



Prevention Paradigm for Native Americans



Resources

The following resources include videos, websites, reports, and toolkits that can help you **learn more** and **take action** to prevent suicide in Native American populations.

SPARK Talks: A New Prevention Paradigm for Native Americans

<http://sparktalks.sprc.org>

Speaker: Doreen Bird, Program Specialist, University of New Mexico (2015)

SPRC's SPARK Talks are **Short**, **Provocative**, **Action-oriented**, **Realistic**, and **Knowledgeable** videos of leaders in the suicide prevention movement who describe a new development or direction in the field that can have an impact on suicide.

To Live to See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults

http://www.sprc.org/library_resources/items/live-see-great-day-dawns-preventing-suicide-american-indian-and-alaska-nativ

Author: U.S. Department of Health and Human Services (2010)

The purpose of this guide is to support AI/AN communities and those who serve them in developing effective, culturally appropriate suicide prevention plans. Prevention is broadly defined to include programs that a community can use to promote the mental health of its youth. The guide also covers actions a community can take in response to a suicide to help the community heal and thereby prevent related suicidal behaviors.

American Indian/Alaska Native Suicide Prevention

<http://www.sprc.org/aian>

SPRC has developed a collection of webpages designed specifically for individuals working with Native populations. The aim is to enhance resources and knowledge specific for American Indian and Alaska Native populations to support suicide prevention and mental health promotion.

Positive Youth Development: Using Strengths to Address Alcohol Abuse and Suicide among American Indian and Alaska Native Youth

https://captus.samhsa.gov/sites/default/files/capt_resource/capt_aian_brief_11_13_14_tocsap.3_29_15.pdf

Author: SAMHSA's Center for the Application of Prevention Technologies

This information brief introduces prevention practitioners to the positive youth development framework as an effective approach to preventing alcohol abuse and suicide among Native youth. Four key factors that have been shown to protect AI/AN young adults from alcohol use and suicide are presented, accompanied by illustrative examples of positive youth development programs designed to strengthen these factors. Prevention practitioners working in Indian Country can use this resource to inform their prevention planning and guide their selection of effective prevention interventions.

American Indian Life Skills Development

<http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=81>

Author: Teresa D. LaFromboise (1995)

American Indian Life Skills Development (the currently available version of the former Zuni Life Skills Development program) is a school-based curriculum designed to prevent suicide by reducing risk and strengthening protective factors among American Indian adolescents 14 to 19 years old.

Native H.O.P.E. (Helping Our People Endure) Native Youth Training Manual

<http://www.oneskycenter.org/wp-content/uploads/2014/03/NativeHOPEYouthTrainingManualCoverandIndex.pdf>

Developers: Clayton Small and Ernest BigHorn

This curriculum is based on the theory that suicide prevention can be successful in Indian Country by Native Youth being committed to breaking the "Code of Silence" prevalent among all youth. The program is also premised on the foundation

of increasing “strengths” as well as warning-signs-awareness of suicide among Native Youth. The program supports the full inclusion of Native Culture, traditions, spirituality, ceremonies, and humor.

Culture and Community: Suicide Prevention Resources for Native Americans in California

http://www.sprc.org/library_resources/items/culture-and-community-suicide-prevention-resources-native-americans-californ

Author: CalMHSa Suicide Prevention Social Marketing Campaign (2014)

This document describes culturally relevant resources for American Indian and Alaska Native (AI/AN) suicide prevention programs, addresses safe messaging and social marketing, and presents suicide prevention materials from 19 American Indian communities. Although the title indicates this is for Californians, it is relevant to all parts of the nation. An appendix provides AI/AN sources for materials on related topics, such as mental health, addiction, and depression.

Indian Health Service Suicide Prevention Program

<http://www.ihs.gov/suicideprevention/>

This site highlights existing resources to support suicide prevention efforts, strengthen protective factors, and help communities and individuals begin to recover from the grief caused by suicide.

American Indian and Alaska Native Culture Card: A Guide to Build Cultural Awareness

<http://store.samhsa.gov/product/American-Indian-and-Alaska-Native-Culture-Card/SMA08-4354>

Author: Substance Abuse and Mental Health Services Administration (2009)

This resource is intended to enhance cultural competence when serving American Indian and Alaska Native communities. It covers regional differences; cultural customs; spirituality; communications styles; the role of veterans and the elderly; and health disparities, such as suicide.

Suicide among Racial/Ethnic Populations in the U.S.: American Indians/Alaska Natives

http://www.sprc.org/library_resources/items/suicide-among-raciaethnic-populations-us-american-indiansalaska-natives

Publisher: Suicide Prevention Resource Center (2013)

This fact sheet is one in a series that summarizes data and research on suicidal behavior among particular racial and ethnic populations. It reports on suicide deaths, suicidal behavior (attempts and ideation), suicide among adults and youth, strengths and protective factors, and risk factors among American Indians and Alaska Natives living in the United States.

Accessing Data About Suicidal Behavior Among American Indians and Alaska Natives

http://www.sprc.org/library_resources/items/accessing-data-about-suicidal-behavior-among-american-indians-and-alaska-nat

Author: Suicide Prevention Resource Center (2012)

This fact sheet is associated with the SPRC Training Institute course Locating and Using Data for Suicide Prevention. It presents information on historical issues related to American Indian and Alaska Native (AI/AN) data; sources of data on these populations; challenges with state, local, and regional data; and ways to improve access to AI/AN data.

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Suicide Prevention Resource Center

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