

# 12<sup>th</sup> World Summit on Mental Health, Psychiatry and Wellbeing

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### **An Adaptive Greater Resilience Information Toolkit as a Transformative Strategy for Native American Women**

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**S**tatement of the Problem: Native Americans (NAs) demonstrate lower health status, lower life expectancy, disproportionate disease burden, and lower quality of life compared to general population due in part to inadequate education, poor diet, poverty, inadequate health services, and historical and ongoing discrimination. NA women are underrepresented in public health data collection, especially when it comes to mental health and wellness outcomes. Adapting the Greater Resilience Information Toolkit (GRIT) program for NA women offers a resiliency strategy aimed at providing culturally relevant information for a population often underrepresented when it comes to addressing mental health outcomes.

#### **Biography**

Dr. Kathy Prue-Owens is an Assistant Professor at the College of Nursing, University of Colorado Colorado Springs (UCCS). Her interest includes cardiovascular health, women Veterans' mental health/well-being and Native American women's well-being and resiliency. During a 30-year career in the military as an Army Nurse Corps Officer, she earned her PhD at the University of Arizona. Dr. Prue-Owens practiced extensively in the clinical setting and served as the Medical-Surgical Nursing Consultant to the Army Surgeon General. She currently serves on the Board of Directors for the Colorado Center for Nursing Excellence and President, Colorado Healthcare Ethics Forum.

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