**NATIVE YOUTH SUICIDE**

creating a better future for our next generation

---

**STATISTICS**

In the past year alone, the Flathead Indian Reservation in Montana has lost 20 lives to suicide with an unknown number of attempts.

Suicide is the third leading cause of death for Americans between the ages of 10-24 and American Indian/Alaska Native population has the highest rate of death by suicide of all ethnic groups.

Montana is ranked third in the nation for death by suicide and it is the 2nd leading cause of death for ages 10-44.

---

**CURRENT POLICIES**

Senator Jon Tester (D-MT) has secured $50,000 to combat the suicide epidemic in Indian Country.

The Indian Health Service has developed community-wide initiatives for suicide prevention with a focus on increased connections between youth and culture.

Currently, there are at least four grants in place within the Confederated Salish and Kootenai Tribes with clauses that specifically target youth suicide.

---

**PREVENTION RECOMMENDATIONS**

Holistic methods for healing, prevention and wellness in Indian communities.

Development of culturally appropriate school curriculums that cover traditional/healthy nutrition, living well, and being culturally active.

Risk factors that play into suicide such as depression, anxiety, poverty, poor nutrition, lack of connection to culture and tribal ways; all can mitigated through thoughtful engagement with youth at their most critical years.

This means that engaging them in good mental, physical, spiritual and emotional practices that can lessen the probability of suicide in the future. These means not only work against suicide but also the common chronic illnesses that plague our communities such as diabetes, obesity, hypertension and depression.

Cultivating a focus in our communities on; living well, cultural engagement, proper nutrition, physical activity, and positive coping skills can help all areas of life most importantly in mitigating suicide risk factors.

---

**MOVING FORWARD**

The Warrior Movement by Arlee basketball team is a suicide prevention media campaign that fosters mentorship and good role models through sports on the Reservation.

Continued work in schools or youth gatherings to bring positive coping skills, emotional capacity building, and resiliency among tribal youth.