

IF YOU NEED HELP...
PLEASE TALK
TO SOMEONE.

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)

Building Communities



of HOPE

“One Voice, One Nation - Protect Life”

NIHB 9th Annual National Tribal Public Health Summit
May 23, 2018 • Pior Lake, MN

Presenters



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Navajo Nation Mortality Report 2006-2009



**15 Leading Causes of Death, Both Genders –
Navajo Nation Mortality Report, 2006-2009**

Rank	Cause of Death	Count	Rate per 100,000	Percent of all deaths
1	Unintentional Injuries	752	107.73	18.9
2	Cancer	506	72.49	12.7
3	Heart Disease	485	69.48	12.2
4	Diabetes	228	32.66	5.7
5	Chronic Liver Disease & Cirrhosis	224	32.09	5.6
6	Influenza & Pneumonia	181	25.93	4.6
7	Suicide	119	17.05	3.0
8	Stroke	107	15.33	2.7
9	Septicemia	90	12.89	2.3
10	Dementia	84	12.03	2.1
11	Assault	83	11.89	2.1
12	Alcohol Dependence Syndrome	81	11.60	2.0
13	Renal Failure	77	11.03	1.9
14	Hypertensive Disease	59	8.45	1.5
15	Chronic Obstructive Pulmonary Disease (COPD)	49	7.02	1.2

Navajo Nation Suicide Key Findings (per 100,000)



- Suicide contributes to 3 percent of total deaths for Navajo
- Suicide is the 7th leading cause of death for Navajo (both genders)
- Suicide is the 2nd leading cause of death for age group 10-19
- Suicide is the 3rd leading cause of death for age group 20-29
- Suicide is the 3rd leading cause of death for age group 30-39
- Suicide is the 5th leading cause of death for age group 40-49

BCOH: The First Steps



- Instill HOPE – “Siihasin”
- Administration Pillars
 - Support from Tribal Leadership
- Increase Collaborative Efforts
- Start the Conversation
 - Suicide Prevention and Awareness
- Promote Resiliency



BCOH Synopsis



- **Mission**

- “Awaken life and welcome a new dawn by empowering individuals, families and communities to make positive choices to restore hope, self-sufficiency and determination through comprehensive suicide prevention strategies”

- **Values**

- Life, Family, Happiness, and Health

- **Vision**

- “One Voice, One Nation – Protect Life”



BCOH Goals

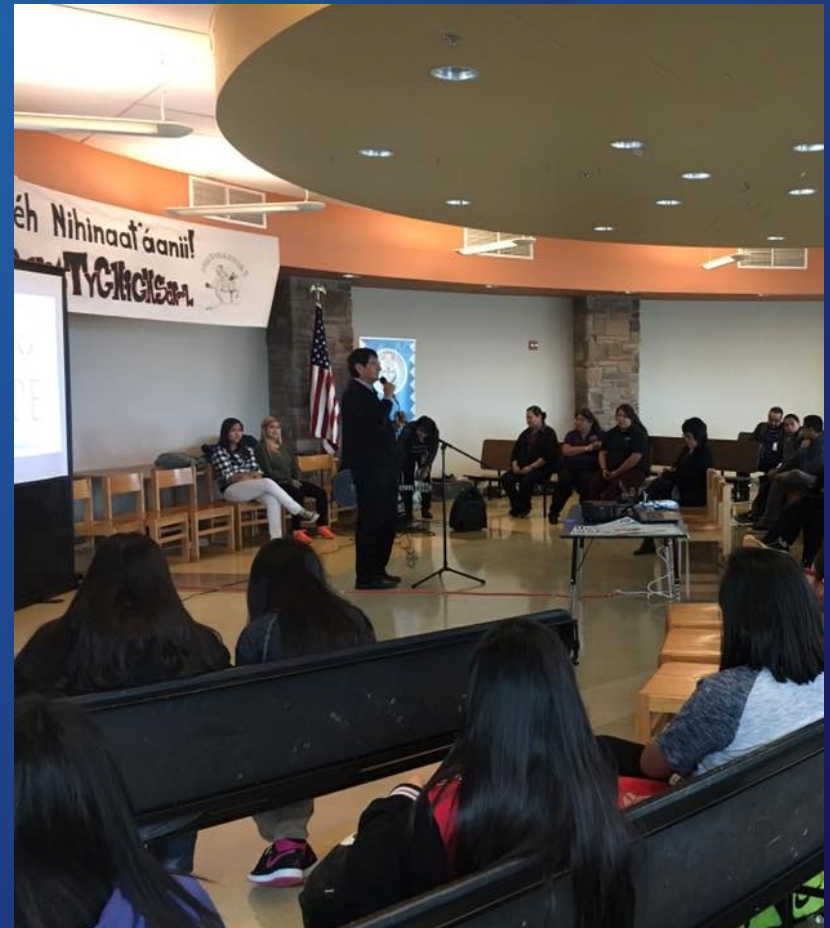


- To teach and discuss the signs/symptoms of suicide
- To establish a working team
- Plan, provide and move the initiative to address the prevention, intervention, and postvention tasks
- To define and establish crisis response teams
- To identify funding sources

BCOH Events



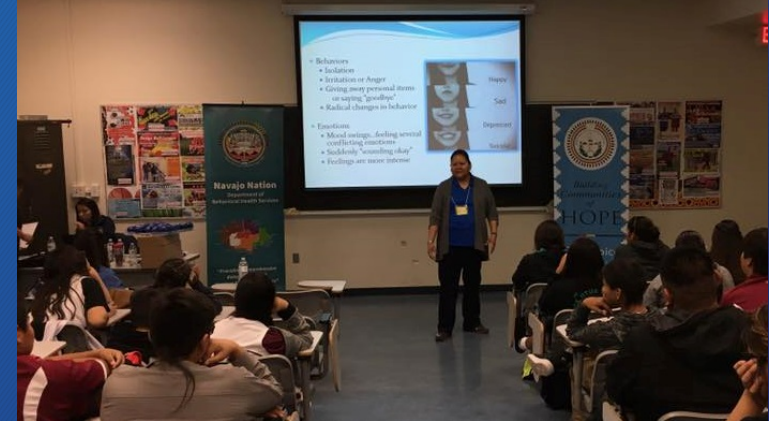
- Dec. 14, 2015 – Present
- Overall 74 Locations
 - 36 Middle/High Schools Locations
 - 3 Combined Middle and High Schools Events
 - 3 University Locations
 - 20 Community/Event Locations
 - 9 Locations NN Employees Attended
 - 5 Being Resilient and Coping with Stress Events



BCOH Presentation



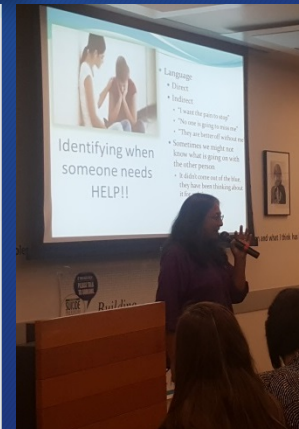
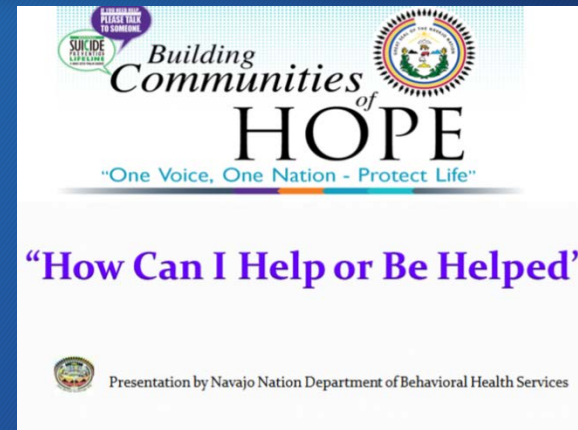
- Speakers
 - NN OPVP/Legislative Branch
 - NN DBHS Clinical Personnel
 - Motivational Speakers
- Clinical Personnel Monitoring
- Traditional Practitioner and Faith Based Counselor Onsite
- DBHS and Additional Resources Prevention Booths
- Resiliency Storytelling
- BCOH Evaluation



BCOH Clinical



- “How Can I Help or Be Helped” Presentation
- Empower Native Youth, Families, and Communities
 - Verbal, Behavioral, Situational Signs & Symptoms of Suicide
- Promote Protective Factors
 - Cultural Teachings/Stories, Language, Prayers, Songs, Landmarks, Animals/Pets, Ceremonies/Spiritual events, Family, and Kinship
- Clinical Support Available at BCOH events for debriefing



BCOH Motivational Speaking



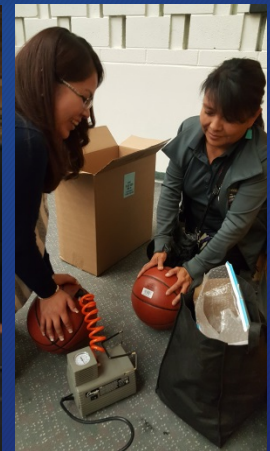
- Instill HOPE – “Siihasin”
- Personal Experience
 - Grief & Loss
 - Coping Skills
 - Healing
- Promote Protective Factors
 - Music, Sports, Education, and Humor, Resources, and Kinship
- Encouragement to reach out for Help



BCOH Prevention & Planning



- Instill HOPE – “Siihasin”
- Education & Awareness
- Prevention Booths
- Promote Resilience
 - Mental, Emotional, Physical, and Spiritual Wellness
- Promote Protective Factors
- Promote Kinship



BCOH: Being Resilient and Coping with Stress



- Complementary Presentation to BCOH
 - Follow up
- Promotes Resilience
- Education & Awareness
 - Stress Management
 - Coping with Stress
 - Self-Care
- Prevention Booths



BCOH Evaluation



- After each BCOH, evaluations are completed
- Evaluation collects:
 - Demographics
 - Utilizes Likert Scale on Perception on Event
 - Comments and Recommendations
- Standardized Evaluation Form
 - Compare
 - Develop Trends
 - Enhance Services

Building Communities of HOPE
"One Voice, One Nation – Protect Life"
2016

Name of Location: _____ Date: _____

Please circle what best represents you:

1. Gender: Male Female LGBTQ

2. Age Group: 0-17 18-29 30-39 40-49 50-59 60+

3. Please rate each of the following:

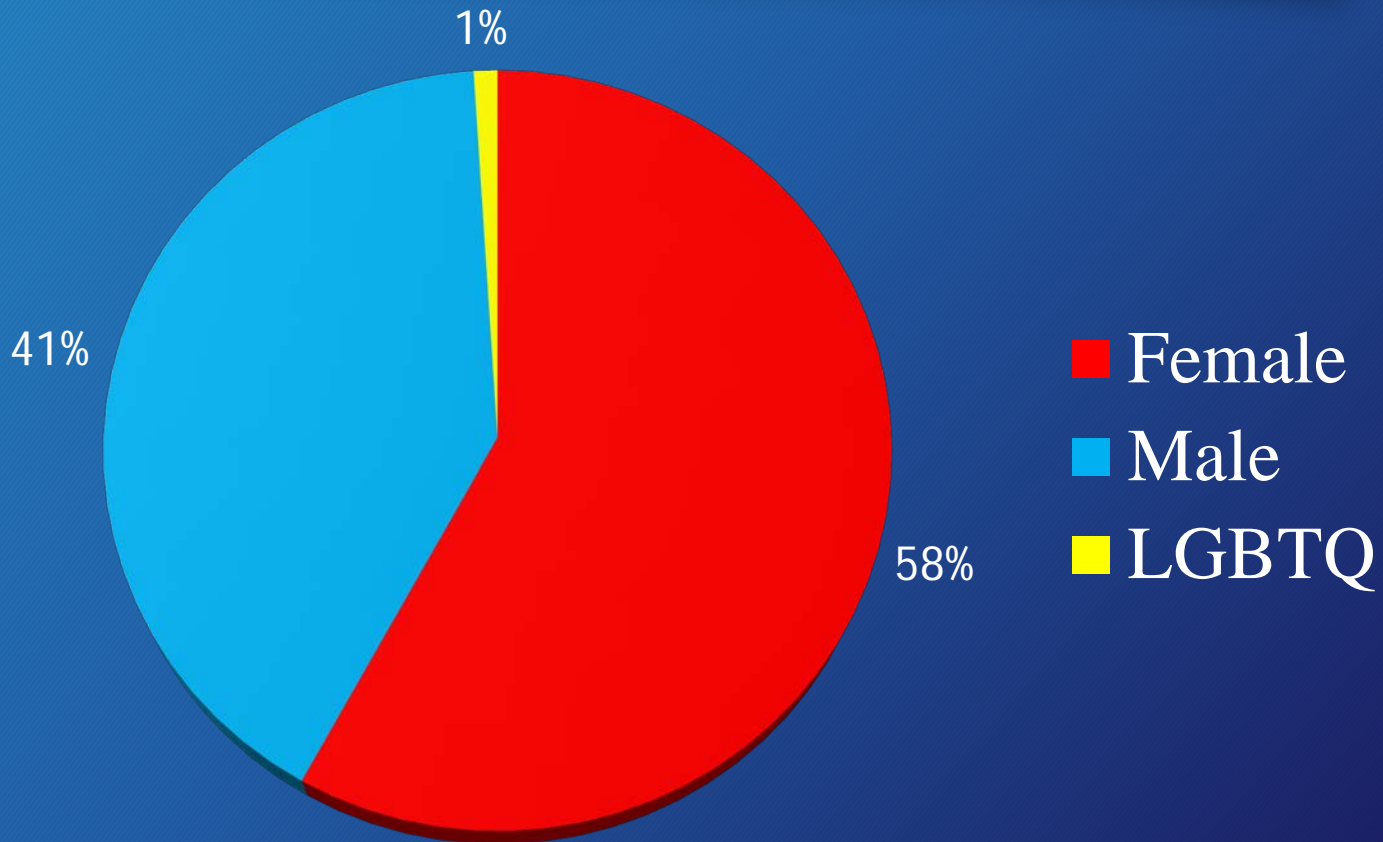
	Excellent	Good	Average	Below Average	Poor
a. The information presented was useful to me.	0	0	0	0	0
b. The handouts/materials helped in my understanding of topic.	0	0	0	0	0
c. The presenter(s) explained the information clearly.	0	0	0	0	0
d. I feel I learned new information or ideas in this event.	0	0	0	0	0
e. I believe I will be able to apply what I learned.	0	0	0	0	0
f. I believe there is help/support out there.	0	0	0	0	0
g. The activity was well organized.	0	0	0	0	0
h. Rate your overall satisfaction with the event.	0	0	0	0	0

4. Additional comments you would like to share:

5. What would you recommend to make this presentation better?

NINCOH EVAL FORM 1: updated 05/31/2016

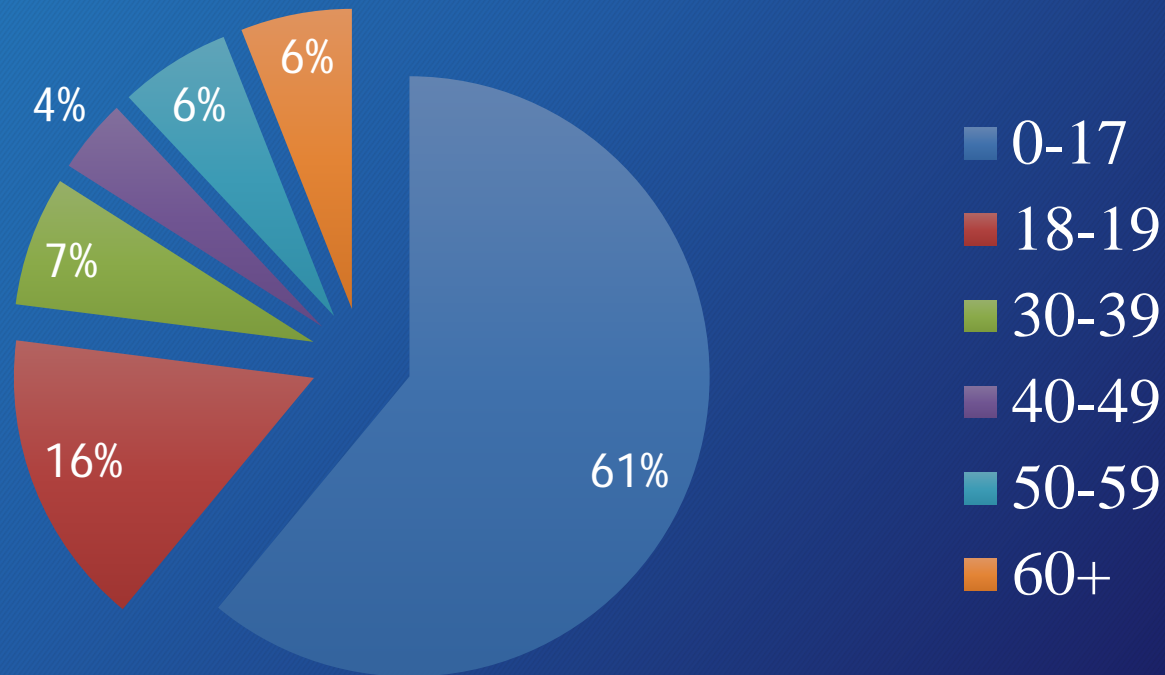
BCOH Demographics: Gender



BCOH Demographic: Age Group



Age



BCOH Data



- **58%** Found the Information Useful
- **45%** Indicated Handouts/Materials help their understanding
- **56%** Learned New Information or Ideas
- **56%** Believe they will be able to apply what they learned
- **60%** Believe there is Help/Support available
- **64%** Rated overall satisfied with the presentation

BCOH: Making A Difference



- “Coming from a suicidal point of view this presentation was so helpful to me. I learned that I am not alone and that I shouldn’t resolve my temporary problems with a permanent solution. We should have more assemblies like this.”

- March 2016



- “Thank you for your experiences/strength/hope. Was very powerful message. Alcohol & drugs is a real serious problem on the Navajo Nation.”

- March 2017



BCOH: Making A Difference



- “Thank you for your experiences/strength/hope. Was very powerful message. Alcohol & drugs is a real serious problem on the Navajo Nation.”
 - March 2017
- “The presentation is making me feel better so I can do better to the future.”
 - July 2017
- “This is a very good program. I appreciate all the work everyone does to protect our people.”
 - August 2017



BCOH Lessons Learned



- Cultural Sensitivity
- Limited Resources
- Crisis Response Team Development
- Collaboration Barriers
- Stigma of Mental Health
- Distance
- Limited Data Collection



BCOH Partnerships



- NN Office of the President and Vice President
- NN Division of Behavioral and Mental Health Services
- NN Special Diabetes Project
- Navajo Police Department
- NN Division of Social Services
- Indian Health Services (IHS)
 - 638 Programs
 - MSPI Programs
- Native American for Community Action, Inc.
- Navajo Epidemiology Center
- Consultants
- NN Youth Advisory Council
- Community Members
- Navajo Nation Council
- Office of Diné Youth
- Dept. of Public Safety
- NN Judicial Branch
- Capacity Builders
- Community Bridges



Next Steps



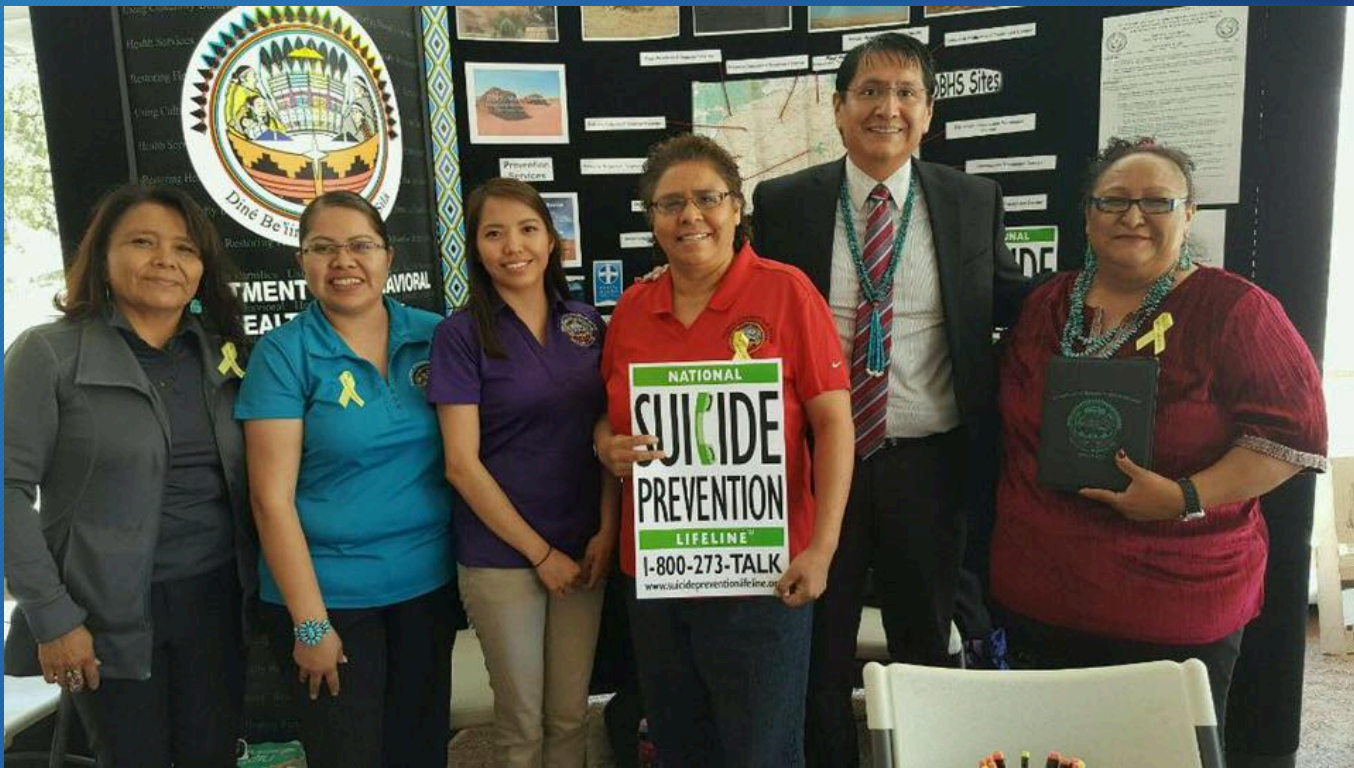
- Cyber Bullying Law # CJA-09-18
- Two (2) Chaplains
- Ongoing Training for the CRT
- Enhance Crisis Response Team Efforts
- Continue Building Collaborative Efforts
- Crisis Response Hotline





DON'T LET ANYONE MAKE YOU BELIEVE DIFFERENTLY. YOU ARE VALUABLE.

One Voice, One Nation – Protect Life



Thank you!



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