



SOARING

FEBRUARY
2010

TeenScreen? What Is It?



The Columbia University Teen-Screen Program identifies middle school and high school-aged youth in need of mental health services due to risk for suicide and undetected mental illness. The program's main objective is to assist in the early identification of problems that might not otherwise come to the attention of professionals. TeenScreen can be implemented in schools, clinics, doctors' offices, juvenile justice settings, shelters, or any other youth-serving setting.

WHY SCREEN:

- Screening accurately identifies 63% of students with a significant mental health problem, while school professionals accurately identify 37%.
- 40% of those with recent suicidal ideation or lifetime attempts were identified only by screening and were not known to school professionals.
- 29% of those with a mood disorder, 36% of those with an anxiety disorder and 16% of those with a substance use disorder were identified only by screening and were not known to school professionals.

On the Lighter side

Native American Teens reaching for the stars.

Introducing Hovia Edwards a flute player

Hovia, is a Shoshone-Bannock flute player from Fort Hall, Idaho. Her name "Hovia" is the Shoshone word for song. When Hovia was three years old, she started learning how to play the **Native American flute** from her father Herman, a flute player and flute maker. Later, she spent time studying with the award-winning Native American flute player Robert "Tree" Cody. Hovia plays both traditional songs and her own compositions. When she was 14, she made her first professional recording for Canyon Records, which was nominated for a Grammy Award. Hovia played at the opening ceremonies for the 2002 Olympics in Utah and on the soundtrack for "Skinwalkers," a PBS Masterpiece Theater film. In addition to recording and performing, Hovia also gives talks to school and community groups about the history of the Native American flute. She was also one of the teens featured in the PBS documentary Soundmix: Five Young Musicians.

“Completed suicide is 72% more common among Native Americans than the general population (Indian Health Service, 2000)

HOW IS IT DONE?

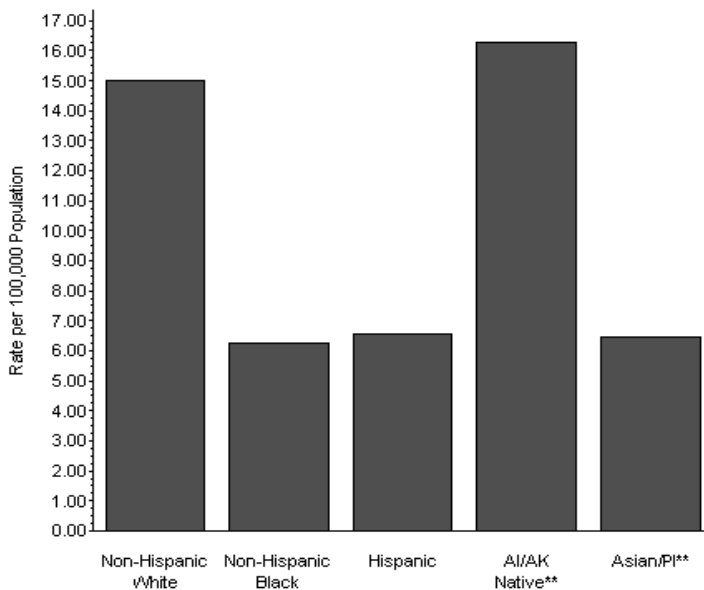
A questionnaire is given to the participants to fill out, and then it is scored. If a participant scores positive for suicidal tendencies he/she is immediately directed to a on-sit clinician. The clinician will talk to the child to determine if they need immediate assistance, or if a referral can be made for a future appointment. If the participant score is negative for suicidal tendencies he/she is debriefed on who and where they can go for help in the future.

Nationally American Indians and Alaska Natives experience the highest suicide rates. For the past 25 years, suicide has been the second leading cause for 15-24 years old American Indian and Alaska Natives. In 2008 a survey of Omaha Urban Indians indicated that out of 54 people surveyed 81% knew someone who had committed suicide.

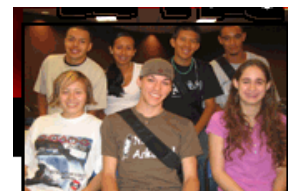
For more information about TeenScreen contact Anita Wisecup at 346-0902 ext. 219.



What is wrong with 2002-2006 statistic by race?



By Liz from the Omaha Tribe



Find Us On The Web

www.nuihc.com

IS IT THE CHOKING GAME OR SUICIDE?

It is okay to ask your child...

“What do you know about the choking game?”

“Have you ever played the choking game?”

“Do you have friends that play this game?”

“Do you want to hurt yourself?”

“Have you ever tried to kill yourself?”

A youth may say ...

“If it is done in groups it is safe”

OR

“It is just passing out and no one ever dies from passing out.”

THIS IS WRONG!

SLANG TERMS:

The choking game is called

- 5 minutes in heaven
- American dreaming
 - Black out
 - Cloud nine
 - Elevator
 - Rising Sun
 - Rush
- Huffing game

To learn more . . .

www.parenthelpcenter.com

www.dare.com

www.chokinggame.net

SUICIDE HELP LINE:

1-800-SUICIDE

1-800-273-talk

1-800-999-9999

What some parents say ...

“I wish I knew before it was too late!”

The choking game is an activity youths as young as seven years old and into young adulthood are playing. The goal of this “game” is to get “a high”, “a tingling sensation” or “floaty” feeling. In reality this game has no winners and has resulted in death, paralysis, brain damage, seizures, stroke, broken bones and bruises.

WHAT CAN PARENTS DO?

- Be open and honest with your child.
- Know the dangers and talk to your child about the dangers.
- Increase supervision-be aware of your child’s activities.
- Remove lethal means (ropes, belts, cords, scarves, guns, medication)
- Contact school personnel if you have concerns



UPCOMING COMMUNITY EVENTS:

Ethnic Festival

December 4, 2009
5pm-9pm
Durham Heritage Museum

Christmas Youth PowWow

December 13, 2009
1pm-7pm
Power Landing
7230 Florence Blvd

OPS Family Night Meeting

Third Thursday of the Month
5:30-7:30pm
Dinner and Child Care Provided
Call Mr. Myles Jones at
618-6760 for details

Dreams of Eagles sponsors

events throughout the year.
For more information :
Cleo Frazier, President
884-1170

Share your event with the community. Call Karen at NUIHC to add your event to the next newsletter! 402-346-0902 ext. 218

**DEPRESSION IS THE
NUMBER #1 CAUSE OF
SUICIDE**

Does your child have the following....

- **Frequently sad, unhappy or in a bad mood**
- **Trouble sleeping or sleeping too much**
- **Loss of interest in activities or “fun”**
- **Lack energy**
- **Trouble concentrating or making decisions**
- **Feelings of emptiness or hopelessness**

These are all symptoms of depression and it is important to talk with your child and access help

School Liaisons are available to help!

Tami Maldonado-Mancebo

OPS-Project Director

Native American Indian Education

402-557-2459

SUICIDE PREVENTION

SIGNIFICANT WAYS TO PROTECT YOUR CHILD

- **Know the symptoms of depression and how to access help**
- **Ensure your child has supportive adults or family to talk with about problems and fears with**
 - **Get involved in the community**
- **Do not allow your child to have access to “lethal means”. Take firearms out of the home or keep them in locked cabinets and lock up all medication**

NATIVE YOUTH: LOOKING FORWARD

In the interviews I have conducted over the past few weeks a common theme emerges. It is difficult to be a young person in the current times. All youth need support from trusted adults, know college is an option, and know the link between culture and identity. Community leaders agree many Native American youth feel hopeless and doubtful about their future; and the possibility of opportunity may not be theirs. Myles Jones, Native American student advisor with Central High School, states his students tell him they do not know successful Native people and students translate the lack of images of successful Native Americans into “how will I be a success?”. Mr. Jones reminds them of hard working, local Native American parents, students, laborers and professionals who “get up each day” and provide for their families. Mr. Jones states his first priority is to support students in academic success and then to remind them college is an option for anyone who wants to attend.

For more information about college scholarships:
www.goodrich.unomaha.edu
www.minorityscholarship.com
www.finaid.org/otheraid
www.collegescholarships.org

Golfer Notah Begay III (Navajo/Pueblo) a Stanford graduate and the first Native American to win on the PGA Tour (2008). Notah is the first full-blooded Native American professional tour golfer. Notah's dedication to his culture remains the centerpiece of all of his businesses. The Notah Begay III Foundation was started to deliver sustainable programs designed by Native Americans for today's native youth.

Joba Chamberlain (Winnebago) World Series Champion Pitcher with the New York Yankees, (2009). Joba's father was born on Winnebago and worked as a single father to raise Joba. Joba was educated through the Lincoln Public Schools in Nebraska. Joba did not head straight to college but worked for the City of Lincoln's maintenance department to help pay bills.

WHO IS YOUR HERO?

Nominate a local hero
 Send his or her name and a brief description of what makes him or her a hero
email to
jvandercoy@nuihc.com
mail to
 NUIHC
 Jessyca Vandercoy
 2240 Landon Court
 Omaha, NE 68102

GOT STRENGTHS?

Community, family, and personal strengths help young people thrive in health, school, and daily life

- **Success in school**
- **Good grades**
- **Adults who are supportive**
- **Feeling safe in your neighborhood**
- **Parents who notice when doing a good job**
- **Involvement in extracurricular activities**
- **Involvement in community/volunteer work**

A Call for Action and Support

Soaring Over Meth and Suicide Task Force is being developed

Find Us On The Web
www.nuihc.com

ARE YOU INTERESTED? WE NEED YOU!

- To **Guide** this project and the evaluation of this project.
- To **Create** awareness and determine levels of suicide ideation and attempts among American Indian youth.
- To **Collaborate** and develop culturally competent systems of care.
- To **Share** and gather information.
- To **Inspire** action and change in the current system of mental health service delivery.

Task Force will meet one time per month

Lunch will be provided

If you need help with transportation, please contact Darrell Wells at 306-1124

If you are interested in being a member of this task force or if you have questions, please contact:

Nebraska Urban Indian Health Coalition, Inc.

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jvandercoy@nuihc.com
402-346-0902 ext. 219

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2240 Landon Court
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