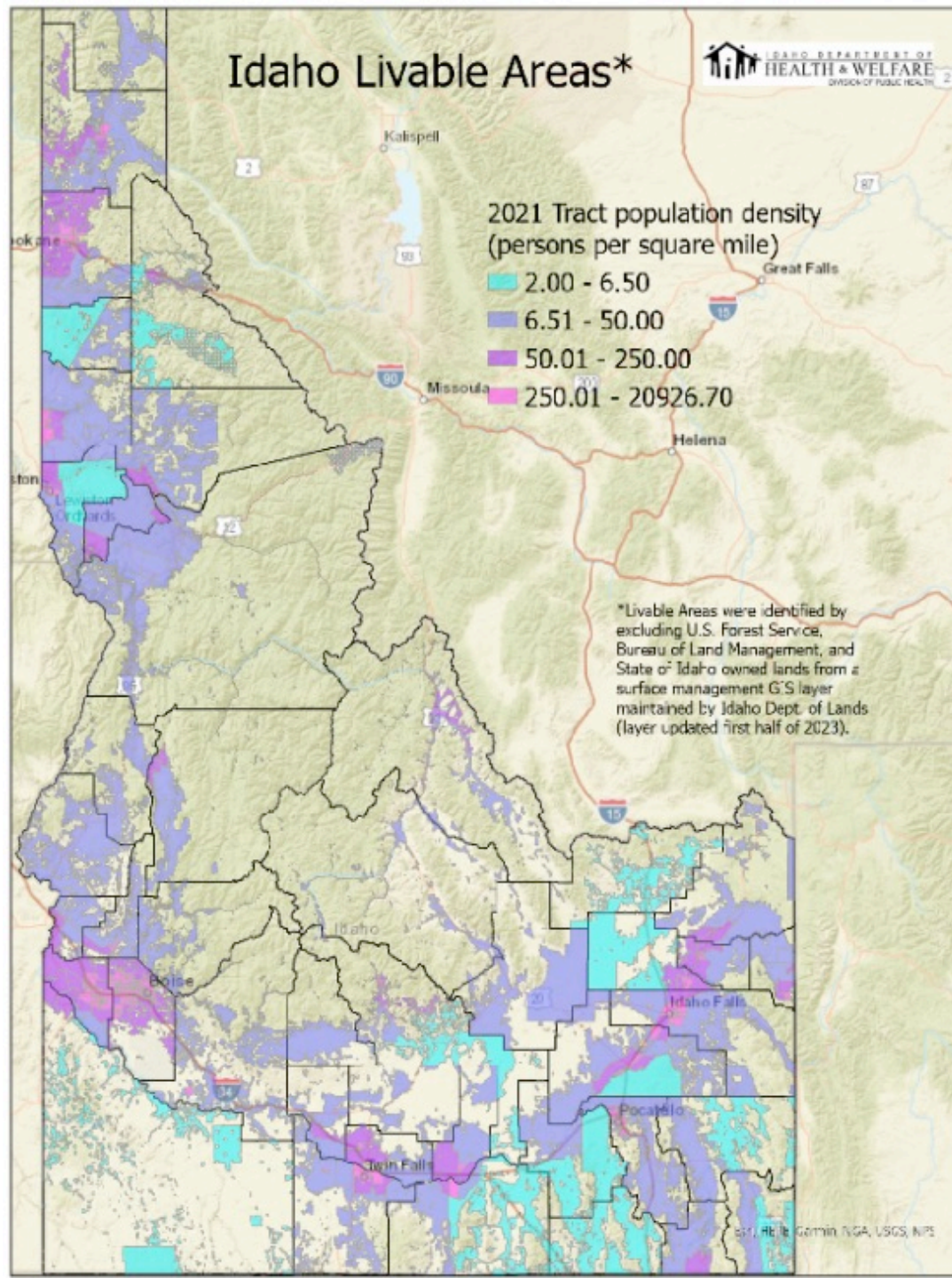
My request(s)

-
- 1) Colleagues to bounce ideas off of regarding the presentation of American Indian data broadly, to avoid inadvertently reinforcing racial stereotypes
 - A) Feedback on my particular interpretations (or presentations) of Idaho American Indian data

Data Equity: How can charts reinforce stereotypes?



The same dataset, visualized two different ways. The left fixates on between-group differences, which can encourage stereotyping. The right shows both between and within group differences, which may discourage viewers' tendencies to stereotype the groups being visualized.



**Idaho Tribal Lands
and rurality?**

State Partner Updates



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Free COVID-19 Testing Supplies for Tribes

Washington

[Tribal Order Request Form](https://app.smartsheet.com/b/form/6574ac36b4f748269cac2507f2ab2f8e)

(<https://app.smartsheet.com/b/form/6574ac36b4f748269cac2507f2ab2f8e>)

Available through July 31, 2024

Individual COVID-19 testing gear: swabs for sample collection, biohazard bags for safe sample storage, transportation bags for secure shipping and ice packs to keep samples cool. Inteliswab® at-home test kits also available in boxes of 48 tests each.

Oregon

[Abbott COVID-19 Tests Request Form](https://app.smartsheet.com/b/form/5ebd5f9f9a854d7bab7e00f48d2464bd)

(<https://app.smartsheet.com/b/form/5ebd5f9f9a854d7bab7e00f48d2464bd>)

Abbott BinaxNOW Rapid Antigen Test Kits for clinical use (organizations that have a CLIA waiver) and Abbott ID NOW COVID-19 test kits: request online

[ASPR Self-Test Ordering Form \(OHA\)](https://app.smartsheet.com/b/form/f367a9f9517748a4a501cdbc6622f171)

(<https://app.smartsheet.com/b/form/f367a9f9517748a4a501cdbc6622f171>)

Federal program providing free self-tests to approved groups, including tribes; minimum order ~450 tests. Contact Stephen Wilcox for more info (Stephen.wilcox@oha.oregon.gov).

Questions and Comments



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