



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Healing Roots: Supporting the Mental Health Needs of Students Attending Tribal Colleges

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MUNROE-MEYER
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At the time of this publication, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grants under Funding Opportunity Announcement (FOA) No. SM-18-015 from the DHHS, SAMHSA.

Announcements

- This webinar will be accessible at this link.

<https://mhttcnetwork.org/centers/mid-america-mhttc/healing-roots-considerations-mental-health-accessibility-and-delivery>

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

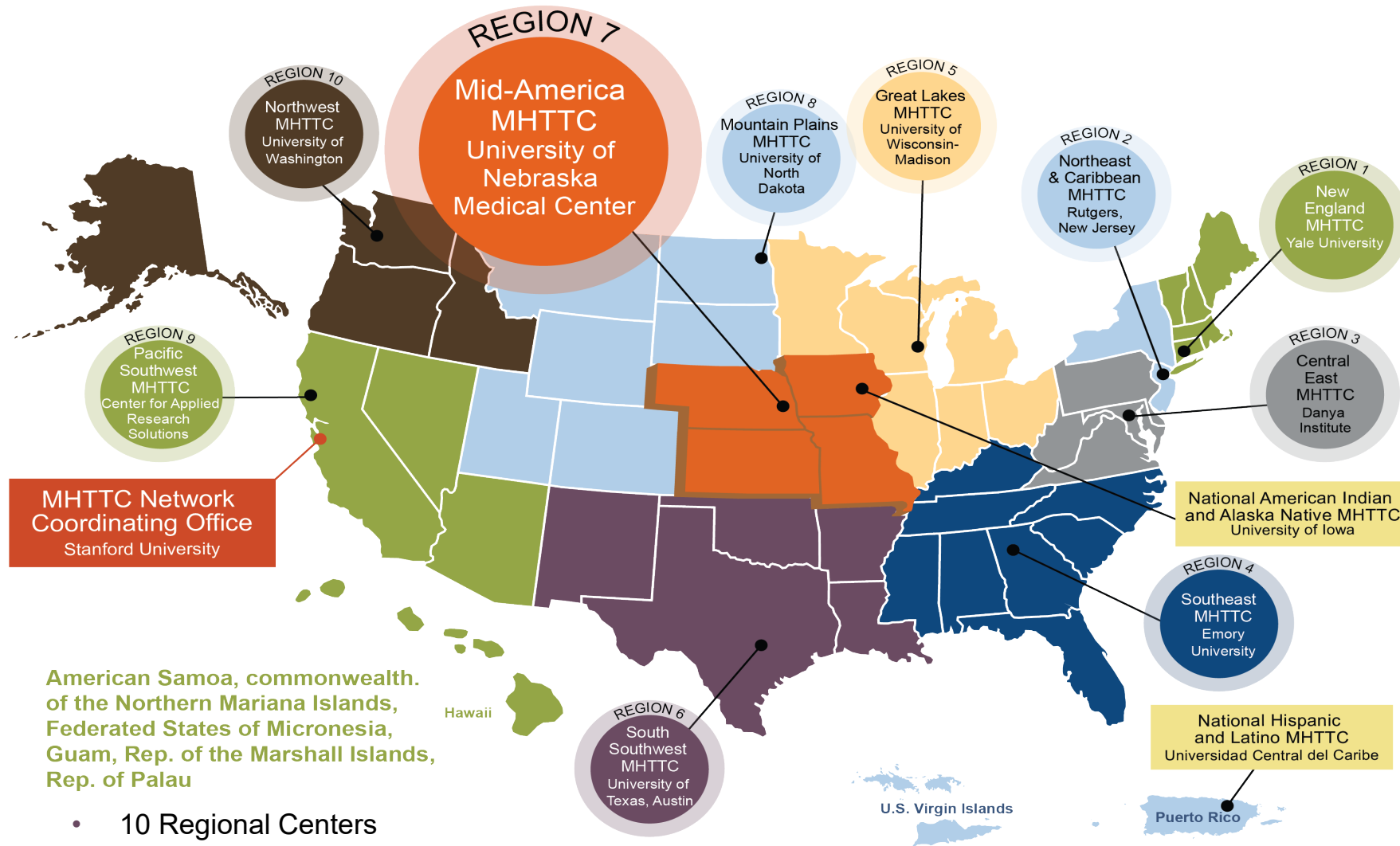
INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS




- 10 Regional Centers
- National Hispanic & Latino Center
- National American Indian and Alaska Native Center
- Network Coordinating Office

Healing Roots: Supporting the mental health needs of students attending tribal colleges.

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Healing Roots: Considerations for Mental Health accessibility and delivery of services across Tribal Communities.

Healing Roots: Supporting the mental health needs of students attending tribal colleges.

Healing Roots: Prevention, Intervention, and Postvention after a suicide.

Healing Roots: Workforce Development: How your training is challenged with cultural competence.

Healing Roots: Cultural Competence and Community Inclusion.

Objectives

1. Identify the unique challenges encountered by college students from tribal communities.
2. Discuss the importance of mental health and health equity related to students attending a tribal college.
3. Develop outreach efforts including counseling services to support the mental health of students attending tribal colleges
4. Identify strategies to support the mental health needs of faculty and staff at tribal colleges

Overview

- History of Tribal Colleges
 - Anitra's experience at a tribal college
- Overview of the Current State of College Mental Health
- College Counseling Services at Tribal Colleges
- Getting Started at Tribal colleges
- Types of Services Offered
- Outreach
- Considerations
 - Non-traditional students
 - Title IX
 - Accommodations/American Disabilities Act
 - Support for Faculty and Staff
- Review of Toolkit
- Closing

History of Tribal Colleges

- Education with Tribal Nations
 - “Kill the Indian, save the man”
 - Deculturalization
 - Colonization
- Bureau of Indian Education
- Carlisle Indian School Project
- Genoa Indian School
- Haskell Industrial Training School
- Riverside Indian School

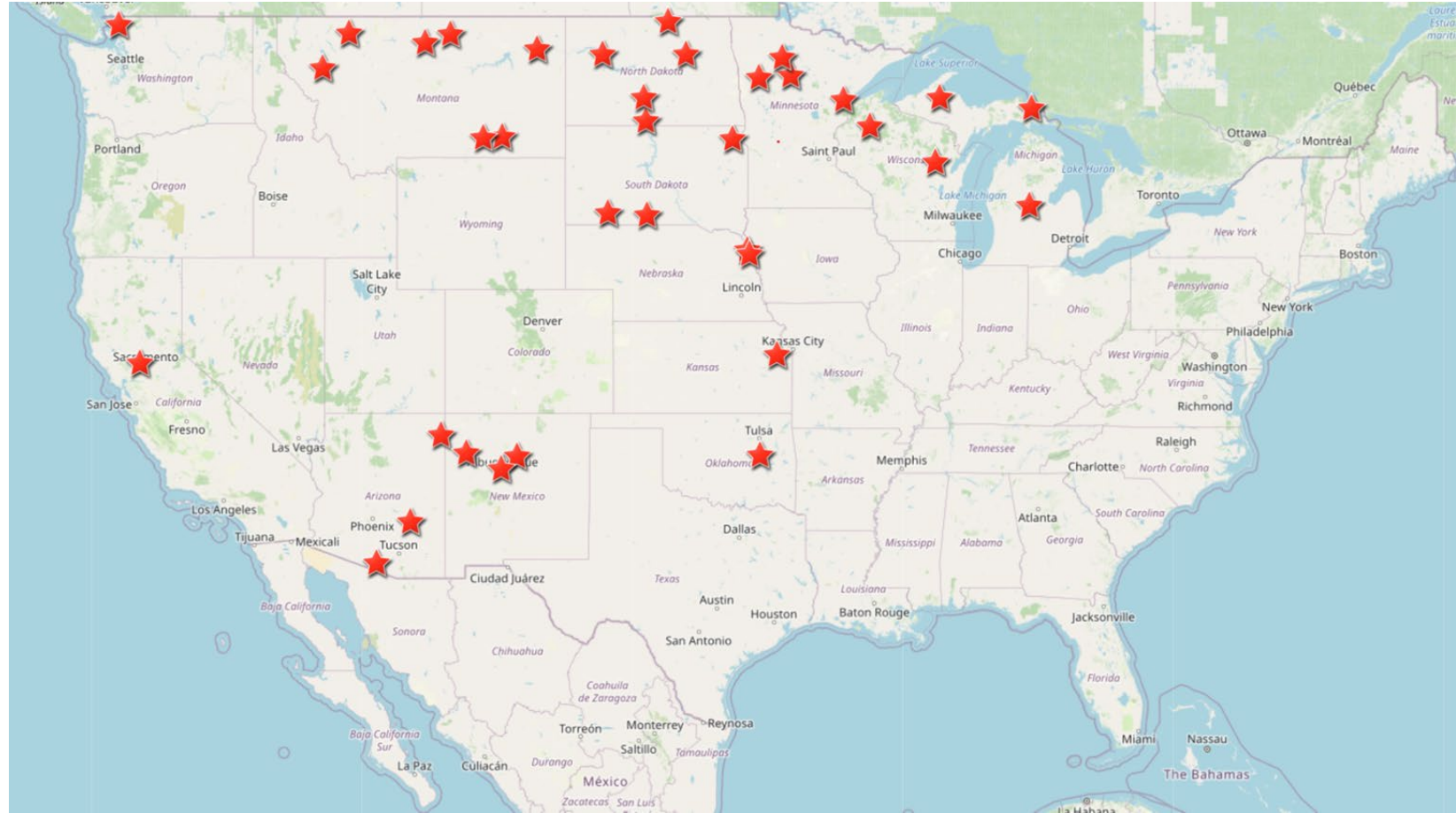


(pennlive.com, 2021)

History of Tribal Colleges (cont'd)

- A movement for Tribal Colleges
 - TIMELINE: 1650-Present
 - Belonging
 - Native Scholars
- Land Grant Tribal Colleges
 - Congress designation
 - 26 Tribal Colleges
- American Indian Higher Education Consortium
 - Tribal College Collaboration
 - Leadership
- Tribal College Journal
 - Collaborative
 - Historical, Present, and Future

Tribal Colleges (tribalcollegejournal.org)



Personal Experience: Strengths and Challenges

- *Little Priest Tribal College* (Student)
- *Nebraska Indian Community College* (Instructor)
 - Scholarship Opportunities*
 - Tuition*
 - Tutors
 - Advocacy
 - Culture
 - Small Class Sizes
 - Advocacy
 - Counseling and wellness
 - Housing*



Overview of the Current State of College Mental Health

- Demand in Services
- Anxiety and Depression continue to be most common presenting concerns
- Familiarity with Counseling and Mental Health Services
 - 60% of students seeking services reported prior mental health treatment
- Demographics of those seeking services
 - 22.9% first generation college student
 - 21.87 is the mean age
 - 0.5% identify as American Indian/Alaskan Native

-Center for Collegiate Mental Health, 2020 Annual Report

College Counseling Services at Tribal Colleges

- 8 schools list 1 to 2 counselors on their campus to provide counseling services
- 2 schools state on their website that students can go through the Dean of Student Affairs to request counseling services
- 1 school lists 3-4 counselors, and include outreach and group services
- *2 schools have multiple counselors on-site, offer group, individual, and couple therapy, offer presentations and workshops, and participate in outreach events*
- 1 school offers talking circles
- 7 schools state on their website that they refer out for counseling services
- 11 make no reference to counseling services on their website

Getting Started with Tribal Colleges

- Collaborative Approach
 - Staff and Faculty of Tribal Colleges
 - Student Feedback
 - Classroom Presentations
- Community Oriented
 - Community events
 - Community Partnerships
- Partnerships
 - Colleges
 - Tribal Programs
 - Local Public Schools



July 11th-15th, 2016
At Little Priest Tribal College

**SUMMER, 2016
F.A.R.M.C.A.M.P**

(Frontier Area Rural Mental-Health Camp And Mentorship Program)
Consider applying for the 2nd Annual Farm Camp - Winnebago—a chance to learn about careers in rural mental health, and spend time with other high school students with similar interests.

LITTLE PRIEST TRIBAL COLLEGE
"BE STRONG AND EDUCATE MY CHILDREN"

Western Nebraska Behavioral Health | BHECN | Nebraska Creighton UNIVERSITY
BEHAVIORAL HEALTH EDUCATION CENTER OF NEBRASKA

Morningstar | Society of Care

Are you a High School Student interested in a career in the counseling or mental health field?

Here's a chance to learn more, in a fun summer event!

A weeklong camp in Winnebago Nebraska, with other high school students.

Pick up an application from Drake Payer at the Education Building: SYEP

Services Offered

- Individual Counseling
 - College Counseling Center (traditional)
 - Off-Campus Services
- Group Counseling
 - Resilience and Wellness
- Consultation
 - Faculty/Out of State
- Workshops
 - Depression
 - Test Anxiety

- Delivery of Services
 - In-Person
 - Telehealth
 - Telephone

Feeling overwhelmed? Stressed? Depressed? Out of control? Alone?

WE HAVE THE TOOLS TO HELP

Join us for the

REZILIENCE & WELLNESS

Workshop Series

Each week we will expand your toolbox for coping with stress, managing intense emotions, increasing positive emotions and wellbeing, improving your relationships and communicating your needs effectively.

Tuesdays 3-4 p.m. starting 9/21
Basement of LPIC Library
All semester long

WARRIORS society of care

Morningstar

Outreach

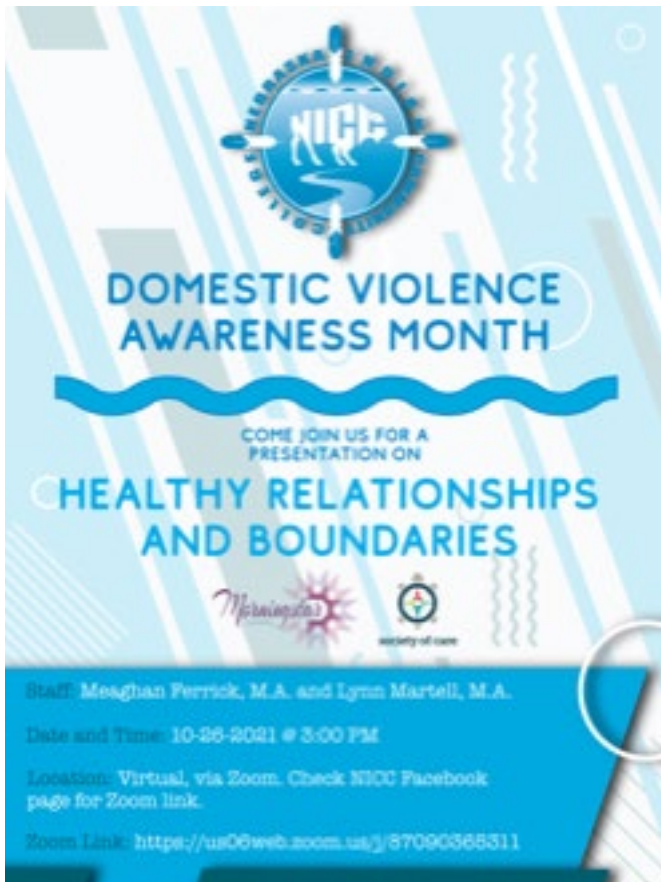
- Reach the community
- Immersion/Cohesion
- Normalize Mental Health

Examples

- National Depression Screening Day
- New Student Orientation
- Back to School Bash
- Boarding School Remembrance Day
- Midterm/Finals Study Nights
- Trunk or Treat



Examples of Outreach Events



DOMESTIC VIOLENCE AWARENESS MONTH

COME JOIN US FOR A PRESENTATION ON

HEALTHY RELATIONSHIPS AND BOUNDARIES

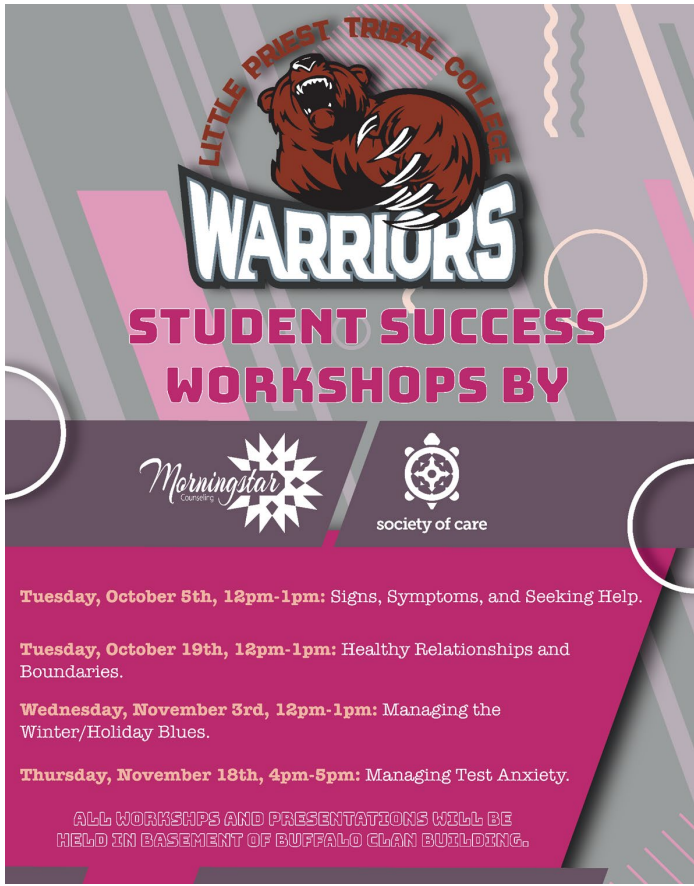
Staff: Meghan Ferrick, M.A. and Lynn Martell, M.A.

Date and Time: 10-26-2021 @ 3:00 PM

Location: Virtual, via Zoom. Check NIJC Facebook page for Zoom link.

Zoom Link: <https://us06web.zoom.us/j/87090368311>

Logos: NIJC, Morningstar Counseling, Society of Care



LITTLE PRIEST TRIBAL COLLEGE

WARRIORS

STUDENT SUCCESS WORKSHOPS BY

Morningstar Counseling | Society of Care

Tuesday, October 5th, 12pm-1pm: Signs, Symptoms, and Seeking Help.

Tuesday, October 19th, 12pm-1pm: Healthy Relationships and Boundaries.

Wednesday, November 3rd, 12pm-1pm: Managing the Winter/Holiday Blues.

Thursday, November 18th, 4pm-5pm: Managing Test Anxiety.

ALL WORKSHOPS AND PRESENTATIONS WILL BE HELD IN BASEMENT OF BUFFALO CLAN BUILDING.



FROM THE CHECK UP NECK UP

Do you feel stressed? Do you wonder if it's more than just stress? Join our zoom meeting to talk to one of our clinicians and to complete a brief screening.

When: Thursday October 8th from 10am-2pm & 3:30pm-5:30pm

Zoom Link: <https://zoom.us/j/98555721926?pwd=TW92SXZ2aGI2d3Q4eGMxdDBkMWN6Zz09>

MENTAL HEALTH

Logos: Society of Care, Morningstar Counseling



Considerations

- Non-traditional students
- Title IX
- Accommodations/American Disabilities Act
- Support for Faculty and Staff



Non-Traditional Students

- Older students
- Students with families and children
- Students who work full-time
- Returning Students
- Lived experiences

Title IX

- Mental Health professionals are exempt from reporting, however, should be informed and knowledgeable about Title IX policies.
- On-site counselors should be resource to students going through the Title IX process.
- Examples of Title IX policies and procedures included in Toolkit.

Accommodations/American Disabilities Act

- Students who receive a diagnosis for a behavioral health concern are protected under the American Disabilities Act.
- They are entitled to accommodations in classes and on campus.
- Tribal colleges and universities should have a procedure for students who receive mental health diagnosis and how to implement accommodations.



Support for Faculty and Staff

- Engagement of Faculty and Staff
- Offering support services
 - Talking Circles
 - Groups
 - Counseling

Review of Toolkit

- Examples of Title IX policies at tribal colleges
- Resources on how to support students after a sudden death
- Resources on how to support students after a tragic event
- Resources on helping a student after a death by suicide
- Information on how to facilitate a Talking Circle
- Resilience and Wellness Curriculum
- Sample brochure of tribal college mental health services
- Other mental health resources for tribal communities



Closing

- Historical Perspective
- Culture is integral to knowledge and healing
- Partnerships-locally and nationally



Thank You!

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