

September 10, 2025 | 10:00-11:00 am PST



Suicide Prevention Resources for American Indian/Alaska Native Youth, Young Adults, Caring Adults & Native Communities

Land Acknowledgement

NPAIHB serves the 43 federally-recognized tribes of Oregon, Washington and Idaho and our office is located within the traditional and ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin, Kalauya and many other indigenous nations of the Willamette and Columbia River regions.



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health





Funding Credit

Healthy Native Youth is a project of the Northwest Portland Area Indian Health Board (NPAIHB) and Northwest Tribal Epidemiology Center (NWTEC) funded by the Indian Health Service ETHIC II grant fund.



Let us
Start with a
Blessing...



Hadínyaa! áxáyúm ʔús^h c^hxí sán!



**Shane Lopez-
Johnston**

Tolowa Dee-ni' Nation

(he/him)

I love sports & fishing!



**Helena Darrow,
MPH**

Chiricahua Apache

(she/her)

I love hiking!



**Krystie Berry
(Holder)**

Cree, Chinook, Grand Ronde

(she/her)

I love seeing my kids grow
into awesome young
adults!



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Live Virtual Training Logistics



Logistics

- You are muted
- If comfortable, share video
- AI Notetaker is disabled

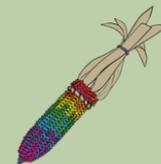
Engagement

- Chat box
- Icons (Zoom & More)





WELCOME BACK WITH *Healthy Native Youth*



Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/Organization
- ★ What are you hoping to learn today?



Digital Learning Tool



Digital Learning Agreement

Teachers or parents: Use this document at the beginning of the school year to set a positive culture of digital citizenship in your classroom. Copy or download this form, and add or delete items to customize it. Go over the pledge with students; then make sure the student and a parent/caregiver sign it.

As a student and a digital citizen, I agree to:

Be responsible. I will ...

- Do my best to complete my schoolwork and assignments.
- Take care of my device by:
 - not dropping or tossing it.
 - putting it down on a clean, flat surface.
 - not eating or drinking when I use it.
- Tell my teacher and parent or caregiver if my device is broken, stolen, or lost.
-

Stay safe. I will ...

- Not share my school account passwords with anyone other than my teacher and parent or caregiver.
- Not create accounts or share private information without my family's permission. (This includes my full name, date of birth, address, phone number, and photos or videos of myself.)
- Tell my teacher or an adult I trust if anything makes me feel uncomfortable online, or if anyone acts inappropriately toward me.
-

Think first. I will ...

- Remember that teachers and administrators can see whatever I say and do on a school-issued device during video meetings, in emails and chats, and on shared documents.
- Not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see because posts and comments can be saved and shared without my knowledge.

 common sense education

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For public comment or to see our privacy policy, visit [commonsense.org/education](https://www.commonsense.org/education)

- Investigate whether a source is credible because not all information online is true.
- Give proper credit whenever I use, reference, or share someone else's creative work online.

https://docs.google.com/document/d/15od_aYkTTQMzfz8p7tDJaIjr9s-JGaJrNkmEk-8GX4/edit



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We've Got Goals!

By the end of today's session, you will...

- ★ Learn about NPAIHB Suicide Prevention Resources
- ★ Learn about 988 Lifeline and Zero Suicide Initiatives
- ★ Discover Regional Indian Health Board & Tribal Epi Center Contacts & Connections for Local Support



Where are we going



Welcome
Goals & Objectives
5 min

Community Partner
Share:
Helena Darrow
15 min

Practice into Action
Closing
5 min



Opening
Intros
5 min

988 Tribal Response:
Shane Lopez-Jon, Krystie Holder
25 min

Questions and Reflections
5 min



988 Tribal Response

Shane Lopez-Johnston, THRIVE 988 Project Director

Krystie Berry (Holder), THRIVE 988 Project Coordinator

THRIVE

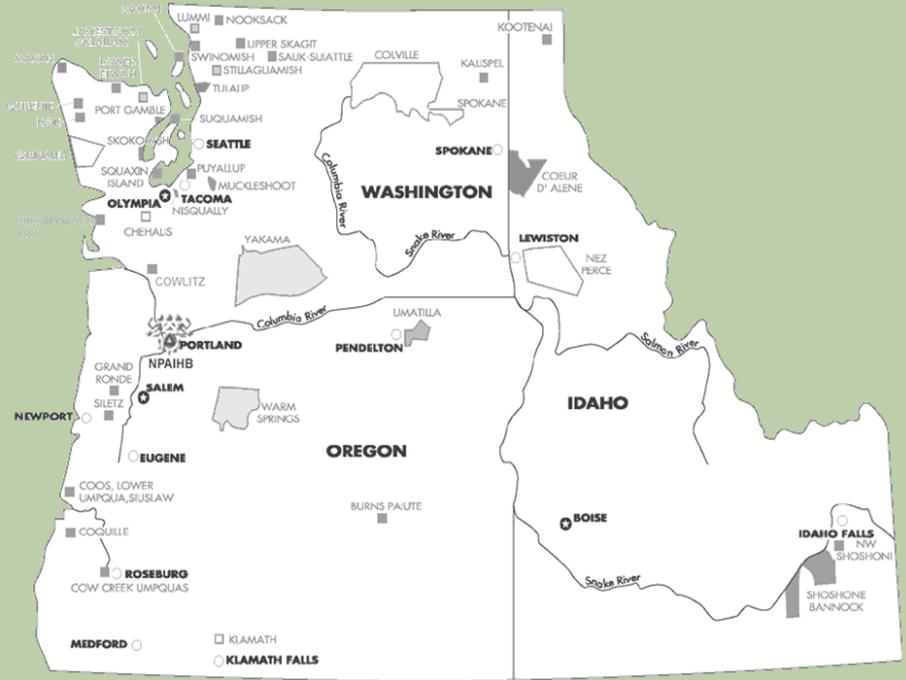
at Northwest Portland Area Indian Health Board



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Northwest Portland Area Indian Health Board

To assist Northwest tribes to improve the health status and quality of life of member tribes and Indian people in their delivery of culturally appropriate and holistic health care.



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Call, Text, or Chat

988

SUICIDE & CRISIS
LIFELINE

Suicide & Crisis Lifeline

Dial 988

for mental health emergencies.

Text **NATIVE** to **741741**
for free, 24/7 support.



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What happens when you call or text 988?

- If you call 988, you'll first hear a greeting message that will give you options to connect to the **Veterans Crisis Line**, access help in Spanish, or remain on the line while your call is routed to your local Lifeline network crisis center.
- If you have a Washington area code, you can press 4 and be connected to Volunteers of America Western Washington's (VOAWW) **Native & Strong Lifeline**



THRIVE's 988 Tribal Response

- Educate and bring awareness about the 988 call centers and services to the NW Tribes and AI/AN community members in the Northwest.
- Facilitate collaborative, trusting relationships between Tribes and 988 call center staff to increase resources and services for tribal members with open lines of communication and education about call center protocols.
- Administer new tribal assessments to receive current, suicide and SUD prevention, treatment, education, awareness, and accessibility, wants and needs of the Tribes.



Washington 988 Suicide and Crisis Lines

- Crisis Connection in Seattle, WA
 - <https://www.crisisconnections.org/>
 - Crisis Connection 24-Hr Crisis Line: 866-427-4747
- Volunteers of America Western Washington in Everett, WA
- Native & Strong Crisis Line for American Indian and Alaska Native people
 - <https://www.voaww.org/behavioralhealth>
 - <https://nativelifeline.org/>



Oregon 988 Suicide and Crisis Lines

- Youthline - Lines for Life
- [YouthLine - Portland, Oregon](#)

- NW Human Services
- <https://northwesthumanservices.org/>

- Oregon 988
- [About - 988 Oregon](#)



Idaho 988 Suicide and Crisis Lines

- Idaho Crisis & Suicide Hotline
- [Idaho Crisis & Suicide Hotline – 988](#)



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**Native
& Strong
Lifeline**



**988
PRESS 4**

Dial 988 and press 4

from a phone with a Washington state area code.
Confidential support.

A Lifeline for all Indigenous people in Washington state.



Native counselors are available 24/7 for people:

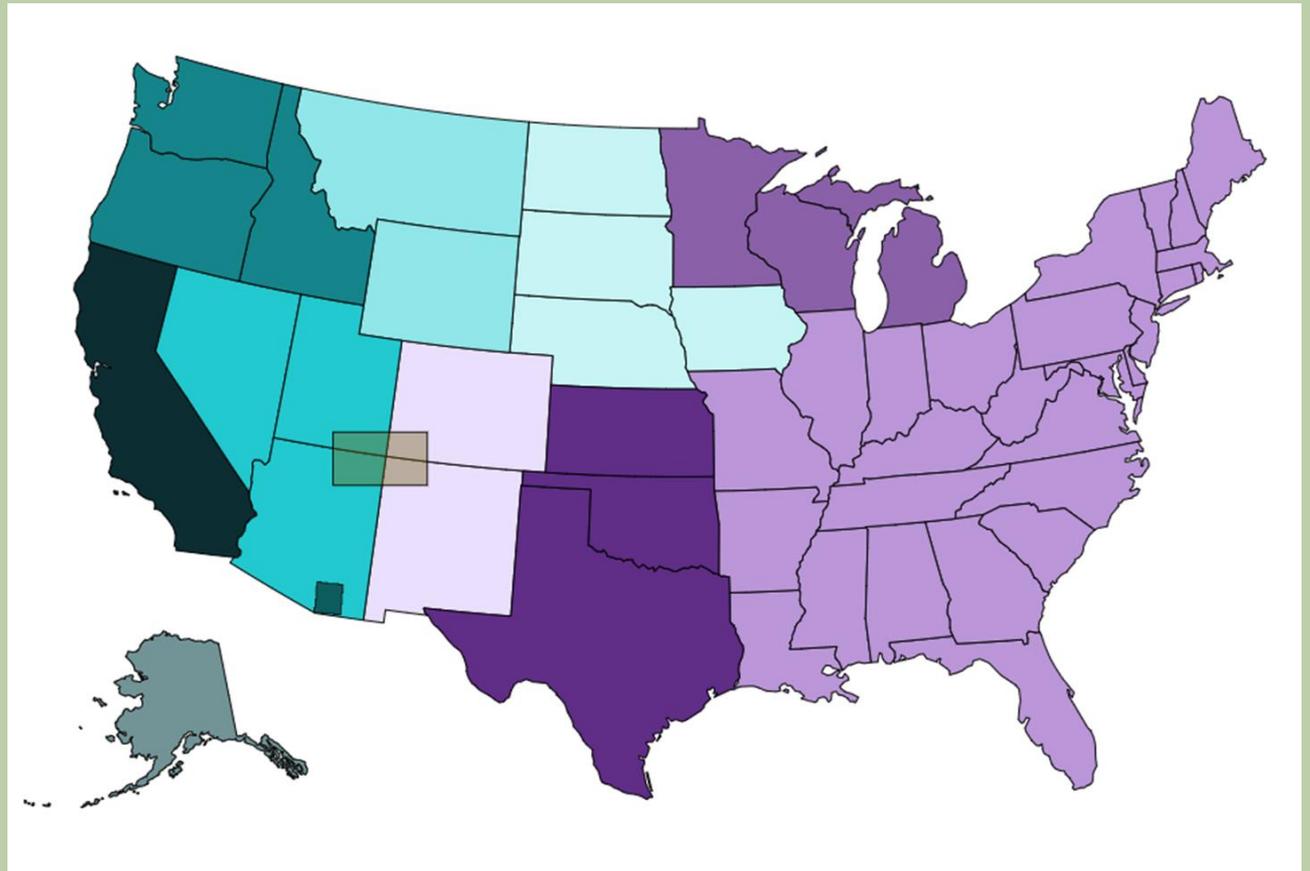
Experiencing a mental health crisis.

Thinking about suicide.

Seeking support.



Crisis Services Map



<https://www.npaihb.org/thrive/crisis-intervention-services/>



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Email us for printable resources



Youth Support



In crisis? Connect 24/7...

CRISIS TEXT LINE

Crisis Text Line
Text: NATIVE to 741 741
WhatsApp
www.crisistextline.org/



Suicide and Crisis Lifeline
Call: 988 or 1-800-273-TALK
www.988lifeline.org/chat/

Abuse & Sexual Assault



StrongHearts Native Helpline
Call, text, or chat 24/7
1-844-7NATIVE (762-8483)
www.strongheartshelpline.org



National Sexual Assault Hotline Call
(24/7): 1-800-656-HOPE
www.rainn.org/



National Teen Dating Abuse Helpline
Call (24/7): 1-866-331-9474
Text: LOVEIS to 22522
www.loveisrespect.org/



Childhelp National Child Abuse Hotline
(24/7): 1-800-4-A-Child (422-4453)
<https://www.childhelphotline.org/>

Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for Teens
Call: 1-800-662-HELP
nida.nih.gov/research-topics/parents-educators



Truth: Smoking, Vaping, and Opioids
Get 24/7 Support
Text: DITCHVAPE to 88709
www.thetruth.com/article/this-is-quitting



Get the Facts About Drugs: Just Think Twice
Call: 1-855-378-4373
Text: 55753
www.justthinktwice.gov/



National Drug Information
Treatment & Referral Hotline
Call: 1-800-662-4357
www.samhsa.gov/find-treatment

Mental Health



Mental Health America
Call: 1-800-969-6642
Text: MHA 741 741
www.mhanational.org/

teen line

Teens Helping Teens
Call: 1-800-852-8336
Text: TEEN to 839 863
www.teenline.org/

TREVOR!

The Trevor Project
Call (24/7): 1-866-488-7386
Text: START to 678 678
www.thetrevorproject.org/



National Hotline. Reach Out &
Get Help
Call: 1-800-448-3000
Text: VOICE to 20121
www.boysntown.org/hotline



Caring Messages - to
remind you of how
awesome you are!
Text: CARING to 65664
Text: COLLEGE to 65664



YOU PROTECTED US.
LET US WALK WITH YOU.
#WENEEDYOUHERE

IF YOU CRISIS

TO GIVE help or GET help:

WE ARE CONNECTED.
We Need You Here.

IF YOU CRISIS

Dial 988 if you are having a mental health emergency to reach the Suicide & Crisis Lifeline.

Text NATIVE to 741741 to receive free, 24/7 counseling support.

Talk to trusted elders, healers, friends, family, clergy or health professionals.

Visit www.wenative.org

MY LIFE MATTERS. I AM HERE FOR A REASON. MY STORY HAS JUST BEGUN.

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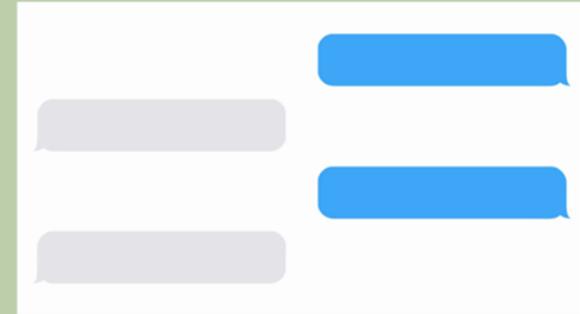
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The Power of Text Messaging

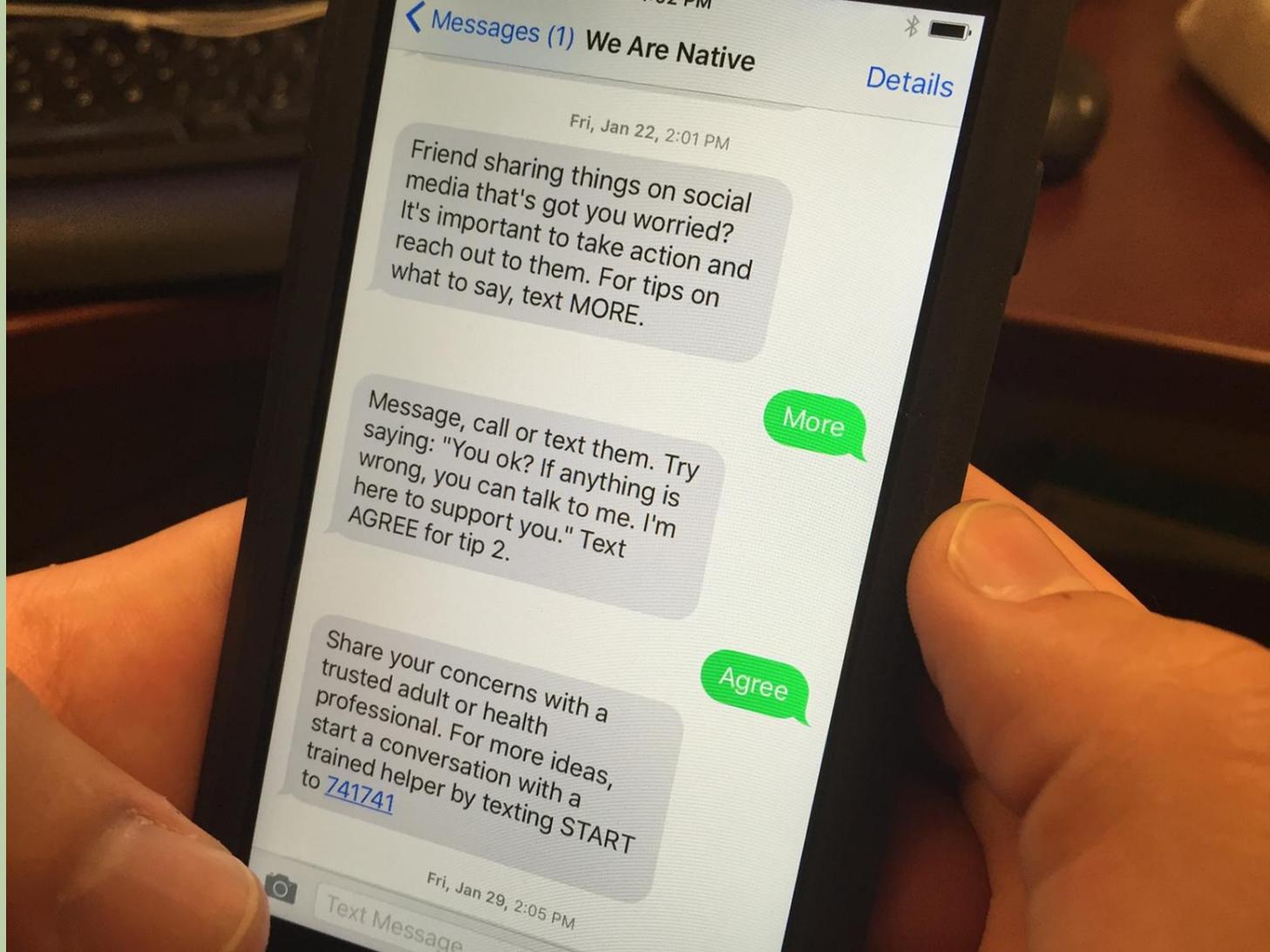
We use text messaging to meet youth where they are.

Our Health Based Text Campaigns:

- Address a variety of health needs in the community
- Regularly send fresh content through a range of methods
- Scheduled Messages
- Pre-Formulated Messages in a Sequence
- Multimedia – text + image or video
- Youth are very rarely on their computers
- Phones are everywhere and convenient



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Messages (1) We Are Native

Details

Fri, Jan 22, 2:01 PM

Friend sharing things on social media that's got you worried? It's important to take action and reach out to them. For tips on what to say, text MORE.

More

Message, call or text them. Try saying: "You ok? If anything is wrong, you can talk to me. I'm here to support you." Text AGREE for tip 2.

Agree

Share your concerns with a trusted adult or health professional. For more ideas, start a conversation with a trained helper by texting START to [741741](tel:741741)

Fri, Jan 29, 2:05 PM

Text Message



You are doing wonderful.
Your value and worth do
not revolve around school
or work, they come from
you simply existing.

Text 'COLLEGE'
to
65664

...to get regular reminders about how awesome you
are from Native college students and people who have
been there and care about what you're going through.



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Screenshot for THRIVE Linktree to Get Mental Health Resources



#WeNeedYouHere

Scan now
or go to
[https://linktr.ee/
npaihbthrive](https://linktr.ee/npaihbthrive)



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Zero Suicide Initiative

Coordinating Center

Supporting systems transformation for
safer suicide care.

Presentation adapted from
Zero Suicide Institute.

Chinle Service Unit &

Zero Suicide Model



© 2020 Zero Suicide Institute at EDC.

- Seven Zero Suicide elements identify core components of safer suicide care.
- System -wide agency commitment to safer suicide care.
- Only acceptable number of losses due to errors in quality of care is zero.
- Suicide deaths of individuals under care of health systems are preventable.

95%
OF PATIENTS

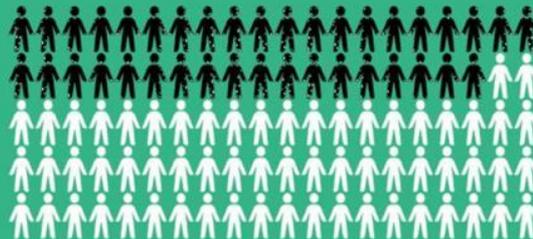
Had a Healthcare Visit
Within The **Year** Before
Suicide Attempt



(Ahmedani et al., 2015)

38%
OF PATIENTS

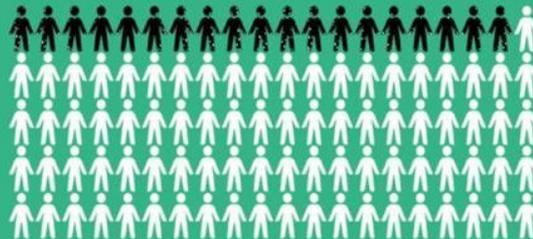
Saw a Healthcare Provider
the **Week** Before They
Attempted Suicide



(Ahmedani et al., 2015)

19%
OF PATIENTS

Had Contact with a
Mental Health
Professional in the Month
Before Their Death



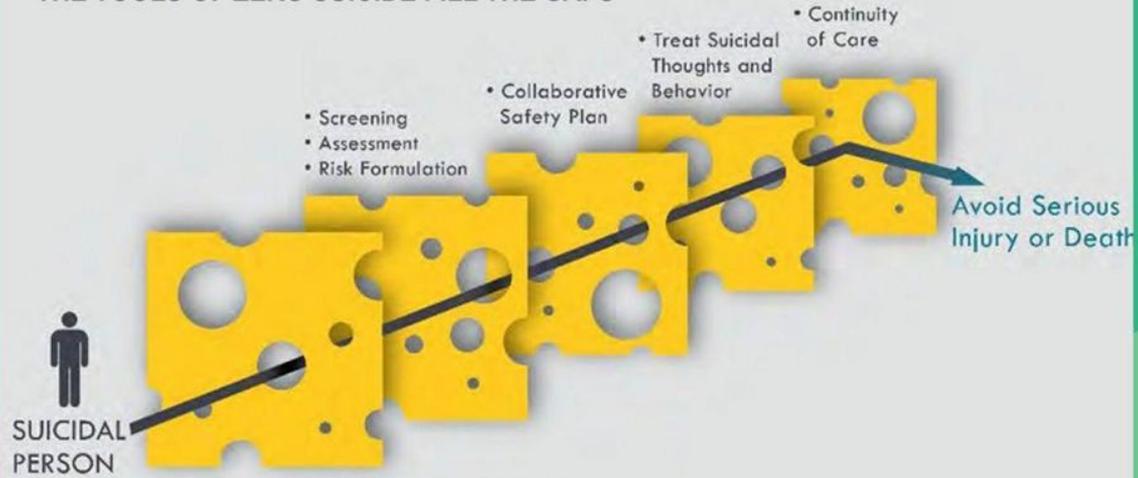
(Luoma et al., 2002)

Element Examples



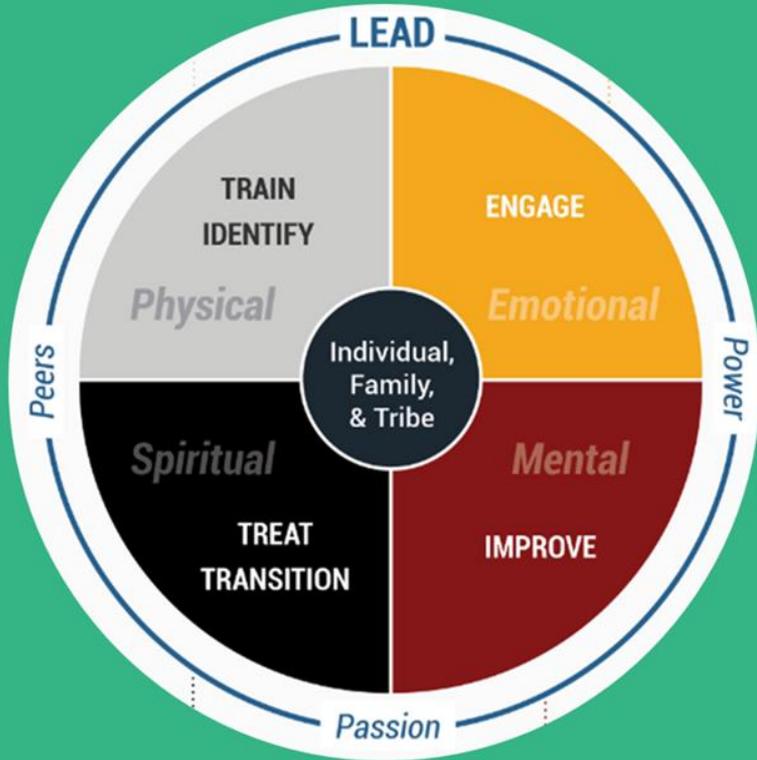
- **Lead:** Improve policies and procedures, leadership commitment
- **Train:** a competent, confident, and caring workforce, ex. QPR, therapeutic methods
- **Identify:** screening patients, assessing risk level
- **Engage:** patients in care, through safety plans, lethal means counseling
- **Treat:** Directly treat suicidal thoughts through proven therapeutic methods and traditional healing

THE TOOLS OF ZERO SUICIDE FILL THE GAPS



Adapted from James Reason's "Swiss Cheese framework of Accidents"

Zero Suicide Initiative Coordinating Center



- Offer Training and Technical Assistance to implement Zero Suicide Model in Tribal Clinics
- Current work with six (6) National Tribes
- Support NW Tribes upon request
- Offer webinars with Zero Suicide experts
- Develop resources for Tribal settings

SYSTEMATIC SUICIDE CARE

Bridging the Gaps

(Adapted from the *National Action Alliance for Suicide Prevention*, 2010)



References

1. Ahmedani, B. K., Stewart, C., Simon, G. E., Lynch, F., Lu, C. Y., Waitzfelder, B. E., Solberg, L. I., Owen-Smith, A. A., Beck, A., Copeland, L. A., Hunkeler, E. M., Rossom, R. C., & Williams, L. K. (2015). Racial/ethnic differences in healthcare visits made prior to suicide attempt across the United States. *Medical Care*, 53(5), 430–435. <https://doi.org/10.1097/MLR.0000000000000335>
2. Luoma, J. B., Martin, C. E., & Pearson, J. L. (2002). Contact With Mental Health and Primary Care Providers Before Suicide: A Review of the Evidence. *The American Journal of Psychiatry*, 159(6), 909–916. <https://doi.org/10.1176/appi.ajp.159.6.909>
3. Education Development Center: Zero Suicide Institute <https://solutions.edc.org/solutions/zero-suicide-institute>
<https://zerosuicide.edc.org/>
4. [Zero Suicide AI/AN toolkit adaptation](#), includes Donald Warne and Esther Tenorio videos
5. National Action Alliance for Suicide Prevention
<https://theactionalliance.org/>

Contact Us



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hdarrow@npaihb.org



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*Chatfeed Convo:
Type Questions,
Ask Away!*





5. Closing





HEALTHY NATIVE YOUTH

The Healthy Native Youth project provides health promotion curricula and resources for American Indian and Alaska Native youth.

Curricula

Stand-Alone
Lesson

Handouts

Resources

Health Topics

- **Mental Health**
- **Physical Health**
- **STI Prevention**
- **Goal Setting**
- **Healthy Relationships**
- **Drugs and Alcohol Prevention**
- **Boundary Setting**
- **Effective Communication**

For access to our curricula and resources, email us at native@npaih.org

Contact us for
technical assistance
& training:

native@npaih.org



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Ahe'hee! Quayana! Thank you!

(Since 2021)

[I Know Mine](#) 
[I Want the Kit](#) 
[Safe in the Village](#) 

Alaska Native Tribal Health Consortium



[I Want the Kit](#) 
[Respecting the Circle of Life](#) 

Johns Hopkins - Center for Indigenous Health



[Native It's Your Game](#) 
[Healthy Native Youth Implementation Toolbox](#) 

University of Texas - School of Public Health



 **Project Red Talon Regional Network**
A Project of the Northwest Portland Area Indian Health Board



NPAIHB



Inter Tribal Council of Arizona, Inc.

[ITCA Landing Page](#)
[Healthy Native Youth @ ITCA](#)



Southern Plains Tribal Health Board

[Native Test](#) 



Northwest Portland Area Indian Health Board

[Healthy Native Youth We R Native](#) 
Partners:
[Paths ReMembered](#) 
[Indian Country ECHO](#) 
[Native Health Resources](#) 



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Email us at: native@npaihb.org

TEC Regional Locator Map



Reach out & connect with your regional health board for:

- *Technical Assistance
- *Training
- *Resources
- *Opportunities

tribalepicenters.org



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Contact Information



TRIBAL
EPIDEMIOLOGY
CENTERS

TribalEpiCenters.org

<p>Alaska Native Epidemiology Center Anchorage, AK anepicenter@anthc.org // Phone: (907) 729-4567 epi.anthc.org</p>	<p>Albuquerque Area Southwest TEC Albuquerque, NM aastecinfo@aaihb.org // Phone: (505) 962-2602 aastec.net</p>
<p>California Tribal Epidemiology Center Roseville, CA epicenter@crihb.org // Phone: (916) 929-9761 crihb.org/ctec</p>	<p>Great Lakes Inter-Tribal Epidemiology Center Lac du Flambeau, WI Phone: (715) 588-1092 glitc.org/programs/epi-home</p>
<p>Great Plains Tribal Epidemiology Center Rapid City, SD gptec@gptchb.org // Phone: (605) 719-5410 greatplaintribalhealth.org/great-plains-tribal-epidemiology-center.html</p>	<p>Inter Tribal Council of Arizona, Inc. TEC Phoenix, AZ tecinfo@itcaonline.com // Phone: (602) 258-4822 itcaonline.com/tec</p>
<p>Navajo Epidemiology Center Window Rock, AZ navajoepi@navajo-nsn.gov // Phone: (928) 357-6237 nec.navajo-nsn.gov</p>	<p>Northwest Tribal Epidemiology Center Portland, OR npaihb@npaihb.org // Phone: (503) 228-4185 npaihb.org/epicenter</p>
<p>Oklahoma Area Tribal Epidemiology Center Oklahoma City, OK info@spthb.org // Phone: (405) 652-9216 spthb.org/programs/tribal-epi-center</p>	<p>Rocky Mountain Tribal Epidemiology Center Billings, MT Phone: (406) 252-2550 rmtlc.org/tribal-epidemiology-centers</p>
<p>United South and Eastern Tribes TEC Nashville, TN Phone: (615) 872-7900 usetinc.org/tribal-epidemiology-center</p>	<p>Urban Indian Health Institute Seattle, WA info@uihi.org // Fax: (206) 812-3030 uihi.org</p>



Let us Close with a Blessing

“Look behind you. See your sons and your daughters. They are your future. Look farther and see your sons’ and your daughters’ children and their children’s children even unto the Seventh Generation. That’s the way we were taught. Think about it; you yourself are a Seventh Generation.”

~ Leon Shenandoah, Onondaga



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