

# The Native Harm Reduction Toolkit

Tuesday, May 16<sup>th</sup>, 2023

Tribal  
MAT

A unified response to  
the opioid crisis in  
California Indian Country



University of California Los Angeles  
Integrated Substance Abuse Programs

**Speaker:** Arlene Brown  
Chief Executive Officer (CEO)  
Crossroads Recovery Center

**Tribal MAT ECHO™ Staff:** Gloria Miele, PhD, Daniel Dickerson, DO, MPH, Katie Bell, MSN, Andrew Kurtz, LMFT, Thomas E. Freese, PhD, and Beth Rutkowski, MPH

Tribal  
MAT

A unified response to  
the opioid crisis in  
California Indian Country



University of California Los Angeles  
Integrated Substance Abuse Programs

# 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



May is...

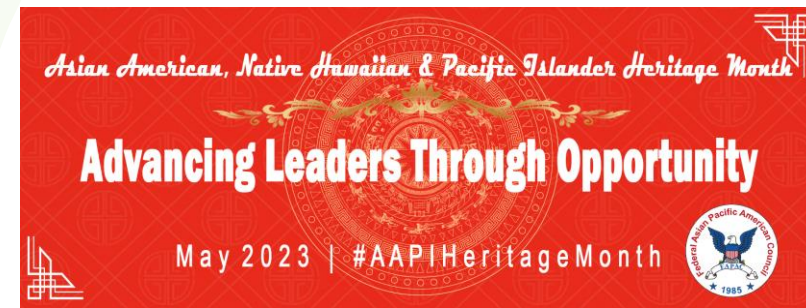
# Asian American, Native Hawaiian, and Pacific Islander Heritage Month

## Mental Health Awareness Month

## Hepatitis Awareness Month

Learn more at:

- <https://fapac.org/AAPI-Resources>
- <https://www.samhsa.gov/programs/mental-health-awareness-month>
- <https://www.cdc.gov/hepatitis/awareness/HepatitisAwarenessMonth.htm>





# HARM REDUCTION THROUGH TRADITIONAL PRACTICES

Arlene Brown, CEO

# Disclosures

None of the presenters, planners, or others in control of content for this educational activity have relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Tribal  
MAT

A unified response to  
the opioid crisis in  
California Indian Country



University of California Los Angeles  
Integrated Substance Abuse Programs



## WHO WE ARE

We are a nonprofit 501c3 that is focused on transforming communities and the lives of individuals who struggle with substance misuse, incarceration and who've been stigmatized and discriminated against. We believe in creating the community we crave and that everyone has a responsibility to make our valley the best it can be. We work towards health equity and to interrupt the cycle of incarceration, while creating real pathways to sustain recovery and healthier outcomes.





# CROSSROADS RECOVERY CENTER BOARD OF DIRECTORS



Dr. Anne Goshgarian, MD,  
Addiction Medicine and  
Emergency Medicine –  
Chairwoman



Salvador Jesse Montanez  
CADC, CAS, Person in  
Recovery—Vice chairman



Caitie Grisham, Inyo County  
Behavioral Health  
Supervisor—Secretary  
Treasurer



Josh Hillemeier, Attorney at  
Law Mono County Public  
Defender/ Former Inyo  
County Public Defender—  
Member



Eric Sanders, Executive  
Director, Bakersfield  
Recovery Services, Inc.—  
Member



Steven Dondero, Co-founder,  
Chief Case Manager, Person  
in Recovery



Arlene Brown, Founder, Chief  
Executive Officer, Person in  
Recovery

Unified response to  
the opioid crisis in  
California Indian Country

# OUR SERVICE MODEL

First and foremost, keep people safe and alive.

Deeply rooted in the core values of the “Indigenous” harm reduction principles.

Dismantle systemic barriers to care and services.

Improve quality of life for individuals, families and the greater community.

Decolonize EVERYTHING!

Destigmatize EVERYTHING!

Integrate cultural practices and language





# THIS IS OUR COMMUNITY

Tribal  
MAT

A unified response to  
the opioid crisis in  
California Indian Country



# COLLATERAL DAMAGE

Highest fatal overdose rates

Burying our relatives

High incarceration rates related to substance misuse

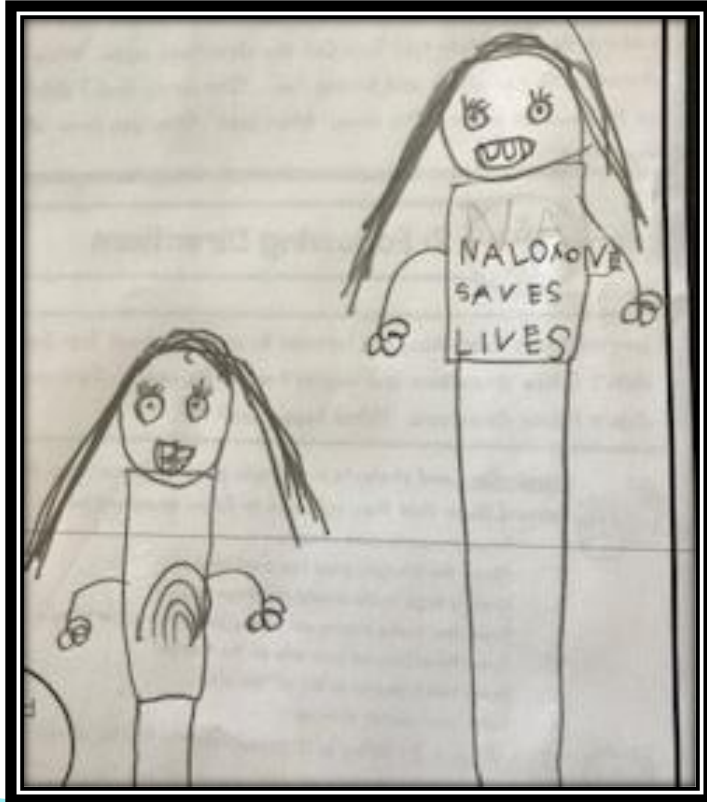
Unmeasurable loss





# DESTIGMATIZE TO SAVE LIVES

# FATAL OPIOID OVERDOSE IS PREVENTABLE



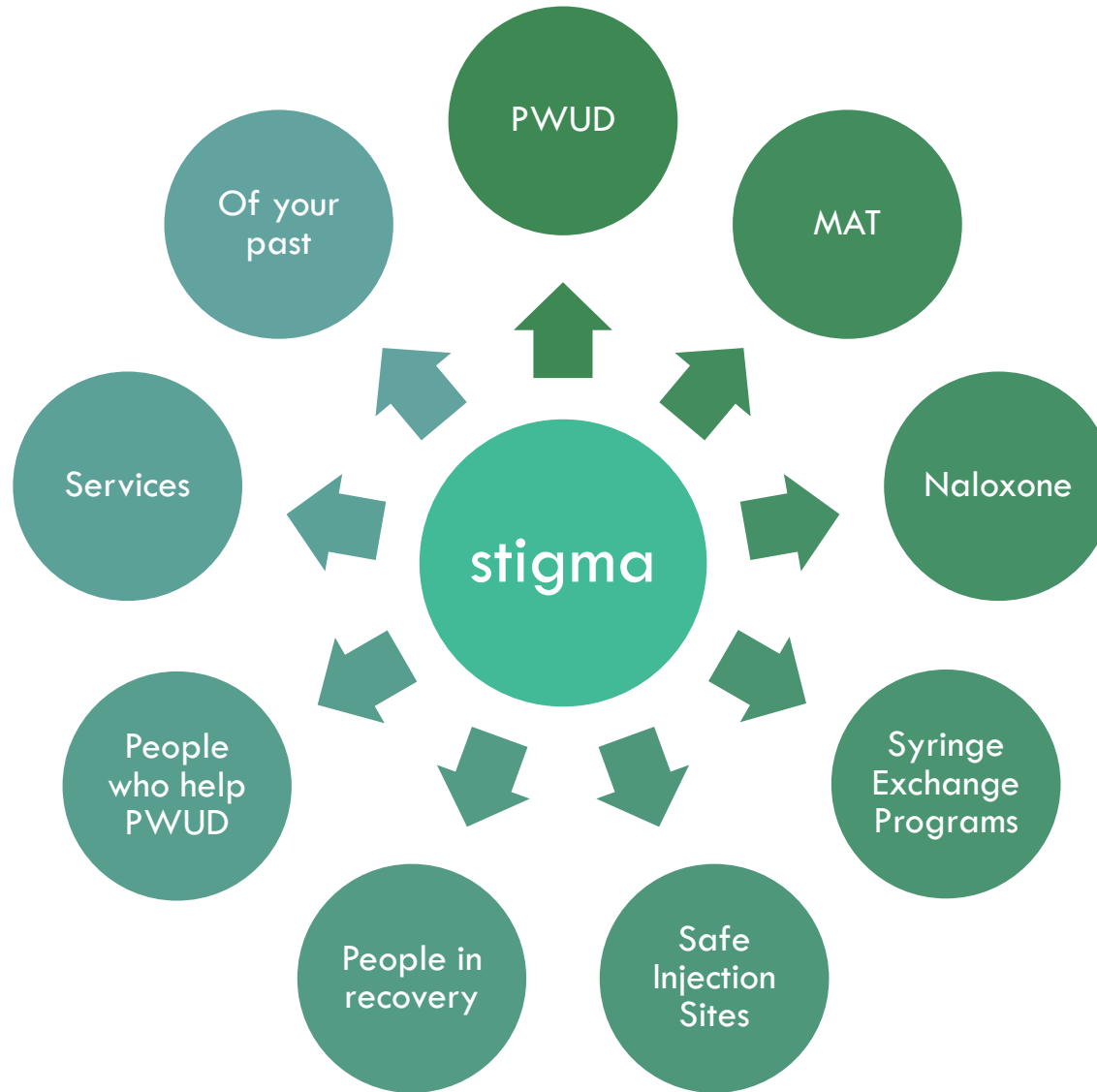
## Access & Education

Low to no barrier access to Naloxone.

Evaluate current Naloxone supply and distribution.

What's our message about Naloxone?

Outreach events.



# ADDICTION TREATMENT REINVENTED- NATIVE BASED PRACTICES

DEATH  
PREVENTION

HARM REDUCTION  
SERVICES

MAT/CM

NATIVE BASED  
PRACTICES

REDUCE STIGMA

YOUTH  
PREVENTION

EDUCATION AND  
OUTREACH

FRUITFUL  
COLLABORATIONS

COMMUNITY  
HEALING



ified response to  
pidemic crisis in  
California Indian Country



# TRIBAL PROCLAMATION



# VOLUNTEERS SETTING UP





# SKODEN NATIVE HARM REDUCTION SERVICES

- 1<sup>st</sup> California state certified native harm reduction program SEP
- 12-week Wellness Journey (calling the spirit back)
- Linkage to services
- Overdose Prevention
- Post overdose family support
- Traditional Medicines & Language
- Tribal Contingency Management.





# HARM REDUCTION IS TREATMENT

- Gives people dignity and respect.
- Provides lifesaving services.
- Empowers people.
- Reduces the harm caused by drug use.
- Keeps people alive.



# TRIBAL MEMBER'S TESTIMONY ON HARM REDUCTION



# CULTURAL PRACTICES

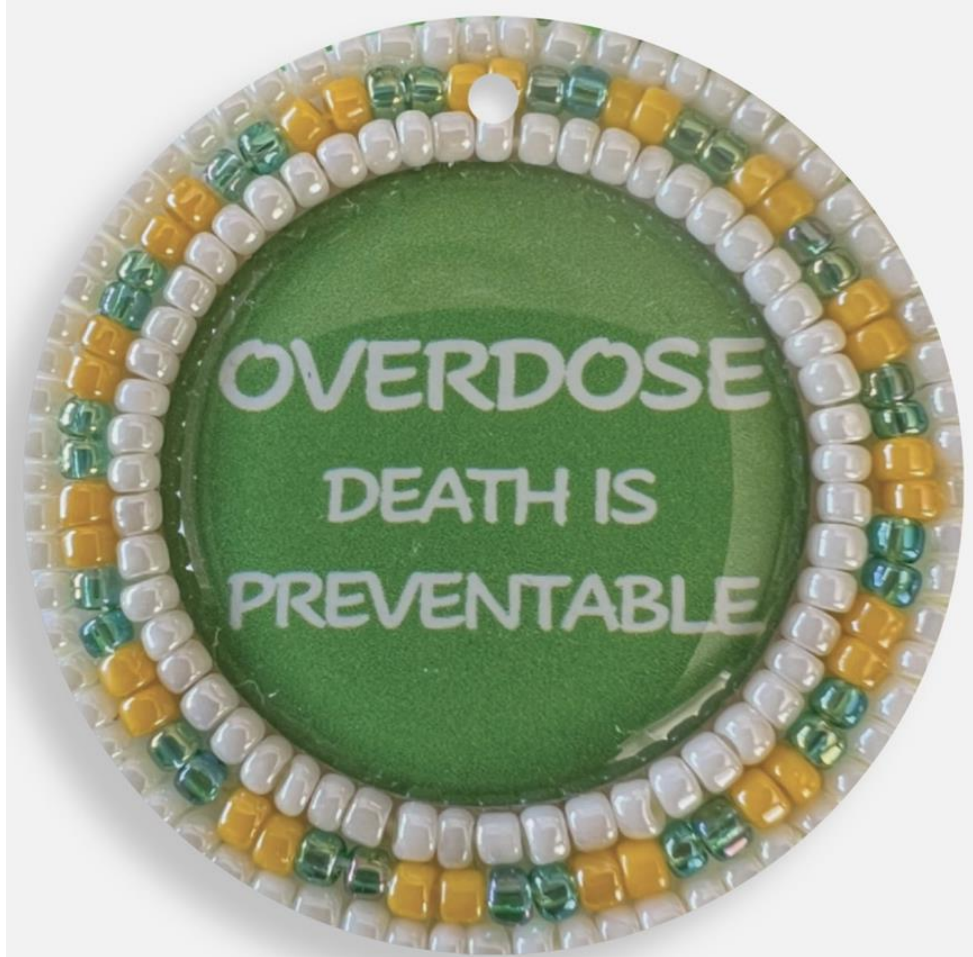
- Welcome Home Ceremony
- Wellness Journey
- Language Cards
- Branding
- Traditional Medicines
  - Bags
  - Teas
  - sage



# WHY IS NARCAN SO IMPORTANT...?







# BAG TAGS

Custom Opioid Overdose Rescue Kits.

Tribal MAT A unified response to the opioid crisis in California Indian Country





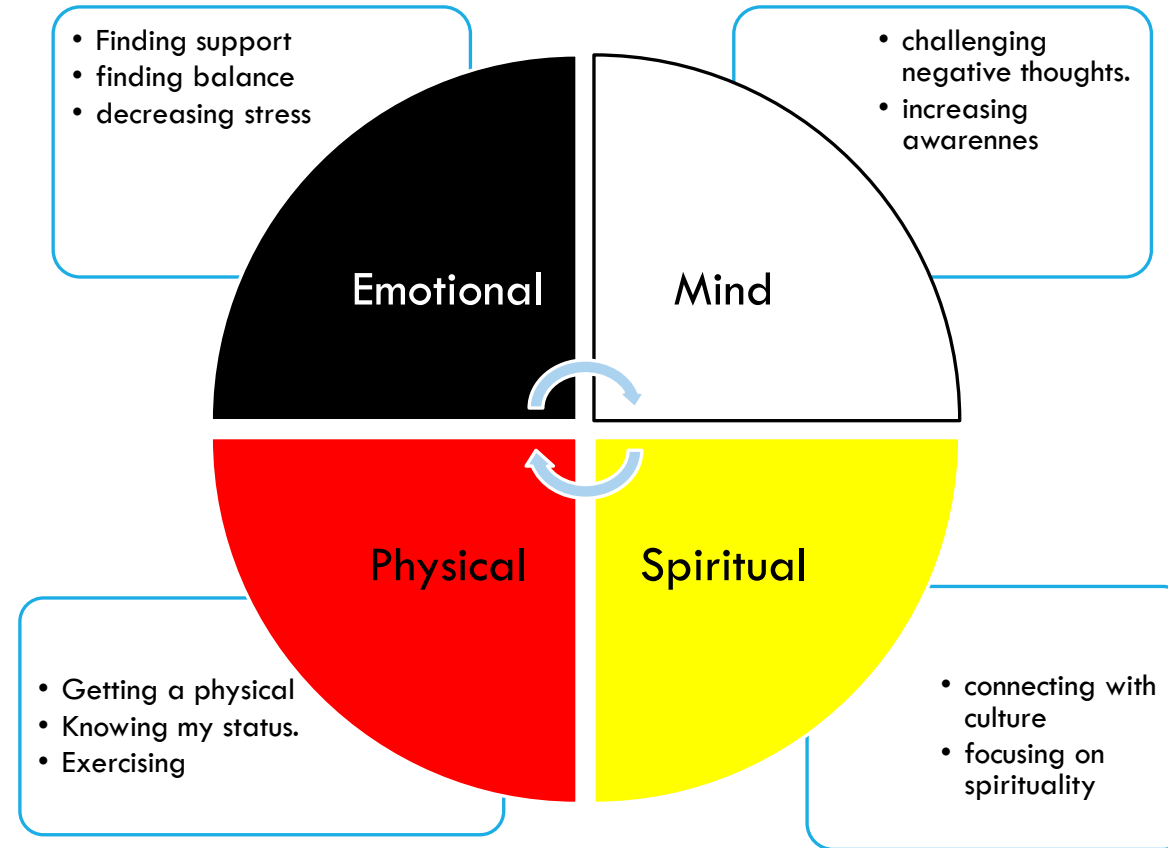
# HYGIENE KITS AKA “SNAG BAGS”

---





# Skoden Native Harm Reduction Services 12-week Wellness Program- Calling Your Spirit Back Contingency Management Program



# GOALS OF THE PROGRAM- KEEPING THEM IN THE CIRCLE

- Increase self-esteem
- Weekly Case Management
- Increase access to services
- Improve healthier outcomes
- Raise awareness of drug use
- Increase connection to culture
- Prize wheel
- Learn how to set goals
- Increase self worth
- Increase connection
- Decrease infectious disease
- Increase self-actualization

# ENGAGING COMMUNITY MEMBERS

- Healers
- Elders
- Youth
- Tribal leaders
- Health Boards
- stakeholders



# DELIVERY OF SERVICES

## Traditional

Spiritual

Open

Healing practices predate western medicine.

Your journey

## Western

Within 4 walls

Forceful

Recolonizing

One size fits all

Must go to them

# WELCOME HOME CEREMONY





# WELCOME HOME CEREMONY



# WELLNESS CENTER

- We are a touchpoint and pathway.
- Offer drop-in services.
- Offer Recovery Support classes/groups
- Trauma-informed art therapy
- Parenting classes
- Legal service workshops
- Healing space that cultivates wellness.
- Space for fellowship.
- Telehealth addiction treatment.

# ADDITIONAL SERVICES

- Create better pathways to inpatient programs.
- Tribal Contingency Management.
- Inmate support.
- Post overdose family support.
- Naloxone saturation.
- Community outreach and education.





**THE WAY TO GET STARTED  
IS TO QUIT  
TALKING AND BEGIN  
DOING.**

Walt Disney

# OVERDOSE RESPONSE NAVIGATORS

15 Community Volunteers

Will receive training on:

- Substance use navigation
- Addiction treatment
- Dynamics of Addiction
- Harm Reduction Approaches and Strategies
- Motivational Interviewing

24 hour on the scene responses

Paid training and on-call.



# UPCOMING PROJECTS

HCV Coalition for Inyo  
and Mono Counties.

Recovery Taskforce and  
capacity building.

Creation of Tribal  
Substance Use Navigators

- Based off of CA Bridge Model

# CONTACT INFORMATION

---

**Arlene Brown**

---

**[arlenebrown22@gmail.com](mailto:arlenebrown22@gmail.com)**

---

**(760) 258-6981**

---

**Check out: youtube video**

---

**Natives for Narcan**

# On-Demand Course Catalog

Our Full Course Catalog includes training on a variety of topics. *Courses that offer CE/CME are noted.*

*SCAN FOR THE FULL COURSE CATALOG*



Tribal  
MAT A unified response to  
the opioid crisis in  
California Indian Country

