



PLANTING SEEDS OF HOPE (PSOH) PLAN 2009 - 2013

Funded by a State/Tribal Suicide Prevention Grant through SAMHSA Center for Mental Health Services

Impact Goal 1: By 2013 reservation youth in Montana and Wyoming will be out of the national top 5 for rate of suicide as evidenced by final data for the National Vital Statistics Reports.

Impact Goal 2: By 2013 the Youth Risk Behavior Survey will demonstrate a 10% decrease in the number of reservation youth attempting suicide (compared to the 2007 survey).

Strategic Goal 1: Strengthen Suicide Prevention By 2013

Objective 1: Promote Awareness

Objective 2: Increase # of suicidal youth identified and referred

Objective 3: Increase protective factors for reservation youth ages 10-24

Objective 4: Decrease isolation for veterans

Strategic Goal 2: Strengthen Suicide Postvention By 2013

Objective 5: Increase supports (traditional and non-traditional) for reservation youth who have attempted suicide.

Strategic Goal 3: Strengthen Coordination By 2013

Objective 6: Strengthen and maintain public/private partnerships

Objective 7: Increase data sharing capabilities across sectors for suicide referral and follow-up.

Contact:

MT WY Tribal Leaders Council

Planting Seeds of Hope Tribal Youth Suicide Prevention

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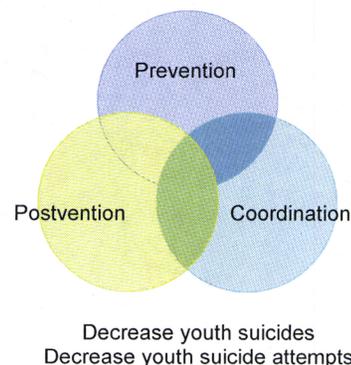
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PROBLEMS 2009

1. Native American suicides in Montana and Wyoming at least double the national average.
2. Reservation youth suicide at least double the national & state averages.
3. Risk factors astronomically higher for reservation youth than non-native peers.
4. Protective factors for reservation youth are weak.

STRATEGIC GOALS

- 1: Strengthen suicide *prevention*
- 2: Strengthen suicide *postvention*
- 3: Strengthen *coordination*

Planting Seeds of Hope Logic Model

Planting Seeds of Hope promotes life on Montana and Wyoming Reservations by creating opportunities for youth to build resilience and heal from life-draining wounds.

IMPACT GOALS

Goal 1: By 2013 reservation youth in Montana and Wyoming will be out of the national top 5 for rate of suicide as evidenced by final data for the National Vital Statistics Reports.
Goal 2: By 2013, the Youth Risk Behavior Survey will demonstrate a 10% decrease in the number of reservation youth attempting suicide (compared to the 2007 survey).

COMMUNITY LACKS

- Awareness of Suicidal Behavior and Suicide Prevention
- Opportunities for At Risk Youth to Be Identified and Referred
- Positive Opportunities for Youth Supports for veterans and their families.
- Programs to help youth who have attempted suicides
- Supports for families where a suicide has been attempted or completed
- Coordination and Collaboration

TRIBAL ASSETS

- Extended family networks are valued a
- Norms and beliefs highly value youth.
- Norms and beliefs discourage suicide and encourage self preservation.
- Veterans have a place of honor
- Cash-poor...culture/relationship-rich
- Traditional leaders still strong presence on reservations.

OBJECTIVES

1. Raise public awareness about suicide, and suicide risk and protective factors.
 2. Increase the number of at risk youth who are identified and referred for help.
 3. Increase protective factors for youth ages 10-14
 4. Decrease isolation for veterans
 5. Increase supports to families where there has been a suicide or attempt
- ### COORDINATION
6. Strengthen and maintain public/private partnerships at state and local level
 7. Increase suicide referral and follow-up data sharing capabilities

OUTCOMES

BY 2013

- Tribes move from Community Readiness Stage 3: Vague Awareness to Stage 6: Initiation
- At least 15% of tribal members are trained Gatekeepers
- All reservations are beginning to implement screening and brief intervention or are ready to
- More at risk youth are being identified and referred.
- Youth Councils are implementing change strategies in their communities
- More positive opportunities exist for youth on reservations
- Youth feel valued
- Isolation decreases for veterans and their families
- All reservations are beginning to implement or are ready to implement programs for youth who have attempted suicide.
- Grief support and suicide clean up is available
- All reservations are beginning to implement or are ready to implement programs for families where there has been a completion or attempt
- Public/private sectors are sharing information and resources to prevent suicide, including data on referrals and follow-ups
- Tribes create and finance Suicide Prevention Coordinator position

PREVENTION

Promote Lifeline ● Train Gatekeepers (QPR, ASIST) ● Resource Guide ● Pilot Screening & Brief Intervention ● Disseminate Lessons Learned ● Coalitions assess and plan for screening and brief intervention ● Train youth & coalitions in cultural norms and beliefs ● Train youth in life skills ● Youth plan strategies for life promotion ● Youth apply for mini-grants to implement ● Hero packs to families of deploying veterans and incorporate veterans into community activities upon return.

POSTVENTION

Promote grief support groups ● Suicide cleanup ● Coalitions identify promising program for youth in families where there has been a suicide or attempt ● Assess and plan to build capacity to implement ● Implement in at least three reservations by Year 3

COORDINATION

PSOH Advisory Group ● Prevention Coalitions ● Tribal Resolutions for Uniform Suicide Reporting and Implement ● Youth Councils ● Actively participate in and create linkages between drug prevention, mental health, tobacco and suicide coalitions.

ACTIVITIES