



Native American Youth Depression Cultural Context and Considerations




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Introduction

Kiana Maillet is the Program Manager / Behavioral Health Therapist with the Youth Behavioral Health Program at Southern Indian Health Council where she works with youth 18 years and younger, and their families. She has over 25 years of experience working with youth and families, is a Licensed Clinical Social Worker, a Board Certified-TeleMental Health Provider, and an Adjunct Professor/Lecturer of Child Development and American Indian Studies. Kiana's educational background includes degrees in Child Development, Liberal Studies, Psychology, Public Administration, Social Work, and she is currently a doctoral candidate in the UCSD / CSUSM Joint Doctoral Program in Educational Leadership where she is researching Native American experiences with microaggressions and racism in early childhood education.



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Objective

1. Acquire new knowledge in understanding depression within a Native American cultural context



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NAME: _____ DATE: _____

Over the last 2 weeks, how often have you been bothered by any of the following problems? (use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself...or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite -- being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3
add columns				TOTAL:

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying scoring card)

Assessments

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What are the basic needs of our youth?

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Basic Needs

Sleep



Clean Air

Safe Shelter

Clean Water



Healthy Food Security

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Safety Needs

Personal Safety



Environmental Safety

Protective Adults

Access to Healthcare

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How do we keep our youth safe?

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Social Needs

Love Family Friendship

Belonging Connection



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How do we foster a sense of belonging and connectedness in our youth?

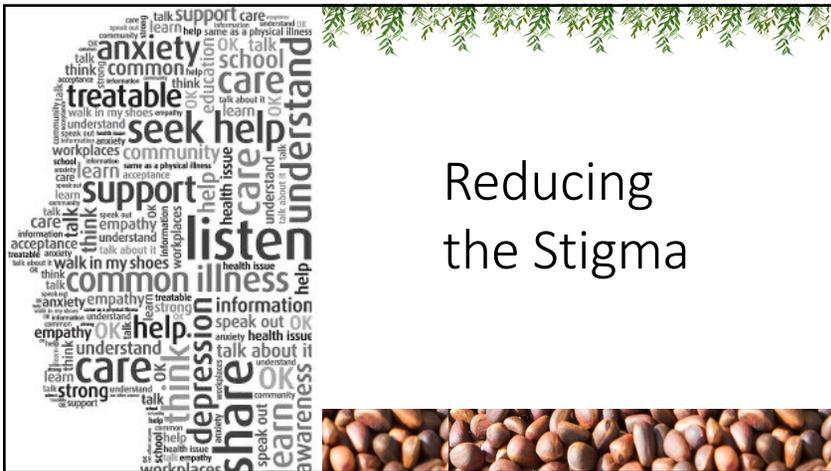
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Support

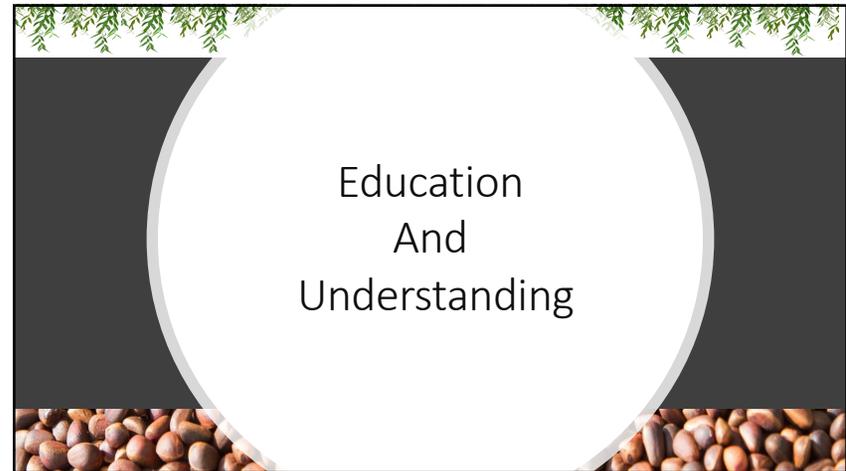
- Youth
- Parents/Caregivers
- Communities
- Service Providers

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Reducing the Stigma

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Education And Understanding

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Culture Connection Community

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