

# PATH TO WELLNESS

## Behavioral Health Work With Native American Communities

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**Santee Sioux Nation  
SOCIETY OF CARE**

Accessible Culturally Competent Behavioral Health Help You Can Trust & Afford



Education • Prevention • Counseling • System Change  
Telehealth ♦ Traditional Healing ♦ In Person Care



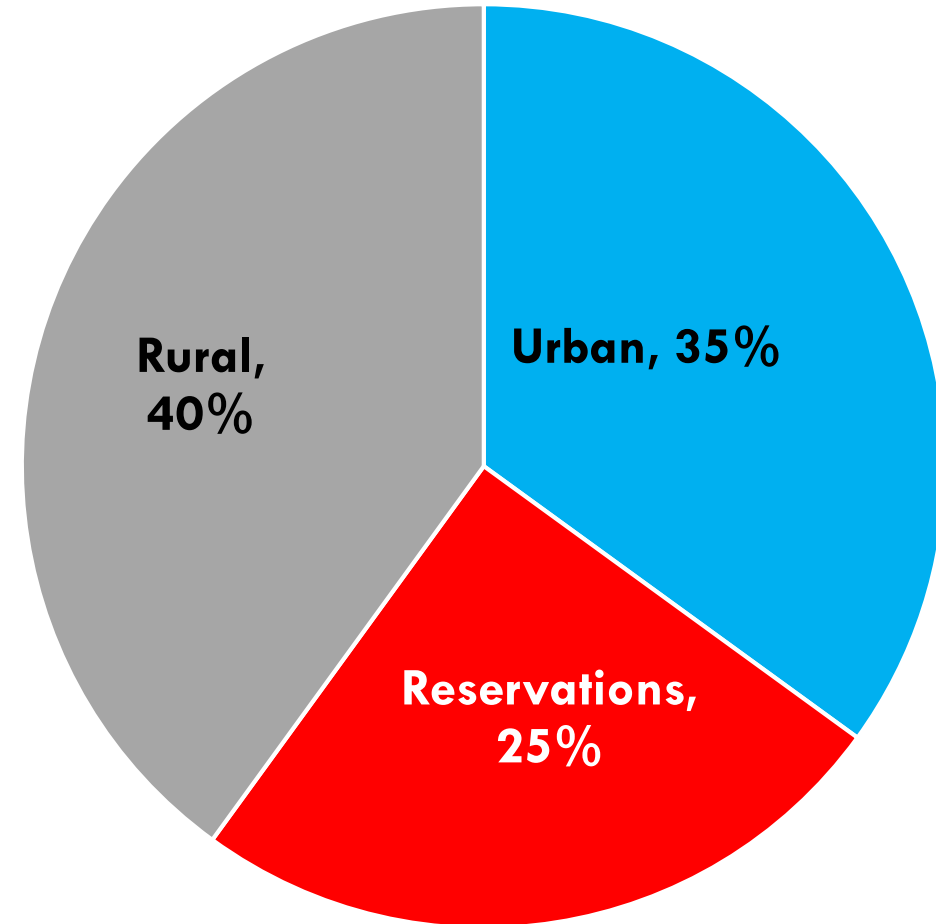
# GEOGRAPHIC DISTRIBUTION

**Native Americans  
in Nebraska:**

**31,357**

Race alone or in  
combination with one  
or more other race

**Source:** 2013-2017 American Community  
Survey 5-Year Estimates. Table S0101



**Source:** Santee Sioux Nation Society of  
Care. GIS analysis based on census data.



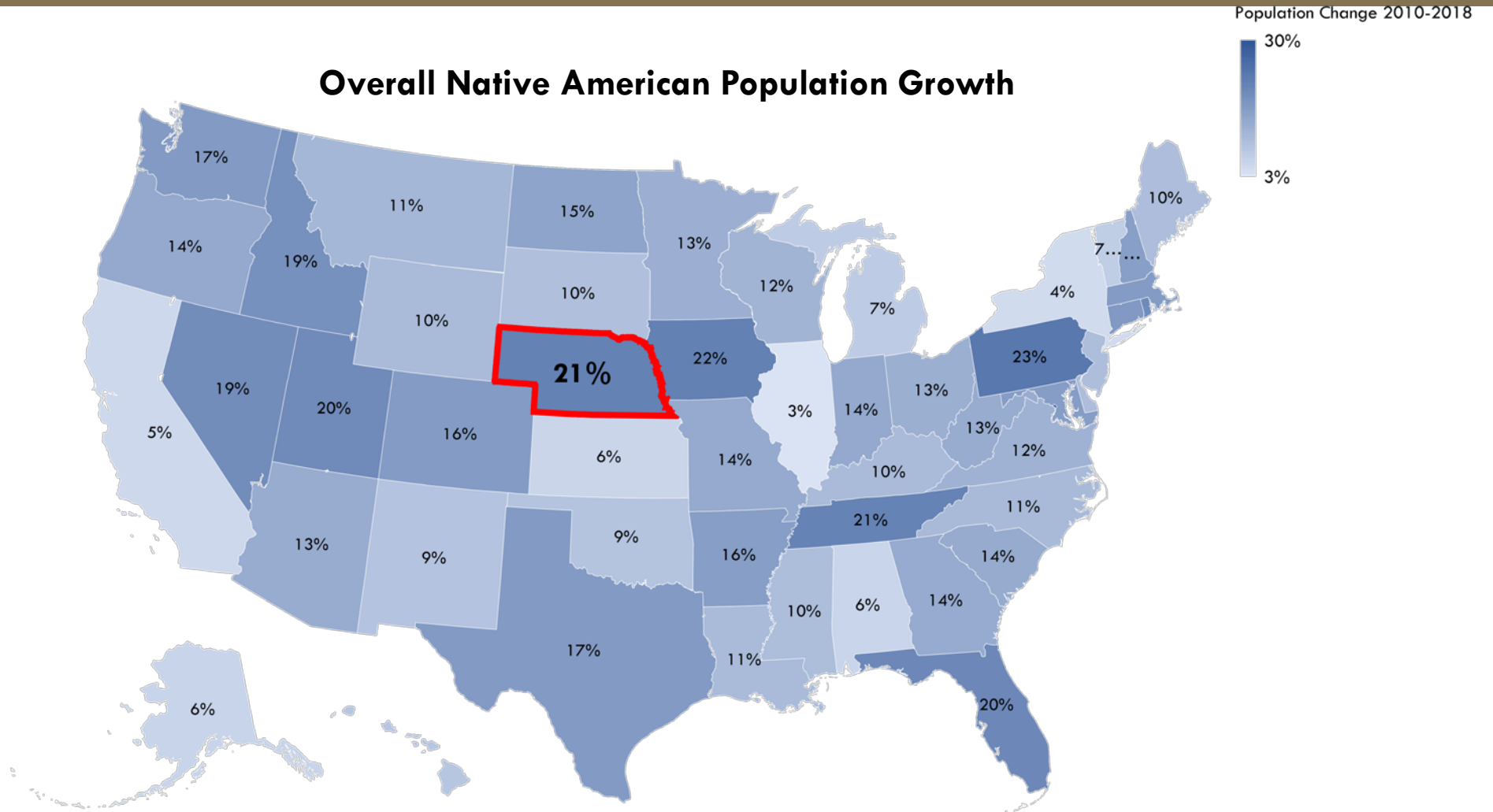
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# POPULATION CHANGE [2010-2018]

**Native American  
Youth (16-24 y/o)  
in Nebraska:**

**10%**  
growth

26 states experienced  
a negative population  
growth among Native  
American youth  
between 2010-2018



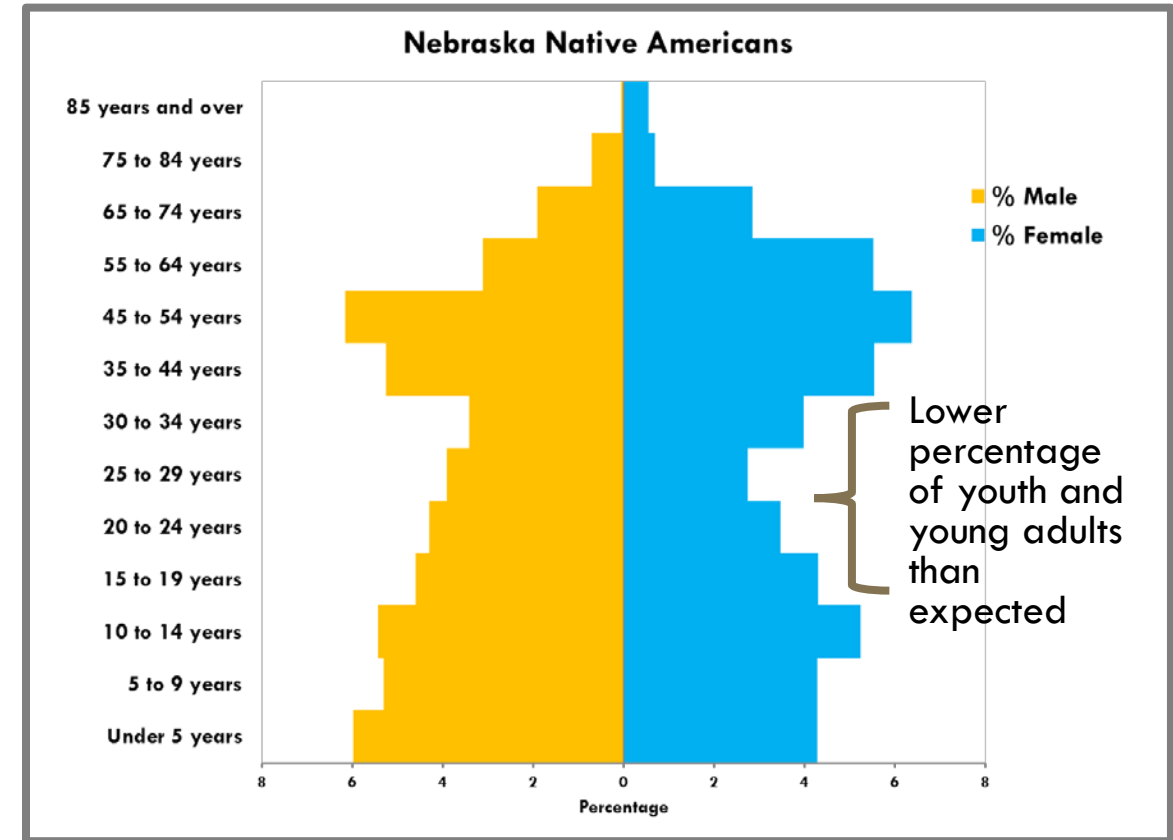
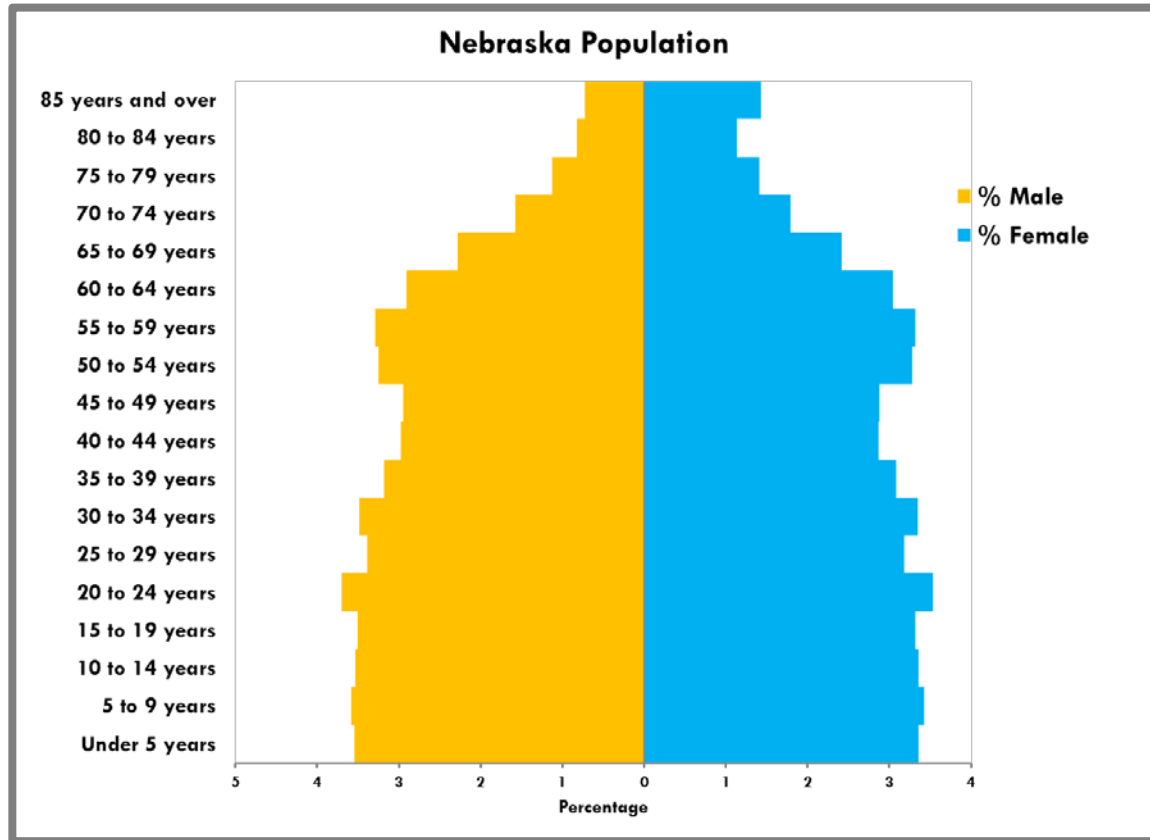
**Source:** Puzzanchera, C., Sladky, A. and Kang, W. (2019). "Easy Access to Juvenile Populations: 1990-2018."  
Online. Available: <https://www.ojjdp.gov/ojstatbb/ezapop/>

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# POPULATION PYRAMIDS



Source for both charts: 2013-2017 American Community Survey 5-Year Estimates. Table S0101

**Society of Care**

Resource Locators



# BARRIERS TO CARE

- ***Mistrust***
- ***Stigma***
- ***Lack of cultural understanding***
- ***Living in a behavioral health desert***
- ***Cost***



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# PROTECTIVE FACTORS ([www.psych.org](http://www.psych.org), 2010)

- Identification with Culture
- Family
- Connection with the Past
- Traditional Health Practices
- Adaptability
- Wisdom of Elders
- Spiritual Orientation



# SOCIETY OF CARE

***The Santee Sioux Nation Society of Care is an inter-tribal multi-tribal initiative dedicated to partnering with young self-identified Native Americans, their caregivers, and stakeholders throughout Nebraska to enhance the behavioral health and quality of life for youth, families, and communities***



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# WHERE?

## Nebraska

# STATEWIDE

Communities

**RESERVATION**

**URBAN**

**RURAL/FRONTIER**

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# WHAT?

- ***Education***
- ***Outreach***
- ***Counseling [In-person and Telehealth]***
- ***System Change***



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# FOCUS

- **Trauma-trained care**
- **Suicide prevention**
- **Substance misuse prevention**
- **Service to transition-age youth**
- **Research**



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# WHO?

- ***Team members **of** the communities they serve***
- ***Licensed professionals***
- ***Culturally aware***
- ***Energetic collaboration***



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# HOW?

## E X P E C T A T I O N S

- Passion
- Humility
- Cultural Appreciation
- Respect & Understanding
- Under-promise. Over-deliver.



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# APPROACH

- ***Society NOT System***
- ***Relatives NOT Clients***



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# APPROACH

## *Impact of TRAUMA*

Historical  
Current



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# APPROACH

- ***Power of RESILIENCE***
- ***ASPIRATIONAL thinking***



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# APPROACH

## *Evidence Based Practices* *Practice Based Evidence*



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# GOAL

## Unite efforts within a Nebraska Native Trauma & Research Consortium



**CARING DEEPLY**



**TRANSFORMING  
LIVES**



**HEALING  
COMMUNITIES**



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# CONNECT WITH US



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