



Mental Health & Wellness: Suicide Prevention

November 18, 2020, 10:00-11:30 am PST



Hello!

I am Lael Tate, she/ her, Dine'

I love making art with my sisters.

You can find me at ltate@npaihb.org



Hello!

We are Harvey, Brent, and Amy.

We are passionate about the
wellness of First Nations youth.

<https://firstnationssuicideprevention.com/>

Let us Start with a Blessing

“Each day I give thanks for my
friends.”

~Chief Crowfoot (Latter)



Live Virtual Training Logistics

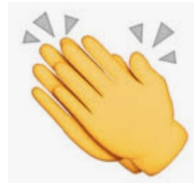


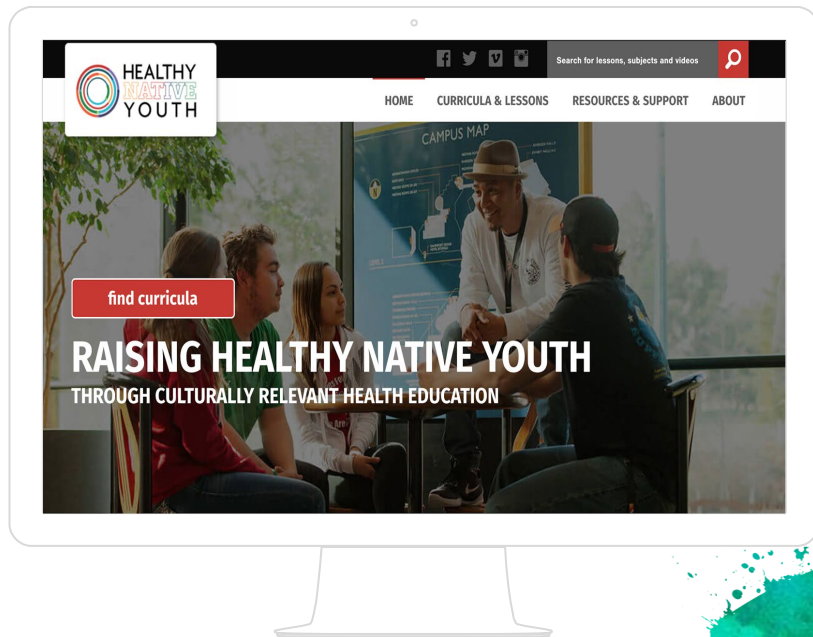
Logistics

- You are muted
- If comfortable, share video

Engagement

- Breakout rooms
- Chat box
- Icons (Zoom & More)





Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Tribe, Pronouns
- ★ Role & Organization
- ★ Email address
- ★ What is your *rose* and *thorn* for today?

Group Agreements

- ★ Participate Fully
- ★ Delay Distractions
- ★ Honor Different Experiences
- ★ Be Brave & Explore
- ★ Others? (Type in the chat)



We've Got Goals!

By the end of today's session, I CAN...

- describe the impacts of mental health and suicide
- recommend MH & Suicide Prevention resources currently available
- practice self-care strategies and activities with youth, my community, and those that I work with





Where we are going

1. What I need to know about Mental Health & Wellness
2. Responding During COVID-19
3. Self-care Tips & Tools
4. Two Wolves Interactive Activity
5. Let's Talk About it!



Wellness Moment

Let's Take Some Deep Breaths Together

1. What I need to know

Let's get some background here...



Let's get some background here...

Indigenous Communities & Suicide

- Disproportionately impacted by suicide due to historical, social, environmental, and systems-level challenges that present barriers to health and wellbeing.
- Fostering protective factors, such as cultural connectedness and self-esteem, and reducing risk factors build resilience

COVID-19 & Mental Health

- Social isolation, economic hardship, grief, cancellation of ceremonial and cultural events
- April-June 2020 vs. April-June 2019 Data:
 - 3 x higher: symptoms of anxiety disorder
 - 4 x higher: symptoms of depressive disorder

Mentimeter Flowing Grid



Use the link in the chat box to join.. <https://www.menti.com/75ra7is6s5>

How has COVID
impacted your
community's
mental health?



2. Responding During COVID-19

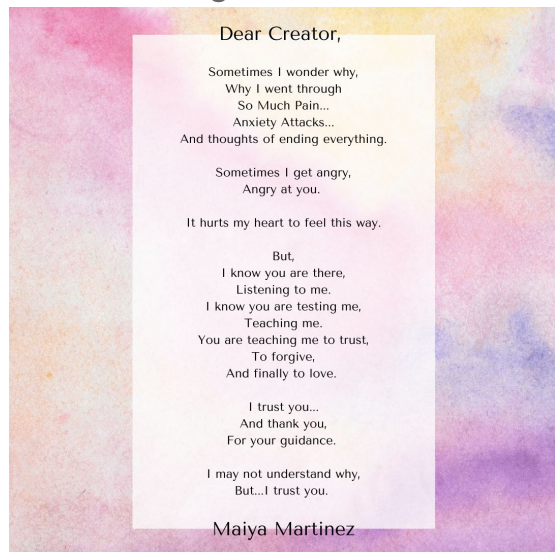
Let's start thinking about how we can respond...



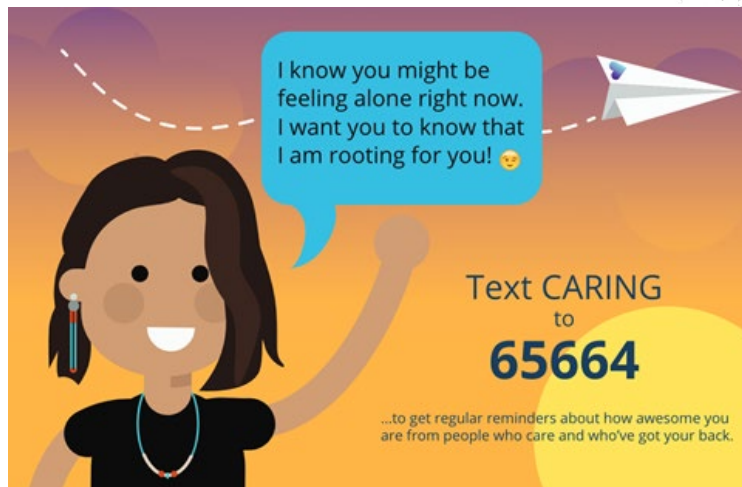
Responding During COVID-19



Youth Poetry from the Virtual Springboard Lab: IndigiLOVE Begins with I



Caring Messages- Text Suicide Prevention Intervention



NPAIHB's Social Media Messaging



Video Link: <https://www.youtube.com/watch?v=YS80iduCmRo&list=PLvLf7yZ2zQGKuMCu-CFOmedDQZcsuPyG&index=1>



Responding to Concerning Posts on Social Media

1-hr webinar
training

Responding to Concerning Posts on Social Media Training2

Resources

Responding to Concerning Posts on Social Media

Menu Notes

- Responding to Concerning Po...
- Viewer Care Plan
- The Team
- What are "Concerning Posts..."
- Why is this training important...
- Native Youth Technology Use
- Who is this training for?
- Goal for the Training
- Overview of the Training
- 1. Watch the video training (...)
- Viewer Care Plan
- Step 1: Normalize with Your ...
- Step 2: From Youth who Post...
- Step 3: Plan & Act
- Let's play it out
- 4. Question (QPR Model)
- Persuade (QPR Model)
- Refer (QPR Model)

Responding to Concerning Posts on Social Media

< PREV NEXT >

Resources

TIPS FOR IDENTIFYING SUICIDALITY AND TALKING ABOUT IT

What language should I use when talking about suicide?

The way we talk about suicide is important and has changed in recent years. From now on, please:

USE

- Died of Suicide
- Suicide Death
- Suicide Attempt
- Suicide
- Describe the Behavior
- Working with

AVOID

- Completed Suicide--
- Successful Attempt--
- Unsuccessful Attempt--
- Manipulative--
- Dealing with Suicidal Patients--

What posts should I worry about?

"Mh. (Fuck My Life). It's too hard, I can't take it anymore."

"Nobody would notice if I went missing"

"I'm done."

"I don't want to be on this anymore, there's no point."

"F*CK IT GOODBYE"

"I'm worthless...no one cares about me. Wish I wasn't here."

Photos of alcohol bottles, pills, weapons, or self-harm.

Depressing or sad song quotes.

Gun, knife, pills, or noose emojis.

No doubt, it can be difficult to interpret the meaning of some posts. Remind students that if anything makes them feel worried or uncomfortable, they should come to you for help. You will follow the steps in the "Viewer Care Plan Handout" to assess the situation and provide needed support.

VIEWER CARE PLAN

1. START THE CONVERSATION

1.1. KNOWLEDGE THE TOOLS

Being it up at school events and community gatherings, have feedback a rating, resources on social media, acknowledging the resource of concerning posts on social media.

1.2. ASK THE CONVERSATION

Have you seen anything posted about by a friend that made you stop and wonder if they're doing alright?

1.3. MEET ALL POSTS ON BEHAVIOR

Mental distress is hard to see, it's difficult to know the meaning of concerning posts. If anything makes them feel concerned or uncomfortable, they should go ahead and reach out to you.

2. LISTEN, GATHER INFORMATION, AND ASSESS VIEWER EXPERIENCE

2.1. LISTEN CAREFULLY

Ask people about concerning social media posts - something that can be scary, stressful and humiliating.

2.2. LISTEN EMPATHICALLY

Ask "What have you already tried?" Acknowledge their attempt to get support. If relevant, discuss supportive strategies.

2.3. ASK ABOUT RELATIONSHIPS

Ask "What things make them? Acquaintance? Family member?" Then ask "Do you know why you'd like to reach out to them?"

2.4. CLARIFY YOUR ROLE

Be clear about how you can help. You have to be honest about your limitations.

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Be clear about how you can help. You have to be honest about your limitations.

3. PLAN AND ACT

3.1. CONTACT THE PERSON WHO POSTED

Attempt to contact the person who posted the concerning content under their browser profile.

QUESTION the user's behavior behind the post. Are you being harassed? Support? Teasing? But you want to do?

REASSURE themselves to ask and offer them help. Refrain from helping. Support them to reach out to mental health professionals in their community.

How training or QPR is provided to all staff members. Other setting per resources are available at: www.healthynativeyouth.org/curricula/Responding-to-Concerning-Posts-on-Social-Media.

3.2. OFFER RESOURCES & TOOLS

Thank the youth who found the concerning resources for reaching out to you. Encourage them to reach out to their support system. If they are not comfortable, provide them with resources to reach out to. If they are not comfortable, provide them with resources to reach out to. If they are not comfortable, provide them with resources to reach out to.

Mentimeter Speech Bubbles

Use the link in the chat box to join.. <https://www.menti.com/75ra7is6s5>.

What has your tribe or organization been doing (or wants to do) to support youth mental health?



3. Self-care Tips & Tools

Now we're ready to start putting things into action...



A woven basket with a geometric pattern of deer and triangles. The basket is made of dark brown material with horizontal stripes. It features a band of four deer silhouettes in the center, with a triangular pattern below them. The basket is shown against a background of stylized, light-colored mountains.

-



Wellness Moment

Springboard Video

Video Links: Isis Sanchez: https://www.youtube.com/watch?v=I2DgLYjv08&list=PLvL17yZ2zQGKuMCu-CFOmedDQZcsuPyG&index=4&has_verified=1

Maiya: <https://www.youtube.com/watch?v=rB7fskYxNO8&list=PLvL17yZ2zQGKuMCu-CFOmedDQZcsuPyG&index=8>

Jowun: <https://www.youtube.com/watch?v=tQcVlUxMuos&list=PLvL17yZ2zQGKuMCu-CFOmedDQZcsuPyG&index=5>





*Questions, Ask
Away!*



4. First Nations Youth Suicide Prevention Curriculum

Now we're ready to start putting things into action...



Curriculum Overview

Background

- Building Protective Factors builds resilience
- Reinforce connection to culture & land

Values

- Conceptualization of community
- Self-reliance & Actualization
- Recognition of Land & Nature
- Culture



Behavioral & Cultural Characteristics

Reticence

Students may or may not exhibit this characteristic

Part of the Crowd

First Nations youth may have a strong aversion to being centred or singled out. They prefer to fit in as opposed to leading

Non-Interference

First Nations youth may be hesitant to influence others' behaviours or actions

Learning by Doing

First Nations youth are more likely to be responsive to active as opposed to passive learning

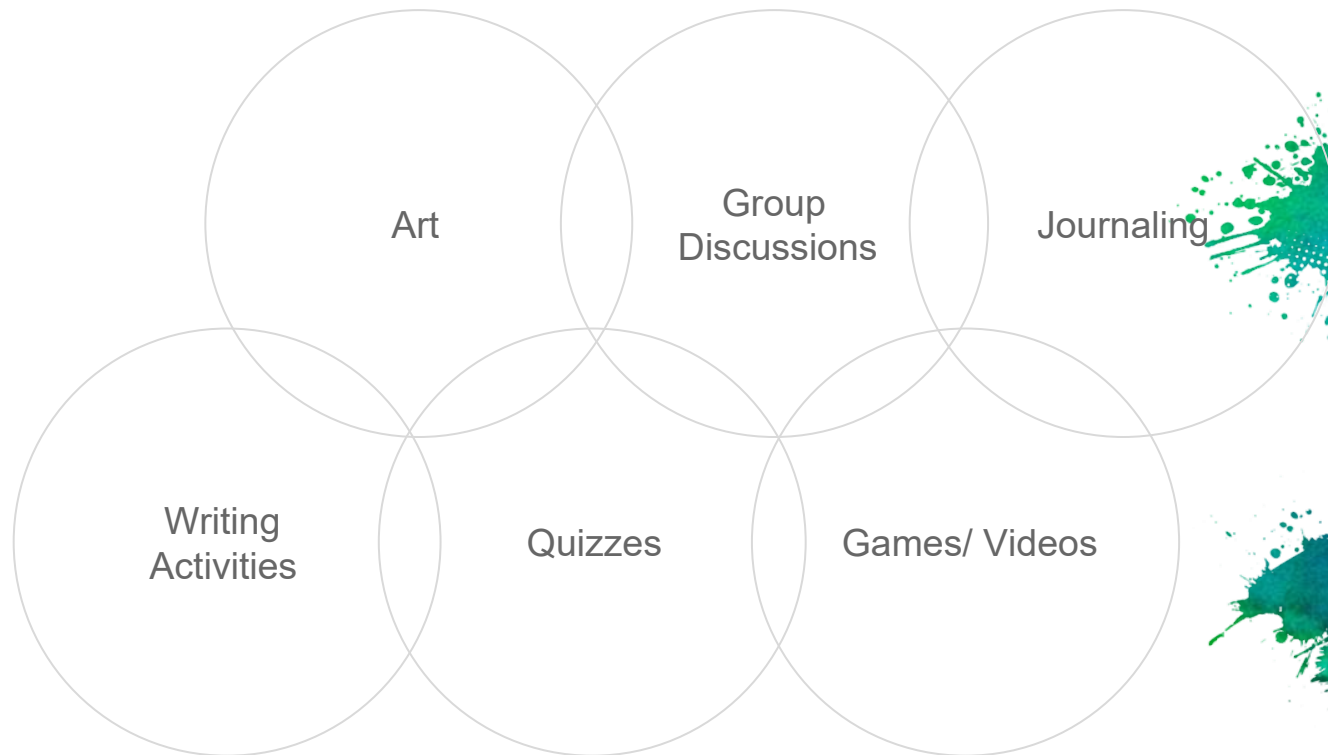
Peer Group vs. Self

Subsuming self to the peer group is not always a sure thing



Interactive Features

24 one-hour sessions include:





Learning Topics

Here's what you can find in the First Nations
Youth Suicide Prevention Curriculum

Please Turn to Page 91

Find link in Chat Feed

Link: <https://www.healthynativeyouth.org/curricula/first-nations-youth-suicide-prevention-curriculum/>

Teaching/Video (Two Wolves Story)

Link to access video: <https://vimeo.com/354147236/7b96bdfa8e>

[Rather than reading the story below to students, you may choose to show the video for Module 8 which tells the story with visuals. If you choose to read the story instead, encourage the students to watch the video outside of class and share it with their friends and family.]

Now, I would like to share a story with you. It is a Cherokee legend and it illustrates the most important battle of our lives – the one between our good thoughts and our bad thoughts. The story goes like this:

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed." [This is the answer to the question at the end of the video.]

Class Discussion

Can anyone tell me what this story is telling us?

Two Wolves Activity

A silhouette of a wolf is shown howling against a dark, starry night sky. The wolf is positioned in the lower center of the frame, with its head tilted back and mouth open. The sky is filled with numerous small, bright stars. In the background, there are faint silhouettes of trees and mountains.

Video Link: <https://vimeo.com/354147236/7b96bdfa8e>

Padlet Wall

Use the link in the chat box to join...

<https://padlet.com/wernative/oo1j09l4kkye4bk5>

What is the story of the *Two
Wolves* telling us?



Group Agreements

- ★ Participate Fully
- ★ Delay Distractions
- ★ Honor Different Experiences
- ★ Be Brave & Explore
- ★ Others? (Type in the chat)



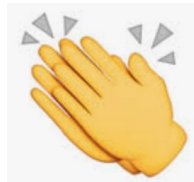
5. Let's Talk About it!

Logistics

- Share Your Video
- Use the Chatfeed

Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions



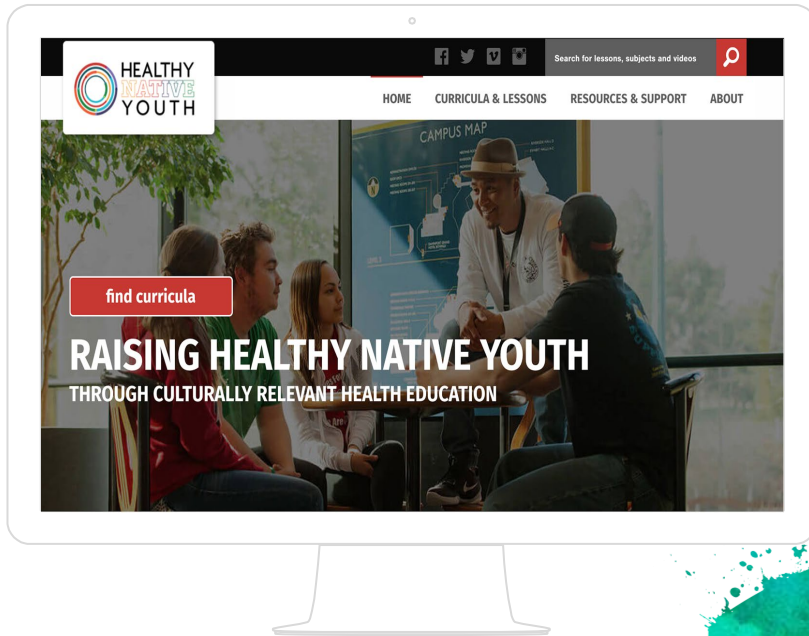
Practice in Action

Taking it back home!



Find Curricula on *Healthy Native Youth*

- ★ Filter & Compare Tool
- ★ All Materials Needed to Implement
- ★ Enhancement Activities
- ★ Resources & Support
- ★ Upload & Submit Your Own Curricula



FIRST NATIONS YOUTH SUICIDE
PREVENTION

HOME

FIRST NATIONS YOUTH SUICIDE PREVENTION CURRICULUM



Suicide Prevention Curriculum

Pdf includes:

- ★ Info for Teachers
- ★ 24 Learning Modules

Web link: <https://www.healthynativeyouth.org/curricula/first-nation-youth-suicide-prevention-curriculum/>

We've got Your Back with Resources!

Resources



National Suicide Prevention Lifeline:
Call: 1-800-273-TALK
Text: START to 741741



StrongHearts Native Helpline
Call (7am-10pm CST): 1-844-7NATIVE
Chat: strongheartshelpline.org



First Nations & Inuit Hope for Wellness
Hotline
Call: 1-855-242-3310



RAINN - National Sexual Assault Hotline
Call (24/7): 1-800-656-HOPE



Love is Respect - National Domestic
Violence Hotline
Call (24/7): 1-866-331-9474
Text: "loveis" to 22522



We R Native
Ask Auntie & Ask Uncle

Local Resources

We all need help at one point
in time. Every single one of us!

Share - any concerns you have
Talk - with someone you can
trust

Report - if you're worried about
someone

Check out what's available in
your community by checking
with your:

- Tribal Clinic
- School Counselor
- Mental Health Clinic

Text...

For youth:



"NATIVE" to 97779 for
health & wellness tips



"CARING" to 65664 to
be reminded of just how
awesome you are!

For adults:



"EMPOWER" to 97779 for
tips on talking to your
youth about sexual health



Find Help Near You



SAMSHA - Zip code locator for a
treatment center closest to you



Mental Health America - Zip code
locator for a clinic closest to you



WWW.HEALTHYNATIVEYOUTH.ORG

Resources Handout

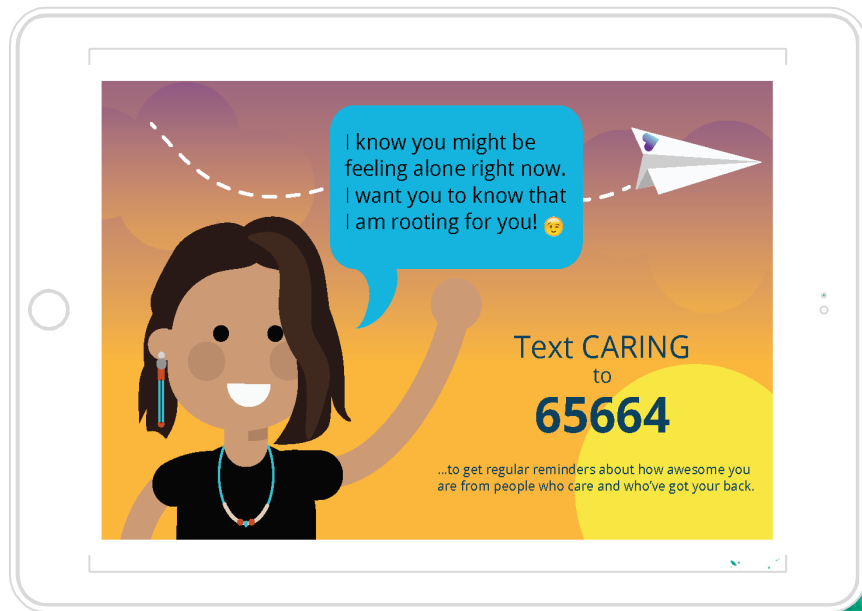
Find in the:

- ★ Resources & Support tab
- ★ Recorded Sessions



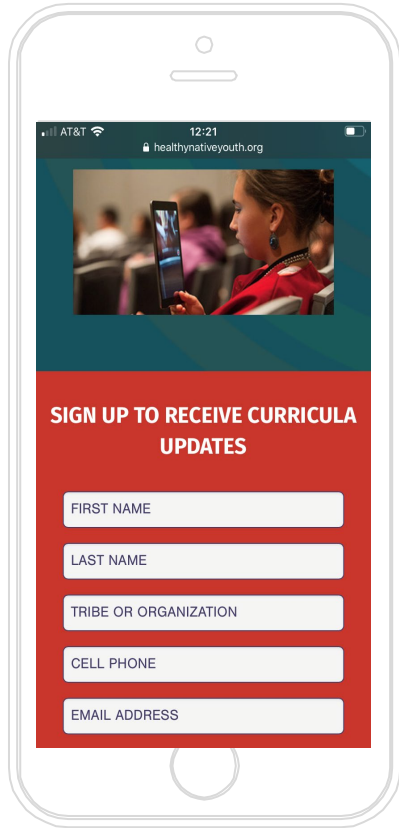
For Adults : Text “Empower” to 97779

- ★ Tips & Resources for Talking to Youth About Sexual Health
- ★ Need some help getting the convo started?



For Youth: Text “Caring” to 65664

To get regular reminders about how awesome you are from people who care and who've got your back!



Sign up for the *Healthy Native* *Youth* Newsletter!

Stay up to Date with the Latest...

COMMUNITY OF PRACTICE

Virtual Engagement Tools Workshop

What: Need to level up your virtual lessons with youth? Then come join us for an interactive workshop on how to use some popular virtual engagement tools like flipgrid, padlet, mentimeter and more to upgrade your virtual youth experience. Be prepared to create your own accounts and put together youth activities that you can use for your next youth sessions. Hope to 'see' you there!

When: 12/2/20 @ 10:00 am PST

Text HEALTHY to 97779 to stay connected.

December 2nd

10:00-11:30 AM PST

HEALTHY
NATIVE
YOUTH

How to Join

AT THE TIME OF MEETING, JOIN US
VIA ZOOM:
[HTTPS://ECHO.ZOOM.US/J/99982426703?](https://echo.zoom.us/j/99982426703?pwd=DHlFVnNATOLQaULONNA4QnFPVDLTZZO9)

PWD=DHlFVnNATOLQaULONNA4QnFPVDLTZZO9

PASSWORD: 587626

JOIN BY PHONE ONLY:

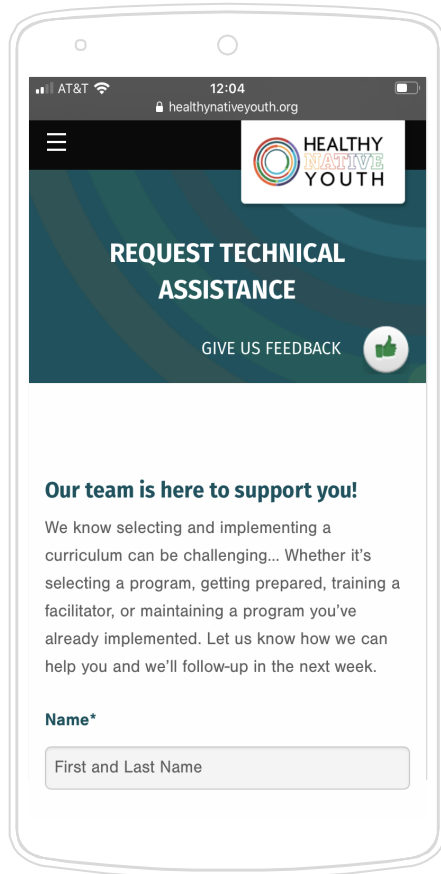
+1 646 558 8656

MEETING ID: 999 8242 6703 PRESS
*6 TO MUTE YOUR LINE WHEN NOT
SPEAKING

COMMUNITY OF PRACTICE 2020-2021 Schedule

- | | |
|----------------|--|
| Sept. 9, 2020 | Preparing & Planning for Virtual and In-Person Learning |
| Oct. 14, 2020 | How to Support Youth Living in Domestic Violence Households |
| Nov. 18, 2020 | Mental Health & Wellness: Suicide Prevention |
| Dec. 9, 2020 | How to Support Youth through COVID-19 |
| Jan. 13, 2021 | Substance Misuse and Help-seeking Skills |
| Feb. 10, 2021 | Connecting our Past to our Present Re-traumatization |
| March 10, 2021 | Culture as Prevention |
| April 14, 2021 | Supporting Youth Identity: We R Native! |
| May 12, 2021 | Circles of Support: Create a Q&A Service like "Ask Auntie/Ask Uncle" |
| June 9, 2021 | 2SLGBTQ: Level up the Inclusion |
| July 14, 2021 | Text Messaging Campaigns |

Leave Your Email in Chatbox



A smartphone mockup displaying the Healthy Native Youth website. The status bar at the top shows 'AT&T', signal strength, Wi-Fi, the time '12:04', and the battery level. The address bar shows 'healthynativeyouth.org'. The website header features a hamburger menu icon on the left and the 'HEALTHY NATIVE YOUTH' logo on the right. The main content area has a dark blue background with the text 'REQUEST TECHNICAL ASSISTANCE' in white. Below this is a 'GIVE US FEEDBACK' button with a thumbs-up icon. The lower section has a white background with the heading 'Our team is here to support you!' followed by a paragraph: 'We know selecting and implementing a curriculum can be challenging... Whether it's selecting a program, getting prepared, training a facilitator, or maintaining a program you've already implemented. Let us know how we can help you and we'll follow-up in the next week.' Below the paragraph is a 'Name*' label and a text input field with the placeholder 'First and Last Name'.

AT&T 12:04 healthynativeyouth.org

HEALTHY NATIVE YOUTH

REQUEST TECHNICAL ASSISTANCE

GIVE US FEEDBACK

Our team is here to support you!

We know selecting and implementing a curriculum can be challenging... Whether it's selecting a program, getting prepared, training a facilitator, or maintaining a program you've already implemented. Let us know how we can help you and we'll follow-up in the next week.

Name*

First and Last Name

We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

Exit Ticket

Instructions: Click on the link in the chat feed for your ticket out the door.

List one thing you learned...



List one thing you would like to know more about...



Thank you!

You can find us at:
Amanda Gaston
agaston-
contractor@npaihb.org

Michelle Singer
msinger@npaihb.org



Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary's Minority AIDS Initiative Fund.



Let us Close with a Blessing

"What is life? It is the flash of a firefly at night; the breath of a buffalo in the winter; and it is the shadow that runs across the grass and loses itself in the sunset." – Ralph Waldo Emerson

