NATIVE MENTAL HEALTH & HEALING

1. What are some action-oriented things you can do to address the mental health issues brought up today?

Group 3:
- Education by outreach & awareness
- Remove the stigma from mental health

Group 4:
- Youth - involve
  Poverty - Meaning
  Family - Love/livestock/wealth
- Work environment - Listening respect
- Traditional Healers
- Educate providers on Native culture
- Sharing stories/blessing - participating professional counselors

Group 5:
- Find -> Funding -> Providers -> Facilities
- Get more information from other tribes, coverage
- Education/educators
- Other resources

Group 6:
- Prepare staff to discuss mental health issues
- QPR protocols - Mental 1st Aid for front line staff
- Resources - tap into the community leaders & partnerships
- Who to call knowledge of suicide prevention

Group 13:
- Raising awareness about different issues: Environmental & overloaded clinic & hospitals

Group 16:
- Education - Curriculum changes to educate youth & address historical trauma
- Educate doctors or healthcare providers on traditional medicine & historical contexts.
  Trauma-informed practice
- Cross community involvement. Bring shared trauma/to the national spotlight/media
- Youth - encourage self-organizing & social media. Don't put own barriers in front of youth. Encourage

Group 17:
- Action oriented things: Coordinated partnerships & communities
- Education & awareness of issues: children, elderly, everyone
- Leadership involvement

Group 19:
- Community acknowledgement
- Community acceptance
- Teach how violence affects the developing brain
  Teach "connect post-intervention" to community suicide
- Involve more younger students
- Teach community about adverse childhood experiences
• Teach mental health, first aid to community

Group 20:
• Provide & identify resources
• Educate around mental health issues. Have open conversations
• Identify other kinds of resources - Medicine men, traditions, etc
• Community - level outreach
• Religious teachings/church platform
• Train-the-trainer for community leaders

Group 22:
• Suicide: public education/awareness to get more youth involved
  • **Check-in** w/individuals close to you
  • **Learn** more about mental health issues
  • Get more involved in programs
  • Take time to listen & sympathize w/individual; identify issues
  • Identify resources available

Group 25:
• Fear of bringing negativity vs positive prevention. Challenges: Stigma, tradition & elders - Barriers - everyone is impacted
• Ready to jump in - do you have a plan? Why? Who will be affected?
• **Training** @ Dine College - assist - suicide training program. Job aides for mental health?
  Bring behavioral health counselor out in field
• Need for **trainings**: role playing exercise, multiple times, send home step by step support, engaging our coworkers, share your own story, **share** your reference points, w
  • We have to prepare ourselves & taking care of ourselves

Group 28:
• Get the youth involved & talk, talk, talk

Group 29:
• Give voice & acknowledgement. Learn about family history. Being & having the knowledge of behavioral patterns of our elders to come to terms of where we come from
• Bring more “experiential learning” into early education to encourage dialogue sharing, listening & peer learning
• Look at health from a holistic perspective. Address behavioral health w/physical health & well-being. Recognize interconnectedness between experience & health
• Recognize & allow action to happen, stand & be part of changing gov’t programs that perpetuate oppression

Group 30:
• Talk about issues
• Understand historical trauma
• Bring up mental health in clinic more often

Group 31:
• Emphasize the impact gut science to mental health (i.e., nutrition is key)
• Integrating primary care & behavioral health services
• Medical home model
• Be role models for our youth (work, home & play)

Group 32:
• Identify what the problems are in the community
• Identify resources to identify/find out who is doing what
• **Collaborate** with others. Fund creative outlets to express issues, painful topics. Via art
• Establish local **hotlines**. Use social media creatively - chat rooms...

Group :-: 
• Integrate physical, behavioral, spiritual & public health
• Start w/youth. Both clinical & youth-based development/prevention strategies are needed
• Advocate! Share! Listen!
• Be supportive allies

Group --:
• Collaboration w/others. Understand - educating
• Ceremonies: speak w/traditional healers. Eat/drink healthy: speak to the elders
• K’e, mental, physical, spiritual, emotional: re-identify our core stories
• Direct communication: PSA’s. Treat whole body well, nutrition, land, food, animal therapy

Group ---:
• Advocate for behavioral health aides in our HIS sites
• Using social media to connect with youth
• Using humor as a strategy to promote dialogue

2. What are some creative ways Native communities can heal from past violence and justice?

Group 3:
• Educate community on past violence & injustices
• Spiritual/healing/medicine - traditional
• Acknowledging the past
• Facing barriers & breaking them
• Community involvement

Group 4:
• Real history (our) provide work support
• Share freedom stories
• Partnership with tribe/state, etc
• Acknowledge/respect

Group 5:
• Finding space for discussion & healing. Organizing programs, meeting, conferences, events
• Traditional practitioners, educators, healers, counselors
• Talking circles, awareness, prevention
• Youth involvement, outreach programs

Group 6:
• Digital story telling: community mental health needs assessment - what does the community want?
• Healing process begins: day of prayer - Christian, traditional, NAC
• Community reach out - "bring a pot of coffee"

Group 13:
• Getting back to family roots
• Talking to each other, incorporation of exercise, health & communication with each other
• More events in rural areas
• Language at events, on phones... in schools
• Making sure our politicians know their roots

Group 16:
• Sharing history & customs with outsiders (and insiders)
• Solicitation of apologies - allowing anger in healing process

Group 17:
• Creative ways to heal: open discussions about pain & resilience
• Spiritual connection: taught in school & at home, ceremonies
• School curriculum about Navajo/Dine life & issues faced today

Group 19:
• Start a backyard garden. Gardening gets your mind off the problems you're having
• Healing traditional ceremonies
• Practice K'e

Group 20:
• Involve the youth: Day of healing - bring community together to talk. Attend ceremonies, etc
• Community events (walks, runs, etc)
• Native Hope
• Involvement of tribal leaders
• Use of music/art
• Family fun nights & elder events -> ways to bring together families

Group 22:
• Talk about it/let it be known
• Receive traditional guidance. Knowledge of "where you come from"
• Acknowledgement & ownership from perpetrators/apology!

Group 25:
• Ceremonies & Journey: Similar to repatriation effort/story of bringing last children home
• Formal validation/recognition from ancestors of perpetrators

Group 28:
• Have events, taskforce: Build relationships & talk, talk
• Gardening, planting seeds, hands in soil
• Being involved in sporting events. Supporting our children. Meals together, eating together, faith, spirituality

Group 29:
• Breakdown power structures & decisions making & funding mechanisms
• Answers lie in our DNA
• Study/survey on what non-natives know & don't know about Native history & people
• Media coverage & public awareness
• Seeing beyond what we take for granted & see your connection to your environment & history of place

Group 30:
• Youth councils, youth empowerment
• Cultural preservation programs
• Address how still affects the oppressed
• Community building programs

Group 31:
• Getting back to the earth - gardening as therapy
• Collaborating with traditional healers (native medicine)
• Taking a holistic approach. Bringing in the youth (e.g., for peer counselors)
• Youth fitness centers
• Cultural enrichment programs (including field trips)
• Highlighting survival stories of the Native people. Grassroots ownership

Group 32:
• Talk: allow open dialog, talking circles, art, music, poetry, exercise (dance, running, etc), get together with local schools & teachers
• Connect with other groups/communities who have been successful
• Less politics, make issue less political "less about votes, more about people"
• More family reunions. Know your neighbors - neighborhood block parties
Group -:
- Work w/youth. As non-natives - just listen. Accept trauma experiences as valid & provide support/ally ship
- Take action to reclaim control over customs, history & narratives
- Provide space for traditional healing practices

Group --:
- Use Native language more. Use non-western approach/ways
- Revisit our culture. School reform, our own history
- Living healthy life styles. Creative mental discipline
- Acknowledge past violence & injustice. Create safe spaces

Group ---:
- Perform community based assessments on high risk hospital discharges & their outcomes
- Collaborate w/elders & traditional practitioners to create message that are culturally appropriate
- Bring elders & youth together

3. In your opinion, what are some ways to open up the conversation about mental health and behavioral health?

Group 3:
- Acknowledging problem & issues by community leaders & spiritual traditionalist
- Remove the stigma

Group 4:
- Referral, taboo - forbidden
- Appropriate training
- Education
- Community health members

Group 5:
- Activities, finding resources, asking questions, experience: Why? Who? What? When?

Group 6:
- Cultural sensitive: Need more trained staff, using aides & strategic placement (e.g. schools)

Group 13:
- Education for someone as well as students

Group 16:
- Develop relationship & trust first. Share own story
- Meet people where they are. Bring coffee!

Group 17:
- Conversation openers: schools/education, leadership led discussions

Group 19:
- Talking about what's on your mind
- Education in schools, all school systems
- Starts at elementary level

Group 20:
- Conferences. Youth movements/council
- Personal stories
- Involve tribal leaders & medicine men
- Use presenters into elder centers, schools, etc

Group 22:
- How to open up the conversation: People tell their stories - take it into community
- Method to let go

Group 25:
• Education on many levels - top to bottom
• Recognition and allowing action to take place: create, manage, allow programs to support change

Group 29:
• Acknowledging those problems can affect anybody
• Encouraging healthy coping mechanisms - cultural activities, etc
• **Encourage** youth to ask questions

Group 30:
• Bringing in traditional healers to help guide conversations culturally sensitive health matters
• Interdisciplinary **collaborations** on issues & (including both home medical model & community model together)
• Have key community **assessment** on both key health issues & available resources

Group 32:
• Ways to open up conversation
• Art, creative outlets, common interests, involve the elders to provide traditional teachings
• Incorporate teachings in school curriculums

Group --:
• Start young - let youth guide conversations
• De-stigmatize
• Integrate native terms & practices
• Integrate w/clinical/physical health

Group --:
• Combine western & non-western: Summer cultural schools "camps", maintain identity & beliefs
• Traditional arts to cope
• Using every opportunity to conversations. Talk about positive side of mental health
• Honesty sincere open communication

Group ---:
• Bringing elders & youth together
• Developing or identifying community based forums/spaces outside of health care facilities
• Peer to peer coaching from youth, adult or elder role models
• Perform asset mapping for mental health services in IHS