

# Traditional Practices & Native Substance Use Healing

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PhD, and Beth Rutkowski, MPH

# 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:





What we say and how we say it inspires the hope and belief that recovery is possible for everyone.

Affirming, respectful, and culturally-informed language promotes evidence-based care.

# PEOPLE FIRST

## Language Matters

*in treatment, in conversation, in connection.*

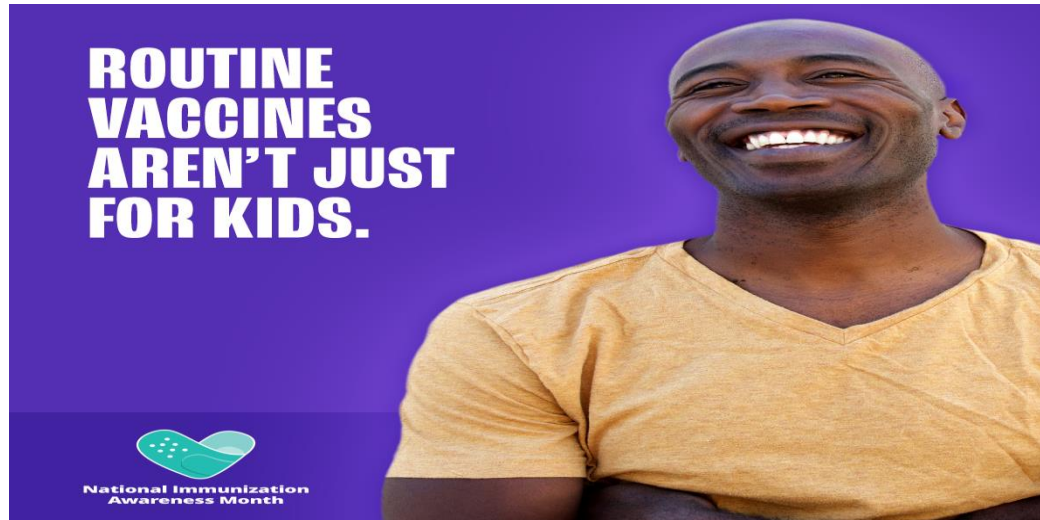


## Disclosures

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



# August is National Immunization Awareness Month



## Other Notable August Recognitions

8/9 - International Day of the World's Indigenous People

8/21 - Fentanyl Awareness Day

8/26 - Women's Equality Day

8/31 International Overdose Awareness Day

# Knowledge Sharing for Today

1. Understand the benefits of linking Native traditional practices and substance use treatment and recovery
2. Learn about the Tribal and Urban Indian Community Defined Best Practice Program
3. Expand awareness of how urban Indian and tribal communities have integrated traditional practice into conventional SUD services



*Holly's grandfather, son of Sun Chief*



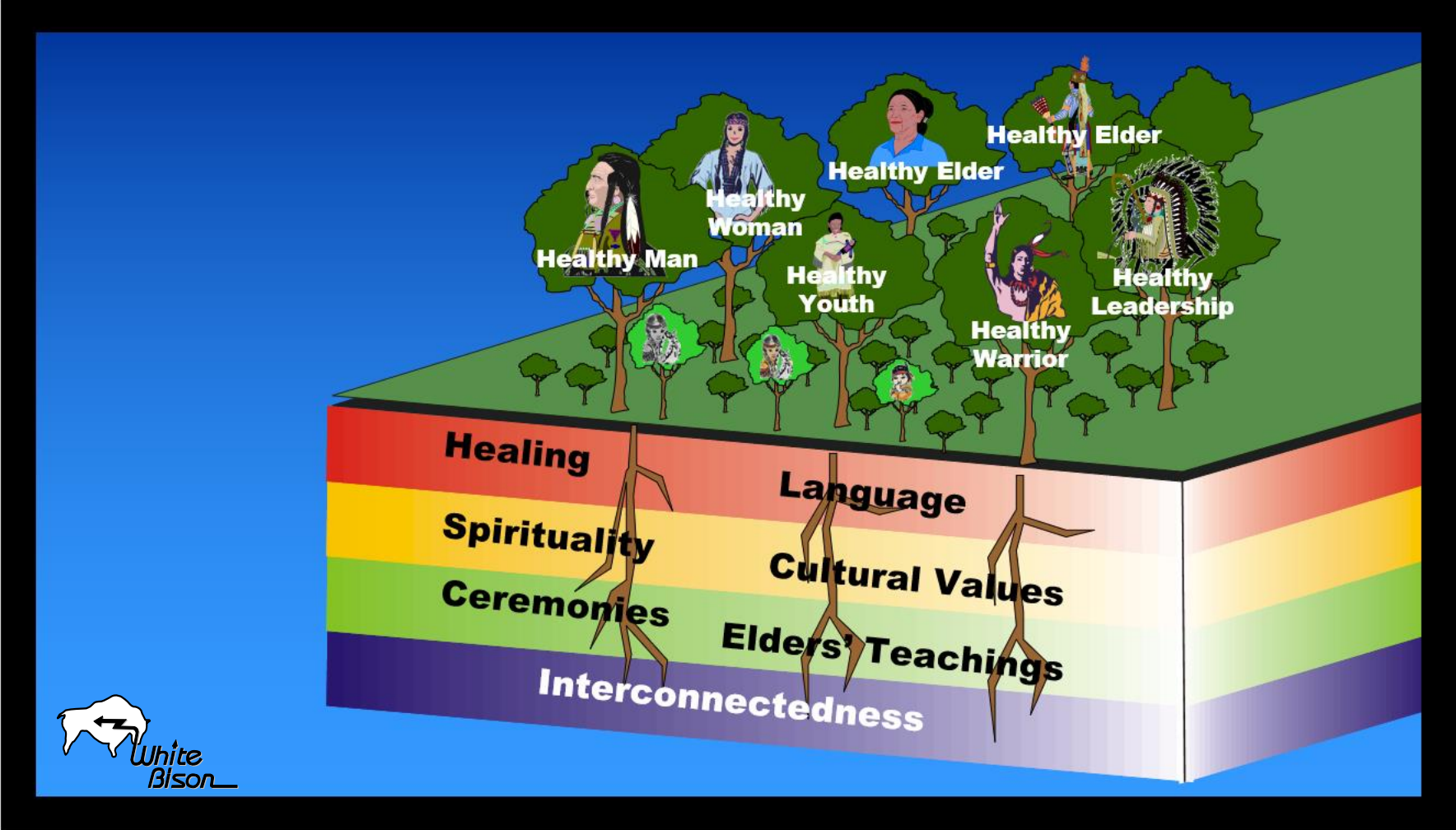
### ***From where I come***

- Pawnee Nation of Oklahoma
- Born and raised in Pawnee
- Pawnee cultural traditions
- Chilocco Indian Boarding School
- Native American Church
- Belief in the healing power of culture



Benefits of  
linking  
Traditional  
Practices  
with SUD  
Treatment &  
Recovery





to add notes



# Cultural Connectedness

- Treatment needs to reflect cultural and tribal community context
- Treatment needs to assume Native intellect
- Treatment must be locally and personally meaningful; it must make cultural sense
- Conventional, non-Native treatment may provide temporary relief - - but if Native cultural identity and community context not understood, it likely may not lead to lasting, positive life change
- Conventional, non-Native providers may not be the appropriate person to explore the complexities of Native cultural-identity and cultural-connectedness - - but Native partnerships serve this role

Integrating  
Traditional  
Practices  
Into SUD Services

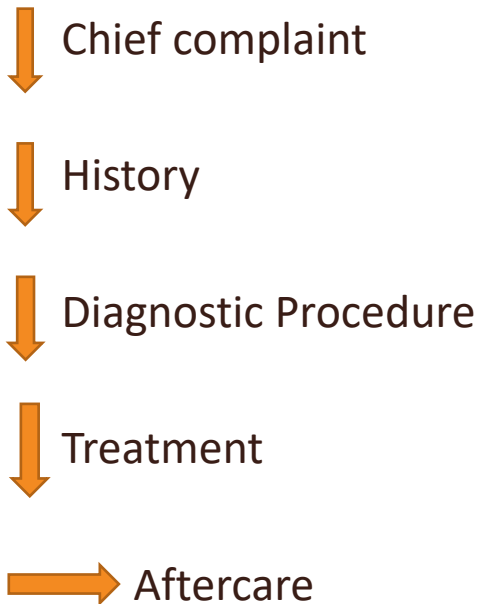




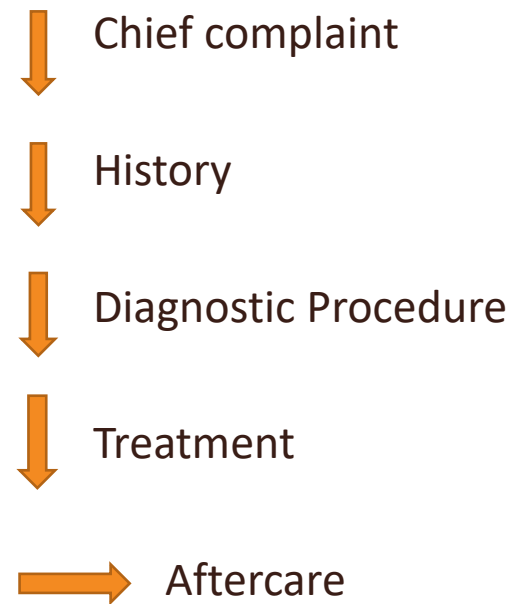
Integrating Native traditional practices into SUD care has not always been automatic, and it has not always been easy.

# Leveling the Playing Field: Who is the “Expert”?

## Western Medical Model

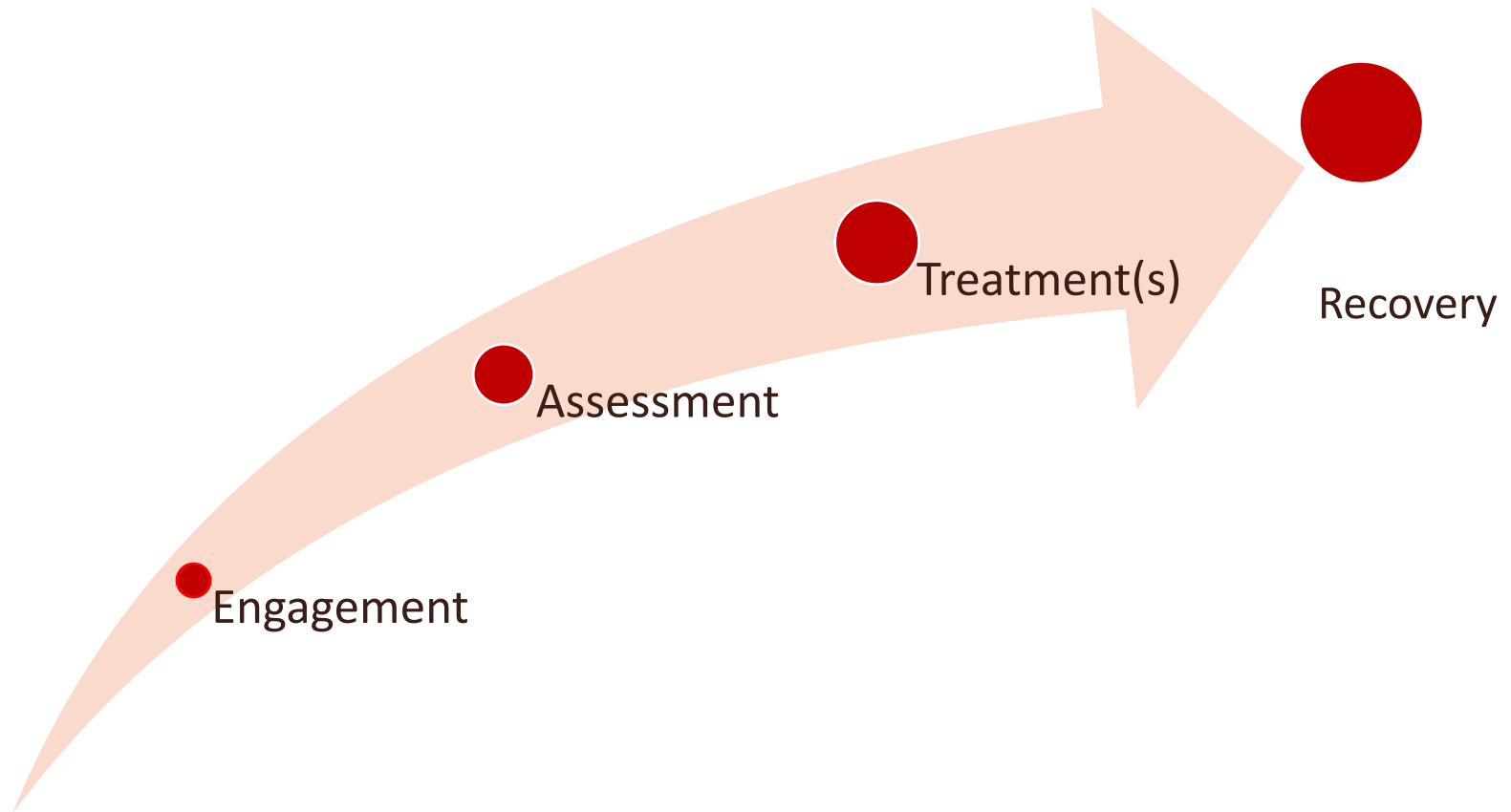


## Traditional Indian Medicine



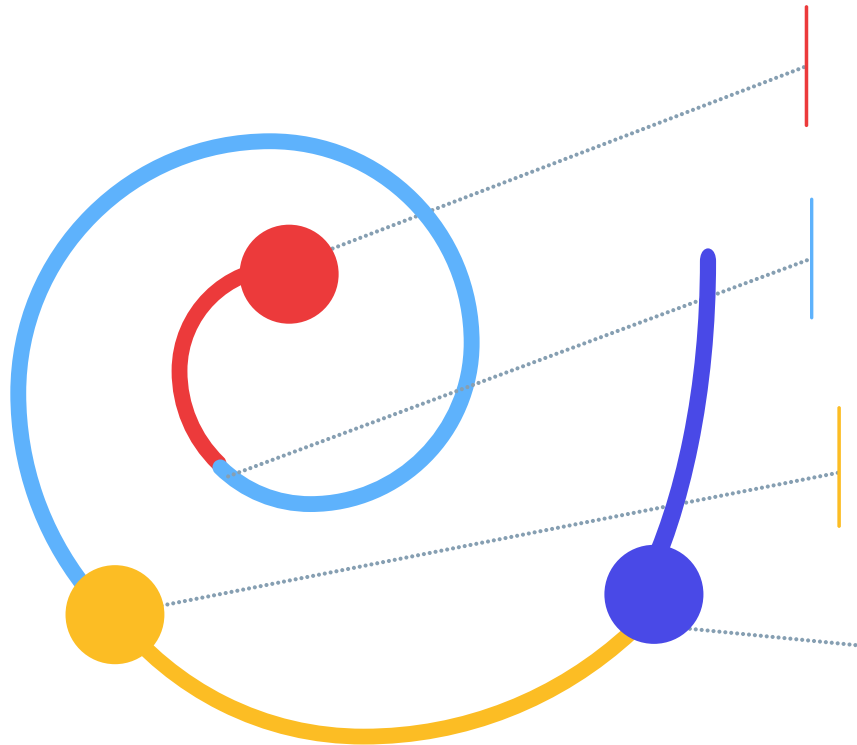
Source: Taylor McKenzie, MD (Navajo)

# Spectrum of Substance Use Treatment & Recovery



# Integrating Cultural Supports into SUD Treatment and Recovery

Wellness expands worldview to broader supports & balance



## Crisis/Extreme distress

- Hospital Emergency
- Family/person seeking help

## Assessment

- Evaluation of withdrawal status
- Medical clearance

## Treatment

- Short & long term plan for health and re-balance

## Recovery

- Short & long term recovery

## Traditional Practice Integration examples

- Native Peace Advocate
- Smudging

### Native Assessment

- Cultural Strengths
- Family Strengths

- Sweat lodge
- Ancestor stories

- Wellbriety
- Red Road



# Tribal and Urban Indian Community Defined Best Practice Program



# TUICDBP Program Goal

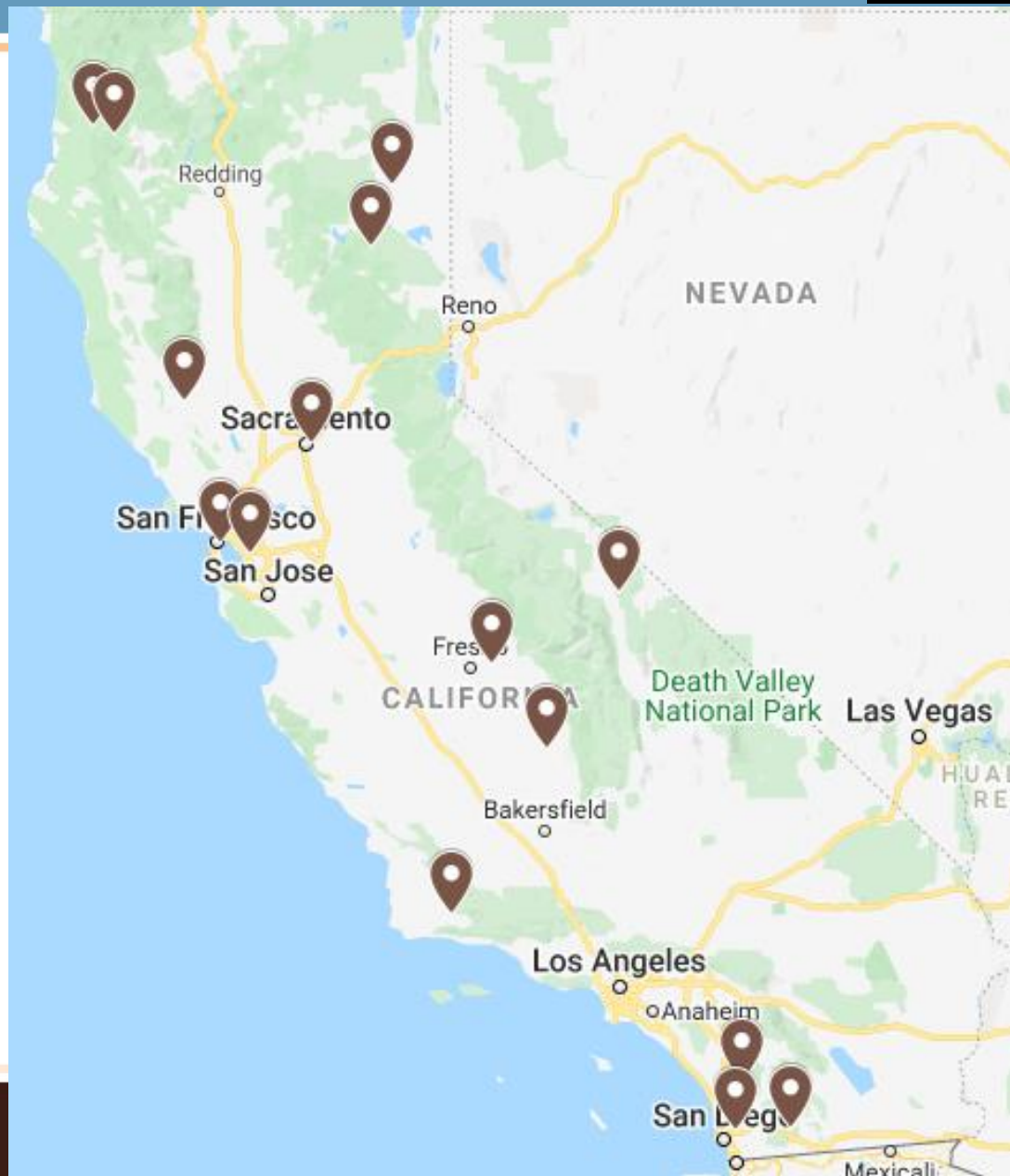
Goal of the TUICDBP program is to:

- Identify, implement, and integrate culturally validated and traditional healing and recovery practices for SUD into clinical services serving Tribes and Urban Indian populations to improve wellness and recovery outcomes

# TUICDBP Collaborative Partnerships

- Kauffman & Associates, Inc. (KAI) – technical assistance
- California Consortium of Urban Indian Health (CCUIH) – technical assistance
- University of South Florida (USC) – evaluation
- Sierra Health Foundation: The Center
- Increasing collaboration with California Rural Indian Health Board and Tribal Local Opioid Coalitions

# 15 TUICDBP Grantees







## Planning Track Grantees

- Big Valley Band of Pomo Indians
- Fresno American Indian Health Project
- Friendship House Association of American Indians
- Indigenous Regeneration
- Native American Health Center Inc.
- Native Dad's Network
- Santa Ynez Tribal Health Center
- Southern Indian Health Council
- Susanville Indian Rancheria
- Toiyabe Indian Health Project
- Tule River Indian Health Center, Inc.
- Viejas Band of Kumeyaay Indians

## Implementation Track Grantees

- Greenville Rancheria Tribal Health
- K'ima:w Medical Center
- Native Health in Native Hands (INK People)

## TUICDBP Grantee Support by TA Staff

- **Listening Sessions** – clarification of local plans and ways to support
- **Conversation Guides** – discussion prompts to stimulate thinking about what needs to be done
- **Grantee Stories** – intended changes, resources, SUD integration points, needed staff training, overall accomplishments, hurdles, and solutions
- **Strategic Pathways** – pathway to operationalize the integration of traditional practices in SUD treatment and recovery; outline of *stepping stones* of progress, helpful for local health boards, community members, future grant proposals, and overall Tribal planning

# Traditional Practice Integration Examples





# Traditional Best Practice Integration: Two Primary Approaches

Two approaches:

- a) Full organizational integration:
  - Examples: traditional practitioners on board as staff and part of treatment team; traditional practitioner “office hours”; Elder-in-Residence concept
  
- b) Intercultural integration (increased coordination between Western and Traditional Medicine and use strengths of each)
  - Traditional practices not in health clinic but coordination and referral strengthened
  - Examples: Native advisors recommend ways to transform clinic operations to be more Native-centric; traditional practitioners valued for healing expertise and communication/coordination greatly increased

# Many Examples of Both Approaches in California Native Health Care

- Sacramento Native American Health Center
  - Leader in integrating Traditional Medicine program with Certified Medical Herbalist
  - 2022 Instituted: Chief Traditional Health Officer, part of executive leadership team
    - leads integration of Traditional Medicine into all SNAHC programs and services
- TUICDBP Grantees examples of traditional practices in treatment
  - Plant medicine
  - Tribal songs as healing
  - Ceremony, prayer
  - Native language
  - Tribal lifeways
  - Cultural teachings

## For More Information

- Erin Irvine, TUICDBP Program Manager  
[erin.irvine@kauffmaninc.com](mailto:erin.irvine@kauffmaninc.com)
- Holly Echo-Hawk, Senior Behavioral Health Advisor  
[holly.echo-hawk@kauffmaninc.com](mailto:holly.echo-hawk@kauffmaninc.com)

## September 7, 1pm-5pm PDT 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 culturally-informed care for Native people in California.

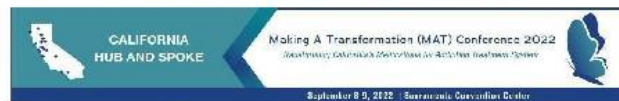
[Register Here](#)



**Keynote Speaker: Anitra Warrior, PhD, Psychologist**  
Morningstar Counseling, Ponca Tribe of Oklahoma

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), Kauffman & Associates, Inc, and Pacific Southwest Addiction Technology Transfer Center (PSATTC), HHS Region 9



This half-day meeting is part of the California Hub and Spoke Making a Transformation Conference taking place September 8-9, 2022. Attendees are welcome to attend both events. Registration information coming soon. For questions contact: [eblount@mednet.ucla.edu](mailto:eblount@mednet.ucla.edu)