

Honoring Traditions, Saving Lives: The Power of Native American and Indigenous Approaches in Suicide Prevention



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NATIVE AMERICAN PRAYER

I am small and weak. I need your strength and wisdom.
Let me walk in beauty and make my eyes ever behold the
red and purple sunset.

Make my hands respect the things you have made, my
ears sharp to hear your voice.

Make me wise, so that I may know the things you have
taught my people, the lessons you have hidden in every
leaf and rock.

- Chief Yellow Hawk

LAND ACKNOWLEDGEMENT

- Acknowledgment of Traditional Native Land
- Why Acknowledgment Matters
- Our Commitment



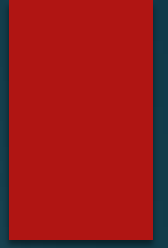
Introduction

- Brief Overview of Suicide Prevention
- Importance of Cultural Sensitivity
- Presentation Overview

Learning Objectives



- Recognize the cultural significance of Native American and Indigenous practices in suicide prevention.
- Evaluate the impact of culturally-responsive approaches on resilience and support for at-risk individuals.
- Learn how to implement inclusive and empowering approaches that integrate Native American and Indigenous wisdom into mental health programs.



Native American and Indigenous Wisdom

- Overview of Cultural Diversity
- Key Philosophical Concepts
- Spiritual Connection to Nature

Healing Rituals and Ceremonies

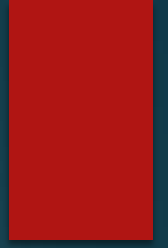
- Sweat Lodges
- Smudging
- Talking Circles

Family and Community Support



- Importance of Community
- Traditional Family Structures
- Elders' Wisdom

Storytelling and Oral Tradition



- The Power of Stories
- Passing Down Wisdom
- Promoting Resilience

Culturally-Responsive Approaches

- Definition and Importance
- Tailoring Interventions
- Reducing Stigma

Integrating Traditional Practices



- Examples of Integration
- Case Studies
- Measuring Impact

Evaluating Effectiveness



- Data-Driven Approaches
- Success Stories
- Challenges and Solutions

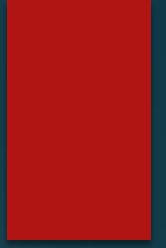
Developing Cross-Cultural Understanding

- Building Cultural Competence
- Fostering Empathy
- Overcoming Challenges

Strategies for Inclusivity

- Collaborative Partnerships
- Cultural Sensitivity Training
- Community Engagement

Implementing Native American and Indigenous Wisdom



- Steps to Integration
- Adapting to Local Contexts
- Ensuring Sustainability

Conclusion

- Recap of Key Points
- Reinforcing Learning Objectives



Resources

➤ **"Honoring Our Strengths: Culture as Intervention in Add American Communities"**

Author: Delores Bigfoot, Ph.D.

Publication: National Institute of Mental Health

Description: This report explores the role of cultural strengths and traditions in suicide prevention within Native American communities. It provides insights into culturally tailored interventions and the importance of community involvement.

➤ **"Best Practices in Suicide Prevention"**

Author: American Indian and Alaska Native Mental Health Research

Publication: Indian Health Service

Description: This resource compiles best practices in suicide prevention among American Indian and Alaska Native communities. It covers culturally specific strategies and interventions.

➤ **"Cultural Considerations in Suicide Prevention and Psychological Healing"**

Author: Eduardo Duran, Ph.D., Bonnie Duran, Dr.P.H.

Publication: Healing the Soul in the Age of the Brain

Description: This book chapter discusses the importance of cultural considerations in suicide prevention, emphasizing Indigenous perspectives on healing and well-being.

Resources

- **"We R Native: Suicide Prevention Resources"**

Website: [We R Native](#)

Description: We R Native is a comprehensive resource hub providing culturally sensitive suicide prevention information, including articles, videos, and interactive tools, tailored for Native American youth.

- **"The National Strategy for Suicide Prevention: Goals and Objectives for Action"**

Publication: U.S. Department of Health and Human Services

Description: This document outlines the national strategy for suicide prevention in the United States. It acknowledges the importance of culturally appropriate approaches and includes specific objectives related to Indigenous communities

- **Recommended Readings:**

"Indigenous Peoples and Mental Health" by Lawrence Kirmayer and Greg Brass

"Native American and Indigenous Studies: A Research Guide" by Yale University Library

Resources

- **LA County Dept. of Mental Health ACCESS 1-800-7771**
- **American Indian Counseling Center (AICC) 562-402-0677**
- **United American Indian Involvement (UAI) 213-202-3970**
- **Indigenous Circle of Wellness (ICOW) 626-782-5570**
- **Los Angeles County Youth Suicide Prevention Project**
<https://preventsuicide.lacoe.edu/>
- **Strong Hearts Helpline: 1-844-7NATIVE**
- **Suicide Prevention Center Hotline 1-877-7CRISIS**
- **National Suicide Prevention Lifeline 1-800-273-TALK**
- **Treveor Lifeline –LGBTQ2Spirit 1-866-7386**
- **Teen Line 1-800-TLC-TEEN**

References

1. Bigfoot, D., & Funderburk, B. (2016). Honoring our strengths: Culture as intervention in American Indian communities. In D. K. Hall (Ed.), *Social work practice with individuals and families: Evidence-informed assessments and interventions* (pp. 233-254). Oxford University Press.
2. Indian Health Service. (2015). Best practices in suicide prevention. <https://www.ihs.gov/suicideprevention/resources/>
3. Duran, E., & Duran, B. (2006). Cultural considerations in suicide prevention and psychological healing. In D. Y. Kim & R. T. Amaro (Eds.), *Healing the soul in the age of the brain: Becoming conscious in an unconscious world* (pp. 147-160). Praeger Publishers.
4. We R Native. (n.d.). Suicide prevention resources. We R Native. <https://www.wernative.org/suicide-prevention>
5. U.S. Department of Health and Human Services. (2012). The national strategy for suicide prevention: Goals and objectives for action. <https://www.sprc.org/resources-programs/national-strategy-suicide-prevention-goals-and-objectives-action>