

BEHAVIORAL HEALTH NEEDS AND SERVICES FOR URBAN AI/ANs

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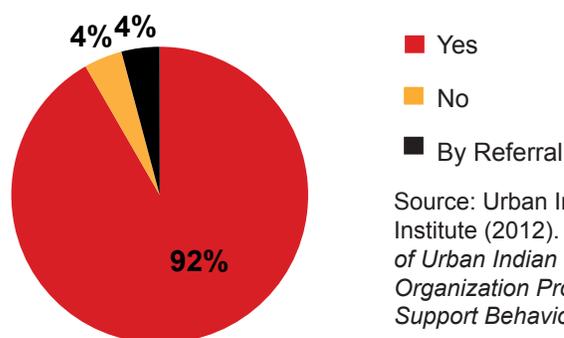
BROADCAST

Mental-health conditions disable individuals and communities, leading to loss of productivity and premature death.¹ Psychological distress, as evidenced by poor mental health and depression, is associated with historical and intergenerational trauma.^{2,3} Findings from the 2010 National Survey on Drug Use and Health showed that the percentage of AI/ANs (7.7%) reporting mental illness and co-occurring substance abuse in the last year was greater than that of any other race or ethnicity (range 1.8 to 5.8%).⁴

To share more information about behavioral health needs and services for AI/ANs, the Urban Indian Health Institute recently released two reports covering this topic. [A Profile of Urban Indian Health Organization Programming to Support Behavioral Health](#) presents the findings of a survey of Urban Indian Health Organizations (UIHOs) and identifies common themes in successful programming to address behavioral health concerns in urban AI/AN communities. This survey found that nearly all of the UIHOs (91.7%) incorporate AI/AN traditional medicine, culture or activities into behavioral health services to provide appropriate care to the urban AI/AN community (Figure 1). [Addressing Depression Among American Indians and Alaska Natives: A Literature Review](#) synthesizes research, expert opinion and existing programs in order to highlight approaches that address depression through outreach, education, screening and treatment. These reports will support health care providers, policy makers and advocates in conducting critical programs that reduce depression and other common or co-occurring behavioral health concerns among AI/ANs. To view the reports, please visit the Health Equity Project page at: <http://www.uihi.org/projects/health-equity/reports/>.



Figure 1: Incorporation of AI/AN Culture Into Behavioral Health Services at UIHOs



Source: Urban Indian Health Institute (2012). *A Profile of Urban Indian Health Organization Programming to Support Behavioral Health*.

References

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