



Hózhó Horizons Newsletter



What is Hózhó Horizons?

Hózhó Horizons: Empowering Native Youth in Health and Wellness is a 5-year Public Health Service project that seeks to work with community partners to implement programs and promote adolescent health initiatives, specifically to address the current high rates of STIs across the Navajo Nation.

Our Committed Team

Chinle Site:

- Barbara Harvey
- Brittany Begay

Shiprock Site:

- Claudia Madrigal
- Leonela Nelson
- Tehani Waahila

Tuba City Site:

- Maria Welch
- Tamara Talaswaima

Remote:

- Danielle Chang
- Tonya Tolino

Program Leadership:

- Jennifer Richards (PI)
- Abigail Edwards
- Gabrielle Evans-Mitchell

Contact Information

Chinle/Ch'íníłj:

☎ (928) 674-6824

Shiprock/Tsé'bí'tá:

☎ (505) 368-4234

Tuba City/Tó nanéézdízi/Tuuvi:

☎ (928) 283-8221/8226

What Programs Are We Offering?

Family Connection Workshop (LiFT)

Linking Families & Teens (LiFT) is a one-day family connection workshop designed to strengthen family communication, promote positive decision-making, and support teen well-being through engaging activities. Available for youth 13-19 years old & a parent/trusted adult. **See page 4 for upcoming workshops.**

Vision Of You

Vision of You (VOY) is an interactive, self-paced online health education program that uses engaging videos, animations, interactive components, and games to provide information, develop skills, and promote behavior change. Available for youth 11-19 years old. **See page 3 for information on signing up.**

Plan A

Plan A is a 23-minute, clinic-based health video that uses relatable scenarios and engaging content to teach teens about contraception, communication, and making informed decisions. Available for females 16-24 years old in the clinic.



Hózhó Horizons Summer Camp:

In addition to the health programs on the previous page, the Hózhó Horizons program also hosts one-week youth wellness camps during the summer. During camp, Navajo youth are brought together to foster their leadership skills, promote reproductive health and wellness, and enhance their ability to make positive decisions for themselves.



2024 Camp Recap:

The 2024 Hózhó Horizons summer camp was a success! The camp was held in Chinle, Arizona at the Chinle Jr. High School and the Chinle High School. Youth ages 11-19 gathered together to participate in camp activities including basketball, arts and crafts, disc golf, field games, and community projects. Along with these activities, youth also completed the Vision of You health curriculum. From the feedback received, youth appreciated how much they learned, the fun they had, and how engaging the discussions were! To celebrate the incredible accomplishments of the youth campers, a Family Night was also held at the end of camp and a over 100 youth, parents, and caregivers joined in on this celebration. With the successes of the Chinle camp, the Hózhó Horizons team decided to expand the camp to the Shiprock area for June 2025!



2025 Camp Dates:

Shiprock: June 9th-13th
Chinle: TBD (June)



Registration details coming soon, scan here to receive updates



<https://bit.ly/HozhoHorizons>

Vision of You (VOY) Virtual Program

Vision of You (VOY) is an online self-paced health education program designed to help adolescents make informed decisions. This program primarily focuses on providing comprehensive information about healthy relationships, reproductive health, and life skills. To deliver its curriculum, Vision of You uses:

- Videos
- Games
- Interactive activities



Program Highlights

- 1 Sign up**
 Scan the QR code to complete our intake survey.
- 2 Complete the program**
 Do all 9 lessons at your own pace on your computer.
- 3 Get a \$50 gift card**
 An e-gift card will be sent directly to you, available at stores like Nike, Starbucks, Walmart, & more.

Who's Eligible?

- Youth ages 13-24 years old
- Lives on/near Navajo Nation
- Parent permission (for youth under 18 years old)



Scan Here to
Register



www.tinyurl.com/VOYvirtual



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Community Outreach Efforts:



Community and Youth Advisory Boards

In an effort to include community voices into the work we do, we established both a community advisory board (CAB) and youth advisory board (YAB) for each of our three service sites. Members of these advisory boards have the opportunity to aid the Hózhó Horizons team in making sure that our programs align with community and cultural values, and identifying the needs and challenges of Navajo youth and families when it comes to reproductive health education. **If you are interested in joining the advisory board, please see the dates for upcoming meetings below and contact the site closest to you. Attendees will receive a \$40 e-gift card as an appreciation for your time!**

Parent Nights

With efforts to provide supplemental reproductive health education in Tuba City High School Health Classes, team members from our Tuba City service site will be offering information sessions for parents to learn more about our programs and provide feedback. **Sessions will be held in the Tuba City High School Cafeteria from 5:30 pm to 7:00 pm. For further questions, contact Maria Welch at 928-283-8221 or mwelch15@jh.edu. Upcoming dates are listed below.**

Upcoming Events

- **Advisory Board Meetings**
 - March 4th
- **Tuba City Parent Information Sessions**
 - February 26th
 - March 26th
- **LiFT Workshop**
 - February 22nd
 - Dine College North Campus - Shiprock, NM

RSVP for an upcoming LiFT workshop



<https://bit.ly/LiFTworkshop>

Team Updates:

At the end of January, our team held a staff gathering at our Shiprock site. We planned and discussed logistics for our 2025 Hózhó Horizons camp, Vision of You Virtual programming, and Plan A clinic implementation. We also collaborated with Capacity Builders Inc. in Farmington, NM, to hold a LiFT training session for both Hózhó Horizons team members and Capacity Builders staff. To deepen our understanding of Indigenous Health on Navajo, our team also met with former Navajo Nation Delegate, Tom Chee, to discuss cultural perspectives on reproductive health and wellness.



Our team taking a tour of the JHCIH Shiprock site.



Barb (left) and Brittany (right) presenting on LiFT materials.



Maria (left) and Tamara (right) doing a team building activity.

Join Our Mailing List!

Stay up to date on upcoming events from our clinic implementations, CAB/YAB meetings, community LiFT workshops, and summer camps!



Scan Here to Join



<https://bit.ly/HozhoHorizons>



Our team going over the logistics for current projects.



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