

TRIBAL WELLNESS CENTERS: THEIR ROLES IN ENDING THE OPIOID EPIDEMIC

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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.





September is National Recovery Month

A central graphic for National Recovery Month. It features a grid of diverse individuals' faces on the left and right sides. The text in the center reads: "NATIONAL RECOVERY MONTH" in large blue and purple letters, followed by "RECOVERY IS FOR EVERYONE:" in bold black letters, and "Every Person, Every Family, Every Community" in smaller black letters with "Person", "Family", and "Community" in blue.

**NATIONAL
RECOVERY MONTH**

RECOVERY IS FOR EVERYONE:
Every **Person**, Every **Family**, Every **Community**



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.

MY PATH TO VIEJAS

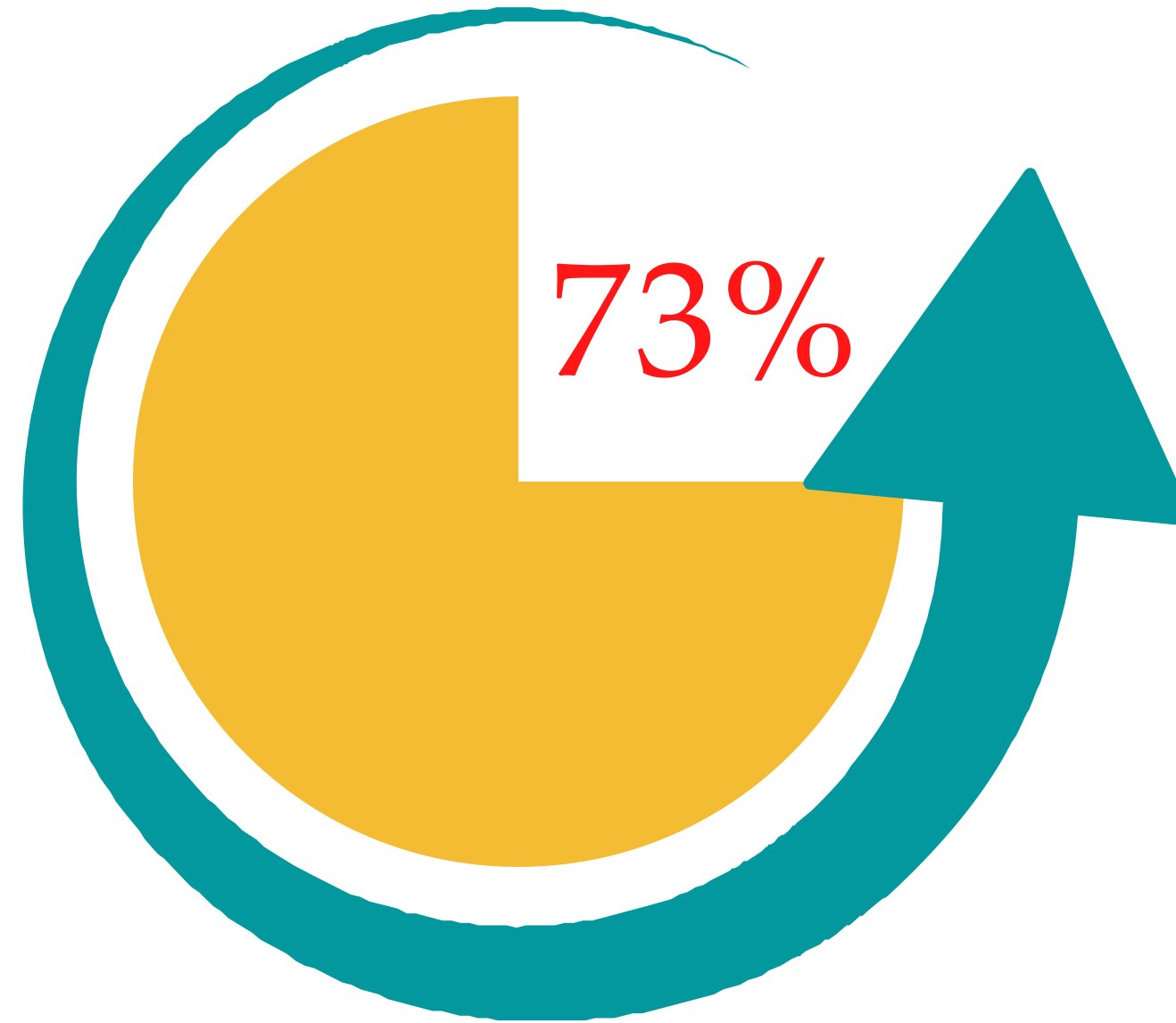


ABOUT THE VIEJAS WELLNESS CENTER

Originally the "Bunny School," the new Viejas Wellness Center is a community initiative to address the increasing rates of devastating overdose deaths among relatives.



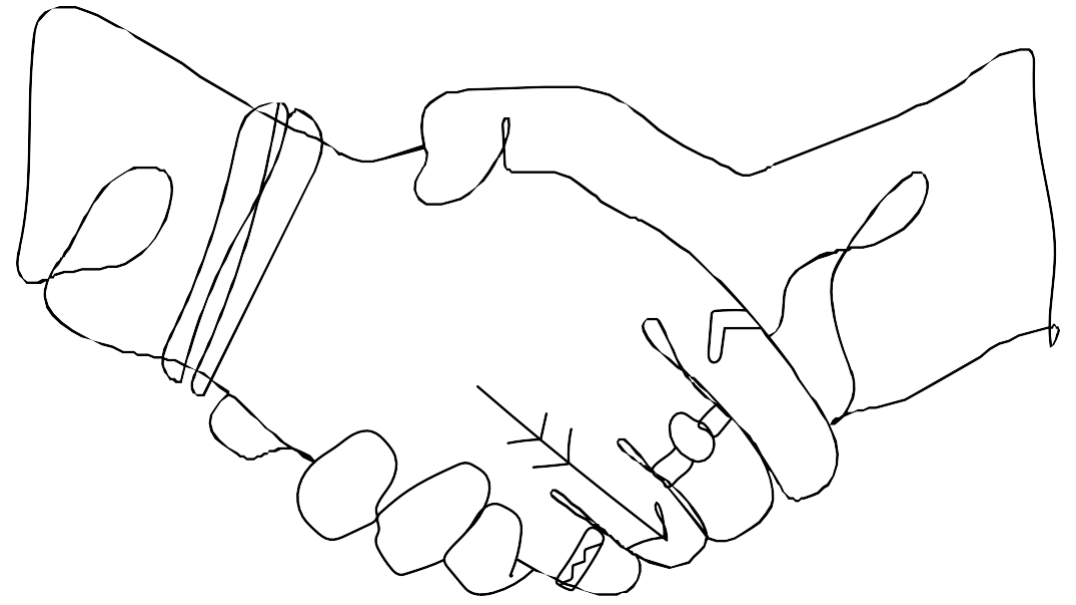
THE NEED FOR THE VIEJAS WELLNESS CENTER



THE NEED FOR THE VIEJAS WELLNESS CENTER



THE NEED FOR THE VIEJAS WELLNESS CENTER



TRAUMA HISTORIES

Intimate Partner Violence

Institutional abuse

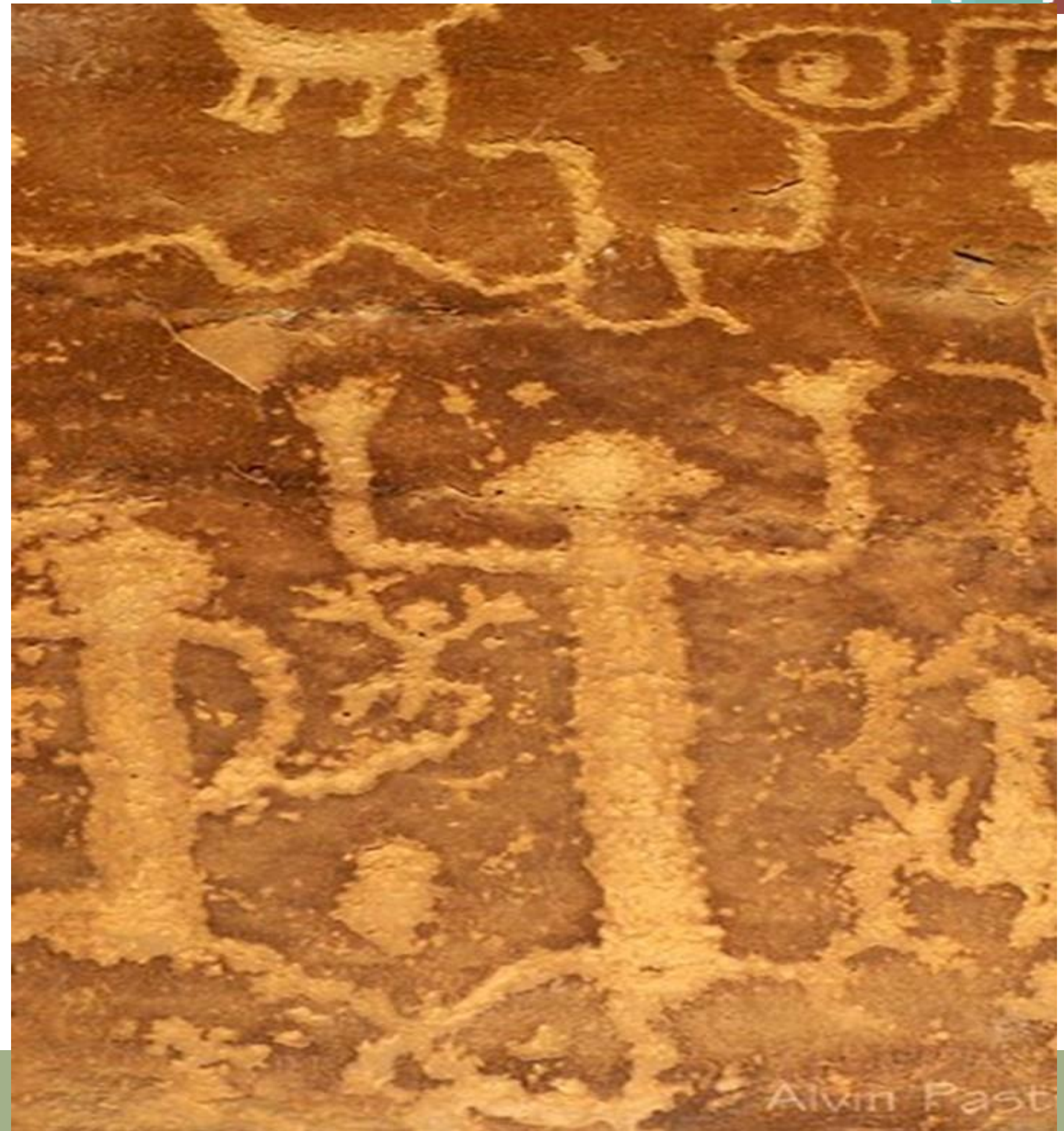
MMIR

Adverse childhood experiences

- Parents who misuse substances

- Parental conflict and/or separation

- Parents who have died

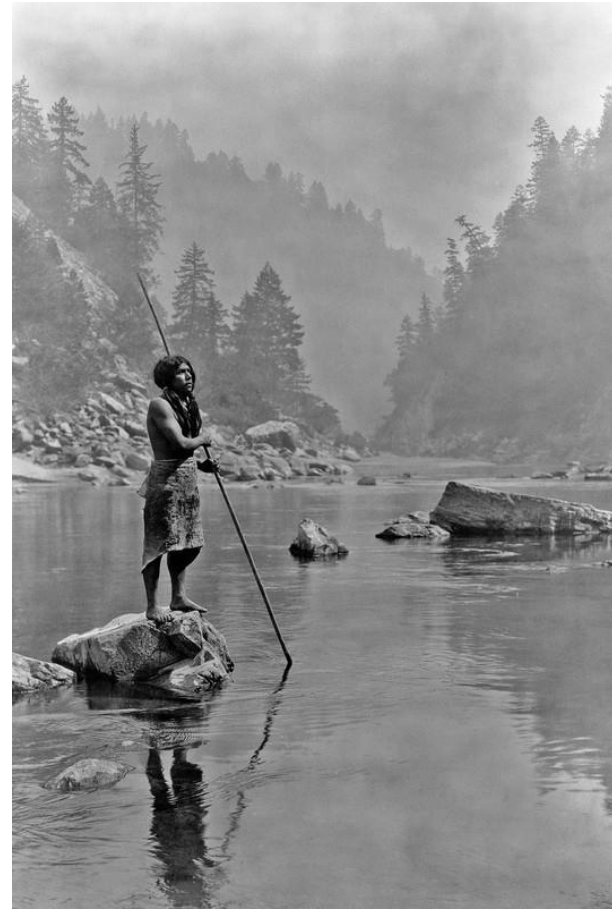


DR. ANTHONY PICO

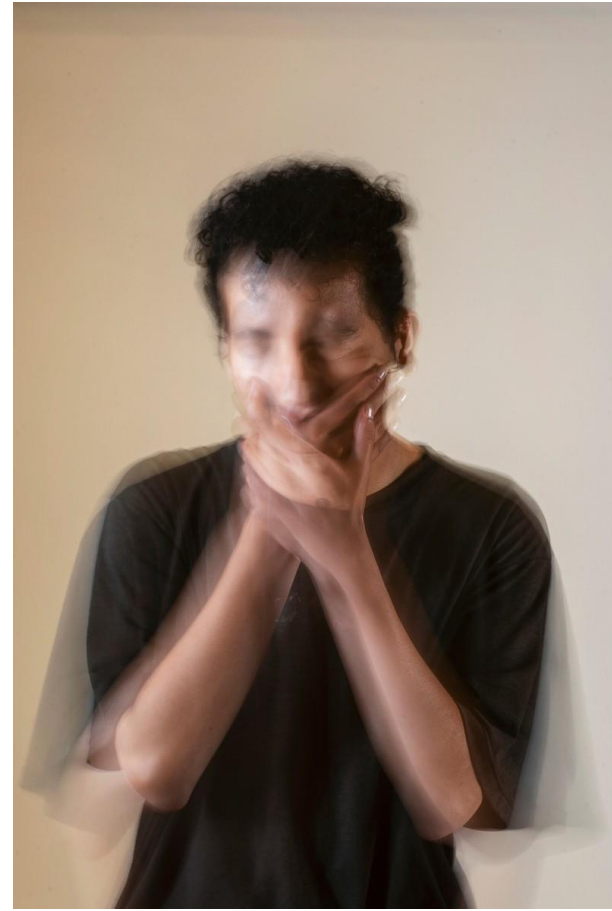
Chairman of the California Native
American Adult Treatment Committee



TRAUMA CAN STEM FROM:



Intergenerational Trauma



Adverse Childhood Experiences (ACEs)



Trauma in Adulthood



Communal Historical and Current Trauma

ACCULTURATION STYLES

Value and maintain connection with native culture

Yes

No

Yes

Integration

Assimilation

No

Separation

Marginalization

Value and maintain connection with colonizers' culture

FORCED ASSIMILATION



How Boarding Schools Tried to ‘Kill the Indian’ Through Assimilation: Native American tribes are still seeking the return of their children.

Framework of a Kumeyaay shelter.

WHY TRIBAL WELLNESS CENTERS?



CULTURE IS PREVENTION. CULTURE IS INTERVENTION.



TRIBAL WELLNESS CENTERS PROVIDE:

- Activities that improve community connections
- Advisory Committee
- Community Wisdom
- Culturally appropriate
- Harm Reduction principles & supplies
- Judgment free zone
- Native Food & Medicine Garden
- Open Door Policy



TRIBAL WELLNESS CENTERS PROVIDE (CONT'D):

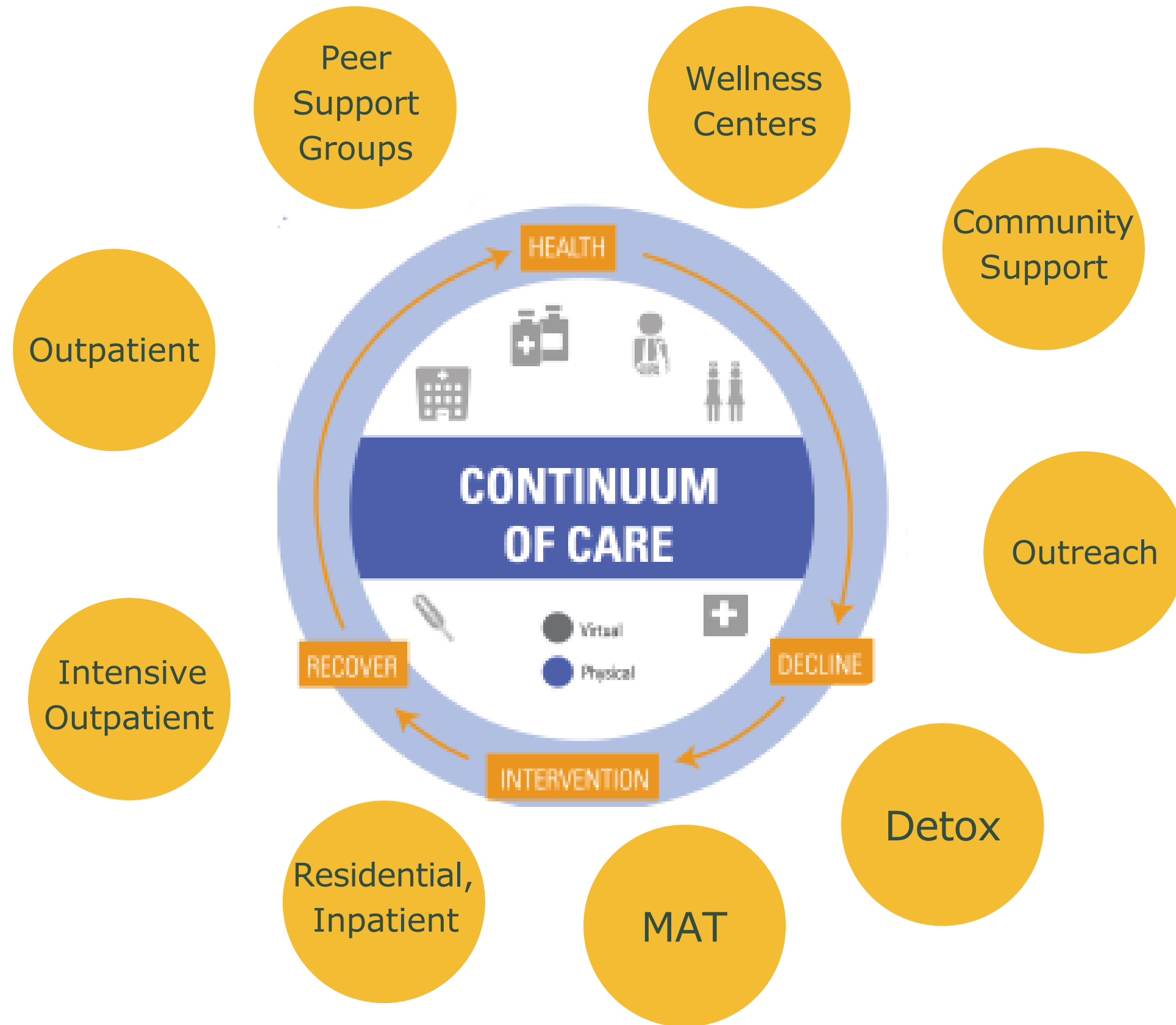
- Peer Specialists with lived experience
- Referrals to/from higher levels on the continuum of care
- Strengths-based
- Structured schedule of classes, activities
- Support for wellness and relapse prevention
- Talking Circles
- Traditional Healers/Practitioners Trauma-informed
- 24/7 telephone access Zero barriers



PEER SPECIALISTS



WELLNESS CENTERS WITHIN THE CONTINUUM OF CARE



WHAT IS *RESILIENCE*?



Go ahead and write in the chat what resilience means is to you.



CULTURAL HEALING AT VIEJAS:

- Kumeyaay Language
- Meditative Walking
- Smudging
- Storytelling
- Sweat Lodge ceremonies
- Talking Circles
- Traditional teas/medicines



PLANT MEDICINE: DATURA



LAND STEWARSHIP: FIRES



COMMUNITY SUGGESTIONS: CULTURAL ACTIVITIES

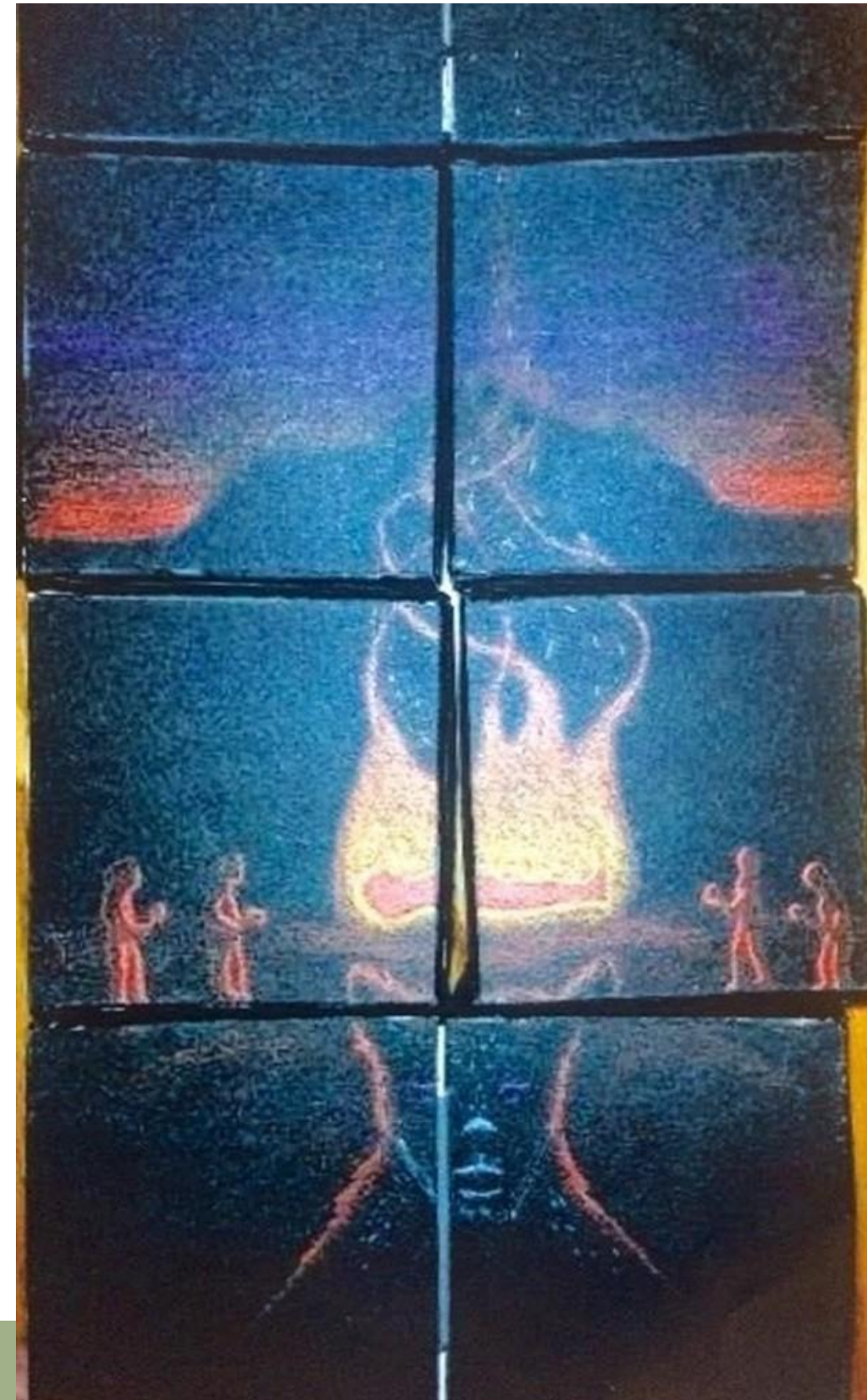


- Basket weaving
- Beading
- Bird Singing
- Creek Restoration (with Environmental Dept)
- Dancing
- Food/Medicine Gathering
- Food Preparation (cooking class)
- Gardening Gourd Rattles Painting Peon
- Pottery
- Ribbon skirts, shirts
- Running
- Tool Making
- Tule Boat Construction



COMMUNITY SUGGESTIONS: EDUCATIONAL CLASSES

- AA, NA, Wellbriety
Addiction
- Ala-teen
- Substance Use Prevention
- Relapse Prevention
- Anger Management
- Fitness (Tai Ji Quan for
seniors)
- Grief
- Healthy Coping Skills
Meditation and
Mindfulness Yoga
- Nutrition
- Shame
- Trauma-related Behaviors



"Cremation," by Hipook Brown, Viejas Tribal Member

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