

Recovery Housing in Indigenous Communities

Tuesday, March 21st, 2023

Tribal
MAT

A unified response to
the opioid crisis in
California Indian Country



University of California Los Angeles
Integrated Substance Abuse Programs

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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:





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.



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

2023 Women's History Month



Embracing equity in health care, research, and innovation.





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Project
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Learning Objectives

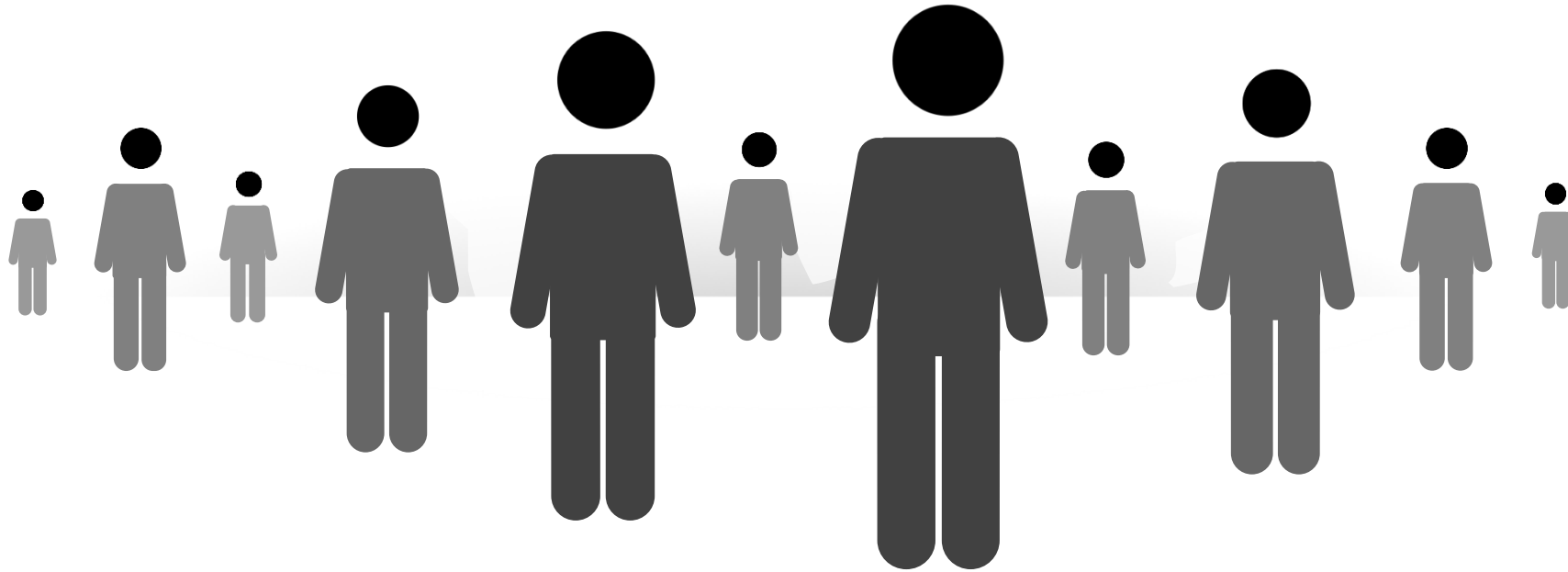
- Recall at least two (2) elements of social network theory.
- Identify three (3) areas assessed by a social network instrument.
- Propose at least two (2) ways cultural integration supports engagement in recovery housing for Indigenous communities.

Substance Use Disorders

- 22.5 million (9.4%) Americans struggle with problem substance use
- Indigenous Communities have a greater prevalence of alcohol and illicit drug use than other ethnic groups

Community Psychology

NETWORK RESEARCH



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Social Network Theory

- Posits that the beliefs and behaviors of an individual or organization are determined, in part, by the nature and structure of their social relationships
- **Community Psychologists** strive to take ecological approaches to change, wellness, and empowerment
- **Thus, social network theory and methodology enables us to go beyond traditional linear approaches to these concepts**

Social Network Instrument

- Types of relationships (friend to adversary)
- Mentoring (going to the person for advice on recovery and other important life issues)
- Trust (how much money you would lend)

Ratings

- Each is rated on a 5-point (0-4) scale appropriate to the relationship type
 - friendship goes from “close friend” to “adversary”

Indigenous Communities Sample

- The Suquamish Tribe (meaning **place of the clear salt water**)
 - located near the city of Seattle WA
- Resides on a 7,486-acre reservation
 - though with only 3,000 acres remaining in trust or under Indian ownership at the Suquamish Tribe at Port Madison.

Male and Female OH

- Overall, positive reactions were obtained from both the men and women residents
- Regarding whether house members respected their cultural values and traditions
 - everyone except one male indicated strongly agree (and that male indicated agree)

Additional Findings

- Regarding whether the residents had learned about new cultures and traditions while living in this Oxford House
 - everyone indicated strongly agree
- When comparing the current OH to other recovery homes or treatment settings
 - everyone indicated much better

Other Findings

- As to whether residents would recommend this OH to a friend who is having substance use problems
 - everyone indicated very strongly
- Finally, when asked how confident they were about living in an OH can help them achieve a successful recovery
 - everyone said very confident

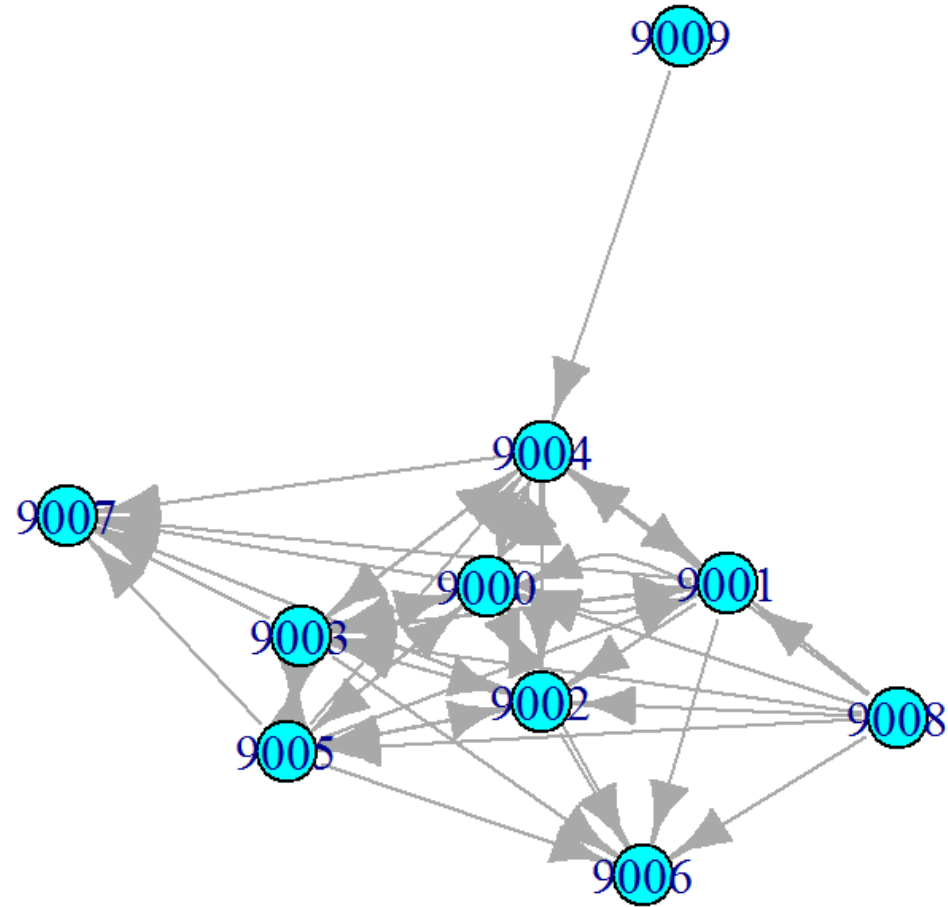
Social Network Findings from the Men's House

- We assessed their network's
 - diameter
 - reciprocity
 - the average path length
 - cohesion
 - density
 - transitivity
 - centrality

Types of Relationships: Non-judgmental social support

- How friendly are you with this person?
 - Close Friend
 - Friend
 - Acquaintance
 - Stranger
 - Adversary

- We scored a person a “friend” if the resident said the person was
 - a “close friend” or
 - a “friend”



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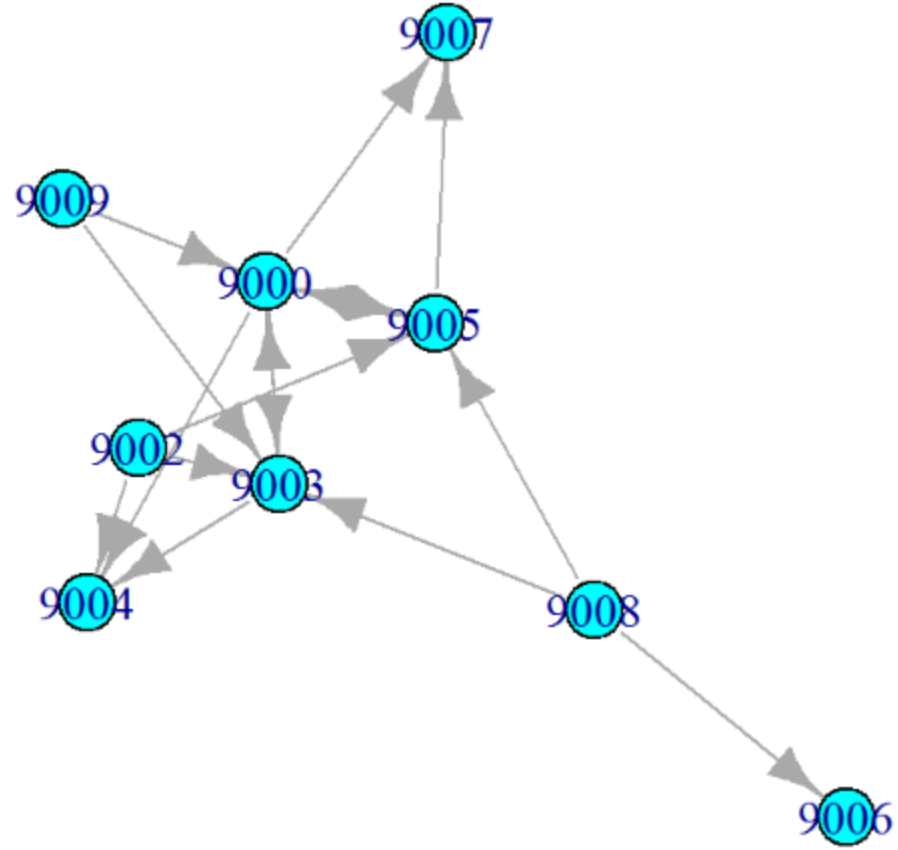


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Mentoring: Being a confidant

- How often do you go to this person for advice on your recovery and other important life issues?
 - Very Often
 - Quite Often
 - Regularly
 - Rarely
 - Never

- “Mentorship” was all those who said
 - “very often”
 - or “quite often”



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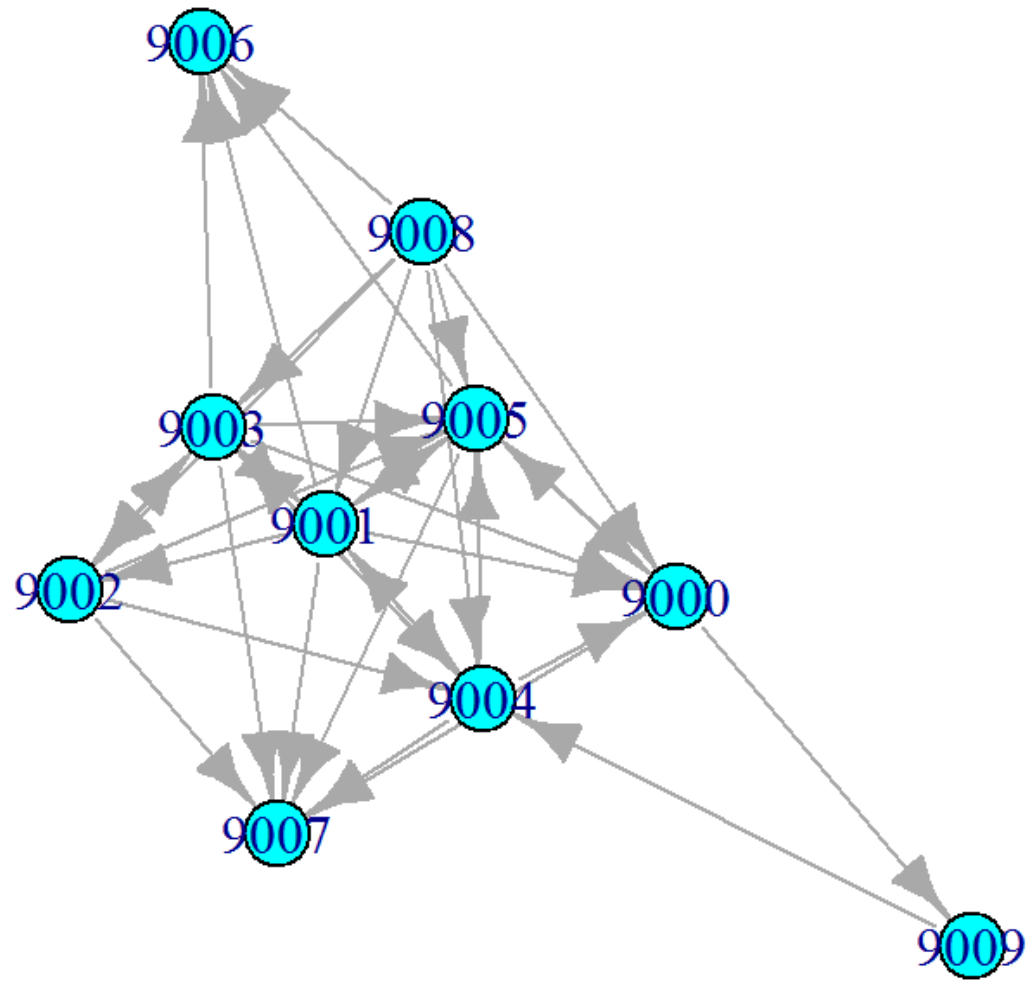
Trust:

Providing Tangible Resources

- If this person asked to borrow money from you, how much would you be willing to lend them?
 - \$0
 - \$10
 - \$50
 - **\$100**
 - **\$500**

Lending of money was considered a proxy for trust

- Resident was thought to be trusted if the person was willing to lend you
 - “\$100” or
 - “\$500”



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Conclusion

- Our study found a well-integrated social network of OH residents by examining its diameter, reciprocity, the average path length, cohesion, density, transitivity, and centrality
- This recovery home located on a Suquamish Tribe provided its residents with multiple sources of friendship, trust (e.g., access to money) and confidants

This is of Importance

- If recovery from substance use disorder is hindered by social isolation but facilitated when provided stable and well-functioning networks that provide social support, access to resources, and mentorship
- Network data and suggests that this OH substance use interventions was providing an important source of support for the residents of this house

In addition

- Community-based, culturally supportive recovery settings may play an important role on tribal communities in addressing substance use disorders
- Given the promise of these first OHs on tribal grounds, our findings could have important, real world, policy implications for housing those vulnerable to substance use disorders on tribal lands.

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