Native Community Strengths

All Native communities demonstrate these survival skills:
- Endurance
- Strength
- Resilience: The capacity for adapting successfully and functioning competently despite experiencing chronic stress or adversity following exposure to prolonged or severe trauma.

Behavioral Health Opportunities

- Successful outcomes occur when care is:
  - Integrated
  - Trauma-informed
  - Culturally relevant

4 Keys to Successful Practices

- Culturally and historically grounded practices:
  - Seek to understand root causes
  - Integrate community values, Native worldviews, and traditional practices

- Trauma-informed approaches:
  - Recognize trauma experiences in youth
  - Address systemic traumatizing practices

- Prevention of re-traumatization in treatment:
  - Implement evidence-based interventions (EBIs) as part of an integrated care strategy
  - Common EBIs include Question, Persuade, Refer (QPR); Applied Suicide Intervention Skills Training (ASIST); and SafeTALK (Tell, Ask, Listen and Keep safe)

- Practice-based and culture-based interventions:
  - Are significantly adapted to each community
  - Are field-driven practices with qualitative evidence of success
Current Practices
- Often designed to serve the general population
- A Euro-American framework can unintentionally:
  - subvert Native cultural practices
  - alienate Native youth by leaving out familial and societal content

Culturally Responsive Programs
- Based on:
  - The sensibilities of the community being served
  - Social organization of the community
  - Current channels of influence within the community

Seven Generation Approach
- Every person expresses seven generations:
  - 3 generations of ancestors (parents, grandparents, great-grandparents)
  - current self
  - 3 generations of the future (children, grandchildren, great-grandchildren)
- Shows connectiveness of the present to the past and the future

Euro-American Framework
- Focuses and relies on:
  - Rationality
  - Realism
  - Objectivity

Native Framework
- Includes beliefs and norms on:
  - Sexuality
  - Gender roles
  - Parenting practices
  - Intimate and social relationships

Integrating Traditional Practices into Behavioral Health Care
- Understand ancestral knowledge of:
  - Plants and medicinal uses
  - Ceremonies
  - Shared traditional teaching
- Modern youth are looking to blend modern and traditional practices

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