



Children's Safety
Network



Education
Development
Center

Wednesday, December 8, 2021

2:00 p.m. – 3:00 p.m. E.T.

Culturally Relevant Approaches to Preventing Suicide among American Indian and Alaska Native Youth



Moderator



Ellen Harwell, PhD

Project Associate
National Action Alliance for
Suicide Prevention

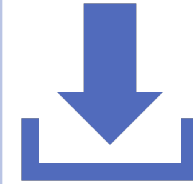
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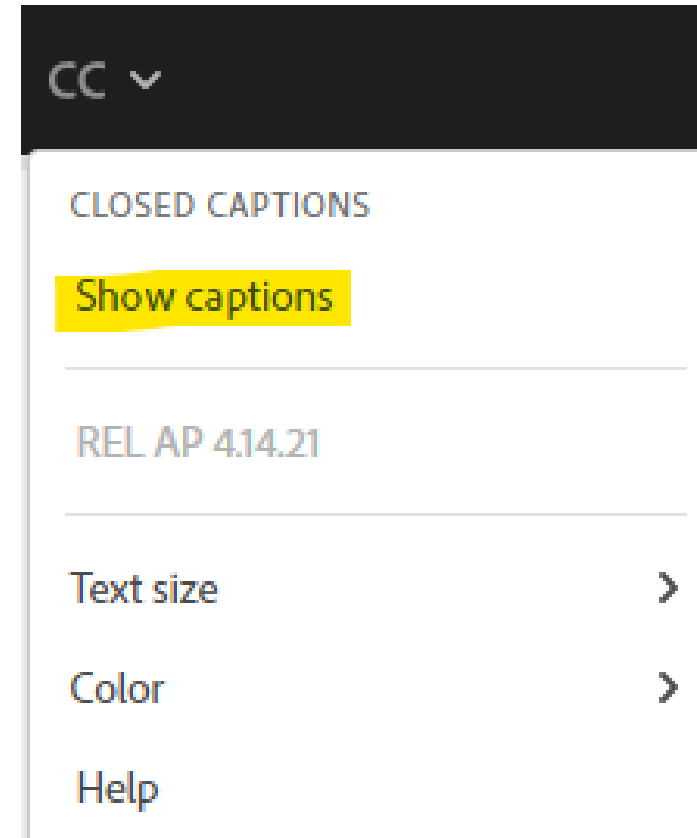


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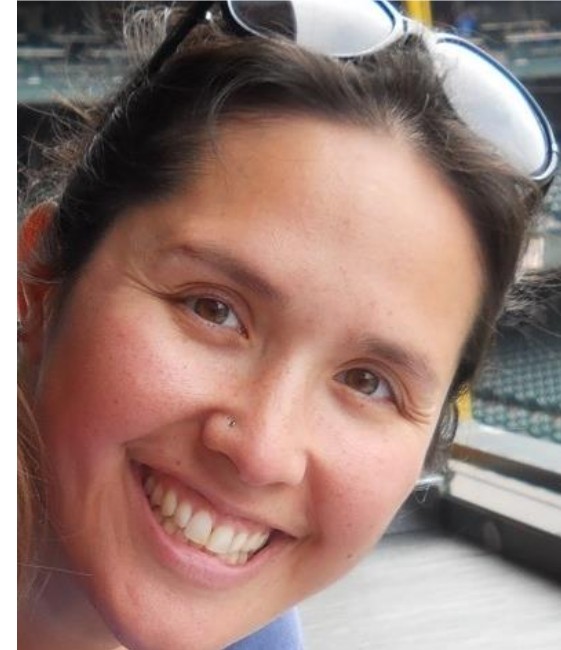


Presenters



Dolores Subia BigFoot, PhD

Director
National Suicide Prevention Resource Center and
Indian Country Child Trauma Center, University of
Oklahoma



Colbie Caughlan, MPH

Project Director
Project THRIVE (Tribal Health: Reaching out
InVolves Everyone)

Suicide Prevention with American Indians and Alaska Native in Indian Country

Dolores Subia BigFoot, PhD
Director, SPRC
University of Oklahoma Health Sciences Center



The national **Suicide Prevention Resource Center (SPRC)** is your one-stop source for information to help you develop, deliver, and evaluate evidence-informed suicide prevention programs.

What we offer

- Toolkits
- Online trainings
- Effective Suicide Prevention Model
- Research summaries...and more!

Who we serve

- Organizations
- Communities
- Agencies
- Systems

CONNECT WITH US



www.sprc.org



@SuicidePrevention
ResourceCenter



@SPRCTweets

About SPRC

The Suicide Prevention Resource Center (SPRC) is the only federally funded resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is supported through a grant from the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA).

SPRC builds capacity and infrastructure for effective suicide prevention through consultation, training, and resources for state, tribal, health/behavioral health, and community systems; professionals and professional education programs; and national public and private partners and stakeholders.

Diversity, inclusion, and equity guide our mission.



Visit SPRC.org



Sign up for SPRC's *Weekly Spark* newsletter for the latest news, research, and announcements.



Discover how to develop and implement prevention efforts in any setting with SPRC's Effective Suicide Prevention Model.



Explore a library of suicide prevention programs with evidence of effectiveness.



Learn at your own pace with online courses, learning labs, and brief videos.



Access a wealth of resources, including toolkits, fact sheets, success stories, and more!



Find information on suicide prevention efforts in your state.



@SPRCTweets





Suicide Prevention Resource Center

American Indian and Alaska Native populations = approximately 5.2m people

Majority of American Indian and Alaska Native people residing in 14 western states, however all states have American Indian and/or Alaska Native residents

574 Federally Recognized Tribes with trust status

PL 280 States with jurisdiction over FRT

State Recognized Tribes

Urban Indian Programs

77% of American Indians and Alaska Natives reside off tribal jurisdiction land



@SPRCTweets



EDC

Learning
transforms
lives.



American Indian and Alaska Native population most at risk for suicide

Ages: 12-27

During COVID, increased suicide attempts in rural and reservation ER

Children as young as 6 expressing desire to harm or kill themselves

Racism, discrimination, and prejudice impact American Indian and Alaska Native youth

Requirements for Certification for Degree of Indian Blood (CDIB) creates confusion and identity concerns, CDIB is based on an arbitrary, colonization measure but has become the standard. This creates conflict as to who is enrolled and who is not.

Cultural Enhancement of Evidenced Based Treatments

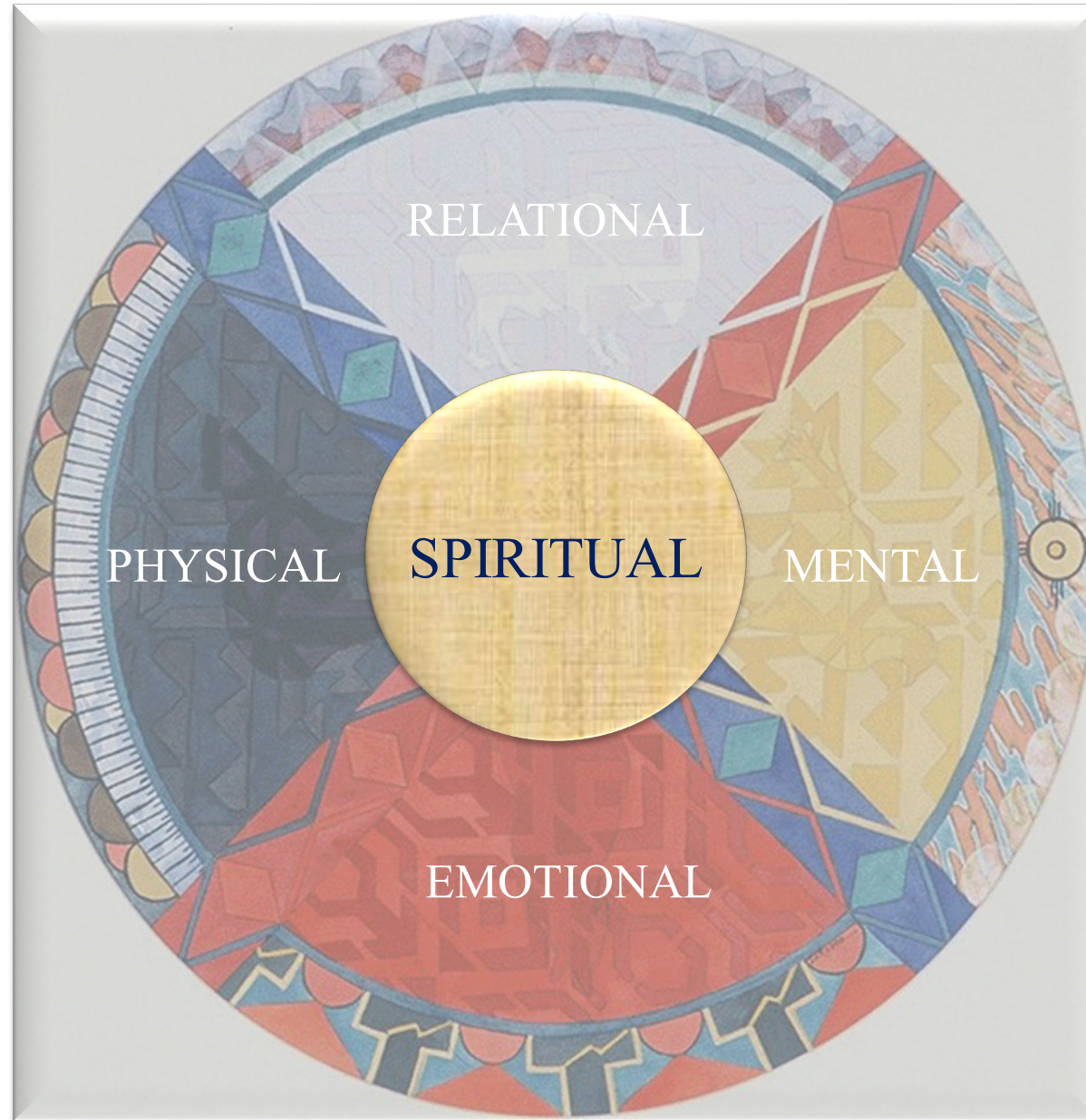
Parent Child Interaction Therapy
Treatment of Problematic Sexual
Behaviors
Trauma Focused Cognitive Behavior
Therapy

Honoring Children, Making
Relatives
Honoring Children, Respectful
Ways
Honoring Children, Mending
the Circle

Treating Child Trauma

"Perhaps the butterfly is proof
that you can go through
a great deal of darkness yet
become something beautiful."

Trauma Focused Cognitive Behavior Therapy



Honoring
Children
Mending
the Circle



Trauma-Focused Cognitive-Behavioral Therapy

A hybrid treatment model that integrates:

- Trauma sensitive interventions
- Cognitive-behavioral principles
- Attachment theory
- Developmental neurobiology
- Family therapy
- Empowerment therapy
- Humanistic therapy

Knowledge is not new

Evidence Based Practices

- Cognitive/behavioral principles
- Attachment
- Humanist
- Developmental
- Empowerment
- Neurobiology

Indigenous Knowledge

- Thinking, feeling, doing
- Relational & Circle Theory
- We are all related
- Naming, Medicine Wheel
- Non-interference, Non-judgement
- Mind-body-heart-spirit connection, We knew the earth was round, Racial Memories

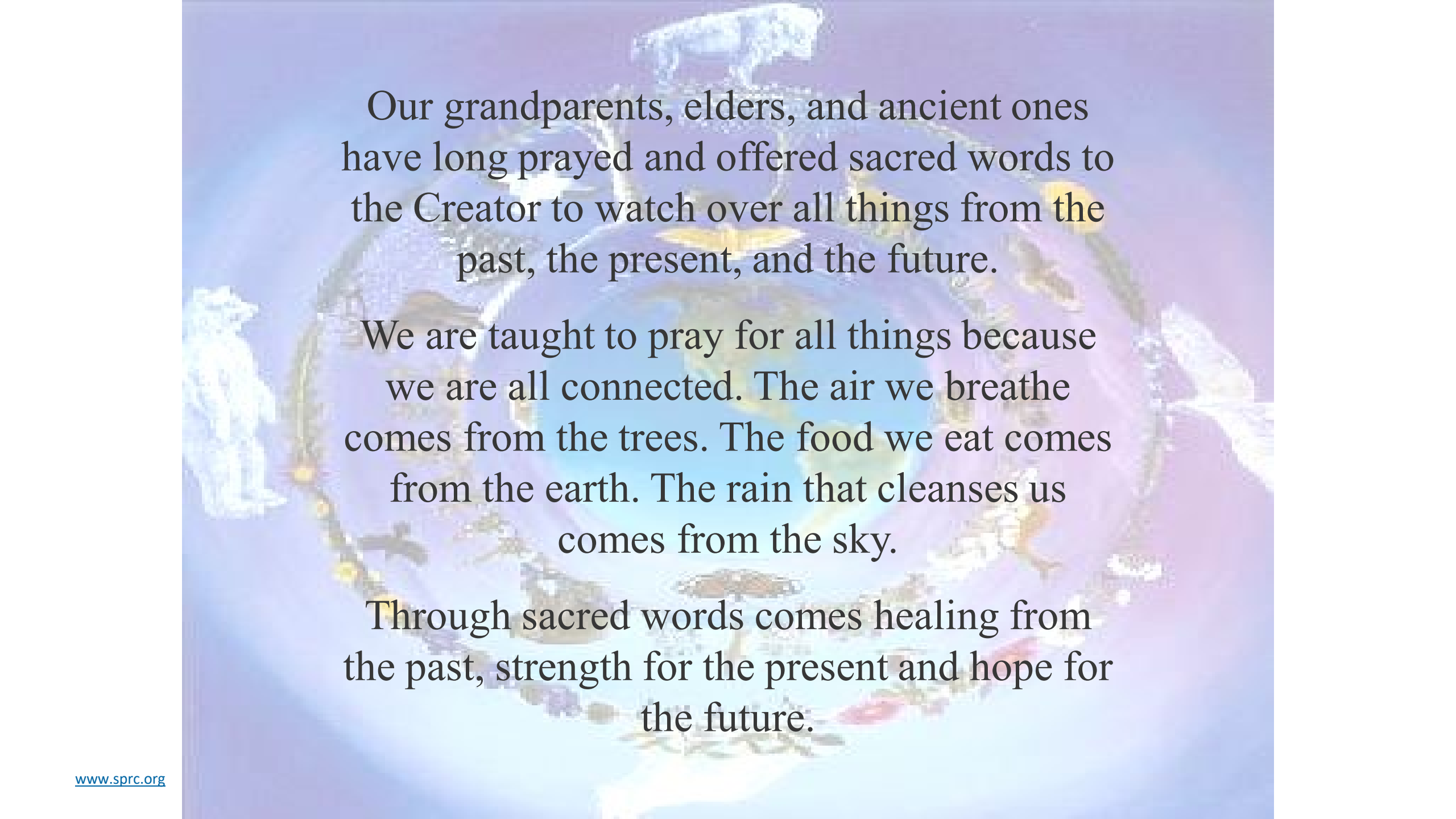
Treatment Components

Honoring Children – Mending the Circle	Trauma-Focused Cognitive Behavior Therapy
Spiritual	
Mental	Psychoeducation, Cognitive Coping, In Vivo Desensitization
Physical	Relaxation
Emotional	Affect Regulation
Relational	Psychoeducation, Parenting Skills, Safety Skills, Social Skills
Mending the Circle	Trauma Narrative, Cognitive Processing, Conjoint Parent-Child Sessions

Indigenous Pathway

Practice Based Evidence

- Identification of Indigenous practices that are Healing
- Identification of Indigenous ways of explaining the world
- Identification of Indigenous ways of explaining how things happen
- Identification of Indigenous ways of explaining when things do not go well



Our grandparents, elders, and ancient ones have long prayed and offered sacred words to the Creator to watch over all things from the past, the present, and the future.

We are taught to pray for all things because we are all connected. The air we breathe comes from the trees. The food we eat comes from the earth. The rain that cleanses us comes from the sky.

Through sacred words comes healing from the past, strength for the present and hope for the future.

Why is History Important?

- A sense of belonging, connectedness, and identity are important aspects of wellbeing, lessens distress, reduces anxiety, increases sense of purpose and generational pride. Allow for learning about self by better understanding the experiences of ancestors. Stories of ancestors gives purpose for following generations. Improves mental health and resiliency skills for better decision making and helpful choices while building compassion and advocacy for self and others. Allows for humanity to be seen through the eyes of humility. And to not make the mistakes of the past by helping the healing and recovery process. To do the work of ancestors who prayed for the next generations.

Linking Experiences of Colonialization, Historical Trauma, Loss and Grief to Current Disparities

HISTORY

Pre-Colonialization

Circle of Families

Ceremony

Traditional Practices of Being a Good Relative

Colonialization

Structural Violence

Cultural Persecution

Ethnic Genocide

Domination

Power and Control

Elimination of Indigenous ways of addressing trauma, grief, and loss

New Democracy Established

Impact on Tribal Structure:

Political Coercion and Jurisdictional Repression

Economic and Social Oppression

Psychological Harm

Elimination of resources, social structure and norms, and society infrastructure

Unmeasurable loss and grief, re-traumatization, and lack of support for healing and resiliency

TODAY

Inequities

Social

Health

Economic

Employment

Environmental

Housing

Natural Resources

Land

Family and Extended Family Network

Trauma

Establishing

Self-Governance

Economic Viability

Cultural Resurgence

Healing

Circles of Families

Ceremony

Traditional Practices of Being a Good Relative



Transition

Trauma Informed Care is about Transition

- Trauma - Event/Experience/What Happened
- Informed - Knowledge/Understanding/Safety
- Care - Behaviors/Policies/Surrounding/Environment
- Transition - From what was before to what is now
 - Defining the experience/trauma rather than having the experience or trauma define person
 - Recognize that the memories/reminders/triggers do not need to devastate or create a void
 - Learn healthy self care skills
 - Reveals ourselves to ourselves
 - Embrace hope, more than embracing the pain



Cultural Based Knowledge Treatment is a Transition Period

- Discussions about problematic behaviors can be anxiety provoking and there may be limited confidence or understanding of how to shift toward more open conversations
- There is a need to shift toward more strength based/cultural based and non-judgmental understandings and practices
- A shift toward accountability and responsibility by the individual can be encouraged as being more self-regulating and self-discipline



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Example of a HC-MC Crosswalk with Psycho-Ed for Exposure Using Traditional Teachings

What did the buffalo do?

Did they huddle together (freeze)?

Did they run away from the storm (flight)?

Or did they turn toward the storm and run into it (fight)?

By facing the storm, they find themselves quickly passing through it. We have a choice in life with all the storms that we encounter: we can spend our time and energy running from our trials, or we can be like the buffalo, facing life's trials, and passing quickly through them.



Practices that teach Sacredness

Practice Based Evidence

- Teach that wellness is spiritual, emotional, mental, physical, and relational balance and that these are all interconnected aspects of ourselves
- Help the individual to draw upon traditional healing practices to assist moving forward toward spiritual balance
- Help instill an enthusiasm for life, a sense of hope, and a willingness to meet new challenges
- Increase sense of self-identity, self-worth, self knowledge

American Indian/Alaska Native Healing Practices

Activity/Object/Item	Use/Purpose	Meaningfulness Value/Belief
Singing a good-bye song after a family member has passed away	To help family members say good-bye to the deceased family member To recognize that the family member's spirit is on a new journey	Gives permission for the spirit to journey onward To acknowledge that this is a transition period for everyone To give permission to mourn To provide a supportive structure for mourning Serves as a reminder of the loved one when sung again in the future



Which **PRACTICE** components would this activity address?

Questions?



Please enter your questions in the Q & A pod

THRIVE: Tribal Health Reaching out InVolves Everyone

Colbie Caughlan, MPH

Northwest Portland Area Indian Health Board



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD



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.

THRIVE suicide prevention project

- Mission: Reduce suicide rates among American Indians and Alaska Natives living in the Pacific Northwest by increasing tribal capacity to prevent suicide and by improving regional collaborations.
- Provides suicide prevention training, media material development, and technical assistance to Tribes in the Pacific Northwest.
- Provides ASIST and QPR trainings
- Develops social marketing and media prevention campaigns
- Increases tribal capacity to prevent suicide using the *Zero Suicide Model*, the *Healing of the Canoe* curriculum, and other evidence-based interventions.
- Hosts an annual AI/AN youth conference every June





Best and Promising Practices for the Implementation of Zero Suicide in Indian Country

Zero Suicide is a highly effective framework for the creation of suicide-safer care that can be adapted to a range of health and behavioral health care systems

INTRO

LEAD

TRAIN

IDENTIFY

ENGAGE

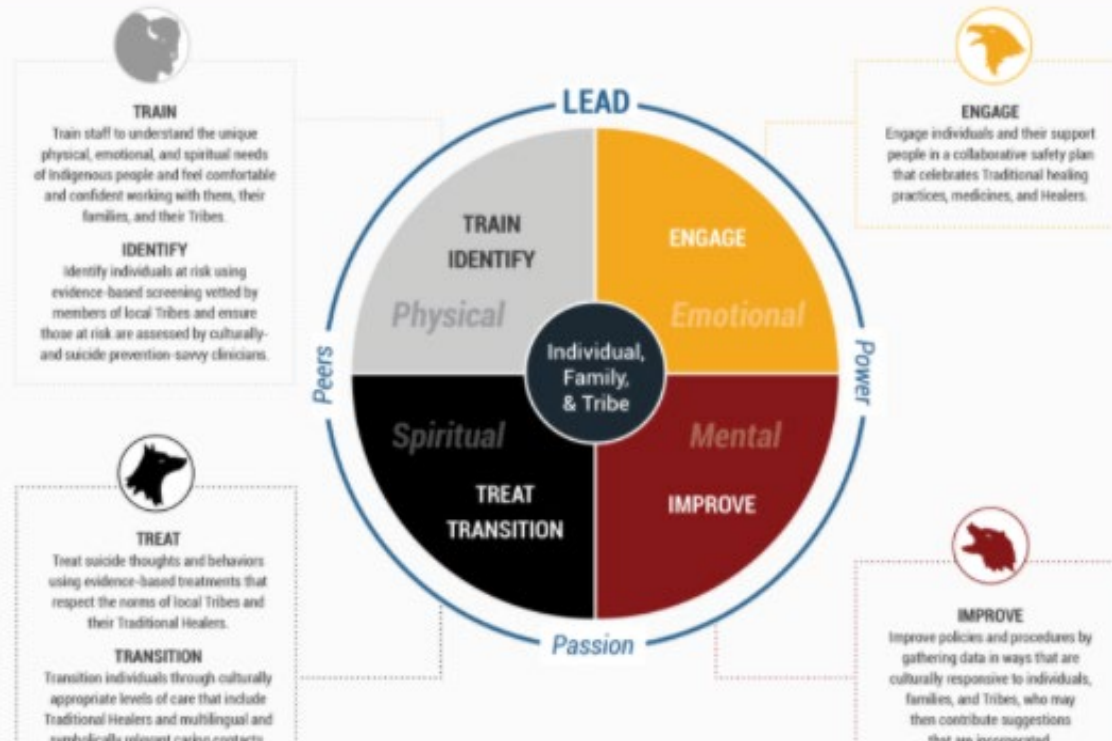
TREAT


TRANSITION

IMPROVE

CONCLUSION

ZERO Suicide | MEDICINE WHEEL






I know you might be feeling alone right now. I want you to know that I am rooting for you! 🤔

Text CARING
to
65664

...to get regular reminders about how awesome you are from people who care and who've got your back.



I know your future is great and bright, and I can't wait to see you shine as you should.

Text 'COLLEGE'
to
65664

...to get regular reminders about how awesome you are from Native college students and people who have been there and care about what you're going through.

In crisis?

Text INDIGENOUS to 741741.

#WeNeedYouHere

 WERNATIVE.ORG



CRISIS
TEXT LINE

You are not alone.
We all struggle.
We all have trying
experiences, which
connects each of us
to one another.



Text "VETERANS"
to
65664

...to get regular reminders about how much you are appreciated and cared for from Native Veterans who have been there and care about what you're going through.



www.npaihb.org

Text "VETERANS"
to
65664

 THRIVE@npaihb.org

 www.healthynativeyouth.org

 www.facebook.com/healthynativeyouth/

 [@HealthyNativeYouth](https://www.instagram.com/HealthyNativeYouth)

 https://www.youtube.com/channel/UCbZi-lrWe9fml_Bz_nRqH_g

Coming in July 2022

Dial 988

from any phone to get help.

If you need immediate help now, Text **NATIVE** to 741741.



NPAIHB



THRIVE

CRISIS
TEXT LINE



WERNATIVE

WE ARE CONNECTED.
we need you here.

We know you are in pain.
We can heal together.
#WeNeedYouHere

I've been there.
We will get through this together.

American Indian and Alaska Native communities have always represented unity and resilience. We must continue this tradition, and our connections can help our generations thrive. Each one of us is a gift, and our stories are shared across generations.

If someone you know is thinking about suicide... you can help. Stay calm, ask directly about suicide, listen non-judgmentally, and

**TWO SPIRIT
LOVED &
ACCEPTED**
#WENEEDYOUHERE

YOU PROTECTED US.
LET US WALK WITH YOU.
#WENEEDYOUHERE



TO GIVE HELP OR GET HELP:

IF YOU OR SOMEONE YOU KNOW IS IN CRISIS, PLEASE CALL THE NATIONAL SUICIDE

Success & Challenges

- Working with the Tribes
- Partnership with the Crisis Text Line
- Partnerships with the Indian Health Service and responding to suicide prevention inquiries
- Media campaigns and interventions
- Scheduling with the Tribes and partners
- Staff turnover among some of the partners
- Buy-in for the Zero Suicide Model
- Adapt or Develop?
- COVID-19

Future goals and objectives

- Mindfulness trainings with iBMe
- Expand reach of Crisis Text Line partnership
- Launch 988 campaigns and messaging
- Partner with tribal, state, regional and national organizations to promote and understand how 988 will work in Indian Country
- Update past rack & tip cards for the THRIVE social marketing materials now that social media posts are complete



Resources



- www.npaihb.org/thrive
- www.wernative.org

- www.healthynativeyouth.org
- www.indiancountryecho.org

WERNATIVE

ask auntie/uncle my culture my life my relationships my mind my impact ambassadors gear up search

MY MIND

BUILDING MENTAL RESILIENCE

...ked down sometimes. Our resilience... get back up. Check out these topics... you grow your mental resilience.

MENTAL HEALTH CHALLENGES

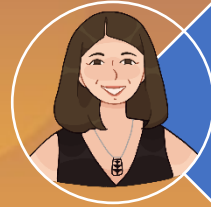
Stress, anxiety, depression, and other mental health challenges can cause people to think, act and feel differently than they usually do. Plus, they are more common than you probably think.

GETTING HELP

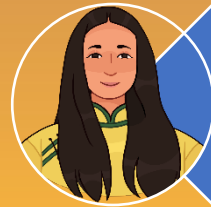
Getting help when you need it, is an act of bravery and self-love. Check out these resources on reaching out, supporting friends in need, and getting the support you want. Sometimes getting help is only a click or call away.

Contacts

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Questions?



Please enter your questions in the Q & A pod

Thank you!

Please fill out our evaluation: <https://www.surveymonkey.com/r/GPBHRSM>



Visit our website:

www.ChildrensSafetyNetwork.org