

CULTURALLY APPROPRIATE SUICIDE PREVENTION IN INDIAN COUNTRY

Sponsored by the Tribal Affinity Group of Safe Schools/Healthy Student Grantees



Safe Schools/Healthy Students-A Funding Collaborative of the Department of Education,
Department of Health & Human Services, Department of Justice

Working with Schools Serving Native Students

- Promoting Mental Health
- Preventing Substance Abuse
- Preventing Violence
- Capacity building, systems change & service coordination

POLL



**What type of Agency or
Organization are you with?
(Choose all that apply)**

POLL



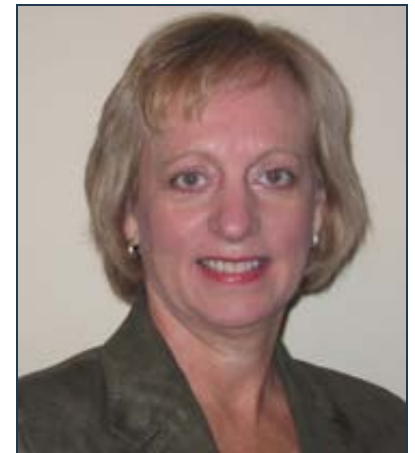
**What is your Focus of Work?
(Choose all that apply)**

Technical Assistance Provided by

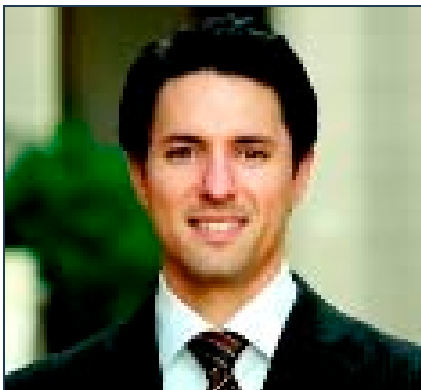
The National Center for Mental Health Promotion and Youth Violence Prevention



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Agenda Overview

- Welcome
- Purpose-To present culturally appropriate resources, to encourage expanded networks and to support partnership development.
- “To Live to See the Great Day the Dawns” Planning Guide Presentation.
- Q & A



Culturally Appropriate Suicide Prevention in Indian Country

**Kim Vigue, M.S. and Ben Camp, M.S.Ed
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Introduction to the Guide

To Live To See the Great Day That Dawns:

Preventing Suicide by American Indian and
Alaska Native Youth and Young Adults



Background

- Clear need for a culturally appropriate guide to preventing suicide by American Indian and Alaska Native (AI/AN) youth and young adults
- SAMHSA:
 - Contracted with One Sky Center to develop foundational document
 - Expanded content by adding more information on the cultural context of suicide prevention
 - Conducted external review and integrated feedback

Acknowledgements

- SAMHSA acknowledges the impetus and foundational work provided by the One Sky Center.
- This work was developed under a SAMHSA contract with the Gallup Organization and written by staff from Kauffman & Associates, Inc. and ICF Macro International Inc.

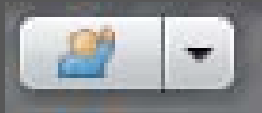
Intended Audiences

- AI/AN communities and those who serve them:
 - On-reservation and village communities
 - Urban centers serving large AI/AN populations
 - Educators
 - State prevention planning coordinators
 - All who have a stake in the health and well-being of AI/ANs

Raise your Hand...

if you can answer YES to ANY of the following questions.

1. Has any of your friends attempted or completed suicide?
2. Has anyone in your family attempted or completed suicide?
3. Have you ever attempted or seriously considered suicide?



To “raise your hand,” click on the “Raise Hand” Icon in the lower left corner of the screen

- The suicide conversation can be difficult and filled with many barriers and taboos.
- The suicide conversation can also seem intrusive and rude.
- With your permission, we will talk about suicide.

Foundational Research

AMERICAN INDIAN AND ALASKA NATIVE SUICIDE

- Suicide was the second leading cause of death (after accidents) for AI/ANs for all age groups, and exceeded the rates for the general population for all age groups

Centers for Disease Control and Prevention
Vital Statistics Reports, *Deaths: Leading causes 2004*

Suicide was the reported cause of:

- 13.5 percent of the deaths of 10–14 year olds (nearly double the percent of 7.2 percent for all races)
- 26.5 percent of the deaths of 15–19 year olds
- 15.9 percent of the deaths of 20–24 year olds
- 14.7 percent of the deaths of 25–34 year olds

Centers for Disease Control and Prevention
Vital Statistics Reports, *Deaths: Leading causes 2004*

Suicide rates are highest for AI/AN male youth and young adults

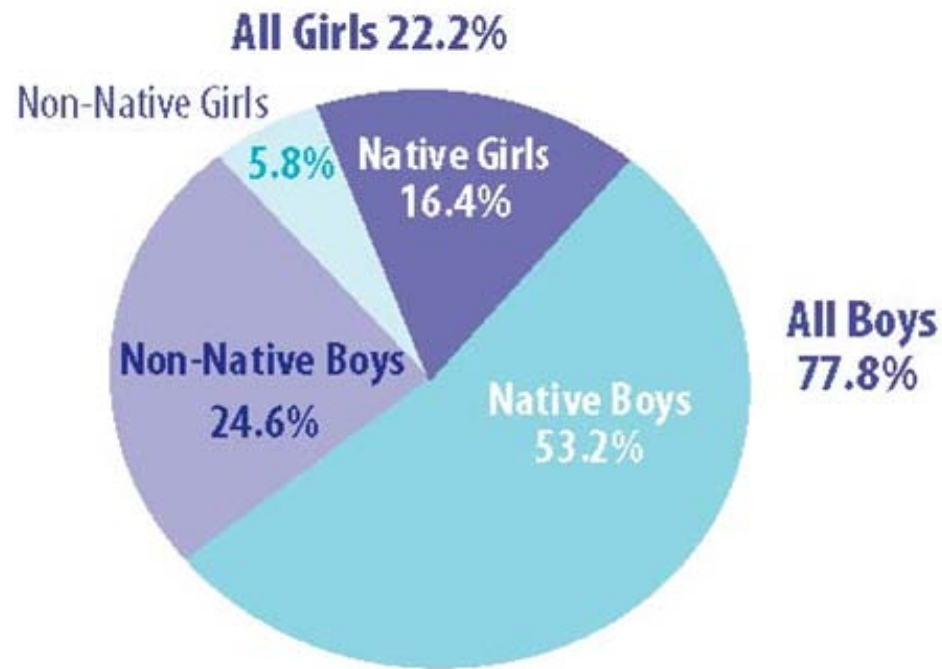
The rate of suicide for AI/AN males was:

- More than 2½ times higher than the average rate for 15–19 year olds (32.2 percent vs. 12.6 percent)
- Nearly 1½ times higher than the average rate for 20–24 year olds (29.1 percent vs. 20.8 percent)
- More than 1 ½ times higher than the average rate for 25–34 year olds (31.1 percent vs. 20.4 percent)

Centers for Disease Control and Prevention
Vital Statistics Reports, *Deaths: Leading causes 2004*

ALASKA NATIVE YOUTH

Teen (15-19) Suicides by Sex and Race, 1996-2005



Total Suicides, 1996-2005: 171

Source: Alaska Bureau of Vital Statistics

Primary Purpose

- Expand understanding of the cultural context of suicide prevention
- Support American Indian and Alaska Native (AI/AN) communities and those who serve them in developing effective, culturally appropriate suicide prevention plans
- Offer communities a practical guide with steps they can take and resources to use in developing comprehensive suicide prevention plans

CONTENT OVERVIEW

Themes

- Guide is not the beginning or the end of the conversation, but recognition that more is yet to be discovered
- Resilience of AI/AN culture and communities
- Leading role of AI/AN communities in prevention planning
- Culture as the framework for effective prevention (i.e., traditional values and wisdom)

Laying the Cultural Foundation

- Overview of purpose, structure, and themes
- Limitations of current information
- Request to accept this guide as a starting point for exploration, understanding, and action

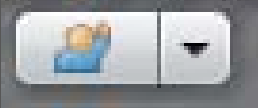
CULTURE, COMMUNITY, AND PREVENTION

- Review of suicide risk factors including
 - Historical trauma
 - Boarding school experiences
 - Disconnectedness
 - Stigma & lack of help seeking behaviors
 - Burdensomeness

Raise your Hand...

How many of you agree with the following statement?

Culture equals prevention



To “raise your hand,” click on the “Raise Hand” Icon in the lower left corner of the screen

CULTURE, COMMUNITY, AND PREVENTION

- Review of protective factor including
 - Cultural continuity
 - Tribal spiritual orientation
 - Opportunity to discuss problems with family
 - Feeling connected to family
 - Living in two worlds
- Role of “community” in prevention

Having the Suicide Conversation

- Breaking the silence
 - Finding a cultural language for the conversation
 - Potential cultural barriers to discussions of suicide and prevention options
 - Suicide myths

Responding to Suicide

- Actions that a community might take *after* a suicide occurs
- Prevention of suicide “contagion”
- Role of community, emergency health care personnel, suicide survivors and suicide attempt survivors, and the media in suicide prevention

Community Readiness

- Stages of community readiness in acknowledging and responding to problems
- Community healing from historical trauma as a potential foundation for change

Community Action

- Public health model
- Ecological approach to the public health model
- SAMSHA's Strategic Prevention Framework as a model for action

Promising Suicide Prevention Programs

- Issues around “evidence” of effectiveness that rejects the “anecdotal” or oral tradition
- Evidence-based practices (EBP) vs. culturally-based practices (CBP)
 - EBP’s based in theory and scientifically evaluated
 - CBPs grounded in tradition practices that appear to be effective but have not been formally evaluated

Promising Suicide Prevention Programs

- How can we integrate EBP and CBP's to develop programs that work best in AI/AN communities?
 - Provide alternative forms of evidence i.e. unpublished studies, preliminary evaluation, community-based focus group findings
 - Determine measures to demonstrate effectiveness of traditional approaches

Promising Suicide Prevention Programs

- Population of focus
 - Institute of Medicine (IOM) Classification
 - Universal
 - Selective
 - Indicated
- Culturally Based and Culturally Sensitive
 - Consider degree which existing program should be adapted to a AI/AN community's culture
 - Ensure that fidelity is maintained while allowing for cultural input

You share:

Is there an aspect of your culture that, if strengthened, could be included in your prevention efforts.

Type into the Chat Box



Promising Suicide Prevention Programs

- National Registry of Evidence-Based Programs and Practices
 - www.nrepp.samhsa.gov/review.asp
- Suicide Prevention Resource Center's Best Practice Registry
 - www.sprc.org/featured_resources/bpr/index.asp
- Culturally-based programs
 - Summary of promising programs and application to AI/AN communities, Chapter 7, pages 76-89

SAMHSA Suicide Prevention Resources

- Garret Lee Smith Memorial Act (GLS)
 - State and Tribal Youth Suicide Prevention Grant Program
 - Early Intervention Grant Program
 - www.samhsa.gov/grants
- Campus Suicide Prevention Grant Program
 - Provides services to prevent suicide attempts and enhances student mental and behavioral health services
 - www.sprc.org/grantee/campus/desc/C_Udescriptions.asp

SAMHSA Suicide Prevention Resources

- Suicide Prevention Resource Center (SPRC)
 - Provides prevention support, T/TA and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies
 - www.sprc.org
- National Suicide Prevention Lifeline
 - Network of crisis centers that provides a 24-hour, toll-free hotline available to anyone in crisis or emotional distress
 - 1-800-273-TALK or www.suicidepreventionlifeline.org

SAMHSA Suicide Prevention Resources

- Native Aspirations
 - T/TA program designed to help AI/AN communities develop and implement culturally tailored, community-based youth violence, bullying and suicide prevention programs
 - Community selection based on high-risk communities identified on rates of poverty, suicide, homicide, and accidents.

IHS Suicide Prevention Resources

- National Suicide Prevention Initiative
 - Assist IHS, Tribes, Tribal organizations and urban Indian organizations in addressing suicide through cultural approaches based on the *National Strategy for Suicide Prevention*
- Community Suicide Prevention Website
 - Clearinghouse to provide communities information about best practices and promising practices and training resources
 - www.ihs.gov/nonmedicalprograms/nspn

Other Federal Resources

- Office of Safe and Drug Free Schools, Department of Education
 - www.ed.gov/about/offices/list/osdfs/index.html
- National Center for Injury Prevention and Control, Centers for Disease Control
 - www.cdc.gov/ncipc
- Office of Juvenile Justice and Delinquency Prevention, Department of Justice
 - <http://ojjdp.ncjrs.org>

New Resource

- Urban Indian Health
- **Methamphetamine and Suicide Prevention Initiative**
- [http://krc.ncuih.org/methamphetamine_s
uicide](http://krc.ncuih.org/methamphetamine_suicide)

Conclusion to the Guide

- SAMHSA's additional intent in developing the guide:
 - Stimulate discussion about suicide prevention
 - Move focus of discussion to mental health promotion
 - Encourage greater community involvement in prevention efforts

Appendixes

A: List of Contributors and Reviewers

B: Glossary of Terms

C: Statistics Related to Suicide by AI/AN
Youth and Young Adults

D: Decision-making Tools and Resources

E: Web Sites and Bibliography

Where to obtain the Guide

To order a free copy: call 1-877-SAMHSA-7 (1-877-726-4727)

or

<http://store.samhsa.gov/product/SMA10-4480>

Download:

http://www.sprc.org/library/Suicide_Prevention_Guide.pdf

- Thank you for engaging in this suicide conversation and we encourage you to bring this conversation to others.

Questions



The image shows a screenshot of a web interface titled "Questions (Q & A)". The interface consists of a large, empty white rectangular area for text input. At the bottom of this area, there is a smaller input field labeled "Question:" with a cursor inside it. To the right of the input field is a small square button with a right-pointing arrow. The entire interface is enclosed in a dark blue border.

Speakers will now respond to questions sent over the Q&A.

If you have a question, type it into the Q&A box.