



HONORING NATIVE LIFE

PRESENTATION TO NM INTERIM INDIAN AFFAIRS COMMITTEE

Presented on October 3, 2018 by:
 Teresa Gomez, MA, HNL Program Manager
 Cheryl Drapeau, HNL Program Specialist
 Caroline Bonham, MD, Vice Chair, Community Behavioral Health
 UNM Department of Psychiatry and Behavioral Sciences

INTRODUCTION

DATA ON AI SUICIDE IN US AND NM

United States

- In 2014, suicide was the second leading cause of death for American Indian/Alaska Natives between the ages of 10 and 34 cdc. National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (NISQSARS).
- In 2014, suicide was the leading cause of death for American Indian/Alaska Native girls between the ages of 10 and 14 cdc. National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (NISQSARS).
- While the overall death rate from suicide for American Indian/Alaska Natives is comparable to the White population, adolescent American Indian/Alaska Native females have death rates at almost four times the rate for White females in the same age group.
<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=39>

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New Mexico

The New Mexico Youth Risk and Resiliency Survey (NM-YRRS) is a classroom-based survey used to assess health risks and protective factors among NM high school and middle school students. Source: American Indian High School and Middle School NM YRRS Summary 2015.

Persistent sadness and hopelessness for at least 2 weeks:
 → Overall AI/AN: High School Students 35% compared to NM Statewide: 32.9%

Seriously considered suicide:
 → Overall AI/AN High School Students 17.8% compared to NM Statewide: 16.3%
 → Overall AI/AN Middle School Students 21.9% compared to NM Statewide: 20.8%

Made a suicide plan:
 → Overall AI/AN High School Students 13.4% compared to NM Statewide: 10.9%
 → Overall AI/AN Middle School Students 12.9% compared to NM Statewide: 11.7%

Attempted suicide:
 → Overall AI/AN High School Students 13% compared to NM Statewide: 9.6%
 → Overall AI/AN Middle School Students 11.2% compared to NM Statewide: 9

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Background on Creation of Clearinghouse

- Clearinghouse was legislatively created after several youth suicide clusters occurred in Tribal communities in NM.
- Recognition that while NM's 22 tribes are unique in their cultures and communities, there might be some benefit to having a central site to provide them with suicide prevention and post-vention information, data, training and other support.
- At the time of the second cluster, a statewide workgroup was initiated between the Tribes, the UNM Center for Rural and Community Behavioral Health (CRCBH), The State of New Mexico's Indian Affairs Department (IAD) and The NM Behavioral Health Purchasing Collaborative (BHPC), and the Indian Health Service (IHS) to begin coordination of information and support statewide.

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Creation of Clearinghouse

- In March 2011, New Mexico's State Legislature passed legislation establishing a Clearinghouse for Native American Suicide Prevention (Senate Bill 417).
- In consultation with New Mexico's Indian Affairs Department and New Mexico's Interagency Behavioral Health Purchasing Collaborative, the "Clearinghouse" was created to provide culturally appropriate suicide prevention, intervention, and post-event assistance statewide to Native American individuals, families and tribes, nations and pueblos living with suicide, attempted suicide or the risk of suicide.
- Senate Bill 417 passed both NM legislative houses unanimously, however, all funding was stripped from the bill including funds budgeted for "start-up"
- The agreed upon initial home for the Clearinghouse was the Native American Behavioral Health Program at CRCBH in UNM's Psychiatry Department because of CRCBH's clinical, research, and systems experience with tribes across the entire state.

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Recurring Appropriation and Special Appropriations

- University of New Mexico, Community Behavioral Health Division housed the Clearinghouse although the initial year did not have a legislative appropriation.
- By Fiscal Year 2013 (July 2012 through June 2013), the NM Legislature appropriated \$100,000 in recurring funds for the Clearinghouse.
- In FY 16, the NM Legislature appropriated an additional (one-time) \$200,000 for community based projects.
- For FY 19, the NM Legislature appropriated an additional (one-time) \$100,000 for special projects to include training for Mental Health First Aid, assist Tribes with building Crisis Response Teams, and to work with youth councils on culturally adapted suicide prevention curricula.

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Summary of State appropriations, services and projects

- FY 2012 (July 2011-June 2012): No Funds Appropriated
- FY 2013 (July 2012-June 2013): \$100,000
- FY 2014 (July 2013-June 2014): \$100,000
- FY 2015 (July 2014-June 2015): \$89,700
- FY 2016 (July 2015-June 2016): \$100,000 Plus additional \$200K which was used as pass through funds to fund 8 communities for community based projects.
- FY 2017 (July 2016-June 2017): \$97,300
- FY 2018 (July 2017-June 2018): \$91,500
- FY 2019 (July 2018-June 2019) \$92,800 plus additional one-time \$100,000 special appropriation to provide increased technical assistance and training for communities such as Mental Health First Aid Training, Train Youth in Suicide Prevention Curriculum, Assist Tribes to Build Crisis Response Teams, and host additional Youth Training which is scheduled for October 27, 2018.

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Creation of Honoring Native Life Program

The "Clearinghouse" Initiative evolved into the Honoring Native Life Program (HNL). Staff and stakeholder believed "Honoring Native Life" was a more appropriate and culturally relevant name for the program given this a subject is often difficult or taboo to talk about with Tribal communities

Staffing: 1.5-2 FTEs dedicated to HNL

Website, Newsletter, and Social Media:

- Redesigned and updated the Honoring Native Life website
- Redesigned the HNL Facebook page. These social and media strategies will increase awareness of HNL's services and activities with suicide prevention in tribal communities.
- HNL released a community Newsletter

Summits: Annual Youth Summits, Building Crisis Response Teams Summit, and Tribal Opioid Summits

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Native American Suicide Prevention Advisory Council (NASPAC)

- The New Mexico State Legislature created NASPAC (SB 447) in 2013
- The NASPAC, "...shall assist in developing policies, rules and priorities for the New Mexico clearinghouse for Native American suicide prevention." (New Mexico Statutes Chapter 9)
- The Clearinghouse for Native American Suicide Prevention will develop and implement culturally based suicide prevention initiatives specifically for the Tribes and Native American communities in New Mexico.
- NASPAC, in partnership with UNM CBH will establish local, state, and national resources that best fit the needs of Native Americans of New Mexico

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2018 HNL Accomplishments

2018 HNL Youth Summit

The HNL Youth Summit was held on April 20 and 21 at the Hotel Albuquerque at Old Town in Albuquerque, New Mexico. A total of 74 youth, 20 adults/facilitators, and 10 staff/volunteers attended the Summit. The attendees represented 9 tribal communities/organizations including Acoma Pueblo, Isleta Pueblo, Kewa Pueblo, Mesalero Apache Tribe, Ohlway Owingeh Pueblo, San Felipe Pueblo, Taos Pueblo, Thoreau community, and the Native American Community Academy.

Alliance-building for Suicide Prevention and Youth Resilience (ASPYR)

ASPYR aims to reduce youth suicide in New Mexico (NM) by providing advanced clinical training to behavioral health and health care providers and staff on identifying, screening, assessing, and intervening with youth who are at risk for suicide. ASPYR will also co-host the Honoring Native Life Youth Council Summit, which is intended to develop and support a youth-driven council that represents a collaborative group of youth and multidisciplinary stakeholders in the programmatic development and implementation of youth suicide awareness and education, peer-to-peer youth suicide prevention, stigma reduction and support for help-seeking behavior.

Mental Health First Aid Training

In partnership with the Indian Health Services' TeleBehavioral Health Center of Excellence and the Albuquerque Area Indian Health Services, HNL has provided numerous MHFA trainings to hundreds of Native American staff and individuals working in tribal communities nationally and in the State of New Mexico. MHFA curriculum is an evidence based curriculum and training program that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

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2018 HNL Accomplishments

2018 Tribal Opioid Summits

The NM Opioid STR Initiative, in collaboration with NM Behavioral Health Services Division (BHSD), University of New Mexico Department of Psychiatry & Behavioral Sciences - Division of Community Behavioral Health (CBH)/HNL Program and Indian Health Service Albuquerque Area Office (IHS-AAO), hosted two free Tribal Summits for tribal community behavioral health providers, Indian Health Service Unit staff, law enforcement and first-responders. The summit's focus included community readiness to address opioid treatment and addiction, available resources in our communities to address opioid use disorder, and building crisis response teams in tribal communities, was introductory in nature. NM Opioid State Targeted Response Tribal Summits: Espanola, NM on February 22nd and 23rd; Registered attendees: 94; Farmington, NM on March 8th and 9th; Registered attendees: 55

Breaking the Silence Curriculum Adaptations

HNL worked with Compassionate Touch Network, to produce cultural adaptations of the Breaking the Silence (BTS) curriculum. The BTS curriculum was developed by three teachers who are also mothers of children with a serious mental illness as part of NAMI's "Campaign to End Discrimination," with the hope of creating greater tolerance for all children with mental illness and to encourage them to seek help and early treatment. HNL initially identified tribal communities to work with on the cultural adaptations for Native American youth and communities. HNL utilized the "Toolkit for Modifying Evidence-Based Practices to Increase Cultural Competence" (Judith Samuels, PhD, Wendy Schudrich, MSW and Deborah Altschul, PhD) with an ultimate goal of having a cadre of youth trained in the BTS curriculum (cultural adaptations), who can provide the curriculum in a school and/or community setting.

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Looking Ahead FY2019

For the past few years the Community Behavioral Health Division at UNM has received funding to provide programming to support Native communities and families living with suicide, attempted suicide or the risk of suicide. HNL will continue to work with communities, families, and the HNL Youth Council to develop and implement culturally appropriate suicide prevention, intervention, and post-vention strategies. With additional funding, HNL proposes to expand its programming to include the following:

- Provide Technical Assistance and Training at community/tribal level:**
 - Offer Mental Health First Aid training to NM Tribal Communities
 - Offer training on Cognitive Behavior Therapy for Suicide Prevention and other Suicide Prevention Training
- Build capacity through regional summits on the following topics:**
 - Building Crisis Response Strategies for Tribal Communities
 - Substance Use, Addiction, and Treatment Options
- Build capacity of the HNL Youth Council:**
 - Youth Training (Yellow Ribbon) scheduled for October 27, 2018
 - Alliance-building for Suicide Prevention and Youth Resilience (ASPYR) partnership
- Staffing:**
 - NA student employment to support HNL Activities

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Questions & Answers

Contact Information

Dr. Caroline Bonham, University of New Mexico CBonham@salud.unm.edu

Teresa Gomez, University of New Mexico TBGomez@salud.unm.edu



