

# **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**





*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).*





# 12 Tribal Epidemiology Centers





# 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.

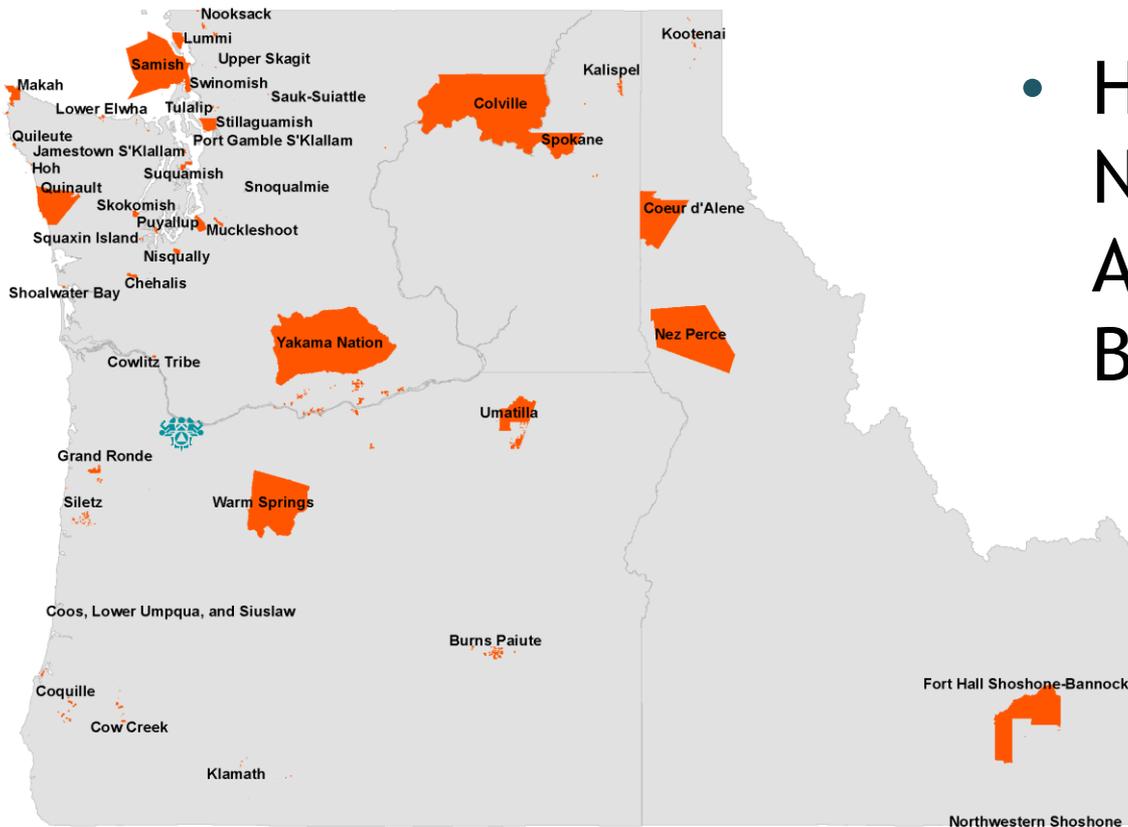


# TEC Vision

- 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.



# Northwest Tribal Epidemiology Center



- 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

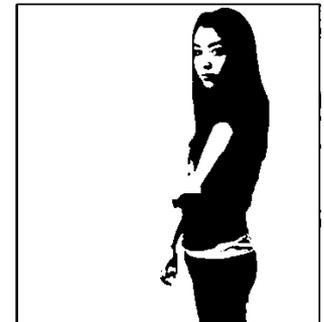


Improve knowledge, attitudes and behaviors among youth



# What THRIVE Offers

- SP Training and Technical Assistance
- SP Resources:
  - Educational Materials
  - Media Campaigns
- SP Tribal Subcontracts



find curricula

# RAISING HEALTHY NATIVE YOUTH

THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

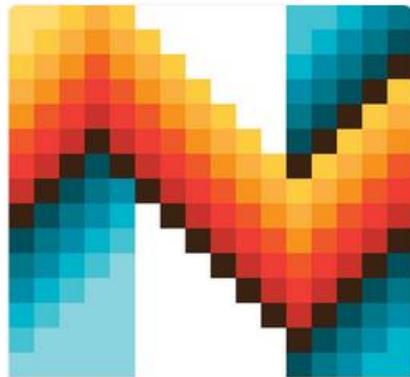
# OTHER HEALTH CURRICULA

[GIVE US FEEDBACK](#)


VIEW:



FILTER YOUR SEARCH


**WERNATIVE**

## WE R NATIVE TEACHER'S GUIDE

 Ages  
High School

 Program Setting  
Flexible

[VIEW MORE](#)


## HEALING OF THE CANOE

 Ages  
High School

 Program Setting  
Flexible

[VIEW MORE](#)


## RESPONDING TO CONCERNING POSTS ON SOCIAL MEDIA

 Ages  
Middle School,  
High School,  
Young Adults,

 Program Setting  
Flexible,

[VIEW MORE](#)

## FINDING THE RIGHT CURRICULA

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

# COMPARE

[GIVE US FEEDBACK](#)




Check the programs you wish to compare. Then click the "Compare" button.

Name	Age	Program Setting	Duration	Cost	Student/Teacher Ratio	Certification Required	Evidence of Effectiveness	Endorsement
<input type="checkbox"/> <a href="#">Multimedia Circle of Life (mCOL)</a>	Middle School	Flexible	7 online lessons @ 20 min each + 7 group lessons @ 45 min each	Free	15:1	No	Leading Practice	Office of Minority Health
<input type="checkbox"/> <a href="#">Native It's Your Game</a>	Middle School	Flexible	13 lessons (30-50 minutes each)	Free	Any	No	Promising Practice	It's Your Game...Keep It Real is recognized as a Tier 1 intervention by TPP and by What Works 2010.
<input type="checkbox"/> <a href="#">Native STAND</a>	High School	Flexible	27 sessions (90 minutes each)	Free (plus cost of materials for class activities, roughly \$500)	20:2	No	Leading Practice	N/A,
<input type="checkbox"/> <a href="#">Native VOICES</a>	High School, Young Adults	Flexible	1 lesson at 35 minutes; 1 lesson at 75 minutes; or 5 lessons at 60 minutes apiece	Free	Up to 75:1	No	Best Practice	CDC's HIV Effective Interventions,

# 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.

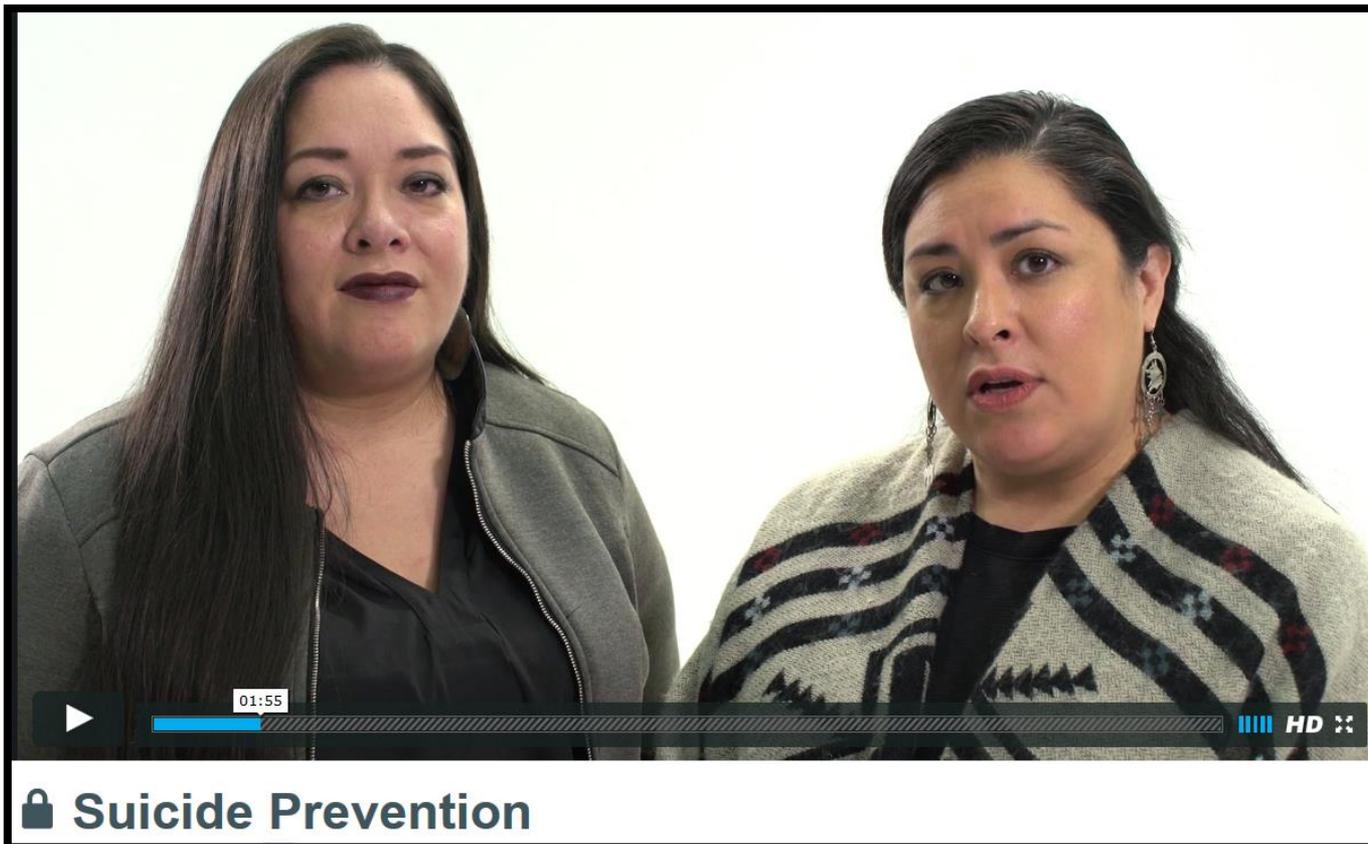
Gf wants to take a break.... My life is over

Like · Comment · Share

 Jim and 11 others like this.

# 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:

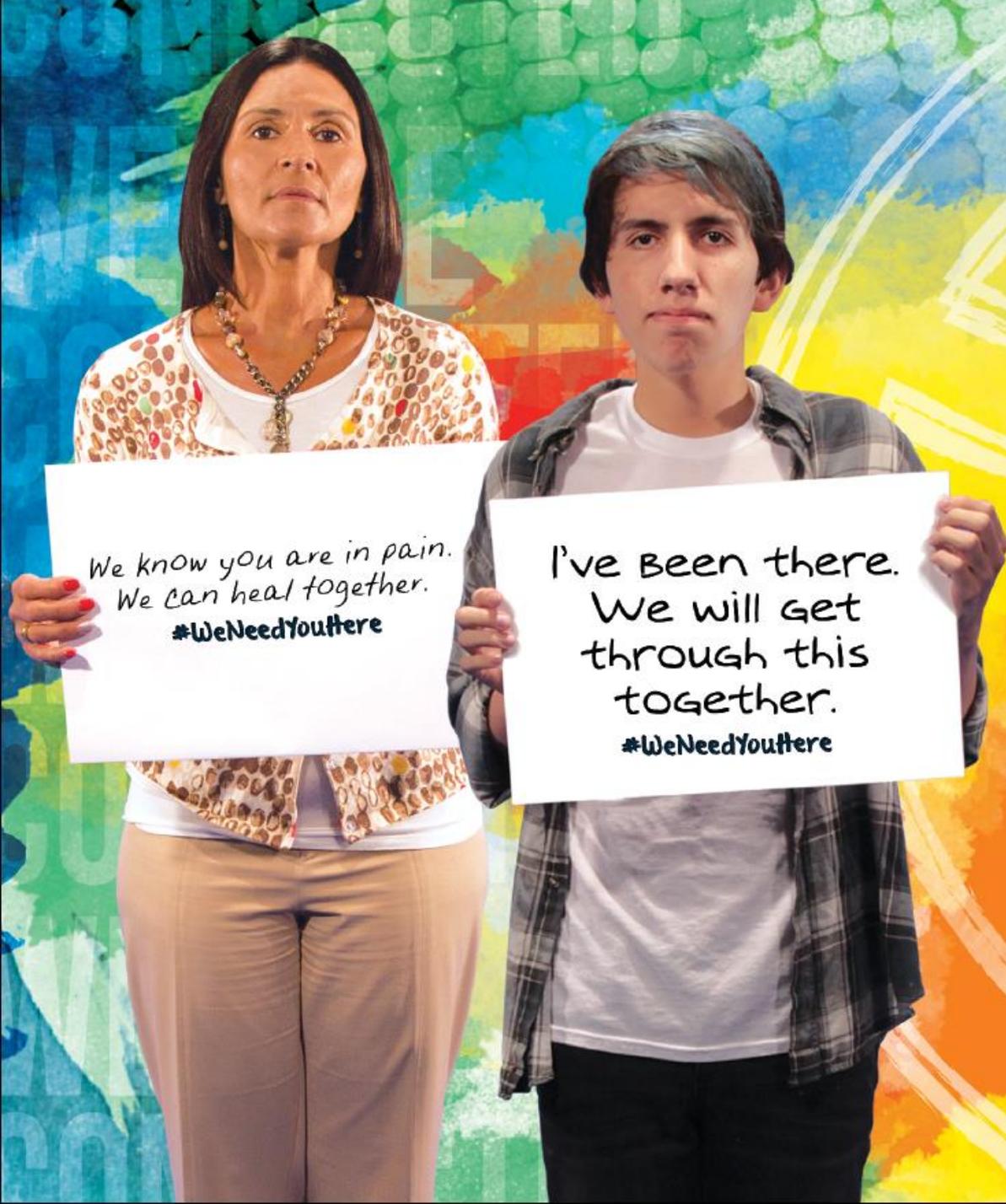
1. Understand what a 'concerning post' is
2. Identify themselves as a 'Trusted Adult'
3. Demonstrate and practice their understanding of the 'View Care Plan'

### Materials:

- Access to *Responding to Concerning Posts on Social Media* Video:  
<https://www.youtube.com/watch?v=n7teaLjD3il&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](https://www.youtube.com/watch?v=n7teaLjD3il&feature=youtu.be) Video. Ensure audio equipment (speakers and projector) is functioning and video link is loaded, or



Posters

Blank Flyer

Rack Card

Tip Card

Lanyard

Flash Drives

Radio PSAs

T-shirts

*Lived Experience*

[Videos](#)



# LGBTQ LOVED & ACCEPTED

#WENEEDYOUHERE



**PREVENT SUICIDE.**

CALL THE *TREVOR LIFELINE*, CRISIS INTERVENTION & SUICIDE PREVENTION FOR LGBTQ YOUTH AT **1.866.488.7386**, THE *SUICIDE PREVENTION LIFELINE* AT **1.800.273.8255**, OR TEXT "START" TO 741741 TO CHAT VIA TEXT

VISIT [WWW.WERNATIVE.ORG](http://WWW.WERNATIVE.ORG) TALK TO TRUSTED ELDERS, HEALERS, FRIENDS, FAMILY, OR HEALTH PROFESSIONALS



THRIVE

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](http://WWW.WERNATIVE.ORG)** TO LEARN ABOUT SUICIDE SIGNS AND PREVENTION RESOURCES
- TALK TO TRUSTED ELDERS, HEALERS, FRIENDS, FAMILY MEMBERS OR HEALTH PROFESSIONALS

(PLACE HOLDER FOR LOCAL RESOURCES LABEL)

**TWO SPIRIT  
LOVED &  
ACCEPTED**  
#WENEEDYOUHERE



  
[www.npaihb.org](http://www.npaihb.org)

  
THRIVE

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**PREVENT SUICIDE.**



**We R Native**

August 6, 2016 · 🌐



Two Spirit: loved & accepted. #weneedyouhere  
[wernative.org/blog-posts/shear-norris](http://wernative.org/blog-posts/shear-norris)



73,577 people reached

891

50 Comments 507 Shares 30K Views



Love Comment Share

# YOU PROTECTED US.

LET US WALK WITH YOU.

#WENEEDYOUHERE



## 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](http://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.



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5 Posters

Rack Card

Tip Card

Postcard

Radio PSA

*Lived Experience Videos*

## TO GIVE HELP OR GET HELP

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[www.npaihb.org](http://www.npaihb.org)



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YOU PROTECTED US.  
LET US WALK WITH YOU.



#WENEEDYOUHERE  
PREVENT VETERAN SUICIDE



MENU



# MY CULTURE

Discovering Native Identity and Pride

[learn more](#)

# WE R NATIVE

For Native Youth, by Native Youth.

Back to Mail

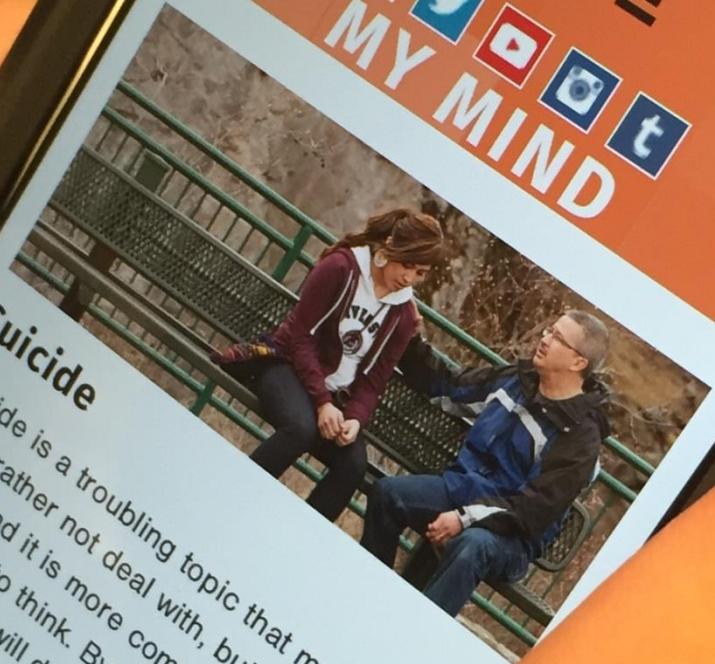
wernative.businesscatalyst.com

9:58 AM

# WERNATIVE



## MY MIND



### Suicide

Suicide is a troubling topic that most of us would rather not deal with, but suicide is a reality, 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 to a professional, and getting help...



... Are Native

Fri, Nov 20, 2:01 PM

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>

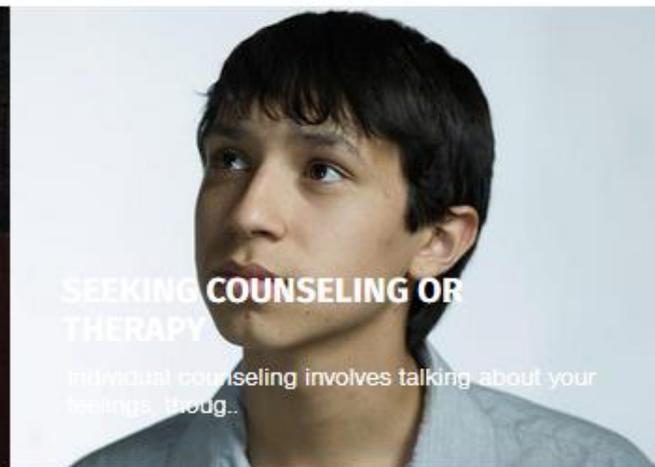
Fri, Nov 27

# MY MIND

## 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:   



Text  
**NATIVE**  
TO  
**97779**





Stand Up.  
Stand Strong.

Don't Just Stand By.

**WERNATIVE**



**We R Native** added 5 new photos — with Scott Kalama and 2 others.

Published by Tribal Epicenter [?] · January 23 at 2:30pm · 🌐

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.



49,289 people reached

[View Results](#)

[Like](#) [Comment](#) [Share](#)



We R Native, Darina Louie, Scott Kalama, J Ross Parrelli and 928 others like this.

[Chronological](#) ▾

113 shares



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...

"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



Fri, Jan 22, 2:01 PM

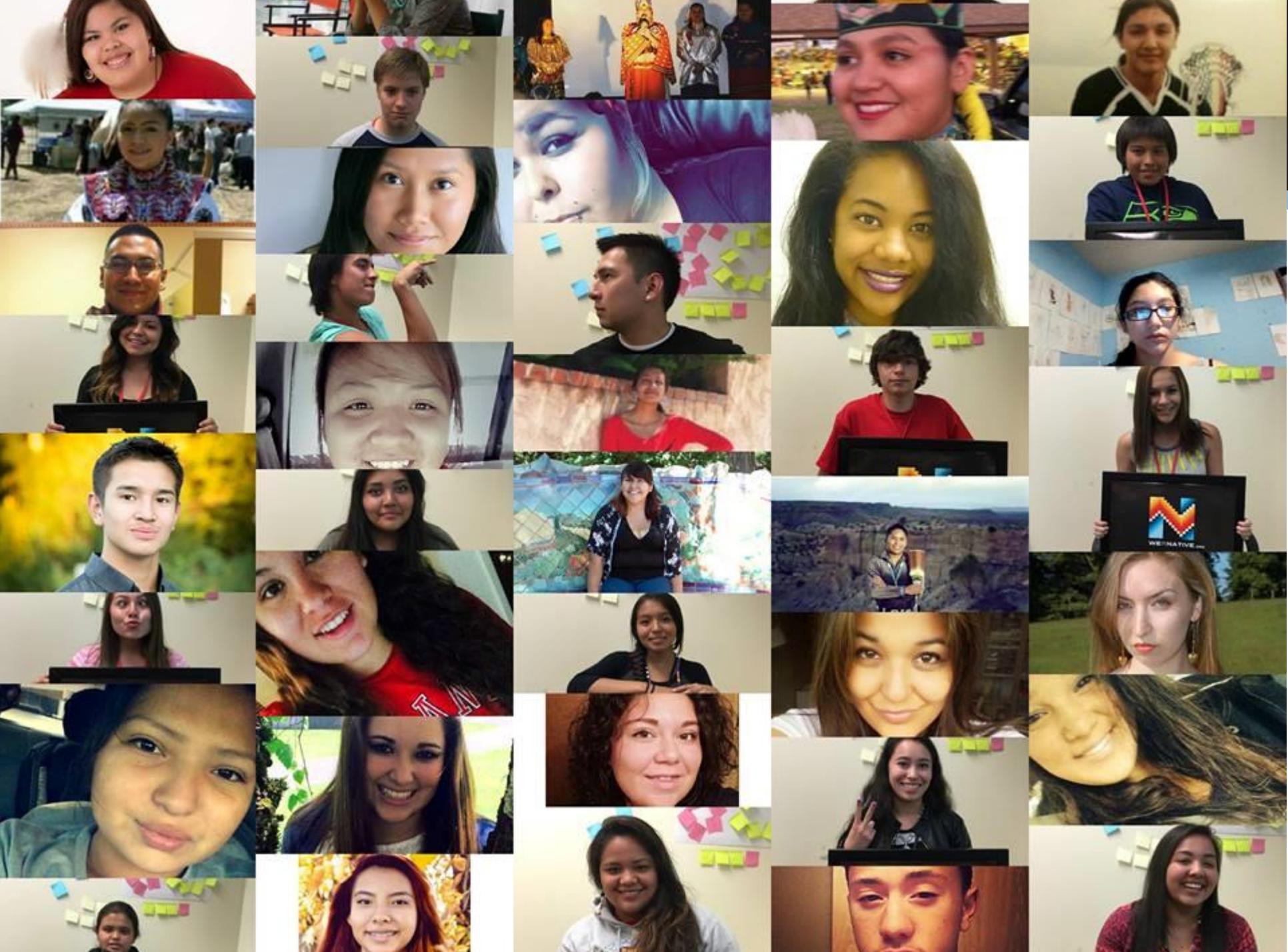
Friend sharing things on social media that's got you worried? It's important to take action and reach out to them. For tips on what to say, text MORE.

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.

Agree

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](tel: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.

**NEW WORKSHOPS IN 2018!!**  
Registration (free) will open  
the first week in April!!

**#WeNeedYouthere**

**Contact Information:**

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Website. <http://www.npaihb.org/epicenter/project/thrive>





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Indian Health  
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**Amanda Gaston, MAT**

Ask Auntie

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