

Appendix H. List of Local and National Resources For Participants - Site Example

Example Local and National Resource List to be tailored for each site. This resource list is for [Tribal Nation] in [Name of town/city, State].

Resource List for National and Regional Tribal Services Related to Trauma and Substance Abuse on the [Tribal Nation]

If you are experiencing a crisis, stress, anxiety, depression, hopelessness, or substance abuse or know someone who is, know that **you are not alone, and help is available**. Below is a list of local and regional resources for behavioral health and substance abuse resources, as well as community resources aimed at individuals and families experiencing challenges in daily life.

Resources that allow you to speak with someone immediately:

Crisis line for the [Tribal Nation]: (XXX) XXX-XXXX OR Text "life" to 61222

Website: [Tribal Nation website]

The Minneapolis-based *National Native American Boarding School Healing Coalition* has compiled a Resource List for Trauma Responses (<https://boardingschoolhealing.org/self-care-resources/>).

All of these national resources are free, confidential, and available 24/7:

National Suicide Prevention Lifeline | 1-800-273-TALK (8255) | Support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals

Crisis Text Line | Text HOME to 741741 | Text with a Crisis Counselor, a real human trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving

Veterans Suicide Prevention Hotline | 1-800-273-TALK (8255), Veterans Press 1 | Text 838255 | Chat online at: <https://www.veteranscrisisline.net> | Connect with caring, qualified responders at the Department of Veterans Affairs

Substance Abuse and Mental Health Services Administration National Helpline | 1-800-662-HELP (4357) | For individuals and families facing mental and/or substance use disorders

National Sexual Assault Hotline | 1-800-656-HOPE (4673) | You will be connected with a trained staff member from a sexual assault provider near you

Domestic Violence Hotline | 1-800-799-SAFE (7233) | Chat online at: www.thehotline.org | For anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship

Resources Offered on [Tribal Nation Reservation]

Mental Health: [Tribal Nation] (other locations -see [Tribal Nation website])

Phone: (XXX) XXX-XXXX | (XXX) XXX-XXXX | Email: [service provider email address]

Substance Abuse (Intakes and Assessments): *[Tribal Nation]* **Substance Abuse (other locations -** *[Tribal Nation website]*

Substance Abuse (Peer Support to help people become and stay engaged in long-term recovery)
| Phone: (XXX) XXX-XXXX

Family Treatment Centers: Women's Wellbriety Center (other locations -see *[Tribal Nation website]*) | Phone: (XXX) XXX-XXXX Email: *[service provider email address]*

Indian Child Welfare: *[Tribal Nation]* **(other locations -see** *[Tribal Nation website]*) | Phone: (XXX) XXX-XXXX

The **Substance Abuse and Suicide Prevention (SASP) program**, formerly known as the Methamphetamine and Suicide Prevention Initiative (MSPI), is a nationally-coordinated program focused on providing methamphetamine and suicide prevention and intervention resources for Indian Country. For interventions on the *[Tribal Nation]*, see *[Tribal Nation website]*

Regional Resources for Trauma, Substance Abuse and Family Stabilization

The Minnesota Trauma Project has a list of therapists who have completed advanced training in at least one model of trauma treatment. The full list, including care provider bios, can be found here: (<https://www.mntraumaproject.org/mn-trauma-therapist-directory>)

Therapists who work with Native American communities or historical/racial trauma include:

- Jay Hunter, MA, LMFT (Muskogee Creek) | 651-269-0485 | www.soaringeagletherapy.com | 241 Cleveland Ave S, Suite B-5, Saint Paul, MN 55105
- Theresa J. Crawford, LMFT | 612-298-1835 | www.crawfordtherapy.com | Minneapolis & Bloomington locations

Minnesota Indian Women's Resource Center offers programs to support women and families' well-being, including family stabilization services, affordable housing, access to substance abuse and mental health care, and cultural resilience and healing (<https://www.miwrc.org/>)

National Resources on Trauma and Adverse Childhood Experiences

From [Indian Country Child Trauma Center \(ICCTC\)](#) at the University of Oklahoma:

- [What is Trauma? A Guide for Parents](#) - printable brochure
- [Trauma in Indian Country: A Guide for Professionals](#) - printable brochure

We R Native: A comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them | Includes resources and information on mental health and substance use (<https://www.wernative.org/>)

National Resources on Substance Abuse Partnership to End Addiction: Drug Free America has information for families and young people facing addiction, including a helpline, peer support, and tools and resources (<https://drugfree.org/get-support-now/>)

General information about Native American Substance Abuse Programs and Treatment
(<https://www.rehabs.com/addiction-treatment-resources/native-americans/>)