

Voices of Resilience: Suicide Prevention in Native Communities

Program Description

This three-hour training is designed to equip participants with a deeper understanding of suicide prevention within Native American communities. It will focus on cultural, historical, and social contexts that influence mental health and resilience in indigenous peoples. Attendees will explore key risk factors and protective factors, gain insights into culturally responsive interventions, and learn how to strengthen community-based prevention efforts. Through discussions, case studies, and interactive exercises, participants will leave with the tools needed to approach suicide prevention in Native communities with respect, cultural awareness, and efficacy.

1. Understanding Cultural Context
 - a) Review historical trauma
 - b) Identify socioeconomic factors
2. Identifying Risk and Protective Factors
 - a) Explore specific factors relevant to Native peoples
 - b) Case study
3. Interventions & Community-Based Prevention Strategies
 - a) Cultural sensitivity in assessments & interventions
 - b) Effective communication techniques
 - c) Engaging community resources
 - d) Building community resilience
4. Integrating Cultural Wisdom with Evidence-Based Practices
 - a) Examples of blended programs
 - b) Group activity

Learning Objectives

Upon completion of this workshop, participants should be able to:

- Explain the impact of historical and generational trauma on Native Americans.
- Outline the risk and protective factors in Native Communities.
- Discuss and apply culturally sensitive prevention strategies.

Target Audience

Social workers, psychologists, licensed professional counselors, educators, school personnel, mental health professionals, clinicians, health and human service practitioners, and other health care professionals.

Contact Hours

3.0 contact hours

Program Agenda

9 AM to 9:30 AM	Understanding Cultural Context
9:30 AM to 10:00 AM	Identifying Risks and Protective Factors
10:00 AM to 10:30 AM	Interventions and Community-based Prevention Strategies
10:30 AM to 10:45 PM	Break
10:45 AM to 12:15 PM	Integrating Cultural Wisdom with Evidence-Based Practices
12:15 PM	Adjourn

Faculty

Alicia Freeman, LCMHC, LCAS-A, is the Mental Health First Aid Program Manager with Behavioral Health Springboard at the UNC-CH School of Social Work. Ms. Freeman is the owner of Ascend Counseling, PLLC, where she provides counseling, coaching, and consultation services. She is a Licensed Clinical Mental Health Counselor and Licensed Clinical Addictions Specialist – Associate. Ms. Freeman’s current research focus includes Racial Trauma and Resilience. She also participates in various committees and coalitions dedicated to Mental Health, Substance Prevention, Suicide Prevention, and Health Equity.