

TRIBAL/URBAN INDIAN
PROVIDER TRAININGS



Tribal
MAT

A unified response to
the opioid crisis in
California Indian Country

Providing Culturally Responsive Substance Use Disorder Treatment Indigenous Communities

NOR CAL
JUNE 24, 2021

CAPITAL & BAY
AREA/MID-STATE
JUNE 29, 2021

SO CAL
JUNE 30, 2021

Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.

Today's Presenters



ART MARTINEZ, PHD (CHUMASH)
CLINICAL PSYCHOLOGIST

DIRECTOR, CENTER FOR NATIVE
CHILD AND FAMILY RESILIENCE

TRIBAL LAW AND POLICY INSTITUTE



DANIEL DICKERSON, DO, MPH
(INUPIAQ)

ASSOCIATE RESEARCH PSYCHIATRIST

UCLA INTEGRATED SUBSTANCE
ABUSE PROGRAMS

Language Matters

The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Educational Objectives

1. Explain three approaches to increase the culturally-competent evaluation in substance use treatment.
2. Identify two examples of culturally adapted behavioral interventions for substance use disorder.
3. Specify three cultural practices integrated into the MICUNAY intervention for urban AI/AN adolescents.
4. Propose two specific cultural adaptations to apply in your work setting.

Indigenous Land Acknowledgement

- We respectfully acknowledge that we stand on territories where Indigenous nations and Tribal groups are traditional stewards of the land.
- Please join us in supporting efforts to affirm Tribal sovereignty, and in displaying respect and gratitude for Indigenous people.
- We honor and recognize the original peoples of this land. We understand our healing is interconnected as we work to support and uplift our collective communities

Introduction



HOLLY ECHO-HAWK, MSC.

KAUFFMAN &
ASSOCIATES INC.

Opening Ceremony



HANNAH FRANKSON

YOUTH PREVENTION
WORKER

TOIYABE FAMILY SERVICES

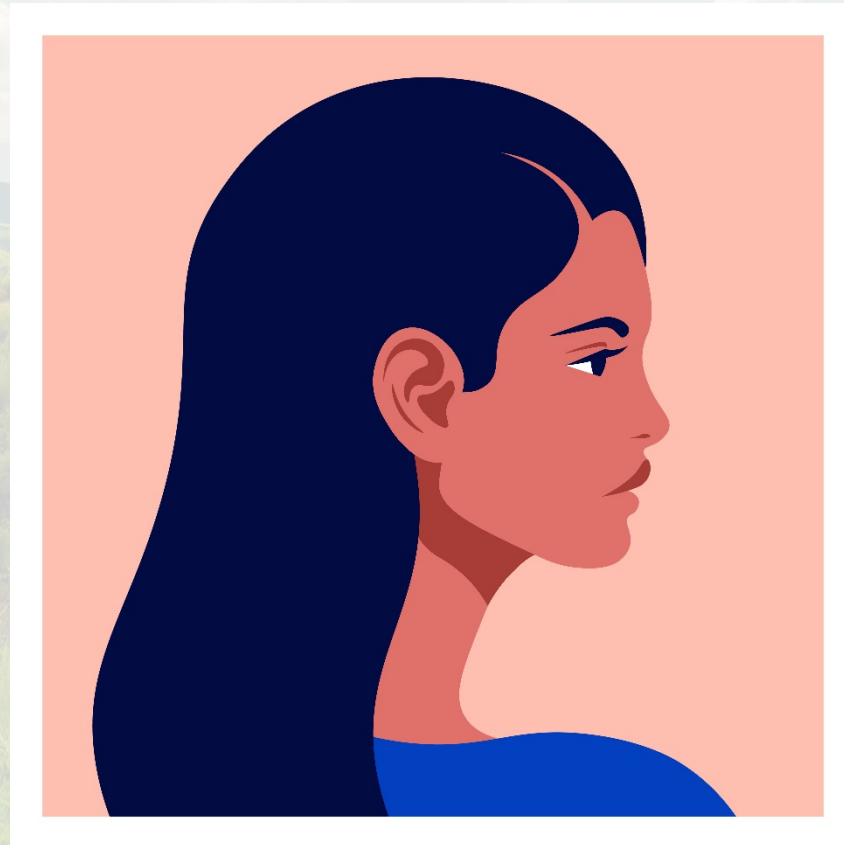
Providing Culturally Responsive Substance Use Disorder Treatment: Indigenous Communities

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Crystal's Story



ENGAGING TRAUMA

A presentation by

Art Martinez, PhD

Chumash

Clinical Psychologist, Trauma Specialist

Genuine Engagement

- Important thoughts or questions before a standard Biopsychosocial assessment may include:
 - It's an honor to work with you, I would like to introduce myself
 - Where are you from? Who are your people?
 - What is your family known for?
 - How do people in your community know you?

Trauma Screening

- The staff explained why we asked about difficult experiences in life (like substance use, violence or abuse).
- The staff is as sensitive as possible when they ask me about difficult or frightening experiences I may have had.
- I feel safe talking with staff here about my experiences with substance use, violence or abuse.

Developing a Service of Healing in Programs

The Creating Trauma-Informed Care approach to organizational change is built on six core values of

- Empowerment
- Safety
- Trustworthiness
- Choice
- Collaboration
- Native ways of Healing

Empowerment—Prioritizing Empowerment and Skill-Building

Key Questions:

To what extent do the program’s activities and settings prioritize consumer empowerment and skill-building?

How can services be modified to ensure that experiences of empowerment and the development or enhancement of consumer skills are maximized?”

Safety—Ensuring Physical and Emotional Safety

Key Questions:

- To what extent do the program's activities and settings ensure the physical and emotional safety of consumers?
- How can services be modified to ensure this safety more effectively and consistently?

Trust—Maximizing Trust through Task Clarity, Consistency, and Interpersonal Boundaries

Key Questions:

To what extent do the program's activities and settings maximize trustworthiness by making the tasks involved in service delivery clear, by ensuring consistency in practice, and by maintaining boundaries that are appropriate to the program?

How can services be modified to ensure that tasks and boundaries are established and maintained clearly and appropriately? How can the program maximize honesty and transparency?

Choice—Maximizing Consumer Choice and Control

Key Questions:

To what extent do the program's activities and settings maximize consumer experiences of choice and control?

How can services be modified to ensure that consumer experiences of choice and control are maximized?"

Collaboration—Maximizing Collaboration and Sharing Power

Key Questions:

To what extent do the program's activities and settings maximize collaboration and sharing of power between staff and consumers?

How can services be modified to ensure that collaboration and power-sharing are maximized?

Developing a Community of Care

- Cultural and spiritual ways of healing trauma
- Incorporation of participants into a community of care / healing
- Treatment services to address the effects of trauma
- Addiction treatment in laying the foundation to care

Daniel Dickerson, D.O., M.P.H. (Inupiaq)

Associate Research Psychiatrist

MOTIVATIONAL INTERVIEWING AND APPLICATION WITH AI/AN

Agenda

- **Motivational Interviewing and American Indians/Alaska Natives**
- **Motivational Interviewing and Culture for Urban Native American Youth (MICUNAY)**
- **Applicability of MI with AI/ANs**



Motivational Interviewing (MI) and Native Americans

- The “spirit of MI” lines up well with Native American practices and values: collaboration, acceptance, compassion, evocation, autonomy
- MI has been shown to be acceptable and of benefit for AI/ANs.
- MI is easily adaptable for different tribes, levels of cultural identity, urban/rural regions.
- MI’s benefits for numerous health conditions may help to address how Native people view their overall health and wellness.

Motivational Interviewing (MI) and AI/ANs

- MI honors the wisdom within the client rather than forcing provider's wisdom on client
- Client is seen as a person rather than a problem
- “We have to honor the wisdom in the client and then be able to see that person in the community, that's a grandmother or grandfather, honoring them for who they are”

-- *Navajo female participant*



Venner, Kamilla (2014)

MI and AI/AN adolescents



- Developmentally appropriate
- Helps teens feel comfortable
- Gives teens a chance to think and act independently
- Can help to open up discussions relating to specific issues (e.g., cultural identity, discrimination)
- Useful in prevention interventions



Be mindful of relevant issues to address in MI sessions

- **Cultural identity issues**
- **Cultural disconnection in urban setting**
- **Family relationships**
- **Substance use**
- **Discrimination**
- **Discussing both Native and non-Native social connections**
- **Traditional practices**

MICUNAY



Acknowledgments

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Corporation

MICUNAY Advisory Board

- Carrie Johnson, Ph.D. (Dakota Sioux)
- Benjamin Hale (Navajo)
- George Funmaker (Ho-Chunk/Dakota)
- Mary Trimble Norris (Oglala Lakota)
- Janet King (Lumbee)
- Kurt Schweigman (Oglala Lakota)

Consultants

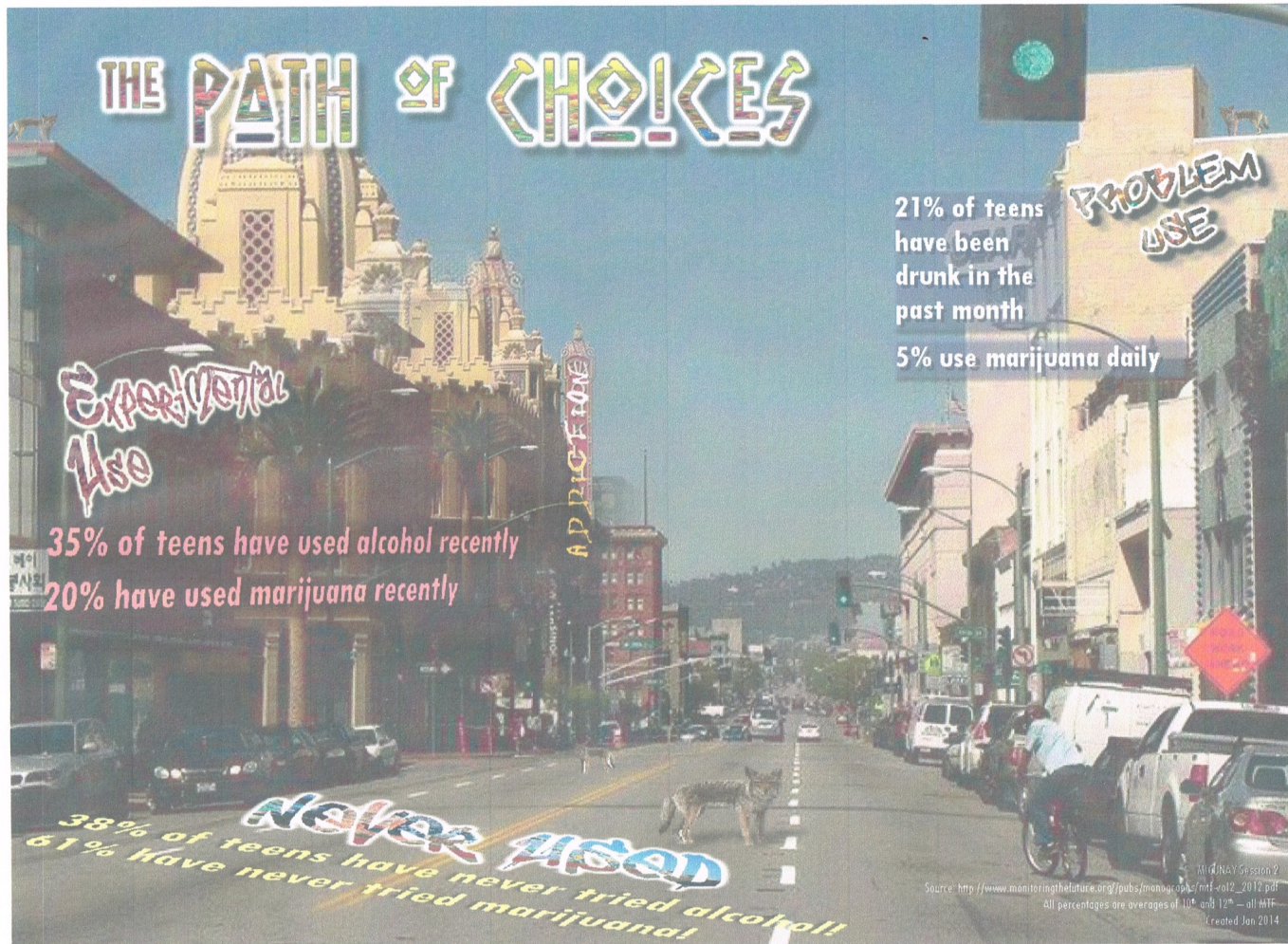
- Kamilla Venner, Ph.D. (Athabaskan)
- Dale Walker, M.D. (Cherokee)

How did we integrate MI broadly?

- Used Talking Circle format
- Matched up content from MI session with corresponding traditional practice activity.
- Used culturally relevant handouts, logo for program (Urban Native Americans), Medicine Wheel template.



The Path of Choices



Utilization in MI: pros and cons example

Pros to not using AOD

- I can be respected in my community.
- I can focus more on my traditions.
- I can begin to heal from past trauma.
- I can give back to my community.

Cons to using AOD

- I feel disconnected from my community.
- I'm stuck.
- I'm not around as many "positive people."
- Not living in balance.



Willingness and Confidence Rulers

- Asking how willing and confident a client is to not use AOD from 0 (not willing/confident at all) to 10 (extremely willing/confident).
- Examples:
- Client (relation) says, “I’m at a 5, I want to be there for my friend/family member, but then again I want to stop using.”
- Client (relation) says, “I’m at a 6, I want to be healthier, but feel awkward asking an elder for advice.”
- Client (relation) says, “I’m at a 1, I can’t see myself stopping because everyone I know drinks or uses.”

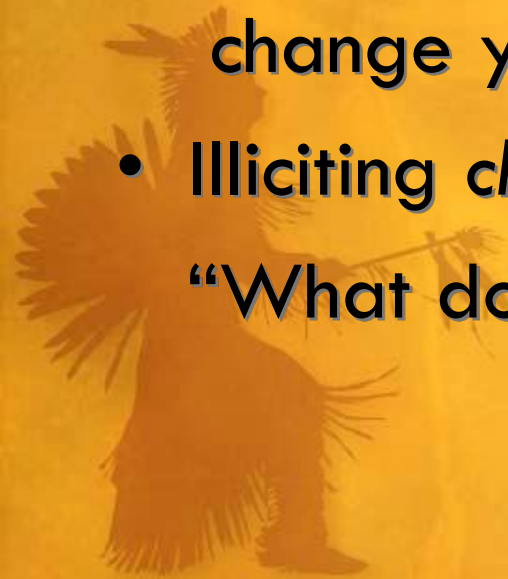
MI example during traditional activity

- Open-ended questions:
“What are some of the positive benefits you feel you can get from participating in beading?”
- You mention wanting to learn more about your tribe’s traditional cooking and hunting traditions. What is it about your traditions that interest you most?



MI examples during traditional activities

- Increasing clients' sense of self-efficacy:
“I hear that being clean and sober is important to you. What are some of the first steps you plan on making to create the change you want?”
- Illiciting *change talk*:
“What does living in balance mean to you?”



Conclusions and Next Steps

- **MI is a culturally acceptable intervention for AI/ANs.**
- **Programs incorporating MI, including MICUNAY, can help to prevent and treatment substance use disorders among AI/ANs.**
- **Focusing on AI/AN issues and challenges can help to make MI sessions meaningful and impactful among AI/ANs.**
- **Integrating MI with AI/AN traditional practices offers an opportunity to enhance overall wellness for AI/ANs.**

Contact Info

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Break Out Activity

Remember Crystal's story



“pray for me so I can stop
doing drugs”

Break Out Sessions

- What would you do to engage and comfort Crystal?
- Which MI skills could you use to support Crystal in making a plan that would restore her sense of balance?

[Nor Cal](#)

[Capital & Bay Area/Mid-State](#)

[So Cal](#)

Concluding Thoughts

Resources for Continued Learning

- [MICUNAY Website](#)- MI videos, and resources
- [Native American Motivational Interview Manual](#)
- [Motivational Interviewing: Enhancing Motivation for Change—A Learner’s Manual for the American Indian/Alaska Native Counselor](#)
- [Resources library](#) with the Center for Native Child and Family Resilience-
- [Culturally-Informed Programs to Reduce Substance Misuse and Promote Mental Health in American Indian and Alaska Native Populations](#)

OASIS-TTA



OASIS-TTA

Opioid and Stimulant Implementation Support
Training and Technical Assistance

**CASE-BASED
MAT ECHO CLINICS**

- Two Monthly ECHO Clinics
– General and Tribal
- Clinical Case Reviews
- Trauma Informed Approach

**MONTHLY STATEWIDE
WEB TRAININGS**

- Treating SUD in Primary Care
- Managing Complex Clinical Needs
- Addressing Stimulants & Fentanyl

**ON-DEMAND
LEARNING
EARN FREE CME/CE**

- Fundamentals of MAT
- Buprenorphine Starts
- MAT in Special Populations

**QUARTERLY TRIBAL
PROVIDER TRAININGS**

- Tribal Health Issues
- Culturally Informed Strategies
- Rural and Urban Settings

**DIRECT MENTORSHIP
& CONSULTATION**

- Individualized Support from Expert Consultants
- One-on-One Mentorship by Phone or Video Conference

**CALIFORNIA
HUB AND SPOKE
IMPLEMENTATION SUPPORT**

- Learning Collaboratives
- Direct Technical Assistance
- Enhancing Access to Care
- Ensuring Sustainability

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