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
What are the basic needs of our youth?

**Basic Needs**
- Sleep
- Clean Water
- Healthy Food Security
- Clean Air
- Safe Shelter

**Safety Needs**
- Personal Safety
- Environmental Safety
- Protective Adults
- Access to Healthcare
How do we keep our youth safe?

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

Social Needs
- Love
- Family
- Friendship
- Belonging
- Connection

Support
- Youth
- Parents/Caregivers
- Communities
- Service Providers
Reducing the Stigma

Education And Understanding

Culture Connection Community

Manahobü

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