

HELP YOUTH
RESPOND TO
CONCERNING POSTS
ON SOCIAL MEDIA



Northwest Portland Area Indian Health Board



To assist Northwest tribes to improve the health status and quality of life of member tribes and Indian people in their delivery of culturally appropriate and holistic health care.

Agenda



- 1. Youth Trends**
- 2. Concerning Posts**
- 3. Watch the Video**
- 4. Review the Viewer Care Plan**
- 5. Community Awareness Activity**
- 6. Healthy Native Youth**

YOUTH TRENDS



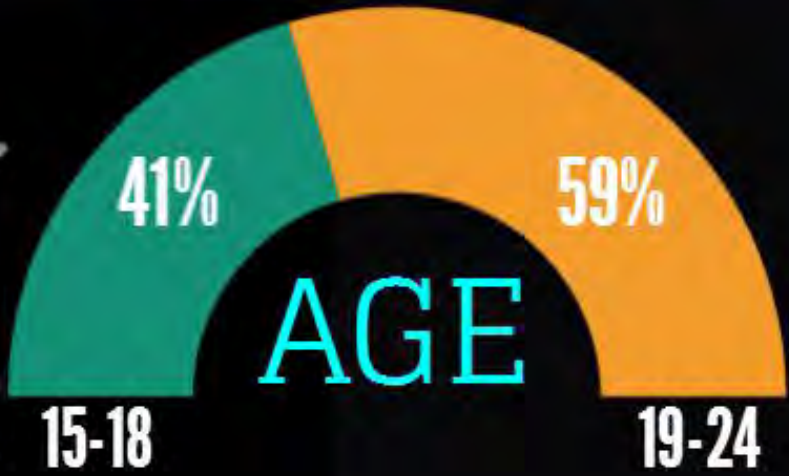
YOUTH HEALTH TECH 2016

Thanks for your participation!!!



We had participation from 29 States with Arizona coming in with the highest # of participants.

77% 23%



18%

LGBT2S

82%

STRAIGHT

WERNATIVE.ORG

100% of respondents were American Indian or Alaska Native

Where do
Native youth
say they get "a
lot" of health
information
from?



36%

social networking sites



36% the internet

parents



35%



31% friends/
siblings

22% medical
staff



text messages



21%



19% school & health class

What health topics are important for Native youth to learn about?



What percent of Native youth say they do the following on a DAILY basis?



76% Go online from a phone or mobile device



63%

Visit facebook

62%



use snapchat



53%

view instagram



45%

see references to drugs or alcohol on social media

44%

see people stirring up drama on social media



35%

see references to violence on social media



29%

see people posting concerning messages (depression, suicide, self-harm, etc)

HELP AND SUPPORT

24%

experience people supporting them through tough times on social media



CONCERNING POSTS



What are “Concerning Posts”?

Concerning posts include those that express depression or intent to hurt one’s self or others, that have been posted on a social media site, such as Facebook, Instagram, Twitter, or Snapchat.

Gf wants to take a break... My life is over

Like · Comment · Share

 Jim and 11 others like this.

Why is this training important?



Suicide prevention remains challenging among youth, as **many do not disclose suicidal ideation** to others before attempting suicide. Emerging research suggests that youth may disclose depression symptoms and suicidal ideation via social media, such as Facebook and Twitter.

These public disclosures may provide new **opportunities to identify youth at risk** and connect them to appropriate resources and support.

Seattle Children's Hospital



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

Who is this training for?

As a parent, mentor, teacher, or health educator, YOU are trusted advocates and resources for Native youth. In some cases, you might be the only person a young adult feels they can talk to.



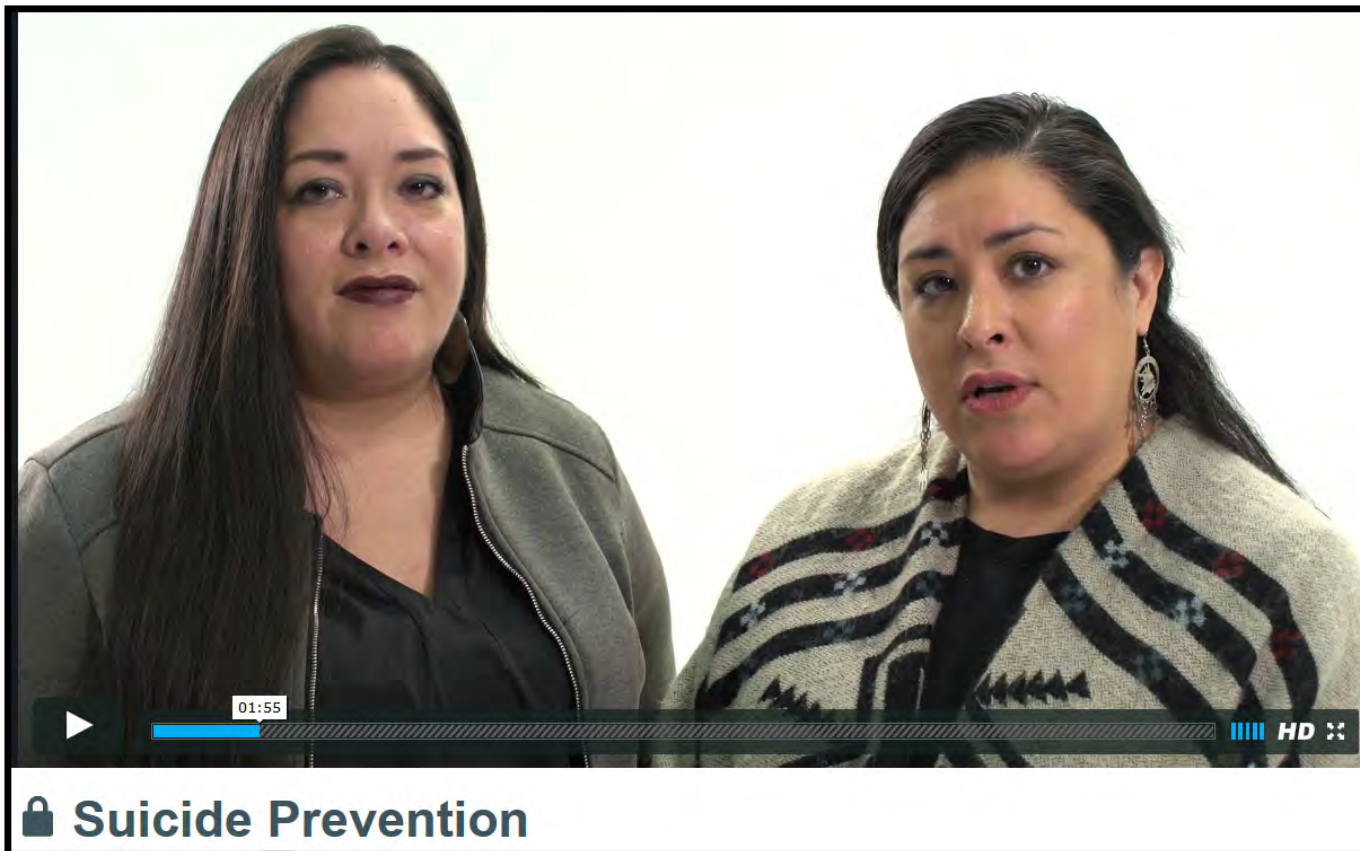
Goal for the Training

Our **goal** is to ensure you feel prepared when a youth approaches you about a concerning post on social media.




1. Watch the video training (30 min.)

Please click [here](#) to watch the training video.



Review Training Handouts

Viewer Care Plan	
Step 1: Broach the Conversation	
1. Normalize the topic	Bring it up at school events and at community gatherings. Share Facebook's safety resources on social media. Acknowledge the presence of concerning posts on social media.
2. Start the conversation	"Have you seen anything posted online by a friend that made you stop and wonder if they're doing alright?"
3. Avoid interpretation	Remind youth that it can be difficult to interpret the meaning of concerning posts – if anything makes them feel concerned or uncomfortable, they should go ahead and reach out for help.
Step 2: Listen, Gather Information, and Assess Viewer Experience	
1. Listen carefully	Ask youth about concerning social media post(s) – acknowledge that it can be scary, stressful and frustrating.
2. Gather information	"What have you already tried?" – Acknowledge their attempts to provide support. If relevant, discuss responder fatigue.
3. Ask about the viewer's relationship to the person posting concerning content	Are they a close friend? Acquaintance? Family member? Avoid interpreting concerning posts to decide whether or not they are meaningful. Move directly to response. "Do you know any adults they would trust to help them?"
Assess the well-being of the viewer	Acknowledge that it can be scary, stressful and frustrating to repeatedly see concerning messages. Praise their attempts to provide support.
Clarify your role	Be clear about how you can help. Be sure to mention confidentiality and privacy, particularly if you are a mandatory reporter. Reassure the viewer that you can take it from here.
QPR Response Plan	
Attempt to contact the person at risk	Attempt to contact the person who posted the concerning content and/or their trusted adult(s). <ul style="list-style-type: none"> • Question the intent/feelings behind the post. Are you feeling depressed? Suicidal? Feeling like you want to die? • Persuade them not to act and offer them hope. • Refer them to help. Connect them to a mental health professional in their community. More training on QPR is available at: www.qprinstitute.com Other safety plan resources are available at: www.suicidalsafetyplan.com/About_Safety_Planning.html
Resources & Tools	Thank the youth who found the concerning messages for reaching out, and provide them with resources to feel more confident navigating future concerning posts. The website www.WeRNative.org has fact sheets and videos for youth on this very topic. You can also refer youth Facebook's safety tools: https://www.facebook.com/safety/tools/



Become a QPR Gatekeeper, Learn PR for Suicide Prevention: <https://www.qprinstitute.com>

QPR is not intended to be a form of counseling or treatment.
QPR is intended to offer hope through positive action.
QPR is intended to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to ACT vigorously to prevent a possible tragedy.

JCIDE PREVENTION GATEKEEPERS
 A gatekeeper is anyone trained to recognize a suicide crisis and, beyond training, knows how and where to find help.

WHY QPR FOR SUICIDE PREVENTION GATEKEEPERS?
 QPR gatekeeper training takes just one hour and is taught in a format that is clear and concise. Gatekeepers are given information that is easy to understand and reinforced by a QPR booklet and card complete with warning signs, methods to encourage a person to get help and a list of resources available in your community.

WHO TEACHES QPR GATEKEEPERS?
 QPR was created and developed by Paul Quinnett, Ph.D. of Spokane, Washington. Dr. Quinnett began a QPR Instructor Certification Program to allow qualified candidates to teach QPR and increase the number of gatekeepers trained to act in a bold and positive manner to prevent a suicide and save a life.

The Online QPR Gatekeeper Training costs less than \$30.

ASK A QUESTION, SAVE A LIFE

Responding to Concerning Posts on Social Media

- A training video for Adults who work with Native Youth -

Suicide prevention remains challenging among youth, as many do not disclose suicidal ideation to others before attempting suicide. However, emerging research suggests that youth may disclose depression symptoms and suicidal ideation via social media, such as Facebook and Twitter. These public social media disclosures may provide new opportunities to identify youth at risk and connect them to appropriate resources and support.

Over the last year, We R Native and THRIVE staff at the Northwest Portland Area Indian Health Board and the Social Media and Adolescent Health Research Team (SMAHRT) at Seattle Children's Hospital teamed up to design a video for adults who work with Native youth, to help them respond to concerning posts on social media.

What are "Concerning Posts"?

Concerning posts include those that express depression or intent to hurt one's self or others, that have been posted on a social media site, such as Facebook, Instagram, Twitter, or Snapchat. Between 25% and 33% of young adults post references to depression symptoms on their Facebook profiles.

Our Goals for the Training

Our primary goal is to ensure that everyone is aware of and feels trained to respond to youth who view or post concerning messages on social media.

The video will prepare adults who work with Native youth to:

- Identify youth who witness concerning social media posts, letting them know that they need not respond alone.
- Assess those who see concerning posts, and address their concerns, frustration, or fatigue.
- Confidently implement the "Viewer Care Plan Handout," which will walk you through the steps for supporting youth who post and view concerning social media posts.




A Program of the Office of Juvenile Justice and Delinquency Prevention

Available Free of Charge to All Federally Recognized Tribes, BIE Schools, and Partners

Build the skills to help at-risk youth in tribal communities

Kognito's conversation simulations featuring virtual avatars provide an exciting new opportunity for effectively delivering behavior change outcomes.



FRIEND 2 FRIEND
High school students learn how to recognize when a peer is showing signs of psychological distress and transfer the conversation to motivate them to seek help.
kognitocampus.com
Enrollment Key: vststudent

AT-RISK FOR HIGH SCHOOL EDUCATORS
Educators and other adults learn how to identify and approach high school students and increase the conversations to increase their risk to seek help.
kognitocampus.com
Enrollment Key: rteacher

TRAUMA - INFORMED POLICING WITH TRIBAL YOUTH
Virtual training simulation module designed for use by tribal law enforcement officers and intended to encourage positive interactions with tribal youth.

Provided by the OJJDP Tribal Youth Training and Technical Assistance Center
 Contact: tribalyouthttacenter@ojsdc.edu or (405) 271-8858

This project was supported by Award No. 2015-MU-MU-0011 awarded to the Alaska Center Child Welfare Center, University of Oklahoma Health Sciences Center by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs.

Viewer Care Plan

Viewer Care Plan		
Step 1: Broach the Conversation		
1.	Normalize the topic	Bring it up at school events and at community gatherings. Share Facebook's safety resources on social media. Acknowledge the presence of concerning posts on social media.
2.	Start the conversation	"Have you seen anything posted online by a friend that made you stop and wonder if they're doing alright?"
3.	Avoid interpretation	Remind youth that it can be difficult to interpret the meaning of concerning posts – if anything makes them feel concerned or uncomfortable, they should go ahead and reach out for help.
Step 2: Listen, Gather Information, and Assess Viewer Experience		
1.	Listen carefully	Ask youth about concerning social media post(s) – acknowledge that it can be scary, stressful and frustrating.
2.	Gather information	"What have you already tried?" – Acknowledge their attempts to provide support. If relevant, discuss responder fatigue.
3.	Ask about the viewer's relationship to the person posting concerning content	Are they a close friend? Acquaintance? Family member? Avoid interpreting concerning posts to decide whether or not they are meaningful. Move directly to response. "Do you know any adults they would trust to help them?"
4.	Assess the well-being of the viewer	Acknowledge that it can be scary, stressful and frustrating to repeatedly see concerning messages. Praise their attempts to provide support.
5.	Clarify your role	Be clear about how you can help. Be sure to mention confidentiality and privacy, particularly if you are a mandatory reporter. Reassure the viewer that you can take it from here.
Step 3: QPR Response Plan		
1.	Contact the person at-risk	<p>Attempt to contact the person who posted the concerning content and/or their trusted adult(s).</p> <ul style="list-style-type: none"> • Question the intent/feelings behind the post. Are you feeling depressed? Suicidal? Feeling like you want to die? • Persuade them not to act and offer them hope. • Refer them to help. Connect them to a mental health professional in their community. <p>More training on QPR is available at: www.qprinstitute.com</p> <p>Other safety plan resources are available at: www.suicidesafetyplan.com/About_Safety_Planning.html</p>
2.	Resources & Tools	<p>Thank the youth who found the concerning messages for reaching out, and provide them with resources to feel more confident navigating future concerning posts. The website www.WeRNative.org has fact sheets and videos for youth on this very topic.</p> <p>You can also refer youth Facebook's safety tools: www.facebook.com/safety/tools/</p>

Start the Conversation

Try saying this, "Have you seen anything posted online by a friend that made you stop and wonder if they're doing alright?"

Listen and Assess

Acknowledge that it can be scary, stressful and frustrating to repeatedly see concerning messages. Praise their attempts to provide support.

Plan and Act

Reassure the viewer that you can take it from here. Attempt to contact the person posting concerning content and/or their trusted adult(s).

Refer them to help. Connect them to a mental health professional in their community.

WERNATIVE.ORG



Step 1: Start the Conversation

Step 1: Normalize the Topic

WHERE: School events,
community Gatherings

WHO: Youth you already know

WHAT: Identify yourself as
someone youth can trust



Step 2: Listen & Assess

Step 2: Listen Carefully

"What have you already tried?"

"What is your relationship to the person who posted?"



Step 3: Plan & Act

Be transparent about your next steps.



Resources



Safety Planning Intervention

A brief intervention for reducing suicide risk



Tips for Responding

- Respond **quickly**
- Provide them with a **LOT of reassurance**
 - “I’m so glad you noticed this and shared this with me.”
 - “You are so brave for speaking up.”
- Be **CLEAR** about what you’re going to do next.
- **Most importantly**, take the responsibility *off* the youth to respond – you are better equipped to get help than they are.

QPR Gatekeeper Training

If you would like more training on suicide intervention skills, the QPR training is:

- ❖ Available in-person
- ❖ Or it's about \$30 to take a 1 hour online training



Become a QPR Gatekeeper, Learn
QPR for Suicide Prevention: <https://www.qprinstitute.com>

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the warning signs, clues and suicidal communications of people
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ASK A QUESTION, SAVE A LIFE

Kognito

They offer a free, online, interactive training for high school students and educators.

Build the skills to support tribal youth.

Simulations Freely Available for OJJDP Tribal Grantees.



Access these online simulations by creating an account in the form below. Complete the registration including the enrollment key for the program you want to take. Simulations not available for mobile devices

**Trauma-Informed Policing
With Tribal Youth**



Enrollment Key: tribalyth

**At-Risk For High
School Educators**



Enrollment Key: ofateacher

Friend2Friend



Enrollment Key: ofastudent

THRIVE Suicide & Bullying Brochures

WE ARE CONNECTED.

we need you here.

American Indian and Alaska Native communities have always shown unity and resilience. Each of us is a gift, and our stories are shared across generations. Together, we can get through anything.

WE ARE CONNECTED.

In the Pacific Northwest, suicide was the 2nd leading cause of death for AI/ANs. Nationally, suicide is the leading cause of death for 10-34 year olds. It is typically higher among females. Youth are at high risk.

WE NEED YOU HERE.

Connect those at-risk to mental health services

Seek spirituality

Avoid drugs and alcohol

Talk to others about hopes and dreams

Improve problem-solving skills and relationships with friends, family, community, culture, and social institutions

Maintain good physical and emotional health

KNOW THE WARNING SIGNS

If someone you know has experienced trauma, loss or a big change in life—or if their behavior has changed, they may be at risk. Suicide is preventable.

#WeNeedYouHere

WE ARE CONNECTED.

Impulsive, reckless behavior
Extreme behavior changes
Decreased interest in appearance
Loneliness
Feeling sad or hopeless
Feeling helpless
Saying things like, "All of my problems will end soon" or "I just can't take it any more"
A mental health condition
Giving away possessions
Withdrawal from others
Loss of interest in sports and leisure
Misuse of drugs or alcohol

SUICIDE WARNING SIGNS CAN ALSO INCLUDE

Firearms are the most common means of suicide
Use gun locks and gun safes, and limit the number of people who know where the key is or what the combination is.
Ask your police department to store your firearms.
Prescription drug overdoses can be prevented.
Store medications in locked cabinets.
Return unused medication to the pharmacy.
Know how many pills should be in each medicine bottle (to prevent someone from taking pills secretly).
Report lost or stolen prescriptions to the prescribing physician or law enforcement.

RESTRICTING ACCESS TO LETHAL MEANS CAN GREATLY REDUCE SUICIDE RATES.

To GIVE help or GET help:
Call 911 if you or someone you know is in immediate danger.
Call the Suicide Prevention Hotline: 1-800-273-TALK (8255).
Chat online at www.SuicidePreventionHotline.org.
Text START to 741741 to chat via text.
www.988lifeline.org
Talk to trusted adults, teachers, friends, family, clergy or health professionals.

THRIVE

TEST YOUR BULLYING IQ

- WHAT CAN OCCUR IF SOMEONE IS BEING BULLIED?
 - A. Increased school absenteeism
 - B. Increased anxiety
 - C. Suicidal thoughts and/or attempts
 - D. Lowered self-esteem & confidence
 - E. All of the above
- HOW CAN BYSTANDERS HELP DECREASE BULLYING?
 - A. Join in on the teasing
 - B. Learn skills & language to counteract bullying
 - C. Walk away

RESOURCES

National Center for Bullying Prevention
www.pacer.org/bullying/

National Suicide Prevention Lifeline
24 hours/day
1-800-273-8255 or
www.suicidepreventionlifeline.org

National Education Association
www.nea.org/bullyingfree

Center for Safe and Responsible Internet Use
<http://csriu.org>

Wired Safety
www.wiredsafety.org

STAND UP TO BULLYING

TEST YOUR BULLYING IQ

- WHAT ARE SOME WARNING SIGNS THAT SOMEONE IS BEING CYBERBULLIED?
 - A. They randomly stop using the computer or a cell phone
 - B. Depression, sadness, frustration
 - C. Suicidal thoughts and/or attempts
 - D. Anxious when texts or instant messages come in on the computer or a cell phone
 - E. All of the above
- HOW CAN BYSTANDERS HELP DECREASE ALL KINDS OF BULLYING?
 - A. Join in on the teasing
 - B. Learn skills & language to counteract bullying
 - C. Walk away
- WHY IS CYBERBULLYING SUCH A BIG PROBLEM?
 - A. It can occur 24/7
 - B. Many do not know how to deal with it
 - C. Only teens engage in it
 - D. Answers a and b only

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<http://csriu.org>

Wired Safety
www.wiredsafety.org

Stop Bullying
www.stopbullying.gov

Cyberbullying Research Center
www.cyberbullying.us

For more information please contact:
Northwest Portland Area Indian Health Board
2121 SW Broadway, Suite 300
Portland, OR 97201
Phone: 503.228.4188 • Fax: 503.228.8182
Email: npaihb@npaihb.org
www.npaihb.org

THRIVE

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THRIVE

STAND UP TO BULLYING

TOGETHER WE CAN PREVENT

STAND UP TO CYBERBULLYING

find curricula

RAISING HEALTHY NATIVE YOUTH

THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.



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Self-Care

If any part of this training brings up past or current emotions about a difficult time or experience, please talk with a trusted friend or family member, or a local mental health professional.

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www.nowmattersnow.org