

**Suicide and Mental Health Among New Mexico
American Indian/Alaska Native Youth (AI/AN)**

2023 New Mexico Youth Risk and Resiliency Survey (NMYRRS)

AAIHB CHERP Suicide Prevention Workgroup

April 14, 2025

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Presentation Outline

1. New Mexico Youth Risk and Resiliency Survey (NMYRRS) overview
 - a. AASTEC AI/AN oversample project
2. Data specific to NM AI/AN youth
 - a. Suicide and mental health
 - b. Factors associated with lower and higher rates of suicide and mental health indicators
3. Summary and key takeaways
4. How can NMYRRS data be used to support tribal programs and suicide prevention efforts?
 - a. Upcoming NMYRRS survey administration- fall 2025!
5. Q&A

Defendant's Exhibit

DX0976

Case Number:
D-101-CV-2023-02838

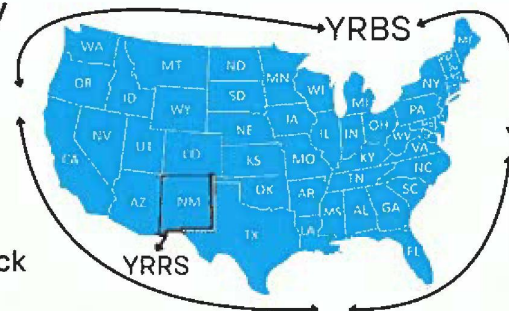
Indian Affairs

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MOP - 11/24/25

New Mexico Youth Risk and Resiliency Survey (NMYRRS)

- New Mexico Youth Risk and Resiliency Survey (**NMYRRS**) vs. Youth Risk and Behavioral Survey (**YRBS**)
- Survey partnership- AASTEC, UNM, NMDOH, PED
- Data limitations
 - Survey is anonymous and voluntary → cannot track individual-level change from year to year
 - NMYRRS data don't answer the question of 'why' students engage in certain behaviors
 - Tribal affiliation not collected



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AASTEC NMYRRS American Indian/Alaska Native (AI/AN) Oversample Project

- Developed in response to lack of representative and locally available data concerning AI/AN youth
- Methods
 - School selection
 - 'Oversample' protocol (school-level census vs. random sampling)
- Process
 - Survey administration
 - 'Thank you' bags
 - Data analysis and reporting
- Results
 - Increased AI/AN representation in NM state-level data
 - Robust AI/AN data- complex analysis and granular level reporting



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AASTEC NMYRRS AI/AN Oversample Metrics, 2007-2023

Survey Year	AASTEC Sample Schools	AASTEC Sample Students	AASTEC Sample Response Rate	NMYRRS Total Students
2007	3 (All High Schools)	594 AI/AN	70%	2,366 AI/AN 1,328 ALL
2009	23 (HS = 13, MS = 10)	1,985 AI/AN	74%	8,274 AI/AN 45,877 ALL
2011	33 (HS = 15, MS = 18)	3,471 AI/AN	79%	10,600 AI/AN 29,404 ALL
2013	42 (HS = 19, MS = 23)	3,593 AI/AN	78%	7,124 AI/AN 35,483 ALL
2015	39 (HS = 17, MS = 22)	3,270 AI/AN	77%	4,795 AI/AN 23,941 ALL
2017	42 (HS = 18, MS = 24)	3,510 AI/AN	79%	7,188 AI/AN 24,880 ALL
2019	44 (HS = 18, MS = 26)	3,193 AI/AN	78%	6,036 AI/AN 32,868 ALL
2021	44 (HS = 20, MS = 24)	2,976 AI/AN	65%	5,536 AI/AN 32,294 ALL
2023	48 (HS = 20, MS = 28)	3,198 AI/AN	70%	7,305 AI/AN (HS = 4,097, MS = 3,208) 35,720 ALL

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Suicide and Mental Health Among Youth

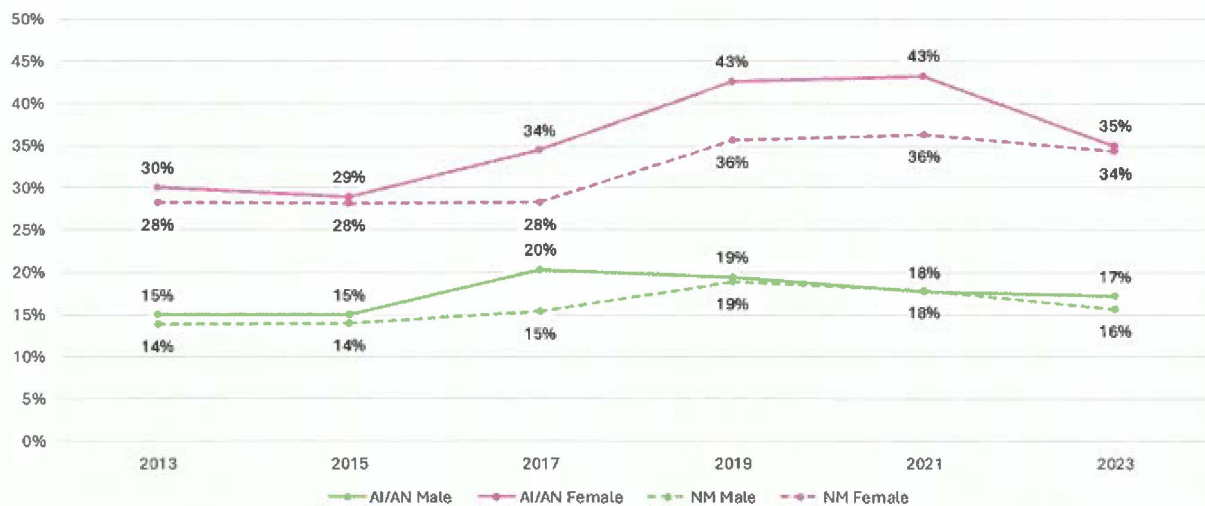


Image source: New York Times

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Notes

Seriously Considered Suicide **Ever**, NM MS Students, 2013-2023



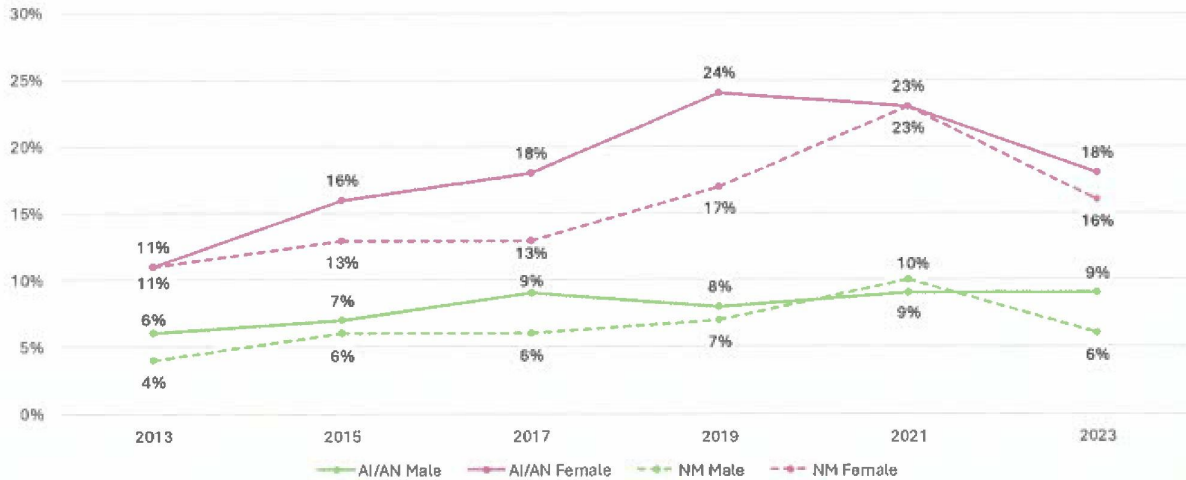
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Seriously Considered Suicide in the **Past 12 Months**, NM HS Students, 2013-2023



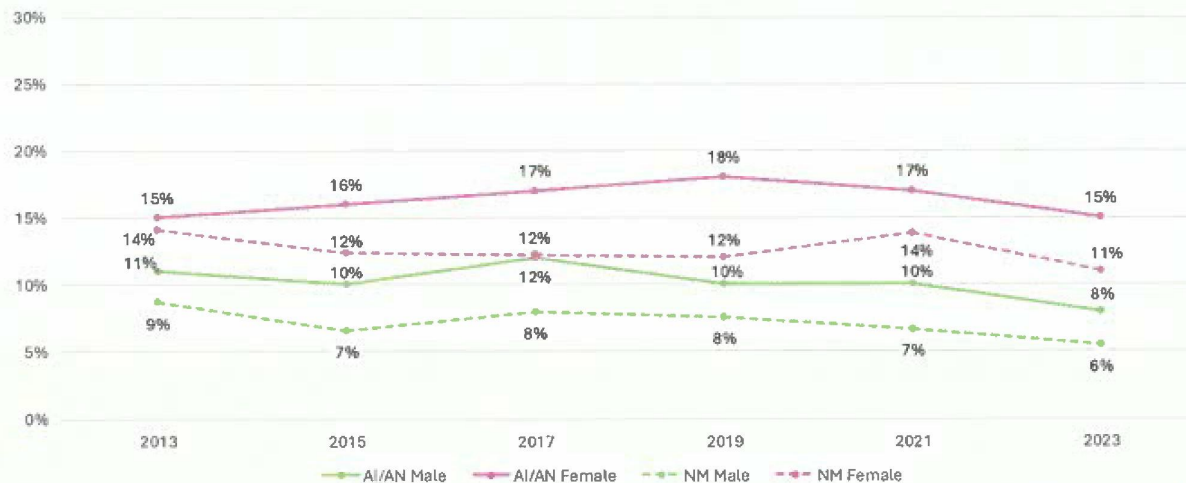
8

Attempted Suicide **Ever**, NM MS Students, 2013-2023



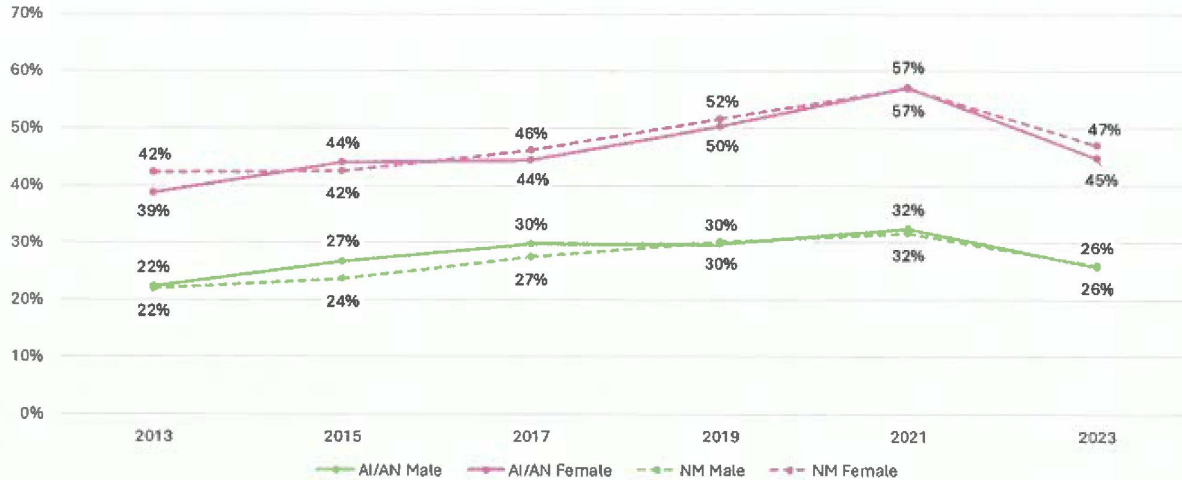
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Attempted Suicide in the **Past 12 Months**, NM HS Students, 2013-2023



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Persistent Sadness and Hopelessness*, NM HS Students, 2013-2023



*Persistent sadness and hopelessness for 2 or more weeks in the past 12 months.

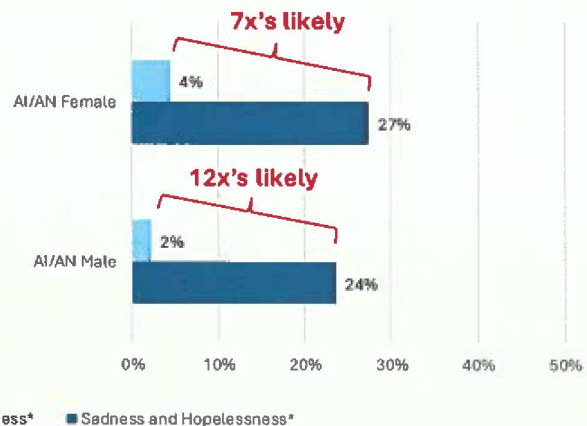
11

Suicide-Related Outcomes by Persistent Sadness and Hopelessness*, NM AI/AN HS Students, 2023

Seriously Considered Suicide, Past 12 Months



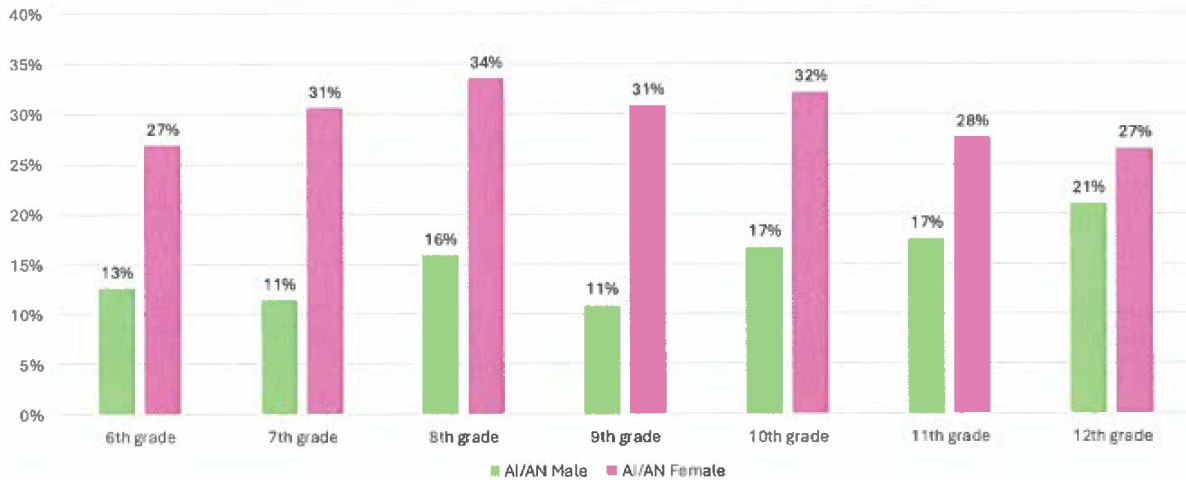
Suicide Attempt, Past 12 Months



*Persistent sadness and hopelessness for 2 or more weeks in the past 12 months.

12

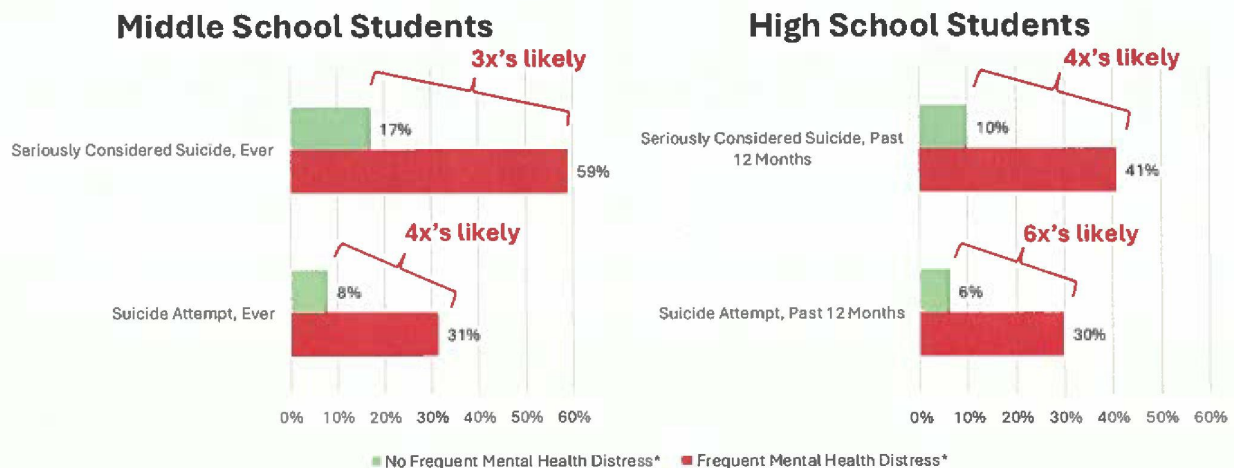
Frequent Mental Health Distress*, NM AI/AN Youth, 2023



*Mental health was not good most of the time or always in the past 30 days (poor mental health includes stress, anxiety, and depression).

13

Suicide-Related Outcomes by Frequent Mental Health Distress*, NM AI/AN Youth, 2023



*Mental health was not good most of the time or always in the past 30 days (poor mental health includes stress, anxiety, and depression).

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Factors Associated with Higher Rates of Suicide Attempt Among NM AI/AN Youth, 2023 NMYRRS

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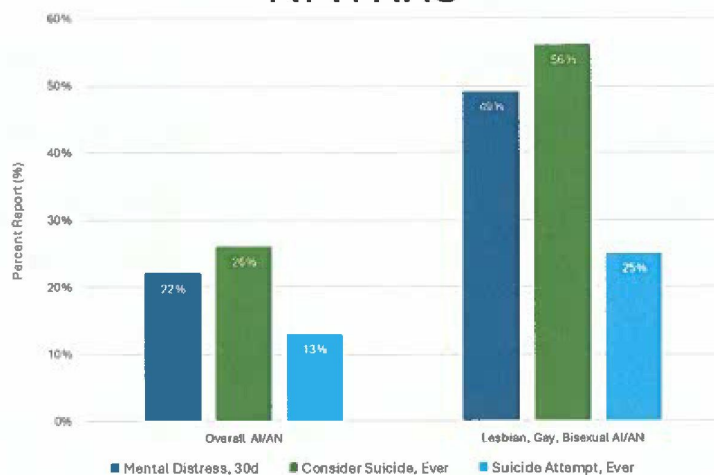
Mental Distress and Suicide Attempt Among AI/AN Students, 2023 NMYRRS

"Lesbian, gay, pansexual, bisexual, transgender, gender queer, intersex, and Two-Spirit AI/AN youth experience exponential increases in risk for health disparities." **American Academy of Pediatrics**

Shaquita Bell, Jason F. Deen, Molly Fuentes, Kelly Moore, COMMITTEE ON NATIVE AMERICAN CHILD HEALTH, Daniel Calac, Allison Empey, Kristen Nadeau, Jane Oski, Judith Thierry, Ashley Weedts; Caring for American Indian and Alaska Native Children and Adolescents. *Pediatrics* April 2021; 147 (4): e2021050498. 10.1542/peds.2021-050498

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Report of Mental Distress and Suicide Attempt, Among AI/AN Middle Schoolers by Sexual Orientation, 2023 NMYRRS

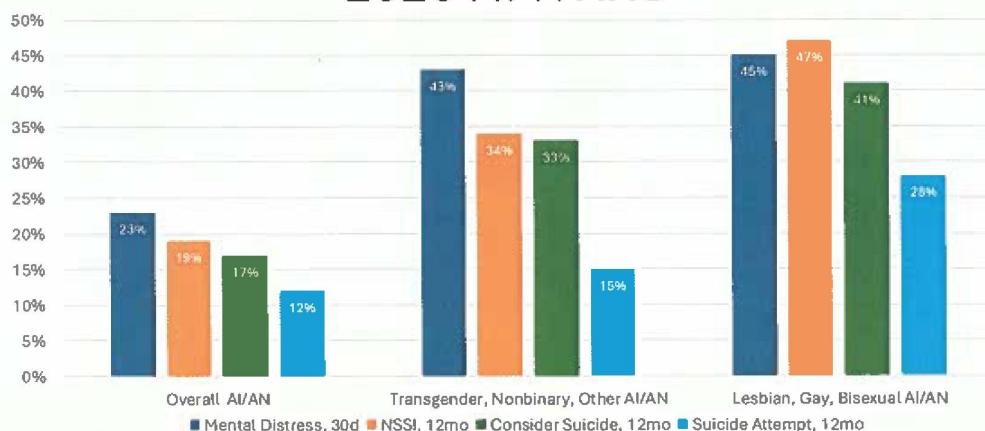


Emphasis

- In LGB students, reports of **mental distress (30d)**, **ever consider suicide**, **ever attempt suicide** were **doubled** compared to the overall average

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Mental Distress and Suicide Attempt, Among AI/AN High Schoolers by Gender Identity and Sexual Orientation, 2023 NMYRRS

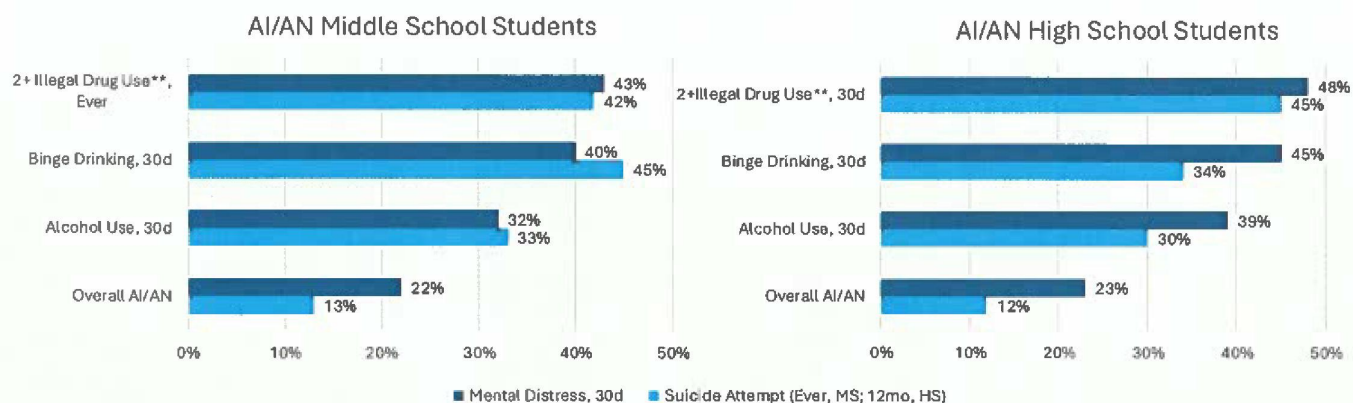


Emphasis

- Mental distress (30d)** reporting **doubled** in **Transgender, Nonbinary, Other (TNO) & Lesbian, Gay, Bisexual (LGB)** compared to overall AI/AN students
- Consider Suicide (12mo)** reporting: **1.5 out of 5 AI/AN TNO students**; **2 out of 5 AI/AN LGB students**
- Suicide attempt (12mo)** reporting **doubled** in LGB students compared to overall AI/AN students

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Mental Distress and Suicide Attempt, by Substance Use Among AI/AN Youth, 2023 NMYRRS



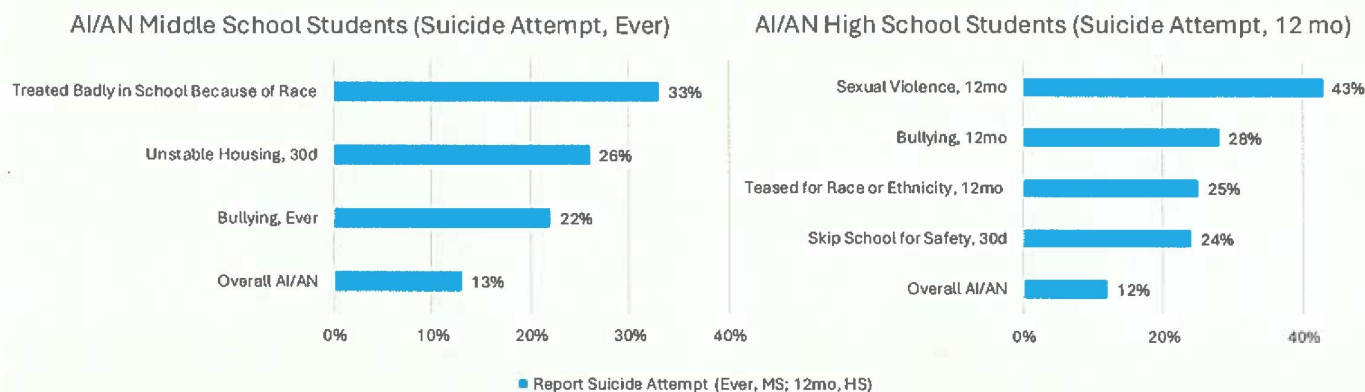
**Using 2+ illegal substances - Includes marijuana, synthetic marijuana, prescription pain medicine misuse, cocaine, and inhalant use

Emphasis

- Among middle school students who reported **Binge drinking (30d)**, having ever attempted suicide was **3.5x higher** compared to the overall average (45% vs 13%).
- Among high school students who use **2+ illegal drugs (30d)**, suicide attempt (12 mo) was reported at **4x the rate** compared to the overall average (45% vs 12%).

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Suicide Attempt, by Safety and Violence Among AI/AN Youth, 2023 NMYRRS



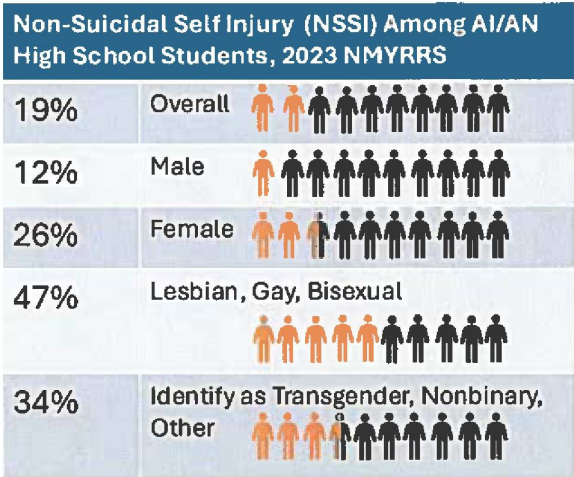
Emphasis

- **1 out of 3** AI/AN middle school students who report bad treatment due to race or ethnicity often or always reported suicide attempt
- **2 out of 5** AI/AN high school students who experienced sexual violence (12 mo) reported suicide attempt

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Non-Suicidal Self-Injury and Suicide-Related Outcomes Among AI/AN High School Students, 2023 NMYRRS

YRRS survey: During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?



- **Mental Distress:** Among AI/AN students reporting Mental Distress (30 days), **46%** report NSSI (12 mo) (2x avg)
- **Sexual Violence:** Among AI/AN students who experienced sexual violence (12 mo), **57%** report NSSI (12 mo) (3x avg)
 - **83%** of LGB population who have experienced sexual violence in the past 12 months report NSSI
- **Attempted Suicide:** Among AI/AN Students who Attempted Suicide (12 mo), **76%** report NSSI (12 mo) (4x avg)
 - **84%** of LGB who have attempted suicide in the pasts 12 months report NSSI

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Factors That are Protective Against Poor Mental Health & Suicide Attempt Among NM AI/AN Youth

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Suicide Attempt by Resiliency Factors Among AI/AN Youth, 2023 NMYRRS



Emphasis

- Among AI/AN high school students who are **good at coping**, **3x fewer females and males** report suicide attempt (12 mo) compared to overall AI/AN high schoolers
- Among AI/AN middle school students who are female and **confident at goals**, **2x fewer** report suicide attempt compared to overall AI/AN middle schoolers
- Among AI/AN middle school students who are male and feel **engaged in daily activities or direction and purpose**, **2x fewer** report suicide attempt compared to overall AI/AN middle schoolers

23

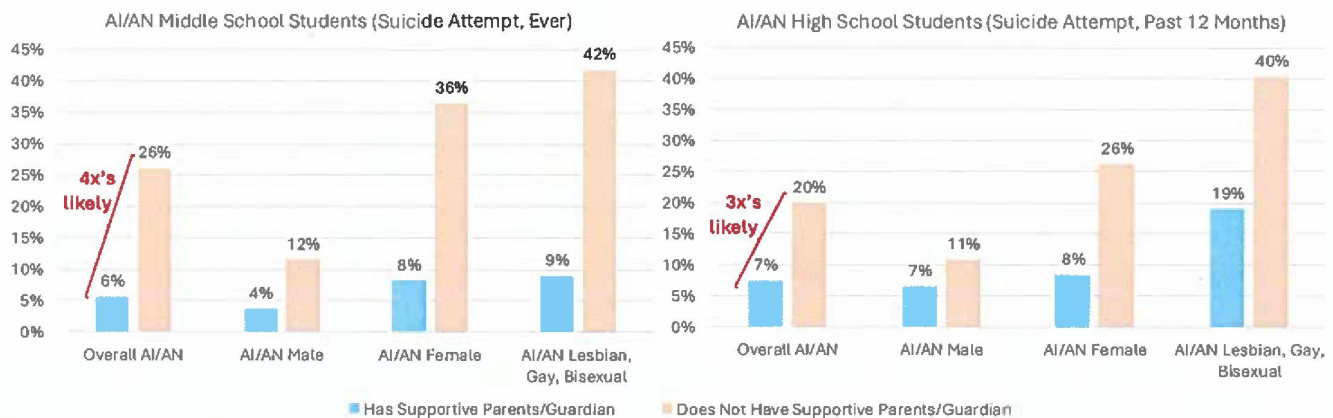
Mental Health and Suicide-Related Outcomes by Supportive Relationships at School, Among AI/AN Youth, 2023 NMYRRS

Among AI/AN High School students who strongly agree that they have satisfying and supportive relationships with adults at school...

Percent who Reported a Suicide Attempt in the Past 12 Months	Percent who Reported Having Seriously Considered Suicide in the Past 12 Months	Sadness and Hopelessness, and Mental Distress (Among LGB Students Only)
- Overall, AI/AN report of 12% → 5% - AI/AN males' report of 8% → 2% - AI/AN females' report of 15% → 8%	- Overall, AI/AN report of 17% → 8% - AI/AN males' report of 12% → 5% - AI/AN females' report of 21% → 11%	- Sadness and hopelessness decreases from 60% to 25% - Mental distress decreases from 45% to 17%

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Suicide Attempt by Supportive Relationships at Home, Among AI/AN Youth, 2023 NMYRRS

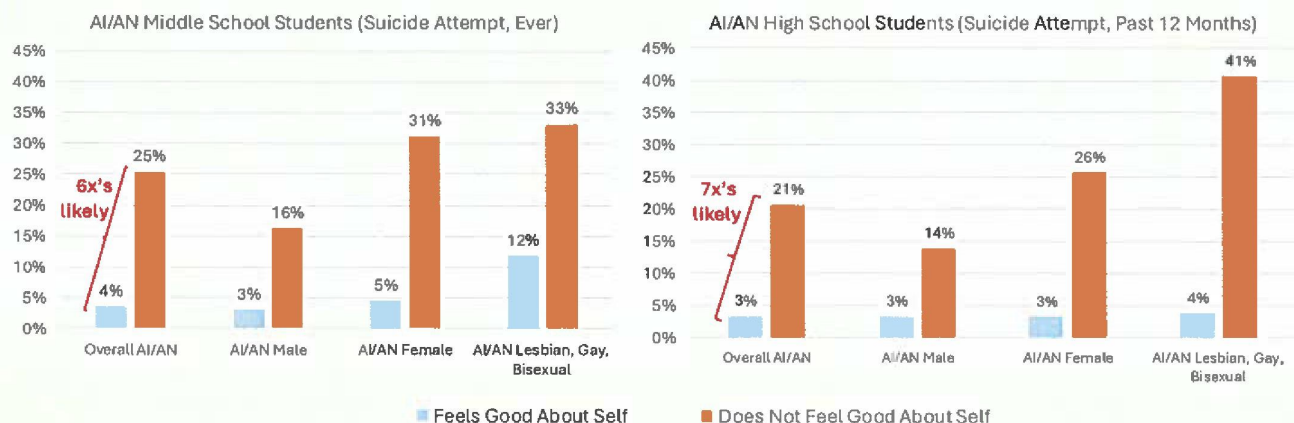


Emphasis

- AI/AN female middle school students who have a supportive relationships with parents/guardians at home were **4.5x less likely** to have ever attempted suicide than those who do not
- AI/AN female high school students who have a supportive relationships with parents/guardians at home were **3x less likely** to have attempted suicide (12 mo) than those who do not

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Suicide Attempt by Feeling Good About Who One Is, Among AI/AN Youth, 2023 NMYRRS



Emphasis

- AI/AN middle school students who feel good about who they are as a person were **5x less likely** to ever report suicide attempt if males and **6x less likely** if females compared to when they do not feel good about themselves.
- AI/AN high school students who feel good about themselves were **5x less likely** to report suicide attempt (12 mo) if males and **9x less likely** if females and **10x less likely** if LGB compared to when they do not feel good about who they are as a person.

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Key Takeaways

- Suicide attempt has increased among AI/AN MS students since 2013, most notably among females. ✖
- Decrease in rates of having considered suicide and suicide attempt among AI/AN HS males since 2013, increase in same indicators among AI/AN MS males. ✖
- Persistent sadness and hopelessness is associated with an increase in having seriously considered suicide and suicide attempt among AI/AN HS students, especially males.
- Frequent mental health distress is associated with higher rates of having seriously considered suicide and suicide attempt among AI/AN students, especially those in high school.
- Substance use, bullying, being teased due to race/ethnicity (all in MS/HS), and sexual violence (only HS) are associated with increased rates of suicide attempts.
- NSSI is a behavior distinct from, but associated with, previous suicide attempts.
- Students identifying as Lesbian, Gay, or Bisexual reported disproportionately high rates of mental distress and suicide attempt.
- Supportive relationships with adults at school and home and feeling good about oneself are associated with lower rates of mental distress and suicide attempt.

2025 NMYRRS will be administered this fall!

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The Value of NMYRRS Data at the Community Level

Example shared by the Pueblo of Pojoaque Behavioral Health Department



1. Program development

- a. NMYRRS data used to establish baseline understanding of suicide ideation, substance use, and other behavioral risk factors among youth in Pojoaque Valley
- b. Data used to inform program efforts and goals (ex. Native Connections and TOR projects, dating violence prevention program)



2. Grant Writing

- a. Incorporating NMYRRS data in grant applications (most recently, dating violence and physical bullying data used in application for SAMHSA child traumatic stress grant)



3. Evaluation

- a. Evaluate and assess change over time in risk behaviors and resilience factors among youth in Pojoaque Valley (Pueblo of Pojoaque have seen positive trends from 2013-2023)

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NMYRRS Updates

- Status of 2025 NMYRRS – district and school outreach
- AASTEC NMYRRS mailing list – sign up on [AASTEC website](#)
- Accessing reports and requesting NMYRRS data – data request form on [AASTEC website](#)



Have you used NMYRRS or YRBS data?
Do you believe it could be valuable to you in
your work?

The screenshot displays the AASTEC NMYRRS website. The top section, 'Reports & Publications', lists reports for 2023 and 2021. The 2023 reports include: '2023 New Mexico Youth Risk and Resiliency Survey Middle School Report', '2023 New Mexico Youth Risk and Resiliency Survey High School Report', '2023 Healthy Kids Colorado Survey Middle School Report', and '2023 Healthy Kids Colorado Survey High School Report'. The 2021 reports include: '2021 New Mexico Youth Risk and Resiliency Survey Middle School Report', '2021 New Mexico Youth Risk and Resiliency Survey High School Report', '2021 Marijuana Use Among American Indian Youth in New Mexico', '2021 Alcohol Use Among American Indian Youth in New Mexico', and '2021 Healthy Kids Colorado Survey High School Report'. Below this, there is a 'Survey Data Request Form' with fields for 'Requestor's Name', 'Requestor's Email Address', 'Organization/Community', and 'I belong to'. The form also includes a 'Type of Request/Product' section with radio buttons for 'Dataset', 'Fact Sheet', 'Presentation', 'Report', and 'Other (please describe in "Notes" below)'. There are sections for 'Grade Level (select all that apply)' and 'What year(s) of data will you be using?'. The 'Grade Level' section has radio buttons for 6th, 7th, 8th, 9th, 10th, 11th, 12th, and 'all grades'. The 'What year(s) of data will you be using?' section has radio buttons for 2009, 2011, 2013, 2015, 2017, 2019, 2021, and 2023. There are also sections for 'Which Youth Survey do you need?' and 'Please indicate the data topics needed for the request (select all that apply)'.

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Questions?

Thank You!

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References

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- Andover, M. S., Morris, B. W., Wren, A., & Bruzzese, M. E. (2012). The co-occurrence of non-suicidal self-injury and attempted suicide among adolescents: distinguishing risk factors and psychosocial correlates. *Child and Adolescent Psychiatry and Mental Health*, 6(1). <https://doi.org/10.1186/1753-2000-6-11>
- Russell, S. T., & Fish, J. N. (2016). Mental Health in Lesbian, Gay, Bisexual, and Transgender (LGBT) Youth. *Annual Review of Clinical Psychology*, 12, 465–487. <https://doi.org/10.1146/annurev-clinpsy-021815-093153>