

Prevent Suicide Conference

A PATHWAY TO HEALING

SEPTEMBER 19-22, 2019

Siga Jumnaker Community Center

W17634 RADKE ROAD WITTENBERG, WI 54499

Thursday: Culture Night & Social Dancing

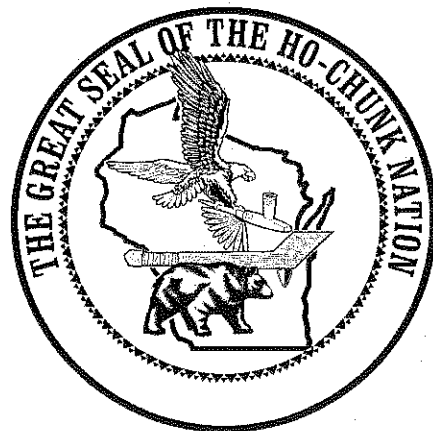
Friday: Information Sessions/Elder Panels

Saturday: Information Sessions/Veteran Contributions

Sunday: Wellness Day Walk/Run

Sponsors:

**Pac Haci Youth Council
Youth Services Division
Behavioral Health Division
Suicide and
Methamphetamine Grant**



For more info contact:

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February 2011

Task of creating a Community Action Plan for Suicide Prevention was given to each of the Youth Services Centers.

February - March 2011

Our center spent time exploring how we would go about completing this task.

March 2011

Preparing our plan to report at the All Staff Meeting on the 24th and 25th.

March 24, 2011

Our draft report was given at the all staff meeting.

March 31- April 1, 2011

Since it is a community plan we decided to use the parent/Teacher Conference time allotted by the school to bring in our parents and community and ask them for input and ideas.

April 11, 2011

We created an information page based on what we collected from the parents and community.

Ideas	Details	Resources
1. Create Support Groups	- Youth peer groups - spiritual, church	Youth (peer teaching) Family and Community
2. Duty to Warn	- educate everyone for signs	Entire Community
3. Suicide Prevention Presentation	- education/awareness - bullying	Entire Community, Tribal programs
4. Training	- definitions - understanding - education	Community, Tribal, Outside Agencies
5. Identity	- create a place of belonging - kinship/clans - Ho-Chunk names/relations	Entire Community
6. School Policy	- awareness of school's policy	Families with children in school, youth

Goals/Actions	Details
1. Develop an Emergency Action Plan	What do we do in the event of?
2. Suicide Education/Identifying	Presenters/Speakers/Trainings
3. Support Group	Resources

May 2011

Staff attended QPR (Question Persuade Refer) Training. This training helped the staff to recognize the warning signs of suicide crisis, and how to question, persuade and refer someone to help. (5 out of 6 staff are currently trained).

September 13-14, 2011

Staff attended the Suicide Prevention Summit for the LaCrosse Area Suicide Prevention Initiative. We collected resources and books to bring back to our area to assist in ideas for our Community Action Plan.

September 18, 2011

A.M: In Collaboration with the Center for Native American Youth at the Aspen Institute we organized a day filled with events. We began in the early hours of Sunday 9-18-11 with 2 relay teams running the Fox Cities Marathon/Relay with Mr. Dirk Whitebreast, Tribal Council Secretary for the Meskwaki Nation. We had 5 youth and 5 adults on 2 relay teams who included: Barbara Kmetz, Danee Walker, Erica WhiteEagle, Lorenzo Vargas, Isaiah Vargas, Georgianna Lonetree, John Dozer, President Jon Greendeer, and Katie Funmaker. The run was a total of 26.2 miles. Each member ran 5 miles, with the last runner doing 6.2 miles at the end. We also collaborated with the Maternal Child Health grant who provided the t-shirts for all participants for the day and evening event. All runners wore the suicide prevention shirts along with all supporters and along the way we were greeted with comments and thank-you's for bringing awareness to a topic such as suicide.

P.M: In the evenings we prepared for an event in which we invited the entire community. There was a meal that was catered in and paid for by another of our collaborative partners from the Capital Management Group- Mr. Shawn Baldwin. We also had Mr. Dirk Whitebreast talk to the community about his story and President Jon Greendeer was on hand and had some awesome words for the community. Another of our collaborative partners was NIKE N7, and they donated 5 pairs of Nike Men's Pegasus shoes for the youth runners. We conducted pre and post surveys for all the attendees.

Pre-Survey:
Elders= 1 out of 5 elders experienced the death of a loved one to suicide, this same elder was the only one that listed "suicidal tendencies". All 5 were looking for resources available to the community and wanted to know what they should be watching for so they can help others.
Parents= 7 out of 15 parents experienced the death of loved ones to suicide, those same parents all listed "depression" and most also listed other issues like "with drawl, mood change and talking about suicide" as suicidal tendencies they knew about. All of the parents wanted a community action plan to follow to prevent suicide or a plan for how to react when someone they knew attempts or talks about suicide. They also wanted to know about more available resources. 8 of the parents didn't know what resources their community offered.
Youth= 3 out of 38 youth experienced the death of a loved one to suicide, those same youth all listed "depression, talking about suicide, giving things away and self-abuse" as signs that someone may be considering suicide. All of the youth wanted to know more about how to help prevent suicide and how to identify the signs. 11 youth didn't know what the signs of suicide were.
Community Members= 6 out of 13 community members experienced the death of a loved one to suicide, those same community members all listed "depressed, distant, self-abuse" as signs of suicidal ideation. All the community members wanted to know more about suicide and how to prevent

suicide. Counseling and hotlines were the more commonly listed resources. 4 community members didn't know what their community offered.
Post-survey:
Elders= 4 of the 6 elders circled 5 on all options, 2 circled 4's on "Resources" and "Overall Ratings" and 5's on "Presenters". 5 of the elders were able to list signs of suicide. Main things elders wanted to see differently was more stories from survivors, spirituality and other resources (social work intake workers were mentioned).
Parents= Out of the 9 parents there was an average of 4 for "Overall Rating", 3.2 for "Resources" and 4.3 for "Presenters". The main thing was parents would like to see done differently would be more discussions on resources and prevention methods and less on Dirk's running story. They also wanted to see more audience involvement and information on how different programs can help the "greater Native American Community of WI". The speakers were their favorite part.
Youth= Out of the 27 youth, there was an average of 4.3 for "Overall Rating", 4 for "Resources" and 5 for "Presenters". The main thing that youth wanted to see different was more information on what to do when someone tries to commit suicide, what to be aware of and more open mic time. Most of the youth didn't have any comments on what to do differently. The youth enjoyed the meal and the speakers that most.
Community Members= Out of the 11 community members there was an average of 4 for "Overall Rating", 4 for "Resources" and 4.6 for "Presenters". The main thing community members wanted to see done differently was more speakers and on a different day from the marathon/relay, they were concerned about getting home in a timely manner. Community members really enjoyed how involved the youth were and that there was an opportunity for them to get together and talk.

There were 80 people in attendance for this event. Many people spoke towards the end during open mic. We understand more about what the community is asking for should we host a similar event in the future. We haven't decided yet but we may be talking about making this an annual event and drawing in the entire community of Wittenberg.

October 18, 2011

The Center Director attended the College of Menominee Nation's Resource Fair. At the fair another collection of resources was started. We found a contact for the ROADS program and the Menominee Nation's AODA/ Mental Health Facility.

October 22, 2011

At the Youth General Council our Pac Haci Youth Council put forth a motion regarding Suicide Prevention and the support for more Mental Health services for the youth. They presented the information they've collected as a council to all councils and it was unanimously voted on. The youth see this as a resource that is very much needed to help combat suicide prevention.

November 17, 2011

Family Night. We had speakers from UWSP, Mr. Andrew Gokee and Mr. Alton "Sonny" Smart come in and talk about historical and intergenerational trauma and how it is the underlying reason for suicide. We had 40 participants that night.

November 2011

We increased our cultural activities for our program as well all agreed that this was one of the main pieces we need to keep going to try to make a difference in how our young people view themselves.

January 2012

We continue with our cultural activities by bringing in elders from our community to talk to the young people. One of our elders told stories and we made a family night out of it. We had such a good turnout that night and he really impacted all ages. We received some really good feedback from the attendees. With the feedback we received, we agreed we are going down a path we want to be on to instill that our culture survives. We hope to get more than 10 people to our night of round dancing, last time we had 9. We may need to entice them with food.

January 6, 2012

As a team we felt we needed to get our community up and motivated. We organized a meeting with our program and the Health Department to join in the efforts to fight the winter blahs, blues and cabin fevers. In the past we've done virtual walks with our Exercise Physiologist and it has been a popular activity. We decided to bring it back for a lot of reasons. So in working with the physiologist we decided to do a month long virtual walk to Valentine, Nebraska ending on Valentine's Day. Since we started we've had so many people out doing physical activities within their limits. We picked Valentine's Day as February is Heart Healthy Month. So we really are killing two birds with one stone. We realize in our research that mental health is key to being well. The virtual walk is really bringing people in the community together, they are exercising together, they are visiting one another while exercising and they are encouraging one another to exercise.

December 20, 2012

YSPTF site visit with Healthy Wisconsin Leadership Institute mentor. Discussed concerns about community stigma around suicide and mental health disorders. Listed a lack of community cohesion as an obstacle in coalition recruitment and limited attendance at meetings and events. Working to inspire more youth involvement.

February 12-13, 2013

Healthy Wisconsin Leadership Institute workshop #2. Learn about grant writing, mindfulness, and coalition longevity. Discussed needed steps in having suicide prevention resources listed in Wittenberg-Biramwood High School planner for upcoming year.

April 3, 2013

Coalition meeting at Pac Haci from 3:30-5. Meeting attendance was still low, but included local Ho-Chunk health reps, 1 youth council member, high school nurse, high school guidance counselor, high school health rep, and 3 workers from the youth and learning center. Meeting created information sheet for upcoming school planners and worked out details needed towards creating the Youth Suicide Prevention Task Force as a recognized school club, operated by the youth but facilitated by coalition members.

April 11, 2013

Rachael attends "Communities in Action to Prevent Suicide" conference in Stevens Point, WI.

June 5-6, 2013

Healthy Wisconsin Leadership Institute workshop #3. Sessions included: coalition sustainability, effective public health communication, team time- creating and practicing your message, promoting your message-mock media interviews, presentation of video stories and program graduation.

<http://hwli.org/community-teams-program/alumni/>

Youth Suicide Prevention Task Force Team identified school-based and community practices and policies to address mental health needs of Wittenberg, Birnamwood and Ho-Chunk tribal youth and also began to identify potential partners and stakeholders to get the policies put in place.

September 2013

Youth suicide Prevention Task Force passed out yellow ribbons with suicide prevention signs and local county resources at homecoming football game.

October 8, 2013

Youth Suicide Prevention Task Force Meeting in auditorium. Distributed t-shirts, elect officers, establish ground rules, brainstorm future activities and decide on fundraising ideas.

November 1, 2013

Confirmed policy change for school, prioritizing SOS (Signs of Suicide) education in health classes and staff trainings.

April 3, 2014

Youth Suicide Prevention Meeting at high school, 2:30. Recapping goals for the program, discussing concerns after weather induced long break from large activities.

April 29, 2014

Communities in Action to Prevent Suicide Conference in Stevens Point, WI. See additional resources for more information.

September 21, 2014

Fox Cities Marathon in Appleton, WI and Suicide Prevention Banquet at Wittenberg Best Western.

Arrived in Appleton at 7 AM for the start of the marathon/relay. The youth were able to put together two teams this year comprised entirely from the Pac Haci Youth Council, their advisors, relatives and our guest for the evening. The youth council president was joined at the conclusion of the relay by five other participants to run the Nation's flag across the line.

The banquet to follow was attended by the Pac Haci Youth Council, their families and advisors. The guest speaker, a family survivor of suicide told his tale and the suffering he must experience after losing his sister. Debi Traeders with Prevent Suicide Wisconsin was present to present on the program that she represents and the resources allotted. At this time the President Greendeer request that the youth

council aim their sights even higher in 2015 both in marathon/relay runners but also in the magnitude of the conference.

September 24, 2014

Begin plans for 2 day Suicide Prevention Conference/ marathon and relay, hosted by Pac Haci Youth Council.

September 2014- March 2015

Shortly after the marathon the Pac Haci Youth Council has been meeting with various Ho-Chunk Nation officials to discuss funding options, conference planning and the inclusion of mental health resources provided for the conference and throughout the community. Aside from meeting with officials, the Pac Haci Youth Council has been meeting monthly to discuss key conference planning and fundraising options.

January 2015- March 12, 2015

The Pac Haci Youth Council and advisors have worked on and submitted phase 1 of the First Nation's Development Institute, Native Youth and Culture Fund Grant. We applied for maximum of \$20,000 to assist in conference cost, which was submitted March 12.

March 16, 2015- Current

Began "Funky Chair Project". Using artistic expression the youth will create their own masterpiece using donated wooden chairs and tables. They will use coping skills to address domestic abuse, bullying, drugs and alcohol. Each artist will do a pre and post journal which will aid in the stigma reductions of mental health. The pieces will then be auctioned off on May 1, 2015 with all proceeds going towards the Suicide Prevention Conference scheduled September 18-20, 2015.ed