Culturally-relevant Suicide Prevention Strategies for AI/AN youth in Urban settings

MARCH 2018
GARRETT LEE SMITH AND NATIONAL STRATEGY FOR SUICIDE PREVENTION GRANTEE MEETING
12 Tribal Epidemiology Centers
Our mission is to improve the health status of American Indians and Alaska Natives by identification and understanding of health risks and inequities, strengthening public health capacity, and assisting in disease prevention and control.
The TECs are a strong, interwoven group of centers working together to develop:

- A National Tribal Epidemiology Center narrative
- Enhanced data access and stewardship
- Respect for multi-directional public health collaborations
- A sustainable funding base

We work for the betterment of health of the American Indian and Alaska Native people living in a variety of settings across the United States.
• Housed at the Northwest Portland Area Indian Health Board, Portland, OR

• Serves 43 Tribes in WA, OR, ID
THRIVE: Four Goals

- Enhance Tribal systems and services that prevent suicide
- Improve coordination, collaboration, and sharing
- Promote healthy family and community norms
- Improve knowledge, attitudes and behaviors among youth
What THRIVE Offers

• **SP Training and Technical Assistance**

• **SP Resources:**
  - Educational Materials
  - Media Campaigns

• **SP Tribal Subcontracts**
RAISING HEALTHY NATIVE YOUTH
THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

Healthy Native Youth promotes age-appropriate health curricula designed for American Indian and Alaska Native youth.
To be effective, health curricula must be age-appropriate, culturally-relevant, and reflect the values and learning styles of the learners being taught. Finding curricula that meet these requirements for American Indian and Alaska Native youth can be challenging. Healthy Native Youth is a one-stop-shop for educators and health advocates who want to expand learning opportunities for youth.

Click on the program name to learn more about each curriculum, including intended age-group, where it can be implemented, and how much time will be required. Lesson plans, handouts, and supplemental materials are also listed there. Many include recorded videos and webinars to help prepare educators to facilitate each program. Finally, we provide guidance to help you find additional resources that complement the curricula you select.
<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Program Setting</th>
<th>Duration</th>
<th>Cost</th>
<th>Student/Teacher Ratio</th>
<th>Certification Required</th>
<th>Evidence of Effectiveness</th>
<th>Endorsement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multimedia Circle of Life (mCOL)</td>
<td>Middle School</td>
<td>Flexible</td>
<td>7 online lessons @ 20 min each + 7 group lessons @ 45 min each</td>
<td>Free</td>
<td>15:1</td>
<td>No</td>
<td>Leading Practice</td>
<td>Office of Minority Health</td>
</tr>
<tr>
<td>Native It's Your Game</td>
<td>Middle School</td>
<td>Flexible</td>
<td>13 lessons (30-50 minutes each)</td>
<td>Free</td>
<td>Any</td>
<td>No</td>
<td>Promising Practice</td>
<td>It's Your Game...Keep It Real is recognized as a Tier 1 intervention by TPP and by What Works 2010.</td>
</tr>
<tr>
<td>Native STAND</td>
<td>High School</td>
<td>Flexible</td>
<td>27 sessions (90 minutes each)</td>
<td>Free</td>
<td>20:2</td>
<td>No</td>
<td>Leading Practice</td>
<td>N/A</td>
</tr>
<tr>
<td>Native VOICES</td>
<td>High School, Young Adults</td>
<td>Flexible</td>
<td>1 lesson at 36 minutes; 1 lesson at 75 minutes; or 5 lessons at 60 minutes apiece</td>
<td>Free</td>
<td>Up to 75:1</td>
<td>No</td>
<td>Best Practice</td>
<td>CDC's HIV Effective Interventions,</td>
</tr>
</tbody>
</table>
What are “Concerning Posts”?

Concerning posts include those that express depression or intent to hurt one’s self or others, that have been posted on a social media site, such as Facebook, Instagram, Twitter, or Snapchat.
1. Watch the video training (30 min.)

Please click here to watch the training video.
Community Awareness Activity

Concerning Social Media Posts: Community Activity

Lesson Title: Help Youth who view Concerning Posts on Social Media

Time: 60 minutes

Community Objectives:

1. Understand what a ‘concerning post’ is
2. Identify themselves as a ‘Trusted Adult’
3. Demonstrate and practice their understanding of the ‘View Care Plan’

Materials:

- Access to Responding to Concerning Posts on Social Media Video:
  https://www.youtube.com/watch?v=n7teaLjD3iI&feature=youtu.be
- A projector and audio equipment, if you’re showing the video to a large group
- Copies of Viewer Care Plan (pg. 4-5)
- Copies of Concerning Social Media Posts Role-Play Activity (pg. 6-20)
- Pencils/pens

Preparation:
Explore the Responding to Concerning Posts on Social Media Video. Ensure audio equipment (speakers and projector) is functioning and video link is loaded, or video is downloaded on computer.
Posters
Blank Flyer
Rack Card
Tip Card
Lanyard
Flash Drives
Radio PSAs
T-shirts
Lived Experience Videos
LGBTQ LOVED & ACCEPTED
#WENEEDYOHERE

POSTERS
RACK CARD
TIP CARD
RADIO PSA
LIVED EXPERIENCE
VIDEOS

TO GIVE HELP OR GET HELP:

- CALL THE TREVOR LIFELINE FOR LGBTQ YOUTH AT 1.866.488.7386
- CALL THE SUICIDE PREVENTION LIFELINE AT 1.800.273.8255
- TEXT “START” TO 741741 TO CHAT VIA TEXT MESSAGE
- VISIT WWW.WERNATIVE.ORG TO LEARN ABOUT SUICIDE SIGNS AND PREVENTION RESOURCES
- TALK TO TRUSTED ELDERS, HEALERS, FRIENDS, FAMILY MEMBERS OR HEALTH PROFESSIONALS

CALL THE TREVOR LIFELINE, CRISIS INTERVENTION & SUICIDE PREVENTION FOR LGBTQ YOUTH AT 1.866.488.7386
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www.nalinhb.org
This marketing document was developed, in part, under grant number U76TAD17566 from SAMHSA. The views, opinions and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of OMS, SAMHSA, or HHS, and should not be construed as such.

PREVENT SUICIDE.
Two Spirit: loved & accepted. #weenedyouhere
wernative.org/blog-posts/shea-norris
5 Posters
Rack Card
Tip Card
Postcard
Radio PSA

Lived Experience Videos

Prevent Veteran Suicide
To Give Help or Get Help:

- Call 911 if you or someone you know is in immediate danger.
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and press 1, if you are in the Military or are a Veteran.
- Text "NOW" to 838255 to chat via text.
- Visit www.veteranscrisisline.net to learn about suicide signs and prevention resources.
- Ask trusted friends/family for help, find a support group, access health and/or Veterans services, and keep yourself safe.
MY CULTURE
Discovering Native Identity and Pride

learn more

WE R NATIVE
For Native Youth, by Native Youth.
Suicide

Suicide is a troubling topic that most of us would rather not deal with, but suicide is more common than we realize, and it is more common than we would like to think. By reaching out however, we will discover that there is hope, and that we are not alone. By paying attention to warning signs, talking...
Put aside some time & improve your mood. Take time today to play, laugh & SMILE :) Check out some other ways to improve your mood at http://mozeo.me/iyjU
Improve Your Mood

Our moods are like weather, constantly changing. If you’re feeling kind of down, we’ve got some things that may help you get through it. Whether you feel blue, blah, or just plain gloomy, here are some useful ways to improve your mood.

share:  

WHEN YOU NEED HELP: YOUR FAMILY CAN BE THERE FOR YOU
Sometimes when you go through a tough time you may need someone...

TRADITIONAL HEALING
In tribal culture, “traditional healing” refers to tr...

SEEKING COUNSELING OR THERAPY
Individual counseling involves talking about your feelings, though.
Text
NATIVE TO
977779
Stand Up. Stand Strong. Don't Just Stand By.
You don’t have to do it alone. If you see a friend post something that concerns you, check out a few of these resources that can help.
Fri, Sep 4, 2:02 PM

WE NEED YOU HERE. Together we can support each other & heal. What would your sign say to give hope? Enter to win up to $75 http://ow.ly/R3Sgd

Fri, Sep 11, 2:01 PM

Take a walk - It's a wonderful way to blow off steam, talk it out & stay active.
"Place your hand over your heart, can you feel it? That is called purpose. You're alive for a reason so don't ever give up." - Unknown

#WeNeedYouHere

Natalia Shaw
11 hrs

My University's Native American Student Union made signs!
#WeRnative #weneedyouhere
Friend sharing things on social media that's got you worried? It's important to take action and reach out to them. For tips on what to say, text MORE.

Message, call or text them. Try saying: "You ok? If anything is wrong, you can talk to me. I'm here to support you." Text AGREE for tip 2.

Share your concerns with a trusted adult or health professional. For more ideas, start a conversation with a trained helper by texting START to 741741.
SAVE-THE-DATE
8th Annual THRIVE Conference
June 25-29, 2018

WHO: For American Indian and Alaska Native Youth 13-19 years old
  • 1 Chaperone for every 4 youth attending. **Background checks are
    required for all adults facilitating or attending who did not attend in 2017.
  • Activities, materials, lunch and snacks Mon-Thurs. will be provided.
  • Travel, parking, lodging, breakfast and dinners are not included.

WHERE: To be determined in Portland, Oregon

 Lodging: Once a location is set we will circulate group rates for a local hotel.

WHY: Build protective factors and increase your skills and self-esteem, connect with other young Natives,
learn about healthy behaviors (suicide prevention, healthy relationships, etc.) and how to strengthen your
nation through culture, prevention, connections, and empowerment!

WHAT: This conference will be made up of FIVE (or six) workshop tracks and at registration each youth will need
to rank their preference for which workshop they want to be in. Tracks may include: digital storytelling, movement,
nutrition, art creation, physical activity, beats lyrics leaders (song writing and production), We Are Native youth
ambassador leadership (additional application required), or a science and medical track sponsored by the Oregon
Health and Science University.

Contact Information:
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#WeNeedYouHere
Northwest Portland Area Indian Health Board
Indian Leadership for Indian Health

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