Note: “The views, opinions, and content expressed in this publication do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).”
We are many different tribes coming from different places (variety of medicines, views, cultural backgrounds)

- Approximately 57,000 natives in the bay area, how many tribes? (Check #’s)
- Urban area where not everyone is native – Examples:
  - Restoring Culture
  - Respect for all (diversity)
  - Everybody’s way is valid
CULTURALLY RELEVANT SUICIDE PREVENTION STRATEGIES FOR BAY AREA AMERICAN INDIAN & ALASKAN NATIVES.

“We need to gather in order to create our native community”

• Getting Youth Outdoors to places they might not have the means to get to
• Annual Camping Trips in Oakland and SF Hills
• Chae-mal Wildnerness Program
• Annual Youth Gathering of Native American’s (GONA)
  - Healing, new outlook on life, new meaning, ready to give back
CULTURALLY RELEVANT SUICIDE PREVENTION STRATEGIES FOR BAY AREA AMERICAN INDIAN & ALASKAN NATIVES.

Traditional Consultants - a Variety of different tribes
- One on one individual sessions
- Community talking Circles
- Waterwalk Ceremony
- Wiping of the Tears Ceremony
- Round Dance
- Ceremony Protocol
- Womanhood & Manhood Ceremony
Gatekeepers/Cultural Keepers

- Mindful of who we hire..
  - Indigenous
  - Native or from the area
  - Connection with community
  - Background Checks/Protocol Process
CULTURALLY RELEVANT SUICIDE PREVENTION STRATEGIES FOR BAY AREA AMERICAN INDIAN & ALASKAN NATIVES.

Youth Fellow Interns:

• “More than just a youth Program but a Community”
• Goal is to hire native youth who graduated from our youth program (WFD)
• Reaching beyond 2 generations, not just here and now
• “I was there 4 years ago” personal experience – “Giving Back”
CULTURALLY RELEVANT SUICIDE PREVENTION STRATEGIES FOR BAY AREA AMERICAN INDIAN & ALASKAN NATIVES.

Culturally Relevant Groups

• Traditional Arts
• Indigenous Roots Cooking Class
• Sewing Ribbon Skirts/Regalia Class
• Peer to Peer Traditional Groups
• Cultural Exchange with Yurok Tribe
CULTURALLY RELEVANT SUICIDE PREVENTION STRATEGIES FOR BAY AREA AMERICAN INDIAN & ALASKAN NATIVES.

Evaluation:
- Gathering of Native Americans (GONA)
- Technical Assistance/Training
- Fidelity Tool
- Clinical Crosswalk
- Making History