WELCOME 2022 PARTICIPANTS

WEDNESDAY APRIL 20

9:30 AM - 2:30 PM CST

A Virtual Event

https://nenyg.com/

NEBRASKA NATIVE YOUTH GATHERING 2022

HTTPS://NENYG.COM/

OPENING

9:30–10:15

WELCOME

James Junes - Humor Healing

Originally born in Shiprock, NM, I am part of the Navajo Tribe, Diné. I am also part Hopi, from the Road Runner Clan from Hotevilla, AZ. I am Red Water Clan and born for the Bear Clan, Maternal Grandparents are Tangle Clan and Paternal Clan are Water Edge People Clan. I currently reside in Farmington, NM with my Wife and four children. For the past 20 Years this road as a Native Comedian and Motivational Speaking at many types of events held at many venues across the states and our Native Land. It has been a true blessing and it is still my passion to speak and share my Voice. I am proud to speak my Navajo Language and attending the many types of events, such as Conferences, Public Events, Church Events, Academic Events, Concerts and more. It's been a great ride and I plan to continue this road.

STUDENT ENGAGEMENT ACTIVITY

10:15–10:45

BINGO

joinnde.live

CAREER BREAKOUT SESSION

10:45–11:45

AWKWARD CONVERSATIONS

Donna Wolff

At the age of 43, Donna Wolff lost her son Zebulun to suicide and the Creator called to her to take a different direction with her life and to learn as much as she could about the topic of depression, brain health, and suicide. How do we as a community member, friend or family member have those difficult conversations if we see and hear the signs of suicide? Attend and gain more knowledge to help guide them to seek help and to stay safe for now.

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COMMUNITY POLICING

Ofc Ruteena Alcantara

Learn about Community Policing, what it looks like, and whether or not it's an effective approach. Discuss examples of pros and cons of Community Policing. Learn as Ofc Ruteena Alcantara shares her experience of being a Beat Patrol Officer.

CAREERS IN SPORTS MEDICINE

Kerry Waple

Learn the different health care professions that lay claim to the title Sports Medicine. These are athletic trainers, physicians, physical therapists, chiropractors, just to name a few.

SOCIAL SERVICES CAREER AND TAKING CARE OF YOUR OWN MENTAL HEALTH WHILE SERVING OTHERS

Angel Geller & Lucinda Mesteth

Lucinda, the Assistant Director of Society of Care, will share about her career journey in social services and the important lessons she's learned along the way. Angel will lead an interactive session on taking care of your own mental health while working in this field.

ART IN MEDICINE

R. Kim Hartwig, MD

Join as R. Kim Hartwig, MD shares her path into medicine with the challenges and rewards that have occurred along the way. Remove some of the fear and doubt that may be in place to explore this rewarding career path.

LAW

Nicole Ducheneaux

NEBRASKA NATIVE YOUTH GATHERING 2022

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LIFE AFTER HIGHSCHOOL

William V. Bass & Janelle Decora

Whether the plan is to go to college or trade school, join the military, take a break, or start a career, high school students today need to think about and plan for life after high school graduation. What is going to be YOUR next move? This breakout session will allow its participants to think about this question and to create a plan of action, while being inspired by their peers.

HOW ENGINEERING AND ENTREPRENEURSHIP CAN WORK TOGETHER

Biagio Arobba

Both engineering and entrepreneurship are two very different career paths with many areas for specialization, yet many great companies have launched by combining both engineering and entrepreneurship. Learn about how to find a great idea, the importance of education, and some tips on managing your progress.

OVERCOMING CHALLENGES IN EACH CHAPTER OF YOUR LIFE AS A FIRST-GENERATION, MINORITY SCHOLAR

Shana LaPointe

High School. College. Adulthood. Each stage is supposed to prepare you for the next. However, nothing truly prepares you for the challenges you will face as a first-generation, minority scholar. In this session, you will learn about the obstacles Shana LaPointe was told to expect and the ones she couldn't have seen coming.

LUNCH BREAK

11:45-12:30

PLEASE ENJOY LUNCH AND JOIN OUR VIRTUAL TRIVIA

joinnde.live

Prize drawings for participants

NEBRASKA NATIVE YOUTH GATHERING 2022

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CULTURE BREAKOUT SESSION

12:30-1:30

JOURNEY OF AN INDIGENOUS EDUCATOR

Delberta Frazier

A story of becoming an Indigenous Educator in Indian country. Delberta Frazier will share the details of her career path which lead her to being a teacher while living on a reservation. This path lead her in assisting with the development an innovative approach to nature based education for our native students.

WHAT DOES DECOLONIZING MEAN TO YOU?

Tewentenhawihtha Aldrich

Tewentenhawihtha Aldrich will give a brief primer about historical trauma and lateral violence, and how colonization has affected her family bloodline. Discuss where we see colonization and historical trauma in our lives and identify ways we can heal or identify practices that add to our lives holistically.

TEACHINGS OF THE MEDICINE WHEEL

Echohawk Lefthand

Our Indigenous knowledge among our tribal communities is unique and similar in nature. This session will focus on teachings of the circle beginning from the east venturing towards the south, west, and north in accordance with the sun. Teachings of the mind, aging process, and how external "monsters" can affect our well-being.

NATIVE ROLE MODELS FOR NATIVE YOUTH

Eugene Decora

LIVING IN TWO WORLDS: THE POWER OF POSITIVITY

Brooke Uvella

Indigenous Practices

Sid Tuttle

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THA'EKITHE WATHE SESSION

Liz Whiteeyes

TRADITIONAL GAMES AND INDIGENOUS MUSIC

OC Earth: New Breed Drum Group

DESIGNS OF THE PLAINS

Steven Tamayo

LANGUAGE

Dwight Howe

SNACK BREAK

1:30-1:45

SPONSORED BY NEBRASKA HEALTHY SCHOOLS PROGRAM

MODERN DAY CULTURAL ACTIVITY

1:45-2:00

PONY BEAD KEYCHAIN

Materials in conference packet

CLOSING REMARKS

2:00-2:30

FINAL REMARKS & CLOSING

Josh Stewart

PLEASE FILL OUT ALL EVENT EVALUATIONS. WE VALUE YOUR FEEDBACK.

INTERESTED IN THE NEBRASKA NATIVE YOUTH GATHERING YOUTH ADVISORY BOARD?
HTTPS://FORMS.GLE/7QWGCDQYE7AQU6TXA

NEBRASKA NATIVE YOUTH GATHERING 2022 COLLABORATORS

HTTPS://NENYG.COM/

PLANNING COMMITTEE

Kirk Ahrends - Walthill Public School
Barbara Buttes - Nebraska Dept. of Education
Justin Broughton - Nebraska Dept. of Education
Jeannie Chastain - Nebraska Dept. of Education
Jessie Coffey - Nebraska Dept. of Education
Kristine Earth - Title VI Winnebago Public School
Echohawk Lefthand - Omaha Public Schools - Native Indigenous Centered Education (N.I.C.E.)
Sarah Meyer - Nebraska Dept. of Education
Michelle Parker - Ho-Chunk Inc.
Donna Wolff - Youth Crisis Intervention Center and Youth Shelter
Drew Worster - Nebraska Dept. of Education

PARTICIPATING SCHOOLS

Bryan Community
Chadron High School
Gering High School
Lincoln East High School
Lincoln High School
Lincoln Northeast High School
Lincoln North Star School
Lincoln Southeast High School
Lincoln Southwest High School
Mercy High School
Niobrara Public Schools
Norfolk Senior High
North Bend Central Public School
Omaha Nation Public Schools
Scottsbluff High School
South Sioux City High School
Walthill Public Schools
Winnebago Public Schools

NEBRASKA NATIVE YOUTH GATHERING 2022 COLLABORATORS

HTTPS://NENYG.COM/

SPONSORED BY:

Ho-Chunk Community Development Corporation

Umo^N^ho^N^ Nation School

Nebraska Department of Education

Omaha Public Schools

American Indian Youth Demonstration Grant

Nebraska Healthy Schools Program

Youth Crisis Intervention Center and Youth Shelter

CAREER SESSION: TOPIC-

PRESENTER NAME/CONTACT INFO:

HOW HAS THE INFORMATION IN THIS SESSION HELPED TO INFORM MY CAREER PATH?

WHAT DID i LEARN FROM THIS SESSION?

IS THIS CAREER SOMETHING THAT I AM INTEREST IN?
- WHAT PARTS OF THE JOB ARE APPEALING?

WHAT WAS THE MOST INTERESTING PART OF THIS CAREER THAT THE PRESENTER SHARED?

ADDITIONAL NOTES:

CULTURE SESSION TOPIC-

PRESENTER NAME/CONTACT INFO:

HOW WILL THIS SESSION HELP ME IN MY EVERYDAY LIFE?

HOW WILL THIS SESSION HELP US (FAMILY) IN MY EVERYDAY LIFE?

HOW WILL THIS SESSION HELP CLASSMATES/FRIENDS IN MY EVERYDAY LIFE?

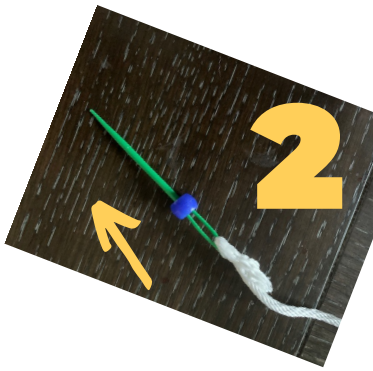
HOW WILL THIS SESSION HELP THE NATION OR THE WORLD IN MY EVERYDAY LIFE?

ADDITIONAL NOTES:

NEBRASKA NATIVE YOUTH GATHERING:

BEADED KEY CHAIN

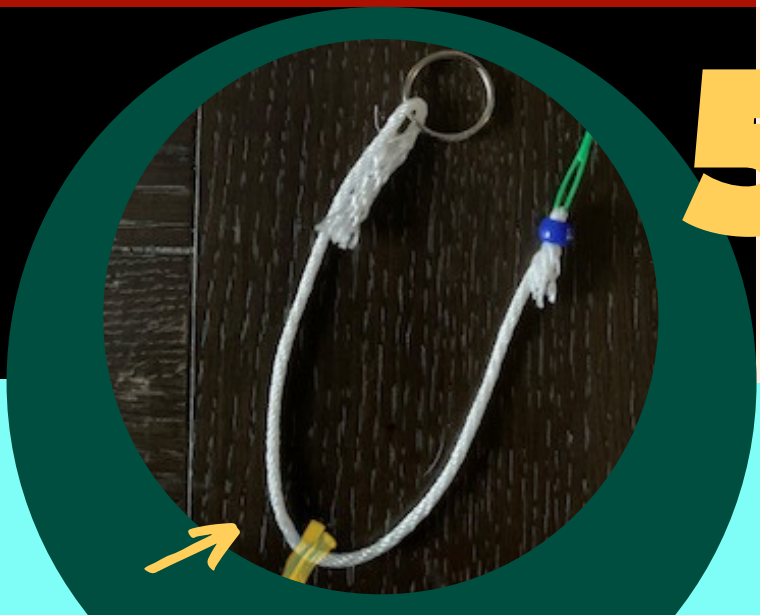
1. Locate your engagement activity baggie and get the key chain cord with needle & beads.
2. Remove the thread placement bead (blue in the picture).

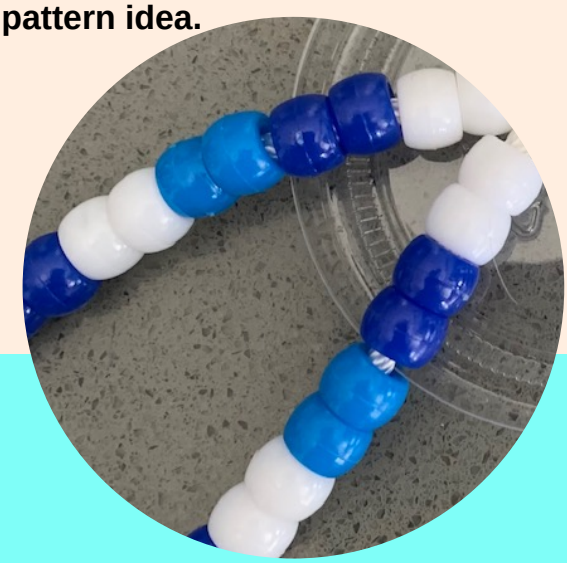


3. From your bead cup, pick the beads/colors for the pattern or design you want for your key chain. <u>You can tape the white cord together with scotch tape to make it easier to put on the beads.</u>

4. Twist the beads and push each bead until it moves down the cord. It might be a snug fit - keep twisting.

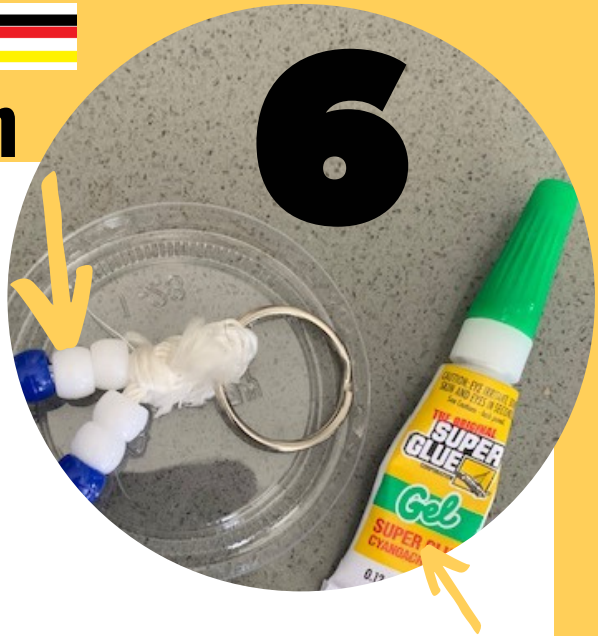
5. Your cord is marked at the half way point. If you want to create a design, plan your design so that it repeats on both sides. See picture of blue beads for a pattern idea.





NEBRASKA NATIVE YOUTH GATHERING:

Finishing your key chain

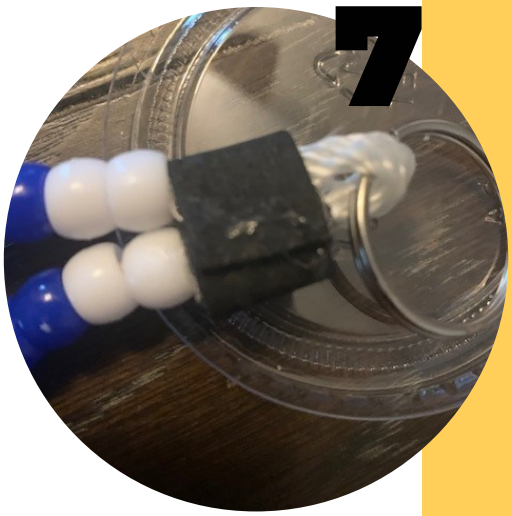


6. Knot the end of your rope. Locate the superglue in your baggie- it has a red lid. Place the beads so they are evenly lined up at the top. Put several drops of glue on the bottom cord and press the top cord to glue into place.**

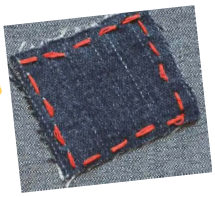
Be sure to do this over the plastic lid the bead came in because superglue will drip off and mar the desk or other surface on which you are working.

7. You have a black piece of finishing leather in your baggie. Cut your leather to the right length to fully cover the knots a the top of the keychain- be sure the leather overlaps so it makes a full circle. Use the superglue to securely attach the finishing strip.

Then glue the top portion of leather to the already glued section and press down.



Example of top stitch.



8. You're done! However, if your teacher received a sewing kit with the conference materials, you can borrow a small needle and thread to sew around the edges of the leather. This will keep it more secure and last longer. Your teacher will let you know where the materials are so that you can complete this optional step.

Wažúšteča kig dená šašá.

These strawberr es are red

Wapží

á ókheča he?

Evaluation Form

Mail forms to: Sarah Meyer

2340 S 36th Street Lincoln NE 68506

Thank you for attending the 2022 Nebraska Native Youth Gathering! The planning committee welcomes any feedback you have regarding your experience. Please complete this form and return it to your teacher or fill out the online version via google form.

Your feedback is appreciated!

1. For each of the statements, please circle your response using the following scale:

1 *Strongly Disagree*	**2** *Disagree*	**3** *Neutral*	**4** *Agree*	**5** *Strongly Agree*

The Nebraska Native Youth Gathering was worth my time/I benefited from attending.	1	2	3	4	5
I have a better understanding of indigenous knowledge, skills, and cultural practices.	1	2	3	4	5
The Nebraska Native Youth Gathering met my expectations.	1	2	3	4	5
The length of the conference was appropriate.	1	2	3	4	5
Overall I am satisfied with the conference.	1	2	3	4	5

2. How would you rate your overall satisfaction with each of the following:

	Poor	*Fair*	*Good*	*Very Good*	*Excellent*
The quality of the speakers					
The breakout sessions					
Key chain beading activity					
Conference packets (blue bags)					
Registration process					
Opening session					
Keynote- James Junes					
Variety of breakout topics					
Opportunity to converse with other youth at the conference					
Closing session- Josh Stewart					

Rate your level of agreement for the following statements:

	Strongly disagree	*Disagree*	*Neutral*	*Agree*	*Strongly agree*
If offered, I would attend this conference again					
I would recommend this conference to others					
The conference sessions were of interest to me					
I enjoyed the virtual conference option					
I would like to attend an in-person conference					

3. What is one key message that you will take away from attending the conference?

4. What was your favorite breakout session? Why?

5. How will what you learned in the breakout session you attended help you, your family, your classmates & friends, or the nation & world in your everyday life?

6. What additional topics should be addressed in future years that would be responsive to the current needs of Nebraska native youth?

7. Please include any additional comments or feedback regarding the conference.

Thank you for participating!

2022 NCIA/MATC Sovereign Native Youth STEM Leadership Academy

Native Youth for the Seventh Generation

June 26 - July 1, 2022

The Mid-America Transportation Center (MATC) and Nebraska Commission on Indian Affairs (NCIA) invite Native American high school students to spend a week on the University of Nebraska-Lincoln campus to participate in hands-on STEM and leadership activities.

No cost to attend, with transportation, meals, and lodging provided.

To register for the program, please visit: http://matc.unl.edu

For more info, contact: Dr. Gabriel Bruguier, MATC Education & Outreach Coordinator at ntc-bruguier@unl.edu

MID-AMERICA TRANSPORTATION CENTER

NCIA

SHPEP - YES! WISH Summer Program at UNMC

If you are a Native American high school student who is currently enrolled in 10th, 11th, or 12th grade and you are interested in pursuing a health science career, this opportunity is for YOU!

The goal of this FREE Summer Health Professions Education Program (SHPEP), Youth Enjoy Science (YES) Weeklong Institute for Students in High School (WISH) is to strengthen the career development of Native American students underrepresented in the health professions and to improve access to information and resources that can prepare them for college success in a health-science field with a focus on cancer research. Student participants will be housed at Scott Residence Hall at the University of Nebraska at Omaha and will attend programming for 8 hours per day for one week from Sun, June 26 through Sat, July 2, 2022, at the University of Nebraska Medical Center in Omaha, Nebraska. Lodging, chaperones, meals, transportation, and programming will be provided at no cost.

Question? Contact aislinn.rookwood@unmc.edu
Website: https://www.unmc.edu/eppley/education-outreach/high-school.html

UNMC

Details:

- June 26 – July 2, 2022
- In-person, full-time
- Exposure to Biomedicine, Public Health, Medicine, Nursing and other health professions.
- Networking with health professions students and faculty

To apply, complete the following:

- Online SHPEP YES WISH APPLICATION at https://rebrand.ly/SHPEPYW22 or
- SHPEP YES WISH PERMISSION FORM
- Vaccination/ Immunizations in accordance with UNMC student policies

University of Nebraska Medical Center

Youth Support

In crisis? Connect 24/7...

Crisis Text Line
Text: NATIVE to 741 741
WhatsApp

National Suicide Prevention Lifeline
Call: 1-800-273-TALK
Chat

Abuse & Sexual Assault

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat

National Sexual Assault Hotline Call (24/7): 1-800-656-HOPE
Chat

National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org

Childhelp National Child Abuse Hotline (24/7): 1-800-4-A-Child (422-4453)

Drugs, Alcohol & Tobacco

National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP

Truth: Smoking, Vaping, and Opioids
Get 24/7 Support
Text: DITCHVAPE to 88709

Get the Facts About Drugs: Just Think Twice
Call: 1-855-378-4373
Text: 55753

National Drug Information Treatment & Referral Hotline
Call: 1-800-662-4357

Mental Health

Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863

We R Native: My Mind
Ask Auntie & Uncle
Text: CARING to 65664

National Hotline. Reach Out & Get Help
Call: 1-800-448-3000
Text: VOICE to 20121

Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664

CLICK ON THE LOGOS TO GO TO RESOURCE

Youth Support

Relationships & Dating

StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
Chat

Love is Respect
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org

That's Not Cool
Healthy Relationships, Online & Off
Call (24/7): 1-866-331-8453

We R Native: My Relationships
Ask Auntie & Uncle

Sexual Identity - 2SLGBTQ+

Paths (Re)Membered Project
Text: 2SLGBTQ to 97779

Native Youth Sexual Health Network

The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
Chat

It Gets Better Project
Embrace the Journey

Sexual Health

Planned Parenthood
Call: 1-800-230-7526
Chat: Ask Roo
Find a Clinic

We R Native: Sexual Health
Text: SEX to 97779
Ask Auntie & Uncle

I Know Mine
Ask Nurse Lisa
I Want the Kit & Order Condoms *(AK mailing only)*

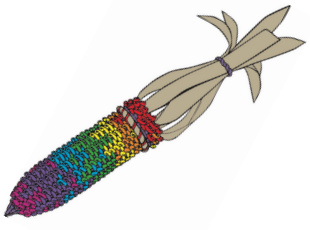
It's Your Sex Life
Live Chat

Bedsidder

Get Yourself Tested #GYT
Find a clinic near you

Trans Life
Call: 1-877-565-8860

Human Trafficking Hotline
Call (24/7): 1-888-373-7888
Text HELP to 233 733
www.humantraffickinghotline.org



CLICK ON THE LOGOS TO GO TO RESOURCE

Youth Support

Bullying

Stopbullying.gov
What Teens Can Do
What Adults Can Do

Cyberbulling
Resources for Youth
Report Cyberbullying

We R Native: Bullying Prevention
Ask Auntie & Uncle

Find Help Near You

SAMHSA - Zip code locator for a treatment center closest to you

Mental Health America - Zip code locator for a clinic closest to you

CLICK ON THE LOGOS TO GO TO RESOURCE

Text Message Campaings

Text: NATIVE to 97779
For health & wellness tips

Caring Messages - to remind you of how awesome you are!
Text: CARING to 65664 (ages 13-24)
Text: COLLEGE to 65664 (college youth)

Text: SEX to 97779
Get tips and resources to protect your sexual health

Text: LGBTQ2S to 97779 or ALLY to 97779
Native. Two-Spirit. LGBTQ. #BornSacred

Text: STEM to 97779
For inspiration and motivation on your journey in Health, Technology, Engineering or Math

Text: FITNESS to 97779
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!!!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NO BUENO

We ALL need Help...

... at different points in time. Every single one of us! Trust your gut and...

Share - any concerns you have

Talk - with someone you can trust

Report - if you're worried about someone