

Cultural Guideposts of Health Overview



The UCLA OASIS-TTA Program is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response SOR 3 Grant to the California Department of Health Care Services (DHCS). The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the California Department of Health Care Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the CA Government.

Cultural Guideposts of Health

Assessing Interventions for California Indian Country

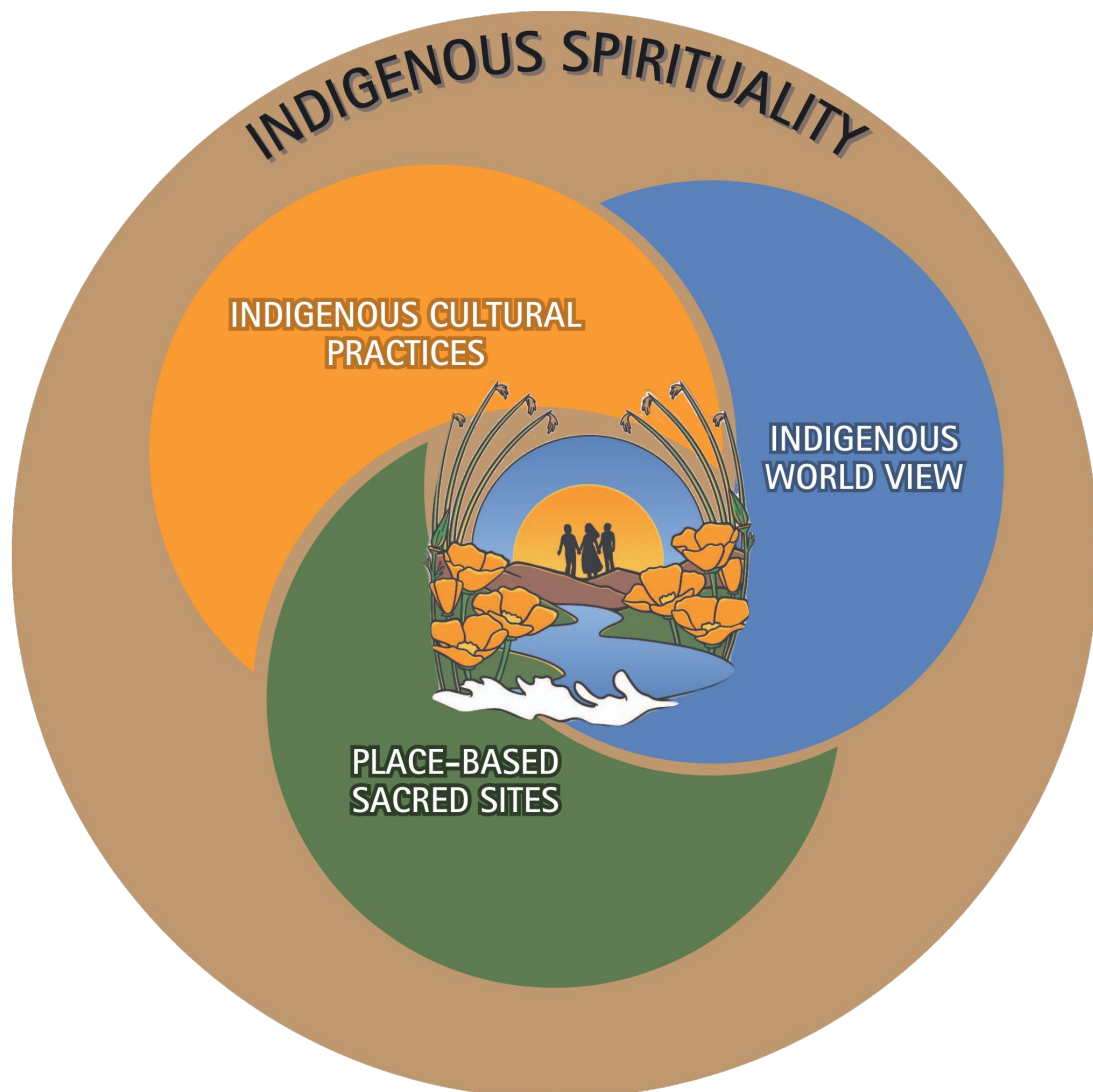
The Cultural Guideposts of Health Toolkit is meant for people familiar with cultural practices to determine how well an intervention addresses the most important aspects of a community's culture in crisis response and other interventions. Each colored crescent represents one of the culture as health domains and its corresponding Guideposts of Health. Ask the following questions for each Guidepost as you consider implementation in your community: "Does the intervention, approach, or program include these guideposts of health? What is present? What essential Guideposts are missing?"



The Cultural Guideposts of Health provides a framework for evaluating programs and interventions brought into indigenous communities. By reflecting on the Cultural Guideposts of health, community members can approach any program to make sure it aligns with their cultural values and supports health through culture.

The Guideposts are designed to be adaptable, encouraging communities and providers to apply the concepts in ways that resonate with their specific community and traditions. The model is flexible and should fit the people and places they are meant to serve. Whether in rural or urban settings, each community can take these guideposts and tailor them to reflect their own unique relationship with place-based sacred sites, cultural practices, and traditions.

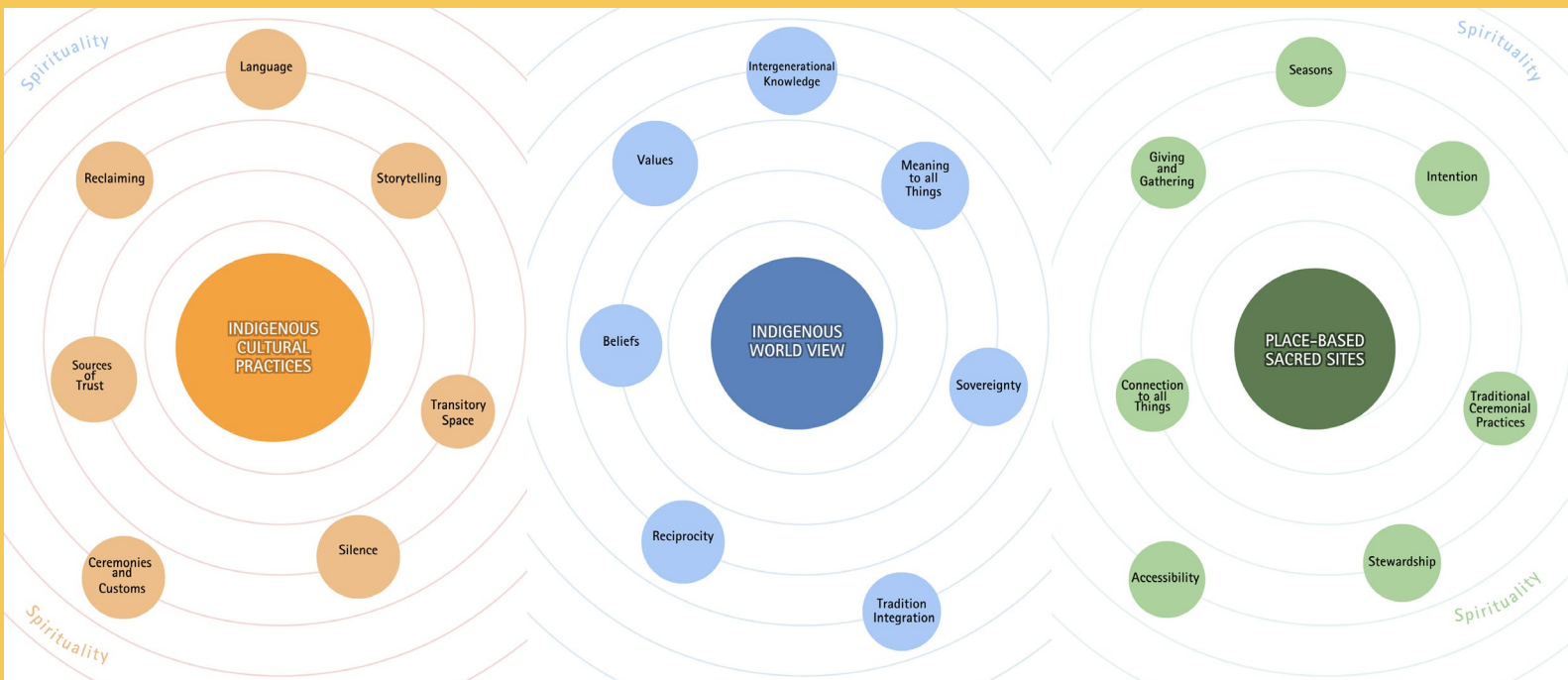
In this model, Guideposts of Health are sorted into categories: Indigenous Cultural Practices, Indigenous World View, and Place-Based Sacred Sites as the main components of Indigenous Spirituality. Guideposts of health may be included under more than one crescent and reflect the fluidity of these concepts. This model considers California's landscape and the differences between urban and rural experiences. Each tribe, rancheria, or individual can use the model to evaluate evidence-based practices for addressing crisis in their community, organization, or practice.



"Everything in traditional practice is intertwined. You can't look at where it is separated, you have to look at it as a whole"- Chris Stevenson, *Chumash*

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Guiding Coalition of Traditional Healers and Knowledge Keepers

The Guiding Coalition (GC) reviewed materials focused on Indigenous communities impacted by opioid and stimulant use and centered to crisis intervention and response. The GC has used Cherry Y.E.W. Yamane and Susana Helm's *Indigenous Culture-as-Health: A Systematized Literature Review* as a model for their work. In their writing, Yamane and Helm emphasize the importance of "Culture-as-Health." Culture as Health is defined as "an extension of culturally grounded approaches in which cultural assets remain intact as opposed to extracting cultural assets" (Yamane, Helm, 2022).

Culture-as-Health Model



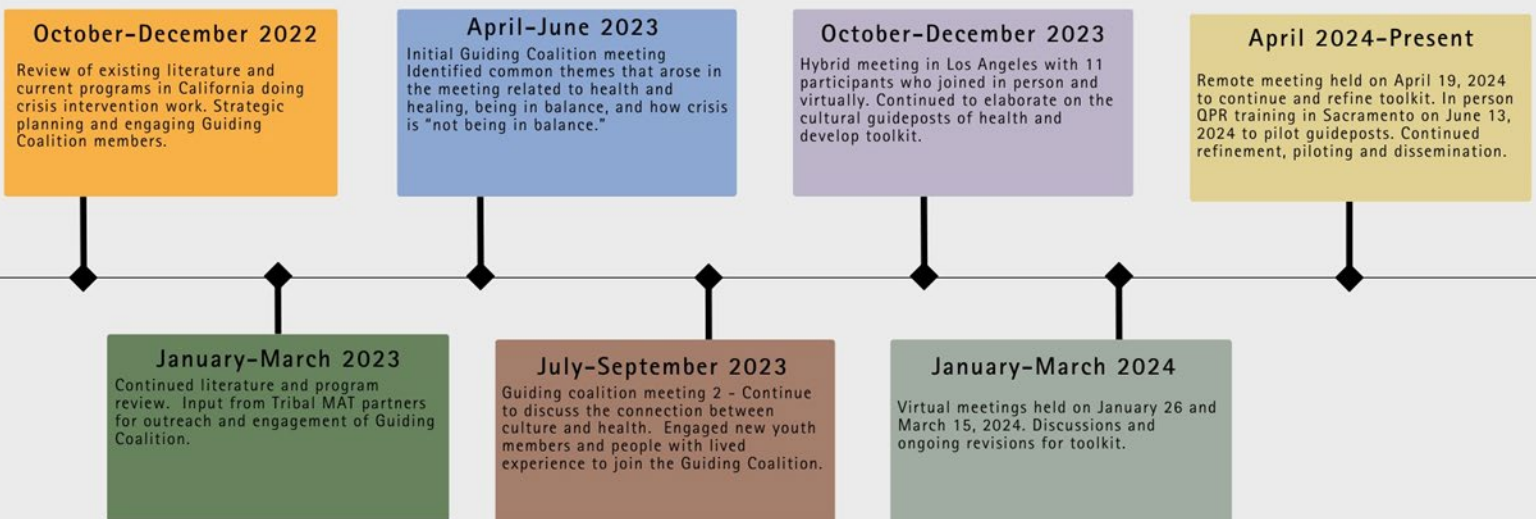
Guiding Coalition of Traditional Healers and Knowledge Keepers

With Yamane and Helm's text in mind, the GC engaged in discussions about questions like:

- What crisis response approaches are working in our communities?
- How can we best serve a person in crisis?
- How can we best serve crisis responders?
- How can we improve conventional approaches to crisis response to better serve Tribal or Urban Indian communities?

Based on these discussions, the literature reviewed by Yamane and Helm, and consultation from our Indigenous partners, the UCLA team collected the themes, ideas, and specifics to organize within the Culture as Health model as "Cultural Guideposts."

Timeline: Guiding Coalition and Guideposts of Health



Guiding Coalition of Traditional Healers & Knowledge Keepers

Albert Titman,
Nisenan/Miwok/
Maidu/ Pit River

Anjeliq Pinn, San
Fernando Tatviam

Arlene Brown,
Bishop Paiute

Carlos Rivera,
Sherwood Valley
Pomo

Carrie Johnson,
Wahpeton Dakota
Tribe

Chris Stevenson,
Santa Ynez Chumash
Band

Deborah Kawkeka,
Kickapoo Tribe of
Kansas

Kenneth Hanover,
Round Valley Tribes

Krista Armenta-
Belen, Santa Ynez
Chumash Band

Littledove Rey,
Nisenan/Miwok/
Maidu

Michael Duran,
Apache

Nathan Blacksmith,
Sisseton Wahpeton
Oyate

Priest Martinez,
Little River Band of
Pomo

Virginia Carmelo,
Toongvey/Kumeyaay



Pathways to Healing (PaTH)

UCLA Integrated Substance Use and Addiction Programs' Pathways to Healing logo was created by California Native artist, Jackie Fawn of FishBear Studios. Jackie Fawn's illustration brings to life the importance of community, nature and the pathways to healing. Silhouette images of community members who are overseeing their path, highlighting that one is never truly alone. The river flowing beside the mountains is the PaTH towards healing. Water elements of the river and the beach wave represent coastal and rural communities throughout California. Alongside the PaTH are California Poppies which are in various stages of bloom representative of the different stages of healing that our relatives, communities, and organizations are in.

Special recognition of the land that gives us experience and knowledge. Thankful for the dedication of the Elders both past and present, the original keepers of the land, as well as the original people of California.

NATIVE PEOPLE OF THIS PLACE



Timara Lotah Link, "Native Californian Tribes," *Santa Clara University Digital Exhibits*, accessed June 4, 2024, <https://dh.scu.edu/exhibits/items/show/3230>.

Contributors



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for Urban Indian Health**

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