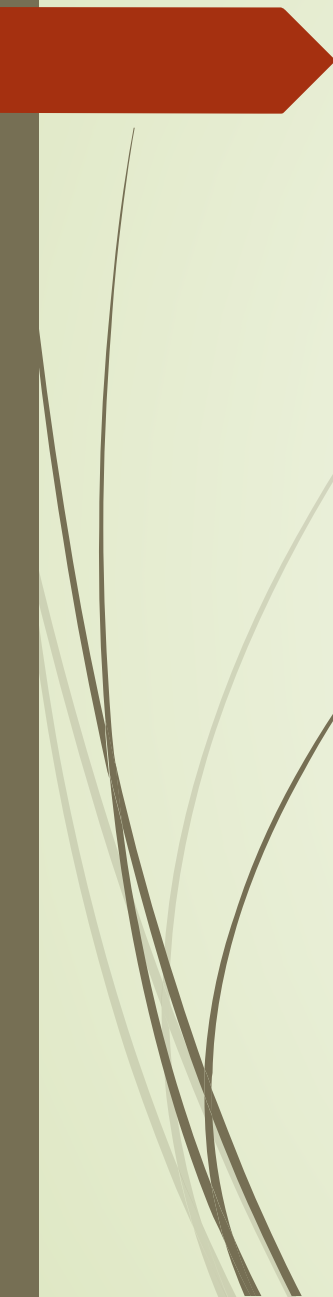




# STATE OF EMERGENCY

Weitchpec



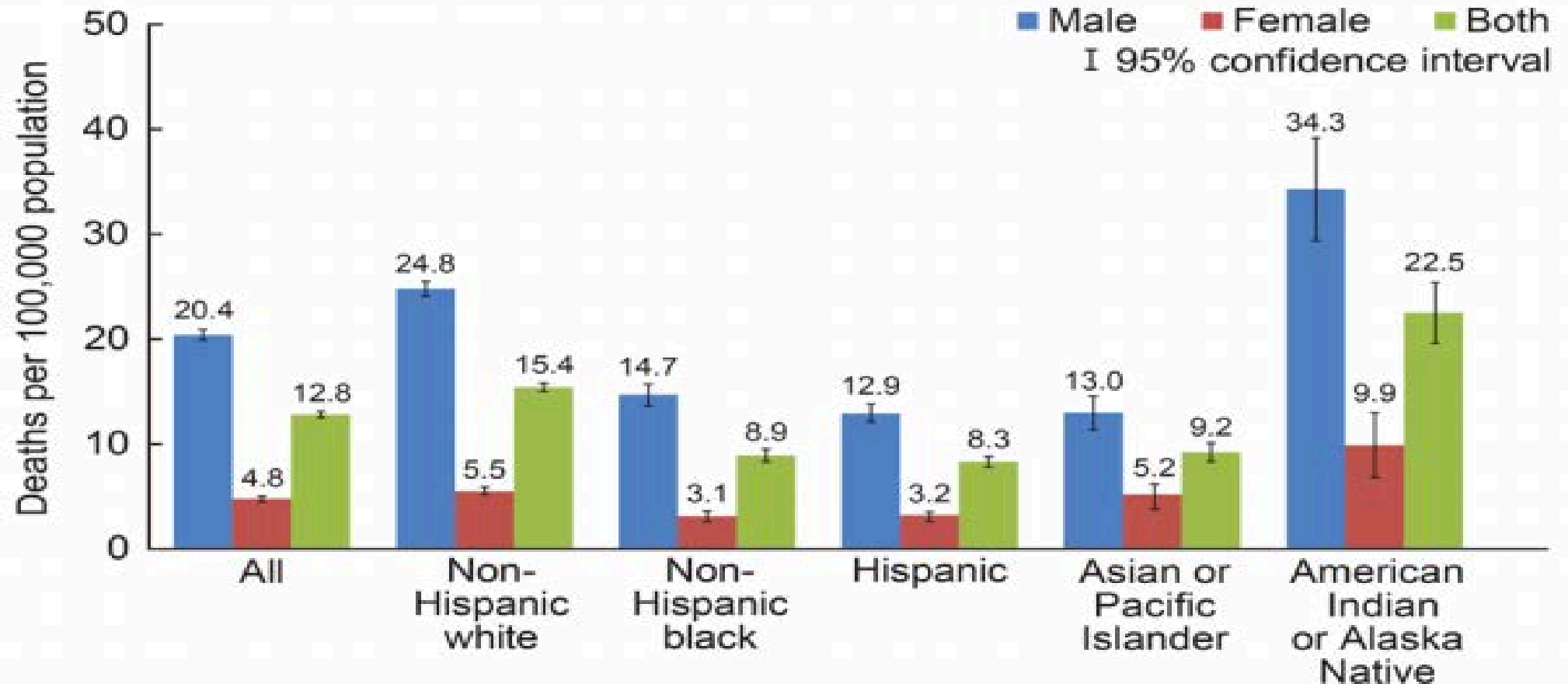
- 
- A report published by the CDC's National Center for Health Statistics, highlights that suicide among Native youth is a crisis
  - Among Native Americans 40 percent of those who die by suicide are between the ages of 15 and 24
  - Among young adults ages 18 to 24, Native Americans have a much higher rate than any other group









**Figure 1. Suicide rates among young adults aged 18–24, by race and Hispanic origin and sex: United States, 2012–2013**



NOTES: Suicide deaths are identified with ICD–10 codes U03, X60–X84, and Y87.0. Deaths for the American Indian or Alaska Native population may be underreported by 30%, for the Asian or Pacific Islander population by 7%, and for the Hispanic-origin population by 5%. For more details, see Technical Notes in *National Vital Statistics Reports*, vol. 63, no. 3, “Deaths: Final data for 2011”; also see *Vital and Health Statistics*, Series 2, no. 148, “The validity of race and Hispanic origin reporting on death certificates in the United States.”

SOURCE: CDC/NCHS, National Vital Statistics System mortality data, 2012–2013. Available from CDC Wonder online database: <http://wonder.cdc.gov/ucd-icd10.html>.





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- Weitchpec is located on the upper part of the Yurok Reservation.
  - Weitchpec's tribal member population is 140
  - Weitchpec had 7 suicides
  - Weitchpec's suicide rate is higher than the national average for Native Americans







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- 12/12/15 the Weitchpec community submitted a petition to the Yurok Tribal Council signed by 192 community members requesting immediate assistance to deal with a suicide crisis
  - 12/28/15 the Yurok Tribal Council declared a State of Emergency and requested resources from Indian Health Service to address the State of Emergency
  - 2/3/16 Indian Health Service provided \$409,100
















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- The Yurok Tribe met with the community to hear from them what they thought would help
  - The Yurok Council then formed a working group that included outside agencies as well as tribal
  - The working group was broken into several divisions: Building, Training, Behavioral Health, and Culture. Leads were appointed to each division.
  - An Incident Commander was appointed to coordinate the working group outcomes, tribal needs and community





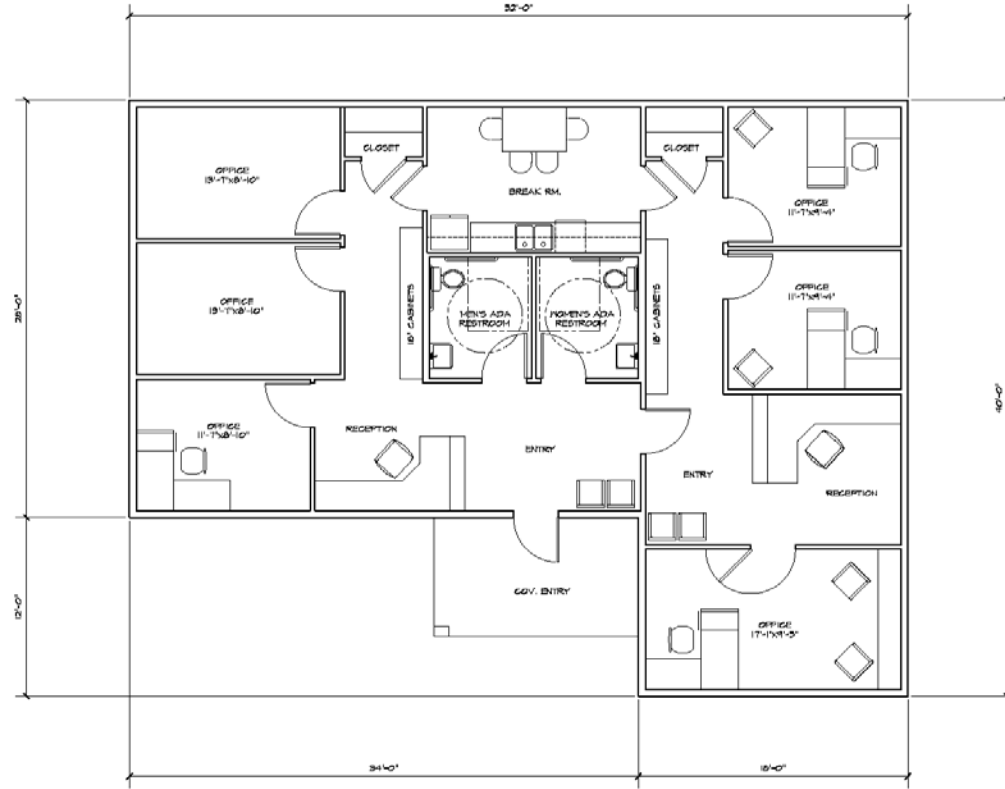
# \$325,000 designated to construct a building to provide increased services

- Indian Health Services through California Rural Indian Health Board is providing \$325,000 to construct additional tribal workspace in the Weitchpec community. Originally, the plan was to install a modular facility to house social services employees next to the current Weitchpec office.
- The Tribe met with the community and the community decided that they wanted to expand social services at the existing Weitchpec Tribal Office immediately and to see administration staff relocated to the new facility.
- Departments that were asked to relocate were THPO, Education, Self Governance, Maintenance, Public Safety and Fisheries.
- The new building will be located at Tulley Creek and will house the displaced departments moved out of Weitchpec



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- It was also determined that building a stick built facility would be preferable to installing a modular facility.
  - A request was made and approved by CRIHB to modify the funding to build a stick built facility. The Upper Reservation lacks employment and being unemployed is part of the hopelessness felt by the young people of the area. The Yurok Tribe Planning Department and Tribal Employment Rights Office coordinated to set up a training program for local young people to work with a Contractor to build the new facility.
  - A Yurok Contractor, Matt Williams, was hired to train and complete the building.





FLOOR PLAN  
1/4"=1'-0"



SUICIDE PREVENTION - WEITCHPEC OFFICE  
WEITCHPEC, CA  
PRELIMINARY FLOOR PLAN  
FOR: SUICIDE PREVENTION & COMMUNITY ENGAGEMENT

DATE OF ISSUE:	DATE OF ISSUE:
DESIGNED BY:	DESIGNED BY:
CHECKED BY:	CHECKED BY:
PROJECT NO.:	PROJECT NO.:
DRAWING NO.:	DRAWING NO.:
SCALE:	SCALE:
DATE OF ISSUE:	DATE OF ISSUE:
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# Erosion Control





# Materials Delivered, Soils Covered and Straw Waddles





# Laying Out Walls Reading Plans





# Building the Walls





# Laying Out Interior Walls





# Installing Top Plate





# Spreading Gravel and Top Plate





# Trusses Delivered





# Finishing Interior Walls





# Ready for Roofing





# Installing Skyline Metal Roofing





# Finishing up the Gable Siding





# Fiberglass Swing Out Door







# Completed Building





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- This program was able to build construction skills for those whom this crisis was originally intended for.
  - Build life skills for the trainee's
  - Proudly built by Yurok Trainee's and Yurok Contractor/Trainer
  - This program will benefit the community and improve outreach to those in need as well as improve our TERO work force









## \$8,300 Acquisition and Transport Redwood Logs for Traditional Sweathouse

- A community member began having sweats the 1 & 3 Sunday of the month immediately. UIHS donated canvas for the Inipi sweat lodge.
- A traditional Sweat house was constructed at Tulley Creek also
- Utilized summer youth workers to teach them the construction of the Sweat house and provide cultural training.
- Still looking for a site at New Village in Weitchpec for another sweat house that will use the Redwood planks





# Tuley creek community mens sweat lodge



1st & 3rd  
Sundays of the  
month  
starts at 5pm  
food following  
sweat



# \$18,000 to provide community events

- The community recognized that Weitchpec had no activities to offer so community members stepped up and volunteered their time to make things happen.
- Community meetings were/are held
- The community is committed to bringing change to Weitchpec and the Upper Reservation







# COMMUNITY EVENTS

- Free Style Wrestling
- Movie Night
- Suicide Awareness Walk
- Suicide Awareness Float
- Stick games







# Down River Wrestling Team




- Community members volunteered and started the Down River Wrestling Team
- There were 22 kids served last year and 30 this year
- The Weitchpec community has chosen to use the colors (Black & Yellow) of this team for all of the events to follow





# Sponsors for the wrestling team

- UIHS purchased a wrestling mat
  - Yurok Tribal Court provided singlets
  - Yurok Tribal Transit provided transportation
  - Community members volunteered as coaches and drivers
- 

















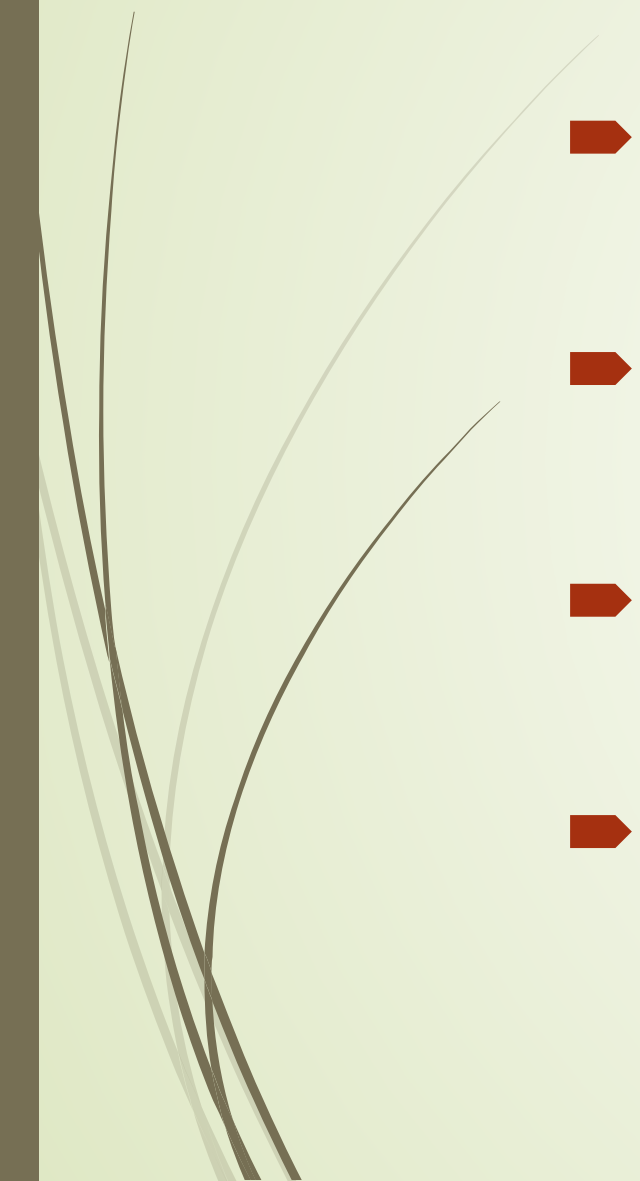









# Movie Night

- A community member volunteered to have movie night
  - The average participation per movie night is 10
  - Yurok Social Service supported the event by providing the movie and snacks
  - We intend to purchase an outdoor blow up screen for the summer
- 





# Suicide Awareness Walk

- The walk was very successful with 192 attendees. Majority of them young people
  - Attendees were from all over Yurok Country
  - 16% of those that attended were between the ages of 15 – 24
  - The community is currently requesting another walk (year 2)
- 













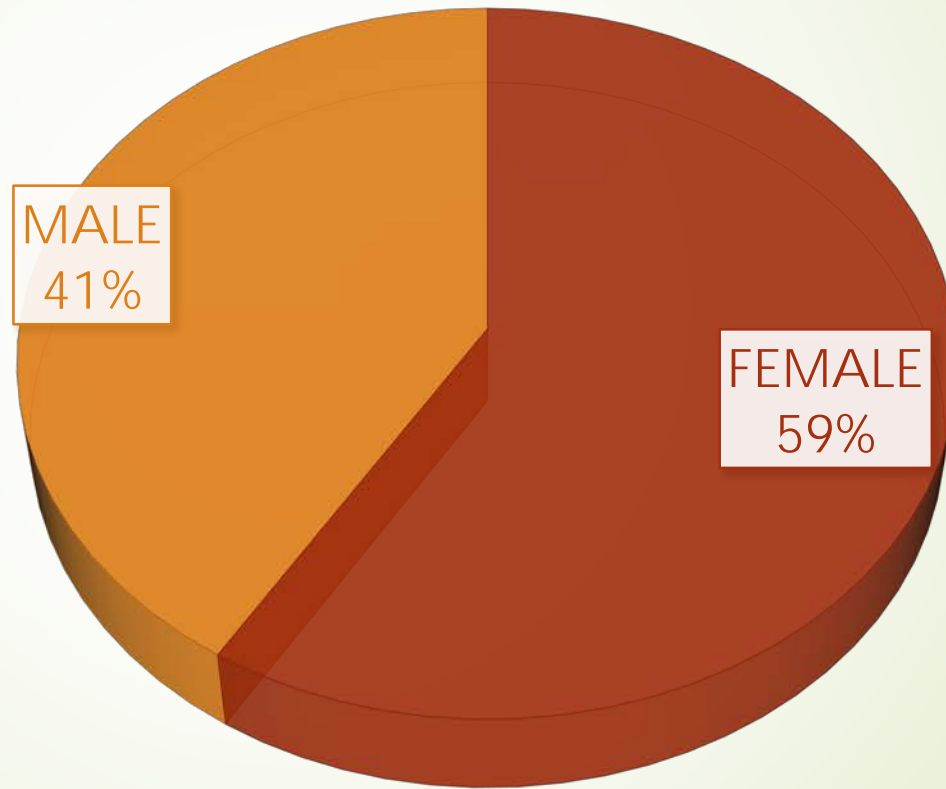






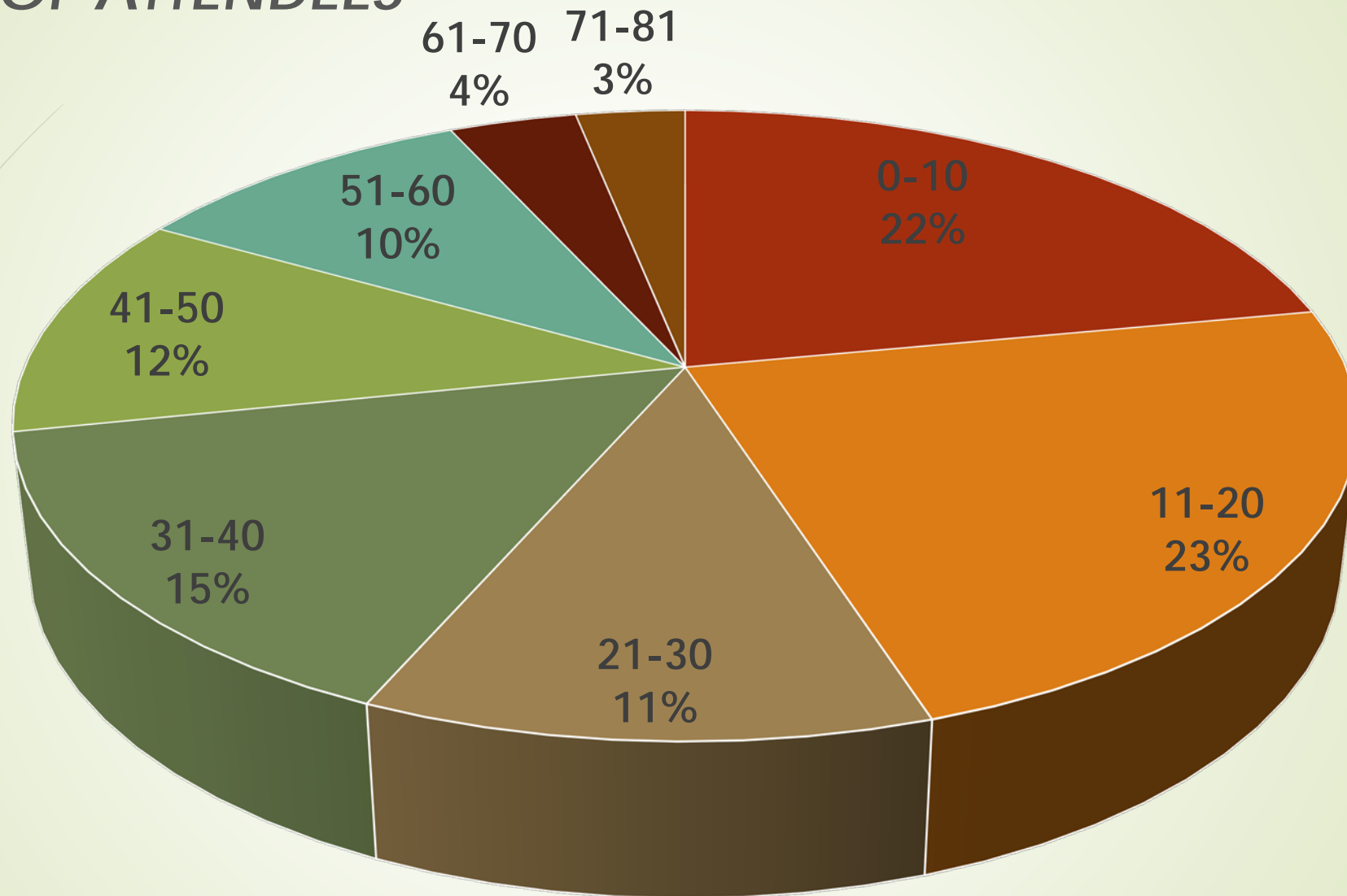
# Suicide Awareness Walk

GENDER





## AGE OF ATTENDEES





# Neekee too'm hey-we-choh "Together We Heal"



*Every Life is Sacred*

















# Suicide Awareness Float

- A mother of one of the victims took it upon herself to promote suicide awareness by entering a float in all the local parades.
- Fathers Day in Orleans
- Salmon Festival in Klamath

















## Stick Game (Traditional game of the Yurok)

- The down river wrestling team went from wrestling to stick games and held a stick game tournament
- Over two hundred people in attendance
- 90 stick players





# Stick Game Tournament



Sunday July 3rd  
Weitchpec, Old Village  
Sign in at 12:00  
All ages

Sponsored by the Yurok Tribe Social Service Department

Contact Frankie Myers 530-625-4130 ext. 1629 for additional information




















The community continues to meet and continues to come up with new projects

- Working on Yurok History Timeline project utilizing elders and youth
  - Working on bringing in Historical Trauma training
  - Working on a “Big Time Dance” (culture)
  - Working on a Cultural summer event for youth
- 






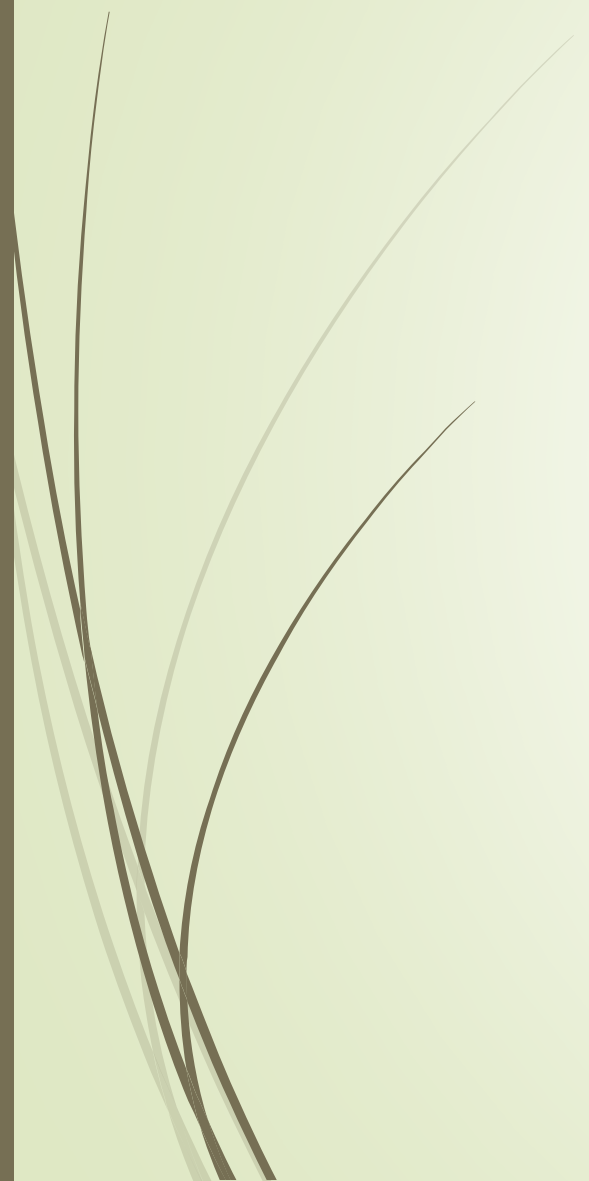




## \$27,000 provided for training

- The Weitchpec community recognizes that we are survivors of historical trauma and have high rates of domestic violence, sexual abuse, substance abuse, etc. which can contribute to the risk of suicide. One goal established is to make a change through education and training for the community.
  - Drug Endangered Children Training
  - Darkness to Light
  - Community Parent Education
- 










# Drug Endangered Children Training

- Training was held August 18 & 19 at Weitchpec
  - Training was provided by Mitchel Brown
  - 40 attendees
  - Plan on providing another training and include school teachers
- 









# Darkness to Light

- The Yurok Tribe has trained the trainers
- Currently working on a training calendar
- Currently working with Social Service staff to include training as much as possible
- Have had several trainings for staff and community









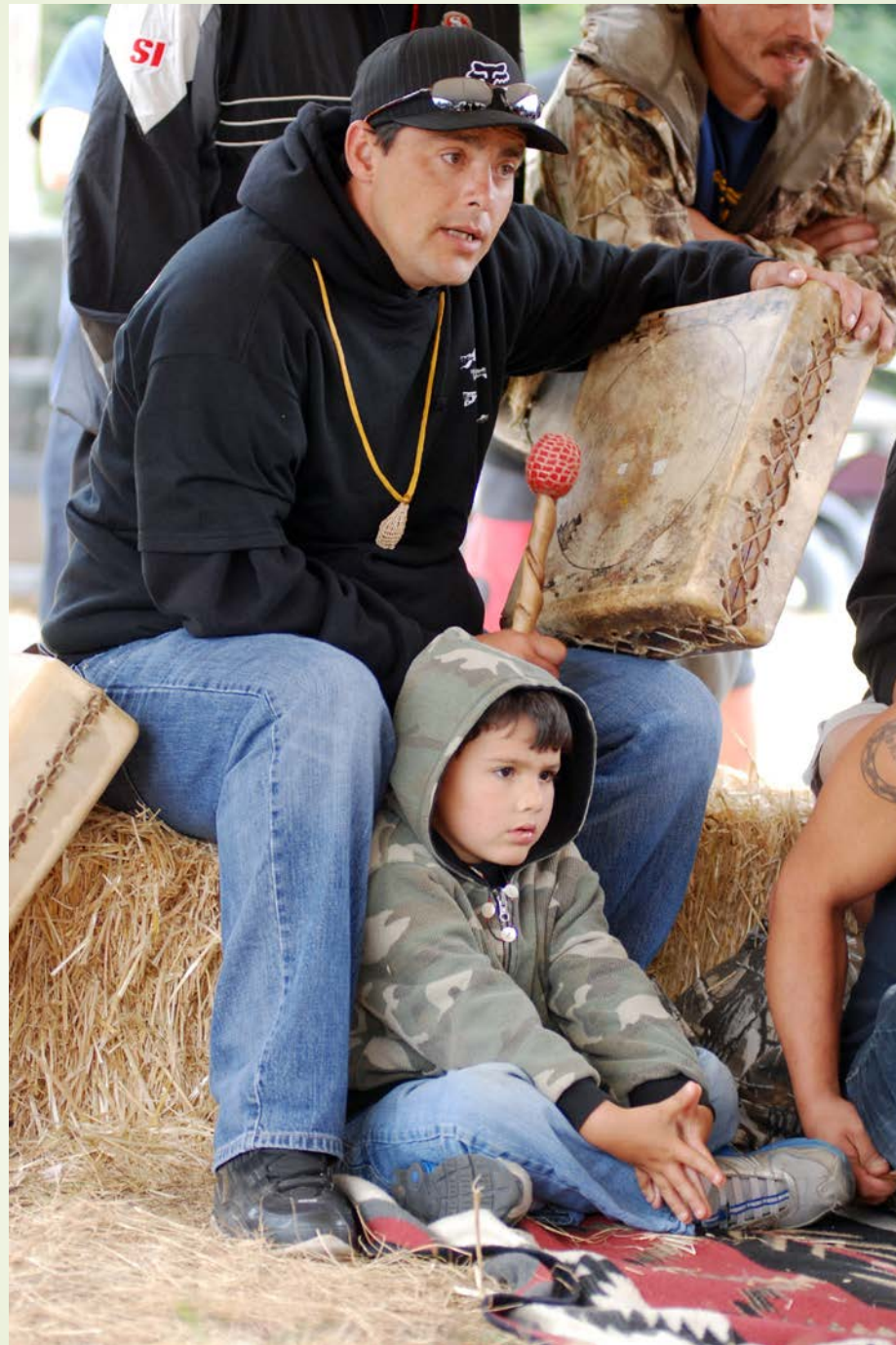




# Parenting Education

- **ASIST** – Applied Suicide Intervention Skills Training (CRIHB) provided numerous times in Weitchpec and Klamath. Yurok Tribe & UIHS employees now trained as ASIST Trainers.
- Participant who took ASIST utilized his training for his son this past year with success.
- Plan on scheduling more ASIST training for first responders and more community members.
- **Sacred Motherhood Fatherhood training** – provided one session with limited success due to time class was given. Currently developing training schedule and will begin a new session shortly.
- **Mental Health First Aid Training** (Humboldt County)-have provided one training and are currently scheduling on training Calendar.
- Also in an effort to provide support UIHS and Yurok Tribe stepped up their efforts to provide groups and counseling to begin the healing effort in Weitchpec


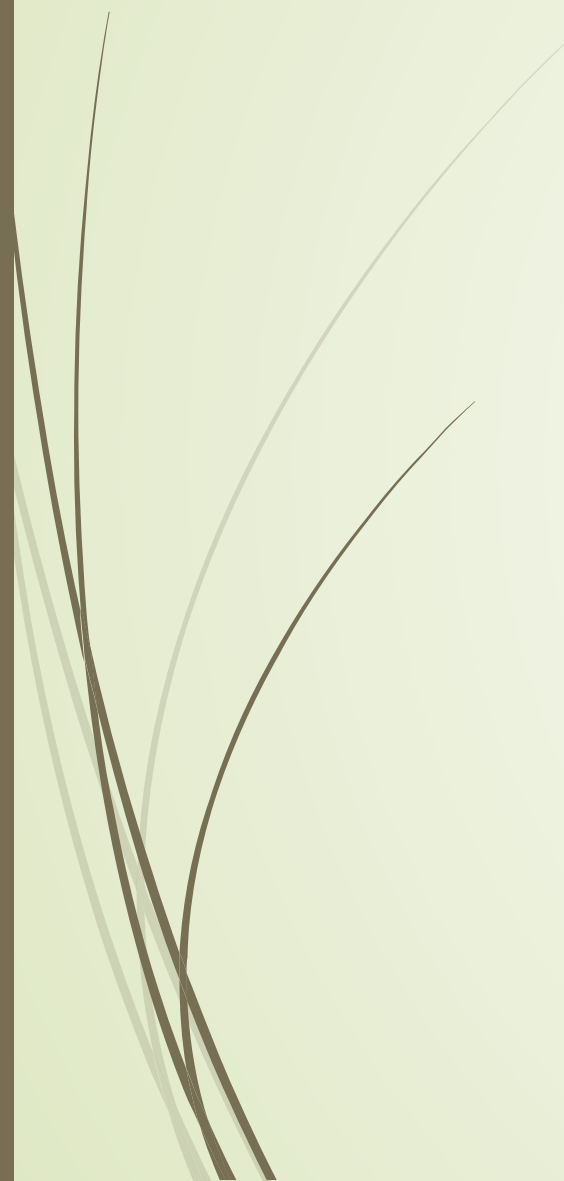










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- Life Skills (UIHS)
  - Women's Group (Yurok Tribal Court)
  - Behavioral Health Counseling (UIHS –a full time position at Weitchpec)
  - Red Road to Recovery (UIHS)
  - Healthy Life Styles (UIHS)
  - Relapse Prevention (Yurok Social Service)














## Traditional Healer

- A request was made to CRIHB for a Traditional Healer by the Women's group
  - Over 100 community members showed up for his services
  - The community has requested he be brought back
  - Community members of suicide victims would like their homes cleaned/blessed
- 










# Behavioral Health Division

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- The Behavioral Health Group is working with UIHS and Humboldt County to provide additional trainings offered by those organizations and to collaborate on services that can be offered.
  - This Behavioral Health Group is developing a road map for the community to access services for prevention, intervention and post-intervention.
  - They are also developing a booklet for distribution of services offered by Humboldt County, UIHS, Yurok Tribe and Community.
  - Development of natural helpers within the community
  - Combined efforts to create AOD outpatient program
  - Calendar of services
  - UIHS immediately provided a full time Behavioral Health Clinician

















# Culture Division

- Series of dance protocol workshops in collaboration with Red Deer Consulting
- Book of Oohl screening – discussion on mass distribution of DVD
- Culture camp planning/activities/presenters
- Yurok History Timeline project connecting Culture Committee (elders) and Youth
- Big Time Dance
- Stick Games

















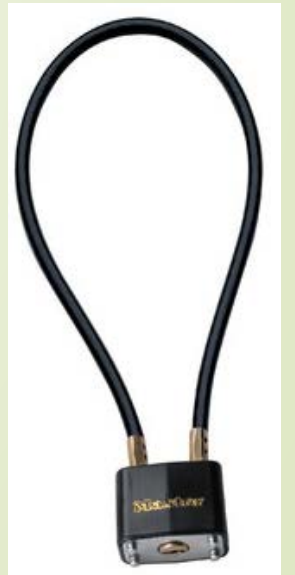
\$10,400 from IHS for Gun Safes and they provided 100 gun locks

- Males ages 15 to 19 are approximately three times more likely than females to die from suicide
- Males of this age group are also 8 times more likely to die from firearm related incidents



## Safes and Locks--In order to reduce access to lethal means

- Community developed criteria to distribute safes/cabinets and locks
- Would like to reach as many homes in the community as possible
- Mailed out applications
- Purchased 20 gun safes to date
- Installed the first one this month
- Are planning a gun safe event





# Gun Safes / Gun Safety Cabinets



## Gun Safes

- Fire rated
- Electronic or combo lock
- Higher price
- **Prevent children and unauthorized adults from accessing firearms**

This is a California-approved Firearm Safety Device that meets the requirements of Penal Code section 23655 and the regulations issued thereunder. 3-number combination lock with a drill resistant, hardened steel plate behind the lock provides greater security.



## Gun Safety Cabinets

- No fire rating
- Key lock
- Lower price
- **Prevent children and unauthorized adults from accessing firearms**

This is a California-approved Firearm Safety Device that meets the requirements of Penal Code section 23655 and the regulations issued thereunder. 3-point locking system with double-bitted, key coded lock provides greater security.





# Conclusion



- This presentation is brief and hits some of the highlights of the work that has been done.
- It does not convey the success of the collaboration efforts between Yurok Tribe, IHS, UIHS, CRIHB, and Humboldt County
- The cooperation of all the Yurok departments
- All of the events such as T-shirt making, mural painting, basket class, etc.
- The Yurok Tribe's departments gracious acceptance of being displaced and homeless until the new building is constructed.
- There has been so much that has been done to date and much more that still needs to be done
- The Weitchpec community has not had a suicide in the past year. We have had two ideation reports but were able to successfully intervene.



THANK YOU

