



Celebrating Life Suicide Prevention Program: White Mountain Apache Tribe Suicide Surveillance and Case Management Follow-up

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Background: White Mountain Apache Tribe

- 17,500+ enrolled tribal members
- Fort Apache Res. (1.6 million acres)
- Geographically isolated
- Spectrum of traditional and mainstream cultures
- Governed by Tribal Council
- Over 40-year relationship with JHU Center for American Indian Health





Background: Apache Youth Suicide

- Very low suicide rates prior to 1950
- Episodic spikes in youth suicide rates beginning in early 1990s

Surveillance System: History

Community Initiative to Prevent Suicide 30+ years of progress

- Seeking guidance and support – 1992
 - Implementation of Ghost Busters – 1993 to 1998
 - Tribal mandate – 2001 to 2004
 - Surveillance system – 2004 to Present
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- First registry of its kind, nationally recognized
 - Led by local community mental health specialists

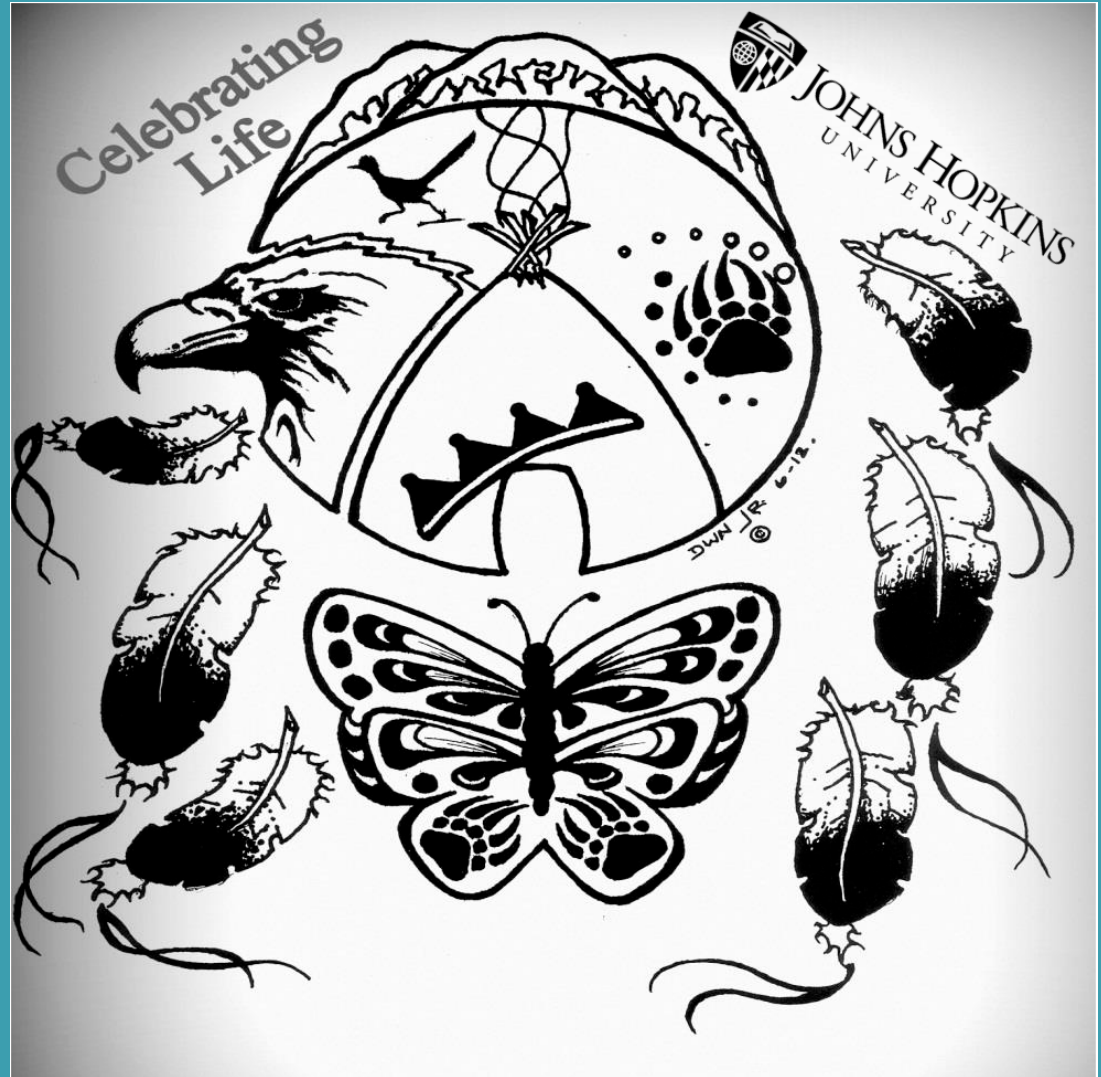
Tribal Mandate & Celebrating Life Suicide Prevention Program

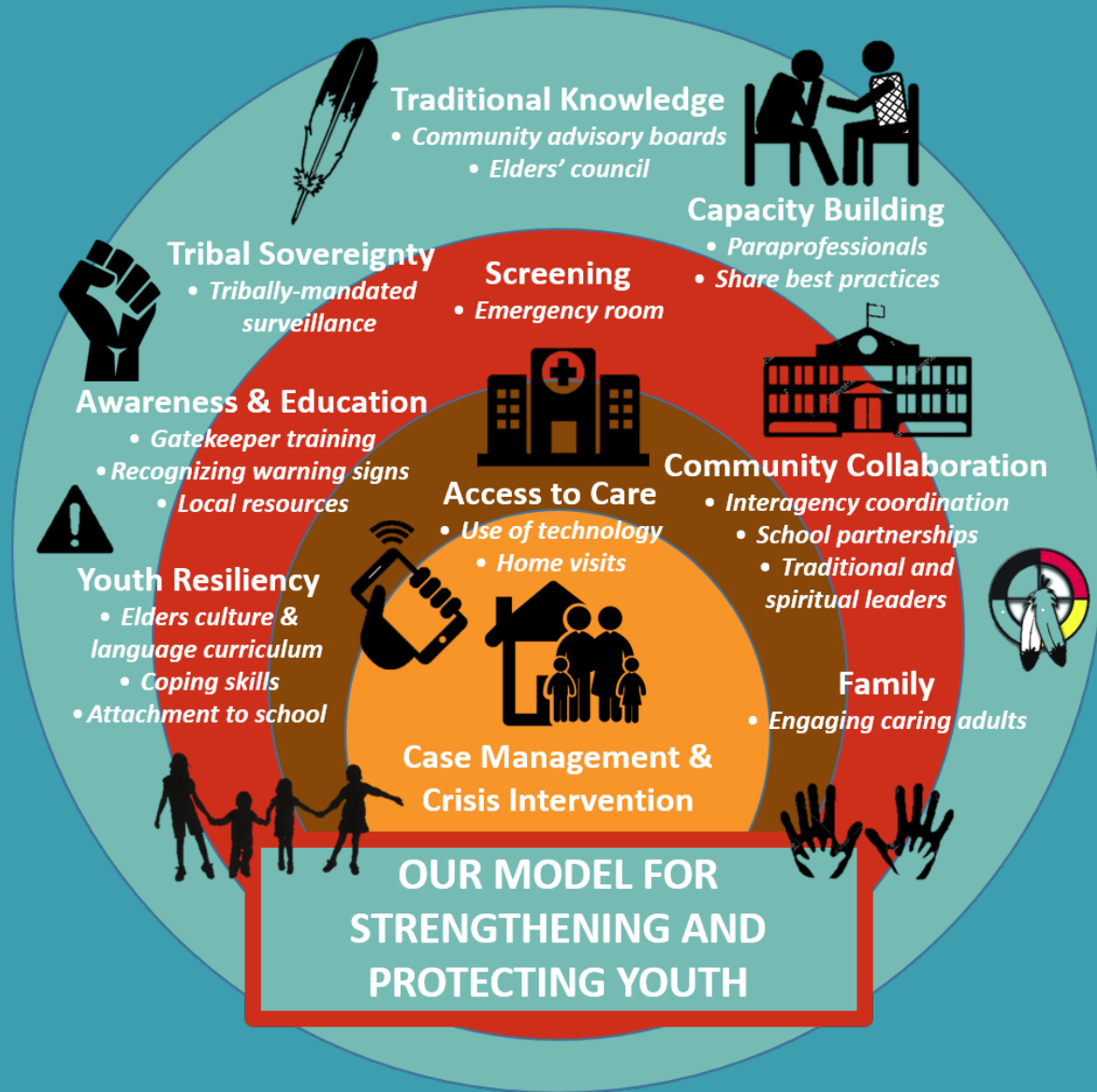


- Individuals who work or reside on the Fort Apache Indian Reservation are mandated by the tribe to report individuals at risk for self-injurious behaviors
- Reportable behaviors include:
 - Suicide attempt
 - Suicide ideation
 - Suicide death
 - Non-suicidal self injury
 - Binge substance use

Celebrating Life Forms

- Celebrating Life Intake Referral Form
- Celebrating Life Case Manger Follow-up Form
- Death by Suicide Form





Traditional Knowledge

- Community advisory boards
- Elders' council



Capacity Building

- Paraprofessionals
- Share best practices

Screening

- Emergency room

Tribal Sovereignty

- Tribally-mandated surveillance



Awareness & Education

- Gatekeeper training
- Recognizing warning signs
- Local resources



Access to Care

- Use of technology
- Home visits



Community Collaboration

- Interagency coordination
- School partnerships
- Traditional and spiritual leaders



Youth Resiliency

- Elders culture & language curriculum
- Coping skills
- Attachment to school



Family

- Engaging caring adults

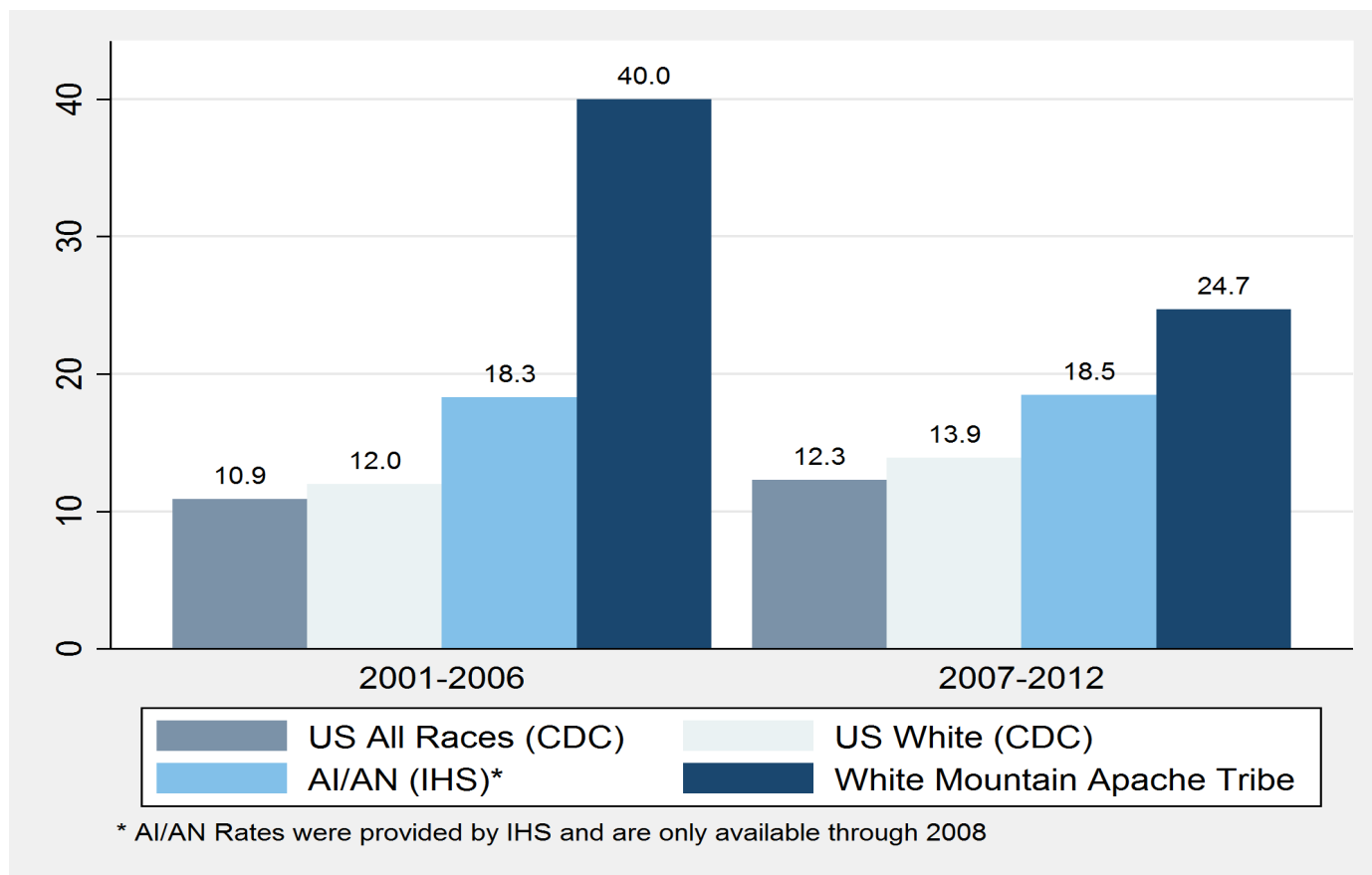


Case Management & Crisis Intervention



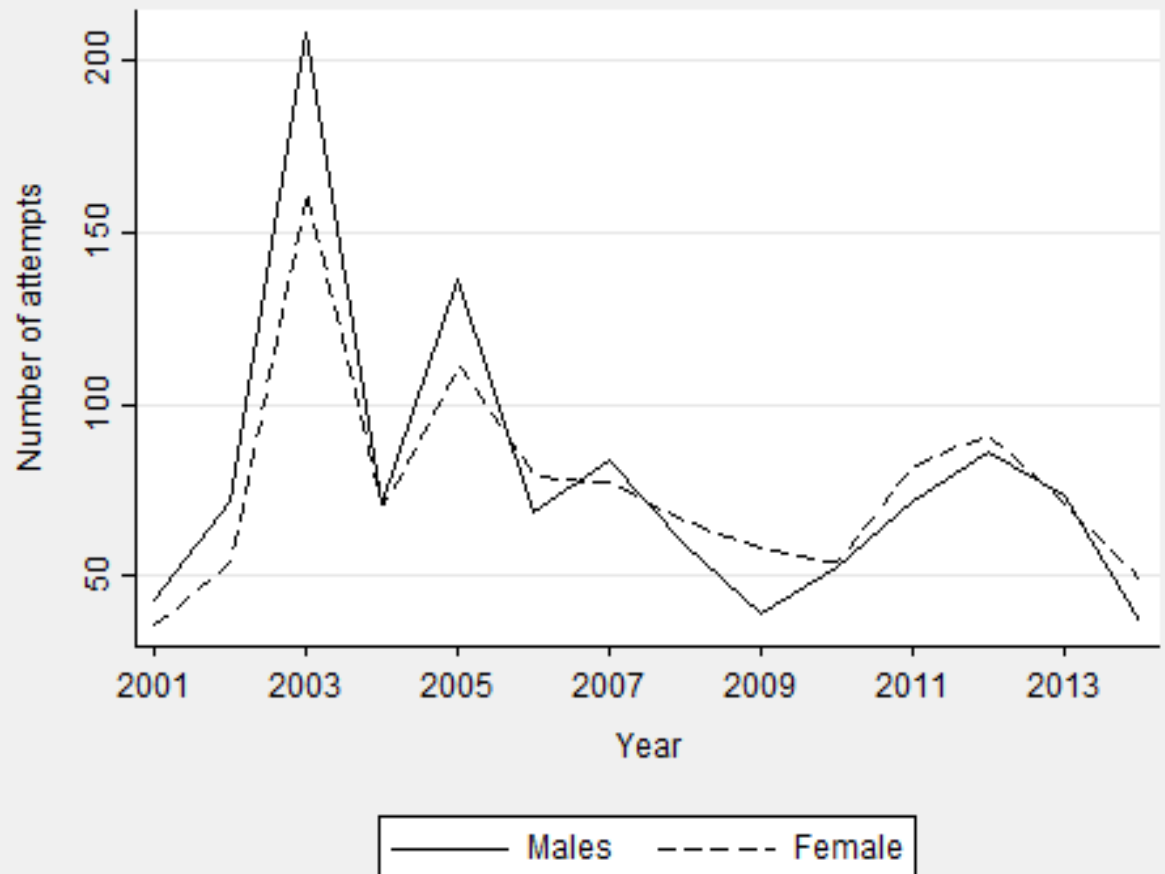
**OUR MODEL FOR
STRENGTHENING AND
PROTECTING YOUTH**

Celebrating Life Results: Suicide Deaths



See: Cwik, M, Tingey, L, Maschino, A, Goklish, N, Larzelere-Hinton, F, Walkup, J and Barlow, A. "Decreases in Suicide Deaths and Attempts linked to the White Mountain Apache Suicide Surveillance and Prevention System, 2001-2012." *AJPH*, published online 13 Oct 2016.

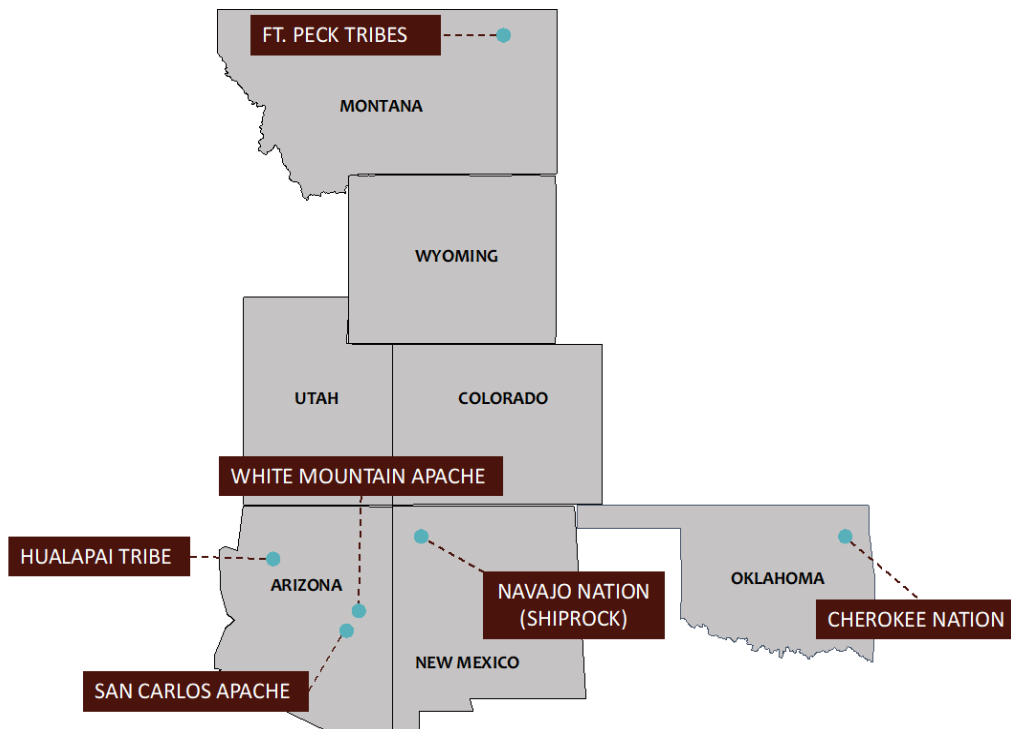
Celebrating Life Results – Suicide Attempts





NIMH-funded Southwest Hub: Partner Communities

(1U19 MH113136; co-PI: Mary Cwik & Allison Barlow)



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Barriers Observed in Other Communities

- Stigma related to suicide is a significant barrier for some communities
- Without a tribal mandate, agency reporting can be a challenge
 - Some programs are using MOUs to help
- Difficulty locating individuals for intake and/or following-up with individuals for case management
- Database support can be a challenge for some
- For some teams, safety during home visits is a concern

SW Hub Partner Communities Successes

- Cherokee Nation Behavioral Health
 - Passed tribal policy re: suicide care
 - Mandated reporting and referrals for mental and behavioral health services; communication system between hospitals and clinics to share the responsibility of addressing crises in the community
 - Creating and distributing wellness resources
 - Trained care managers and community members who complete home visits; training providers to meet increased demand for suicidality services
- Navajo Nation “Honoring Life”
 - Expanding number of MOUs with schools
 - Growing team of case managers to meet demand of services and expanded coverage area
 - Adapting brief interventions from WMAT (New Hope)

SW Hub Partner Communities' Successes

- **San Carlos Apache Tribe “Life is Precious”**
 - Ongoing surveillance
 - Art therapy and skateboarding groups for high-risk youth and adults
 - Walking and running group for clients
 - Clearing a wooded trail near the hospital, with signs identifying trees and animals in Apache language
- **Hualapai Health Education & Wellness Center**
 - Ongoing surveillance
 - American Indian Life Skills sessions on Fridays with teens
 - Working with local agencies on summer programming for youth
 - Planning for youth council and coalition to further engage youth in decision-making
 - First Wednesday of the month suicide prevention talks in schools

Interested Communities & Organizations

- Cree Board of Health and Social Services of James Bay, Quebec, Canada
- Santo Domingo Tribe, New Mexico, USA
- Bemidji Area Indian Health Service, Minnesota, USA
- Native American Lifelines, Baltimore, Maryland, USA
- Muscogee Creek Nation, Oklahoma, USA
- Navajo Nation, USA
- San Carlos Apache Tribe, Arizona, USA
- Cherokee Nation, Oklahoma, USA
- Hualapai Tribe, Arizona, USA
- Fort McDermitt Paiute and Shoshone Tribe, Oregon, USA
- Pascua Yaqui Tribe, Arizona, USA
- Rural Regional Behavioral Health, Nevada, USA
- Great Plains Area Behavioral Health, South Dakota, North Dakota, Iowa, Nebraska, USA
- Lipan Apache Band of Texas, Texas, USA
- Government of Nunavut Department of Health, Nunavut, Canada
- Turtle Mountain Indian Reservation, North Dakota, USA
- American Indian Health Commission for Washington State, Washington, USA
- Native Connections, Colville Tribes, Washington, USA
- Rapid City Collective Healing Initiative, Rapid City, South Dakota, USA
- Hoopa Valley Tribe, K'ima:w Medical Center, California, USA
- Hopi Health Care Center, Arizona, USA
- Lummi Nation, Washington, USA
- Confederated Tribes of the Colville Reservations, Washington, USA
- Mescalero Tribe, New Mexico, USA
- Alaska Native Tribal Health Consortium, Alaska, USA
- Fort Peck, Montana, USA
- Gila River Indian Reservation, Arizona, USA
- Inuit, Canada
- Pine Ridge Indian Reservation, South Dakota, USA
- Rocky Boy Reservation, Montana, USA
- Shingle Springs Band of Miwok Indians, California, USA
- Spokane Tribe, Washington, USA
- Turtle Mountain Indian Reservation, North Dakota, USA
- Many many more who are not listed here!

Thank You!

Questions?