Northwest Portland Area
Indian Health Board

To assist Northwest tribes to improve the health status and quality of life of member tribes and Indian people in their delivery of culturally appropriate and holistic health care.
Survey over 400 AI/AN teens and young adults in Oregon, Washington and Idaho

Systematic Literature Review

Community-Based Participatory Research
78% HAD CELL PHONE ACCESS
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<th>Benefits of Mobile Messaging</th>
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<td>Portable</td>
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<td>Real-time</td>
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<td>Location independent</td>
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<td>Time independent</td>
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<td>Discreet, Private</td>
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MY CULTURE
Discovering Native Identity and Pride

learn more

WE R NATIVE
For Native Youth, by Native Youth.
Over 350 health articles, reviewed by AI/AN youth and topical experts.

Over 204,000 page views!

Across all media channels, the service reaches 31,000+ users per week.
Text
NATIVE
TO
245877
Put aside some time & improve your mood. Take time today to play, laugh & SMILE :) Check out some other ways to improve your mood at http://mozeo.me/
Improve Your Mood

Our moods are like weather, constantly changing. If you’re feeling kind of down, we’ve got some things that may help you get through it. Whether you feel blue, biah, or just plain gloomy, here are some useful ways to improve your mood.

share:  

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WHEN YOU NEED HELP: YOUR FAMILY CAN BE THERE FOR YOU

Sometimes when you go through a tough time, you may need someone.

TRADITIONAL HEALING

In tribal culture, “traditional healing” refers to tr..
Fri, Sep 4, 2:02 PM

WE NEED YOU HERE. Together we can support each other & heal. What would your sign say to give hope? Enter to win up to $75 http://ow.ly/R3Sgd

Fri, Sep 11, 2:01 PM

Take a walk - It's a wonderful way to blow off steam, talk it over, get moving.
"Place your hand over your heart, can you feel it? That is called purpose. You're alive for a reason so don't ever give up." - Unknown

#WeNeedYouHere
We also have
WE ARE CONNECTED.

# WeNeedYouHere

Total Reach: 205 Thousand

weRnative.org pageviews: 8 Thousand

Reach per week in September: 48 Thousand

Facebook Reach: 162 Thousand
October=Bullying Prevention Month. See bullying? Want to help, but don't know how? Text MORE to learn how to be more than a bystander!

Stand up. Stand strong. Help the person being bullied. Say something like "We've got better things to do. Let's get out of here." Text AGREE for next tip.

Just because others ignore it doesn't mean you have to. There r things u can do without putting urself at risk. To give help, get ur support.
Stand Up.
Stand Strong.
Don't Just Stand By.
Fri, Jan 22, 2:01 PM

Friend sharing things on social media that's got you worried? It's important to take action and reach out to them. For tips on what to say, text MORE.

Message, call or text them. Try saying: "You ok? If anything is wrong, you can talk to me. I'm here to support you." Text AGREE for tip 2.

Share your concerns with a trusted adult or health professional. For more ideas, start a conversation with a trained helper by texting START to 741741.
We R Native added 5 new photos — with Scott Kalama and 2 others.

You don’t have to do it alone. If you see a friend post something that concerns you, check out a few of these resources that can help.
I'm worried about a friend who keeps posting depressing music lyrics and sharing posts about dying. Do you think I should be worried?

Hey there. Thank you for caring enough about your friend to write in. If something is worrying you, listen to that, don't shrug it off. Trust your gut and have confidence you're doing the right thing.

It sounds like your friend might be reaching out by sharing posts around depression and death. Here are some other warning signs to look out for:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
Shatter the myths! Get the facts. 65% of Native youth have NOT used marijuana or alcohol in the past month. They strengthen their nation. How will you?
1. Like us on Facebook
2. Follow us on Twitter
3. Subscribe to our YouTube Channel
4. Follow us on Instagram
5. Text NATIVE to 24587 to receive weekly health tips, contest, and life advice!
6. If you’re a young person:
   • Become a WRN Youth Ambassador — Closes June 17th
   • Make a positive difference in your community. Apply for up to $475
Northwest Portland Area Indian Health Board

Indian Leadership for Indian Health

2121 SW Broadway, Suite 300
Portland, Oregon 97201
Phone: (503) 228-4185
Fax: (503) 228-8182

Stephanie Craig Rushing, PhD, MPH
Director – Project Red Talon & THRIVE
scraig@npaihb.org

Colbie Caughlan, MPH
THRIVE Project Manager
ccaughlan@npaihb.org

Celena McCray
THRIVE Coordinator
cmccray@npaihb.org

Amanda Gaston, MAT
Ask Auntie
agaston@npaihb.org

David Stephens, RN
Multimedia Project Specialist
dstephens@npaihb.org

Tommy Ghost Dog
PRT Assistant
tghostdog@npaihb.org

Jessica Leston, MPH
STD/HIV Clinical Services Manager
jleston@npaihb.org