

COMMUNITY AWARENESS HONOR YOUR LIFE

Northern Cheyenne Tribal Health, MT-WY TLC,
Planting Seeds of Hope & Meth, Suicide Prevention Initiative



House Keeping

Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.

Please complete the evaluation at the end of this presentation.

For more information on Continuing Education Units (CEUs), please visit the Registration Desk

Comfort Room

To promote wellness and self-care, a Comfort Room is available in Atrium Room 8 for your use.

If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

Partnerships

Please include information on the importance of partnership/collaboration as related to your topic.

References:

"A Song from Sacred Mountain: Lakota-Dakota and Cheyenne Interviews" in Readings in American Indian Law: Recalling the Rhythm of Survival ed. by Jo Carrillo, Philadelphia: Temple University Press, 1998: 105.

Maine Indian Newsletter 5(1) January 1972, p. 6 cited in Peter Nabokov, Where the Lightning Strikes: The Lives of American Indian Sacred Places New York: Viking, 2006:19.

John Grim, "Introduction" in Indigenous Traditions and Ecology: The Inter-being of Cosmology and Community. Cambridge, MA: Harvard University Press for the Center for the Study of World Religions, 2001: xxiv - xli.

John Grim, "Religious Ecology, Place and Practice in Indigenous Traditions" Yale University School of Forestry and Environmental Studies

http://fore.research.yale.edu/religion/indigenous/Grim_Recovering_Religious_Ecology_with_Indigenous_Traditions.pdf

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Crisis Hotline Numbers

Suicide Prevention Lifeline Number:

1-800-273-TALK (8255)

National Domestic Violence Hotline:

1-800-799-SAFE (7233) or TTY 1-800-787-3224

National Child Abuse Hotline:

1-800-4-A-CHILD

Sexual Assault Hotline:

1-800-262-9800

HONOR YOUR LIFE

Prevention initiatives on Northern Cheyenne

Community Health Programs

HONOR YOUR LIFE Task Force



(left to right) R. Killnight, S. Messer, J. Timber-Jones, M. Whitedirt, J. Beartusk, D. Restadt, T. Brady, T. Mexican-Cheyenne, E. Little Coyote

Meth-Suicide
Prevention Initiative
Health Education
Behavioral Health
PSOH
Tobacco Prevention
Community
Volunteers
Spiritual Leaders
Ministerial Assoc.

Prevention Initiative Development

- Cultural strengths, de-colonization
- Mental/Spiritual Health
- Community capacity building
- Consistent community activities
- Behavioral Health Internship proposal
- Bullying prevention
- Two-Spirited LGBT

Prevention Activities

- Emergency Response team for schools
- Outreach
- Training
- GONA
- Social activities
- School-wide events
- Networking
- Cultural education
- Data collection



Community Outreach

- Lifting the Hearts of the Cheyenne nation
- Gather the women
- Healing the Healer
- Gathering of Native Americans
- Cheyenne nation 'Honor Your Life' Walk/Presentation



COMMUNITY GATHERINGS AGENDA

Prayer

Welcome Address

Meal

Survey

Presentations

Drawing for door prize

RISK FACTORS

Desiree Restad, MPH

Sophia Messer, BS Elementary
Education

STATS

- There are approximately 30,000 completed suicides in the US each year
- 20% or 6,000 of these completions are Veterans
- Between 2000 and 2005 suicide was the 9th leading cause of death for Montanans in all age groups
- Suicide was the number two cause of death for children ages 10-14, adolescents ages 15-24, and adults ages 25-34
- The highest rate of suicide in Montana was among American Indians at 21.47 per 100,000
- Caucasians followed at a rate of 19.33 per 100,000

Warning Signs

- Direct Verbal Clues: I've decided to kill myself!
- Indirect: I'm tired of life, family would be better off without me, soon you won't have to worry about me anymore
- Behavioral Clues: purchasing a gun, stockpiling pills, putting personal affairs in order, giving away prized possessions, behavior changes, suspicious behavior, A&D use
- Situational clues: Sudden rejection by a loved one, unwanted separation or divorce, death of loved one, unexpected loss of freedom
- Once they decide to end their life the hours before death are often filled with a kind of chipperness, even calm. This change in appearance and mood is a good time to apply QPR

RISK FACTORS

- ❑ Parental disconnect
- ❑ End of relationship
- ❑ Being bullied
- ❑ Access to Alcohol & Drugs
- ❑ Isolation
- ❑ Absence of spirituality
- ❑ Serving in the Military
- ❑ Low Self Esteem
- ❑ Peer Pressure

Q P R

- Q: Question – ask the question, “Are you thinking of suicide?” “Are you thinking of killing yourself?”
- P: Persuade – persuade them to get help, remove the means if safe, listen without judgment
- R: Refer – to mental health, traditional healers, spiritual leaders

HISTORICAL & CULTURAL RESOURCE IMPLEMENTATION

Rufus M. Spear - Site Coordinator/Data Collector
MT-WY TLC RMTWI-Northern Cheyenne Tribe
Joey Littlebird, MSPI Coordinator

Cultural Prevention Strategy

- CDC & Funding agencies encourage use of culture for prevention
- Tribal Identity
- Education and fulfillment of role in tribal society
- Children eager to be a part of something meaningful
- Instilling sense of responsibility, belonging & being loved



Respect and value life.

If someone is having a hard time dealing with events/situations in their life, give them your support and help them find a resource. Tell someone who can help.

If you are having a difficult time dealing with events/situations in your own life, be open to people who come to help you and support you. Seek help for yourself, even if it's your elders and traditional people.

Invest in learning, and remember, how Cheyenne view life and are to live.

Talk to each other and the youth about the dangers of suicide to the Cheyenne nation; losing people forever who commit suicide. Love each other.

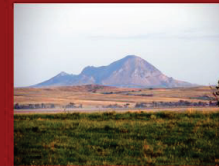


CHEYENNE UNITED

TSITSISTAS

Protect and preserve the life of our people

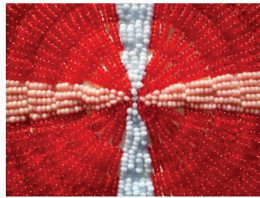
► **Respect life.
Take care of
each other.**



Talk to the elders and to each other



Respect life. Take care of each other.



Our Cheyenne ancestors had great respect for life. They worked hard to take care of each other. They prayed for each other, treated each other with respect, and watched out for each other.

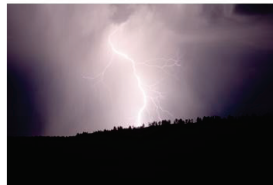
Each person in Cheyenne society had and has a very important role in life for which they were respected. Today, if we are to live healthy strong lives, we must remember the teachings, values, and principles of our ancestors. We have to be active in life, in our homes and communities, taking care of each other and ourselves the best way we can.

Two of the most destructive acts in Cheyenne are murder and suicide. When a Cheyenne takes another Cheyenne's life or their own, it desecrates the Sacred Arrow Covenant. When the Sacred Arrows are stained with Cheyenne blood, the Cheyenne people are not protected, and they suffer much hardship. When a Cheyenne commits suicide, they do not go home to our ancestors. Watch out for each other, those who are hurting.

Cheyenne Covenants

The Cheyenne Sacred Covenants are the Sacred Arrows and the Sacred Buffalo Hat. These Covenants all speak to the importance and the sacredness of life. Each of these Covenants are part of a tribal ceremony that is conducted for the benefit of all Cheyenne people.

Prayer is a very important part of Cheyenne life. But living a good life and helping others live a good life is just as important. We are not suppose to abuse our Covenants and ceremonies, just the same as we don't abuse each other. Just the same as we hold our Covenants and ceremonies in high regard with deep respect, so must we hold the lives of each other and our own life with high regard and deep respect.



Cheyenne Life

Even before a child was born, in womb, the parents and family of the child talked to the baby. They treated the child with love and great care while they were in womb, and all throughout their life. A child is a blessing to the whole Cheyenne nation.

Throughout a person's life, they were instructed in the importance of life and living a good life. Our people were taught about the many hardships that would come in life. They were taught not to give up, to live their lives with respect and honor for those who have gone on before them, those who have loved them and shared their blessings with them, to continue on a good way of life, sharing with others the good things they were taught and given.

Our Cheyenne people are important and that is why we were given these Covenants, traditional laws, and ceremonies to take care of each other.

If someone is talking about suicide reach out to them and help them connect to resources. If they don't want help, tell someone. If you are having a hard time yourself, don't be afraid to reach out for help. We have to support and help each other. Stand together for our future.

RESOURCES

National Suicide Prevention Lifeline
Tel: 1-800-273-TALK (8255)
Planting Seeds of Hope - Northern Cheyenne Tribe
(406) 477-6722 ext. 1001
Behavioral Health
(406) 477-4514
Lame Deer IHS
(406) 477-4477
Northern Cheyenne Law Enforcement
(406) 477-6288

Learning to Love the Bully

**Theresa Brady- Small
PSOH Community Coordinator**

Daughter states she is being bullied

- The whimper for intervention
- Taking action?
- Symptoms of problem
- Who's to blame?
- When it rains it pours
- Mama bear mode
- Taking the initiative

My compassionate intervention

- Spoke with student
- Response without inflicting more pain
- Hugged student and asked about his mom
- Reconciliation

- Schools need to take this more seriously
- Parents need to take this more seriously
- Communities need to take this more seriously
- The Spirit and Happiness of your child is YOUR responsibility

- Educate yourself on the different types of bullying
- Recognize warning signs
- Realize “It is not ok.”
- Visit <http://www.stopbullying.gov>

STRENGTHENING OUR YOUTH

by Suzette Cain

- Background
- Positive choices
- Personal involvement
- The drugs and Violence they face

Domestic Violence Awareness Month

by Diane Spottedelk

- Suffering silently
- Bullying pamphlet
- LGBT pamphlet
- Domestic Violence should NOT BE IGNORED
- Danger of Learned behavior
- Candlelight Vigil on the 27th

Affects of Domestic Violence

Children are exposed to DV from infancy through adolescence

Numerous incidents of exposure

Types of exposure

- Alcohol
- Drugs
- Gambling
- Prescription drugs

Overwhelming sense of helplessness to change environment

Finding ways to escape from pain

THE TWO- SPIRITED

Janelle Timber-Jones

Tobacco Prevention Specialist

The Two- Spirited

- Refers to tribal belief there are people who have masculine and feminine qualities
- Many tribes revered them as a third gender with strong spirituality
- They filled important roles as counselors, storytellers & healers



The Two- Spirited

- Homophobia
- Judeo-Christian view homosexuality as sinful
- Focus shifted to sexual behavior
- Tribal perspective replaced by culture of the colonizer
- The Two-Spirited were no longer accepted
- Boarding School Influence

The Two- Spirited

- 31% of gay youth have been threatened an/or injured at school
- Students who identify as LGBT 5x more likely to miss school or drop-out because they feel unsafe
- Students hear anti-gay slurs at least 25 times a day. Teachers fail to respond to the slurs 97% of the time
- LGBT youth are 2-3 times more likely to commit suicide
- 30% of all suicide completions are LGBT



HONOR YOUR LIFE



COMMUNITY HEALTH RESPONSE

Desiree Restad, MPH
Sophia Messer, BS Elementary
Education

Initial Response

- **CHP Director received call from HS Principal**
- **CHP Director then called Behavioral Health Supervisor**
- **Together they developed a response team to send to the school**

Response Team

Team consisted of:

- Community Health Director**
- Public Health Nurses**
- Drug and alcohol counselors**
- Health educators**
- Spiritual leader**
- Faith based leaders**

Day One

- **Counseled and supported students**
- **Parents of absent students called**
 - **Advised not to leave child alone**
- **Assembly**
- **Blessing**

Day One

- **Administrative team assembled**
 - Executive Health Manager
 - Behavioral Health Supervisor
 - Superintendent of Schools
 - Seven Feathers Healing Center
 - MSPI Specialist
- **QPR conducted with school staff during PIR**
- **A representative met with family**
- **Presentation for Boys & Girls Club staff**
- **Behavioral Health opened doors for youth walk-ins**

Days Two and Three

- Continued support and counseling
- Talking circles
- Community resource flyer disseminated
 - Suicide prevention lifeline number
 - Community support numbers
 - Risks/warning signs

Future Planning

- SAMHSA State-Tribal Suicide Prevention Cooperative Agreement
- NIH Veterans Support
- Behavioral Health Internship Proposal
- Traditional and Cultural Beliefs

- *NOTE: Emphasis on Bullying Prevention*

Increase Supports To Reservation Families Where There Has Been A Suicide Or Suicide Attempt

- Grief Support/Cleansing
- Assessment and Planning
- Visit with at risk families

Strengthen and Maintain Public/Private Partnerships

- Honor Your Life Advisory Group
- Community Readiness Survey
- Maintain Existing Coalitions and Network with Others



Mont. State-Tribal Relations Committee
Northern Cheyenne Tribal Council



How Can Legislation Assist With Suicide Prevention In Northern Cheyenne?



Me'ohtaetse' ~ Love one another