

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/>)