



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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