

Suicide and Substance Use Prevention: Integrating Culture to Enhance Resiliency in Native American Communities

November 15, 2022

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





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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.



NATIVE AMERICAN HERITAGE MONTH



Los Angeles Is On Traditional Tongva Land

For more information see mapping Indigenous LA: www.mila.ss.edu

Artist Credit: River Tikwi Garza (<https://www.rivergarza.com/about>)



November Recognitions

November 7-11

International Stress Awareness Week

November 13

World Kindness Day

November 13-19

Transgender Awareness Week



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.

Agenda

- American Indian/Alaska Native spirituality and wellness
- Historical trauma and identity disruption
- Mental health and substance use as maladaptive coping
- Suicide prevention approaches in Indian Country

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Pre-contact wellness and spirituality

- Abundant traditional land areas, nomadic routes, hunting traditions and spirituality.
- Social observances, feasts, celebrations, harvesting foods
- Sacredness in relationships, humor, recognition of balance

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INDIAN LAND FOR SALE

Historical Context & Policy

GET A HOME

OF

YOUR OWN

*

EASY PAYMENTS



PERFECT TITLE

*

POSSESSION

WITHIN

THIRTY DAYS

FINE LANDS IN THE WEST

IRRIGATED
IRRIGABLE

GRAZING

AGRICULTURAL
DRY FARMING

- 1820 - Indian Removal Act; forcibly removed and relocated tribes to west of the Mississippi from traditional homelands
- 1875 - Federal Indian Boarding School Movement; forcibly removed Native children between 1869-1960s to assimilate children
- 1887- Dawes Severalty Act; parceled Native land to Natives & Non-Natives
- 1920s - American Indian educational reform; teach cultural values, non-forced removal of children
- 1934 - Indian Reorganization Act; decrease federal control of American Indian affairs & credit program
- 1978 - American Indian Religious Freedom Act of 42 US Code §1996. Protection and preservation of traditional religions of Native Americans.

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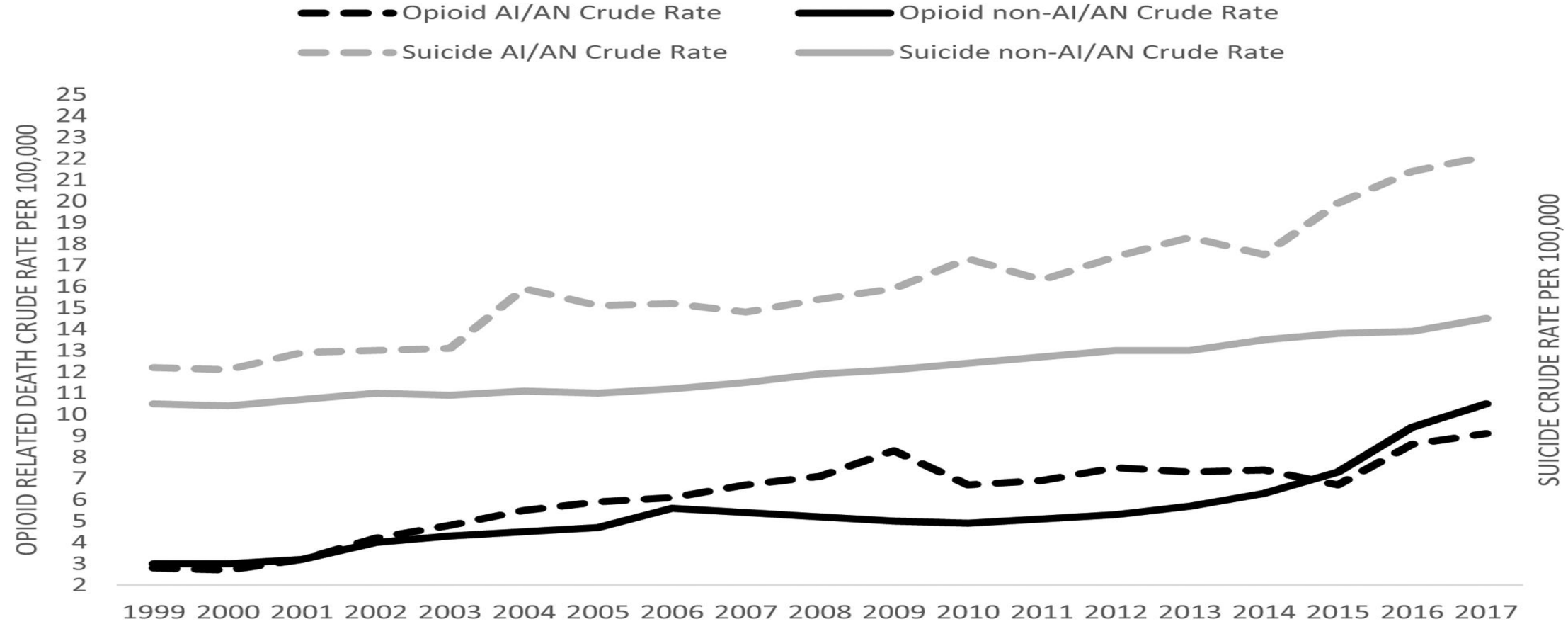


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Substance use and suicide among American Indians/Alaska Natives

- AIAN experience disproportionately higher rates of substance use disorders (SUD) compared to other racial & ethnic groups (Rieckmann et al., 2017)
- American Indians and Alaska Natives had the second-highest rate of opioid overdose out of all U.S. racial and ethnic groups in 2017.
- Suicide rates among non-Hispanic AI/AN persons increased nearly 20% from 2015 (20.0 per 100,000) to 2020 (23.9), compared with a <1% increase among the overall U.S. population (13.3 and 13.5, respectively) (CDC, 2021).
- New strategies capitalizing on resiliency and healthy sense of cultural identity can help to reverse these trends.

Trends of suicide and opioid-related deaths for AI/AN and non-AI/ANs (Ivanich et al., 2019)



Suicide risk factors

- Historical loss
- Cultural discontinuity (Alcantara & Gone, 2007)
- Self-governance, land claims, education, health care, and cultural facilities may help to prevent suicide (Chandler & Lalonde, 1998)
- Adverse childhood experiences (Brockie et al., 2015)
- Opioid use
- Alcohol use

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Adolescents and substance use

- physical and sexual abuse
- family disruption
- previous suicide attempts
- lack of religious identification
- depression
- anxiety
- high acculturation pressure
- social isolation



(Olson and Wahab, 2006; Zamora-Kapoor et al., 2016; Alcantara and Gone, 2007, Caetano et al., 2020)

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Urban Experience

- Over 70% of AI/AN people reside in urban areas.
- Social disconnection may be possible in urban settings
- Less access to culturally relevant services
- Complex and diverse cultural identities exist
- Connections with relatives/friends on reservations/Rancherias/villages.
- Culturally relevant services are in demand in urban areas.
- Cultural pride, resiliency, and growing recognition

Comparative Effectiveness of Two Culturally Centered Suicide Interventions for Alaska Native Youth

PIs:

- Elizabeth D'Amico, RAND
- Stacy Rasmus, University of Alaska Fairbanks, and CANHR (Center for Alaska Native Health Research)





Community Resources

Inputs

Strategies & Outputs

Multi-Level Outcomes

Qungasvik (Tools for Life) Prevention Model (QP)

- The original QP intervention implements modules focused on Alaska Native cultural engagement.
- Modules are at the individual, family, or community level and delivered in one or more 1-3 hour sessions.
- Each module promotes two to four of 13 protective factors identified in an AN culture-specific model of protection.
- Provides outlines for 26 possible modules, along with a process for community.

Research Questions

1. What is the comparative effectiveness of the Qungasvik Prevention model (QP) and QP + Motivational Interviewing Social Network (MISN) intervention as part of hospital aftercare?
2. Which subpopulations benefit from either intervention?
3. How satisfied are participants with the interventions?
4. What are the dimensions of participant satisfaction?



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Specific Aims

1. Assess the comparative effectiveness of QP to QP+MISN over a one-year period
2. Examine which subpopulations benefit from either intervention
3. Provide an in-depth understanding of patient satisfaction and youth perspectives of culturally centered programming, identifying components valued by youth and associated with youth outcomes



Suicide prevention approaches for Native people in California (California Rural Indian Health Board, 2022)

- Suicide is preventable.
- Prevention must be a collaborative effort.
- Promote protective factors
- Promoting healing and reducing risk following a suicide
- Significant investments of time and other resources are required to prevent suicide.
- Suicide prevention must become a part of all of our ongoing work

(California Rural Indian Health Board, 2022)

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Conclusions

- Suicide and substance use are significant issues affecting AI/AN people
- Reclaiming presence and cultural identity can help to prevent suicide and substance use in AI/AN communities.
- Utilizing integrated and culturally-grounded approaches are needed in suicide and substance use prevention for AI/AN people.
- Programs may need to be adapted for AI/AN communities



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