

Indigenous Youth Wellness Initiatives at the Center for Youth Mental Health & Wellbeing

Jeremiah Simmons, PhD

Pia Ghosh, MPH

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California Healthcare Best Practices Conference
Directors Meeting



Center for Youth Mental
Health and Wellbeing
Department of Psychiatry
and Behavioral Sciences

Stanford University

Land Acknowledgement

“Stanford sits on the ancestral land of the Muwekma Ohlone Tribe. This land was and continues to be of great importance to the Ohlone people. Consistent with our values of community and inclusion, we have a responsibility to acknowledge, honor, and make visible the University’s relationship to Native peoples.”

This acknowledgment has been developed in collaboration with the Muwekma Ohlone Tribe.

Introductions



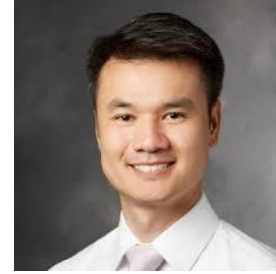
Jeremiah Simmons, PhD
Navajo/Yankton Sioux
Post-doctoral Fellow



Pia Ghosh, MPH
Program
Manager



Carolyn Kraus-Koziol, MD
Bahweting Anishinaabe
(Sault Ste. Marie Tribe of
Chippewa Indians)
Resident Physician



Steven Sust, MD
Clinical
Assistant
Professor



**Steven Adelsheim,
MD**
Director
Clinical Professor

CYMHW Program Areas

- allcove
- Media & Mental Health
- School Mental Health
- Early Psychosis
- Youth Voice & Engagement
- Native American Youth Mental Health



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AI/AN Youth Mental Health Partnerships



NATIVE AMERICAN YOUTH
MENTAL HEALTH ECHO



**United Indian
Health
Services, Inc.**



Two Feathers Native American Family Services Partnership

- California Native Youth Suicide Prevention Consultation
- Technical Assistance for “Chekws: Hop For Tomorrow” project
- Annual Native American Youth and School Mental Health Conference
 - 5th Annual Conference this year - In Person
 - September 12-13, 2024
 - Bear River Recreation Center, Loleta, CA (Humboldt County)



**Annual Native Youth School
and Community Wellness Conference**



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United Indian Health Services Collaboration

Integrated Telebehavioral Health Psychiatric Clinical Service with Primary Care Consultation:

- Direct clinical services with UIHS behavioral health clinicians to Native youth and their families
- Primary care consultation with UIHS behavioral health clinicians and primary care providers to provide evidence-based treatment using a measurement-based “treat-to-target” approach.

Partnership with Indian Health Services

- Ongoing Suicide Prevention Collaboration
 - Consultation CA Tribal Partners
 - Consultation with CA Policy Leaders
 - Partnership with Two Feathers Native American Family Services (Humboldt & Del Norte County)
 - Sharing and disseminating with IHS partners
- Native American Youth Mental Health ECHO
 - Collaborating with RTC providers on case presentations
 - Sacred Oaks Healing Center (Davis, CA)
 - Desert Sage Youth Wellness Center (Hemet, CA)
 - ECHO Leadership Council Members

What is Project ECHO



ACCESS

People need access to quality care for their complex health condition.



NEED

There aren't enough specialists in Indian Country for everyone who needs care.



TRAINING

Indian Country ECHO trains clinicians to provide high quality care.



CARE

Patients get the right care, in the right place, at the right time. This improves outcomes.



CONNECTED

Clinicians are connected to a learning community of peers and experts.

ECHO is all teach, all learn.



Interactive



Co-management of cases



Peer-to-peer learning



Collaborative problem solving



Tribal Focused ECHO Programs

- Alaska Native Tribal Health Consortium (7)
- GIMC Indian Health Service ECHO (1)
- Native American Community Clinic (1)
- Northwest Portland Area Indian Health Board (27)
- Southern Plains Tribal Health Board (2)
- Stanford University School of Medicine (1)
- United South and Eastern Tribes (3)
- University of New Mexico (1)
- Western Tribal Diabetes Project (1)
- University of California, Los Angeles (1)

Dementia
Dermatology
EMS Response
Emergency Medicine
Harm Reduction
Infection Disease
HIV
Trauma
HEP-C
Reclaiming Native Psychological Brilliance
Maternal & Child Health
Cultural Knowledge Sharing
Oral Health
Rheumatoid Arthritis
Trans & Gender Affirming Care
Peer Recovery
Tribal Medication Assisted Treatment
Palliative Care
Burn and Soft Tissue
Opioid & Pain Management
Addiction Medicine
Substance Use Disorder
Liver Disease
Advancing Pharmacist Roles in Substance Use
Cardiology
Care and Access for Pregnant People
Community Health Aid Program
Community Health Representative
COVID-10 and Pandemic Response
Overdose Mapping and Application
Native American Youth Mental Health



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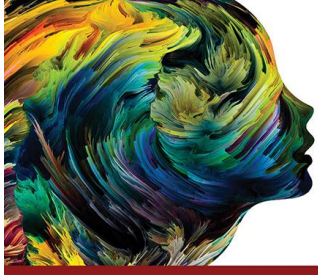
Mental Health Disparities in Native Youth

- Native American youth face substantial **challenges in accessing culturally relevant mental health services** due to factors such as historical trauma, limited resources, geographical isolation, and distrust of western medical and mental health systems (Wexler et al., 2015).
- Existing mental health facilities often fail to **accommodate the distinct cultural norms, values, and worldviews of Native American communities**, leading to a lack of trust and underutilization of services (Sarafini et al., 2017).
- Compared to their same aged peers, Native American youth endorsed **higher levels of mental health distress**, substance use, and perceived racial discrimination (Sarafini et al., 2017).

Addressing the Needs of Native Youth

- The need for **early identification and intervention** is crucial for reducing ongoing health disparities among this vulnerable population.
- The Native Youth Mental Health ECHO can help meet this need:
 - **Reach** under resourced and rural tribal communities via telehealth
 - Timely **dissemination** of culturally and linguistically appropriate clinical information
 - Provides opportunities for **equitable access** to information and technical resources through online engagement

Native American Youth Mental Health ECHO



NATIVE AMERICAN YOUTH
MENTAL HEALTH ECHO



Extension of Community Health Outcomes through an Indigenous Lens

- Tribal & community-based partners - **ECHO Leadership Council**
- Integrating Western and Indigenous traditional perspectives on youth mental health and wellness
- Behavioral health providers, PCPs, school and community based mental health providers

ECHO Training Resources:

<https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing/tribal/echo.html>

- Raise the whole health of AI/AN youth and families.
- Address the significant need for practical tools and methods to support Native youth.
- Build a national network of support to improve mental health care across both traditional and non-traditional care settings.
- Create an integrated, multisystem, community of practice that is grounded in cultural humility and respect.
- Provide a forum where ALL attendees exchange clinical insights, share best practices, and learn from one another in engaging ways.

ECHO Journey

- February 2021
 - Development of Project ECHO proposal and plan model
- June - August 2021
 - 6 session pilot project exploring variety of topics
- 2022 ECHO Series
 - 14 sessions with two learning tracks:
 - Primary Care / General Clinicians Track
 - School Mental Health Track
- 2023 & 2024 ECHO Series
 - 28 ECHO sessions with combined learning track

Previous NAYMH ECHO Topics

Culture, Tradition & History

- Tribal Sovereignty & Traditional Wellness within Western Treatment
- Intergenerational Survivance & Healing
- Integration of Western and Cultural Approaches to Generational & Historical Trauma in Native Youth
- Addressing Grief and Loss in Native Youth Communities
- Native American History, Ancestral Resilience, Childhood Experiences
- Eco Grief and Land Based Wellness
- Indian Child Welfare Act (ICWA) & Mental Health Care
- Traditional Healers and Cultural Leaders in Patient Care

Mental Health in School Settings

- Indigenous Ceremony, Culture and Traditions in School Curriculum
- Native Youth Mental Health in School Settings
- Mental Health in Transitional Aged Native American Youth
- Attention Deficit Hyperactivity Disorder in the Cultural Context
- Fostering Collaborative School Mental Health
- IEP & 504 Disability Accommodations
- Mental Health and the Juvenile Justice System
- Supporting Native Youth Wellness Through Transitions

Native American Youth Mental Health ECHOs Related to Suicide Prevention

Intervention Approaches

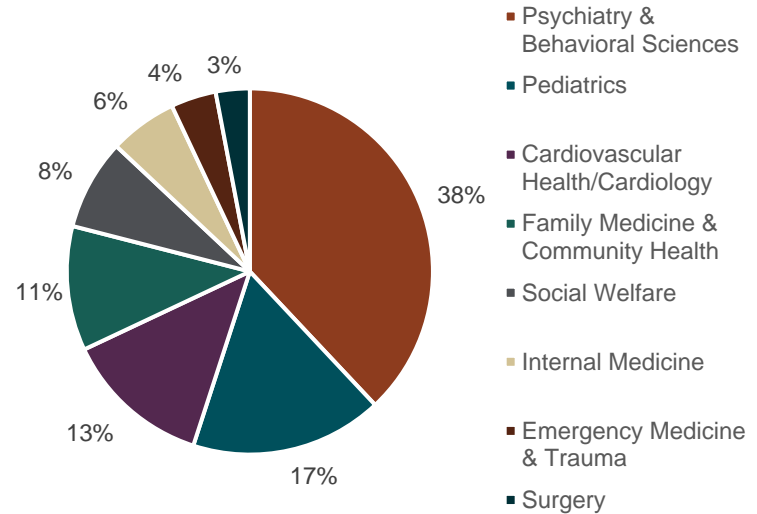
- Early Intervention & Youth Voice Through Tribal allcove Center and Peer to Peer Models
- Mental Health First Aid
- Strength & Family Based Approaches to Suicide Prevention
- Trauma-Informed Harm Reduction
- 988 Tribal Response & Mental Health Crisis Support
- Role of Traditional Tribal Lands for Indigenous Youth: Healing, Ceremony & Cultural Connection
- Healthcare Professional Wellness and Resilience
- Technology, Social Media, Whole Family/Whole Community Approach

Behavioral Health

- Adversity and Toxic Stress, Trauma, Systemic Racism
- Substance Use, Continuum of Care & Wellness
- Suicidal Ideation, Self-harm Behavior
- Supporting Sexual Health, Safety (MMIW) & Justice to Protect Native Youth
- Autism Spectrum & Neurodiversity in the Cultural Context
- Early Identification for Early Psychosis Symptoms
- Grief and Loss, Anxiety, Depression, Eating Disorders
- Oppositional Defiant Disorder
- Outreach and building engagement in behavioral health support

2023 ECHO Series Registrants

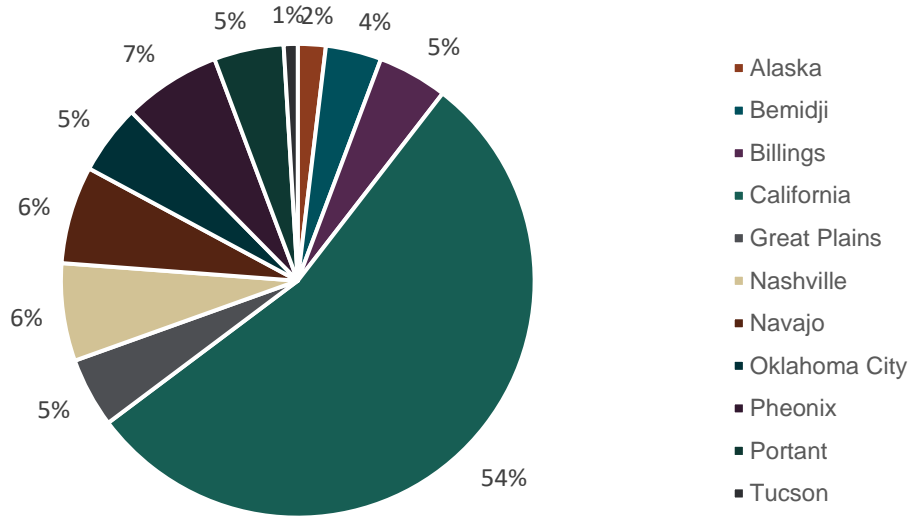
- Target Audience
 - Behavioral Health Providers
 - Primary Care Providers
 - School Mental Health professionals
 - Community-based staff
- Registrants: **632**
 - **300+** organizations
 - **42** US States
 - **49** Countries



2023 ECHO Series Attendees

- 14 sessions completed
- 1188 total attendees
- 998 continuing education units awarded

Which of the following Indian Health Service regions are you joining from?



2023 ECHO Indigenous Representation

ECHO Presenter Overview

- 28 Indigenous Presenters
 - 80% Female
- 33 Tribal Affiliations
 - 14 California Tribal Affiliations (~40% CA)
- 13 Tribal Serving organizations
 - 8 California Tribal Orgs/Agencies
- Professional Degrees
 - MD (2)
 - PhD (5)
 - PsyD (2)
 - LCSW (2)
 - MSW (2)
 - LMFT (4)
 - AMFT (1)
 - JD (1)
 - FNP (1)

Tribal Affiliations

Lone Pine Paiute-Shoshone Tribe

Yaiqui

Choctaw Nation

Yurok

Tolowa

Pauma

Kletsel Dehe Wintun Nation

Elem Indian Colony of Pomo Indians

Yokayo Tribe

Métis Nation (Alberta)

Ndé

Lenape

Chumash

Rincon Reservation

Chukchansi

Yokuts

Navajo

Yankton Sioux

Maidu

Paiute

Susanville Rancheria

Pueblo of Isleta

Pueblo of Acoma

Hidatsa from MHA Nation

Anishinaabe Ikwe Ojibwe from Turtle

Mountain Band of Chippewa

Cherokee Nation

Blood Tribe (Alberta)

Mescalero Apache

Lakota

Trinidad Rancheria

Tohono O'odham

Akimel O'odham

Mvskoke



ECHO Feedback

- Cultural Context
 - Information about the way the **differences between cultures can be handled and better understood**
 - Case presentations best with experts to offer **cultural perspective/guidance**
- Connection
 - **Conferences** to reach native people
 - **Data** from urban Native community
- Native Youth Voice
 - Some **testimonies** and **panels of youth speakers**
 - Videos, recordings of youth/community
- Family Engagement
 - Ways can we **engaging the parents or any adults in these youth's lives**
 - **Cultural nuances for diagnosis** and “dos and don'ts” when interacting with family members
- Addressing Trauma
 - **Historical context of trauma** related behaviors
 - Generational trauma, the **effects of parent's trauma and how that shapes and forms the children's mental health**

2024 ECHO Series

Communication with Schools, Family and Care Teams of Native Youth

Feb 8: Fostering Collaborative School Mental Health

Feb 22: IEP & 504 Disability Accommodations

Mar 14: ADHD in the Cultural Context

Mar 28: Mental Health and the Juvenile Justice System

Culturally Informed Behavioral Health Care for Native Youth

Apr 11: Culturally Based Approaches to Substance Use

Apr 25: Supporting Wellness Through Transitions

May 9: Culturally Based Approached to Suicide Prevention

Jun 27: Nutrition, Exercise and Eating Disorders

Tradition, History & Healing to Support Native Youth Wellness

Jul 25: Integrated Approaches to Generational & Historical Trauma

Aug 22: Mental Health in Transitional Age Native American Youth

Sep 5: Traditional Tribal Lands, Healing, Ceremony & Cultural Connection

Sep 19: Addressing Grief & Loss



ECHO Highlights

- Welcome Blessing by Tribal Elder/Leader
- 3-Presenter Structure
 - 2 Didactic Presenters + 1 Case Presenter
- Native Voices
- Collaborated Case-Based Learning
 - Guided Inquiry
 - Generate in-depth, multi-faceted understanding of a complex issue in real-life context
- Mentorship
 - Support community presenters in their own professional development
 - Build capacity for presentation skill development
 - Build community and reduce professional isolation
- Partnerships & Networking



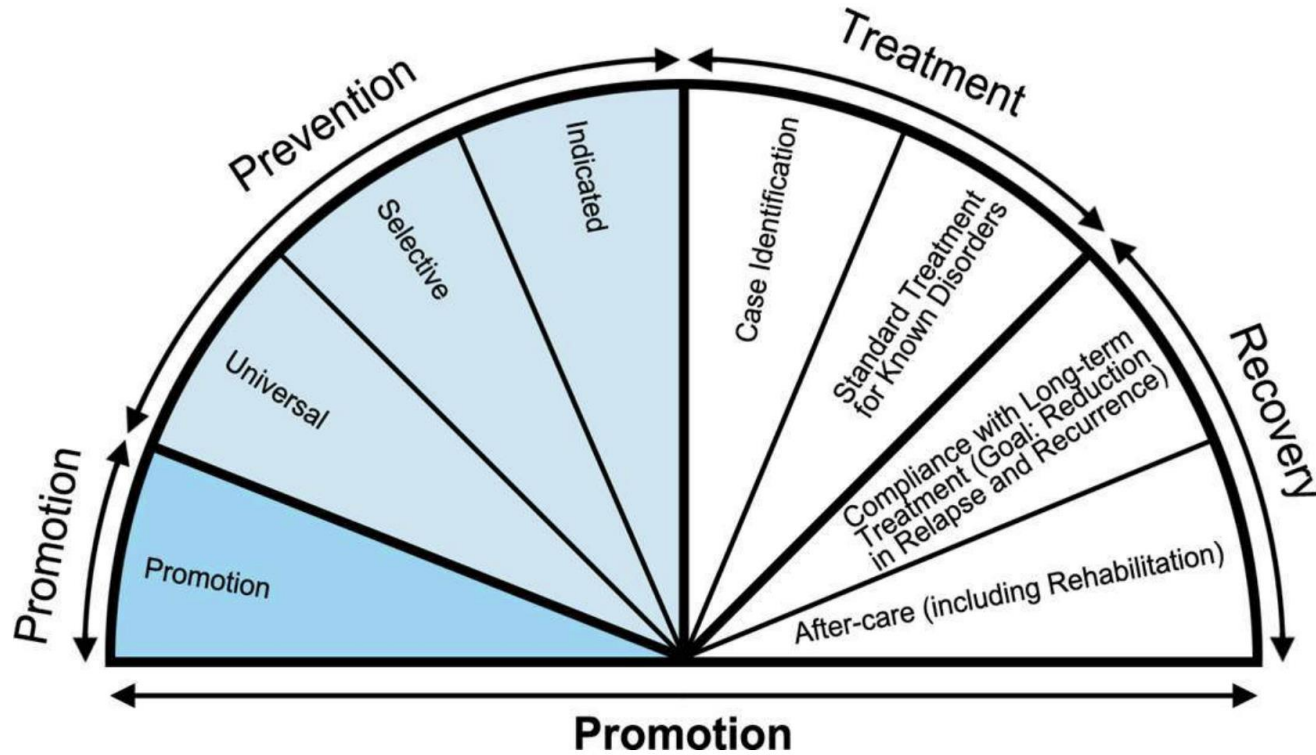
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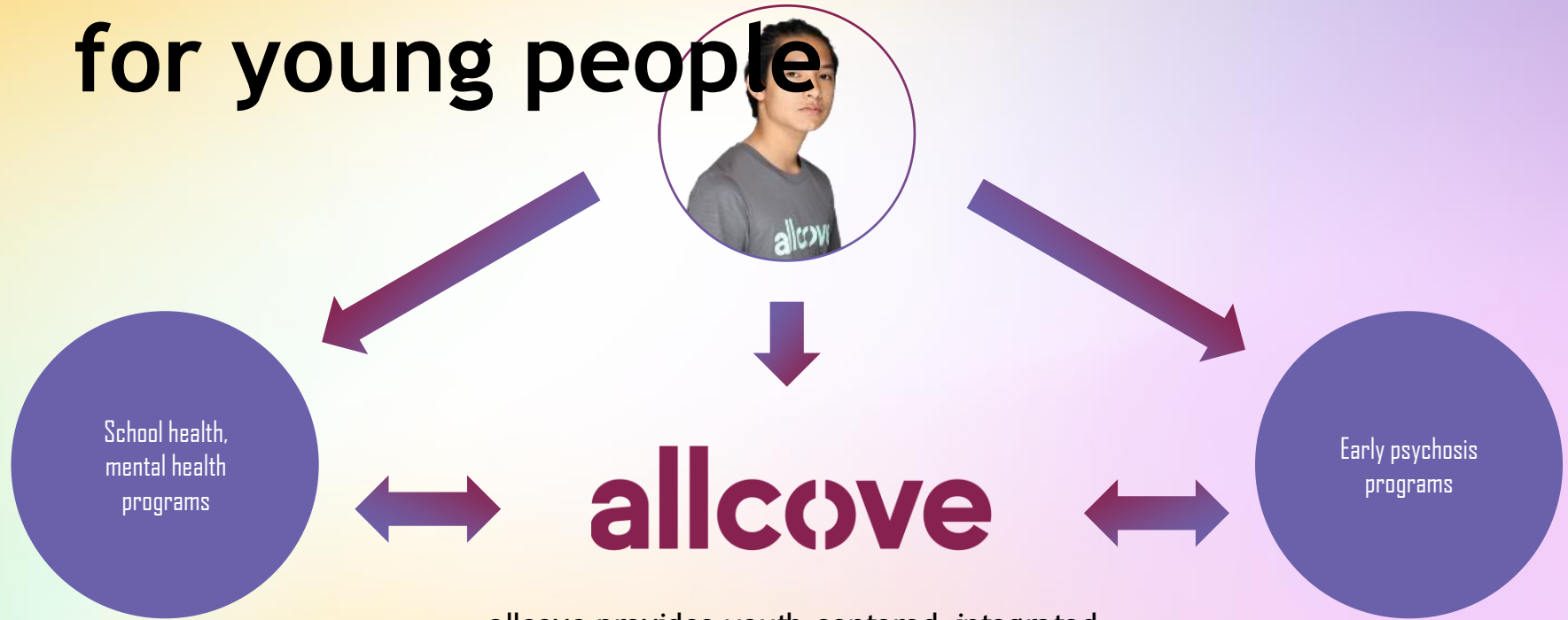
Next Steps for NAYMH ECHO Project

- Continued outreach in rural/underserved communities
- Grow and expand capacity to meet the need
- Increase representation – continued promotion of indigenous voices and those with lived experience
- Growing the professional network through the ECHO
- Uplifting youth voice – youth-led ECHO

Prevention, Promotion, and Early Intervention (IOM)

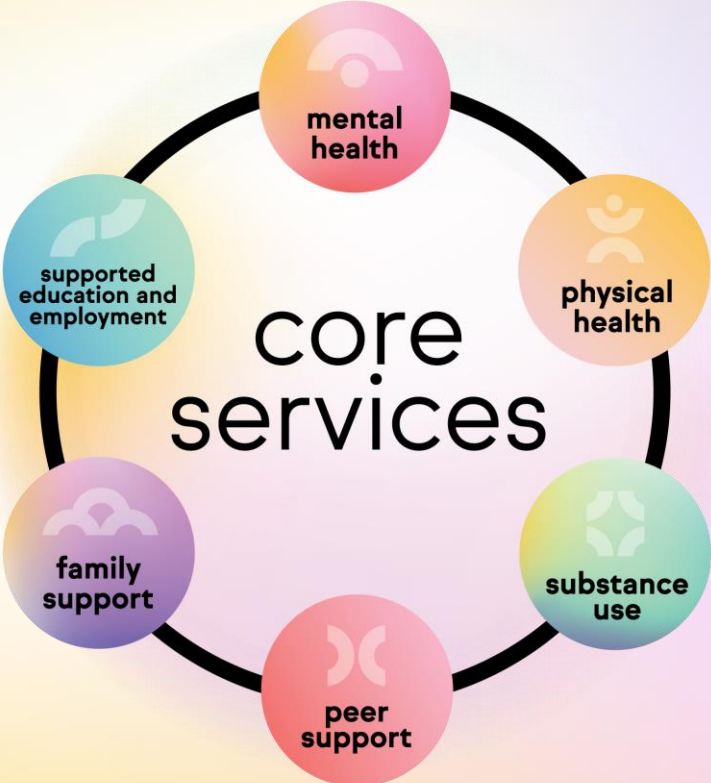


A public mental health continuum for young people

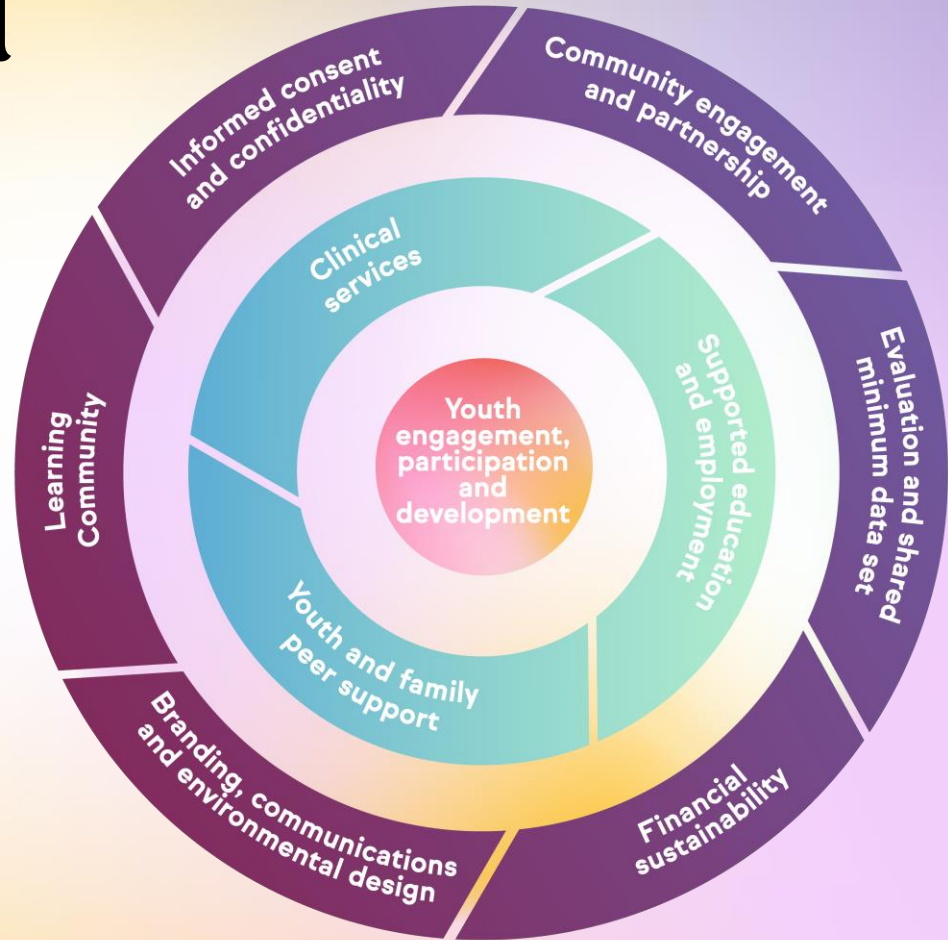


allcove provides youth-centered, integrated care through prevention and early intervention with easy and affordable access.

Core services



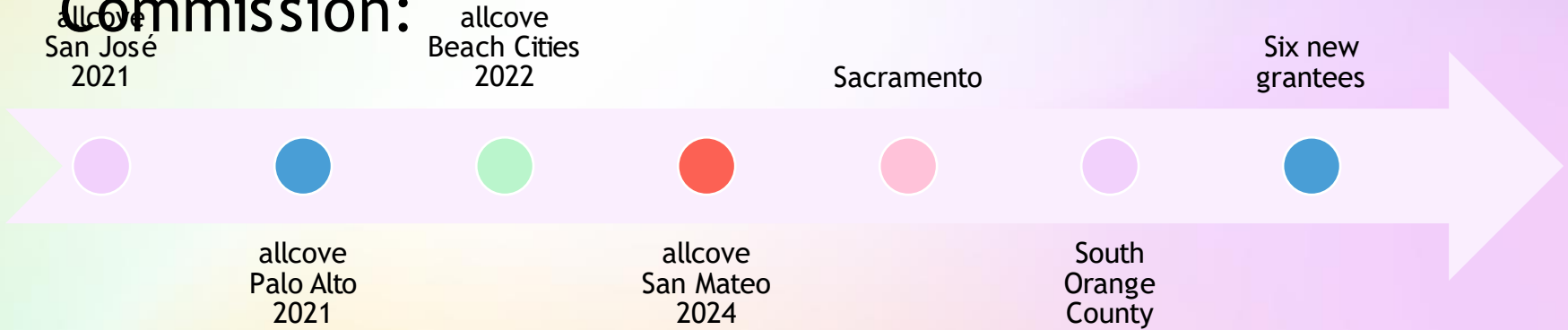
allcove model components



Growing network

Projected centers, in partnership with the Mental Health Services Oversight and Accountability

Commission:



Yurok Youth Center

- ⑩ CYMHW Central allcove team working with Yurok Tribe staff
- ⑩ Adopting allcove model
- ⑩ First Indigenous allcove center



For More Information

Join the NEW
Indigenous Youth
Wellbeing
Listserv!



- Native American Youth Mental Health ECHO
 - <https://med.stanford.edu/cme/echos/echomentalhealth.html>
- Tribal Partnerships Projects to Increase Native American Youth Mental Health Support
 - <https://med.stanford.edu/psychiatry/special-initiatives/youthwellbeing/tribal.html>
- Visit our CYMHW website:
 - <https://edu/psychiatry/special-initiatives/youthwellbeing.html>
- allcove
 - www.allcove.org
- Contact Our Team:
 - Steven Adelsheim (Director, Clinical Professor) sadelsheim@stanford.edu
 - Jeremiah Simmons, PhD (Post-doctoral Psychology fellow) sioux52@Stanford.edu
 - Pia Ghosh, MPH (Program Manager) piaghosh@stanford.edu



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