



This is a list of resources that has been compiled (and continues to be updated) during the National American Indian and Alaska Native PTTC's ongoing listening series: *"Connecting Prevention Specialists to Native Communities during times of Crisis"*

Updated 08/21/2020

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| ◇ Suicide Prevention Apps and Resources | ◇ Covid-19 Related Resources |
| ◇ Mental Health/Self-Care Apps and Resources | ◇ Domestic Violence / Intimate Partner Violence / Human Trafficking Prevention Resources |
| ◇ Substance Abuse Prevention Resources | ◇ Digital Story Telling Tools |
| ◇ Sites/Apps/Ideas to Help People Stay Connected | ◇ Native Veteran Resources |

Suicide Prevention Apps:

- Suicide prevention app: MY3: <https://my3app.org/>
- SEESAY Teen Suicide Prevention: https://play.google.com/store/apps/details?id=com.seesomething_saysomething.app&hl=en_US
- Stay Alive grassroots suicide prevention: https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive&hl=en_US
- NotOK app: https://play.google.com/store/apps/details?id=com.robinlucas.notok&hl=en_US
- Operation reach out- <https://www.psyberguide.org/apps/operation-reach-out/> (for military/veterans)
- A friend Asks- <https://jasonfoundation.com/get-involved/student/a-friend-asks-app/>

Mental Health/Self-care Apps:

- UNITY Wellness Warrior app: https://play.google.com/store/apps/details?id=com.num.unitywellnesswarrior&hl=en_US - designed to encourage American Indian people in living healthier lifestyles, through cultural approaches.
- Friend2Friend peer support teen mental health app by Kognito, uses motivational interviewing: https://play.google.com/store/apps/details?id=com.kognito.friend2friend&hl=en_US
- Remind – school/group communication to share conversations with groups without sharing phone numbers: https://play.google.com/store/apps/details?id=com.remind101&hl=en_US



- MindShift CBT (Cognitive Behavioral Therapy):
https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en_US
- Airtime – watch videos, etc. together while you chat with friends:
https://play.google.com/store/apps/details?id=com.signal.android&hl=en_US
- Talk life - <https://www.talklife.co/>
- <https://www.calm.com/>
- <https://www.getmoodfit.com/>
- <https://www.thriveport.com/products/moodkit/>
- <http://t2health.dcoe.mil/apps/positiveactivityjackpot>
- <https://www.psyberguide.org/apps/positive-activity-jackpot/> (better for adults)
- <https://www.happify.com/>

Websites:

Suicide Prevention Resources:

- Suicide Prevention Resource Center: <https://www.sprc.org/>
- **Lifeline Chat- 24/7 webchat** <https://suicidepreventionlifeline.org/chat/>
- Lifeline Crisis Chat: <http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>
- Review of mobile apps for suicide prevention:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5654733/>
- <https://mhttcnetwork.org/centers/mountain-plains-mhttc/news/suicide-prevention-across-educational-continuum-six-part-webinar>
- Understanding Risk and Protective Factors for Suicide
https://www.sprc.org/sites/default/files/Handout_Understanding%20RiskProtective%20Factors_08202019.pdf
- <https://confidentcounselors.com/2017/04/03/suicide-prevention-best-practices/>
- **Prevent Youth Suicide** <https://www.preventyouthsuicide.org/>
- **Gatekeeper Training \$\$** This course is for middle and high school staff members, or staff at other organizations, looking to deepen their understanding of youth mental health, and considering implementing an evidence-based suicide prevention program.
<https://www.mentalhealthscreening.org/gatekeeper>
- **Suicide Specific Curriculum \$\$** SOS Signs of Suicide is an affordable, evidence-based youth prevention program designed specifically for middle schools and high schools.
<https://www.mindwise.org/shop/#signsofsuicide>



- Zero Suicide <http://zerosuicide.edc.org/toolkit/indian-country>
- QPR Institute <https://qprinstitute.com/>
- Suicide Prevention Resource Center (SPRC) <https://www.sprc.org/covid19>

Mental Health/Self-care Resources:

- Want to know how to help a friend <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Want-to-know-how-to-help-a-friend.pdf>
- Compilation site where you can find various non-profits helping with COVID-19 and donate: <https://www.flxgives.org/>
- Mental Health in our Native American Communities newsletter on suicide prevention: https://mhttcnetwork.org/sites/default/files/2020-03/Mental%20Health%20Vol%201%20Issue%203%20Spring%202020%20ttc%20color_0.pdf
- Taking charge of your mental health <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Taking-Charge-of-Your-Mental-Health.pdf>
- Emergency Self-Care Worksheet <http://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/emergency-self-care-worksheet.pdf>
- Stress management: Know your triggers - Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-management/art-20044151>
- Office stretches <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-stretches/art-20046041>
- Self-care Inspirational Materials <http://socialwork.buffalo.edu/resources/self-care-starter-kit/additional-self-care-resources/inspirational-materials.html>
- GONA fact sheet https://www.samhsa.gov/sites/default/files/tttac_gona_fact_sheet_1.pdf
- intherooms.com has Wellbriety Movement meetings every Tuesday and Thursday any questions contact info@whitebison.org or (719)548-1000
- Anishnaabek Healing Circle (AHC), an initiative of the Inter-Tribal Council of Michigan <https://www.atrhealingcircle.com/>
- <https://boardingschoolhealing.org/from-christine-the-many-prayers-and-calls-for-healing-copy/>
- National Suicide Prevention Lifeline Safe Space: <https://www.vibrant.org/safespace/>
- Let's connect <https://www.letsconnect.org/>



Substance Abuse Prevention Resources:

- White Bison: <https://whitebison.org/> or you can call White Bison for meeting schedules being held 1-877-871-1495
- The Redbrick Foundation/Sober Squad: <https://www.facebook.com/TheRedbrickFoundation/>, join Facebook group: <https://www.facebook.com/groups/359588741119973/>
- the Strategic Prevention Framework: <https://pttcnetwork.org/centers/south-southwest-pttc/event/webinar-series-pfs-academy-2020-making-steps-strategic>
- the Rocky Mountain Tribal Leaders peer recovery Program: <https://www.rmtlc.org/transitional-recovery-culture-trac-project/> <https://www.youtube.com/watch?v=9syti8TT46g&t=13s>
- NA SAPST training on "Culture is Prevention". This was done in collaboration with SAMHSA and NACE (Native American Center for Excellence): <https://www.youtube.com/watch?v=Qi0SmPoxuOY>
- Gathering of Nations is going on now virtually. Dancing is good medicine! <https://www.gatheringofnations.com/>
- webinar on Adolescent Brain Maturation: <https://www.youtube.com/watch?v=iHRcemus6zE&t=2s>

COVID-19 Related Resources:

- Elder Mental Health during COVID-19 http://caih.jhu.edu/assets/documents/Elder_Mental_Health_During_COVID-19_for_Care_Providers_PWProtected..pdf
- Taking care of your mental health in the face of uncertainty <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- Family Mental Health resources for COVID-19 <https://sites.google.com/view/mentalhealtduringcovid19sp/home>
- COVID – 19 Resources for families <https://www.childrensinstitute.net/about-us/covid19-resources-for-families>
- Talking to children about COVID-19 <https://keltymentalhealth.ca/blog/2020/03/talking-children-about-covid-19>
- Keeping Well and Safe, for overall mental health help for all ages... specifically geared towards COVID: <https://sites.google.com/view/mentalhealtduringcovid19sp/home>
- Schoology: <https://www.schoology.com/>
- Google Classroom: https://edu.google.com/products/classroom/?modal_active=none
- Finding help <https://www.mhanational.org/finding-help>



- coronavirus anxiety scale
<https://www.tandfonline.com/doi/pdf/10.1080/07481187.2020.1748481?needAccess=true>
- <https://turtletalk.blog/covid-19-tribal-documents/>
- <https://www.hopkinsmedicine.org/johns-hopkins-childrens-center/patients-and-families/COVID-19-resources-for-kids.html>
- <Http://www.aaihb.org/covid-19-resources-.aspx>

Sites/apps/ideas to help people stay connected: (for youth)

- 50 Fun things to get you through #COVID19 | 50 Fun Things to Learn
<https://www.youtube.com/watch?v=Y4oFVOZ26rk>
- Create AR artworks right now <https://artivive.com/>
- Healthy, Safe, Fun: Active Things For Families To Do During COVID
<https://elgruponorte.org/safe/> (lots of different resources/links/ideas)
- Forums at Psych Central <https://psychcentralforums.com/>
- Advice column for youth – We R Native Ask Auntie:
<https://wernative.worldsecursystems.com/ask-auntie/chat.htm>
- Native wellness institute power hour -Facebook
<https://www.facebook.com/NativeWellnessInstitute/photos/rpp.125715977476469/3337437012971000/?type=3&theater>
- Airtime – watch videos, etc. together while you chat with friends:
https://play.google.com/store/apps/details?id=com.signal.android&hl=en_US
- Netflix party – for people who have Netflix, this allows you to watch with others and chat while you watch: <https://www.netflixparty.com/>
- Remind – school/group communication to share conversations with groups without sharing phone numbers: https://play.google.com/store/apps/details?id=com.remind101&hl=en_US
- Braiding the Sacred <https://braidingthesacred.org/>
- Honoring Native life <https://www.facebook.com/honoringnativelife/>
- How to conduct talking circles -Don Coyhis <https://www.youtube.com/watch?v=3RdIX7UM4ks>

Domestic Violence / Intimate Partner Violence / Human Trafficking Prevention Resources

- <https://www.techsafety.org/digital-services-toolkit>
- <https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>



- www.utfav.org
- <https://www.strongheartshelpline.org/about/>
- www.niwrc.org
- <https://www.thehotline.org/resources/firearms-dv/>

- **Screening Tools**

The [Adult Human Trafficking Screening Tool](#), developed by the Department of Health and Human Services Office on Trafficking in Persons, is designed for use across various healthcare, behavioral health, social services, and public health settings in order to assess adult patients or clients for human trafficking victimization or risk for potential trafficking victimization. Examples of screening questions begin on page 16.

- [Identifying Victims of Human Trafficking: What to Look for in a Healthcare Setting](#), developed by the National Human Trafficking Resource Center, provides a list of indicators that medical providers may see in a patient who may be a human trafficking victim and best practices for response.

- **Training**

[Recognizing and Responding to Human Trafficking in a Healthcare Context](#), presented by the National Human Trafficking Resource Center, identifies methods for assisting a patient who may be a potential trafficking victim and provides an overview on how trafficking victims may come into contact with healthcare professionals.

In partnership with the American Hospital Association, the National Human Trafficking Training and Technical Assistance Center created [Human Trafficking Response: Resources for Healthcare Professionals](#), a one hour long training that provides key resources and information on how to develop human trafficking response programs and protocols, new ICD-10 codes for human trafficking, and how healthcare professionals can prepare and create systems to fight human trafficking.

- **Protocols**

The [Protocol Toolkit for Developing a Response to Victims of Human Trafficking in a Healthcare Setting](#), is designed to help professionals working in health care settings such as emergency departments, hospitals, clinics, private offices, or school based health centers develop a protocol to respond to potential victims of human trafficking who present to their facility.

The [Framework for a Human Trafficking Protocol in Healthcare Settings](#) provides a detailed structure for developing a human trafficking protocols in healthcare systems.



Research Tools and Frameworks

- Native Wellness Assessment <https://thunderbirdpf.org/about-tpf/scope-of-work/native-wellness-assessment/>
- Honoring our Strengths frame work: <https://thunderbirdpf.org/honouring-our-strengths-full-version/>
- Many Cultural Strands, one basket framework: <https://thunderbirdpf.org/many-cultural-strands-one-basket-national-research-forum-addictions-and-mental-health/>

Digital Storytelling Tools

- Adobe Premier
- WeVideo
- 18 Free Digital Storytelling Tools For Teachers And Students: <https://elearningindustry.com/18-free-digital-storytelling-tools-for-teachers-and-students>
- 30 Sites and Apps for Digital Storytelling: <https://www.techlearning.com/tl-advisor-blog/30-sites-and-apps-for-digital-storytelling>

Native Veteran Resources

- Native American Veterans - Storytelling for Healing <https://www.acf.hhs.gov/ana/resource/native-american-veterans-storytelling-for-healing-0?page=all>

Back to School Resources

- https://lakotaonline.com/about_us/what_s_new/virtual_learning_option
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/prepare-safe-return.html>
-

Technical Assistance:

- National American Indian & Alaska Native PTTC: <https://pttcnetwork.org/native>
- SAMHSA Tribal Technical Assistance Center: <https://www.samhsa.gov/tribal-ttac/contact-us>
- Healthy Native Youth: <https://www.healthynativeyouth.org/>



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- Exceptional Parents Unlimited <https://epuchildren.org/>

-THE IMPORTANCE OF CALLING THE SPIRIT BACK-

Research has shown that early childhood trauma and abandonment are partially attributed to addiction of alcohol and drugs. Indigenous peoples throughout the world believe that when a traumatic event happens to an individual a spirit or part of their spirit leaves the body, sort of a defense mechanism for coping and survival. Indigenous native healers feel that when a person goes without part of their soul make up they'll have a void in their life. Also, the impact of the traumatic event will leave an imprint upon the person's memory and soul. Unbeknownst to the individual, the void in their life will cause them to fill the void with mood altering substances to feel normal and accepted by others of their type.

Calling the spirit back ceremonies need to be conducted for children after they've experienced a traumatic event. The ceremony should be done with their parents, grandparents and other close relatives. The child will know that the experience was unfortunate but more importantly not allow the bad experience to diminish their enjoyment of life.

As for adults who've been traumatized as children and suffered abandonment the ceremony for calling their spirit back could be done in two ways, the first is with a ceremonial person who has the right to conduct the ceremony, the second way is to do it personally with a 'sweat' that is specifically for that purpose. The sweat lodge way is done after they've emerged from the fourth round, the individual should call their traditional name to the four directions and ask it to come back home to the person.



SAMHSA

Tribal Training and
Technical Assistance Center





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Culturally Relevant Coping Skills for Coping with Anxiety and Stress During Uncertain Times

Overcoming

Remembering is a prevention against depression. Wellbeing comes from connection, meaning, and aiming to achieve togetherness

Contemplative Practices are healing and prevent depression and anxiety. Awaken instinctual knowing/insight --helps us find our way, connect with our felt sense of connection to ourselves, others, and the larger universe-all things. This is healing and also preventative for depression and anxiety.

Remember, we are a resilient people. We have survived colonization, forced assimilation, genocide, and epidemics in the past. Our culture, our ceremonies, our medicines, our languages, and being in community are what help us survive. We still have these resources to draw on. They are alive in us, in our genetic memories, in our elders. We are DNA-Descendant Now Ancestor. We will live through these times because we have lived through times like this in the past.

We have our medicines. We use tobacco, cedar, sweetgrass, sage, peyote, and many other medicines that our Mother Earth has given us. Beyond their medicinal benefits, Indigenous plants were a staple of our diet before Western contact. Today, Indigenous plants are central to efforts to improve dietary health for our current generations. In this very real sense, food is medicine.... Remember that water is our first medicine. It was our first environment and it carries other medicines to us in tea and through us in blood. There is an entire Indigenous science involved in that.





Participate in ceremony as much as you can safely to do so. Even if the ceremonies cannot be held communally, put them through the best you can on your own. Make a sacred space in your home or on the land. Pray And meditate in your own way.

Learn your songs, speeches, and prayers. Some Nations have online language learning resources. The spirits of the land you live upon do not understand English. They speak the languages of the Indigenous ancestors who have always inhabited them. YouTube is a wonderful resource for pow wow songs, round dance songs, stomp dance songs, peyote songs, etc.

Grow a garden. Now is the perfect opportunity to grow our traditional foods. Gardening is proven to be a therapeutic exercise, good for the body, mind, and spirit.

Create and nurture a relationship with the Earth you live upon, the sky and stars above you, the plants, waters, and animals around you. They all have things to teach to those who know how to listen. Indigenous people have a deep knowledge of and connection to place.

· Get plenty of exercise. Getting outdoors, putting our feet on the Earth, breathing fresh air, and absorbing the healing rays of the sun are restorative and helpful in combating depression. These are medicines as well.

Check in on the elders by phone or text. Talk with them, ask them to teach you what they know. Elders are special and unique treasures.

Humor. Whenever indigenous peoples anywhere in the world gather there is always much laughter. Laughter is medicine.

Every Indigenous language has a word, or several words, for the idea of being at peace, being balanced, being in harmony. Learn those words, speak them, learn how they apply to nature, and apply them to your own life.

Practice being grateful. Many of our ceremonies are really celebrations of thanksgiving. Every day make a list of five things that you are grateful for. Practice being grateful by being kind and compassionate.

Stay Connected with your ancestors, Olympic winner Billy Mills credits winning the 1964 10,000 meters gold medal to his ancestral connection with his father who died when he was twelve, but his presence manifested when Billy was running the race. Ancestral self-awareness is healing.

Shared by Jim Wikel



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