



**Conceptualization:** Pilot for culturally specific suicide prevention curriculum for Native American youth developed by Division of Indian Work staff in collaboration with community members and mental health professionals. Training will engage student in topics around mental health, emotional intelligence, substance use, and suicide to increase understanding of mental wellness and provide practical tools for supporting themselves and others through painful times.

**Structure:** Train-the-trainer model 12 - 1 hour lessons

**Materials:** Curriculum Book, Facilitator File, Student Workbook (multimedia resources, extra content)

**Learning goals:** Increase emotional intelligence, learning skills for coping with stress and emotions, encourage conversation about difficult topics, and reduce stigma around mental health for teens. Build community capacity to support one another, while grounding the learning in cultural knowledge.

**Outline:**

Week 1: Introduction and Building Group Dynamics

Week 2: Feelings and our Nervous System

Week 3: Trauma and Recovery

Week 4: Recovery for the Next 7 Generations

Week 5: Coping Skills

Week 6: Self-Esteem and Identity

Week 7: Depression, Self-harm, & Harm Reduction

Week 8: Stress Management

Week 9: Suicide Intervention

Week 10: Empathetic Listening

Week 11: Skills Practice

Week 12: Wrap Up & Celebration