



Gathering of Native Americans (GONA)

- Strength-based measures; focus is on health and healing for youth and community.
- Collaborative approach; youth peers, elders, spiritual leaders, and counselors work together to provide guidance.
- Empowers youth with awareness and tools to help them take charge of their own holistic mental, physical, emotional and spiritual health.
- Intervention looks like play, community and family connection, spirituality, and cultural continuity.

Western Mental Health Models

- Deficit-based; focus is on pathology, curing, and/or management of mental health issues.
- The therapist is an authority.
- Western mental health models have historically excluded Native culture and spirituality, a best practice with Native clients.
- These models look for microscopic causes by narrowing down a diagnosis that are categorized primarily as mental/behavioral or physical health. Intervention looks like counseling and medication.

