

## National Council of Urban Indian Health

Understanding Suicide and Substance Misuse among Urban Native Youth

#### **ABOUT NCUIH**

The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (Al/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCIA). NCUIH strives to improve the health of the over 70% of the Al/AN population that lives in urban areas, supported by quality, accessible health care centers.



#### Presenter



Kelley McCall is a third-year MSW/MPH student and a member of the Cherokee Nation. She graduated with a BA in Psychology from the University of New Mexico. As a dual-degree in MSW/MPH student, she hopes to implement traditional programs and intervention strategies within the current medical institutions and tribal communities. Kelley currently serves as an intern for NCUIH. Upon graduation, Kelley plans to continue onto a Ph.D. in Social Work with the goal of becoming a tenured professor.



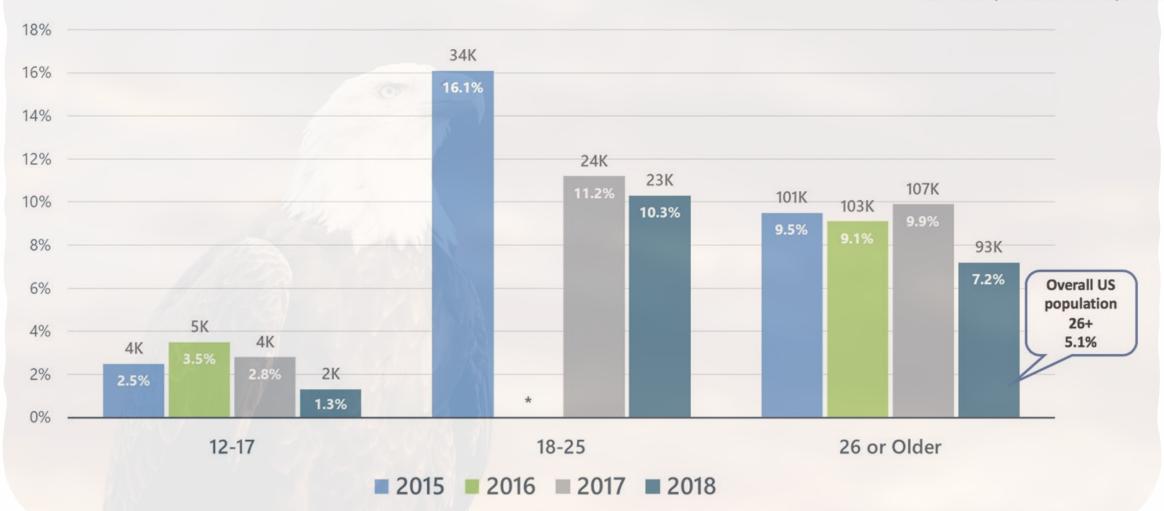
# A strength-based perspective on American Indian/Alaska Native Substance Use & Suicidal behaviors

Kelley McCall



#### Alcohol Use Disorder among Al/ANs

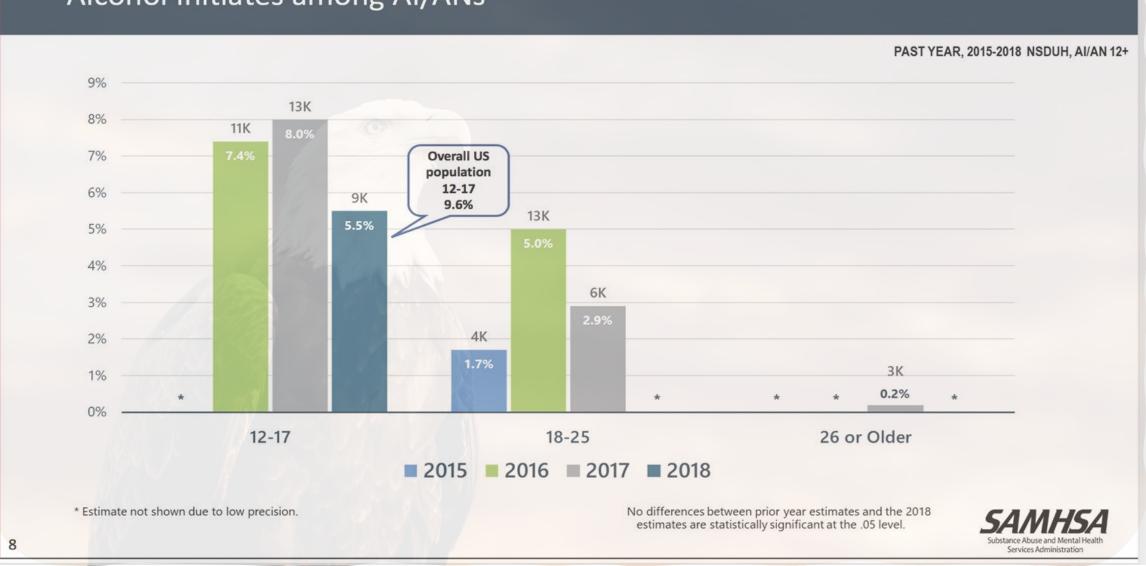
PAST YEAR, 2015-2018 NSDUH, AI/AN 12+



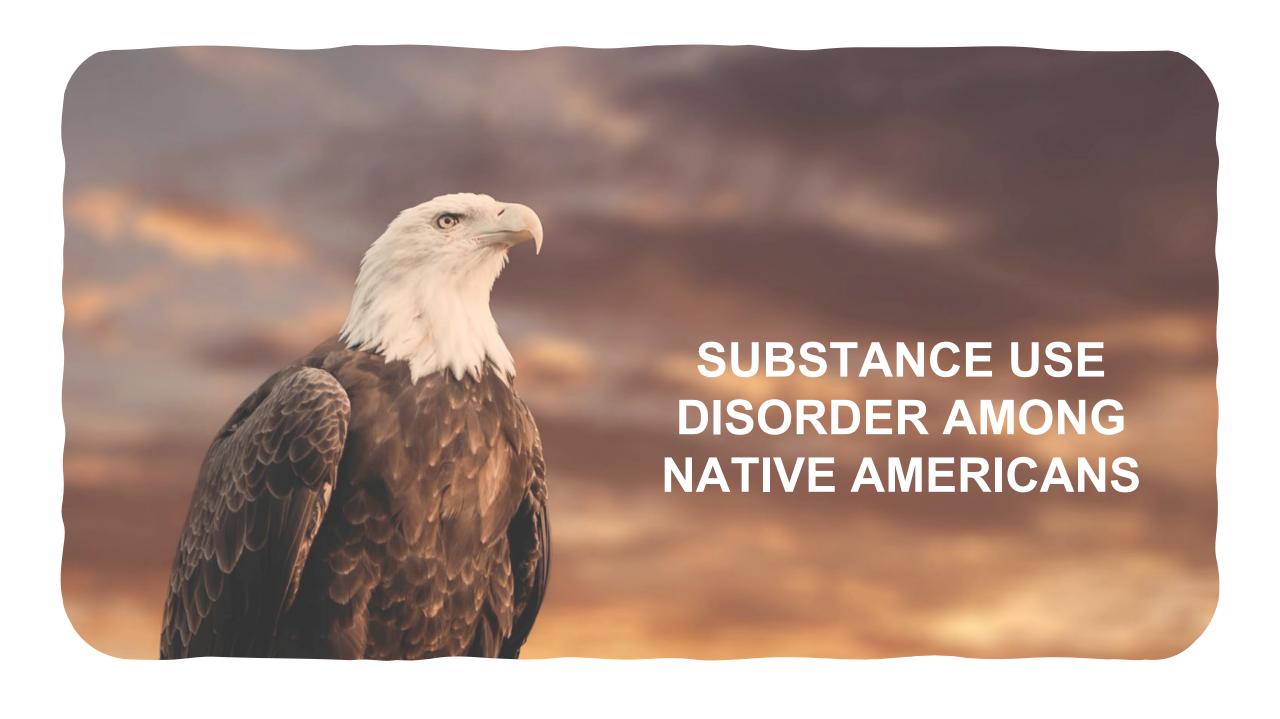
<sup>\*</sup> Estimate not shown due to low precision.

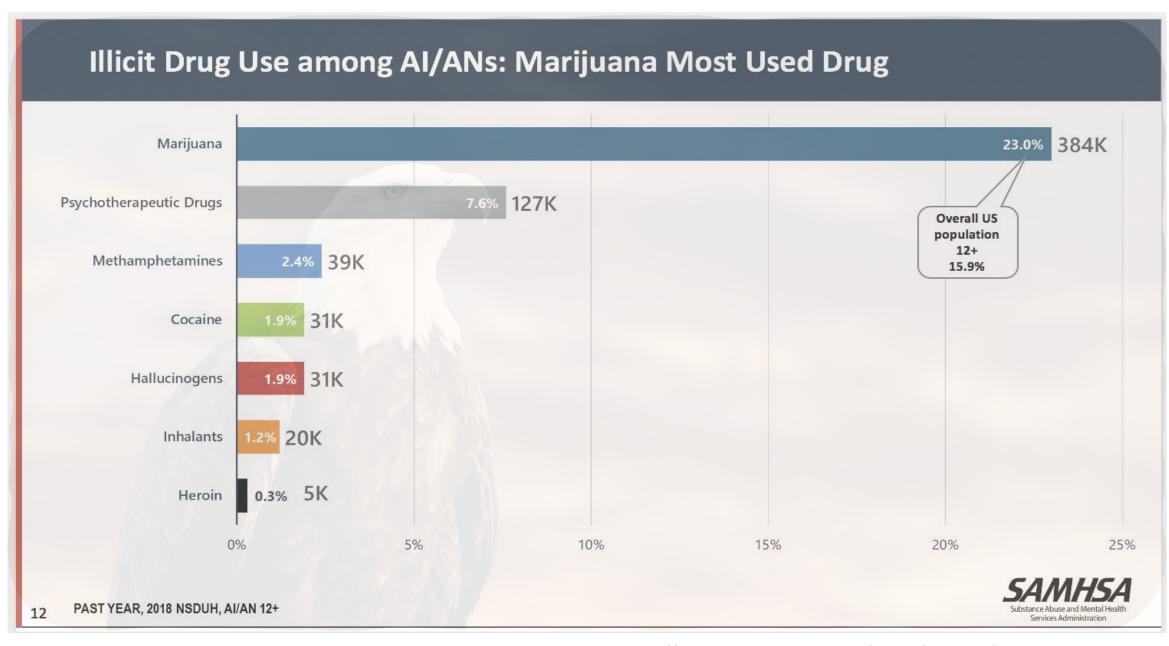


#### Alcohol Initiates among AI/ANs



https://www.samhsa.gov/data/report/2018-nsduh-american-indians- and-alaska-natives





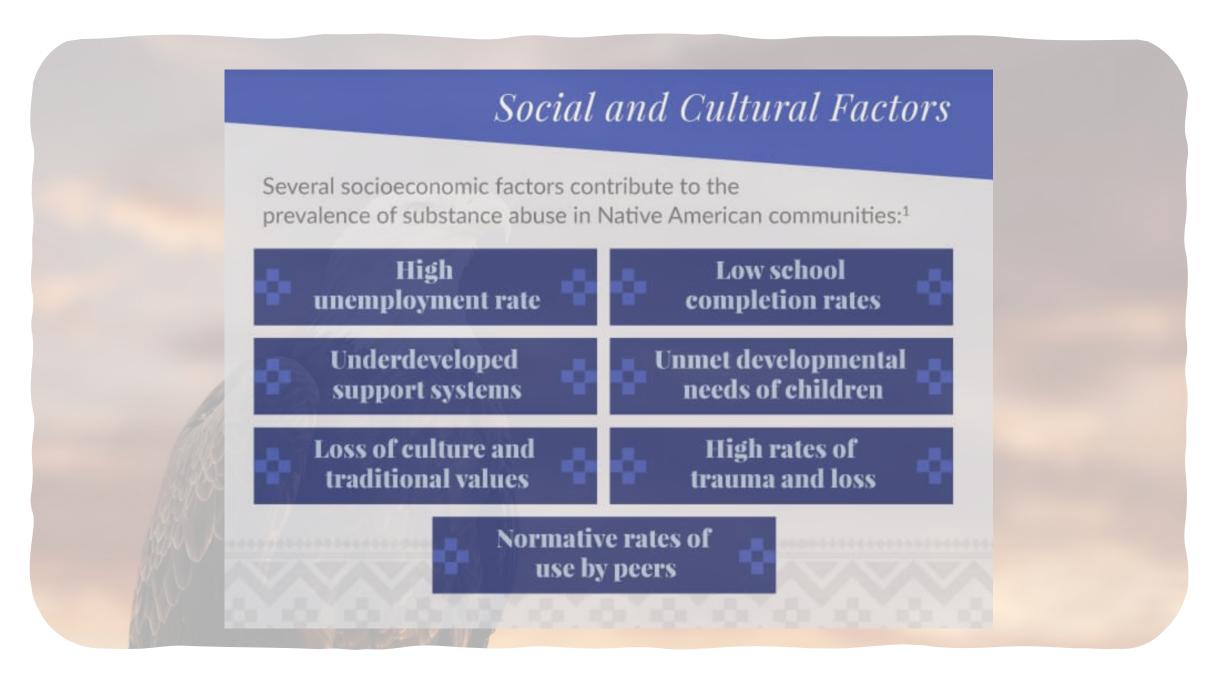
https://www.samhsa.gov/data/report/2018-nsduh-american-indians- and-alaska-natives

According to a study by the JAMA Network, rates of alcohol and marijuana abuse among reservation-based Native American students are up to **3.4 times higher** than National U.S. students.<sup>1</sup>

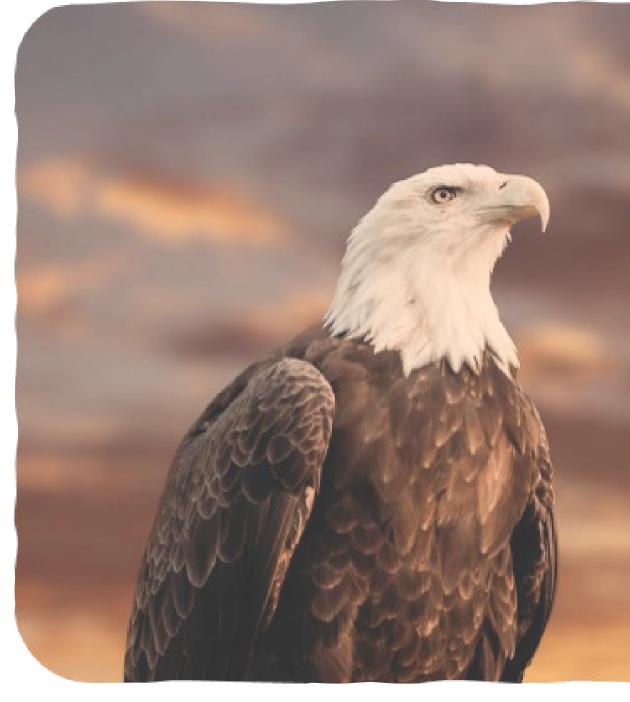
Of students at schools on or near reservations:

4/10 USED ALCOHOL 4+/10 USED MARIJUANA







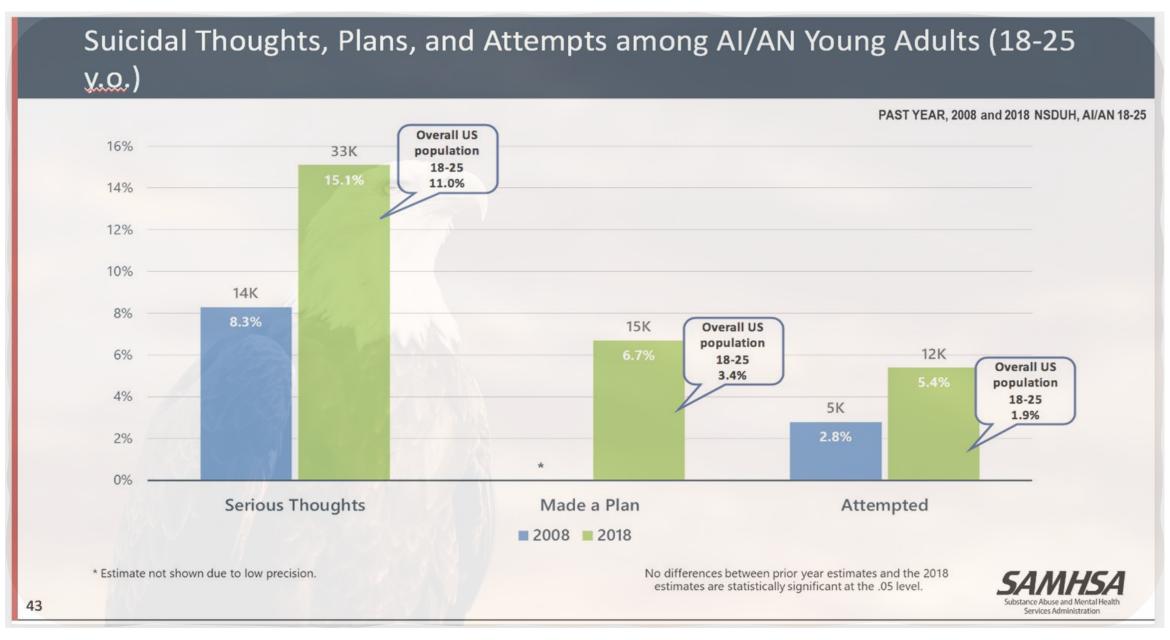


#### **Rural Factors**

\*Social Isolation
\*Shortage of Comprehensive
Healthcare
\*Unemployment/Poverty
\*Transportation
\*Lack of Anonymity

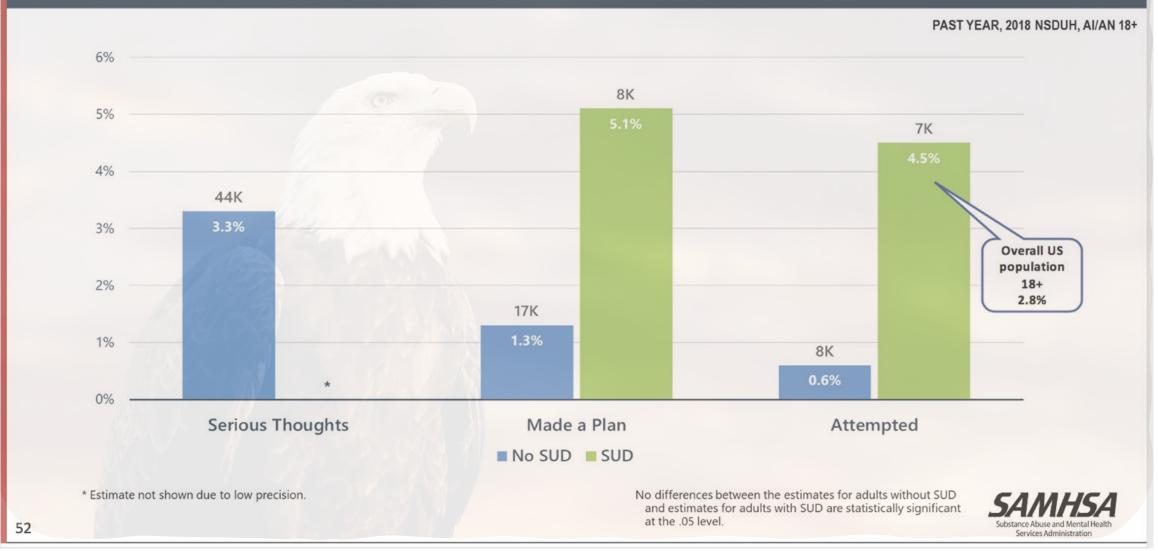


SUICIDE RISK **AMONG** NATIVE **AMERICAN** YOUTH



https://www.samhsa.gov/data/report/2018-nsduh-american-indians- and-alaska-natives

#### Co-Occurring Substance Use Disorder (SUD) and Suicidal Thoughts, Plans, and Attempts among AI/AN Adults











http://www.wellnesscourts.org/files/Pueblo%20of%20Laguna%20Wellness%20Court%20nadcp%202014.pdf





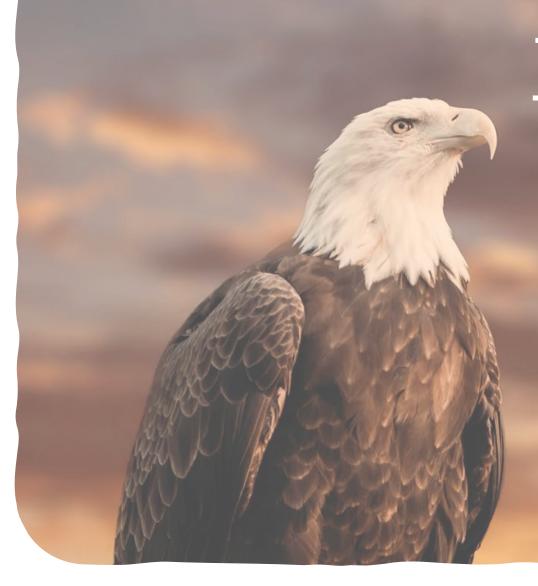
### SUCIDE ATTEMPT DEFINITION

Pre-meditated, self-injury with the clear intention of taking one's life



#### **STATISTICS**

- 13 times higher suicide rates than US population
- 73% used substances during the suicide attempt
- 60% females (often young mothers)



### SUICIDE PREVENTION PROGRAM ELEMENTS

- Radio, TV, newspaper public service announcements
- Support walks
- In-person campaigns
- Skills workshops
- Cultural activities
- Field trips to sacred sites (children)
- **\* ELDER INVOLVEMENT**



Within 5 years (2007-2012)

White Mountain
Apache suicide rates
DECREASED by
38%

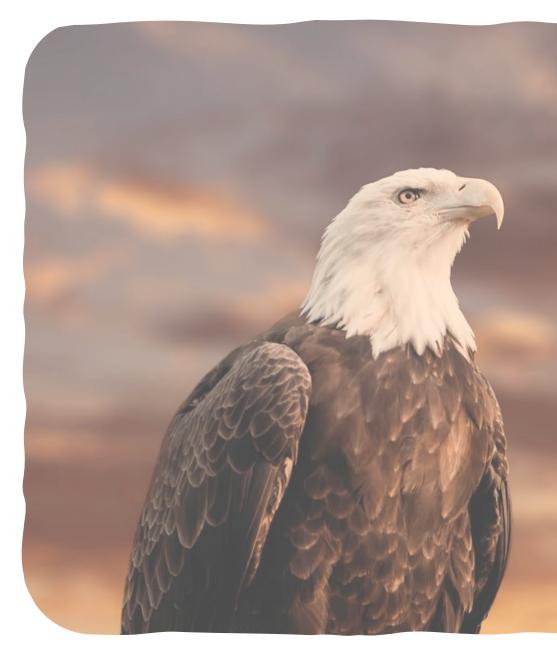


## Most notable PROTECTIVE FACTORS

determined were related to tribal values:

- **❖Sacred sites**
- Cultural activities
- Elder involvement





### SUBSTANCE MISUSE PREVALENCE:

- \* "Other" Race-11% (overall 13%)
- Unpaid Caregivers for Adults-32.9% vs. 6.3%
- **❖** Rural- 11.5%
- **❖** Urban- 13.5%



## SERIOUS SUICIDAL IDEATIONS PREVALENCE:

- \* "Other" Race-9.8% (overall 10.7%)
- Unpaid Caregivers for Adults-30.7% vs. 3.6%
- **Secondary** Essential Workers- 21.7%
- \* Rural- 10.2%
- **❖** Urban- 10.7%

Czeisler et al., 2020





**Substance Misuse** 

**\*** 2018- 17.5%

**\*** 2020- 11%

Suicidal Thoughts

**\*** 2018- 10.3%

**\*** 2020- 9.8%

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# We'll stick around



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