Transforming Tribal Communities: Indigenous Perspectives on Suicide Prevention

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Culturally relevant suicide prevention strategies that are endorsed by community members can lead to long-lasting change. The following six-to-eight-minute webinar clips, adapted from SPRC’s Tribal Community of Learning Series, feature expert advice on addressing the root causes of mental health issues and suicide in American Indian and Alaska Native (AI/AN) communities by drawing on community strengths.
Four Recommendations for Tribal Suicide Prevention

Dr. Melissa Walls of the Bois Forte and Couchiching First Nations Ojibwe discusses four recommendations for suicide prevention in AI/AN communities: assess the impact of structural influences on suicide; target early life course factors to improve outcomes; identify cultural influences on prevention; and listen to indigenous voices.
Honoring Culture and Building Partnerships

Panganga Pungowiyi describes how individual, community, and institutional partnerships, using a multi-pronged approach with a focus on capacity building, can help address the root causes of mental health issues and suicide and lead to long-lasting environmental and policy change.
Adapting Evidence-Based Practices in Tribal Communities

Esther Tenorio of the San Felipe Pueblo Health and Wellness Department and Dr. Deborah Altschul of the University of New Mexico discuss the process of working with AI/AN communities to select, modify, implement, and evaluate evidence-based practices to ensure cultural fit.

Additional Resources

- Working with Native Communities
- To Live to See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults
- Virtual Learning Lab: Partnerships
- Toolkit for Modifying Evidence-Based Practices to Increase Cultural Competence
- Guidance for Culturally Adapting Gatekeeper Trainings
- Alaska Native Dialogues on Racial Equity Toolkit

Examples Presented by the Speakers
- **Family Spirit** [10] – This culturally tailored home visiting program promotes health and well-being for parents and their children.
- **Promoting Community Conversations About Research to End Suicide (PC CARES)** [12] – This culturally adapted community health intervention designed, supported, and implemented by remote communities of Northwest Alaska includes many of the strategies mentioned in the webinar clips.

**Links within this resource**

1. [https://youtu.be/Rf3WX9hKi1U?list=PLWLqYR8kwcnf3Q5CoYKfaqfu687Hnngpw1](https://youtu.be/Rf3WX9hKi1U?list=PLWLqYR8kwcnf3Q5CoYKfaqfu687Hnngpw1)
2. [https://youtu.be/JOyQHUaKA4s?list=PLWLqYR8kwcnf3Q5CoYKfaqfu687Hnngpw1](https://youtu.be/JOyQHUaKA4s?list=PLWLqYR8kwcnf3Q5CoYKfaqfu687Hnngpw1)
3. [https://youtu.be/nNXmYkXu4eE?list=PLWLqYR8kwcnf3Q5CoYKfaqfu687Hnngpw1](https://youtu.be/nNXmYkXu4eE?list=PLWLqYR8kwcnf3Q5CoYKfaqfu687Hnngpw1)
4. [http://www.eagala.org/index](http://www.eagala.org/index)
7. [https://www.montclair.edu/profilepages/media/8019/user/toolkit.pdf](https://www.montclair.edu/profilepages/media/8019/user/toolkit.pdf)