

Suicide Prevention
Track: Data and Research

A Culturally-Based Prevention Strategy Checklist/Task List:

<input type="checkbox"/> STEP 1	Culture & Suicide
<input type="checkbox"/> STEP 2	US Data Trends
<input type="checkbox"/> STEP 3	Learning from Alaska Data
<input type="checkbox"/> STEP 4	Northwest Alaska
<input type="checkbox"/> STEP 5	Suicide Prevention-Three Levels
<input type="checkbox"/> STEP 6	Tertiary Prevention in Alaska Native Villages
<input type="checkbox"/> STEP 7	Why Mental Health Services is NOT enough
<input type="checkbox"/> STEP 8	Example of Culturally-responsive Approach to Tertiary Prevention
<input type="checkbox"/> STEP 9	Risk Factors-Community, family and personal
<input type="checkbox"/> STEP 10	Bolstering Protective Factors-Community, Family, Personal
<input type="checkbox"/> STEP 11	Building on Local Strength for Primary and Secondary Prevention
<input type="checkbox"/> STEP 12	Pulling it All together with a Youth-Produced, Digital Story

Description of the STEP purpose and sub-steps:

STEP 1: Culture and Suicide

Suicide is a behavior, but one that is shaped by culture
Identify the different kinds of meanings that could be associated with the act.

STEP 2: Suicide trends among US populations

Link trends in data to different meanings surrounding suicide, positionality and ultimately prevention.

STEP 3: Learning from Alaska Data

How data is analyzed and presented offers different kinds of perspectives
Consider Alaska Native suicide rates at a state level compare to different Alaska Native regional suicide rates.

STEP 4: Northwest Alaska Suicide Data

For specificity, the presentation will focus in on what we know from Northwest Alaska

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Most people who die are young and male, unemployed and did not graduate from high school. We also know that more than half of the suicide deaths are associated with alcohol use/abuse.

STEP 5: Suicide Prevention

Different levels of prevention and intervention-what do we know about what works and what does not work?
Where are the modifiable risk factors?
How we might go about finding them.

STEP 6: What are effective practices for tertiary prevention in Alaska Native villages?

Using examples from the audience, identify key factors in successful efforts.

STEP 7: Relying on just mental health services is NOT a viable option in Alaska Native communities

Resources and location
Culturally-appropriate practice
Emphasis on relationships—family and friends
Spiritual problem
Cultural issue, etc...

STEP 8: Example of building on local and mental health systems for tertiary care

STEP 9: Reducing Risk factors

Community/Cultural factors
Family
Personal

STEP 10: Bolstering Protective Factors

Community/Cultural factors
Family
Personal

STEP 11: Example of building on local strengths for primary and secondary prevention

STEP 12: Pulling it all together: Digital Story

Discussion about what they noticed and how the protective factors highlighted in the video can protect against suicide.