

# National **TRIBAL** TANF Summit



## **Healthy Family Development: Native Youth Leadership & Wellness Education**

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California Rural Indian Health Board Inc.



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**CHILDREN & FAMILIES**

**OFFICE OF FAMILY ASSISTANCE**  
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## California Rural Indian Health Board, Inc. Youth-Centered Programs

- CRIHB currently administers 3 youth-centered programs
  - Teen Pregnancy Prevention (Tribal PREP)
  - HIV/Hepatitis Prevention (Project Pathway)
  - Suicide Prevention (Native Connections)





## Teen Pregnancy Prevention Overview

- CRIHB has a over twenty year history curriculum based prevention in the realm of teen pregnancy prevention
- Youth programs work directly in the community to provide culturally appropriate prevention/education, leadership programs, youth conferences, and parent education





## California Rural Indian Health Board, Inc. Teen Pregnancy Prevention

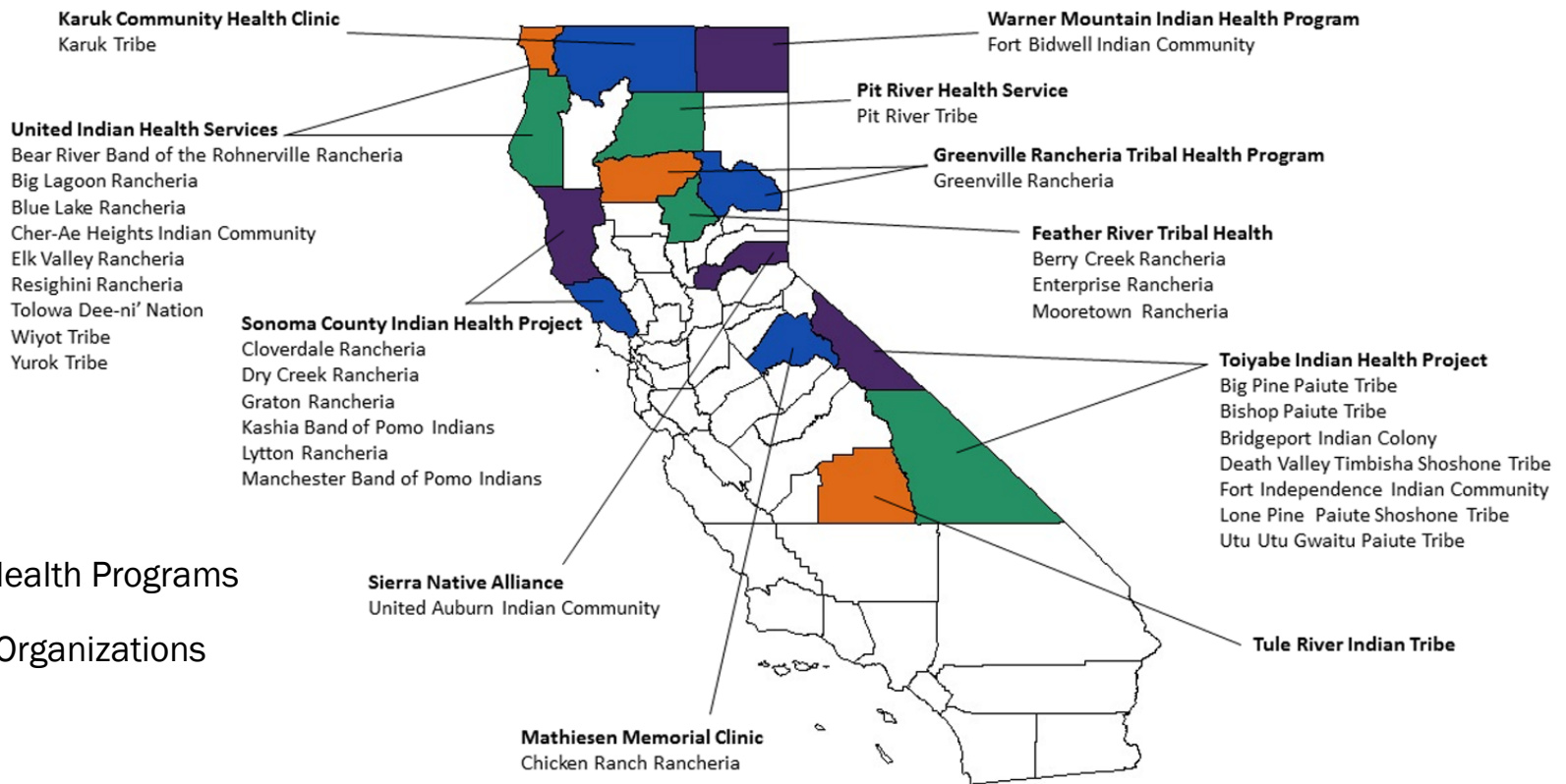
- Community Challenge Grant, funded by California Department of Public Health (1996-2011)
- Tribal Personal Responsibility Education Program (PREP) Grant, funded by Administration for Children & Families
  - First Iteration was from 2011-2016
  - Second Iteration is from 2016-2021



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## Current Tribal Partners



- Tribal Health Programs
- Indian Organizations





## Tribal PREP Purpose

- The Tribal Personal Responsibility & Education Program (Tribal PREP) was designed to
  - Educate youth on abstinence and contraception to prevent pregnancy and sexually transmitted infection (STIs)
  - Inform youth about a adulthood preparation subjects





## ***AIAN Becoming a Responsible Teen*** **Curriculum Lessons 2011-2016**

- Adolescent Development
- Healthy Life Skills
- Parents Child Communication
- Birth Control Options/STD
- Understanding HIV
- Making Sexual Decisions
- Condoms Skills
- Assertive Communication
- Practice Assertive Communication
- Personalizing the Risk
- Spreading the Word
- Values Clarification





## Adult Preparation Subjects

- Key Component of Tribal PREP funding
  - Goal: To provide simple and informative lessons that are geared to increase the ability of young people to successfully navigate the transition into adulthood
- Adolescent Development
- Health Life Skills
- Healthy Relationships
- Parent-Child Communication
- Financial Literacy
- Educational & Career Success





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## Youth-Centered Approach



Our goal is to build leadership skills that apply to school, family and community success, healthy peer role modeling, personal growth & development, and successful transition to adulthood.



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# Keys Components to Effectively Working with AIAN Youth

- Youth participants indicated the importance of materials that reflect their lifestyle and values
- Utilization of current technology and communication platforms (Websites, Instagram)
- Ensure the youth voice is included
- Educate community members about value of program (parents, grandparents, tribal/clinical staff)
- Identify local champions and gatekeepers to spread the word
- Incorporate local traditions/practices (courtship, role and expectations)

AIAN specific imagery & messaging

Community Buy-In





## How We Incorporate AIAN Youth

- Youth council – ensure youth voice
- Provide youth trainings/events
- Offer youth leadership opportunities
- Highlight youth in education/outreach materials





## Key components to success

- 1) Local sites-tribal health programs/organizations
- 2) Recruit and train youth-friendly staff
- 3) Community investment
- 4) Community specific data
- 5) Youth driven approach
- 6) Pertinent technical assistance offerings



# Community Champions

## Examples:

- Elders
- Past Tribal PREP or Youth Group Participants
- Trusted Adults
- Tribal Leaders
- Parents/Caregivers
  
- Please share description of people you may have in mind...

- How to identify your community champion:
- How do you recognize community champions?
- How do you connect with them?
- What contribution can a champion provide?

## COMMUNITY IMPACT STORY

Dear CRIHB,

I would like to thank you for the suicide prevention work you provide. Suicide hits home with me, and I am thankful to CRIHB for doing amazing work in the young native community. Every time I get an email from CRIHB, it warms my spirit to know that one more native person will be informed, one less suicide will occur, and another young person will have support to not feel alone in this world. Your training has helped me be a stronger community educator and leader. Thank you for helping me on my healing path as well.

The CRIHB programs helped save my life. I became involved with CRIHB at the age of 13. This was a difficult time in my life where I struggled and felt alone. Being involved with the CRIHB program helped me have a place of belonging. I met people like me, and was empowered with knowledge and culture. Later, at the age of 19 I became the youth program coordinator. When I was going through hard times dealing with depression and suicidal thoughts, working with the youth, being a leader and a role model is what helped me. All I could do was think about was them. I wanted to be there for the youth and provide them with the same opportunities I had when I was in the program. Those opportunities were some of the best memories in my life. Those opportunities gave me life.

Today, I am 29 years old and over the years I have continued working in prevention, education and culture that was introduced to me by CRIHB. It is now my passion. CRIHB has a special place in my heart forever.

*Danielle Brewster* (Paiute/Tachi/Mono)  
Northstate Women's Health Network  
Native Youth Program Coordinator



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## Next Steps



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## Leading the Next Generations – Native Youth Leadership Curriculum Adaptation

Program staff will work with curriculum developers to:

- Include California Indian history
- Include Comprehensive Sexual Education
- Create AIAN digital stories and videos
- Ensure the program is AIAN youth driven
- Include Cultural ways of knowing
  - Traditional Stories
  - Cultural Practices
  - Language
  - Ceremony
  - Rites of Passage







## “Special” Populations

- LGBTQ/Two Spirit
- Pregnant & Parenting Teens
- Juvenile Justice
- Foster involved youth
- Homeless/Runaway youth



\*Special efforts will be made to include youth at most need for prevention services, including those in “alternative families”

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## Examples of Cultural Practices



Video Transcript



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## Samples of Tribal PREP Materials

"Me + You + loyalty + trust + outside opinions + communication = something real."

to me you're perfect.

"Believing in yourself means getting honest with yourself about who you are, your strengths and weaknesses and then accepting yourself, strengths and weaknesses and all, unconditionally."

"Don't base your decisions on the advice of people who don't have to deal with the results."

What is LOVE?

**CHOOSE RESPECT. CHOOSE A HEALTHY RELATIONSHIP.**

Tribal Personal Responsibility & Education Program (PREP)  
A project funded by the Administration for Children & Families - Grant #90AT0015/01  
www.crihb.org · www.facebook.com/CRIHBTribalPREP

**CHOOSE TRADITION. CHOOSE A HEALTHY RELATIONSHIP.**

**PREVENT TEEN PREGNANCY: KNOW THE FACTS...**

The more you know about issues like sex, relationships, waiting, and contraception, the better prepared you will be to make informed choices for your future. It's up to you to make your own smart decisions.

For more information about youth programming in your area contact:

**HONOR Relationships**  
**HEALTHY Choices**  
**each other**  
**CONFIDENCE RESPONSIBILITY**  
**Love Yourself**  
**PLAN YOUR FUTURE**  
**Indian tradition**  
**Be Safe**  
**COMMUNICATION Family BELIEVE**  
**RESPECT TRIBAL**

Tribal Personal Responsibility & Education Program (PREP)  
A Project funded by the Administration for Children & Families - Grant #90AT0015/01  
www.facebook.com/CRIHBTribalPREP

**TEEN RESOURCE GUIDE: KARUK AREA**

Me + You + loyalty + trust + outside opinions + communication = something real.

Don't confuse sex with love.

**CHOOSE RESPECT. CHOOSE A HEALTHY RELATIONSHIP.**



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## Educational Resources

- Tribal PREP website:
  - Youth specific links
  - Printable educational materials

<https://crihb.org/teen-pregnancy-prevention/>

- Tribal PREP Facebook  
<https://www.facebook.com/CRIHBTribalPREP>





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## Slide 18 Transcript

Speakers: Maiya, Alisa

*Title: "Tell us about a cultural activity that you do"*

Maiya: There's a lot of preparation for our Flower Dance—

*Title: Flower Dance*

Maiya: —like training for running and making a dress and—

Alisa: Do I have to make two dresses?

Maiya: —gathering stuff. I have to make—

Alisa: A bark one.

Maiya: —a bark skirt and a full dress. And I have to make necklaces and gather a whole bunch of feathers for that.

Alisa: The way I feel about how Maiya is having a Flower Dance—I'm kind of proud of her, because last time we had one was a long time ago, because—

Maiya: Long, long—

Alisa: The last person that had it was 103 when she had it. And she's bringing it back into our family, because no one really has ever done it in a while, a lot of our family dances, so yeah.

*Title: Maiya and Alisa, Yurok Tribe, First Annual CRIHB Conference - Youth Track, July, 2014*

[End]

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