

# Spookinaapi (Good Health) Project

## Project

- 5-year SAMHSA grant
- (3) Tier socio-cultural-ecological approach
- Target Areas
  - Under-Age Drinking
  - Marijuana use
  - Prescription pain Killers (Opioids)
  - Suicide
- Target population
  - Grades 2-12

## Update on Goals

Goal 1. Provide Prevention education, activities and awareness for the schools and community. Spookinaapi team made the initial introduction into the class rooms, met with the administrators to schedule time in the classrooms to introduce prevention strategies

Goal 2. Continue to serve caseload in each building and provide access to Mental Health services.

Spookinaapi team will continue serving their case load and provide Mental Health Services.

Goal 3. Establish a mentoring program for each building and target at-risk students.

The Spookinaapi team will develop a mentoring program in each building to target at-risk students.

## Current Projects:

Each Spookinaapi Specialist developed a google class room for their students to provide prevention services, they also contracted their case load of tier 2 students through email or phone calls. Their activities include simple exercises and games they can do at home. The Spookinaapi coordinator and staff are registering and participating on prevention webinars. The coordinator is continuing entering data in the SPARS data base, participating in on-line zoom community meetings and google hang outs with staff. The Spokinaapi staff has a zoom meeting with the epidemiologist on May 20<sup>th</sup> and will continue the zoom meeting.

## Spookinaapi Specialist

BMS: Jennifer Elhers-

Topics:

- Body Scan Meditation to help reduce stress
- How drugs effect the body
- Corona Virus prevention education
- Wash hands

- Suicide hotline number & Lets talk app  
1-800-273-TALK  
(1-800-273-8255)  
Or text "MT" to 741 741

BES: Kimberly Tatsey-McKay-

Topics:

- Bullying
- Emotion Management Video (Flip your Lid)
- Mindfulness Activity "Peace out" video for students
- Stay Active (Trolls Dance along)
- Fill your bucket Today: Students were asked to fill someone special's bucket with good thoughts.  
(on-line book for students)

Napi: Tessa Wells-

Activity Topics:

- Instruction for Google class room
- Interview Adult Family member on their coping skills
- Information about Mental Health and resources
- Types and side effects
- Positive Affirmations to practice

Lessons were created on Google Classroom for 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade students. Lessons were also emailed to students Individually because some students had difficulty navigating google classroom. I also contacted students on Spookinaapi Case load once per week over the phone. Was able to keep in contact and maintain relationship with students that way.

BHS-Daniella-

Topic: Suicide Prevention

- Suicide hotline number & Let's talk app  
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(1-800-273-8255)  
Or text "MT" to 741 741

Weekly check in with grades 9-12

\* Crisis counseling for people in emotional distress related to any natural or human-caused disaster

\* Information on how to recognize distress and its effects on individuals and families

\* Tips for healthy coping

\* Referrals to local crisis call centers for additional follow-up care and support

When you call or text, crisis counselors will listen to what's on your mind with patience and without judgment. There is no need to give any identifying information when you contact the Disaster Distress Helpline. The counselor may ask you for some basic information at the end of the call, but these questions are optional and are intended to help SAMHSA keep track of the types of calls it receives