



Indigenous Behavioral Health Series

*for American Indian and
Alaska Native Providers*

IOWA

SAMHSA
Substance Abuse and Mental Health
Services Administration

Selected resources from:

Crisis Intervention

Overview of Addressing Behavioral Crises

Presented on: August 29, 2023



National American Indian & Alaska Native

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



National American Indian & Alaska Native

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Overview of Addressing Behavioral Crises: Resources

A **SUICIDE** RISK ASSESSMENT TOOL

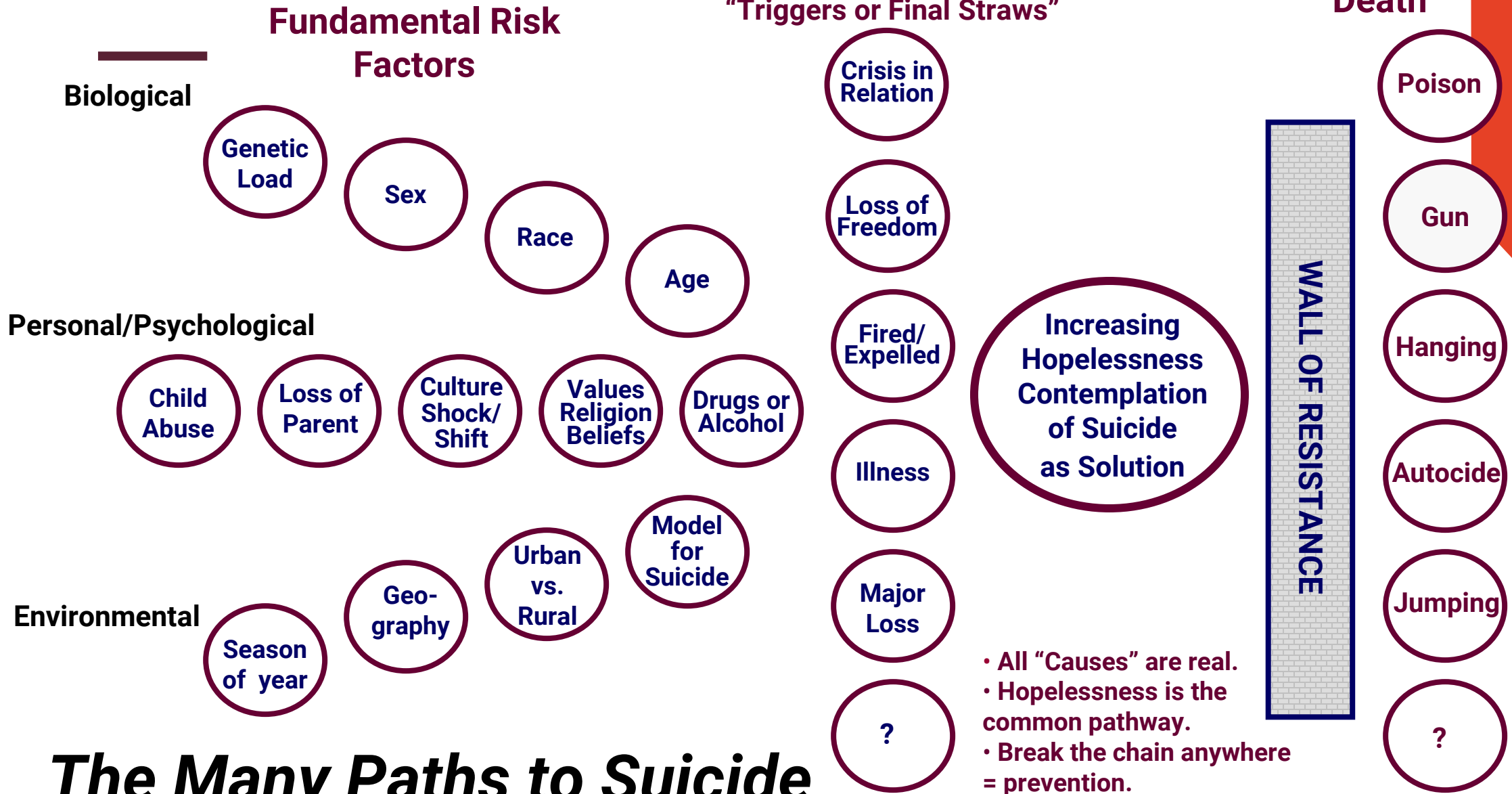
- S**EX -Males kill themselves four times more often than females
- A**GE – Certain age groups are more at risk
- D**EPRESSION – Depressed persons significantly more at risk

- P**REVIOUS ATTEMPT – More likely to attempt in future
- E**THANOL – Alcohol abuse very often implicated in suicide
- R**ATIONAL THOUGHT– More prone to suicide if psychotic
- S**Ocial NETWORK – Less social support, greater the risk
- O**RGANIZED PLAN – Greater risk if plans are organized
- N**O SPOUSE – Greater risk of suicide if there is no spouse
- S**ICKNESS – A chronic physical sickness makes one more prone



Overview of Addressing Behavioral Crises:

Resources



The Many Paths to Suicide

Overview of Addressing Behavioral Crises: Resources

Wall of Resistance to Suicide

Counselor or therapist	Duty to others	Others?	
Good health	Medication Compliance	Fear	
Job Security or Job Skills	Responsibility for children	Support of significant other(s)	
Difficult Access to means	A sense of HOPE	Positive Self-esteem	
Pet(s)	Religious Prohibition	Calm Environment	AA or NA Sponsor
Best Friend(s)	Safety Agreement	Treatment Availability	
-- Sobriety --			

Protective Factors



Overview of Addressing Behavioral Crises: Resources

Suicide Prevention Mobile Apps



Suicide Safety Plan



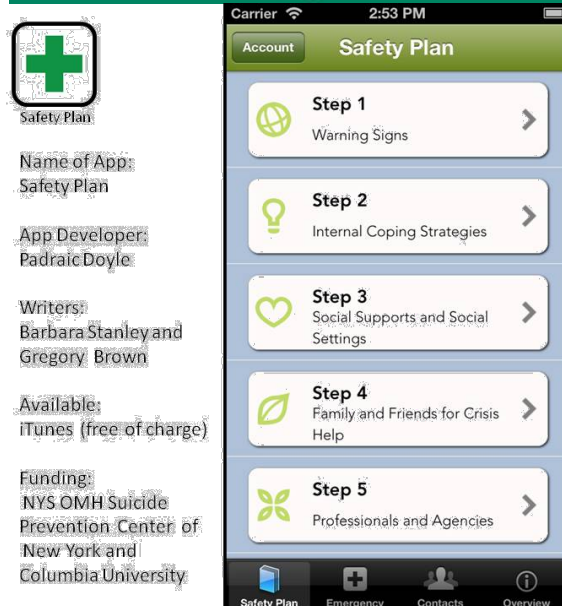
Suicide Safe
SAFE-T Card

Overview of Addressing Behavioral Crises: Resources



Suicide Prevention Apps

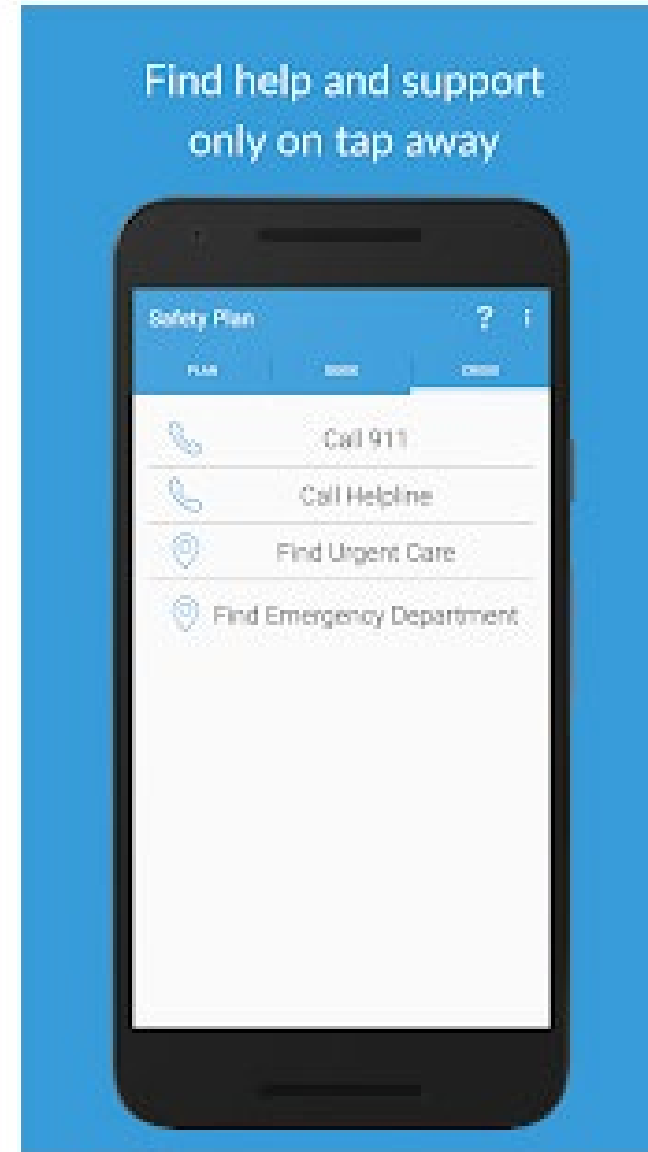
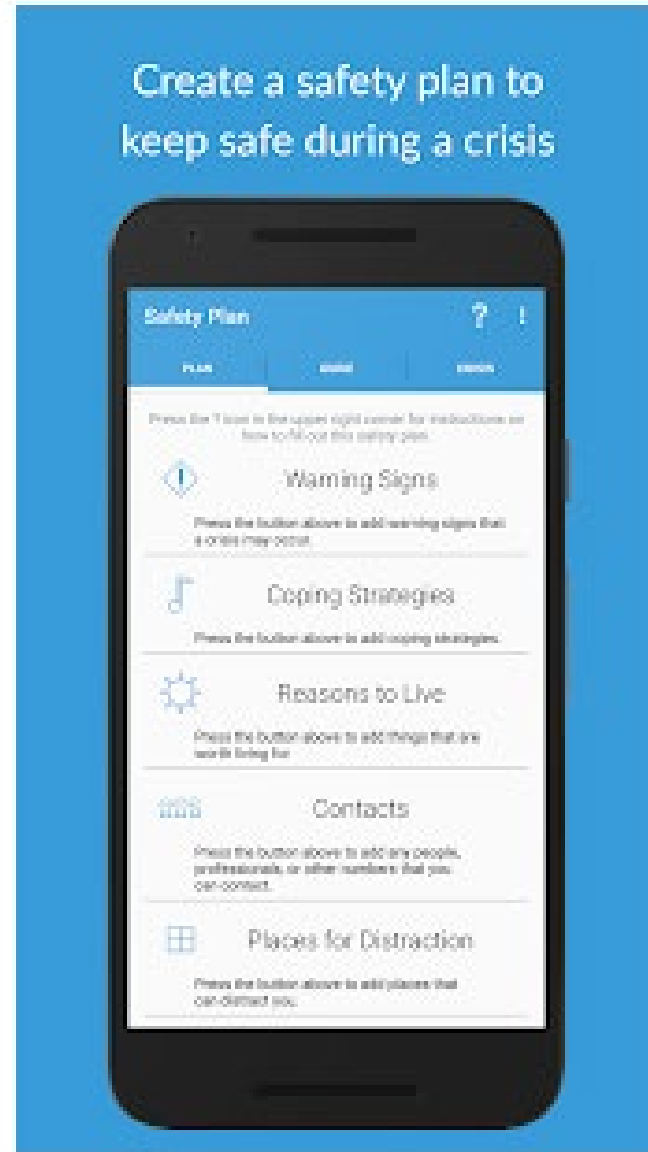
- Suicide Safe is the SAFE-T card and many other resources on your phone.



- Safety Plan is an app that your patient can download and you can assist them in developing the resources they need to remind them of things to do if they are suicidal.

Overview of Addressing Behavioral Crises: Resources

Suicide Safety Plan



Overview of Addressing Behavioral Crises: Resources

- Dolores BigFoot, PhD, Director of Indian Country Child Trauma Center
University of Oklahoma Health Sciences Center
 - <https://diversitypreparedness.org/browse-resources/resources/ICCTC%20Website/>
- Psychological First Aid
 - <https://www.apa.org/practice/programs/dmhi/psychological-first-aid/training>
- Scholarly Review of Suicide Interventions for AI/ANs
 - Pham, T. V., Fetter, A. K., Wiglesworth, A., Rey, L. F., Chicken, M. L. P., Azarani, M., ... & Gone, J. P. (2021). Suicide interventions for American Indian and Alaska Native populations: A systematic review of outcomes. *SSM-mental health, 1*, 100029.



Overview of Addressing Behavioral Crises: Resources

- National Child Trauma Stress Network

<http://www.nctsn.org/trauma-types/traumatic-grief/what-childhood-traumatic-grief/its-okay-remember>

- National Center for Mental Health Promotion & Youth Violence Prevention

<http://crisisresponse.promoteprevent.org/>

- National Center for Crisis Management

<Http://www.schoolcrisisresponse.com/download.htm>

- SAMHSA Disaster Technical Assistance Center

<http://www.samhsa.gov/dtac/>



Overview of Addressing Behavioral Crises: Resources AI/AN Programs to Address Suicidal Ideation and Behavior

- *Indian Health Services (IHS) Strategic Plan*
 - <https://www.ihs.gov/suicideprevention/>
- *Community Readiness Manual on Suicide Prevention in Native Communities*
 - https://www.samhsa.gov/sites/default/files/tribal_tta_center_2.3.b_commreadinessmanual_final_3.6.14.pdf
- *Gathering of Native Americans (GONA) and Gathering of Alaska Natives (GOAN)*
 - <https://www.samhsa.gov/sites/default/files/gona-goan-curriculum-facilitator-guide.pdf>
- *Healthy Indian Country Initiative Promising Prevention Practices Resource Guide*
 - <https://www.sprc.org/resources-programs/healthy-indian-country-initiative-promising-prevention-practices-resource-guide>
- *Inuit Elders' Message on Suicide Prevention (Korhonen, 2006)*
 - https://ruor.uottawa.ca/bitstream/10393/30459/1/2006_Suicide_Prevention-Elders.pdf
- *Working with Native Communities*
 - <https://sprc.org/news/working-with-native-communities/>



Overview of Addressing Behavioral Crises: Resources

AI/AN Programs to Address Suicidal Ideation and Behavior Among Youth

- *Adolescent Suicide Prevention Program Manual: A Public Health Model for Native American Communities*
 - <https://sprc.org/resources-programs/adolescent-suicide-prevention-program-manual>
- *Native H.O.P.E.*
 - http://www.oneskycenter.org/wp-content/uploads/2014/03/NativeHopeYouthTrainingManual_000.pdf
- *Suicide Prevention for Urban Native Kids and Youth (SPUNKY)*
 - <https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/caianh>
- *To Live to See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults*
 - <https://sprc.org/online-library/to-live-to-see-the-great-day-that-dawns-preventing-suicide-by-american-indian-and-alaska-native-youth-and-young-adults/>



Overview of Addressing Behavioral Crises: Resources

YouTube Videos on Suicidal Ideation and Behavior

- *Suicide Prevention Through Culture*
 - https://www.youtube.com/watch?v=GXkth_Kab780
- *Four Recommendations for Tribal Suicide Prevention*
 - <https://www.youtube.com/watch?v=Rf3WX9hKi1U>
- *Native Strength*
 - <https://www.youtube.com/watch?v=fnTYk-48lvk>
- *Conversation about AI/AN Mental Health*
 - <https://www.youtube.com/watch?v=hrbbA22Z-KE>



Future Sessions

Session 2, *September 12, 2023*: Select Clinical Topics when Helping Clients Deal with a Crisis

Session 3, *September 19, 2023*: Case Illustrations

Session 4, *September 26, 2023*: Reflections Upon Important Crisis Intervention Topics and Q&A

