

# NATIVE AMERICAN HEALTH CENTER YOUTH SERVICES

Oakland & San Francisco

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# CULTURALLY RELEVANT SUICIDE PREVENTION STRATEGIES FOR BAY AREA AMERICAN INDIAN & ALASKAN NATIVES

We are many different tribes coming from different places (variety of medicines, views, cultural backgrounds)

- Approximately 57, 000 natives in the bay area, how many tribes? (Check #'s)
- Urban area where not everyone is native – Examples:
- Restoring Culture
- Respect for all (diversity)
- Everybody's way is valid



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**“We need to gather in order to create our native community”**

- Getting Youth Outdoors to places they might not have the means to get to
- Annual Camping Trips in Oakland and SF Hills
- Chae-mal Wilderness Program
- Annual Youth Gathering of Native American’s (GONA)
  - Healing, new outlook on life, new meaning, ready to give back





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**Traditional Consultants – a Variety of different tribes**

- One on one individual sessions
- Community talking Circles
- Waterwalk Ceremony
- Wiping of the Tears Ceremony
- Round Dance
- Ceremony Protocol
- Womanhood & Manhood Ceremony



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**Gatekeepers/Cultural Keepers**

- Mindful of who we hire..
  - Indigenous
  - Native or from the area
  - Connection with community
  - Background Checks/Protocol Process



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**Youth Fellow Interns:**

- “More than just a youth Program but a Community”
- Goal is to hire native youth who graduated from our youth program (WFD)
- Reaching beyond 2 generations, not just here and now
- “I was there 4 years ago” personal experience – “Giving Back”





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**Culturally Relevant Groups**

- Traditional Arts
- Indigenous Roots Cooking Class
- Sewing Ribbon Skirts/Regalia Class
- Peer to Peer Traditional Groups
- Cultural Exchange with Yurok Tribe



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**Evaluation:**

- Gathering of Native Americans (GONA)
- Technical Assistance/Training
- Fidelity Tool
- Clinical Crosswalk
- Making History







The End