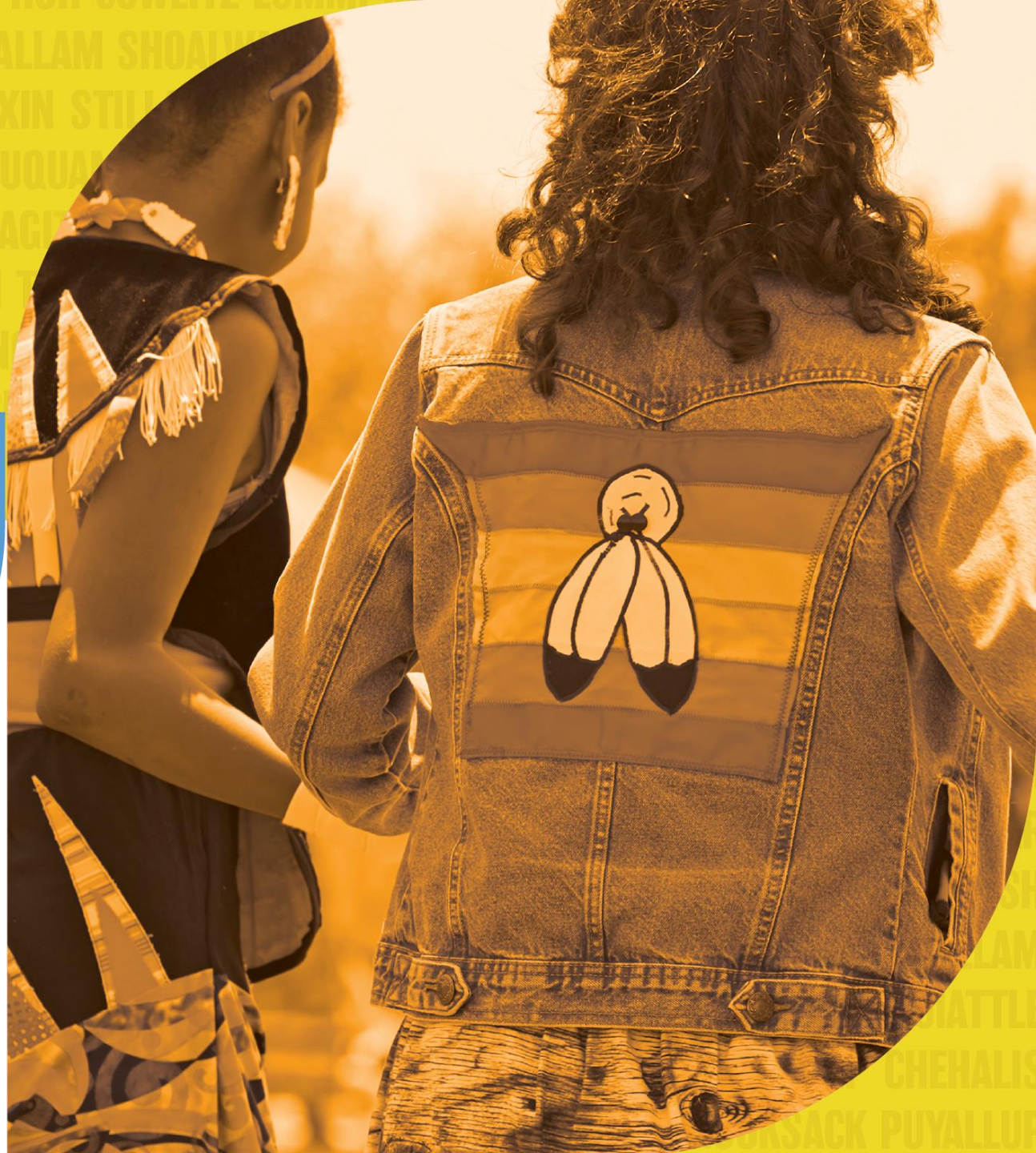


Supporting Native Youth Through Culture, Identity & Community

Reconnection is Prevention

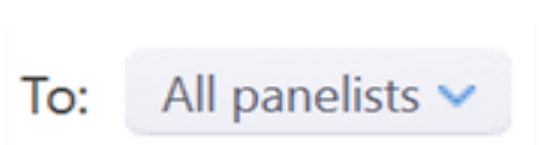
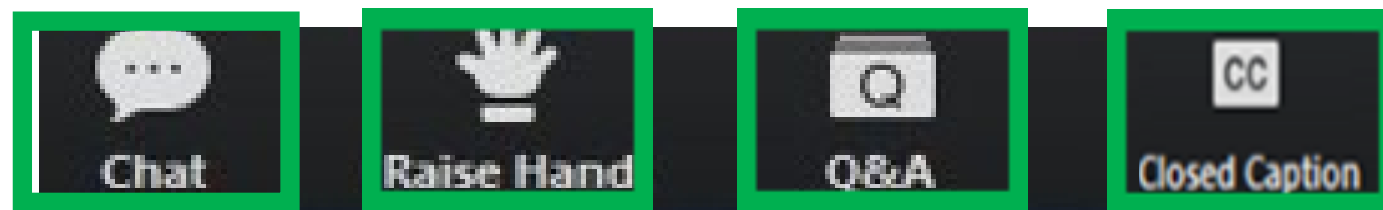
June 29, 2026



**NATIVE &
STRONG** | **Connection is
Prevention**

Technical Notes and Support

If you lose connectivity during the session, **open your original “join” link to regain access to the webinar.** If you experience technical difficulties, **send a note using the chat box in your bottom menu bar,** and we’ll assist you from there. **Enjoy the session!**



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Partners



KAUFFMAN
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What is the Native & Strong Campaign?

The Native & Strong campaign was developed in partnership with the 29 federally recognized tribes in Washington and the Washington State Department of Health (WA DOH). **Rooted in the belief that Connection is Prevention, this suicide prevention campaign is led by the leadership, wisdom, and priorities of Washington tribes, with the support of WA DOH.** Through this government-to-government collaboration, Native & Strong focuses on raising awareness, providing education, and sharing resources to support local efforts in preventing suicide and strengthening the well-being of tribal communities now and for future generations. To support this work, DOH has contracted with Kauffman and Associates, Inc., an American Indian-owned communications firm on community technical support, outreach, and campaign dissemination.

Connection is Prevention!

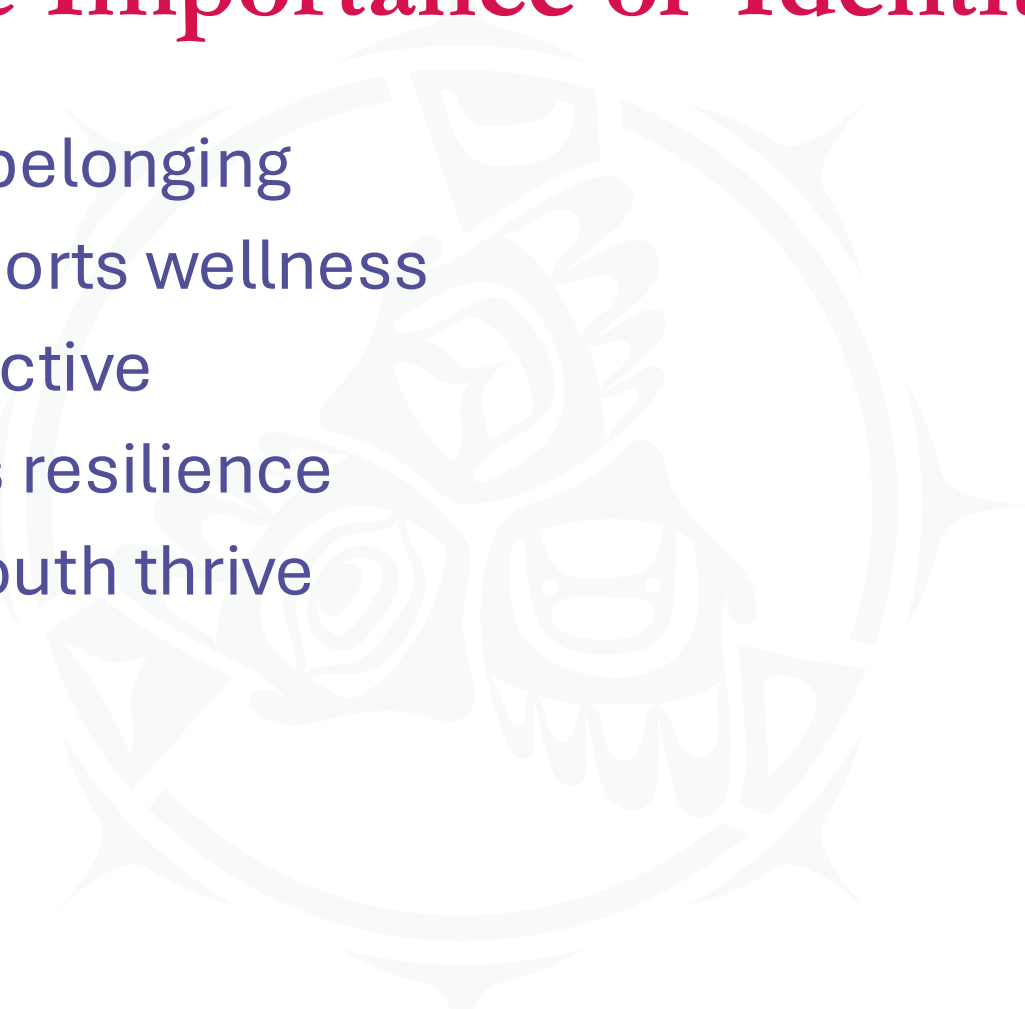


Welcome





The Importance of Identity

- Young people need belonging
 - Native identity supports wellness
 - Connection is protective
 - Culture strengthens resilience
 - Community helps youth thrive
- 





When Connection is Interrupted

- Identity crisis
 - Depression
 - Feelings of loneliness
 - Confusion
 - Spiritual sickness
 - Anger
 - Resentment
 - Low self-esteem
- 



Your People Want You Here



Reconnection is Prevention



What Helps Native Youth Feel Connected?

Family
Community
Language
Traditions
Elders
Peers
Land





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Community in Action

The Spokane Tribe

Meet our Guest

Monica Tonasket

Secretary Monica Tonasket
Spokane Tribal Council



Please tell us
about the youth
programs at the
Spokane Tribe
and
what inspired
you to begin
working with
Native youth?



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Why is helping youth stay connected to their culture, community and identity so important?



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How does being involved in tribal youth programs help young people build meaningful connections with Elders, family and other community members?



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What role do
land, language,
traditions and
cultural
teachings play in
supporting
youth well-being
and resilience?



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What lessons or advice would you share with other tribal communities that want to strengthen connection and belonging among Native youth?




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What Adults & Caregivers Can Do

- Encourage and support identity exploration
 - Stay connected to community
 - Support cultural participation (at the youth's comfort level)
 - Listen to youth
 - Speak positively about Native identity
 - Explore places
- 
- 

Q&A



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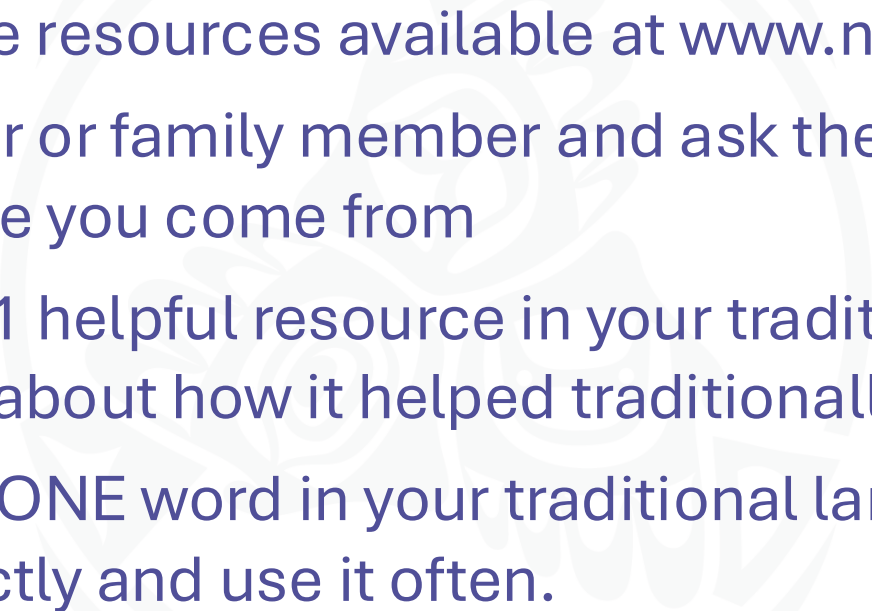

Remember

- Identity matters
- Belonging matters
- Culture is protective
- Youth voices matter
- Reconnection is prevention





Four Things You Can Do Today

1. Explore one of the resources available at www.nativeandstrong.org
 2. Seek a tribal Elder or family member and ask them what you should know about where you come from
 3. Learn about just 1 helpful resource in your traditional territory and learn all you can about how it helped traditionally and today
 4. If possible, learn ONE word in your traditional language. Just one. Use it. Use it imperfectly and use it often.
- 
- 



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Thank You!