



PROVIDING CULTURALLY RELEVANT SUBSTANCE USE DISORDER TREATMENT TO AMERICAN INDIAN AND ALASKA NATIVE YOUTH



Tuesday, July 19th, 2022



The individual views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Indian Health Service, the Department of Health and Human Services, or the United States Government



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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?

Option 1: Text your zip code to 1-855-917-5263

Option 2: Enter your location at <https://native-land.ca>

Option 3: Access Native Land website via QR Code:





NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



<https://minorityhealth.hhs.gov/minority-mental-health/>

TOGETHER

for Mental Health

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

OBJECTIVES

Participants will be able to:

- Explain two resources that describe residential substance use disorder treatment facilities in California serving AI/AN youth
- Identify three culturally salient interventions that can be incorporated into substance use disorder treatment with AI/AN youth
- Distinguish four of the documents required for application to a California Indian Health Service Youth Regional Treatment Center

RESIDENTIAL TREATMENT OPTIONS FOR AI/AN YOUTH

13 IHS Funded Youth Regional Treatment Centers

- Desert Sage Youth Wellness Center (CA)
- Desert Visions Youth Wellness Center (AZ)
- Graf Rheeneerhaanjii (AK)
- Great Plains Area Youth Regional Treatment Center (SD)
- The Healing Lodge of 7 Nations (WA)
- Jack Brown Center (OK)
- Native American Rehabilitation Association of the Northwest (OR)
- Navajo Regional Behavioral Center (NM)
- Nevada Skies Youth Wellness Center (NV)
- New Sunrise Regional Treatment Center (NM)
- Sacred Oaks Healing Center (CA)
- Unity Healing Center (NC)
- Raven's Way (AK)

The screenshot shows the Indian Health Service website. At the top, there is a navigation bar with the IHS logo and the text 'Indian Health Service - The Federal Health Program for American Indians and Alaska Natives'. Below this is a search bar and links for 'A to Z Index', 'Employee Resources', and 'Feedback'. A red banner below the navigation bar states: 'The Indian Health Service continues to work closely with our tribal partners to coordinate a comprehensive public health response to COVID-19. [Read the latest info.](#)'

The main content area has a navigation menu with items: 'About IHS', 'Locations', 'for Patients', 'for Providers', 'Community Health', 'Careers@IHS', and 'Newsroom'. Below the menu, there is a breadcrumb trail: 'for Patients > Youth Regional Treatment Centers (YRTC)'. The main heading is 'Youth Regional Treatment Centers (YRTC)'. To the left of the main content is a sidebar with links: 'About YRTCs', 'Treatment Centers', 'Frequently Asked Questions (FAQS)', and 'Contact Us'. The main content area features three images: a group of hands, a woman in traditional dress, and a woman with a child. Below the images is a text block: 'The IHS provides recurring funding to 12 Youth Regional Treatment Centers (YRTCs) to address the ongoing issues of substance abuse and co-occurring disorders among American Indian and Alaska Native youth. Through education and culture-based prevention initiatives, evidence-based and practice-based models of treatment, family strengthening, and recreational activities, youth can overcome their challenges and recover their lives to become healthy, strong, and resilient leaders in their communities.' To the right of this text is a 'STAY CONNECTED' box with an envelope icon and the text: 'Join our [Behavioral Health LISTSERV](#) to stay connected.'

At the bottom of the page, there is a footer with the text: 'IHS Headquarters, Indian Health Service, 5600 Fishers Lane, Rockville, MD 20857 - [Find a Mail Stop](#)'.

CALIFORNIA IHS YOUTH REGIONAL TREATMENT CENTERS

- Desert Sage Youth Wellness Center - Hemet, CA
- Sacred Oaks Healing Center – Davis, CA
- Each 32 bed Facility serves 12-17 y.o. AI/AN youth and includes:
 - **Recreational Activities**
 - **Cultural Activities**
 - Native Challenge
 - Thunder Cloud Clan
 - **Education Services**
 - Sherman Indian High School
 - **Graduation Celebration**
 - Blanket Ceremony
 - Special Meals

CALIFORNIA IHS YOUTH REGIONAL TREATMENT CENTERS

- **Levels System**
- **Individual Treatment**
- **Group Treatment**
 - White Bison (Mending Broken Hearts, Medicine Wheel & 12 Steps)
 - CBT/DBT
 - Relapse Prevention
 - Life Skills
 - Reflective Parenting Group

APPLICATION PROCESS

Key Documents for Admission

- Complete application will include:
 - Documentation to support eligibility for care through IHS
 - Recent Physical (within 30 days)
 - Substance Use Assessment
 - Immunization Records
 - Education Records
 - Pertinent Court Documents

May request additional documents as needed

AFTERCARE SERVICES

- Individualized Aftercare Plan
- Weekly Individual Sessions
- Weekly Transition Skills Group
- Scheduled Interval Calls following discharge

CULTURAL CONSIDERATIONS

- **Assessment**
 - Level of connection with Native culture
 - Participation in Tribal activities
 - Religious/Spiritual practices
 - Look for ways to incorporate practices

HISTORICAL TRAUMA

- **Historical trauma**-Cumulative emotional and psychological wounding from massive group trauma across generations, including lifespan
- **Historical trauma response**(HTR) is a constellation of features in reaction to massive group trauma, includes **historical unresolved grief** (similar to Child of Survivors Complex re: Jewish Holocaust survivors and descendants, Japanese American internment camp survivors and descendants)

(Brave Heart, 1998, 1999, 2000)

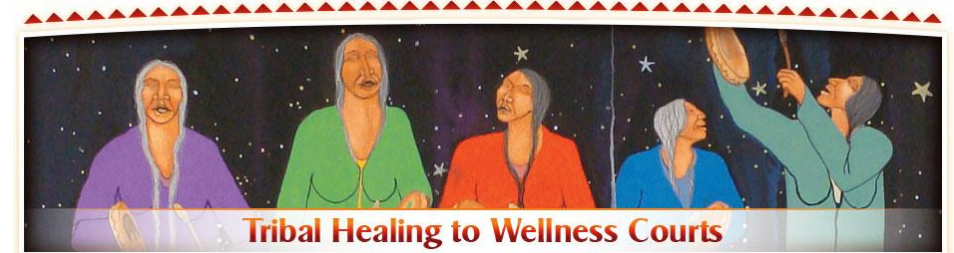
PRACTICE BASED EVIDENCE

- **White Bison**
 - Wellbriety Movement
 - Medicine Wheel and 12 Steps
 - Mending Broken Hearts
 - Daughters/Sons of Tradition
 - Fatherhood/Motherhood is Sacred



PRACTICE BASED EVIDENCE

- **Tribal Healing to Wellness Courts**
 - Pueblo Laguna
 - Offenders with diagnosed substance use disorders
 - Drug testing
 - NA/AA
 - Weekly judicial accountability
 - 100% completion rate



<http://www.wellnesscourts.org/files/Pueblo%20of%20Laguna%20Wellness%20Court%20nadcp%202014.pdf>

<http://www.wellnesscourts.org/>

CULTURALLY RELEVANT ADJUNCTIVE INTERVENTIONS

- **Purification Ceremony**
 - Inipi/Lodge (AKA Sweat Lodge)
 - Spiritual connectedness
 - Mindfulness
 - Distress tolerance



CULTURALLY RELEVANT ADJUNCTIVE INTERVENTIONS

- **Native Medicine**
 - Local elder functions as Medicine person
 - Spiritual leader in community
 - Knowledge of different medicines for healing
 - Herbs
 - Plants
 - Roots
 - Animal

CULTURALLY RELEVANT ADJUNCTIVE INTERVENTIONS

■ Drum Circles

- Fosters:
 - Community
 - Spiritual Connection
 - Sense of relaxation/calm

[The Native American Drum: Into the Circle - YouTube](#)



CULTURALLY RELEVANT ADJUNCTIVE INTERVENTIONS

- **Talking Circles**
 - Judgement free space
 - Everyone encouraged to share
 - Talking Stick

CULTURALLY RELEVANT ADJUNCTIVE INTERVENTIONS

- **Cleansing with Smoke** (also known as “smudging”)
 - Often sage, tobacco, or sweet grass
- **Cleansing with Feather**
 - Preferred species will vary by tribe



WE ARE ON SOCIAL MEDIA



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entcenter](#)

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REFERENCES

- NAMI American Indian and Alaska Native Resource Manual
<http://www.nrc4tribes.org/files/Cultural%20Diversity%20Resource%20Manual.pdf>
- Pueblo Of Laguna Wellness Court: Implementing Wellness Court with Existing Resources
<http://www.wellnesscourts.org/files/Pueblo%20of%20Laguna%20Wellness%20Court%20nadcp%202014.pdf>
- Smithsonian: National Museum of the American Indian
<https://americanindian.si.edu/nk360/about/understandings.cshtml>
- SAHMSA 2019 National Survey on Drug Use and Health: American Indians and Alaska Natives
<https://www.samhsa.gov/data/report/2019-nsduh-american-indians-and-alaska-natives>
- SAHMSA Culture Card; A guide to Build Cultural Awareness: American Indian and Alaska Native
<https://store.samhsa.gov/sites/default/files/d7/priv/sma08-4354.pdf>
- Trauma Informed Care Project <http://www.traumainformedcareproject.org/>
- Tribal Healing to Wellness Courts <http://www.wellnesscourts.org/>

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- Brave Heart, M.Y.H. (2001) Clinical assessment with American Indians. In R.Fong & S. Furuto (Eds), *Cultural competent social work practice: Practice skills, interventions, and evaluation* (pp. 163-177). Reading, MA: Longman Publishers.
- Brave Heart, M.Y.H. (2003). The historical trauma response among Natives and its relationship with substance abuse: A Lakota illustration. *Journal of Psychoactive Drugs*, 35(1), 7-13.
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- Brave Heart, M.Y.H. & Deschenie, T. (2006). Resource guide: Historical trauma and post-colonial stress in American Indian populations. *Tribal College Journal of American Indian Higher Education*, 17(3), 24-27.
- Bureau of Indian Affairs <https://www.bia.gov/>
- Indian Health Service Culturally Relevant Best Practices <https://www.ihs.gov/mspi/bppinuse/cultural/>



Addressing Cultural Identity in Substance Use Treatment among American Indians / Alaska Natives

Sponsored and Hosted By:

California Department of Health Care Services (CA DHCS), Opioid and Stimulant Implementation Support-Training and Technical Assistance (OASIS-TTS)-MAT Expansion Project, UCLA Integrated Substance Abuse Programs (UCLA-ISAP), Kaufman & Associates, LLC, and Pacific Southwest Addiction Technology Transfer Center (PSATTC), HHS Region 9

Trainers:



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Inupiaq



George Funmaker, CATC
Native American Spiritual Leader, CDCR
Dakota/Ho-Chunk

Northern California	Sacramento Capital	Bay Area/Mid State	Southern California
Monday, August 1, 2022 12:00pm – 2:00pm PDT	Tuesday, August 2, 2022 9:00am – 11:00am PDT	Tuesday, August 2, 2022 2:00pm – 4:00pm PDT	Thursday, August 4, 2022 11:00am – 1:00pm PDT
Register Here	Register Here	Register Here	Register Here



SAVE THE DATE: September 7, 1-5pm

CommUnity Connections

Bridging Best Practice and Cross-Cultural Care



A statewide convening (attend in person in Sacramento or online) to bring together Tribal/Urban Indian and other substance use treatment providers to improve cross-cultural care for Native people in California.