

YSAC's Indigenous Suicide Prevention & Intervention Training Program

July 9, 2026

10:00-11:30am MT

This presentation will introduce who YSAC (Youth Substance Addiction Committee) is, a brief history on why the Suicide Prevention training program was developed, an overview of prevention training content, the need behind a newly developed Intervention component, an overview of the intervention training content and feedback from over 1400+ participants.



Learning Outcomes:

- Understand suicide, including common myths, facts, warning signs, and protective factors
- Explore the impacts of stigma and colonization on Indigenous peoples and examine global and Indigenous-specific suicide trends
- Identify suicide risk factors through a trans-ecological framework and learn where to access support and resources
- Develop skills to recognize individual risk and resilience factors and provide support using an individualized Sacred Care Tree approach

Speakers:

Karen Main, Associate Director, YSAC - Karen is from the Treaty 4 territory, and a member of the Standing Buffalo Dakota Nation situated in the beautiful Qu'Appelle Valley in southern Saskatchewan.

Dr. Deborah Dell, CEO, YSAC - Dr. Dell has been working in the field of Substance Misuse for over 25 years. She works for the Youth Substance Addiction Committee, a network of bed-based addiction programs for Indigenous youth and families. Key in her role is research, training, and new service development. Working from a strength based lens, in terms of prevention, intervention and continuing care has always been a priority in all the projects Debra has worked on.



Target Audience: Treatment centre staff, community members, or any front-line workers who work with Indigenous peoples

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