

**Program Element #33 Warm Springs Youth Suicide Prevention Services**  
**(Confederated Tribes of Warm Springs only)**

1. **General Description.** Funds provided under this Agreement for this Program Element must only be used in accordance with and subject to the requirements and limitations set forth below for the following services and appropriate costs associated with the delivery of these services:
  - a. Family retreat to increase youth suicide prevention through training, delivery, and implementation of youth suicide prevention activities.
  - b. Follow-up of family retreat with youth suicide prevention services.
  - c. Training and delivery of other youth suicide prevention activities.
  - d. Evaluation of the effectiveness of program components.
  
2. **Definitions Specific to Warm Springs Youth Suicide Prevention Services.**
  - a. **Native H.O.P.E.©. (Helping Our People Endure©):** A curriculum based on the theory that suicide prevention can be successful in Indian County by Native Youth being committed to breaking the “Code of Silence” prevalent among all youth. Native H.O.P.E.© was developed by Clayton Small, PhD, Accessing Native American Training (ANAT) and others, One Sky Center: R. Dale Walker, MD, Director, AI/AN National Resource Center for Substance Abuse and Mental Health Services, Oregon Health & Sciences University.
  - b. **Family Retreat:** A 5-day training provided by Dr. Clayton Small including training and delivery of the curriculum Native H.O.P.E. © and Dr. Small working with the Warm Springs Community Counseling Center to bring youth, mentors, and community members together in support of youth.
  - c. **Warm Springs Community Counseling Center of the Confederated Tribes of Warm Springs:** The fiscal agent responsible for receiving funds and carrying out the terms of this project for the Confederated Tribes of Warm Springs. Jim Quaid, Director of Warm Springs Community Counseling Center is Project Director; Charlotte Herkshan, Counselor, is Prevention Coordinator for this project.
  - d. **Regional Research Institute, Portland State University Graduate School of Social Work:** Project evaluators contracted by the Department for Youth Suicide and Prevention Services.
  
3. **Procedural and Operational Requirements.** All services supported in whole or in part with funds provided under the Agreement for this Program Element must be delivered in accordance with the following procedural and operational requirements:

**a. Minimum Service Requirements.**

**i. Training and Delivery of Family Retreat.**

- (1.) Warm Springs Community Counseling Center will hold a 5-day training at Warm Springs to train Confederated Tribes of Warm Springs families in elements of the curriculum Native H.O.P.E.© (Helping Our People Endure©) and work with youth to develop healthy coping skills and to identify and use their strengths to increase resiliency. The training will:
  - (a.) Train adults to become mentors for youth.
  - (b.) Implement traditional activities to increase Native American identity for youth, including but not limited to sweat lodges, drumming, talking circles, and gathering and preparing traditional foods.
  - (c.) Assist youth to develop and complete individual projects.
  - (d.) Establish support groups/Talking Circles for Native teens.
  - (e.) Help to establish crisis response teams within the Confederated Tribes of Warm Springs that can respond to suicide attempts or deaths that include single session critical incident debriefing as well as long-term support.
  - (f.) Reduce high-risk behavior among Native youth, including substance abuse, depression, exposure to trauma, and hostility, violence, and impulsivity.
  - (g.) Develop capacity for Native youth to conduct peer-to-peer presentations in their schools and communities on breaking the codes of silence, increasing awareness, and making appropriate referrals.
  - (h.) Establish Native Youth Prevention Team focusing on peer-counseling.
  - (i.) Hold celebration to honor youth participants and Native American traditions.
- (2.) Warm Springs Project Director and Prevention Coordinator will collect evaluation data and forward to project evaluator.

**ii. Follow-up to Family Retreat.**

- (1.) Mentors will provide one-on-one assistance to ensure youth success as youth implement their individual projects.
- (2.) Warm Springs Prevention Coordinator will provide ongoing support for mentors as they oversee youth projects.

- (3.) Warm Springs team trained at Family Retreat will travel to another reservation in Oregon to report the results of the training and youth projects to build upon what works and develop corrections for what doesn't work.
- (4.) Warm Springs Project Director and Prevention Coordinator will collect evaluation data and forward to project evaluator.

**iii. Training and Delivery of Other Youth Suicide Prevention Activities.**

- (1.) Develop and distribute posters, brochures, and cards to reduce the silence surrounding depression and suicidality and to give youth resources for getting help.
- (2.) Increase intervention skills among Warm Springs Reservation residents using Native American-appropriate curriculum.
- (3.) Warm Springs Project Director and Prevention Coordinator will collect evaluation data and forward to project evaluator.

**b. Evaluation.**

- i. The Confederated Tribes of Warm Springs will provide evaluation data and information to the Regional Research Institute, Portland State University Graduate School of Social Work.
- ii. The Confederated Tribes of Warm Springs, providing suicide prevention services under this Agreement, shall participate in related evaluation activities from the onset of the project. Warm Springs Project Director and Prevention Coordinator will work with the Regional Research Institute to determine, collect, and report process, performance, and outcome data on project activities. The PHD Project Coordinator will work with project partners in Confederated Tribes of Warm Springs, their Youth Suicide Prevention Services activities, and the Regional Research Institute to collect data defined by the partners. The data needed for evaluation will be identified by evaluator prior to implementation of any project activity.

**4. Certain Limitations on the Use of Financial Assistance.**

- a. The Confederated Tribes of Warm Springs may not use more than ten percent of the financial assistance provided under this Agreement for the Program Element to cover their costs of administering its delivery of youth suicide prevention services.
- b. Expenditures of these funds must be directly related to the delivery of Youth Suicide Prevention Services under the terms of this Program Element.
- c. The Confederated Tribes of Warm Springs must schedule and use funds provided for the activities under this Agreement. These activities include training and implementation in Native HOPE©, intervention skills training, evaluation, and travel associated with the delivery of Youth Suicide Prevention Services.

- d. Funds must not be used to supplant existing programs or services.

**5. General Requirements Applicable to Youth Suicide Prevention Services.**

- a. The Confederated Tribes of Warm Springs must prioritize its delivery of Youth Suicide Prevention Services in accordance with the priorities set forth in the Program Elements. The project timeline for implementing services will be developed by the Department in collaboration with the Warm Springs Project Director and Prevention Coordinator.
- b. All Youth Suicide Prevention Services must be available and delivered in a culturally and linguistically appropriate manner.
- c. Services that include youth engagement require active, written parental consent, documented and reviewed prior to youth participation.
- d. Warm Springs Project Director and Prevention Coordinator must work with the Public Health Division and the Regional Research Institute, Portland State University Graduate School of Social Work to collect and deliver data related to the progress and outcomes of all activities of the Youth Suicide Prevention Services.