

TRIBAL/URBAN INDIAN
PROVIDER TRAININGS



[Tribal
MAT]

A unified response to
the opioid crisis in
California Indian Country

QPR Training with Indigenous Considerations

Southern California

March 14, 2023, 10:00 am – 12:00 pm PDT

Northern California

March 16, 2023, 1:00 pm – 3:00 pm PDT

Disclosures

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

Poll

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.



2023 Women's History Month



Embracing equity in health care, research, and innovation.



Educational Objectives

Identify	Identify at least three (3) warning signs that someone might be thinking about suicide.
Explain	Explain the three (3) steps of the Question, Persuade and Refer model.
Apply	Apply two (2) skills in an interactive session to utilize QPR..

Introduction



DEBORAH KAWKEKA
CALIFORNIA RURAL INDIAN HEALTH BOARD, INC.
KICKAPOO TRIBE OF KANSAS

Native Wellness Suicide Awareness & Prevention



Deborah Kawkeka,
Training Coordinator
California Rural Indian Health Board, Inc.

Native Wellness

- Is a cultural and traditional model of lifestyle
- Is a holistic approach to living one's life in a good way



Traditional Native Values

1. Bravery
2. Generosity
3. Peace Making
4. Wisdom
5. Humility
6. Spirituality
7. Family



Bravery

Bravery is demonstrating strength in challenging times.

Brave people are healthy risk-takers.

How will you show bravery and courage today?



Generosity

Generosity is giving without expecting anything in return.

Giving your time, support, wisdom, and experience are all examples of generosity.

How can you show your generosity?



Peacemaking

Peacemaking is guiding people through difficulties, creating agreements, and restoring harmony.

Patience, listening, and compassion are building blocks of peacemaking.

What are the ways that you can make peace?



Wisdom

Wisdom is knowledge, experience, understanding, common sense, insight, and sound judgment.

Everyone can be wise, including children, teens, adults, and elders.

How do you show your wisdom?



Humility

Humility is a spiritual quality of knowing one's place in the world.

Humble people give others credit and point out the good in them.

They are confident, have high self-esteem, and respectfully receive praise.

How do you show your humility?



Spirituality

Spirituality is being connected to the earth and all creations.

It is having a purpose in life and knowing who you are.

Spirituality involves the deepest values and meaning by which people live.

How do you express your spirituality?



Family

- At the center of Native life is the family, including extended family members.
- Members of a family may not always be related by blood and do not always live in the same household.
- Nurturing a family is one of our greatest responsibilities and joys.

What is your sense of duty to family?

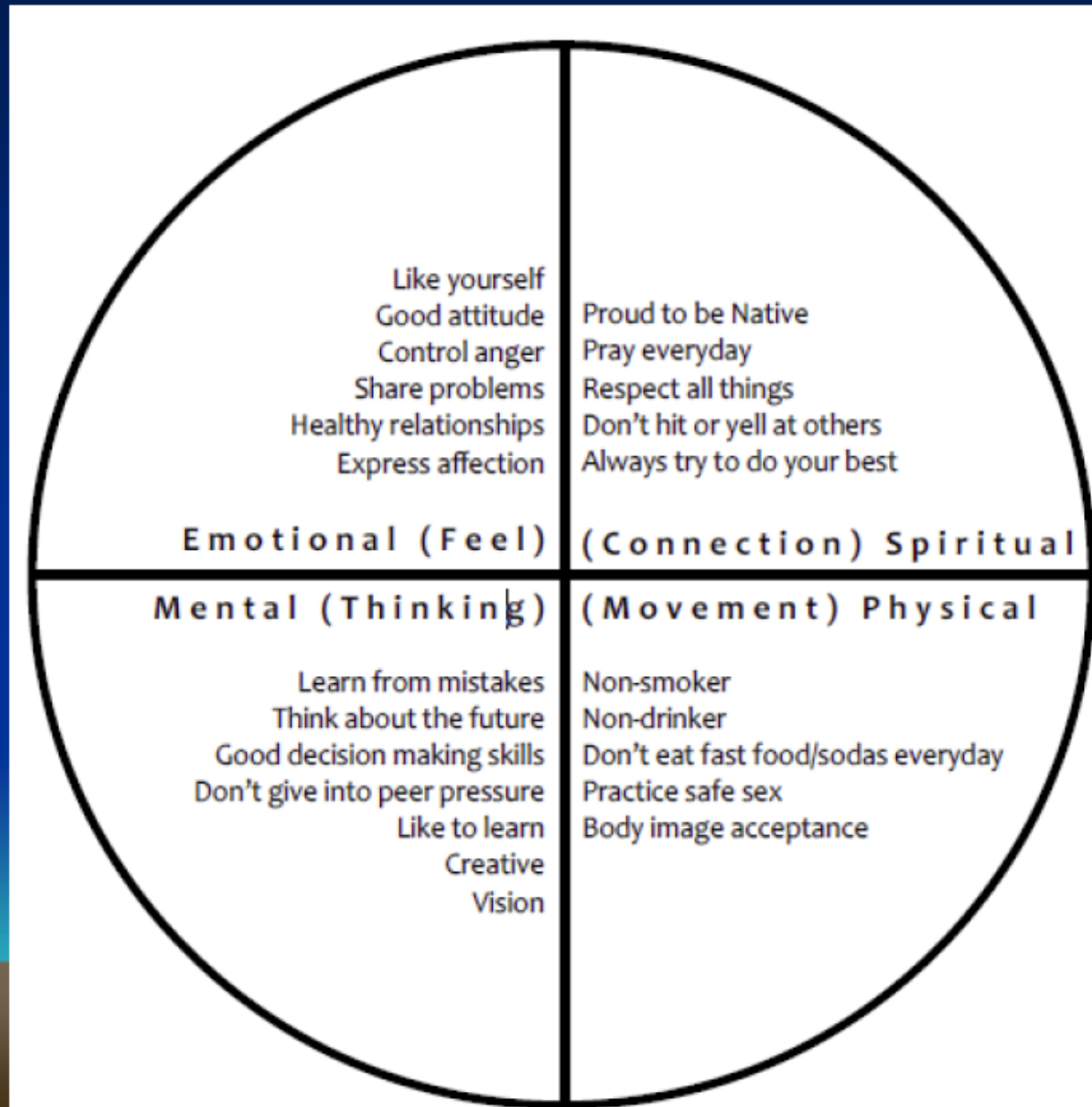


Native Wellness

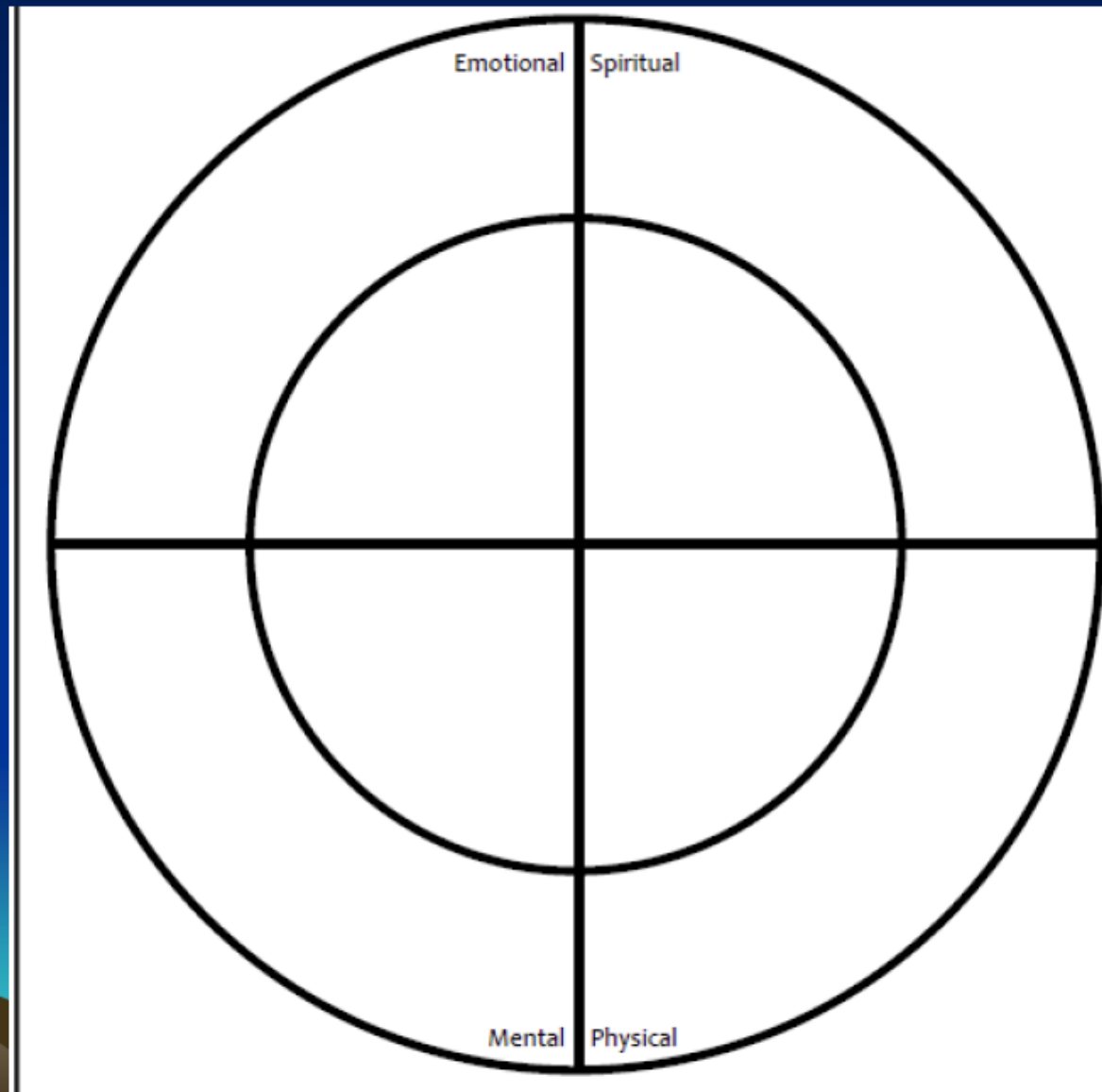
- Has four directions, and these directions are interdependent
- It is about making good choices
- It is about having pride in your culture



Four Directions



How Well Am I?



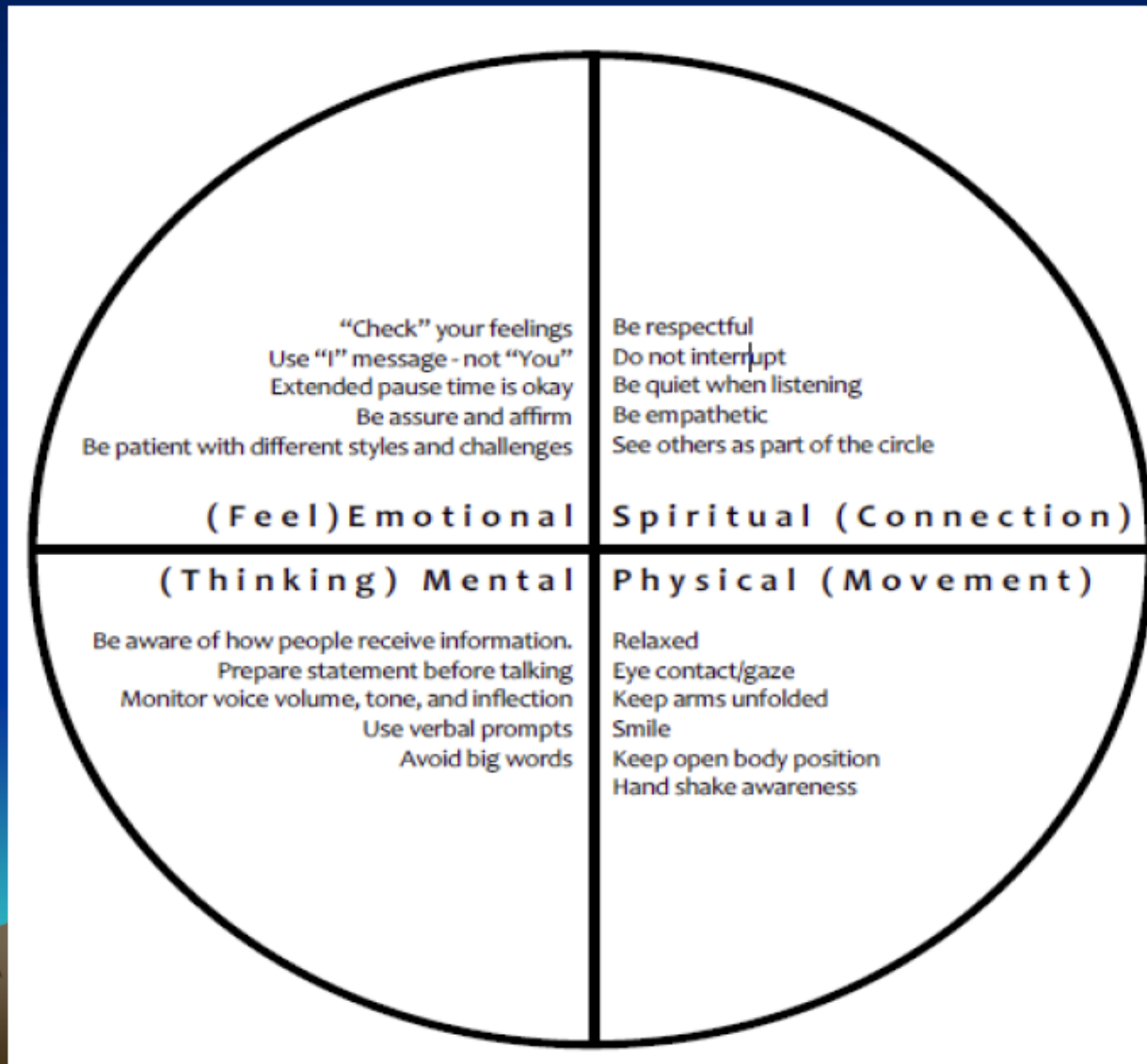
Power of Positive Thinking

- What are the traits of a positive thinker?
- What are the traits of a negative thinker?



Four Ways of Connecting

Native Communication: Listen with Heart & Mind



To address Suicide we must first speak of it

“Silence is dangerous when we pretend the problem is not there...communication is a healer to break the silence.”

Canadian First Nations Elder



Breakout Activity

Participants will breakout into groups of 8-10 participants and practice the QPR steps.

Select one person to play the role of the client, another person to play the role of the Clinician and practice the QPR steps. Remaining members of the group will observe and provide their feedback.

If time remains, select someone new to be the client and someone new to be the Clinician and practice the QPR steps again.

Each group will be assigned a facilitator who will help guide you in your breakout room.



Concluding Thoughts

DEBORAH KAWKEKA

GLORIA MIELE, PHD

Resources for Continued Learning

To Live to See the Great Day that Dawns (AI/AN specific)

store.samhsa.gov/product/Preventing-Suicide-by-American-Indian-and-Alaska-Native-Youth-and-Young-Adults/SMA10-4480

The Trevor Project (LGBTQ specific) www.thetrevorproject.org

Your Voice Counts www.yourvoicecounts.org

Know the Signs www.suicideispreventable.org

Signs of Suicide www.mentalhealthscreening.org

Suicide Safe: The Suicide Prevention App for Health Care Providers; free from SAMHSA

MY3 - With MY3, you define your network and your plan to stay safe.

Suicide Prevention Lifeline: 1-800-273-TALK (8255); text or call 988

OASIS-TTA



OASIS-TTA

Opioid and Stimulant Implementation Support
Training and Technical Assistance

**CASE-BASED
MAT ECHO CLINICS**

- Two Monthly ECHO Clinics
– General and Tribal
- Clinical Case Reviews
- Trauma Informed Approach

**MONTHLY STATEWIDE
WEB TRAININGS**

- Treating SUD in Primary Care
- Managing Complex Clinical Needs
- Addressing Stimulants & Fentanyl

**ON-DEMAND
LEARNING
EARN FREE CME/CE**

- Fundamentals of MAT
- Buprenorphine Starts
- MAT in Special Populations

**QUARTERLY TRIBAL
PROVIDER TRAININGS**

- Tribal Health Issues
- Culturally Informed Strategies
- Rural and Urban Settings

**DIRECT MENTORSHIP
& CONSULTATION**

- Individualized Support from Expert Consultants
- One-on-One Mentorship by Phone or Video Conference

**CALIFORNIA
HUB AND SPOKE
IMPLEMENTATION SUPPORT**

- Learning Collaboratives
- Direct Technical Assistance
- Enhancing Access to Care
- Ensuring Sustainability

OASIS-TTA SERVICES ARE FREE

To register, request services, or learn more visit
www.uclaisap.org/oasis-tta