

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!!!



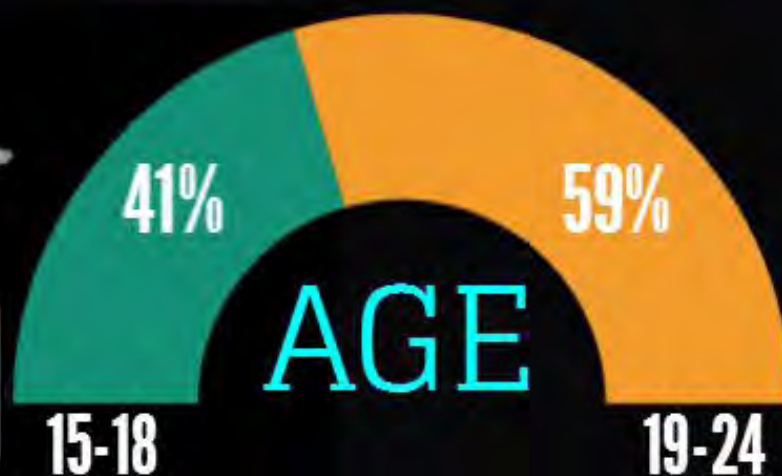
We had participation from 29 States with Arizona coming in with the highest # of participants.

77% 23%



WERNATIVE.ORG

100% of respondents were American Indian or Alaska Native



18% 

LGBT2S

82% 

STRAIGHT

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.



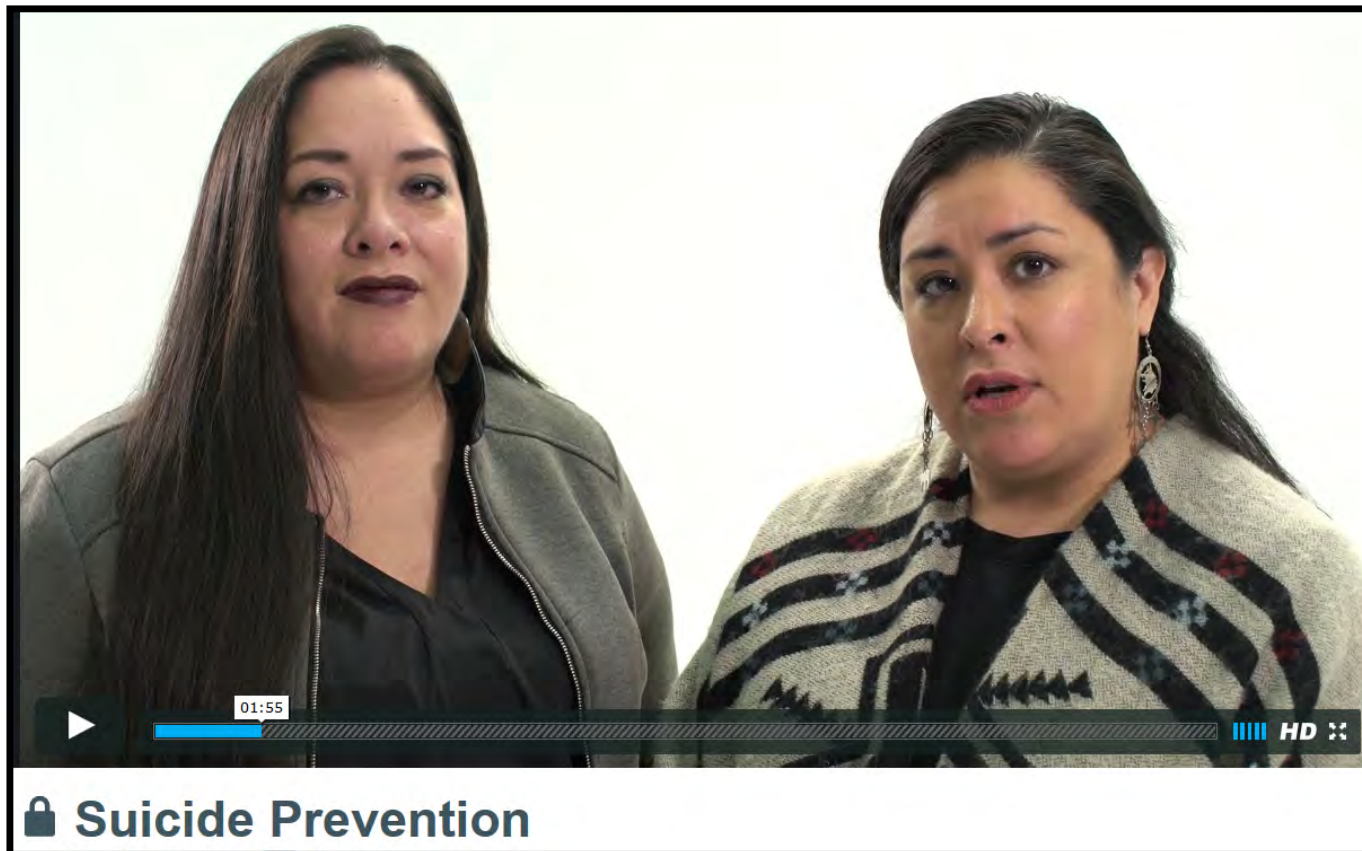
Goal for the Training

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

Study Overview | 1/1/2017

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.



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	
Identify 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: 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, because 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



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.



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

This project was supported by Award No. 2015-MU-MU-0011 awarded to the Oklahoma County 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		
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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.
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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



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QPR for Suicide Prevention: <https://www.qprinstitute.com>

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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



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.

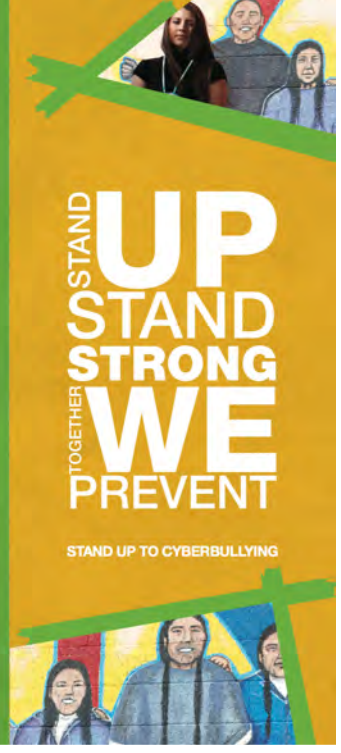
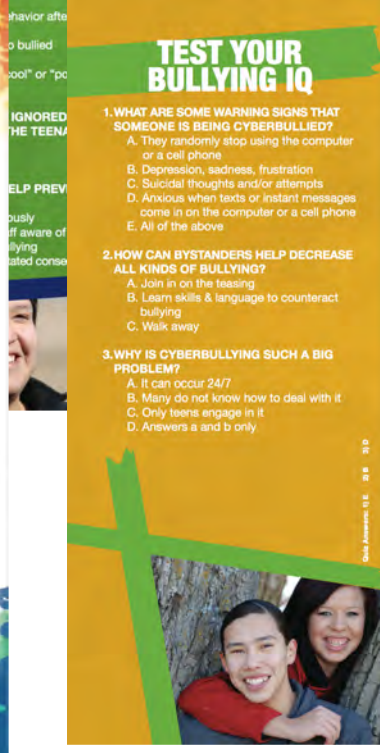
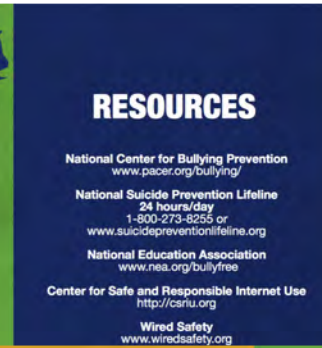
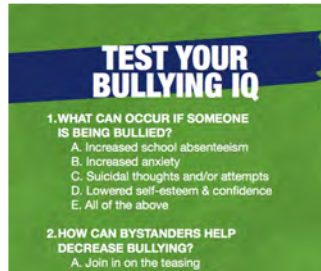
WE NEED YOU HERE.

- 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

PROTECT YOURSELF AND YOUR FRIENDS FROM SUICIDE

If someone you know has experienced trauma, loss, or a big change in life—or if their behavior has changed—talk to them. Suicide is preventable.



[find curricula](#)

RAISING HEALTHY NATIVE YOUTH

THROUGH CULTURALLY RELEVANT HEALTH EDUCATION

ENGAGING. RELEVANT. EFFECTIVE.

Healthy Native Youth promotes age-appropriate health curricula designed for American



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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