



Elders' Wisdom and Knowledge

Tuesday, February 15th, 2022



Speaker: Albert G. Titman Sr. CADC-II

Nisenan, Miwok, Maidu, Pit River

Telewell Indian Health Mat project

Native Dads network Inc.

Tribal MAT ECHO™ Staff: Gloria Miele, PhD,
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Indigenous Land Acknowledgement

- We respectfully acknowledge that we live and work in territories where Indigenous nations and Tribal groups are traditional stewards of the land.
- Please join us in supporting efforts to affirm Tribal sovereignty across what is now known as California and in displaying respect, honor and gratitude for all Indigenous people.

Whose land are you on?

Text your ZIP code 1-855-917-5263 or enter your location at <https://native-land.ca>

Celebrating

BLACK HISTORY MONTH

Black Health and
Wellness

February 2022

HHS.gov





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

OUR ELDERS

- What is Your Community's Definition of an Elder?
- Age, Behavior or Relationship
- Wisdom Keepers, Knowledge Bearers
- Trauma Survivors: Historical, Generational, Resilience
- Medicine Women/Men, Healers, Ceremonial Leaders
- Walking the Red Road? Wellbriety

ELDER'S WISDOM AND KNOWLEDGE



“I see my aunt as strong but soft-hearted, direct but still kind. She is a leader who asks for guidance, a woman who is compassionate and still has boundaries, she is a listener who speaks and makes the final decision, but the decision is made collectively. She's an elder not just because of her age but because of her resilience and wisdom. Therefore, she is a mediator as well as a teacher. Her medicine is strong and unwavering because she believes in it.” – Theresa Ortega

ELDER'S WISDOM AND KNOWLEDGE



“60 and older technically. But we call some Elders Beloved Men or Beloved Women for their important contributions to our people. Like, War or educators, or artists. Their most important roles are to further Gadugi (word for Cherokee people working together) and teach our language” –
Emma Snuggs- Cherokee Nation

JOURNEY OF AGING

- Age Related Health Decline from Chronic Disease: DIABETES
- Sensory Losses, Impaired Vision, Judgement, Coordination or
- Reaction Time
- Decreased Independence and Functional Ability
- Mental Health Concerns: Depression, Anxiety, Isolation, Loss
- COVID Pandemic
- Family Stressors, Raising Grandchildren, Reduced Resources

ELDERS LIVING WITH AUD

- Alcohol is the Most Commonly Used Substance
- Binge Drinking vs Continuous
- The Physical Effects: Liver Disease, GI Bleeding, Accidents and
- Injury from Impaired Judgement and Slowed Reaction Time
- Treatment Options Include: MAT for Alcohol Use Disorder,
- Counselling, Inpatient Treatment, Cultural and Traditional Interventions

ELDERS WHO USE OPIOIDS

- Pain as the 5th Vital Sign- The Prescription Crisis
- From 1995-2010 Opioid Prescriptions to older adults increased by a
- factor of nine
- CDC changed Opioid prescription guidelines in 2016
- Pain Orphans
- Treatment Options Include: MAT for OUD, Counselling, Cultural and Traditional Interventions

ELDERS WHO USE STIMULANTS

- Increasing Incidence of Use
- Cardiovascular Impacts: HTN, Stroke
- Infections- Skin, Dental, Endocarditis
- Psychosis and Delusions
- Treatment Options Include Contingency Management, Psychiatric
- Evaluation and Treatment with Medications to Manage Symptoms,
- Medical Interventions to Manage Symptoms, Counselling, Cultural and
- Cultural, Traditional Interventions



Reclaiming Native Psychological Brilliance

Jeff King, PhD and Holly Echo-Hawk, MSc

February 25, 2022
10-12 or 1-3

Save the Date
March 31, 2022
9-12 OR 1-4

Fostering Community Connections:
A Statewide Convening