



FINNMARKSSYKEHUSET
FINNMÁRKKU BUOHCCIVIESSU



Sámi našuvnnalaš gealboguovddáš - psykalaš dearvasvuodasuddjen ja gárrendilli, SÁNAG.
Samisk Nasjonalt Kompetansesenter - psykisk helsevern og rus, SANKS.

The Sámi National Centre for Mental Health and Substance Use (SANKS)
CASPH, Toronto 14.th of May 2014


The Sami People

- Sami - the Indigenous people of Scandinavia and Russia
 - Population size: Approx. 100,000
 - Arctic area
 - Culture and languages
 - Traditional way of living- reindeer herding, hunting etc
- Historical similarities to other indigenous peoples
 - History of colonization and forced assimilation
 - Loss of land
 - Loss of ethnic identity, religion and ethnic language
 - Boarding schools
 - Relocation



Living conditions-status 2014

- Socioeconomic conditions among Samis
 - Lower income than national averages
 - Higher rates of social welfare use
 - Higher unemployment ratesbut great intragroup and regional variation.
- Educational status
 - Free access to universities and colleges
 - Recruitment program for health professionals (MDs, psychologists, dentists, nurses etc) since 1963
 - High density of Sami medical doctors, social workers and nurses
- Sami core area:
 - Highest educational level among females in Norway aged 25-40 years



The Sámi National Centre for Health (SANKS)

- △ History and organization
- △ Aim
- △ Service

How to implement sami values in mental health treatment



- Adolescent inpatient unit
- Identified and implemented 5 sami core values in treatment
 - lesbirget (empowerment, coping)
 - Family and context
 - Use of nature
 - Indirect communication
 - Sami language

The Research history

- Initiated in the late 80's and early 90's as a part of the mental health services for Samis in Karasjok
 - A need for knowledge of prevalence of mental disorders as a mean to estimate the volume and content of the mental health services for Samis
 - Risk and protective factors
- The characteristics of mental health research
 - Antropological studies on ethnic identity (Vigdis Stordahl)
 - Epidemiological studies on mental health, suicidal behavior and substance use in Sami and non-Sami adolescents (Kvernmo, Spein, Silviken, Bals and Turi)
 - Child rearing practices and mental health problems in younger children (Javo)
 - The use of mental health services and traditional healers in adult Sami patients (Møllersen)
 - In total: 8 PhDs

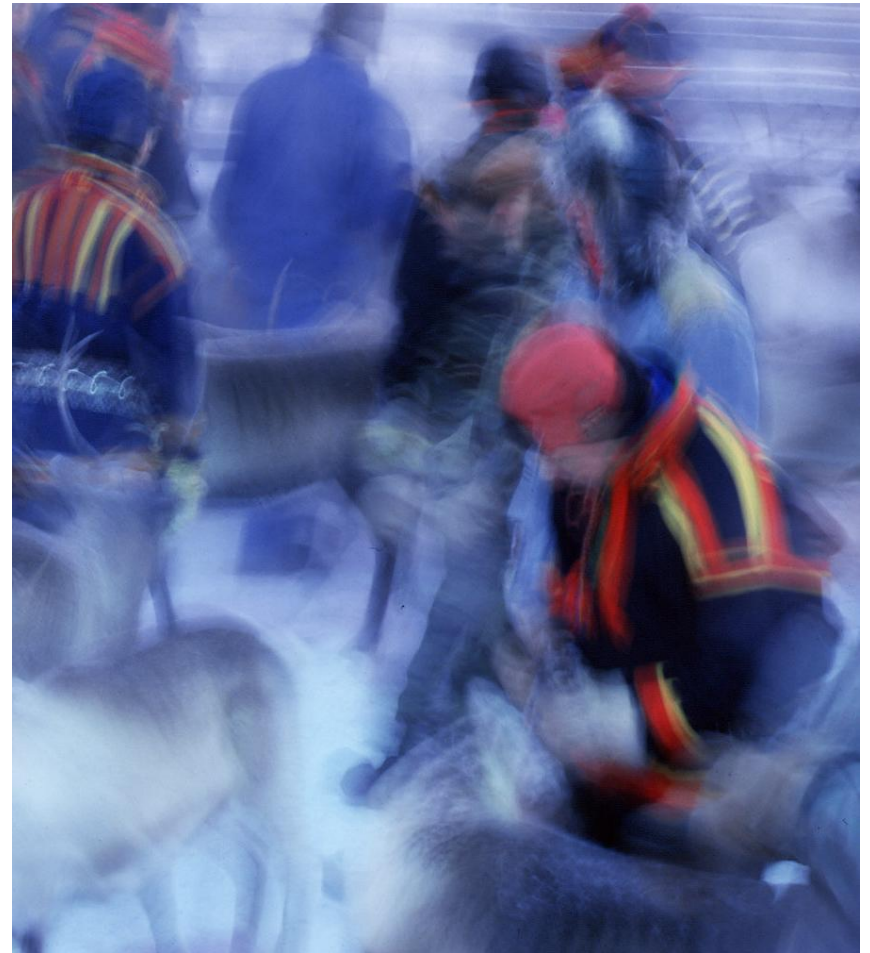
Indigenous research

- Comparative focus
 - Comparing indigenous Sami versus non-indigenous groupsAnd/or
- Within – group focus
 - Intragroup variation
- The impact of cultural factors on mental health



Indigenous experiences

- Acculturation
 - Assimilation
 - Separation
 - Marginalization
 - Integration
- Ethnic identity
- Boarding school experiences
- Racism and stigmatization
- Ethnocultural context
 - Sami as a minority or as a majority population



Sami cultural factors in mental health research

- Sami identity
- Sami language competence
- Cultural practices and activities
- Cultural resilience
- Sami child rearing practices and norms



A Sami approach and focus

Clinical practice



Research

