Building Communities of Hope

“One Voice, One Nation - Protect Life”
Building Communities of HOPE

PRESENTERS

Vera John, M.A., LPCC Clinical Director

Alberta Curley, Prevention Specialist

ShaQuilla Yazzie, B.A., Planner
Building Communities of HOPE  PRESENTATION LEARNING OBJECTIVES

1. Attendees will gain ideas and strategies that can be modified and applied to their own prevention efforts.

2. Attendees will gain information on the development of a practice based suicide prevention initiative to reduce suicide and substance misuse.

3. Attendees will learn to develop an interdisciplinary planning team of tribal entities and strengthen collaboration.
Building Communities of HOPE NAVAJO NATION DATA:

SUICIDE


<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause of Death</th>
<th>Count</th>
<th>Rate per 100,000</th>
<th>Percent of all deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unintentional Injuries</td>
<td>752</td>
<td>107.73</td>
<td>18.9</td>
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<tr>
<td>2</td>
<td>Cancer</td>
<td>506</td>
<td>72.49</td>
<td>12.7</td>
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<tr>
<td>3</td>
<td>Heart Disease</td>
<td>485</td>
<td>69.48</td>
<td>12.2</td>
</tr>
<tr>
<td>4</td>
<td>Diabetes</td>
<td>228</td>
<td>32.66</td>
<td>5.7</td>
</tr>
<tr>
<td>5</td>
<td>Chronic Liver Disease &amp; Cirrhosis</td>
<td>224</td>
<td>32.09</td>
<td>5.6</td>
</tr>
<tr>
<td>6</td>
<td>Influenza &amp; Pneumonia</td>
<td>181</td>
<td>25.93</td>
<td>4.6</td>
</tr>
<tr>
<td>7</td>
<td>Suicide</td>
<td>119</td>
<td>17.05</td>
<td>3.0</td>
</tr>
<tr>
<td>8</td>
<td>Stroke</td>
<td>107</td>
<td>15.33</td>
<td>2.7</td>
</tr>
<tr>
<td>9</td>
<td>Septicemia</td>
<td>90</td>
<td>12.89</td>
<td>2.3</td>
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<tr>
<td>10</td>
<td>Dementia</td>
<td>84</td>
<td>12.03</td>
<td>2.1</td>
</tr>
<tr>
<td>11</td>
<td>Assault</td>
<td>83</td>
<td>11.89</td>
<td>2.1</td>
</tr>
<tr>
<td>12</td>
<td>Alcohol Dependence Syndrome</td>
<td>81</td>
<td>11.60</td>
<td>2.0</td>
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<tr>
<td>13</td>
<td>Renal Failure</td>
<td>77</td>
<td>11.03</td>
<td>1.9</td>
</tr>
<tr>
<td>14</td>
<td>Hypertensive Disease</td>
<td>59</td>
<td>8.45</td>
<td>1.5</td>
</tr>
<tr>
<td>15</td>
<td>Chronic Obstructive Pulmonary Disease (COPD)</td>
<td>49</td>
<td>7.02</td>
<td>1.2</td>
</tr>
</tbody>
</table>

- **3%** of total deaths for Navajo
- **7th** leading cause of death for Navajo (both genders)
- **2nd** leading cause of death for age group 10-19
- **3rd** leading cause of death for age group 20-29
- **3rd** leading cause of death for age group 30-39
- **5th** leading cause of death for age group 40-49
Building Communities of HOPE
DEVELOPING A BEHAVIORAL HEALTH CAMPAIGN

THINKING
- Police Department
- School
- Social Services

RESILIENCY
- Youth

TRUST
- Behavioral Health
- Hospital

LIVING
- Business

ACCOUNTABILITY
- Church or Traditional Healer

HOPE
Building Communities of HOPE
DEVELOPING A BEHAVIORAL HEALTH CAMPAIGN

Education; Community Based; Prevention Program have been doing suicide prevention

Collaboration; Communication; Support; Education between Tribal Leadership and

Public Visibility; Leadership Priorities Tribal Leadership
Building Communities of HOPE
DEVELOPING A BEHAVIORAL HEALTH CAMPAIGN
Building Communities of HOPE THE FIRST STEPS

• Instill HOPE – “Siihasin”
• Administration Pillars
• Support from Tribal Leadership
• Increase Collaborative Efforts
• Start the Conversation
• Suicide Prevention and Awareness
Building Communities of HOPE PARTNERSHIPS

- Office of the President and Vice President
- Special Diabetes Project
- Navajo Police Department
- Division of Social Services
- Indian Health Services (IHS)
- 638 Programs
- MSPI Programs
- Native American for Community Action, Inc.
- Navajo Epidemiology Center
- Consultants
- NN Youth Advisory Council
- Dept. of Public Safety
- NN Judicial Branch
- Capacity Builders
EXECUTIVE ORDER NO. 03-2015

INITIATE THE “BUILDING COMMUNITIES OF HOPE” INITIATIVE TO ORGANIZE A ONE NATION, ONE VOICE APPROACH TO ADDRESS
SUICIDE PREVENTION FOR OUR NAVAJO PEOPLE

THE NAVAJO NATION

EXECUTIVE ORDER NO. 03-2015

NOVEMBER 30, 2015

WHEREAS:

1. The President of the Navajo Nation serves as the Chief Executive Officer for the Executive Branch of the Navajo Nation government with full authority to conduct, supervise, and coordinate personnel and program matters, 2 N.N.C. 1980 (A).

2. The President shall have the enumerated power of issuing an executive order for the purpose of interpreting, implementing or giving administrative effect to statutes of the Navajo Nation in the manner set forth in such statutes, 2 N.N.C. 1980 (H).

3. An executive order shall have the force of law upon the recipient.

THEREFORE:

I, Russell Begaye, President of the Navajo Nation and J. Jonathan Nez, Vice-President of the Navajo Nation, by the authority vested in us, hereby issue the following order:

1. Establish the “Building Communities of Hope” Initiative, which is to bring hope back to our communities and awareness and education to suicide by engaging our Navajo Nation Government to develop a suicide prevention, program and post-crisis program.

2. The third week of December and second week of June shall be declared “Navajo Nation Suicide Prevention Week.” This week shall be to bring awareness and education on this issue and include:

Navajo Nation Executive Order NO. 03-2015

Navajo Nation Proclamation Suicide Prevention

BCOH Poster Week

BCOH Poster Resource
Mission
• “Awaken life and welcome a new dawn by empowering individuals, families and communities to make positive choices to restore hope, self-sufficiency and determination through comprehensive suicide prevention strategies”

Values
• Life, Family, Happiness, and Health
Building Communities of HOPE GOALS

• To teach and discuss the signs/symptoms of suicide
• To establish a working team
• Plan, provide and move the initiative to address the prevention, intervention, and postvention tasks
• To define and establish crisis response teams
• To identify funding sources
Building Communities of HOPE STRUCTURE

- Planning
- Motivational Speaker
- Clinical
- Traditional
- Faith Based
- Prevention
- Briefing & Debriefing
Building Communities of HOPE PLANNING & BRIEFING

• Confirming Logistics
• Identifying BCOH Members
• BCOH Checklist
• Briefing with all members
Building Communities of HOPE CLINICAL

• “How Can I Help or Be Helped” Presentation
• Empower Native Youth, Families, and Communities
  – Verbal, Behavioral, Situational Signs & Symptoms of Suicide
• Promote Protective Factors
  – Cultural Teachings/Stories, Language, Prayers, Songs, Landmarks, Animals/Pets, Ceremonies/Spiritual events, Family, and Kinship
• Clinical Support Available at BCOH events for debriefing
Building Communities of HOPE MOTIVATIONAL SPEAKING

• Instill HOPE – “Siihasin”

• Personal Experience
  – Grief & Loss
  – Coping Skills
  – Healing

• Promote Protective Factors
  – Music, Sports, Education, and Humor, Resources, and Kinship

• Encouragement to reach out for Help
Building Communities of HOPE PREVENTION

- Instill HOPE – “Siihasin”
- Education & Awareness
- Prevention Booths
- Promote Resilience
  - Mental, Emotional, Physical, and Spiritual Wellness
- Promote Protective Factors
- Promote Kinship
Building Communities of HOPE LOCATIONS

• Dec. 14, 2015 – Present
• Overall Locations
  – 38 Middle/High Schools Locations
    • 3 Combined Middle and High Schools Events
  – 4 University Locations
  – 34 Community/Event Locations
  – 8 Locations NN Employees Attended
Building Communities of HOPE  MAKING A DIFFERENCE

• “Coming from a suicidal point of view this presentation was so helpful to me. I learned that I am not alone and that I shouldn’t resolve my temporary problems with a permanent solution. We should have more assemblies like this.”
  – March 2016

• “Thank you for your experiences/strength/hope. Was very powerful message. Alcohol & drugs is a real serious problem on
Building Communities of HOPE MAKING A DIFFERENCE

• “Thank you for your experiences/strength/hope. Was very powerful message. Alcohol & drugs is a real serious problem on the Navajo Nation.”
  – March 2017

• “The presentation is making me feel better so I can do better to the future.”
  – July 2017

• “This is a very good program. I appreciate all the work everyone does to protect our people.”
  – August 2017
Building Communities of HOPE GROWTH

- Monthly BCOH Collaborative Meetings
- Providing Suicide Prevention Trainings
- “Being Resilient and Coping with Stress”
- Crisis Response Teams
- Cyber Bullying Law # CJA-09-18
- Two (2) Chaplains
- Continue Building Collaborative Efforts
- Crisis Response Hotline
Building Communities of HOPE LESSONS LEARNED

- Cultural Sensitivity
- Rural/Large landmass
- Distance
- Development of Crisis Response Teams
- Collaboration Barriers
- Stigma of Mental Health
- Limited Data Collection
- Follow up
Building Communities of HOPE CONTINUED SUPPORT

Navajo Nation Executive Order No. 001-19
Signed January 22, 2019

Navajo Nation Proclamation
Suicide Prevention
Building Communities of HOPE
“ONE VOICE, ONE NATION – PROTECT LIFE”
Building Communities of HOPE
THANK YOU

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