

Prevention, Intervention, and Postvention After a Suicide Toolkit

Native communities experience higher rates of suicide compared to all other racial and ethnic groups in the United States. Given the high prevalence rates, it is imperative to have the necessary tools to reduce suicide in Native American communities. This toolkit provides a series of references, guides, and resources to different strategies that can be used to support the mental health of tribal communities.

Prevention

National Congress of American Indians. (2010). Suicide Prevention: Resources Sheet. https://sprc.org/sites/default/files/resource-program/NCAI%20PRC%20Suicide%20Prevention%20Resource%20Sheet.pdf

National Indian Health Board. (2009). Healthy Indian Country Initiative. https://www.nihb.org/docs/04072010/2398_NIHB%20HICI%20Book_web.pdf

National Registry of Evidence-based Programs and Practices. (2012). American Indian Life Skills Development/Zuni Life Skills Development. https://www.falmouthinstitute.com/files/SS047/Strategies%20to%20Support%20Youth/life%20skills%20-%20evidence%20based.pdf

Serna, P. (2011). Adolescent Suicide Prevention Program Manual. https://sprc.org/sites/ default/files/migrate/library/AdolescentSP_ProgramManuaPH_ModelNA_Communities.pdf">ModelNA_Communities.pdf

Substance Abuse and Mental Health Services Administration. (2016). Suicide Prevention in Indian Country. https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4995.pdf

Tayor-Desir, M., Martin, A., McGrady, K., & Ah Quin, L. (2020). Toolkit for Suicide Prevention and Mental Health Promotion in Tribal Communities. https://clinicalscholarsnli.org/wp-content/uploads/2021/01/Toolkit-for-Suicide-Prevention-and-Mental-Health-Promotion-in-Tribal-Communities.pdf

- U.S. Department of Health and Human Services. (2010). To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults. https://store.samhsa.gov/product/To-Live-To-See-the-Great-Day-That-Dawns-Preventing-Suicide-by-American-Indian-and-Alaska-Native-Youth-and-Young-Adults/SMA10-4480
- Walker, R.D., Loudon, L., Walker, P.S., & Frizzell, L. (2006). A Guide to Suicide Prevention For American Indian and Alaska Native Communities. http://www.oneskycenter.org/wp-content/uploads/2014/03/AGuidetoSuicidePreventionFINAL.pdf

Intervention

- Autumn Asher BlackDeer & David A. Patterson Silver Wolf. (2020) EvidenceMapping: Interventions for American Indian and Alaska Native Youth Mental Health, Journal ofEvidence-Based Social Work. https://www.tandfonline.com/doi/full/10.1080/26408066.2 019.1624237
- Cwik, M. F., Tingey, L., Lee, A., Suttle, R., Lake, K., Walkup, J. T., & Barlow, A. (2016). Development and piloting of a brief intervention for suicidal American Indian adolescents. American Indian and Alaska native mental health research (Online), 23(1), 105–124. https://doi.org/10.5820/aian.2301.2016.105
- Doan, J., LeBlanc, A., Lazear, K. J., & Roggenbaum, S. (2012). Youth suicide prevention school-based guide—Issue brief 6c: Intervention strategies: Responding to a student crisis. http://theguide.fmhi.usf.edu
- LivingWorks. (2018). Applied Suicide Intervention Skills Training (ASIST). https://sos.cmha. bc.ca/wp-content/uploads/2018/12/ASIST-info-sheet.pdf
- National Alliance on Mental Illness. (2018). Navigating a Mental Health Crisis. https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis
- National Suicide Prevention Hotline. How and Why the 5 Steps Matter. https://www.bethe1to.com/bethe1to-steps-evidence/
- Stanley, B. & Brown G. K. (2008). Patient Safety Plan Template. https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_stanleySafetyPlanTemplate.pdf
- U.S. Department of Health and Human Services. (2011). National Suicide Prevention Hotline Wallet Card. https://suicideprevention-lifeline-wallet-card.pdf

Postvention

- American Foundation for Suicide Prevention (AFSP) & Suicide Prevention Resource Center (SPRC). (2018). After a Suicide: A Toolkit for Schools, Second Edition. https://sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf
- Bonham, C., Nanes, J., Gomez, T. (2018). Honoring Native Life: Creating Conversations Around Suicide Prevention & Response. https://www.nihb.org/docs/08092018/Friday/ Honoring%20Native%20Life Creating%20Conversations%20Around%20Suicide%20 Prevention%20and%20Response.pdf
- Fabian, Fernandes, & Esposito. (2020). Bolstering the Behavioral Health Workforce: Supporting Suicide Prevention and Postvention in Indigenous Communities. https://www.iad.state.nm.us/wp-content/uploads/2020/09/IAD-Suicide-Prevention-BH-Workforce-Dev-Einal-Report_4.12.20.pdf
- Fairfax County, Va. (2020). Suicide Postvention Toolkit Resources to Help Organizations Support their Communities After a Loss. https://www.fairfaxcounty.gov/neighborhood-community-services/files/assets/documents/prevention/partners%20in%20prevention/suicide%20postvention%20toolkit%20-%209-20.pdf
- Iowa Department of Education Guidance. (2019). Protocols and training for suicide prevention and postvention, adverse childhood experiences identification and strategies to mitigate toxic stress response. https://educateiowa.gov/sites/files/ed/documents/GuidanceSF2113_0.pdf
- Mental Health Commission of Canada. (2017). Mental Health Commission of Canada Suicide Postvention Resources for Canadian Communities. https://www.mentalhealthcommission.ca/wp-content/uploads/drupal/2021-01/Postvention_Catalogue_eng.pdf
- National Action Alliance for Suicide Prevention. (2014). Resources for Suicide Postvention Planning. https://www.sprc.org/sites/default/files/resource-program/Spotlight_
 Postvention ResourceSheetv03.pdf
- National Alliance on Mental Illness, New Hampshire. (2021). New Hampshire Survivors of Suicide Loss Report. https://theconnectprogram.org/wp-content/uploads/2021/02/SOSL-Newsletter-FINAL-02.26.21.pdf
- National Suicide Prevention Lifeline. (2010). Lifeline Online Postvention Manual. https://www.sprc.org/sites/default/files/migrate/library/LifelineOnlinePostventionManual.pdf

- Poland, S. & Lieberman, R. (2015). After a Suicide: Answering Student Questions and Providing Support. https://www.nova.edu/suicideprevention/forms/after-a-suicide-postvention.pdf
- Substance Abuse and Mental Health Services Administration (SAMHSA). (2018). After an Attempt A Guide for Taking Care of Your Family Member after Treatment in the Emergency Department https://sprc.org/sites/default/files/resource-program/AfterAnAttemptFamilies.pdf
- Survivors of Suicide Loss Task Force. (2015). Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines. https://theactionalliance.org/sites/default/files/inline-files/NationalGuidelines. pdf
- U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration. (2017). Suicide Clusters within American Indian and Alaska Native Communities: A Review of the Literature and Recommendations. https://store.samhsa.gov/sites/default/files/d7/priv/sma17-5050.pdf





