



Office of the Executive Director

Navajo Division for Children and Family Services



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Suicide prevention survey being conducted to better develop strategies

The Diné Action Plan (DAP) Suicide Prevention Task Force is seeking individuals to answer its survey on their knowledge regarding suicide prevention. The survey can be accessed at <https://www.surveymonkey.com/r/DAPSuicidePrevention> or through the QR code.



The DAP is the roadmap to address the Navajo Nation's biggest challenges, known as nayéé or monsters, including suicide, substance abuse, violence and missing and murdered Diné relatives. The DAP aims to utilize Navajo traditional cultural methods to create, implement, measure and improve holistic public safety programs that target the nayéé.

The Navajo Treatment Center for Children and Their Families (NTCCF) is the lead from the Navajo Division for Children and Family Services that is focused on suicide prevention as part of the DAP. Other entities involved with suicide prevention and treatment include Division of Behavioral and Mental Health Services and local Indian Health Service hospitals and clinics.

The planning survey will help the NTCCF and the DAP better understand how to strengthen suicide prevention efforts. The survey responses will guide DAP strategies that honor the Diné Way of Life and support community well-being.

NTCCF attended the Sihasin Beeiiná Suicide Prevention Conference on Oct. 29, 2025, in Tsaile, Ariz., where the survey was available for participants. More than 200 attended the conference, which focused on Western and Navajo traditional strategies and philosophies on suicide prevention.

Topics included Being Resilient and Coping with Stress, Diné Holistic Health During Times of Disharmony, panel discussion on Zero Suicide Initiative, Diné Perspective of Resiliency, and Normalizing and Validating the Five Stages of Grief.



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NTCCF utilizes both Western clinical and traditional Diné practices to address its suicide prevention efforts. The Navajo spiritual healing method is the main treatment recommendation to use as is stated in the DAP resolution.

The DAP states that suicide is at an epidemic level on the Navajo Nation with 2.7% of all deaths caused by suicide. It was the eighth leading cause of death with approximately 40 Navajos on the reservation dying each year from suicide.

NTCCF provides outpatient therapeutic services to those impacted by trauma. The mission of NTCCF is to help children and their families heal from trauma and move forward on a path of wellness and well-being.

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