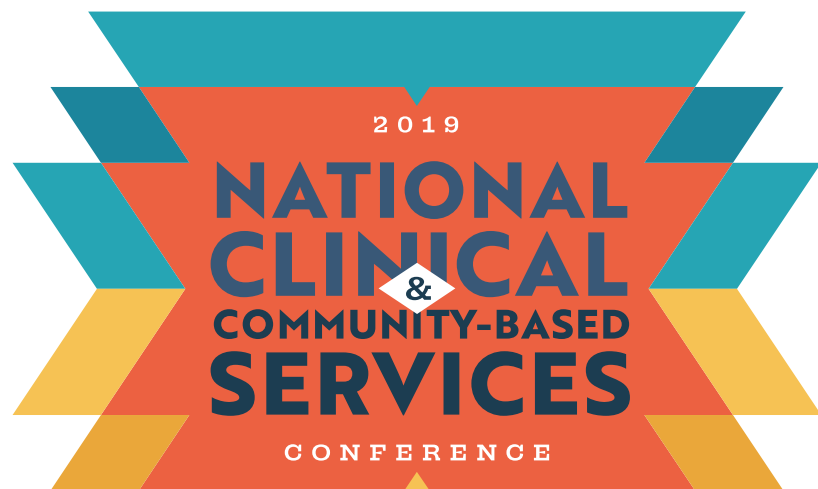


Mental Health First Aid

Cultural approach to providing holistic wellness and promoting mental health literacy

EDUCATE, ELEVATE, EMPHASIZE

Dr. Melita "Chepa" Rank
August 29, 2019



MHFA

- MHFA is the initial help offered to a person developing a mental health or substance use problem or experiencing a mental health crisis.
- Create a community based cultural approach to addressing our challenges impact overall wellness and well-being
- Build community capacity to recognize and respond
 - Educate, Elevate, and Emphasize

MHFA five step action plan

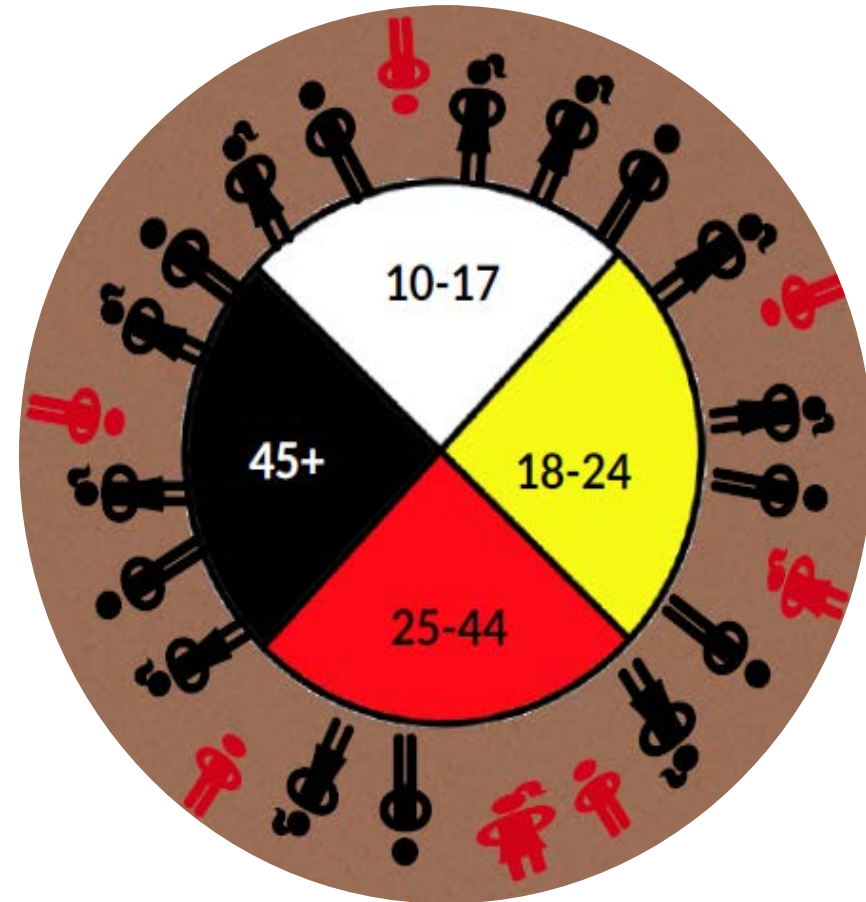
- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

MHFA-Cultural Aspects

- Diversity across tribal nations
 - Communicate
- Culture is complex and fluid
 - Values
 - Identity
 - Expectations
 - Norms
- Grand challenges for our tribal communities

MHFA-CULTURAL CONNECTEDNESS

- Ending the cycles
 - Trauma
 - Stories
- Process and journey
 - Historical systems
- Why
 - Individuals
 - Family
 - Community
- Data



MHFA-Cultural connectedness

- Historical content
- Cultural and traditional teaching
 - Circle
 - Prayer
 - Ceremony
- Fun and humor of Indigenous people

MHFA-CULTURAL connectedness

- Educate-
 - Community based educational program
- Elevate-
 - Conversations on mental health and mental illness
 - Champions within our communities to
- Emphasize-
 - Holistic healing that focuses on culture as fundamental to wellness and well-being.

Land, spirituality, language, identity,
ceremonies, societies

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Supportive Environments

Safe and stable housing, Healthy Community

Healing Centered Care

Intensive case services, behavioral health, trauma informed care, animal assisted supportive care, substance abuse services, Holistic health care

Education

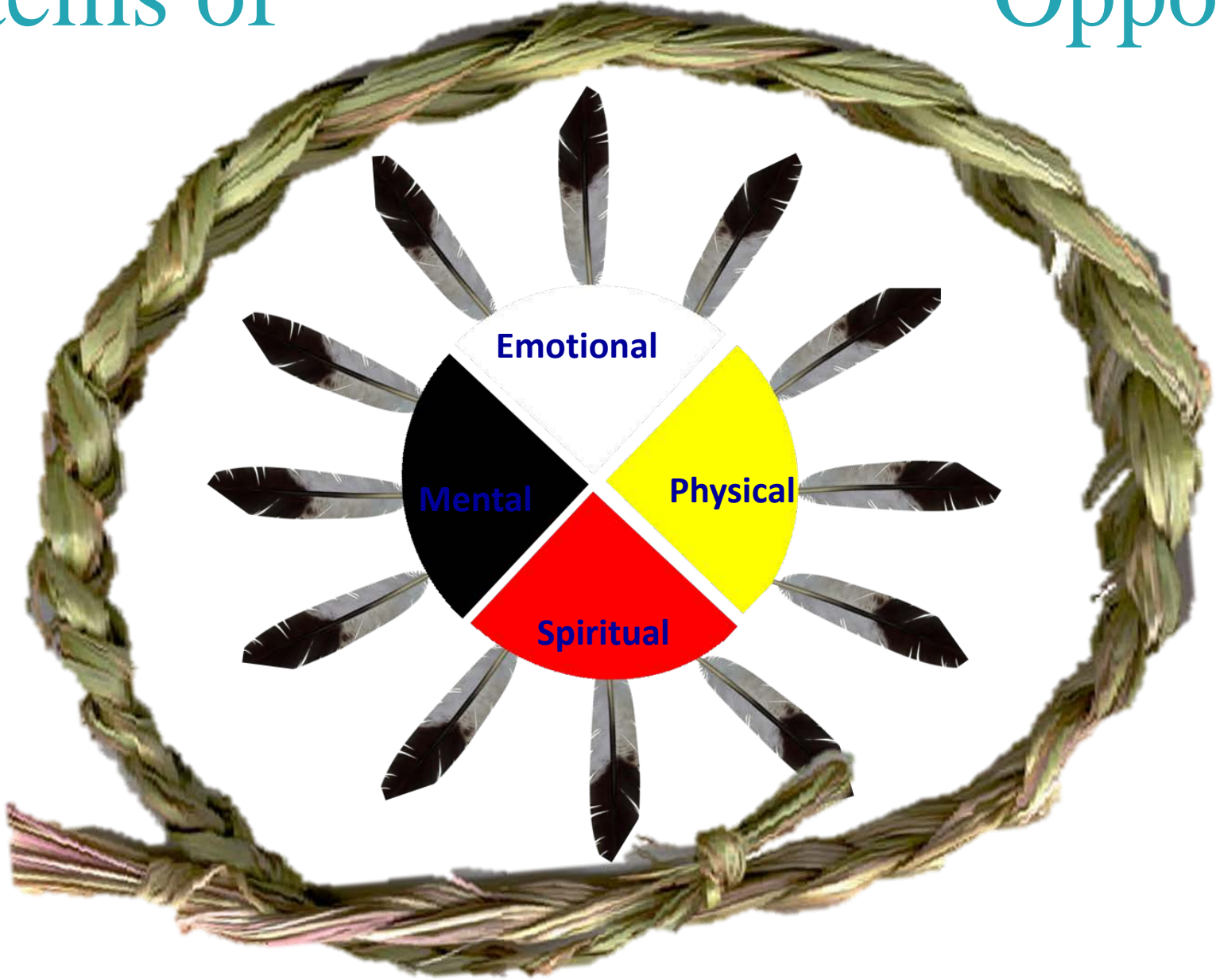
High School graduation, GED, post secondary, vocational training, mentorships, internships, Community capacity learning, first responders

Employment and Workforce Development

Create and support opportunities for employment and develop work skills. Building the internal workforce capacity

Eco-Systems of

Opportunities



MHFA-CULTURAL CONNECTEDNESS

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