Reach UR Life
Empowering & Honoring Life

Created by: Cheryl Blie, Community Development Director
Reach UR Life Program Manager

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).
Meet the Reach UR Life team

Cheryl Blie, BS, MA, (Diné/Navajo) Community Development Director / RUL Program Manager

Brenda Manthei, MS, MA, LAC, NCC
Brief Intervention Coordinator / Psychotherapist

Rick Preston, BS, M.Ed. (Hopi, Yavapai Apache)
Program Data Specialist

Valorie Barriga, BA (Navajo)
Mental Health Specialist

Francesca Martinez, AA, BS
Youth Development & Support Coordinator

Chelsea Begay, BS (Navajo)
Program Assistant
Reach UR Life Suicide Prevention
Program Goals

- **Goal 1**: Increase participation in and access to treatment and prevention services for American Indian youth in Northern Arizona.

- **Goal 2**: Provide an evidence-based, culturally sensitive follow-up program through the delivery of the CAST curriculum to youth identified as at-risk in Coconino County and of the Hopi Reservation to youth who screened at-risk through primary care screenings, Juvenile Court Screenings, and the NACA screening program.

- **Goal 3**: Provide early prevention to American Indian youth leadership development and peer support.

- **Goal 4**: Improve agency capacity throughout Northern Arizona to identify, refer, serve, and follow-up with at risk American Indian ages 10-24 through the implementation of Zero Suicide Initiatives.

- **Goal 5**: Develop a local surveillance system for Coconino Country that includes data around suicide-related deaths, and non-lethal suicide attempts.
The ‘Reach UR Life’ program consists of:

- Zero Suicide Initiative
- Workforce Development
- Coping & Support Training (CAST)
- Youth Diversion
- United National Indian Tribal Youth (UNITY)
- Local Surveillance
- Public Service Announcements (PSAs) in Navajo & Hopi languages
Zero Suicide initiative

The ‘Reach UR Life’ program consists of:

- Best practices for prevention and treatment to suicide.
- Partnering agencies with:
  1. Northland Family Health Center
  2. Flagstaff Medical Center
  3. North County Health Care
- Implementation of the ‘Sudden Death Policy’ at NACA Inc.
- PHQ9 has already been implemented
- CAMS (Collaborative Assessment & Mgmt of Suicidality).
- ASIST & safeTALK training.
- Bereavement Training.
RUL Zero Suicide supports the initiatives of NACA Behavioral Health Department

NACA Behavioral Health Services places a priority on improving mental health for all people in the community of Flagstaff utilizing a wide variety of counseling techniques that honor our unique population, their customs, culture, and beliefs (including Traditional & Western orientation).

- Medication and evaluation and management
- Couples therapy
- Adolescent Treatment
- Parenting Education
- Substance abuse (chemical dependency) counseling
- Traditional and Western Counseling Techniques
- Domestic Violence Counseling – Individual
- Individual and group psychotherapy
- Assessment and evaluation
- Mental Health Counseling
- Outpatient treatment
Workforce Preparedness

- NACA HR Policy 419 Early Identification, Assessment and Management of Suicide Risk
- NACA HR 420 Sudden Death of an Employee, Patient, or Client
  i. Quality Assurance – Everyone knows
  ii. Compliance – Everyone participates
  iii. Sustainability – Orientation and Review

- Scholarships available to program participants

- Uses evidence-based intervention curriculum
  - safeTALK – suicide alertness for everyone TALK
  - ASIST – Applied suicide Intervention Skills Training
safeTALK

- Suicide alertness for everyone
- “safeTALK is a three-hour training program that prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources.”
- Anyone can attend, minimum age is 15 with parental consent
- Uses video simulations of alert and non-alert responses, discussion and practice
ASIST training

“ASIST is a two-day interactive workshop that prepares caregivers to provide suicide list-assisting first-aid intervention.”

- All caregivers, formally identified or not, minimum age 18
- Uses small group discussions, practice sessions, videos and in-person application of model Pathway for Assisting Life (PAL)
Roles within a Suicide-Safer School

- RUL services 9 school districts in Coconino County and on the Navajo and Hopi reservations.
- Reach UR Life established Memorandum of Understanding (MOU) and Business Associates Agreement (BAA) with each school to ensure confidentiality.
- Diversion activities
  - Weekly/Monthly activities
  - Life skills and Coping skills
  - Interactive Teambuilding
  - Promoting Harmony, Respect and Diversity
- CAST Programming
- UNITY councils
Culture as Intervention

A commitment to reduce risk of suicidal behaviors and increase protective factors

- Culture presentations
  - i. Drum-making
  - ii. Education of historical trauma
  - iii. ‘Coming of age’ traditional storytelling and hands on activities
Coping & Support Training (CAST)

- CAST is a follow-up program for youth who have been identified through screening as being risk of suicide, substance use and/or poor school performance.
- CAST’s skills training sessions target goals:
  1. Increase Mood Management
  2. Increase Protective Factors
  3. Improve School Performance
  4. Decrease Substance Involvement
  5. Decrease Suicide Risk Factors

- **RUL has CAST implemented at:**
  1) Coconino County Juvenile Detention Center
  2) Ponderosa High School
  3) Page Middle School
  4) Page High School
  5) Summit High School
  6) Kinlani Bordertown Dormitory
  7) Coconino High School
  8) Winslow Residential Hall
Youth Diversion Activities

- Sessions promote life skills development, self-esteem and peer interaction through team building activities and discussions among youth in a safe, learning environment.

- Sites of Youth Diversion Activities:
  1. Coconino County Juvenile Court
  2. Northland Family Help Center/Youth Shelter

“R.E.A.C.H.”
- Respect
- Effort
- Accountability
- Communication
- Honesty
Reach UR Life Youth Council (RULYC)

“Foster the spiritual, mental, physical, and social development of American Indian and Alaska Native youth, and to help build a strong, unified and self-reliant Native America through involvement of its youth.”

- Urban Youth Council
- Sponsoring Agency: NACA
  - Reach UR Life Program
- Ages 14-24
- Cultivate Native Youth Leaders
- Promote and Increase Peer Support
Local Surveillance & Data Collection

- Goal: Develop a local surveillance system for Coconino Country that includes data around suicide related deaths, and non-lethal suicide attempts.

- Partnership with Northern Arizona University Laboratory for Applied Social Research (LASR) to aggregate data and generate semi annual reports.

- MOUs & BAAs with health care agencies, tribal agency partnerships, and other agencies.

- The data collected through the local evaluation process and documented annually is vital in the development of a local surveillance system.
Reach UR Life annual events:

- Northern Arizona Suicide Prevention Conference
- Bereavement Training
- Walk of Hope Series
- Veteran’s Day Event
- Culture as Prevention

...more to come!
RUL Partners with these agencies:
What we have learned...

- This grant has been a learning process
- Implementation of the Native Youth Support Line
- Social marketing and promotion of the line
- Working with the Grants Project Officer and Grants Management Financial Specialist
- MOUs & BAAs with health care agencies, tribal agency partnerships, and other agencies.
- We take the ‘trial and error’ process as a learning tool and it helps us plan for future grant project funding opportunities.
- Sustainability of our the successful projects within this grant- we would like to further the work we have been able to achieve through Reach UR Life. We have some solid efforts and partnerships that can further positively impact our community and the demographic of non-Native and Native people we serve.
THANK YOU