



Healing the Heart Through Harm Reduction: Indigenous Interventions and Strategies

Tuesday, March 19th, 2024



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

Women's History
Month
March 2024



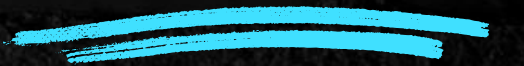
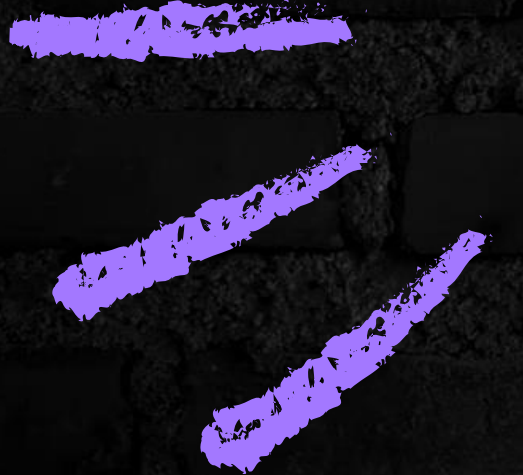
National Women's History Alliance

03/13/2024

HEALING THE
HEART THROUGH
HARM REDUCTION
INDIGENOUS
INTERVENTIONS
AND STRATEGIES



By Arlene Brown





Disclosures

FACULTY DISCLOSURE

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, except:

<i>Katya Adachi Serrano</i>	<i>CEO of Serrano Natural Health</i>
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All other relevant financial relationships have been mitigated by conducting a peer review of the content used for this session.

About me

- Founder of Crossroads Recovery Center
- Founder of Skoden Native Harm Reduction
- Subject Matter Expert Consultant - National Bridge
- Harm Reduction Expert Consultant- National Harm Reduction Coalition
- Network for Emergency Addiction Treatment
- National Tribal Opioid Litigation Settlement
- Former SUN
- Strengthening Syringe Services Community Advisory Team





Natives for Narcan - Bakersfield American Indian Health Project



Share



Bakersfield American
B·A·I·H·P
Indian Health Project

MORE VIDEOS



0:00 / 4:14



YouTube

Our sign inside our lobby



The graphic sign features the Crossroads Recovery Center logo at the top left, which includes an eagle and the text "COMMUNITY CONNECTION CULTURE", "CROSSROADS RECOVERY CENTER", and "91013 RIVERVIEW, CA". To the right of the logo, the text "Welcome" is written in a large, bold, black font, followed by "Would you like..." in a slightly smaller, bold, black font. Below this, there are two columns of bulleted text. On the right side of the sign, there is a vertical illustration of a green leaf or plant stem wrapped in white string. The background of the sign is white with a faint, light green background image of trees and a sky.

Welcome
Would you like...

To talk about:

- Safer Using
- Stopping drug use
- Harm Reduction Supplies
- Overdose Prevention

Someone to:

- Smudge with you.
- Pray with you.
- Hold Space with you.

- Something to eat or drink?
- "Snag Bag"
- Feminine Hygiene Kit
- Overdose Reversal Kits
- Safe Packs
- Substance Use Counseling
- Help with something else.
- Connection to Culture

Services



- Peer Support Services
- Contingency Management
- SUD Counseling
- Support Groups
- Sober Living
- Indigenous MAT
- Technical Assistance
- Tribal Substance Use Navigation Training
- Wrap-around Support

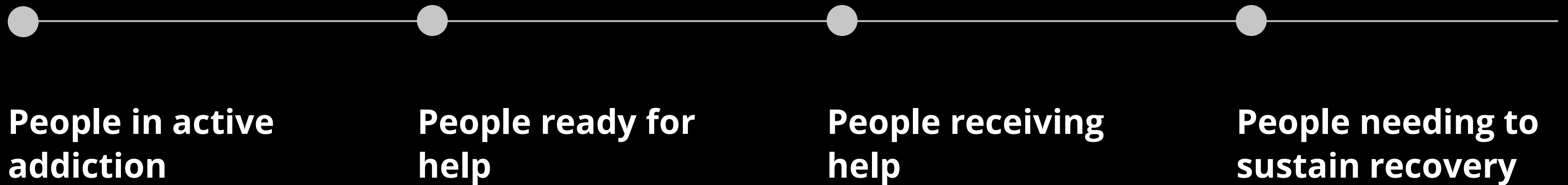
Services



- Safe using supplies
- Snag bags
- Overdose prevention
- Linkage to care
- Tribal Overdose Response Navigation
- Detox Navigation
- Lock boxes
- Technical Assistance

The ecosystem

What's the response to those in each system?



Big picture

DEATH
PREVENTION

HARM REDUCTION
SERVICES

MAT/CM

NATIVE BASED
PRACTICES

REDUCE STIGMA

YOUTH
PREVENTION

EDUCATION AND
OUTREACH

Resources/Services

COMMUNITY
HEALING

Harm Reduction Interventions

Syringe Program

Wellness Journey

**Overdose Response
Navigator**

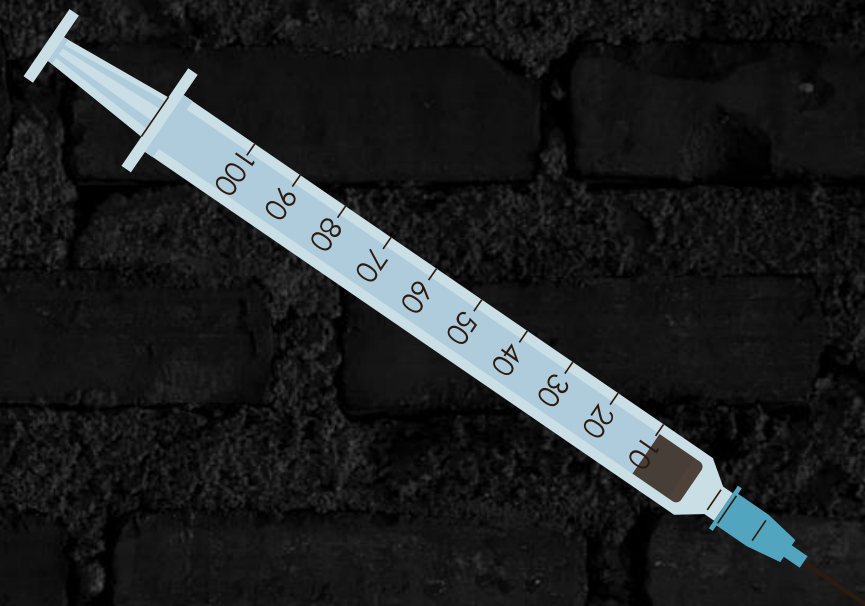
**Welcome Home
Ceremony**

HARM REDUCTION

Our Indigenous Model of Care Syringe Exchange Program is dedicated to minimizing the negative consequences associated with substance use and promoting the health and well-being of individuals within our community. Rooted in culture, compassion and evidence-based practices, this program aims to empower individuals, reduce stigma, and foster a supportive environment for safer choices.



SYRINGE



PROGRAM



THE PROGRAM

STRUCTURE

EDUCATION

- Raise awareness about harm reduction principles.
- Drug safety
- Reducing stigma
- Conduct workshops for healthcare professionals, community leaders and tribal communities.
- Provide other trainings.

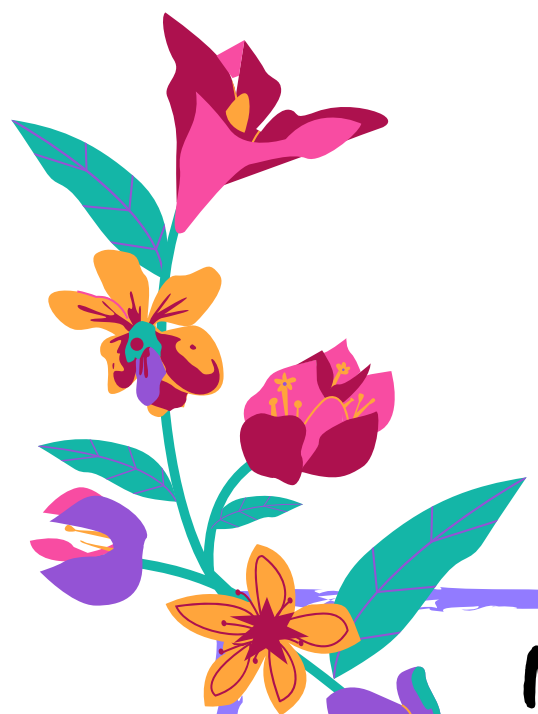
OUTREACH

- Be visible in the community
- Be in-person.
- Organize town hall and community forums.
- Involve community members in planning.

ACCESS TO RESOURCES

- Safe using supplies.
- Counseling/ support services.
- linkage to care.
- Participant supplies





THE PROGRAM

STRUCTURE

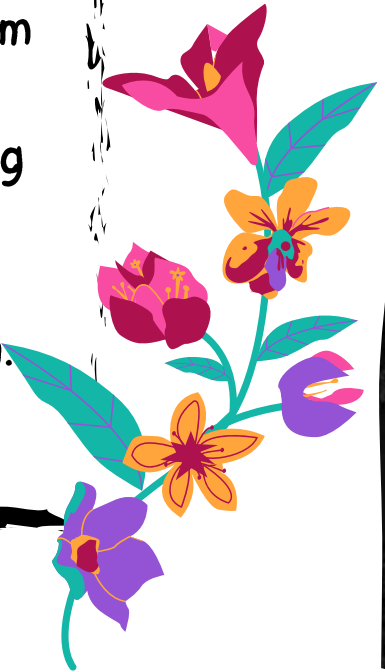
NALOXONE TRAINING AND DISTRIBUTION

- Implement training programs.
- Ensure widespread access.
- Everyone is a first responder.

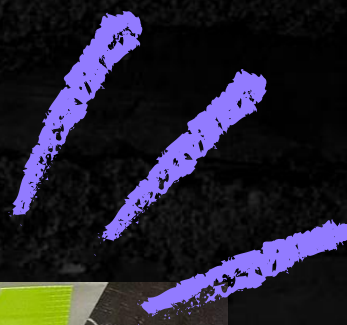
COMMUNITY PARTNERSHIPS

- Collaborate with local organizations, healthcare providers, law enforcement, other tribal programs.
- Establish partnerships to address social determinants of substance use.

IMPLEMENTATION

- Establish data collection system to monitor the impact of harm reduction interventions.
 - Evaluation: impact on reducing substance-related harm, improving community health, promoting culture connection.
- 







Alive

We give these out to our:

- syringe friends
- MAT friends
- community
- elders
- parents

Stay SAFE

Detox Comfort Care Package

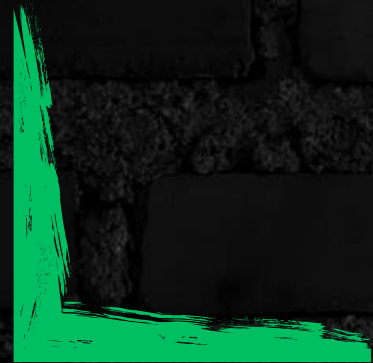
- Gives people hope and respect.
- Encouragement.
- Build trust.
- Increase successful detox.







**What does giving
syringes to people
actually do?**





It looks like...



CONCLUSION 1

- 42 people are now engaged in substance use services.
- 14 people went to inpatient treatment.
- 22 people participating in weekly groups.

CONCLUSION 2

- 22 people are still alive.
- over 33 people were tested for HIV.

Our People's heart's can still beat



Wellness Journey

- **Indigenous Contingency Management**
- **4 Directions goal setting**
- **Weekly case management**
- **Language and Culture**
- **People who use drugs**







Post Survey Results

67 Participants

- 90% Increased healthier choices.
- 87% Decreased drug use
- 62% Increased access to healthcare
- 87% Helped set goals and achieve them
- 100% Increased self-esteem
- 87% Increased access to culture
- 75% Decreased isolation

Working in the community

- Housing
- Employment
- Points of Entry
- Connection to Culture
- Recovery Services
- Justice System
- Education
- Prevention
- EMS
- Everywhere :)











Tribal Navigation Certificate Training

- Dynamics of addiction
- Harm Reduction
- Overdose Prevention
- Tribal Ethics
- Addiction Treatments
- Case Management
- Motivational Interviewing
- Trauma informed care
- Cultural Humility

Detox Overdose Responder Substance Use Navigator

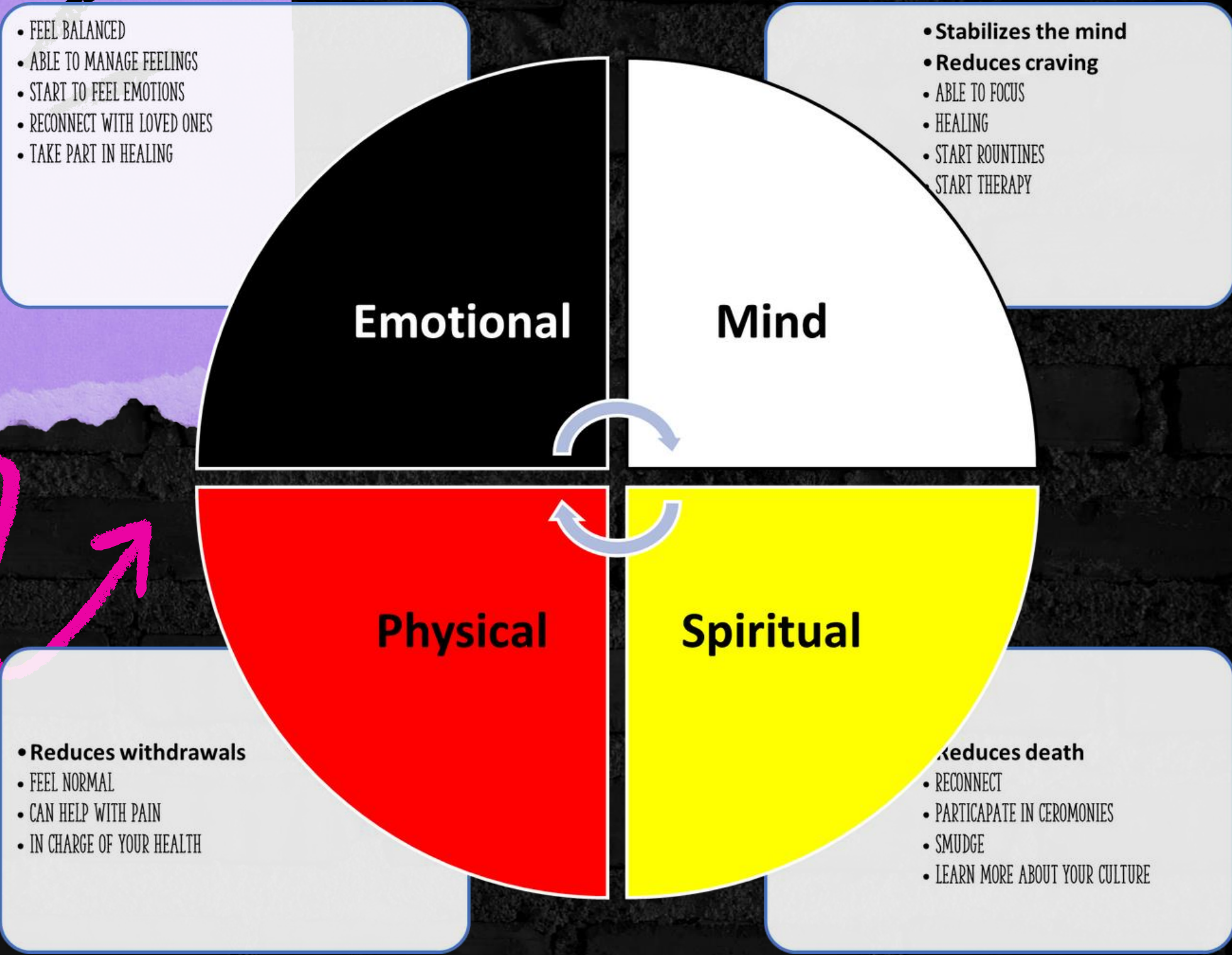
The Opportunity

- Limited time
- Education
- Connection
- Harm Reduction
- Overdose Prevention
- connection to resources and services.



Indigenous Medication for Addiction Treatment

- Tool for Patients
- For providers
- Education



OLD WAY

NEW WAY

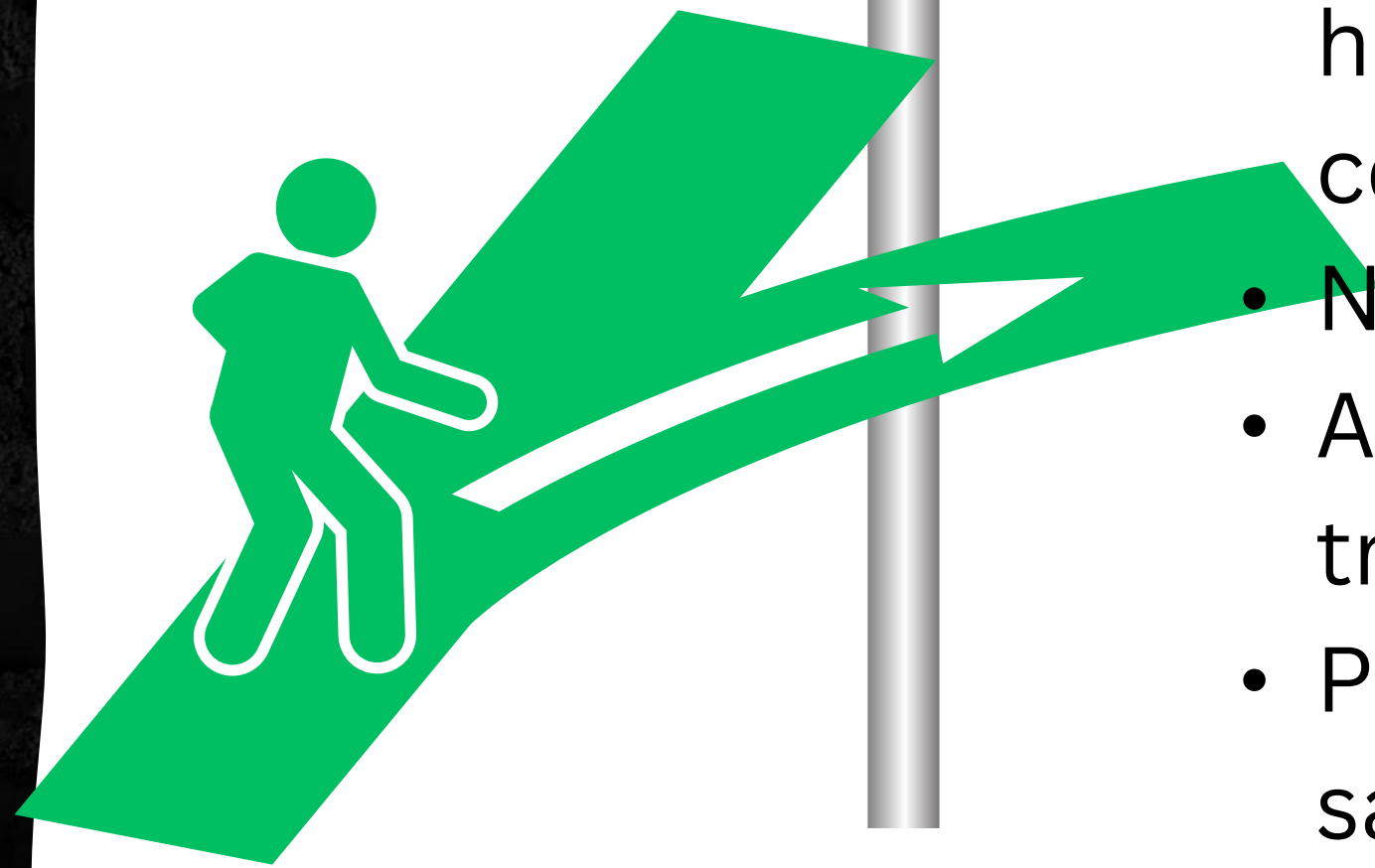
Tribal Overdose Response Navigator

- Meets people in the home, ED, and community.
- Not a first responder.
- Advocates for the right treatment.
- Provides education, safety planning and linkage to care.

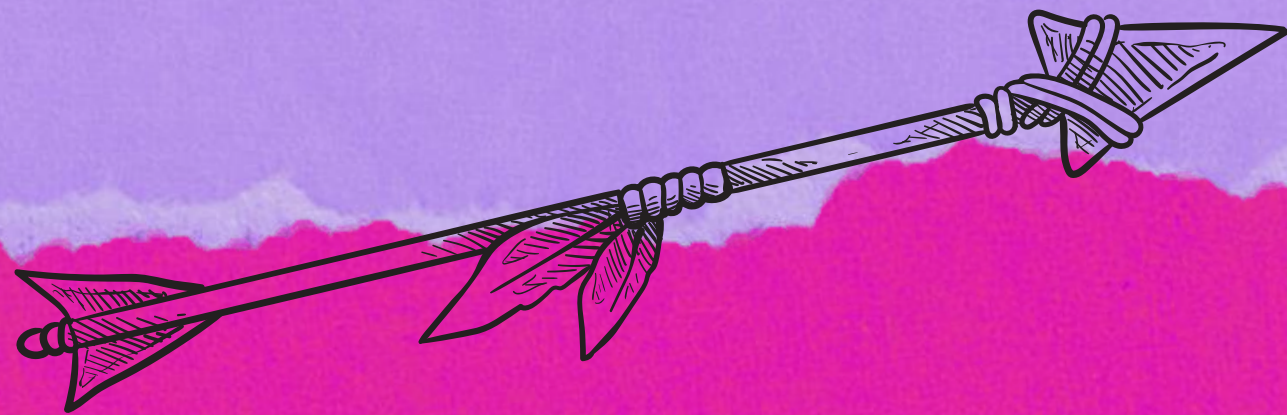
Gives people dignity and respect.

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

♥ **SUPPORT** ♥



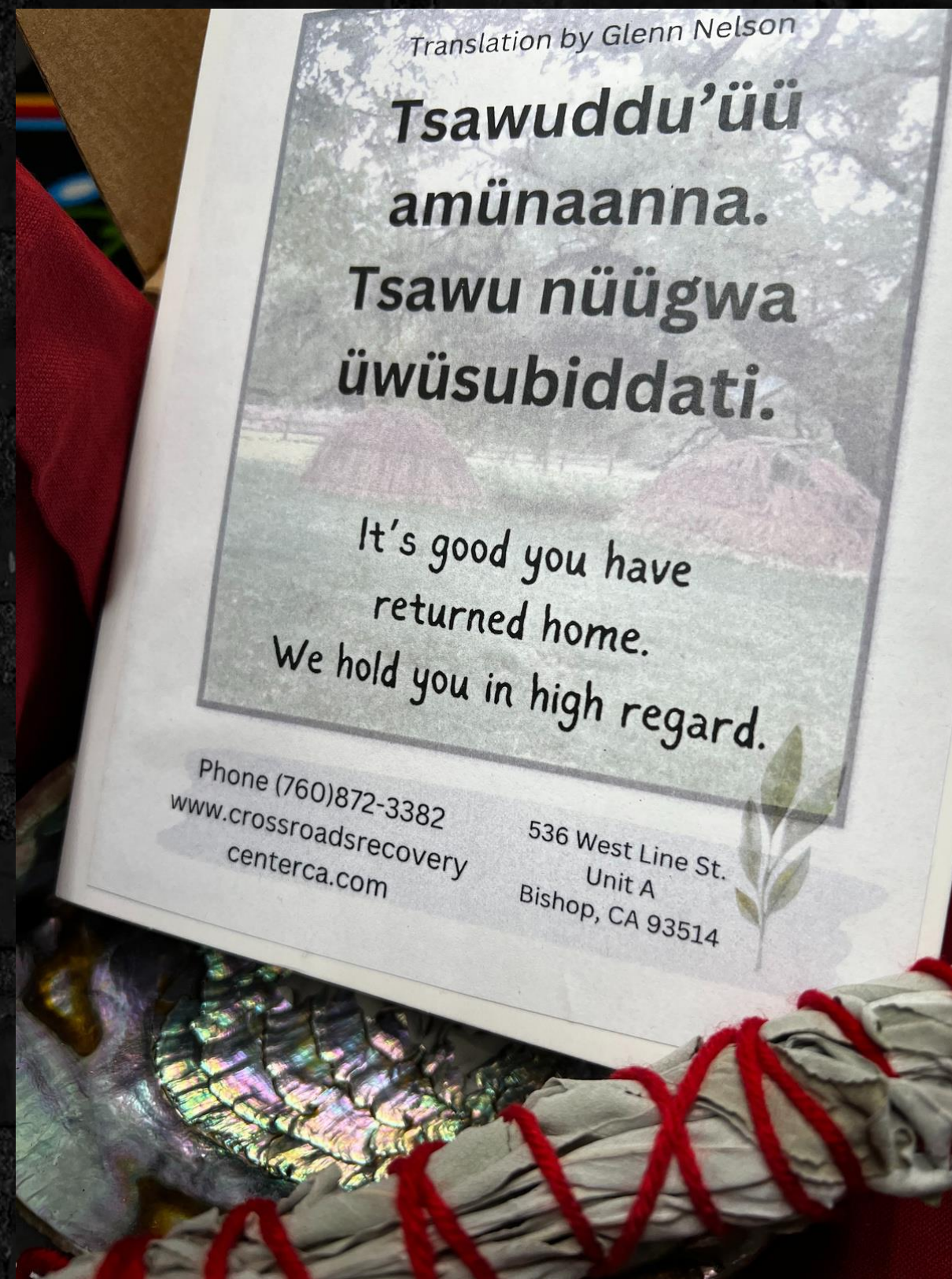
Tribal Substance Use Navigator



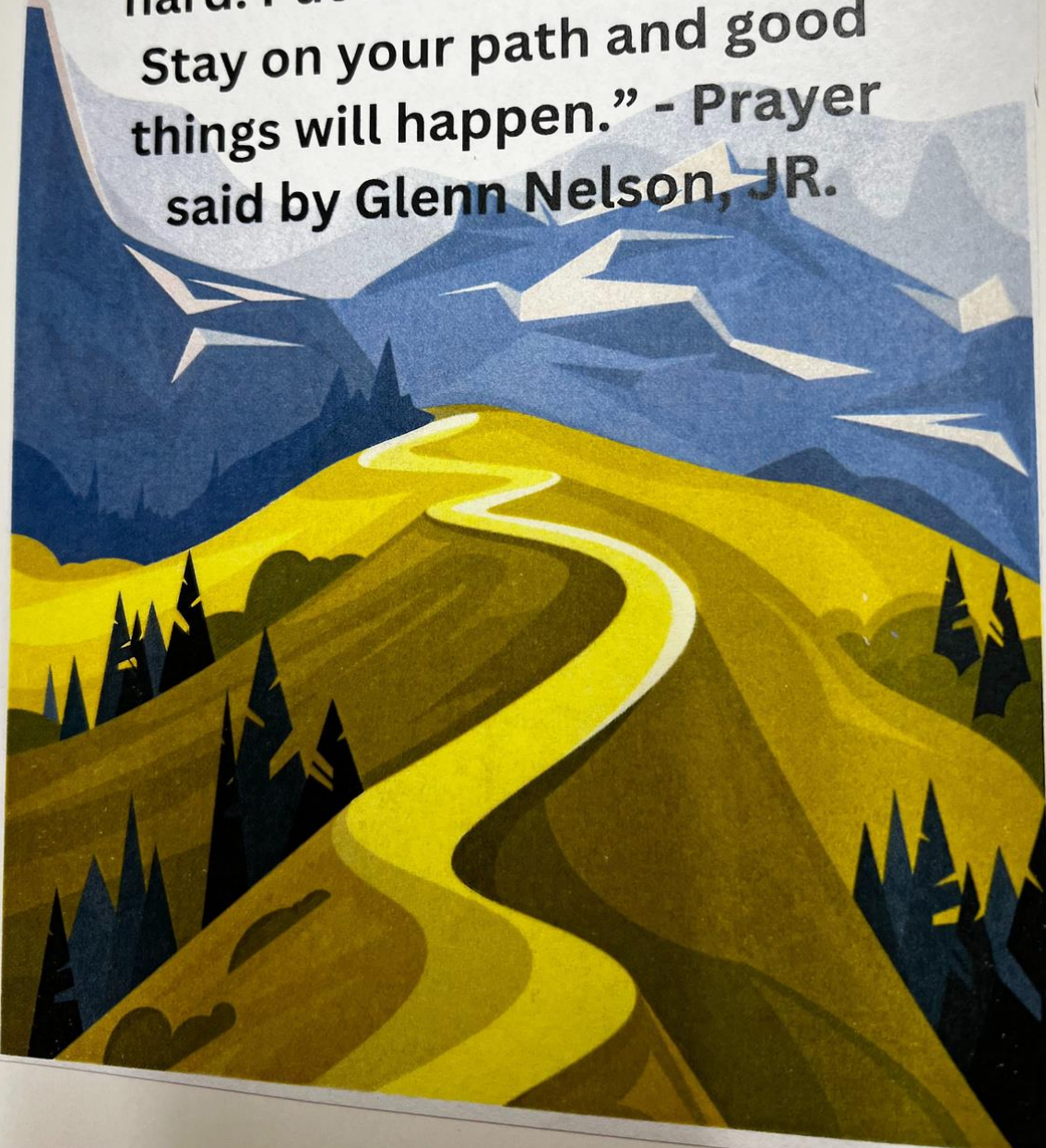
Welcome Home Ceremony

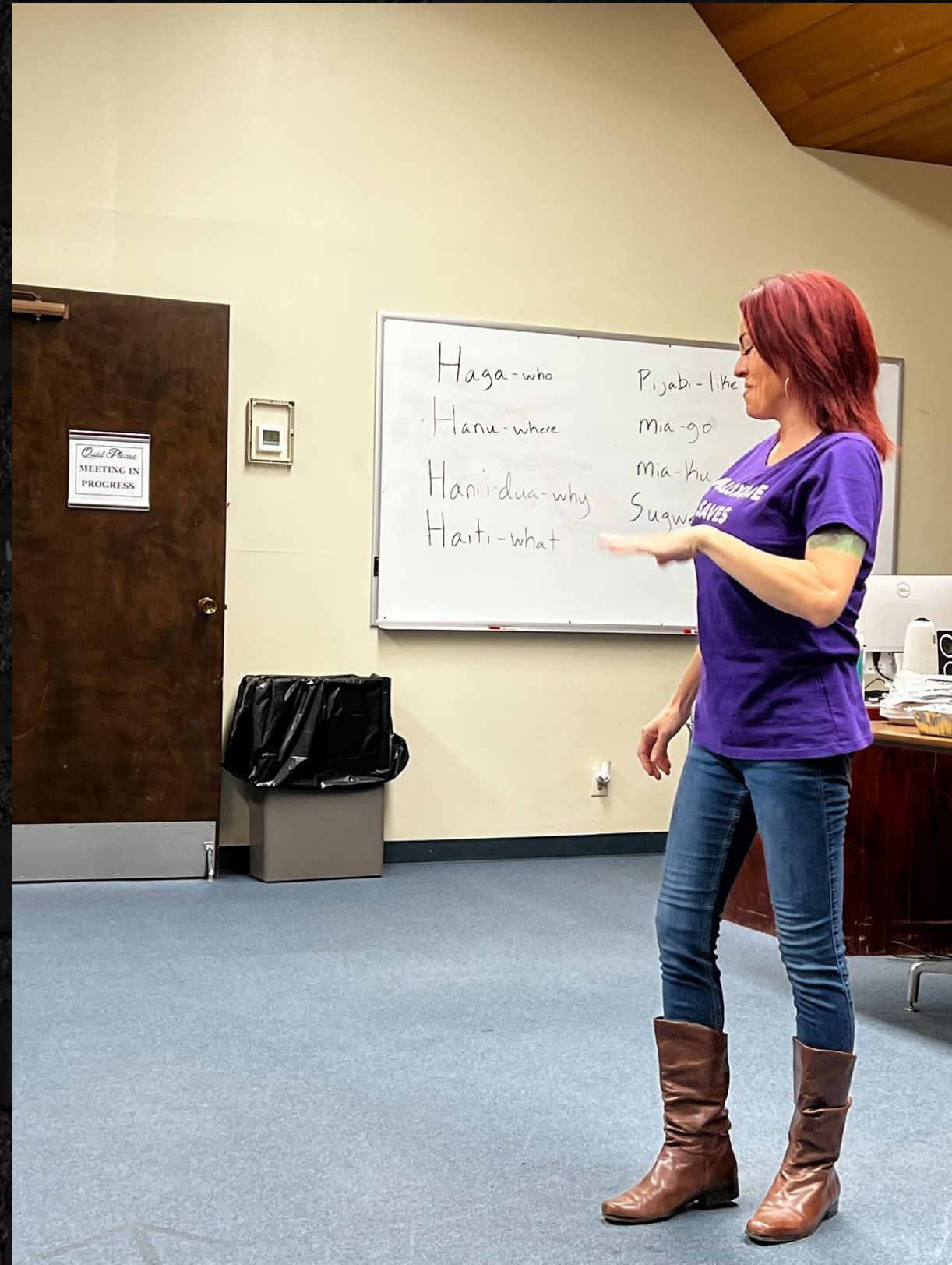
- Brings our Natives back home in a good way.
- Honors their new journey.
- Brings healing for the individual, family and community.





“Your journey ahead can be hard. Put forth a lot of effort. Stay on your path and good things will happen.” - Prayer said by Glenn Nelson, JR.







- START TO FEEL EMOTIONS
- RECONNECT WITH LOVED ONES
- TAKE PART IN HEALING

- ABLE TO FOCUS
- HEALING
- START ROUTINES
- START THERAPY

STAYING IN Emotional

Mind

THE SACRED CIRCLE

Physical

Spiritual

- Reduces withdrawals
- FEEL NORMAL
- CAN HELP WITH PAIN
- IN CHARGE OF YOUR HEALTH

- Reduces death
- RECONNECT
- PARTICAPATE IN CEROMONIES
- SMUDGE
- LEARN MORE ABOUT YOUR CULTURE

**Harm Reduction helps keep
people alive so they can
connect to their culture.**



<https://harmreduction.org/native-toolkit/>

**NATIONAL
HARM REDUCTION
COALITION**

FIND NALOXONE

FIND SYRINGES

DONATE

THE MOVEMENT ▾

WHO WE ARE ▾

WHAT WE DO ▾

RESOURCE CENTER ▾

TAKE ACTION ▾

NATIVE

HARM

REDUCTION

TOOLKIT



FREE TECHNICAL ASSISTANCE FOR NATIVE HARM REDUCTION

Join NHRC and Arlene Brown of Skoden Native Harm Reduction Services for support with indigenizing harm reduction, including Medications for Opioid Use Disorder (MOUD), destigmatizing naloxone and syringe services, hosting outreach events, creating overdose reversal kits, engaging with tribal elders and leaders, creating PSAs, and more!



Webinars weekly through March 31
Wednesdays at 1 p.m. PT
Join: bit.ly/NativeHarmReductionTA



Harm Reduction is the
bridge that connects us all.
Stigma is the wall that
separates us.






Self-Paced Learning Opportunities

Individualized Learning Plan: MATE ACT

Medication Access and Training Expansion (MATE) Act
Trainings to meet the 8-hour DEA requirement

- **The Intersection of DEA & MAT** (1.5 credit hours)
- **Addressing Fentanyl Use In Primary Care** (1.0 credit hour)
- **Structural Competency: Medicine for the Inequalities that are Making Us Sick** (1.0 credit hour)
- **Advancing Equity in Substance Use Disorder Treatment** (1.0 credit hour)
- **Addressing Stimulant Use in Primary Care Settings** (1.0 credit hour)
- **Methamphetamine Use and Affective Disorders** (1.0 credit hour)
- **Trauma-Informed Care** (1.0 credit hour)
- **Homelessness and Substance Use Disorder in Veterans** (1.0 credit hour)



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