

FOSTERING MENTAL HEALTH WITH THE CIRCLE OF COURAGE

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LET'S TALK ABOUT MENTAL HEALTH AND WELLBEING

- How do you define
 - Mental Health and Wellbeing
 - Mental Illness



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MENTAL HEALTH AND WELLBEING

- Mental health **includes our emotional, psychological, and social well-being**. It affects how we think, feel, and act.
- Mental Wellbeing is how we respond to life's ups and downs. It includes how a person thinks, handles emotions, and acts.
- Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses can be associated with distress and/or problems functioning in social, work or family activities.



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Help

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NATIONAL YOUTH RISK BEHAVIOR SURVEY 2011-2021

- As we saw in the 10 years prior to the COVID-19 pandemic, mental health among students overall continues to worsen
- More than 40% of high school students feeling so sad or hopeless that they could not engage in their regular activities for at least two weeks during the previous year
- Significant increases in the percentage of youth who seriously considered suicide, made a suicide plan, and attempted suicide



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BEHAVIORS RELATED TO SUICIDE

PERCENTAGE INCREASED

- Seriously considered attempting suicide in the past 12 months
- Students who made a plan of how they would attempt suicide in the past 12 months
- Students who felt sad or hopeless in the past 12 months

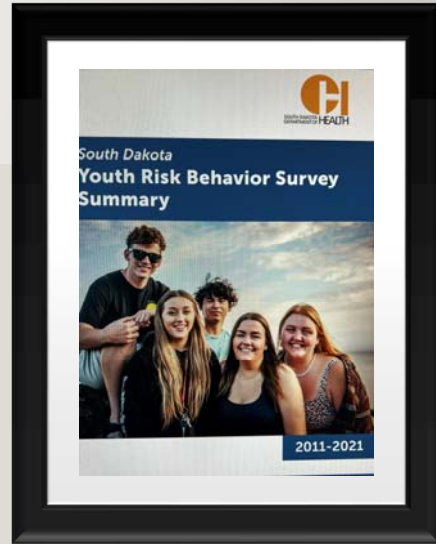
PERCENTAGE DECREASED

- Percentage of students who most of the time or always get the kind of help they need when they feel sad, empty, hopeless, angry, or anxious

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SOUTH DAKOTA YRBS 2011-2013

- MIRRORS THE NATIONAL RESULTS FOR 2021



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CONNECTED



ACHA – Loneliness 2021

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UNIVERSITIES AND COLLEGES

- Suicide leading cause of death among college students and university students in U.S
 - Suicide Prevention Resource Center
- Increase instances of severe mental health concerns among college students entering their undergrad studies
- Prior to Covid 19, mental health services were on the rise
- Growing concern about wait times and enough qualified staff

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NEED FOR
MENTAL
HEALTH
SERVICES HAS
INCREASED

WHY?



~~STIGMA~~

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ACCESS TO CARE

- About 60% of youth in the U.S with a major depressive episode did not receive mental health services in 2018-2019



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SCHOOLS

- Are in an advantageous position to identify and provide supports for mental health development
- Many schools screen systematically for health such as vision
- Screen for academics such as reading and math difficulties
- How about incorporating mental health screening efforts

Mental Health affects Academics



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PROGRAMS AND RESOURCES

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FLANDREAU INDIAN SCHOOL

- Off Reservation Boarding School
- American Indian Students 9 – 12
- Representing various tribes
- Trades
- Academia
- Academics and Vocational—hands on

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RECLAIMING YOUTH AT RISK – HAS LED TO A NATIVE-BASED PRACTICE MODEL

- Model is called Circle of Courage(COC) and includes the following gateways
 - 1. Connect to cultural and spiritual roots
 - 2. Model respect and care
 - 3. Provide for fail-safe relationships
 - 4. Turn problems into opportunities
 - 5. Decode meaning of behavior
 - 6. Enlist youth as colleagues
 - 7. Plant seeds to grow
- The Model of the COC was recommended for implementation as a culturally responsible guide for employees working at FIS

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PRIOR TO BEING INTRODUCED TO RECLAIMING YOUTH AND THE CIRCLE OF COURAGE MODEL

- Stand alone programs
- A campus with Silos
- Power and Control
- Punitive consequences
- Inconsistencies with disciplinary actions

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IMPLEMENTATION

Buy In
Resources
Training
Assess



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TRUTHFUL WITH ASSESSMENT

- Assess periodically (self awareness can be a difficult challenge)
- Where are you at?
- Where do you want to be?
- How are you going to get there?



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IMPLEMENTATION



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COMMUNITY RESOURCES TO PROVIDE WRAP AROUND SERVICES

- Tribal Clinic
- Community Counseling
- Elders
- Cultural Leaders
- Grandparents, Parents

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CULTURE OF RESPECT

All Actions of one individual have a ripple affect on others around them. Team players understand that and pitch in.



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BELONGING

Encouraged and Provide Opportunities to Promote a Sense of Belonging



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MASTERY



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INDEPENDENCE



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GENEROSITY



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RESULTS

- Relationship building
- Culture of Respect
- Individuals felt valued
- Collaborations with services to bring on site
- Increase services available for students

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LISTENING TO NATIVE AMERICAN STUDENTS

LESSONS FOR PUBLIC SECONDARY SCHOOLS

A PHENOMENOLOGICAL STUDY

TAMARA LUNDAY

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DISCUSSION

- A strong influence in deciding to pursue this project was my familiarity with the Circle of Courage Native based health and wellness model originally described in *Reclaiming Youth at Risk* (Brendtro, Brokenleg, and VanBockern, 1990, 2002, and 2019)
- The model requires a setting which provides appropriate opportunities for students to recognize and adopt methods, practices, and procedures which assure opportunities to reach and develop the essential senses of Belonging, Mastery, Independence, and Generosity.

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THEME 1- STUDENT RECOMMENDATIONS

- **Lack of Connections, Relationships, and Fit**

- Student Recommendations
 - Peer mentor system
 - Detailed orientation for incoming students
 - Increased opportunities for students to find their fit
 - Recruit and retain Native American representation in faculty and staff

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THEME 2 - STUDENT RECOMMENDATIONS

- **Challenges of Academic Work**

- Student Recommendations
 - Promote culturally responsive teaching strategies including written, discussion, and visual forms with clear expectations
 - Teacher should not assume students understand how to complete an assignment simply because they are not asking questions
 - Staff should be assertive in offering help to solve problems and allow sufficient time to complete work assignments in school, reducing homework

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THEME 3 - STUDENT RECOMMENDATIONS

- **Incomplete and/or Inaccurate Presentation of History**
- Student Recommendations
 - Curricula should include the contributions and significance of Native Americans along with the history of the tribes in SD
 - Evaluate the curriculum regularly to assure it contains accurate Native American history
 - Invited Elders from the local tribe to lead presentations

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THEME 4 - STUDENT RECOMMENDATIONS

- **Lack of Culture Recognition**
- Student Recommendations
 - Bring Dakota culture into the school
 - Provide information and education on the relevance of language and culture
 - Establish and maintain cooperation between and among public school Student Council, the Indian Student School Student Council, the local tribe education and culture program staff

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THEME 5 - STUDENT RECOMMENDATIONS

• Peer Conflict and Bullying

- Student Recommendations
 - Provide a safe learning environment
 - Address bullying situations immediately, have face to face discussions with individuals in conflict
 - Establish consistency of policies and processes, and maintaining neutrality in intervention models

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FOUND A POTENTIAL SOLUTION TRANSFERRED

- Described it as comfortable, inviting, a sense of belonging
- Found academic work challenging but with more clarity and support from staff successfully completed the work
- Clear rules for addressing conflict
- Training and Leadership opportunities – mentors
- Goal was graduation – defined success as completing high school

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SERVICES AVAILABLE

- Indian Health Service Behavioral Health
- Community Counseling
- 211
- 988
- Avel eCare
- In Patient

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HELPLINE CENTER INFORMATION

- 211 maintains a comprehensive database of community resources and provides information and referrals for essential needs
- 211 also can connect people with information and referrals
- 988 provides crisis support
- 911 provides first responder dispatch for

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STATS - 988

It's been one year! 365 days of 988, so we thought that was worthy of a celebration! On July 16, 2022, South Dakota joined the rest of the United States in beginning to use the 988-dialing code. Since then, our mental health counselors have supported **7,881 individuals**. People who need help and hope with relationship issues, stress, anxiety, depression, substance use concerns and suicidal thoughts. Below is a breakdown of the number of calls, texts and chats our 988 staff responded to.



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