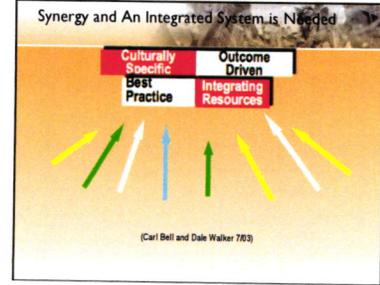
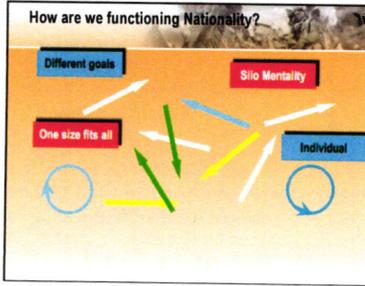


Native Generational Change  
Presentation by PhD, Cardozo Medical Anthropologist & CEO of Native Generational Change  
Dustin Pearson

## Montana Native American Youth Suicide Epidemic & Solutions

**Did you know**  
suicide by Native American youth is three times the national average?



### 10 Leading Causes of Death, MT 2013, AM Indian, Both Sexes

10 Leading Causes of Death, Montana 2013, AM Indian, Both Sexes

Rank	ICD-10 Code	Rate (per 100,000)	Rate Ratio	Rate Ratio 95% CI						
1	W01.0X0	10.1	1.0							
2	W01.0X1	8.1	0.8	0.7	0.9					
3	W01.0X2	7.1	0.7	0.6	0.8					
4	W01.0X3	6.1	0.6	0.5	0.7					
5	W01.0X4	5.1	0.5	0.4	0.6					
6	W01.0X5	4.1	0.4	0.3	0.5					
7	W01.0X6	3.1	0.3	0.2	0.4					
8	W01.0X7	2.1	0.2	0.1	0.3					
9	W01.0X8	1.1	0.1	0.0	0.2					
10	W01.0X9	0.1	0.0	0.0	0.1					

### Montana American Indian students living on or near a reservation

- During the 12 months before the survey, 31.4% of American Indian students had felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities.
- 23.2% of American Indian students had seriously considered attempting suicide during the 12 months before the survey.
- During the 12 months before the survey, 19.2% of American Indian students had made a plan about how they would attempt suicide.
- 20.6% of American Indian Students in Urban Schools had attempted suicide one or more times during the 12 months before the survey.
- During the 12 months before the survey, 4.6% of students statewide had made a suicide attempt that resulted in an injury, poisoning, or an overdose that had to be treated by a doctor or nurse.

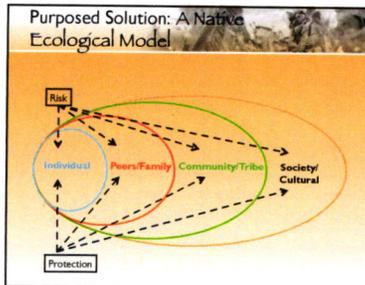
The Montana Youth Risk Survey By GPR, 2013

### Socio-cultural Risk Factors

- ✓ Lack of social support and sense of isolation
- ✓ Stigma associated with help-seeking behavior
- ✓ Barriers to accessing health care, especially mental health and substance abuse treatment
- ✓ Certain cultural and religious beliefs (for instance, the belief that suicide is a noble resolution of a personal di-lemma)
- ✓ Exposure to, including through the media, and influence of others who have died by suicide

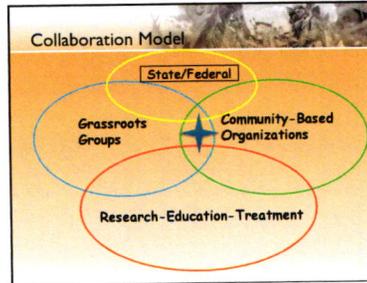
### Current Methods Being Used

- Implementation of the "Good Behavior Game" in 1st and 2nd grade. Studies have suggested that the skills taught in this game may delay or prevent onset of suicidal ideations and attempts in early adulthood (Wilcox et al., 2008).
- Implementation of evidenced-based school curriculums, such as Signs of Suicide (SOS), Teen Screen, Yellow Ribbon Program, Safe Talk, or the American Indian Life Skills Development, into Montana schools.



### Prevention, Treatment, and Rehabilitation Interventions

- Story Telling
- Talking Circles
- Sweat Lodge
- Ceremonies and Ritual
  - Purification
  - Passages
  - Naming
  - Grieving
- Drumming, singing, dancing
- Vision Quest
- Flute playing/meditation
- Reconciliation
- Mentoring
- Service learning
- Traditional Experiences Preservation



### Cultural Continuity

- When youth have a secure sense of the past, present, and future of their culture, it is easier for them to develop and maintain a sense of connectedness to their own future (i.e., self-continuity). Creating a positive relationship between some particular aspects of what they refer to as "cultural continuity" and reduced suicide and suicidal behavior among Native youth.
- Michael Chandler and Christopher Labriola, researchers at the University of British Columbia

### An Opportunity

#### "The New Office of American Indian Health"

Governor Bullock Quote in the Helena (AP)  
 "We have been falling short," Bullock said. He said the new office will address vast health disparities between American Indians and non-Indians in the state. A study done by the Department of Health and Human Services in 2013 shows that the average life expectancy for American Indians in Montana is 20 years shorter that for non-Indians.

[http://montana.com/news/indian-health-office-to-boost-care-among-indians-1081101000\\_1081101000.html](http://montana.com/news/indian-health-office-to-boost-care-among-indians-1081101000_1081101000.html)

### WHY NOT???

- Why not put seed capital from the governors office towards creating cultural sensitive models in Montana with Tribal Leaders, Elders, Grassroots Leaders, State Health Agencies, local health care providers and IHS all working together in a team setting like the Wounded Warrior Brigades; TRIAD of Care Approach, the Militaries Model created to deal with Suicide and other problems related to PTSD. And letting the state committee control how the resources is managed.

### The Minds of our Children are worth saving

### References

It's Like To See the Great Day That Comes  
 Preventing Suicide by American Indian and Alaska Native Youth and Young Adults. US Department Health and Human Services

2013 Montana State Strategic Suicide Prevention Plan

Dr. LaFromboise, Professor of Psychological and Developmental Sciences at the Graduate School of Education at Stanford University

National Center for Health Statistics (NCHS), National Youth Statistics System

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Native Adolescent Suicide: Emerging Community Based Integration Care Models. By Christine Carter, R. Dale Walker, PhD Patricia SR. Walker, PhD Michelle Singer  
[apjmcg@apjmcg.com](mailto:apjmcg@apjmcg.com) 78257061 Montana Youth Risk Survey