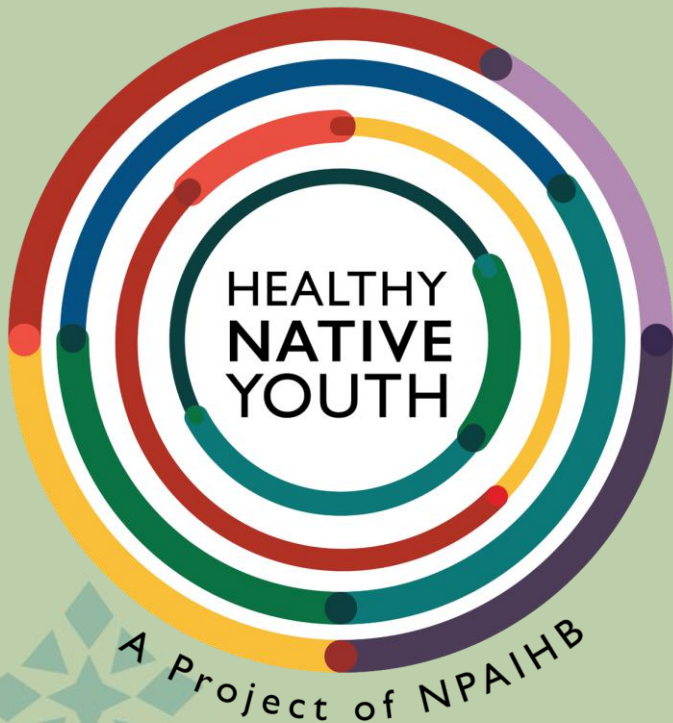


March 11, 2026 | 10:00-11:00 am PST



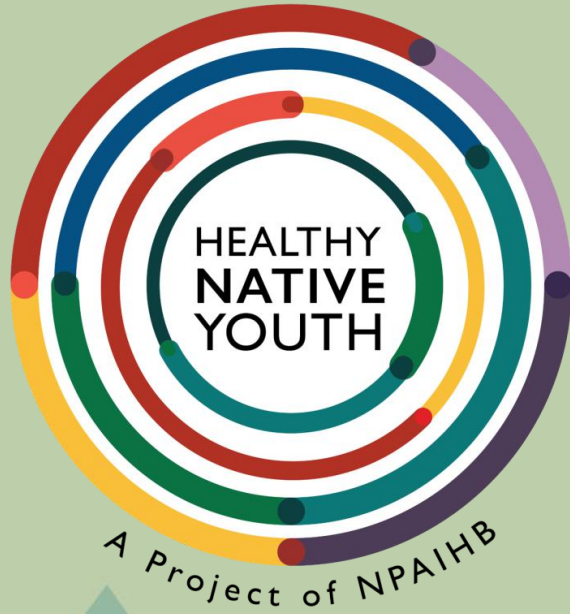
# Hózhó Pathways: Wisdom from Community-Based Programming

## Land Acknowledgement

NPAIHB serves the 43 federally-recognized tribes of Oregon, Washington and Idaho and our office is located within the traditional and ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin, Kalapuya and many other indigenous nations of the Willamette and Columbia River regions.



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
*Indian Leadership for Indian Health*



# Funding Credit

Healthy Native Youth is a project of the Northwest Portland Area Indian Health Board and NWTEC funded by the Indian Health Service ETHIC II grant fund.



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
*Indian Leadership for Indian Health*

Let us  
start in a  
good way...

“Great Spirit, let my  
tongue, speak the truth  
today.”



# Yá'át'ééh! Hello!



**Abigail Edwards, MSPH**

(she/her)

I love making art with friends!



**Barb Harvey, PN** <sup>4</sup>

*Navajo/Diné*

(they/them)

I love is running Ragnar with friends, family, colleagues!



**Nikki Anderson, PN**

*Navajo, Choctaw, and Chickasaw*

(she/her)

I love adventures with my love ones!



**Tehani Waahila, PN**

*Navajo/Diné & Kānaka Maoli (Native Hawaiian)*

(she/her)

I love the outdoors and anything to do with a body of (clean) water!





# WELCOME BACK WITH *Healthy Native Youth*



## Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe(s)/ Organization
- ★ What are you hoping to learn today?



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
*Indian Leadership for Indian Health*

# Where Are We Going

## Hózhó Pathways

*Johns Hopkins - Center for  
Indigenous Health*

## Veterans Wellness Path

*Office of Rural Health*

1

### Welcome & Overview

*Intros | Goals*

2

3

### Q&A

*Any questions or  
comments?*

4

5

### Closing

*One Small Kindness*



# We've Got Goals!

By the end of today's session, you will be able to...

- ★ **Explain** key developmental principles used in Hózhó health programming.
- ★ **Formulate** ways to integrate family & youth connection into your own programming and communities.



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
*Indian Leadership for Indian Health*

2

Johns Hopkins Center for Indigenous Health

# Hózhó Pathways

Wisdom from Community-Based  
Programming



CENTER FOR  
INDIGENOUS HEALTH

## PRESENTED TO

Healthy Native Youth  
Community of Practice  
March 11, 2026

## PRESENTED BY

Barb Harvey  
Nikki Anderson  
Tehani Waahila  
Abigail Edwards



# AGENDA

1

SESSION OBJECTIVES

2

INTRODUCTIONS &  
ICEBREAKER

3

CENTER FOR  
INDIGENOUS HEALTH

4

HÓZHỌ HORIZONS  
PROGRAMS

5

PROGRAM HIGHLIGHTS &  
OUTCOMES

6

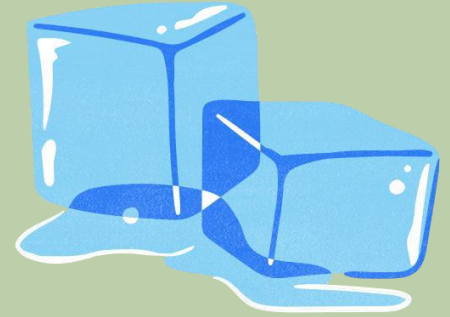
WRAP-UP & SUMMARY

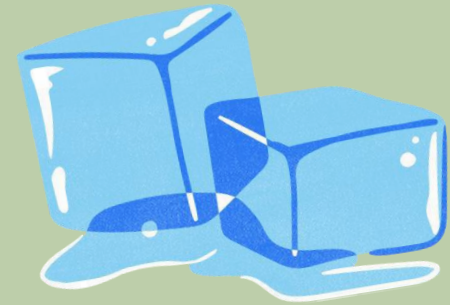




# Breaking the Ice

What does balance look like to you?





*What does balance look like to you?* ❄️

Join Mentimeter  
by Scanning the  
QR Code



Or, use this link in chatfeed:

<https://www.menti.com/alht4qskeocg>



# HÓZHỌ' HORIZONS PROJECT TEAM

---



**CLAUDIA MADRGIAL**

SITE COORDINATOR



**BARB HARVEY**

SITE COORDINATOR



**MARIA WELCH**

SITE COORDINATOR



**TEHANI WAAHILA**

IMPLEMENTATION STAFF



**BRITTANY BEGAY**

IMPLEMENTATION STAFF



**NIKKI ANDERSON**

IMPLEMENTATION STAFF



**LEONELA NELSON**

PROJECT COORDINATOR



**ABBEY EDWARDS**

PROJECT MANAGER



**JENNIFER RICHARDS**

PROJECT DIRECTOR



SHIPROCK SITE



CHINLE SITE



TUBA CITY SITE



REMOTE SITE



# Johns Hopkins Center for Indigenous Health

**Founded:** 1991 at Johns Hopkins Bloomberg School of Public Health in the Department of International Health

**Mission:** We work in partnership with communities to advance Indigenous well-being and health leadership to the highest level.

**Vision:** Thriving Indigenous communities worldwide



# Our Center's Scope



Today, we have **350+** staff members and faculty working at the Center across the US

International partnerships in **Canada, Australia and New Zealand**

**80%** of the Center's employees are Indigenous

Over **93%** of the team working on the Navajo Nation is Diné

**108 Diné employees** – 103 in NN communities, 5 in other CIH roles

On **Navajo Nation:**  
5 Sites (Chinle, Fort Defiance, Gallup, Shiprock, & Tuba City)

# Community Health Statistics

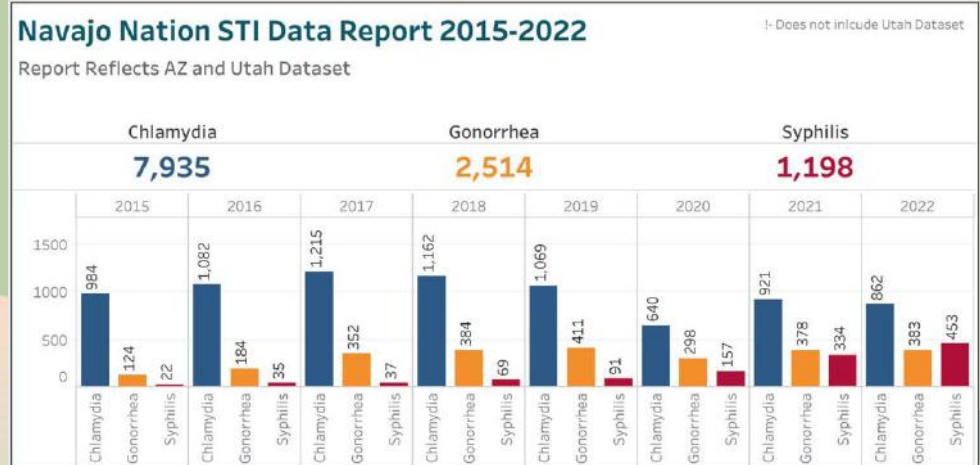
Addressing health inequities in our Indigenous youth population

2 - 10x

AI/AN STI infection rate  
Higher than other racial groups

29%

AI/AN teen birth rate  
Compared to 11% for White teens



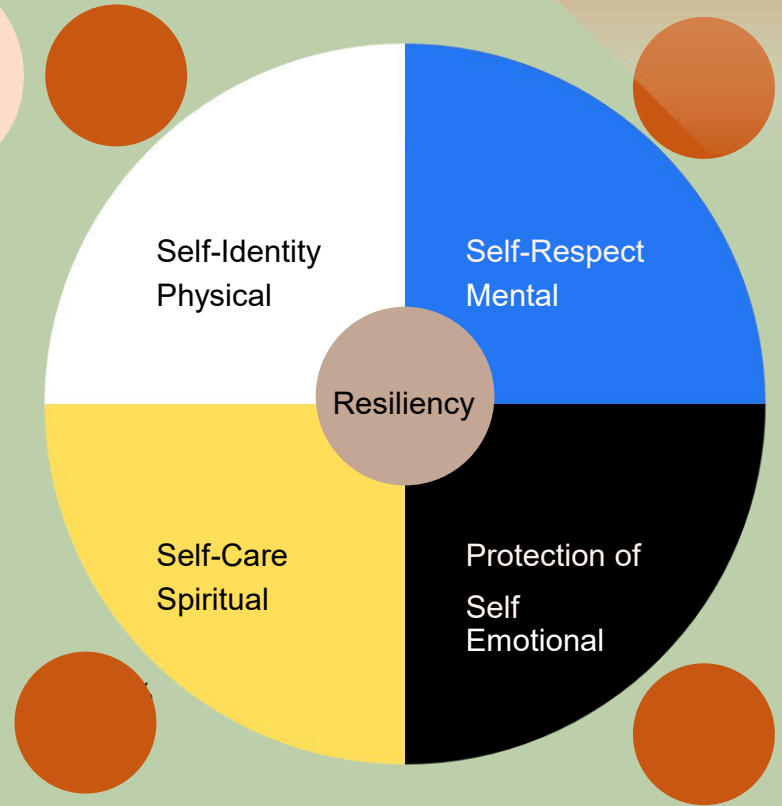
# Understanding Hózhó

Hózhó emphasizes holistic wellness in Diné (Navajo) culture, emphasizing overall physical, mental, spiritual, and emotional wellness, rather than the mere absence of disease or illness.

“Walking in Beauty”



How does Hózhó show up in your life?



# Hózhó Horizons

Empowering Native Youth in Health & Wellness



An initiative led by the Johns Hopkins Center for Indigenous Health and the University of Montana to reduce sexual health risks among Navajo youth (ages 10–19) through culturally grounded, community-led programming.

- Goals:
  - Reduce unplanned teen pregnancy & STIs
  - Strengthen decision-making & life skills
- Key Components:
  - Community Advisory Board, Youth Council
  - Local staff deliver education across schools, community, and clinics
  - Youth sports & leadership camps integrate sexual health with wellness and teamwork

# Project Goals

Use community and cultural strengths to develop youths' knowledge, attitudes, beliefs, and skills to make positive decisions as they move through adolescence.

Address the current high rates of STIs, clearly communicate the risks and consequences associated with sex, and prevent unplanned pregnancies.

We aim to work with community partners to implement programs in a mutually-beneficial partnership to promote adolescent health initiatives.

# Project Timeline

**2023**

Launch of project -  
planning phase

**2024**

Community-based  
programming started

**2025**

Expanded  
programming to  
additional  
communities

**2026 - 2028**

Continued  
implementation &  
sustainability  
planning

# Hózhó Horizons Implementations

- Linking Families and Teens (LiFT)
- Vision of You (VOY)
- Plan A
- Motivational Interviewing (MI)
- Summer Camps
- Hózhó Horizons Youth Council



**Evidence-based**  
programs evaluated to  
improve sexual health  
outcomes across  
adolescent populations.



# Program Highlights



## FAMILY CONNECTION

Strengthening bonds through open conversations and shared values.

## HEALTH EDUCATION

Delivering crucial information on sexual health and healthy relationships.

## CULTURALLY-GROUNDED

Involving families for a culturally responsive approach to wellness.



# Culturally Responsive

- Rooted in community values and strengths
- Kinship through K'é
- Bridges gaps between teens and trusted adults by gently reversing Western ideals
- Integrates elements of Diné stories
- Designed to be flexible and locally adaptable

Our programming promotes cultural safety while uplifting Indigenous voices and intergenerational healing.



# Linking Families and Teens (LiFT)

LiFT is a one-day family connection workshop designed to strengthen communication between teens and their trusted adults.



Workshops

**19**

Youth

**110**

Trusted Adults

**110**



# Vision of You

An interactive, self-paced online reproductive health education program that uses engaging videos, animations, interactive components, and gamification principles. 9 units of health and wellness.

Youth  
Completed

**80**

Youth  
Enrolled

**144**



# Plan A

Plan A is a 23-minute, clinic-based video designed to educate female teens about contraception and informed decision-making through related scenarios. We currently implement Plan A in waiting rooms of IHS clinics.

Youth

82



# Motivational Interviewing

Motivational Interviewing (MI) is a one-on-one conversation between a trained health educator and a youth to help youth explore their goals & behavior change. We have implemented MI during summer camps & in-school settings.



Youth

**151**



# Summer Camps

The Hózhó Horizons summer camp is a five-day day camp for youth, featuring:

- Sports & physical activities
- Enriching arts and crafts workshop
- Education on adolescent health (including sexual health and wellness)



Camps

3

Youth

342



# Hózhó Horizons Youth Council

(Adaptation from a Youth Advisory Board) → 7 active members

## Objective:

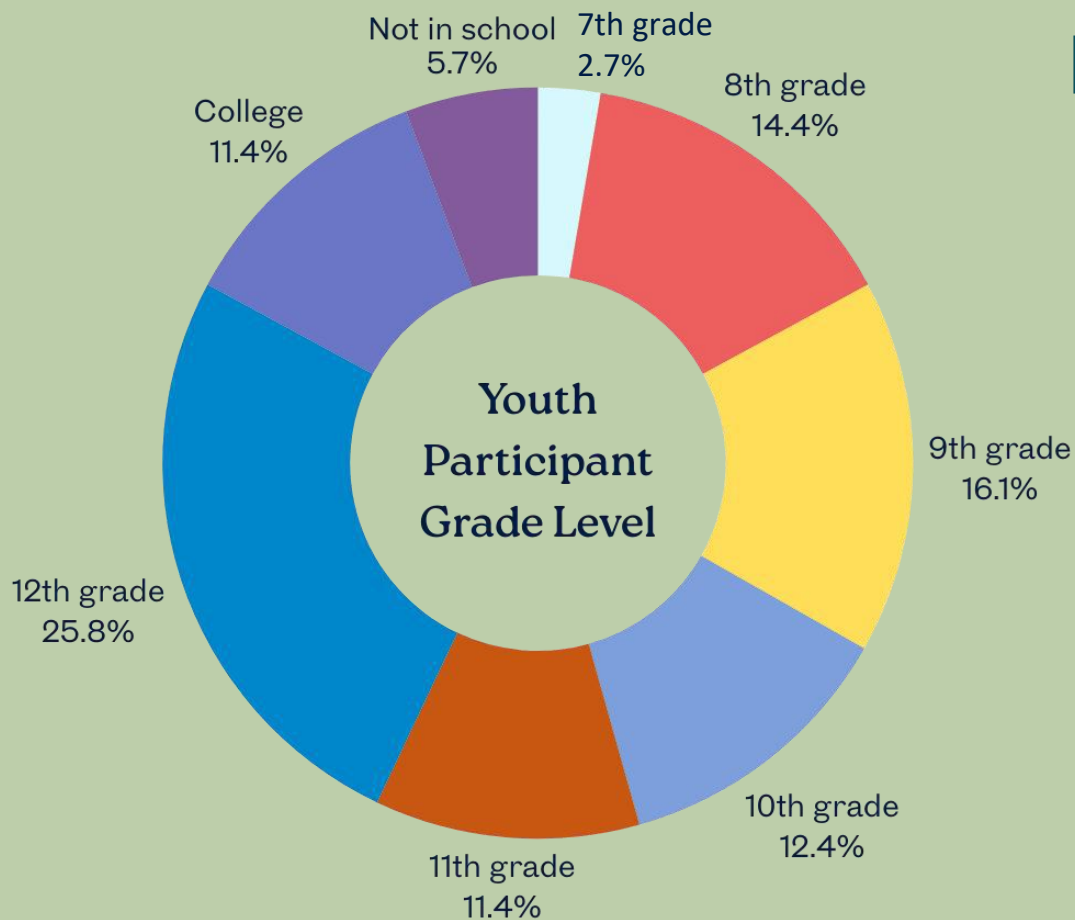
The Youth Council focuses on the improvement of the Hózhó Horizons program that centers the perspective of youth's health and wellness topics on the Navajo Nation. Members submitted applications and were selected as leaders in their communities.



## Member duties include:

- Feedback on program initiatives.
- Creating impactful, and culturally relevant strategies in forms of events, workshops, digital campaigns and other outreach activities.
- Professional development.





# Project Reach

**899**

Youth Participants

**110**

Parent/Trusted Adult Participants

**97%**

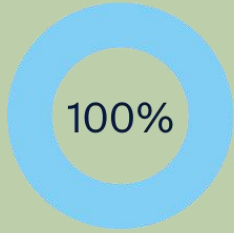
**Race**  
Of all participants identified as American Indian/Alaska Native.

**3:1**

**Sex**  
Female-to-male ratio of youth participants.

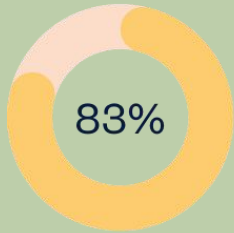


# Participant Feedback



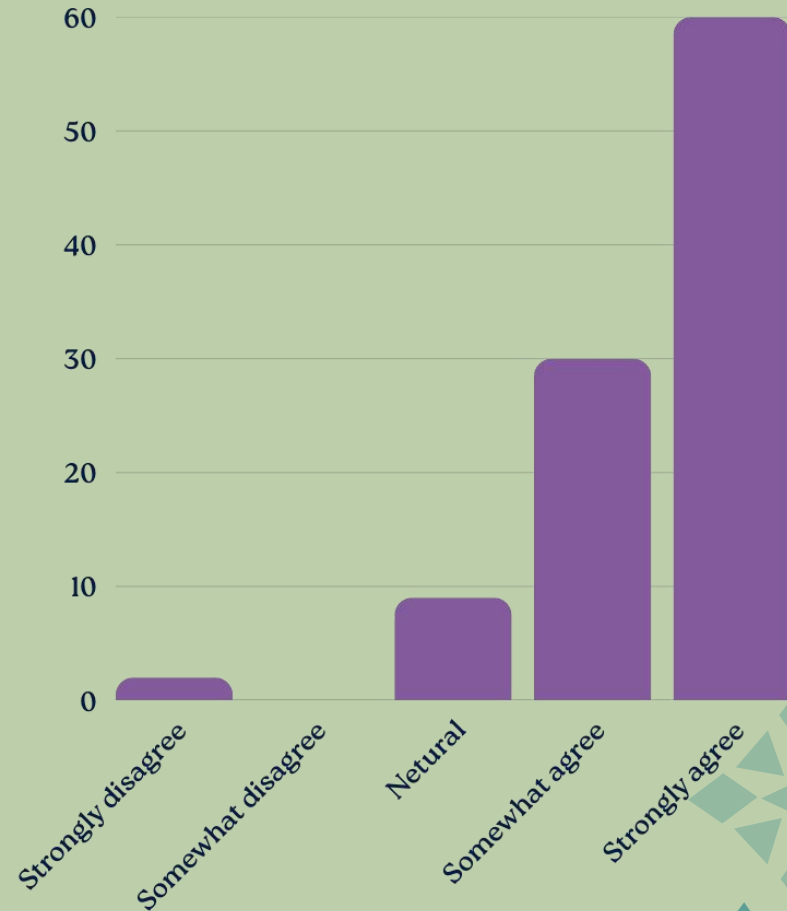
## Engagement

Said the program was fun & they learned something that would help connect them in the future.



Said they will talk to their family member about something important to them, even if it's hard or uncomfortable.

We asked youth: "If I was going to have sex, I would use a condom."



# Participant Testimonials

Youth and trusted adults said their favorite part of the program was...

“Learning about my traits so I could see how different I am.” -*Youth*

“Group conversations and dividing the adults and youth.”  
-*Trusted Adult*

“Participating with other parents & getting ideas about how to talk to my teen.”  
-*Trusted Adult*

“Meeting new people and learning new things, like knowing what will happen if I don't use a condom properly.” -*Youth*



# Key Successes

## Improved Youth-Adult Communication

- Teens and trusted adults feel more confident discussing sensitive topics

## High Engagement

- Interactive activities and storytelling promote strong participation

## Positive Shifts in Attitudes

- Youth feel more prepared to set goals and make healthy decisions

## Community Trust & Ownership

- Delivered by local facilitators with flexibility for adaptation

## Intergenerational Healing

- Creates space for reconnection and mutual understanding



# Questions?





# Thank you!



## Connect with Us

EMAIL

Barbara Harvey: [bharvey7@jhu.edu](mailto:bharvey7@jhu.edu)

Tehani Waahila: [twaaahil1@jhu.edu](mailto:twaaahil1@jhu.edu)

Nikki Anderson: [nander36@jhu.edu](mailto:nander36@jhu.edu)

Abbey Edwards: [aedwar64@jhu.edu](mailto:aedwar64@jhu.edu)

ONLINE

[www.cih.jhu.edu](http://www.cih.jhu.edu)

[www.linktr.ee/hozhohorizons](http://www.linktr.ee/hozhohorizons)

# Veterans Wellness Path

*Cynthia (CIndy) Goss  
Population Specialist, Veterans Rural Health  
Resource Center - Salt Lake City*



**NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD**  
*Indian Leadership for Indian Health*

Department of Veterans Affairs (VA)  
Veterans Health Administration (VHA)

# OFFICE OF RURAL HEALTH

---



Cynthia Goss

Population Specialist

Veterans Rural Health Resource Center – Salt Lake City

*The following presentation has been reviewed in good faith, and all language and information included is intended to adhere to Executive Orders.*



*“Veterans First”*

PRE-DECISIONAL

March 11, 2026

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Office of Rural Health

# Acknowledgment

*This work was funded by the Department of Veterans Affairs, Veterans Health Administration, Office of Rural Health, NOMAD #PRFY-009754, and by the National Center for PTSD. The contents do not represent the views of Department of Veterans Affairs or the United States government.*



*“Veterans First”*

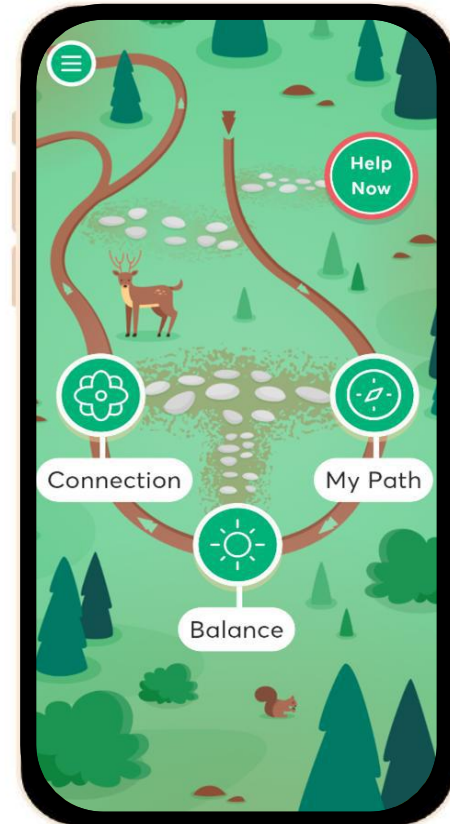


# Veterans Wellness Path

For American Indian and Alaska Native Veterans, their family members, and their community.

Features:

- Daily check-ins and mental health screeners
- Exercises to heal the body, mind, emotions, and spirit
- Story telling
- Tips for connection



# Contact Information

## Cynthia (Cindy) Goss Population Specialist

- ▶ Veterans Rural Health Resource Center – Salt Lake City  
Office of Rural Health (ORH)  
Veterans Health Administration (VHA)  
Department of Veterans Affairs (VA)

[Cynthia.Goss@va.gov](mailto:Cynthia.Goss@va.gov)

[ORH Website](#)

[ORH SharePoint](#) *(VA Employees Only)*

[Subscribe to ORH Emails](#)



*“Veterans First”*




# Closing



# Feedback



HEALTHY NATIVE YOUTH

[IMPLEMENTATION TOOLBOX](#) [CURRICULA](#) [FOR CARING ADULTS](#) [COMMUNITY](#) [RESOURCES](#)

## TRAINING AND TA FEEDBACK

[GIVE US FEEDBACK](#)

**Thank you!**

Thanks for requesting technical assistance, attending our training, participating in our Community of Practice or receiving our monthly e-Newsletter. We'd like to hear whether it was helpful for you, and how we can support other trainees or interested educators. We appreciate your feedback! **The survey will take approximately 5 minutes to complete.**

**Name\***

  
**Tribe or Organization\***  
**State\***  
**Phone\***  
**Cell Phone\***  
**Email\***  

What Healthy Native Youth service did you receive or participate in? (choose one)\*





# HEALTHY NATIVE YOUTH

A Project of NPAIHB

The **Healthy Native Youth** project provides health promotion curricula and resources for American Indian and Alaska Native youth.

Curricula

Stand-Alone  
Lessons

Community  
of Practice

Resources



## Health Topics

- **STI Prevention**
- **Mental Health**
- **Physical Health**
- **Goal Setting**
- **Healthy Relationships**
- **Drugs and Alcohol Prevention**
- **Boundary Setting**

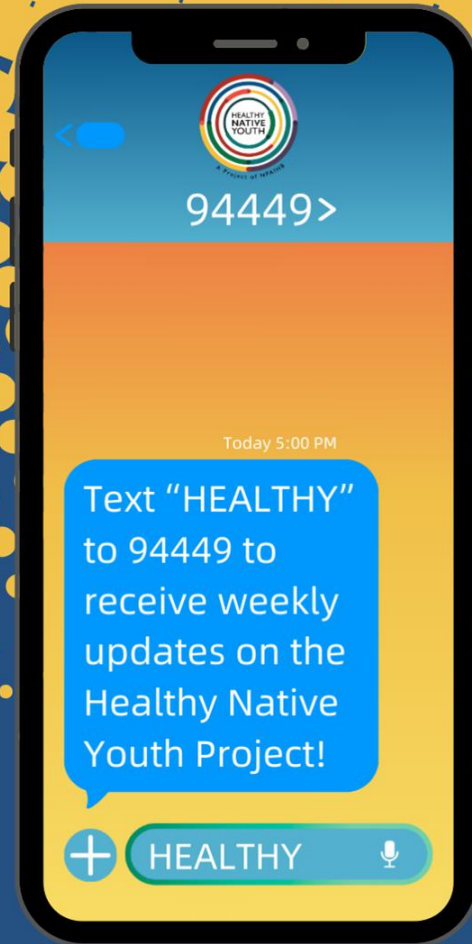
Visit [www.healthynativeyouth.org](http://www.healthynativeyouth.org) to view curricula, request technical assistance, and sign up for our Community of Practice.

HNY is a project of the NPAIHB and NWTEC funded by IHS ETHIC II grant fund.

# Stay Connected: NPAIHB Social Media & Health News and Notes NPAIHB Newsletter



Keep up with the  
HNY project...  
Sign up for our  
SMS updates!



# Join us next month for our CoP...



## COMMUNITY OF PRACTICE MAY 13, 26

Join the May Community of Practice to receive a Native STAND 2.0 facilitators training with the Healthy Native Youth Team.

Native STAND 2.0 is an 18-lesson comprehensive health curriculum designed for Native youth and communities.



**WHEN?**  
Virtual gathering held  
April, 11 2026 on zoom.  
10:00-11:30 AM PT

**CONTACT US:**  
native@npaihb.org

**REGISTER HERE:**  
<https://www.healthynativeyouth.org/community-of-practice/>



## COMMUNITY OF PRACTICE APR 8, 26

Join the April Community of Practice to become a sensitive subjects pro with Native STAND 2.0.

Together we will build confidence in approaching tricky, awkward, and delicate topics with youth in health education.



**WHEN?**  
Virtual gathering held  
April, 11 2026 on zoom.  
10:00-11:00 AM PT

**CONTACT US:**  
native@npaihb.org

**REGISTER HERE:**  
<https://www.healthynativeyouth.org/community-of-practice/>



# 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.



**NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD**  
*Indian Leadership for Indian Health*

[I Know Mine](#)



[I Want the Kit](#)



[Safe in the Village](#)



[I Want the Kit](#)



[Respecting the Circle of Life](#)



[Native It's Your Game](#)



[Healthy Native Youth Implementation Toolbox](#)



**Project Red Talon  
Regional Network**

A Project of the Northwest Portland Area Indian Health Board

Alaska Native Tribal Health Consortium

Johns Hopkins - Center for Indigenous Health

University of Texas - School of Public Health



Inter Tribal Council of Arizona, Inc.

Southern Plains Tribal Health Board

Northwest Portland Area Indian Health Board

[ITCA Landing Page](#)  
[Healthy Native Youth @ ITCA](#)

[Native Test](#)



[Healthy Native Youth We R Native](#)

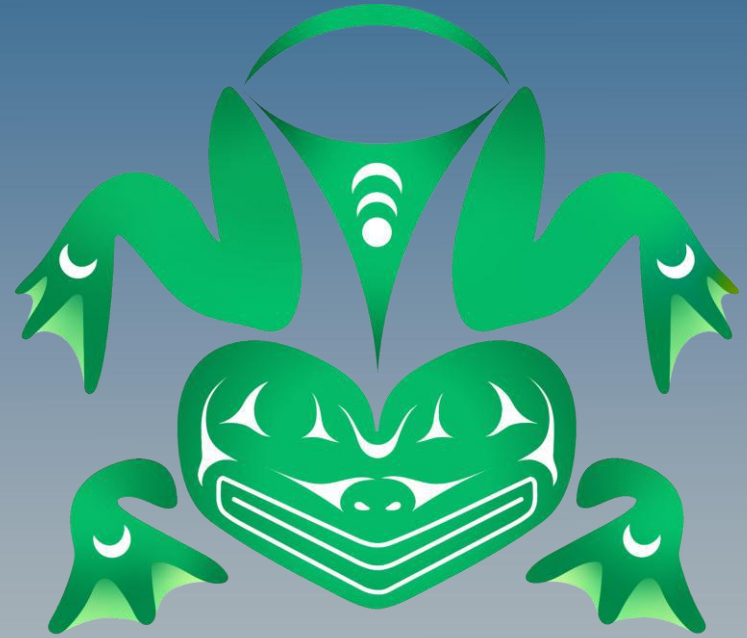


Partners:  
[Indian Country ECHO](#)  
[Native Health Resources](#)



# One Small Kindness

*...How will I chose to Walk in Beauty Today?*



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
*Indian Leadership for Indian Health*

# Ahéhee' láá ! Thank you!



Reach out to us!  
[native@npaih.org](mailto:native@npaih.org)



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
*Indian Leadership for Indian Health*