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# Breaking Down the Barriers for Indigenous Youth to Access Mental Health Services

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# BEFORE WE GET STARTED...

- *This project was supported by Grant #15PJDP-21-GK-04048-MUMU awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice.*
- *The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect those of the Department of Justice.*



**Opening in a Good way – Tribal Youth Resource Center**



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## Overview

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# WHAT BRINGS US TO THIS WORK ?



# ▶ Tribal Youth Resource Center

## **Goal 1:**

Increase knowledge of common barriers in providing behavioral health services to Native Youth through a case study

## **Goal 2:**

Identify and discuss solutions that Native communities are utilizing to reverse these barriers



# Barriers to Treatment

1. Coordination and consistency of multiple care providers – high turnover rates
2. Assessments can prolong service delivery
3. Parental Education & Understanding
4. Mistrust of Staff



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# ▶ REAL LIFE PROFILE

## General Demographics

1. Native Hawaiian Teen from Waianae
2. Referred for Applied Behavior Analysis (ABA)

## Considerations

1. History of Depression
2. History of Learning Disability
3. Mother who lives in the community lost custody of him and his sister
4. Current Foster Family is going through counseling





**WAIANAЕ COAST  
COMPREHENSIVE  
HEALTH CENTER**

[www.wcchc.com](http://www.wcchc.com)

## SOLUTIONS IN OUR COMMUNITIES

1. Waianae Coast Comprehensive Health Center – WCCHC
2. Autism services were centered around Native Hawaiian cultural lens
3. WCCHC works to serve Native Hawaiian and providers who serve native populations
4. Breaking down barriers make our clients more successful

# KEY TAKEAWAYS



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**Coordinate  
Services**

**Promote  
Accessibility**

**Link  
Practitioners  
and  
Community**

**Promote  
Culture**



## ▶ Breakout Rooms

- What are some ways that behavioral health can be better coordinated in your community?
- Who are key people in your community that can help create a coordinated care system?





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# BREAK OUT ROOM DISCUSSION





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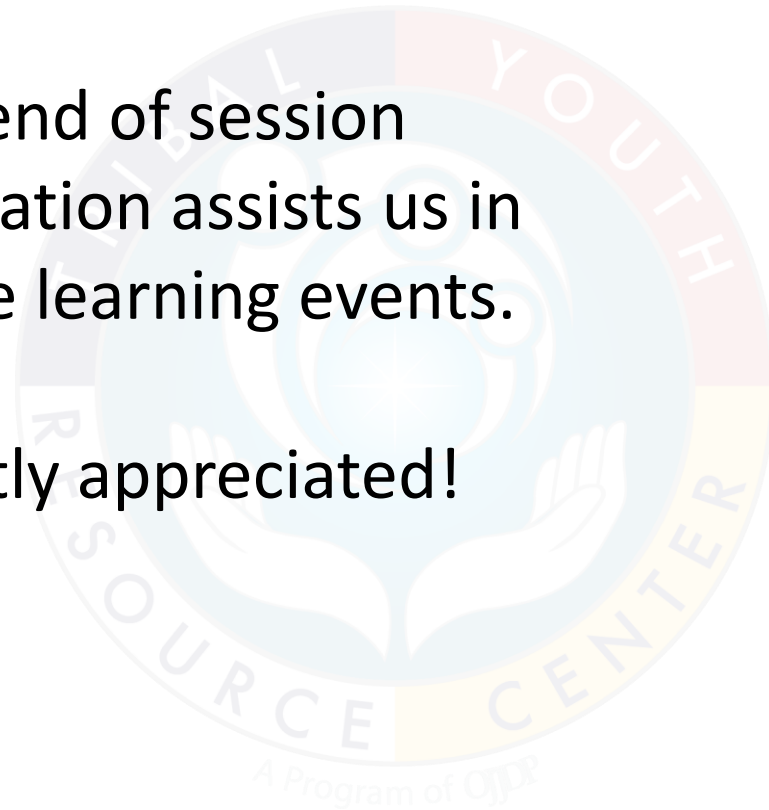
- [Integrated care with Indigenous populations: a systematic review of literature](#)
- [Integrating Indigenous healing practices within collaborative care models in primary healthcare in Canada: a rapid scoping review](#)
- [Webinar featuring presenters from Denver Indian Health and Family Services \(DIHFS\) on the topic of “Integrated Healthcare Through an Indigenous Approach”](#)



# End of Session Evaluation

Please complete the end of session evaluation. This evaluation assists us in planning future online learning events.

Your feedback is greatly appreciated!





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# CLOSING





# Mahalo Nui Loa

Make it a Great Day!



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