



Walking the Path of the Warrior

**A Story of Healing from
Suicide and Substance Abuse**



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Data from 2023

According to data from 2023, approximately 135 people died by suicide each day in the United States. The World Health Organization reports that globally, more than 720,000 people die by suicide every year. In 2021, an estimated 727,000 individuals died by suicide globally, according to a WHO report released in May 2025. 

SUICIDE WARNING SIGNS FOR *Adults*

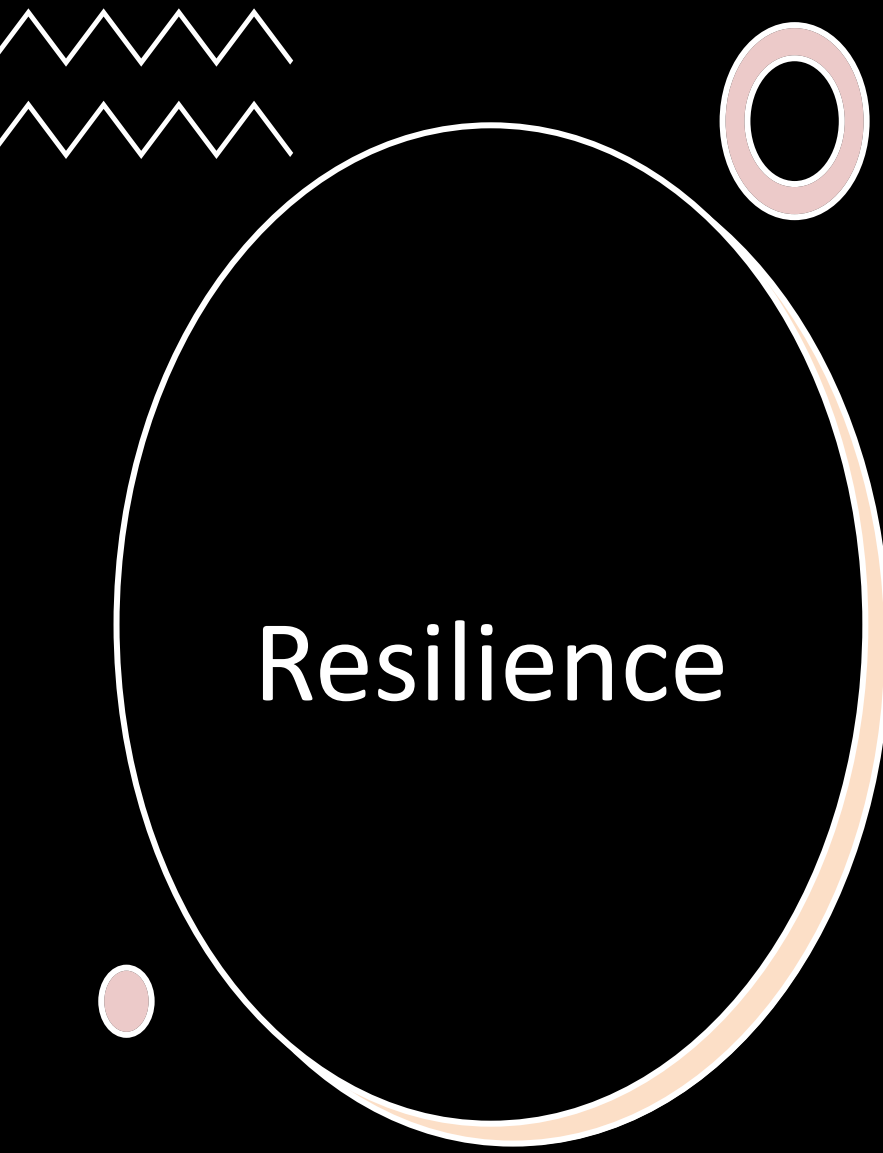
Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change:

- Talking about or making plans for suicide
- Acting anxious or agitated; behaving recklessly
- Talking about being a burden to others
- Talking about feeling trapped or in unbearable pain
- Increasing the use of alcohol or drugs
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



If you or someone you know is struggling or in crisis, help is available.
Call or text 988 or chat 988lifeline.org.

988
SUICIDE & CRISIS
LIFELINE



Resilience

Resilience

noun

- 1. The capacity to recover quickly from difficulties; toughness.
- 2. the ability of a substance or object to spring back into shape; elasticity: "nylon is excellent in wearability and resilience"



Lateral Violence

- Lateral violence in Native American communities refers to harmful behaviors—such as bullying, gossip, shaming, or undermining—that members of a marginalized group direct toward each other, rather than toward the dominant group or external oppressors.
- It is often described as "horizontal hostility" and is seen as a symptom of historical trauma, colonization, forced assimilation, boarding schools, and systemic oppression. Instead of confronting the structures that created the harm, the unresolved anger, grief, and trauma may get redirected laterally—within the community itself.
- **Key Aspects:**
- **Root Causes:**
 - Colonization and forced assimilation policies.
 - Intergenerational trauma from boarding schools, land dispossession, and cultural suppression.
 - Internalized oppression—when people unconsciously adopt negative stereotypes imposed on them.
- **Forms It Takes:**
 - Gossiping, spreading rumors.
 - Exclusion or social isolation.
 - Bullying and intimidation.
 - Criticism of cultural authenticity (e.g., “not Native enough”).
 - Sabotaging others’ opportunities.
- **Impacts:**
 - Weakened community cohesion.
 - Harm to youth identity and mental health.
 - Perpetuation of cycles of trauma.
 - Barriers to cultural revitalization and collective healing.

Bullying is repeated, intentional behavior that hurts, intimidates, or controls another person. It usually involves a **power imbalance** (physical strength, popularity, age, status, or access to embarrassing information).

Types of Bullying

1. Physical bullying

- Hitting, pushing, kicking
- Damaging someone's belongings

2. Verbal bullying

- Name-calling
- Teasing
- Threats

3. Social (Relational) bullying

- Spreading rumors
- Excluding someone on purpose
- Public humiliation

4. Cyberbullying

- Harassment through social media
- Sending threatening messages
- Sharing embarrassing photos or information online

Malicious gossip is the act of spreading rumors or sharing private information about someone with the intent to harm their reputation, relationships, or emotional well-being.

Key Characteristics:

- ◇ **Intent to harm** – The person sharing the gossip wants to damage someone's image.
- ◇ **Unverified or false information** – Often based on rumors, exaggerations, or lies.
- ◇ **Behind someone's back** – The subject usually isn't present to defend themselves.
- ◇ **Reputation damage** – Can affect personal, social, or professional life.

Effects of Malicious Gossip:

- Emotional distress (anxiety, shame, anger)
- Broken friendships or workplace conflict
- Loss of trust
- Social isolation

Example:

Spreading a false rumor that a coworker cheated on a project just to undermine their promotion chances.

Younger Relatives

Abstract

The prevalence of pediatric suicidal ideation and deaths by suicide continues to rise with suicide now representing the second leading cause of death in those age 10 to 24 years. To decrease the number of children experiencing suicidal ideation or death by suicide, we must improve suicide risk screening and access to mental health care, as well as continue to seek novel treatment modalities. Efforts are underway to address each of these objectives. This article will detail current research pertaining to the prevalence of suicidal ideation and death by suicide, the implementation of universal suicide risk screening, and data supporting ongoing treatment innovation. [*Pediatr Ann.* 2025;54(6):e184–e187.]

STRATEGIC DIRECTIONS

- Goal 1: Establish effective, broad-based, collaborative, and sustainable suicide prevention partnerships.
- Goal 2: Support upstream comprehensive community-based suicide prevention.
- Goal 3: Reduce access to lethal means among people at risk of suicide.
- Goal 4: Conduct postvention and support people with suicide-centered lived experience.
- Goal 5: Integrate suicide prevention into the culture of the workplace and into other community settings.
- Goal 6: Build and sustain suicide prevention infrastructure at the state, tribal, local, and territorial levels.
- Goal 7: Implement research-informed suicide prevention communication activities in diverse populations using best practices from communication science.

Great News

The new report shows that the prevalence of serious suicidal thoughts in 12-to-17-year-olds fell from nearly 13% in 2021 to 10% in 2024. And the prevalence of suicide attempts by teens also fell slightly — from 3.6% to 2.7%.

Key things I learned



I learned about self forgiveness



I learned about the meaning of hope



I learned it is ok to express my feelings



I learned that I am no burden to others



I learned that staying positive helps me daily



I learned the importance of helping others

**You
Matter**

[https://youtu.be/MW2JH5--
KII?si=hd75A3QNVIP8a_nf](https://youtu.be/MW2JH5--KII?si=hd75A3QNVIP8a_nf)

Information

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