

# Native Suicide Prevention Project

Jason Yarmer BS, CPS

Project Director

NARA-NW, Portland OR

# Considerations in suicide prevention

- Historical Trauma
  - US Government made efforts to eliminate Native Americans
  - Broken Treaties
  - Trail of Tears, sent to reservations
  - Assimilation, language, culture, spirituality
- Tribes are Sovereign
- Tribes are very interconnected
- Native Americans believe in 4 major aspects of health; (1) Emotional, (2) Physical, (3) Spiritual and (4) Mental.

# Partners that receive funding

- 9 Oregon Tribes:
  - Burns Paiute Tribe
  - Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
  - Confederated Tribes of the Grand Ronde Community of Oregon
  - Confederated Tribes of Siletz Indians
  - Confederated Tribes of the Umatilla Indian Reservation
  - Confederated Tribes of Warm Springs
  - Coquille Indian Tribe
  - Cow Creek Band of Umpqua Tribe of Indians
  - Klamath Tribes
- Portland State University, “Healing Feathers” project

# Staff

- John Spence, MSW, Ph.D. Tribal Consultant
- Lee-Ann Foster, Project Assistant
- Justin T. White, Graphic Artist
- Tamara Perkins, Ph.D., Juliette Mackin, Ph.D., and Anna Rockhill M.P.P., Evaluators

# How did we start?

- Community Assessments by evaluators and project staff were completed
- Community Specific Action plans were developed by each partner.
- Contracts were signed, activities and training started

# Activities

- Traditional Talking Circles
- Creation of Community Calendars
- Outreach products; Community specific resource cards, QPR and ASIST information put in a sandwich baggy with lifesavers.
- AFSP Walk, Just Move It Walk
- Outreach at many Powwows, (Tribal and Urban)
- Creation of Crisis response policies
- Canoe crew, Canoe journey
- Working with Tribal School, developed curriculum.
- Poster Contests including risk factor awareness, (2 communities)
- Native Youth Wellness Day and Round dance
- Community Presentations
- Youth Mentoring trips

# Activities, continued

- 150 square foot billboard on reservation hwy
- Formation of project poster and brochure
- Project MySpace page to reach youth, (70-80% use this social media)
- Starting Survivors of Suicide Group
- Stress Management Workshop
- Viewing of the Canary Effect
- Participation in conferences
- Quarterly 9 Tribes Prevention Meetings
- Presentation at Hillcrest Youth facility
- Presentation at Tribal Culture Committee
- Tribal Best Practices meeting presentation

Annual Report: I can send to the group if interested

# Elders Council/Staff Gatherings

- Elder involvement. They are helping provide wisdom and direction of project
- Have held 4 gatherings since June 2008, most recent was held Grand Ronde this last Wednesday.
  - Project update
  - Concerns/Direction
  - Facilitate Elder Involvement
    - Christiecare
  - MySpace introduction

# Trainings since February 2008

- Adolescent Development training for school staff and community members
- Trauma Training
- ASIST Workshops (4)
- ASIST Trainers Sponsored (2)
- QPR: Tribal and Urban locations (9)
- QPR T4T: Sponsored two T4T events in Oregon
  - Total of 19 trainers trained
  - Another one within the next year possible if needed

# Personal Stories

- ASIST Skills at work:
  - At school
  - On phone

# Data collected

- Training Exit Surveys
- Products and Services, (Quarterly)
- Early Identified as suicidal, by age

# Enhanced Evaluation

- Funded by the CDC for 3 years
  - 3 sites funded, NARA, Tennessee and Maine
- Native Youth Survey, over 100 questions including culture
- Hoping to implement at 6 Tribal locations
  - 2 Completed
  - More planned, including one administration this month
- Important risk and protective factor information
  - Will help us learn more about the effectiveness of cultural protective factors

# Collaboration

- Mr. Bears Children Foundation
- Suicide Prevention Resource Center
- SAMHSA, (Grantor)
- State of Oregon, through Donna Noonan and Caroline Cruz.
- Oregon Indian Education
- NPC Research
- Wemble House, Klamath Falls
- Portland Area Indian Health Board
- Indian Health Service, Ann Arnett
- Clayton Small, Contractor
- Oregon Health Sciences University
- Christiecare
- Vickie LaFromboise, Contractor
- Chemawa Indian Boarding School

# Hearing from Tribal Prevention Coordinators

- Carolyn Knolle, Klamath Tribes
- Laura Angulo, Coquille Indian Tribe
- Phyllis Miller, Burns-Paiute Tribe
- Julie Johnson, Burns-Paiute Tribe

# Questions?

- Thank you Gary and everyone for allowing us to do this presentation!