TEAM

Success is working with GREAT people!
Suicide rising across the US

More than a mental health concern

Suicide rates rose across the US from 1999 to 2016.

Increase 38 - 58%
Increase 31 - 37%
Increase 19 - 30%
Increase 6 - 18%
Decrease 1%

<table>
<thead>
<tr>
<th>Circumstance</th>
<th>AI/AN</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total decedents</strong></td>
<td>1,339 (87.5)</td>
<td>93,403 (89.8)</td>
</tr>
<tr>
<td>Cases with known circumstances&lt;sup&gt;6, **&lt;/sup&gt;</td>
<td>1,339 (87.5)</td>
<td>93,403 (89.8)</td>
</tr>
<tr>
<td><strong>Suicide event</strong></td>
<td></td>
<td></td>
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<tr>
<td>History of suicidal thoughts or plan&lt;sup&gt;1, †&lt;/sup&gt;</td>
<td>111 (33.4)</td>
<td>6,955 (32.7)</td>
</tr>
<tr>
<td>History of suicide attempts&lt;sup&gt;6&lt;/sup&gt;</td>
<td>308 (23.0)</td>
<td>18,935 (20.3)</td>
</tr>
<tr>
<td>Disclosed suicidal intent&lt;sup&gt;6&lt;/sup&gt;</td>
<td>457 (34.1)</td>
<td>26,377 (28.2)</td>
</tr>
<tr>
<td><strong>Interpersonal</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intimate partner problem&lt;sup&gt;6&lt;/sup&gt;</td>
<td>524 (39.1)</td>
<td>27,464 (29.4)</td>
</tr>
<tr>
<td>Family relationship problem&lt;sup&gt;6&lt;/sup&gt;</td>
<td>83 (10.6)</td>
<td>4,965 (8.8)</td>
</tr>
<tr>
<td>Victim of interpersonal violence within past month&lt;sup&gt;6&lt;/sup&gt;</td>
<td>21 (1.6)</td>
<td>444 (0.5)</td>
</tr>
<tr>
<td>Perpetrator of interpersonal violence within past month&lt;sup&gt;6&lt;/sup&gt;</td>
<td>91 (6.8)</td>
<td>3,107 (3.3)</td>
</tr>
<tr>
<td>Argument preceded death&lt;sup&gt;6, 8&lt;/sup&gt;</td>
<td>154 (19.7)</td>
<td>6,102 (10.8)</td>
</tr>
<tr>
<td><strong>Life stressor</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Victim in custody&lt;sup&gt;6, **&lt;/sup&gt;</td>
<td>76 (5.0)</td>
<td>2,458 (2.4)</td>
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<tr>
<td>Released from institution within previous month&lt;sup&gt;5, 7, 77&lt;/sup&gt;</td>
<td>17 (4.6)</td>
<td>1,885 (8.2)</td>
</tr>
<tr>
<td>Criminal legal problem&lt;sup&gt;6&lt;/sup&gt;</td>
<td>201 (15.0)</td>
<td>8,493 (9.1)</td>
</tr>
<tr>
<td>Civil legal problem&lt;sup&gt;6&lt;/sup&gt;</td>
<td>34 (2.5)</td>
<td>3,420 (3.7)</td>
</tr>
<tr>
<td>Physical health problem&lt;sup&gt;6&lt;/sup&gt;</td>
<td>144 (10.6)</td>
<td>21,655 (23.2)</td>
</tr>
<tr>
<td>Job problem&lt;sup&gt;5, 88&lt;/sup&gt;</td>
<td>92 (7.6)</td>
<td>12,038 (13.2)</td>
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<tr>
<td>Financial problem&lt;sup&gt;5, 89&lt;/sup&gt;</td>
<td>76 (6.3)</td>
<td>12,211 (13.2)</td>
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<tr>
<td>School problem&lt;sup&gt;5, 89&lt;/sup&gt;</td>
<td>36 (21.4)</td>
<td>688 (22.0)</td>
</tr>
<tr>
<td>Eviction/Loss of home</td>
<td>25 (1.9)</td>
<td>2,525 (2.7)</td>
</tr>
<tr>
<td>Suicide of friend or family member&lt;sup&gt;6&lt;/sup&gt;</td>
<td>79 (5.9)</td>
<td>1,737 (1.9)</td>
</tr>
<tr>
<td>Death of friend or family member&lt;sup&gt;6&lt;/sup&gt;</td>
<td>618 (8.6)</td>
<td>17,242 (18.5)</td>
</tr>
<tr>
<td>Any crisis within last 2 weeks&lt;sup&gt;6&lt;/sup&gt;</td>
<td>411 (30.7)</td>
<td>26,815 (28.7)</td>
</tr>
<tr>
<td><strong>Mental health/Substance use</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current mental health problem&lt;sup&gt;6&lt;/sup&gt;</td>
<td>371 (27.7)</td>
<td>43,614 (46.7)</td>
</tr>
<tr>
<td>Current depressed mood&lt;sup&gt;6&lt;/sup&gt;</td>
<td>489 (36.5)</td>
<td>38,940 (41.7)</td>
</tr>
<tr>
<td>Current mental health treatment&lt;sup&gt;6&lt;/sup&gt;</td>
<td>261 (19.5)</td>
<td>31,987 (34.2)</td>
</tr>
<tr>
<td>History of mental health treatment&lt;sup&gt;6&lt;/sup&gt;</td>
<td>311 (23.2)</td>
<td>37,499 (40.2)</td>
</tr>
<tr>
<td>Reported alcohol use in hours preceding death&lt;sup&gt;6&lt;/sup&gt;</td>
<td>651 (48.6)</td>
<td>23,370 (23.0)</td>
</tr>
<tr>
<td>Alcohol abuse problem&lt;sup&gt;6&lt;/sup&gt;</td>
<td>371 (27.7)</td>
<td>17,242 (18.5)</td>
</tr>
<tr>
<td>Substance abuse problem other than alcohol&lt;sup&gt;6&lt;/sup&gt;</td>
<td>202 (15.1)</td>
<td>14,365 (15.4)</td>
</tr>
</tbody>
</table>

**Abbreviations:** AI/AN = non-Hispanic American Indian/Alaska Native; aOR = adjusted odds ratio; CI = confidence interval; NVDRS = National Violent Death Reporting System.
Navajo Youth Risk Behavior Survey 2011

- Wore seat belts: 90% - MS students, 87% - HS students
- Ever tried suicide: 11% - MS students, 15% - HS students
- Smoked cigarettes: 29% - MS students, 62% - HS students
- Were enrolled in a PE class: 58% - MS students, 44% - HS students
- Currently drinking alcohol: 26% - MS students, 38% - HS students
- Used cocaine: 6% - MS students, 11% - HS students
- Had sexual intercourse at least once: 9% - MS students, 38% - HS students
- Trying to lose weight: 57% - MS students, 8% - HS students
- Reported ever carrying a weapon (gun, knife, or club): 33% - MS students, 8% - HS students

Number of Participants:
- 81 Middle Schools - 9,152 students
- 46 High Schools - 10,055 students
- Been in a physical fight during the past year: 47% - MS students, 45% - HS students
- Were not physically active at least 5 times during the 7 days before the survey: 58% - MS students, 13% - HS students
Fort Defiance, AZ Service Area

- Approximately 45,000 user population in 18 communities across 2 states.
- Provide Service to 23 schools: 4 Public, 6 BIE, 1 Charter & 2 Christian Based
- SBMH Services: (1) Public School-Window Rock School District.
WELLNESS

- **Just Move it**
- **Keep on Moving it**
- **Walk for Hozho**
- **Zumba**
- **Tai Chi**
CULTURAL
Uniting Evidence, Practice and Culture

We strive to provide effective services which are available for all age groups, with different formats to address mental and behavioral health. We have a variety of evidence and practice based programs which also incorporate cultural practices. See our list of services.

Cultural Services

Coping with Culture Crafts
Demonstrate and interpret the important values of self-understanding and growth through Native crafts and activities.

Partnership with Parents
Provide and engage parents in improving knowledge and parenting skills to work with their children, using culture crafts, self-esteem activities, and team building.

Spiritual Services
Provide spiritual services to encourage healthy coping skills, emotional expression and holistic rejuvenation through spiritual wellness and ceremonies.

Story Telling
Native Origin stories are used to promote cultural identity, sense of belonging and restore overall balance toward a journey to Hozho.

EVIDENCE & PRACTICE BASED SERVICES

Question, Persuade & Refer - Gatekeeper Training (FB)
Target Audience: Adults
Duration: 1-3 hrs.
Suicide training on 3 simple steps anyone can learn to help save a life from suicide.

Mental Health First Aid - Youth and Adult Focus (FB)
Target: Adults (max 30 participants)
Duration: 8hrs
MHFA is the help provided to a person who is receiving or the crisis resolves.

Meth 360 PB
Target Audience: All Ages
Duration: 360 mins - 1yr
Provides information on Meth facts, affects on users, negative impacts, prevention/intervention and treatments.

Fatherhood/Motherhood is Sacred
Target Audience: Adults
Duration: 12, 3hr Sessions
Culturally rich model that focuses on parenting skills to help children meet their maximum potential for success in life.

Project Venture (FB)
Target Audience: Youth
Duration: 159 hrs
Combination of experiential education and positive learning environment to support and guide positive life choices of youth.

Navajo Wellness Model
Target Audience: All Ages
Duration: 12 Sessions
Cultural model which emphasizes core Navajo teachings about personal and family, health, wellness, and healthy lifestyle.

Tai Chi
Target Audience: All Ages
Duration: 7-24 Sessions
"Yang Style" based Taiji Quan forms with built-in practice variations. Can be done in seated or standing positions.

SCHOOL-BASED MENTAL HEALTH
for Window Rock Unified School District

- Intake and Assessments
- Individual and Group Counseling
- Family Consultations
- Substance Abuse Counseling
- Grief and Loss Support
- Sand Tray Therapy
- Botvin Lifeskills
- Crisis Intervention
- Parental Education/Training
- Classroom Presentations on MH
- School Staff Training
- TMC Referrals
- Other Referrals

OTHER PRESENTATIONS AVAILABLE

- Domestic Violence & Safety Planning
- Teen Dating Violence
- Cultural Presentations
- Bullying
- Child Abuse and Neglect
- Stalking
- Sexual Assault
- Healthy Coping
- Stress Management
TRAINING


- 57% Improved MH Literacy
- 64% Reduced Negative Attitudes
- 89% Increased Confidence to Identify/Respond to Youth MH Issues
- 76% Increased Intentions to Engage in Help-Seeking Behavior
How it works
WHY SBMH?

• Research shows that students perform better when they show up for class healthy and ready to learn.
• Many school age children have limited access to comprehensive health services.
• SB health services can improve access to primary care and avoid health related absences.
• SB services supports success in the classroom.
SBMH OBJECTIVES

- To facilitate learning and improved school attendance.
- To educate and promote good physical and mental health.
- To prevent illness leading to disability and hospitalization.
- To promote healthy living by providing school-based primary and preventive health care and education to medically underserved youth.
PREVENTION

- Psychoeducation Groups
- In-Class Botvin Lifeskills: Research-validated to reduce the risks of substance use and violence.
- Project Venture: 32% Decrease Alcohol Use
- Fatherhood and Motherhood is Sacred
- Navajo Culture Activities
- Physical Activity
- Mobile Health: Illness, Injury, Physicals, Immunization, Medication
- Parenting Skills
- Quantum Learning
- Student Assistance Program
- Evidence-Based Trainings for Teachers/Staff/Parents
INTERVENTION

- School-Based Intakes
- School-Based Individual Therapy
- Psychiatric Evaluations
- Medication Management
- Crisis Intervention
- Parental Involvement
- Wellness Referrals
- Traditional Practitioner Referrals
- Residential-Treatment Referrals
TREATMENT MODALITIES

- Cognitive Behavioral Therapy
- Solution-Focused Therapy
- Strength-Based Therapy
- Motivational Interviewing
- Sand Tray Therapy
- Psychoeducation
SBMH SUCCESSES

6 Months of Services:
- Total Referrals: 61
- High Risk Patients: 22
- Direct SBMH Services: 31
- Referred to Other Resources: 22
WAYS TO IMPROVE
QUALITY IMPROVEMENT

- Increased Provider Accessability: In-Class/Group Sessions
- Hire (1) School-Based Mental Health Specialist
- Hire (2) Community Health Workers
- Appoint School Coordinator
- Train Parents/Teachers/Staff (QPR, MHFA, ASIST)
- Inclusion of Parental Consent in Enrollment Packets
- Standardize Crisis Response Protocol within School: High Risk Referrals to Medical Center
Questions?