Wiconi Ohitika (Strong Life):
Serving our Community through Research,
Teaching and Outreach

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October 24, 2011

ACKNOWLEDGEMENT: This report was developed under grant number 1U79SM058389-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Think Dakota • Live Dakota
The Importance Of Culture In Suicide Prevention

The spiritual values, traditions, history of Native Americans and Spirit Lake Nation are all connected. To strengthen us as a Dakota nation, we need our traditions, culture, and spirituality. We learn from the past to change the present and to prepare ourselves and our people for the future...
The Wiconi Ohitika Project:

A culturally enriched approach to youth suicide prevention, based on:

- the culture, language, values and history of the Spirit Lake Dakota (Mni Wakan Oyate),
- promoting positive self-identity, increased self-esteem, and
- increased knowledge of the Dakota way of life.
The program’s objectives are:

1. Project implementation and community engagement.

2. Partnering with community middle and high schools to provide suicide prevention support.

3. Implementing suicide prevention training to the community, educators, and care providers.

4. Strengthening the community and increasing connectedness.

5. Increasing awareness of suicide prevention strategies.

6. Evaluating the project.
Seven Teachings

Wisdom
Respect
Love
Honesty
Humility
Truth
Courage
Outreach: Youth Suicide Prevention

Youth activities are directed towards youth ages 10-24 and their families.

- Wiconi Ohitika Youth Club
- Dakota Youth Activities
- Summer Culture Camp
- American Indian Contributions to the World
- Peaceful Warriors Social Skills Camp
- Sources of Strength
- American Indian Life Skills
Wiconi Ohitika Youth Club
Dakota Youth Activities
Summer Culture Camp

- Singing at the Drum
- Moccasin making
- Beading
- Star quilt making
- Regalia making
- Storytelling
- Our Spirituality
- Our History
- Our Values
The Peaceful Warriors Summer Camp
Sources of Strength
Families
- Takoja Niwiciyape: Giving Life to the Grandchildren
- Active Parenting of Teens
- Teen Parents

Community
- Suicide Prevention Coalition
- Monthly Day of Prayer
- Red Road Approach
- Cultural Strengthening workshop
- Media
Teaching

Gate Keeper Training:

- Question, Persuade, and Refer
- ASIST

College Courses:

- Suicide Prevention
- Social Work
- Sources of Strength
- Public Health
Research

- Evidence Based Practice: American Indian Life Skills
- Program Evaluation: Annual Reports
## 2010 Health Survey

### Physical Health

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<th>N</th>
<th>Mean</th>
<th>SD</th>
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<td>Staff and Faculty</td>
<td>69</td>
<td>3.23</td>
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### Mental Health

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### Life Satisfaction

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Outreach, Teaching and Research: American Indian Contributions to the World

Emory Keoke, Lakota, and Author of “American Indian Contributions to the World” visits with the children in summer reading camp.
Jami’s Message
January 8, 1994 - November 3, 2008

Wa Unsi Da Win
(Has Pity for the People Girl)