

**A Program Adaptation for the
American Indian Population: Hybrid
Approach**

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American Indian Life Skills

Cultural Collaboration

- n Historical review of tribal ways of coping
- n Community input on local norms, values, and beliefs
- n Tribal leader presentations throughout *AILS*
- n Team teaching: teachers and tribal representatives
- n Suicide prevention training in the community (e.g., tribal council, kiva societies)
- n Ongoing reflection of the impact of *AILS* on community well-being



American Indian Life Skills

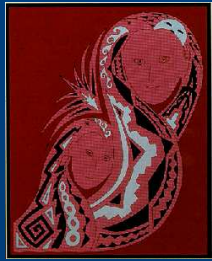
Target Skills

- n Communication
- n Depression management
- n Stress management
- n Anger regulation
- n Suicide prevention
- n Goal setting

X

•Positive self-talk

•Problem solving



American Indian Life Skills **Core Psychological Components**

- n Social Cognitive Theory Base for intervention delivery
- n CBT for Mood and Depression Management
- n CBT for Empowerment Perspectives
- n Social Problem Solving
- n Relaxation Training/Guided Imagery for Stress Management
- n Micro-skills training for Peer Communication Skills
- n Research-based information about American Indian youth suicide, depression, hopelessness



How effective is *American Indian Life Skills?*

Self-report

- n Decreased hopelessness (Beck, et al., 1974)
- n Increased confidence in ability to manage anger (LaFromboise, 1995)

Behavioral

- n Increased peer suicide intervention skills (LaFromboise, 1995)

LaFromboise & Howard Pitney (1995). *Journal of Counseling Psychology*, 42, 479-486; LaFromboise & Lewis (2008). *Suicide and Life Threatening Behaviors*, 38, 343-353.