

Persistent Community Connection

Getting Stood Up, Stared Down, Tested and the
Powerful Payoffs



During Our Time Today We Will:

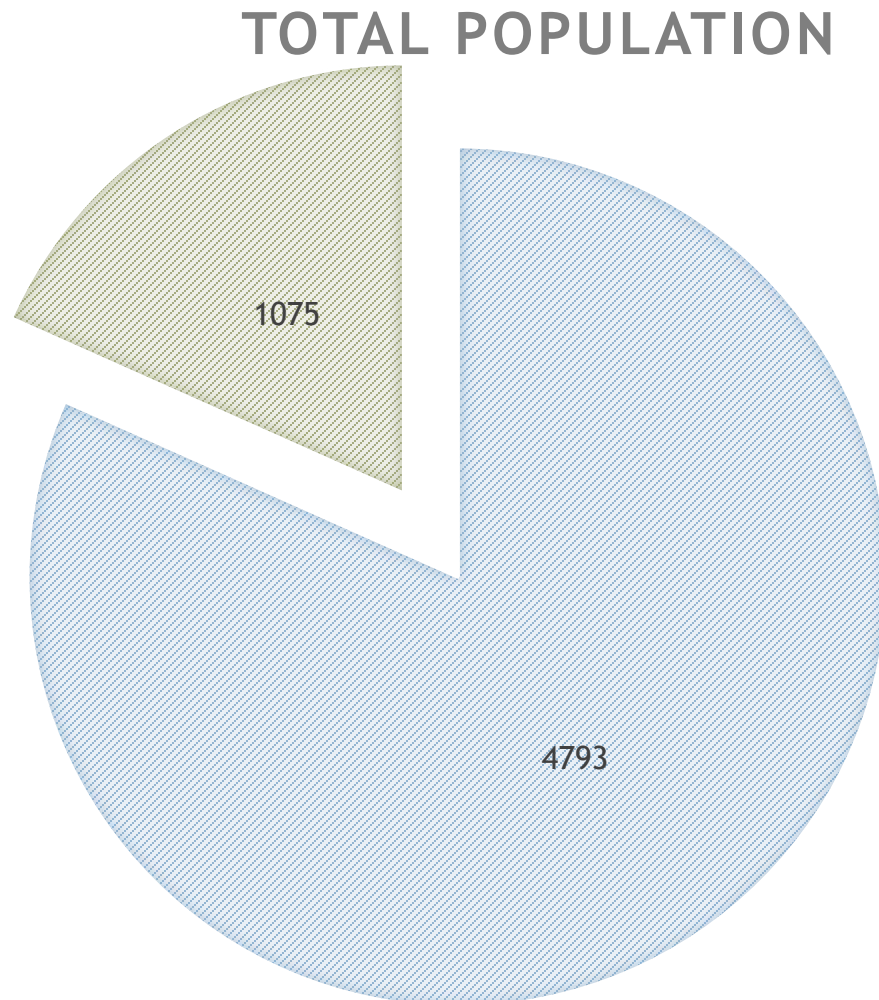
- Compare how a committed young community member can impact the “resistant youth” differently than an office bound therapist
- Describe how to naturally implement traditional ways to help youth learn to process and deal with intense emotions with positive impact
- Demonstrate the progression of life changing goals, when youth first determine what they want to achieve, at initial point of engagement



Tulalip Tribes



Tulalip Tribes



As of 7/6/18

- We have 4804 Tulalip Tribal Members
- 1074 male ages 0-21



Tulalip Tribes

- The 18 youth this grant has been serving in 2 years may not seem like a high number BUT:

The cost of hospitalizing, or housing them in a detention center IS high BUT,

The loss of their lives is priceless to the community.



H O L E S

Our focus is Native males who:

- are 13-21 AND “Disengaged”

And/or:

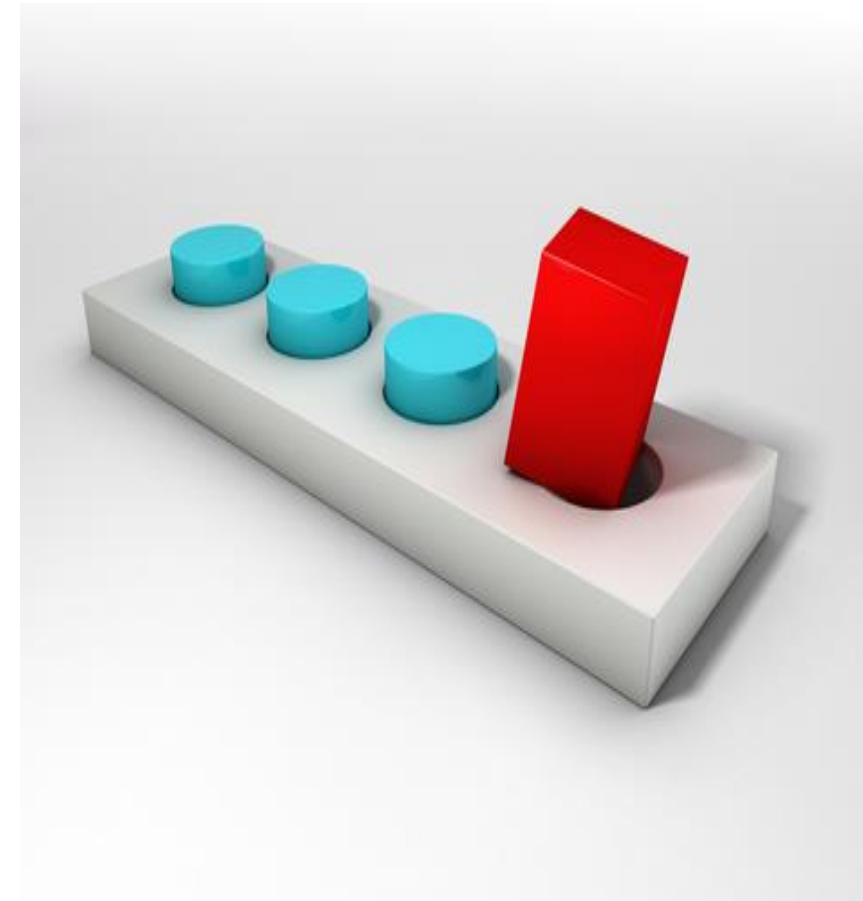
- Were Suicidal
- Had Mental Health Issues
- Substance Issues
- Couch surfing



First Look Back

What were their reasons for not using the other systems

- Being told again “what to or what not to do”
- Not going to sit in someone’s office and have them just stare at me
- “We” just don’t go to counselor’s
- I’ll get turned in to.....
- They don’t really want to know me or what happens here
- I am not one of the “chosen guys”...



What Might Work

- Go to where they are.... Meet where they want...
- Drive a **BIG BLACK** truck!
- Weave culture and traditions into interactions
- FOOD...
- Walk the talk
- Persistence... repeat... repeat
- Acknowledge it was going to be hard work



How do we do this?

- Look for Funds to support this new approach
 - North Sound Behavioral Health Organization Mental Health Block Grant
 - Opportunity to reach out to specific tribal population with some flexibility... thinking outside the box
 - Chance to try new idea out
 - Still required to track work and progress
 - Able to review what was working and what needed adjustments



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How will we know if it is working

- Decrease in suicide ideation and postings
 - Increase in feelings of self regulation and social emotional behavior
 - Increase in connection to services
 - Re-engagement in school
 - Increase in reporting feeling positive about future goals
 - Increase in cultural activities
- Measure by:
 - Self report
 - PHQ
 - Decrease in suicidal ideation in Facebook posts and texts
 - Satisfaction surveys
 - Family reports



What Was Frequently Missing

- CONNECTION
 - Culture
 - History
- Someone who is visible and responsive...
 - The BIG BLACK



The RIGHT Community Connection

Someone who knew all the old “Tricks” and Rez “Hangouts”...

Someone who has been there and made it through so the youth can see the possibility of
SUCCESS!



Weaving in Therapeutic Techniques

Scheduled Case Review-2x a Week

- Consulting on Each Youth Weekly-
Concerns
Barriers
Next Steps
- Supportive TEAM

No problem is insurmountable. With a little courage, teamwork and determination a person can overcome anything. Anonymous



GOALS

- In the Past:

- Focusing on what they need to do
- The MAIN goal
- The PLAN
 - What youth should be doing to be successful

- Trying it differently

- What do you want to do right now
- Narrowing goals down so success can happen fast
- What makes YOU excited-
 - Football
 - Drawing - Carving
 - Music
- Now Build future goals
 - Once success is possible is continues to grow



Music

- Which one was the key ?.....



Bonus points if you know the artists... and title????



Not a Silo Approach

- Tulalip Tribes Chemical Dependency
- Local AA and NA groups
- Tulalip Tribes mental health counselling
- beda?chelh
- Tulalip Health Clinic
- Other area Medical Clinics
- Marysville School District employees
- Everett Community College
- Tulalip Employment Rights Office



Why does it take so LOOOOOOOOOONNNNNNGGGGG

- Getting Stood Up, Stared Down, Tested
 - TRUST has to be established and built
 - Are you really going to be there for me?
 - Then TESTED.... Maybe try to push away...
 - Before many feel they can “Be Real” with someone



What Does Culture Got To Do With It?

- Why sometimes culture is lacking in their lives?
- Began to add it in a way that is encouraging and encompassing
 - Learn together - Praying
 - Songs
- Bringing in community singers and drummers to share



What Does Culture Got To Do With It?

- Dealing with ANGER in healing way
 - Sharing the teaching with others
- Dealing with substances by asking the ancestors for guidance
- Once the door starts to open then more interest and learning develops
 - Learning more about their land
 - Traditions



Steps forward ... and back.... and forward Again

Make it past all the testing... Making great progress...
and then ... ????

Could be:

- Family resistant to change
- Outside systems going too fast
- Just feeling uncomfortable with the change... even if it is good



Group

- Bring together the guys who are struggling with the same issues
 - Discuss how currently deal with issues
 - Learn from each other
 - Problem solve
- Moving to youth led
 - Often they step up to be the leader of the next group

Group

- Coming together in hard times
 - Following the last suicide death in our community
- Staying connected..... Even without me
 - Real supportive relationships

What Did We Find

- Results from PHQ:

- Difficult to get going
 - The youth resistant to do in beginning
- The longer in the program the better the results on their PHQ (lower score)
 - No one went up
 - One score went from 18 to 6!
 - 1 youth went to 0 this last time

- Decrease in suicidal ideation in Facebook posts and texts

- 6 youth were posting; 2 posting several times a week.

Now 1 doesn't post at all, the other occasionally posts, but also will reach out to Cody sometimes before he posts



What Did We Find?

- Self Report:
 - All of the youth reported they felt more understood and supported by this program
 - Report I can talk about how I feel in a better way
 - 80% feel more hopeful about things in their life now
 - 2 did get enrolled in GED program and are close to completion.
 - 2 stayed in school and are on track to graduate
 - 2 more enrolled in school that had not been in school for over a year and half



What Did We Find?

Family Report:

- At first.. Why you .. What You Offering
- Then Noticing
 - More helpful
 - Communicating more
 - Able to talk through feelings
 - Building back relationships
 - Being more healthy
 - Being more involved in their community



Satisfaction Surveys

When asked to describe their involvement in this group in 1 word..... (or more if you would like)

- Thankful
- Love it
- Cool
- I feel heard
- Feels good to be helped
- Great help



Satisfaction Surveys

When asked to describe their involvement in this group in 1 word..... (or more if you would like)

- My life matters and I can tell someone my feelings and feel safe
- You did not stop on me when I stopped on you... you really helped me
- Best support I got

Dan George (Chief) 1899 - 1981

Tsleil-Wauthth

My friends, how desperately do we need to be loved and to love. With it we are creative. With it we march tirelessly. With it, and with it alone, we are able to sacrifice for others.



Real Life Changes Happen

- Moving forward from tragedy-
 - From a runaway using heroin several times a day, to not hiding and coming off drugs and now ...WOW
- From Depression and Isolation to Music Prodigy

Dear Past,
thank you for
all the lessons.
Dear Future,
I'm now ready.

QUOTEDIARY.ME

Thank You



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