



# Native Education Collaborative

Connecting partners | Cultivating resources



## Behavioral Health: Cultural Opportunities

### Native Community Strengths

All Native communities demonstrate these survival skills:

- Endurance
- Strength
- Resilience: The capacity for adapting successfully and functioning competently despite experiencing chronic stress or adversity following exposure to prolonged or severe trauma.

### Behavioral Health Opportunities

- Successful outcomes occur when care is:
    - ▶ Integrated
    - ▶ Trauma-informed
    - ▶ Culturally relevant
  - Prevention of re-traumatization in treatment:
    - ▶ Implement evidence-based interventions (EBIs) as part of an integrated care strategy
    - ▶ Common EBIs include Question, Persuade, Refer (QPR); Applied Suicide Intervention Skills Training (ASIST); and SafeTALK (Tell, Ask, Listen and Keep safe)
  - Practice-based and culture-based interventions:
    - ▶ Are significantly adapted to each community
    - ▶ Are field-driven practices with qualitative evidence of success
- #### 4 Keys to Successful Practices
- Culturally and historically grounded practices:
    - ▶ Seek to understand root causes
    - ▶ Integrate community values, Native worldviews, and traditional practices
  - Trauma-informed approaches:
    - ▶ Recognize trauma experiences in youth
    - ▶ Address systemic traumatizing practices

# Cultural Behavioral Health Supports

## Current Practices

- Often designed to serve the general population
- A Euro-American framework can unintentionally:
  - ▶ subvert Native cultural practices
  - ▶ alienate Native youth by leaving out familial and societal content

## Euro-American Framework

### Focuses and relies on:

- Rationality
- Realism
- Objectivity

## Native Framework

### Includes beliefs and norms on:

- Sexuality
- Gender roles
- Parenting practices
- Intimate and social relationships

## Culturally Responsive Programs

### Based on:

- The sensibilities of the community being served
- Social organization of the community
- Current channels of influence within the community

## Seven Generation Approach

- Every person expresses seven generations:
  - ▶ 3 generations of ancestors (parents, grandparents, great-grandparents)
  - ▶ current self
  - ▶ 3 generations of the future (children, grandchildren, great-grandchildren)
- Shows connectiveness of the present to the past and the future

## Integrating Traditional Practices into Behavioral Health Care

- Understand ancestral knowledge of:
  - ▶ Plants and medicinal uses
  - ▶ Ceremonies
  - ▶ Shared traditional teaching
- Modern youth are looking to blend modern and traditional practices

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