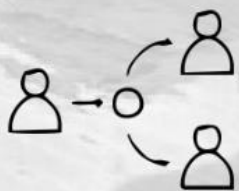




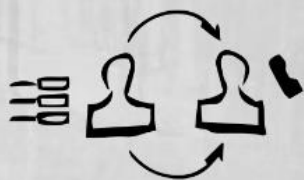
School-Based Mental Health on Navajo

Tsehootsooi Medical Center, Ft. Defiance, AZ

www.fdihb.org



TEAM



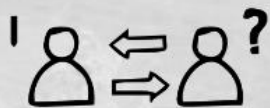
SERVICES



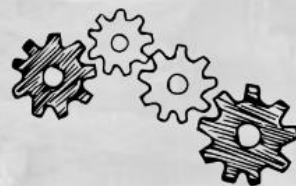
DATA



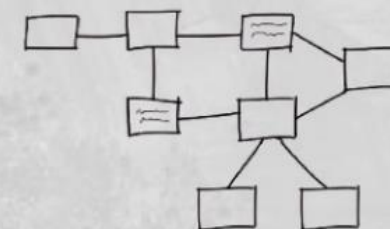
SBMH
PLANNING



MOA



KEY
PARTNERS



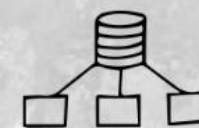
REFERRAL
PROCESS



MEDIA



HOW IT
WORKS

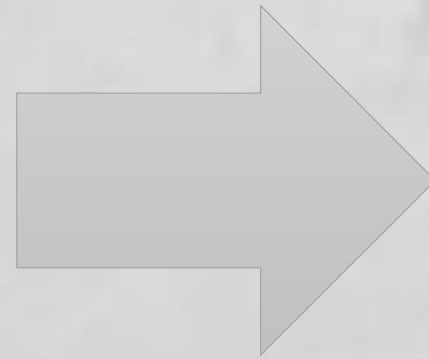


WAYS TO
IMPROVE

TEAM

Success is working with GREAT people!





DATA

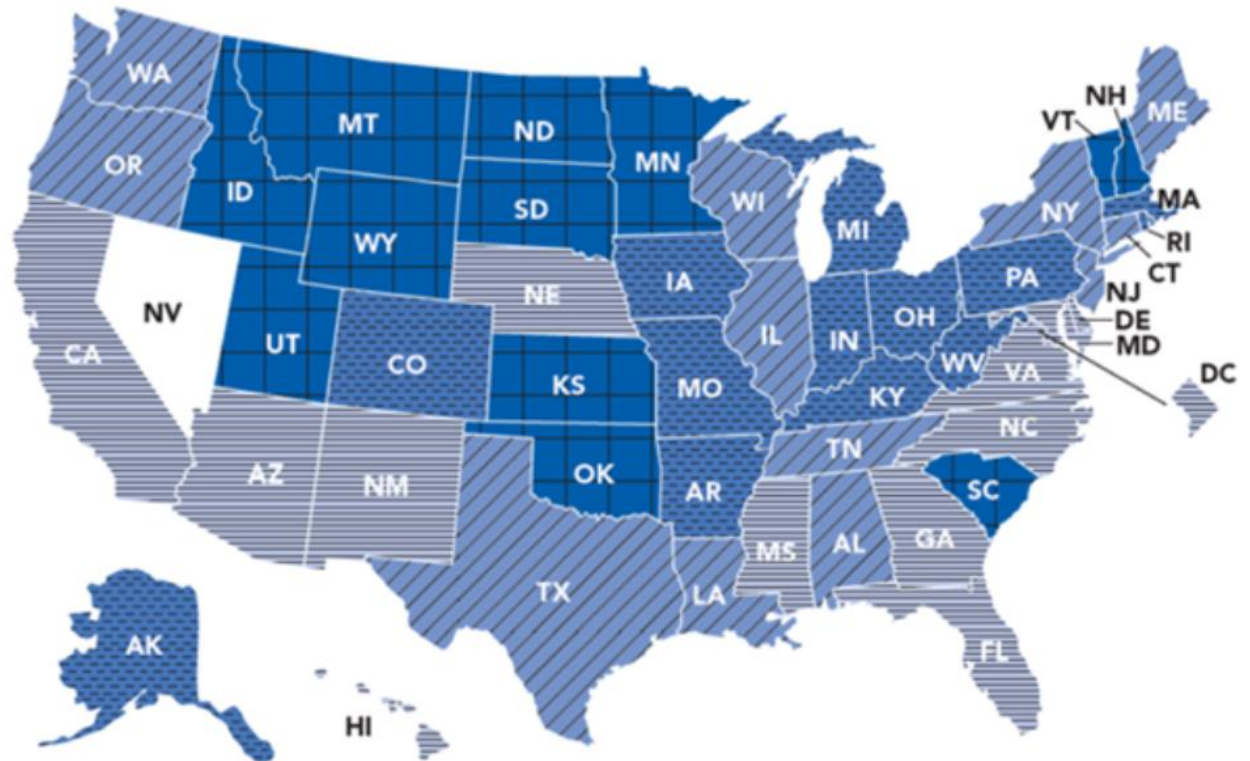
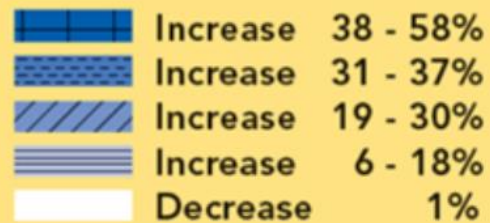
Center for Disease Control: National

Suicide rising across the US

More than a mental health concern



Suicide rates rose across the US from 1999 to 2016.



SOURCE: CDC's National Vital Statistics System;
CDC Vital Signs, June 2018.

Center for Disease Control: AI/AN

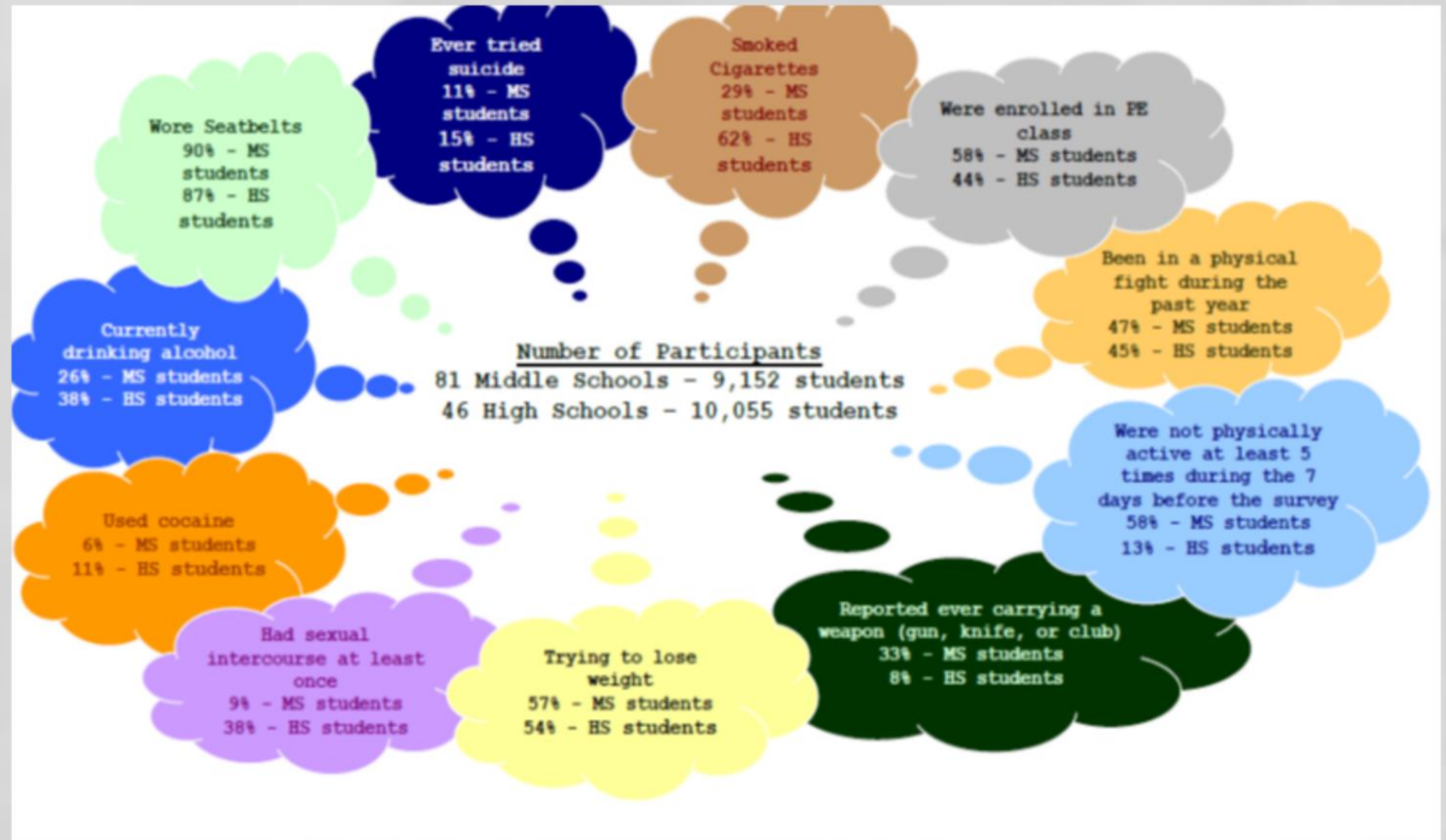
TABLE 2. Circumstances precipitating suicide deaths of non-Hispanic American Indian/Alaska Natives compared with non-Hispanic whites — National Violent Death Reporting System, 18 states,* 2003–2014

Circumstance	No. (%) [†]	
	AI/AN	White
Total decedents	1,531 (100)	103,986 (100)
Cases with known circumstances^{¶, **}	1,339 (87.5)	93,403 (89.8)
Suicide event		
History of suicidal thoughts or plan ^{††}	111 (33.4)	6,955 (32.7)
History of suicide attempts [¶]	308 (23.0)	18,935 (20.3)
Disclosed suicidal intent [¶]	457 (34.1)	26,377 (28.2)
Interpersonal		
Intimate partner problem [¶]	524 (39.1)	27,464 (29.4)
Family relationship problem ^{¶¶}	83 (10.6)	4,965 (8.8)
Victim of interpersonal violence within past month [¶]	21 (1.6)	444 (0.5)
Perpetrator of interpersonal violence within past month [¶]	91 (6.8)	3,107 (3.3)
Argument preceded death ^{¶, ¶¶}	154 (19.7)	6,102 (10.8)
Life stressor		
Victim in custody ^{¶, **}	76 (5.0)	2,458 (2.4)
Released from institution within previous month ^{¶, †††}	17 (4.6)	1,885 (8.2)
Criminal legal problem [¶]	201 (15.0)	8,493 (9.1)
Civil legal problem [¶]	34 (2.5)	3,420 (3.7)
Physical health problem [¶]	144 (10.6)	21,655 (23.2)
Job problem ^{¶, §§§}	92 (7.6)	12,038 (13.2)
Financial problem ^{¶, §§§}	76 (6.3)	11,211 (12.3)
School problem ^{¶¶¶}	36 (21.4)	688 (22.0)
Eviction/Loss of home	25 (1.9)	2,525 (2.7)
Suicide of friend or family member [¶]	79 (5.9)	1,797 (1.9)
Death of friend or family member [¶]	118 (8.8)	6,116 (6.6)
Any crisis within past 2 weeks	411 (30.7)	26,815 (28.7)
Mental health/Substance use		
Current mental health problem [¶]	371 (27.7)	43,614 (46.7)
Current depressed mood [¶]	489 (36.5)	38,940 (41.7)
Current mental health treatment [¶]	261 (19.5)	31,987 (34.2)
History of mental health treatment [¶]	311 (23.2)	37,499 (40.2)
Reported alcohol use in hours preceding death [¶]	651 (48.6)	23,370 (25.0)
Alcohol abuse problem [¶]	371 (27.7)	17,242 (18.5)
Substance abuse problem other than alcohol	202 (15.1)	14,365 (15.4)

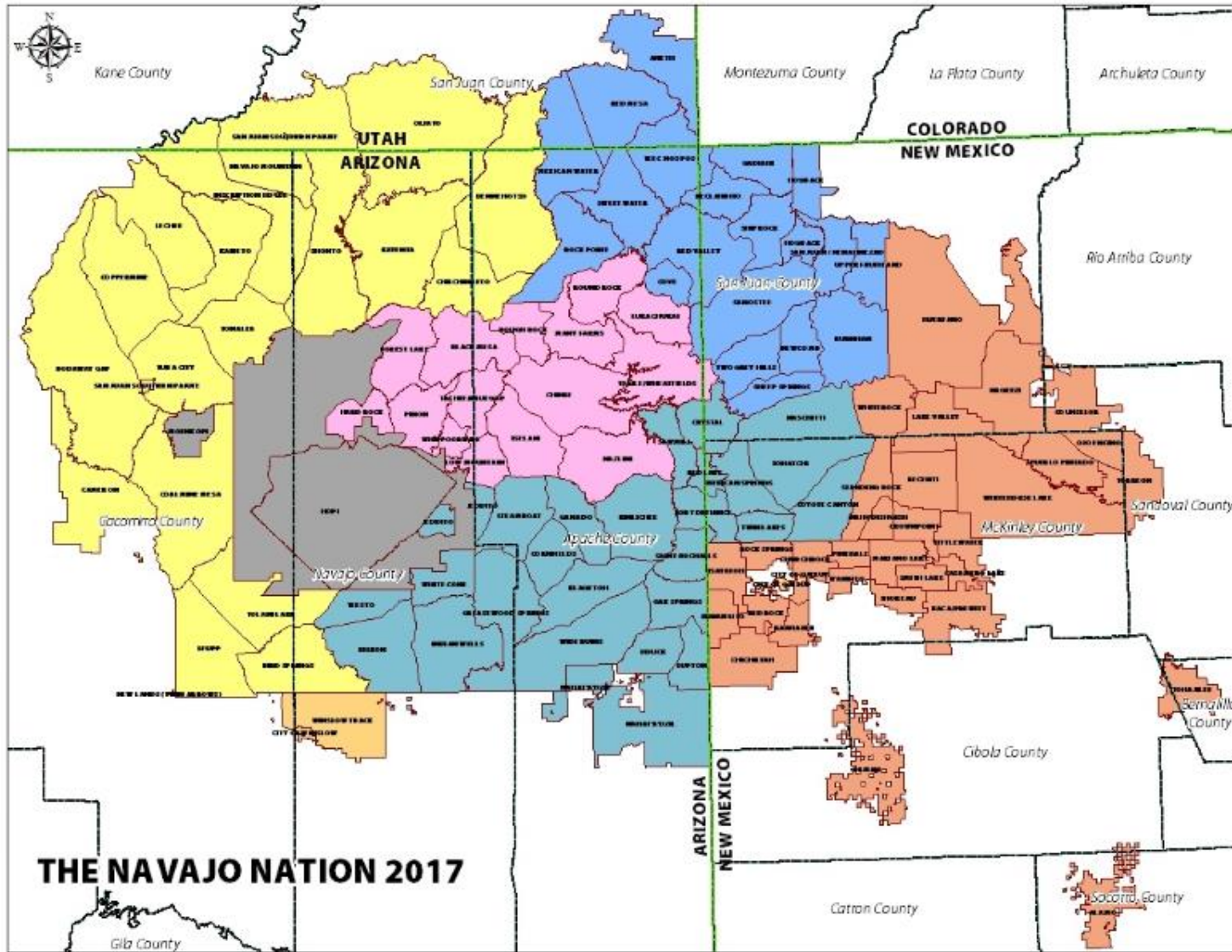
Abbreviations: AI/AN = non-Hispanic American Indian/Alaska Native; aOR = adjusted odds ratio; CI = confidence interval; NVDRS = National Violent Death Reporting



NAVAJO YOUTH RISK BEHAVIOR SURVEY 2011

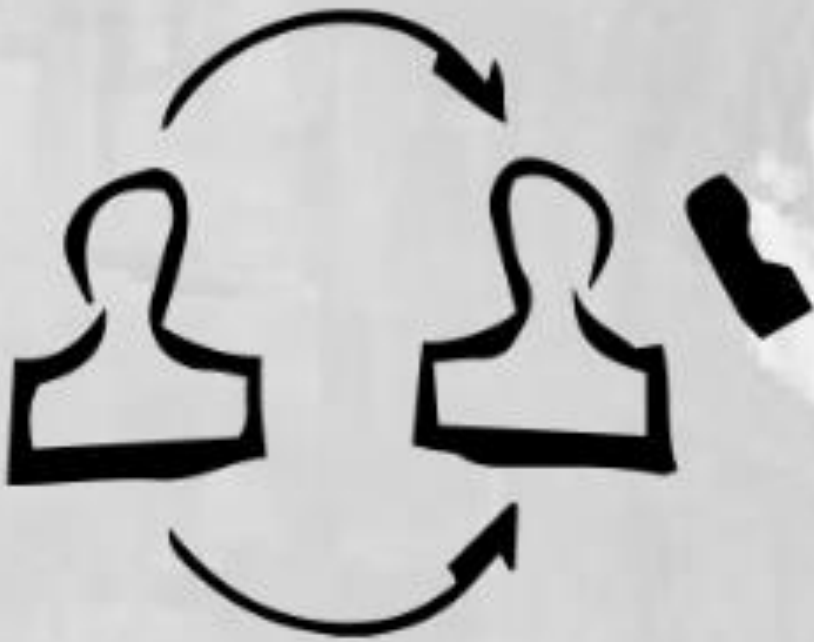


FORT DEFIANCE, AZ SERVICE AREA



- Approximately 45,000 user population in 18 communities across 2 states.
- Provide Service to 23 schools: 4 Public, 6 BIE, 1 Charter & 2 Christian Based
- SBMH Services: (1) Public School-Window Rock School District.

0000



SERVICES

WELLNESS

- JUST MOVE IT
- KEEP ON MOVING IT
- WALK FOR HOZHO
- ZUMBA
- TAI CHI



CULTURAL



Uniting Evidence, Practice and Culture

We strive to provide effective services which are available for all age groups, with different formats to address mental and behavioral health. We have a variety of evidence and practice based programs which also incorporate cultural practices.

See our list of services.

Cultural Services

Coping with Culture Crafts

Demonstrate and interpret the important values of self-understanding and growth through Native crafts and activities.

Partnership with Parents

Provide and engage parents in improving knowledge and parenting skills to work with their child/children using culture crafts, self-esteem activities and team building.

Spiritual Services

Provide spiritual services to encourage healthy coping skills, emotional expression and holistic rejuvenation through spiritual wellness and ceremonies.

Story Telling

Native Origin stories are used to promote cultural identity, sense of belonging and restore overall balance toward a journey to Hozho.

EVIDENCE & PRACTICE BASED SERVICES

Question, Persuade & Refer - Gatekeeper Training *EB*

Target Audience: Adults Duration: 1-3 hrs.

Suicide training on 3 simple steps anyone can learn to help save a life from suicide.

Mental Health First Aid - Youth and Adult Focus *EB*

Target T: Adults (max 30 participants) Duration: 8hrs

MHFA is the help provided to a person who treatment is received or the crisis resolves.

Meth 360 *PB*

Target Audience: All Ages Duration: 30min -1hr

Provides information on Meth facts, affects on users, negative impacts, prevention/intervention and treatments.

Fatherhood/Motherhood Is Sacred

Target Audience: Adults Duration: 12, 2hr Sessions

Culturally rich model that focuses on parenting skills to help children meet their maximum potential for success in life.

Project Venture *EB*

Target Audience: Youth Duration: 150 hrs.

Combination of experiential education and positive learning environment to support and guide positive life choices of youth.

Navajo Wellness Model

Target Audience: All Ages Duration: 12 Sessions

Cultural model which emphasizes core Navajo teachings about personal and family health, wellness, and healthy lifestyle.

Tai Chi

Target Audience: All Ages Duration: 1-24 Sessions

"Yang Style" based Tai Ji Quan forms with built-in practice variations. Can be done in seated or standing positions.

EB - Evidence-Based

PB - Practice-Based

SCHOOL-BASED MENTAL HEALTH for Window Rock Unified School District

- Intake and Assessments
- Individual and Group Counseling
- Family Consultations
- Substance Abuse Counseling
- Grief and Loss Support
- Sand Tray Therapy
- Botvin Lifeskills
- Crisis Intervention
- Parental Education/Training
- Classroom Presentations on MH
- School Staff Training
- TMC Referrals
- Other Referrals

OTHER PRESENTATIONS AVAILABLE

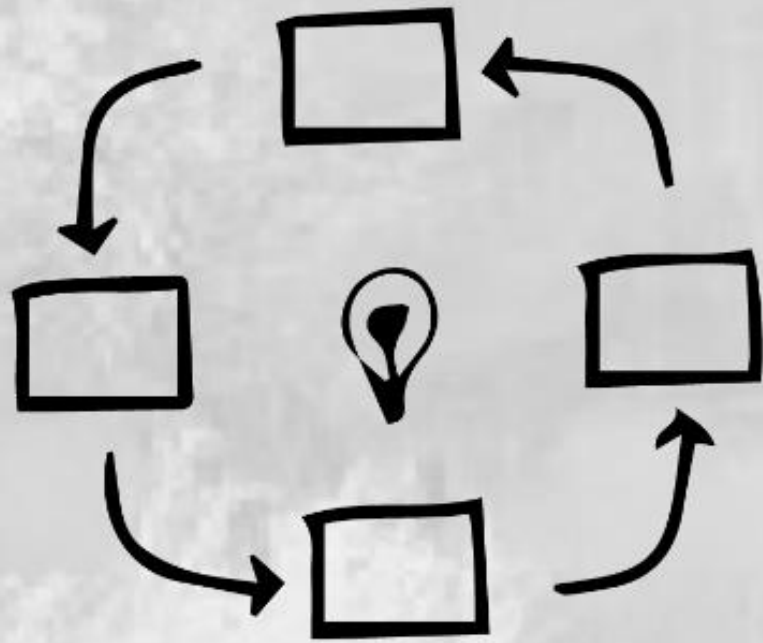
- Domestic Violence & Safety Planning
- Teen Dating Violence
- Cultural Presentations
- Bullying
- Child Abuse and Neglect
- Stalking
- Sexual Assault
- Healthy Coping
- Stress Management



TRAINING

RESEARCH JOURNAL: An Evaluation of Youth Mental Health First Aid Training in School Settings (Springer, Vol. 10, Num. 1, March 2018)

- 57% Improved MH Literacy
- 64% Reduced Negative Attitudes
- 89% Increased Confidence to Identify/ Respond to Youth MH Issues
- 76% Increased Intentions to Engage in Help-Seeking Behavior



HOW IT
WORKS

WHY SBMH?

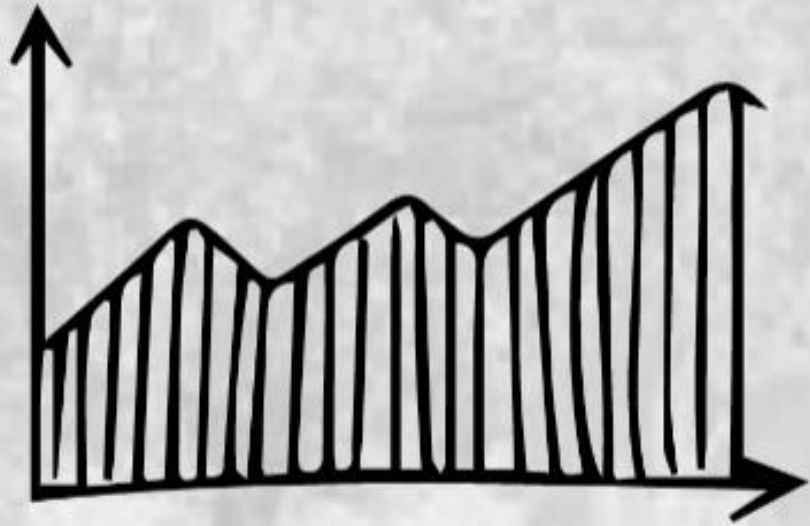
- Research shows that students perform better when they show up for class healthy and ready to learn.
- Many school age children have limited access to comprehensive health services.
- SB health services can improve access to primary care and avoid health related absences.
- SB services supports success in the classroom.

SBMH OBJECTIVES

- To facilitate learning and improved school attendance.
- To educate and promote good physical and mental health.
- To prevent illness leading to disability and hospitalization.
- To promote healthy living by providing school-based primary and preventive health care and education to medically underserved youth.

PREVENTION

- Psychoeducation Groups
- In-Class Botvin Lifeskills: Research-validated to reduce the risks of substance use and violence.
- Project Venture: 32% Decrease Alcohol Use
- Fatherhood and Motherhood is Sacred
- Navajo Culture Activities
- Physical Activity
- Mobile Health: Illness, Injury, Physicals, Immunization, Medication
- Parenting Skills
- Quantum Learning
- Student Assistance Program
- Evidence-Based Trainings for Teachers/Staff/Parents



MEDIA

INTERVENTION

- School-Based Intakes
- School-Based Individual Therapy
- Psychiatric Evaluations
- Medication Management
- Crisis Intervention
- Parental Involvement
- Wellness Referrals
- Traditional Practitioner Referrals
- Residential-Treatment Referrals

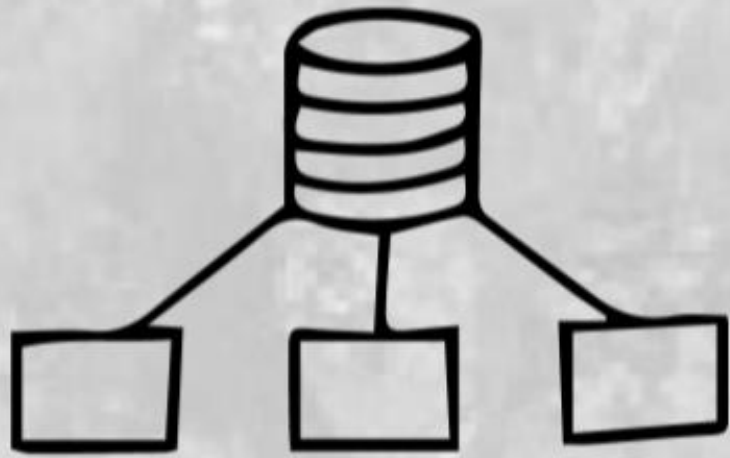
TREATMENT MODALITIES

- Cognitive Behavioral Therapy
- Solution-Focused Therapy
- Strength-Based Therapy
- Motivational Interviewing
- Sand Tray Therapy
- Psychoeducation

SBMH SUCCESSES

6 Months of Services:

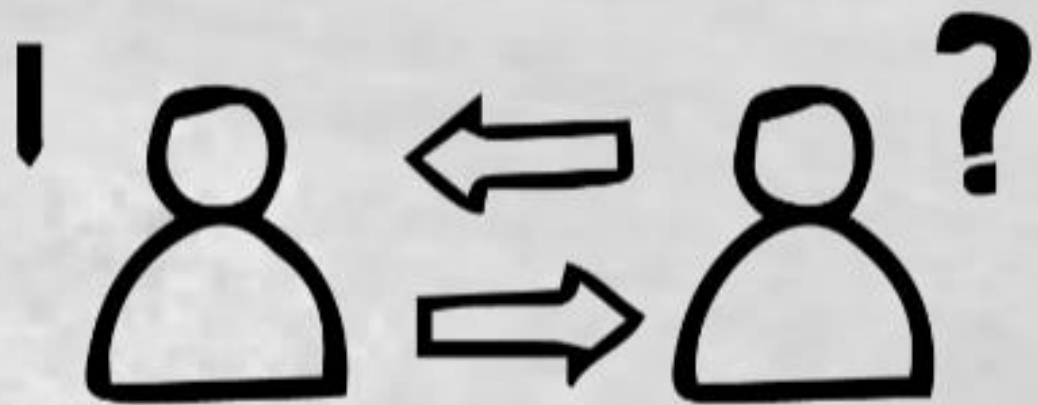
- Total Referrals: 61
- High Risk Patients: 22
- Direct SBMH Services: 31
- Referred to Other Resources: 22



WAYS TO
IMPROVE

QUALITY IMPROVEMENT

- Increased Provider Accessibility: In-Class/Group Sessions
- Hire (1) School-Based Mental Health Specialist
- Hire (2) Community Health Workers
- Appoint School Coordinator
- Train Parents/Teachers/Staff (QPR, MHFA, ASIST)
- Inclusion of Parental Consent in Enrollment Packets
- Standardize Crisis Response Protocol within School: High Risk Referrals to Medical Center



QUESTIONS?