



PaTH – Pathways to Healing

Nurturing Our Heritage: Prevention Strategies for Indigenous Youth

Welcome



Music: Frank Waln ft. Gunner Jules & Rollie Raps, *Good Way*



PaTH – Pathways to Healing

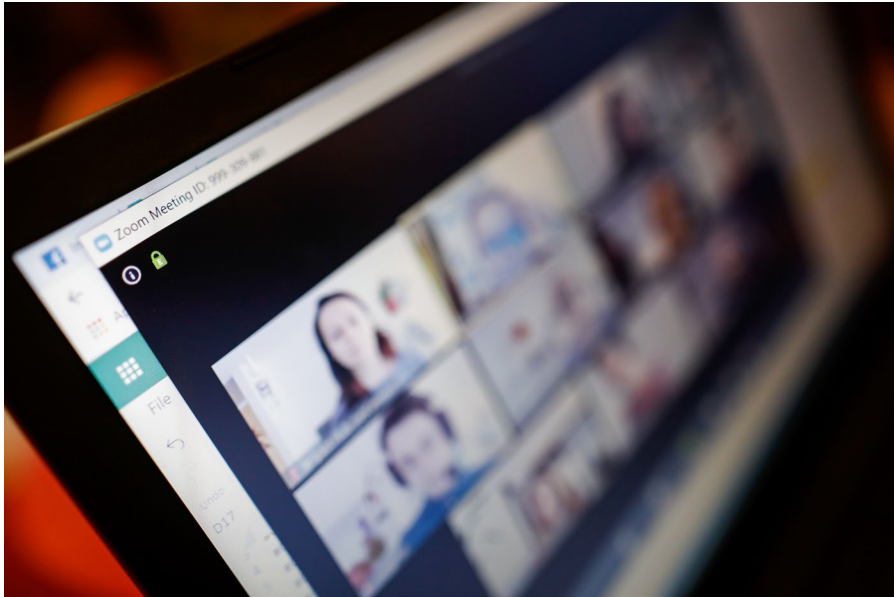
Nurturing Our Heritage: Prevention Strategies for Indigenous Youth

February 15, 2024
12:00 pm – 2:00 pm PT

Sponsored and Hosted By:

California Department of Health Care Services (CA DHCS), Opioid and Stimulant Implementation Support-Training and Technical Assistance (OASIS-TTA)-MAT Expansion Project, UCLA Integrated Substance Abuse Programs (UCLA-ISAP), Kauffman & Associates Incorporated (KAI), and Pacific Southwest Addiction Technology Transfer Center (PSATTC), HHS Region 9

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- Per University of California policy, the use of artificial intelligence (AI) features, such as meeting summaries, are not allowed in virtual meetings and webinars.
- Attendees who enable AI features will be asked to turn them off or they may be removed from the training.
- Thank you for your understanding as we navigate this new frontier!

Disclosures

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

START CODE

2836

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:





Paul
Cuffee



Dr. Powtawche Valerino



William S. Yellow Robe Jr.



Olivia Ward Bush-Banks



Mary Ann Green

BLACK HISTORY MONTH

We Celebrate Our Black, Black-Native, and
Afro-Indigenous Relatives



Kyrie Irvin



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.





Welcome from UCLA ISAP

Educational Objectives

IDENTIFY	Identify at least two (2) ways to integrate Tribal knowledge and resilience into crisis response.
EXPLAIN	Explain at least two (2) ways building relationships and cultural competency is important for crisis response, with emphasis on Pathways to Healing.
CONTRAST	Contrast at least two (2) differences between Tribal crisis response methods and mainstream approaches.
DESCRIBE	Describe at least two (2) ways historical and cultural narratives have shaped Tribal crisis response.



Opening

KENNETH HANOVER SR, RVIT, SUDCC II
NATIVE COMMUNITY ADVISOR
ROUND VALLEY TRIBES



Nurturing Our Heritage: Prevention Strategies for Indigenous Youth

Casandra Stouder

Navajo, Seminole

Generations 4 Change



Daniel Dickerson, DO, MPH

Inupiaq

UCLA ISAP



Nurturing Our Heritage

“The One Who Joined
Them In A War”

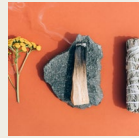
Casandra Stouder



HISTORICAL
TRAUMA IMPACT



SUBSTANCE
ABUSE &
HEALING



NURTURE
HERITAGE

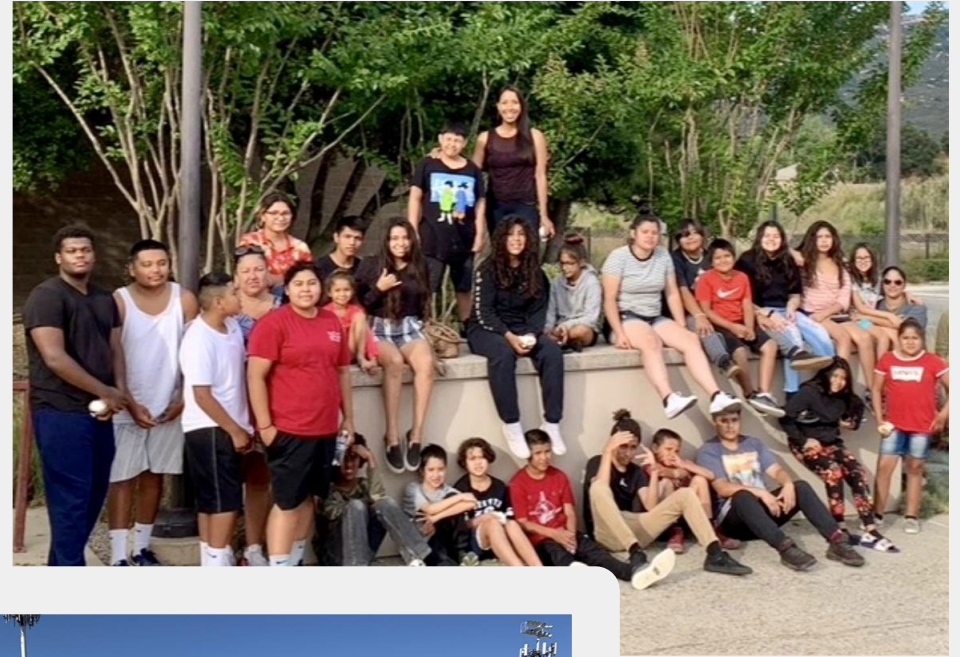


EMBRACE
CULTURE

YOUTH
ENGAGEMENT



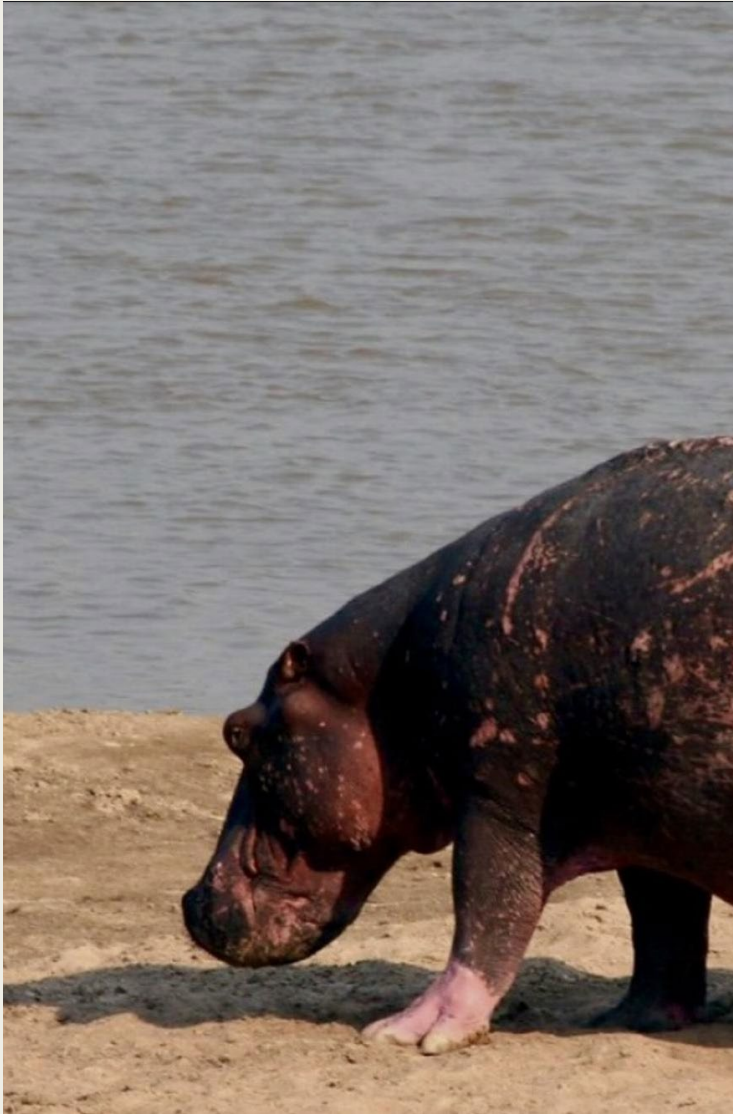
Sédá



Long Walk

Historical Trauma and Substance Abuse:

- Exploring the connection between historical trauma and substance abuse.
- Indigenous Healing Practices
- Introduction to important healing practices within Indigenous communities.
- Exploring the role of smudging, meditation, and talking circles in promoting well-being and addressing trauma.



Reconnecting

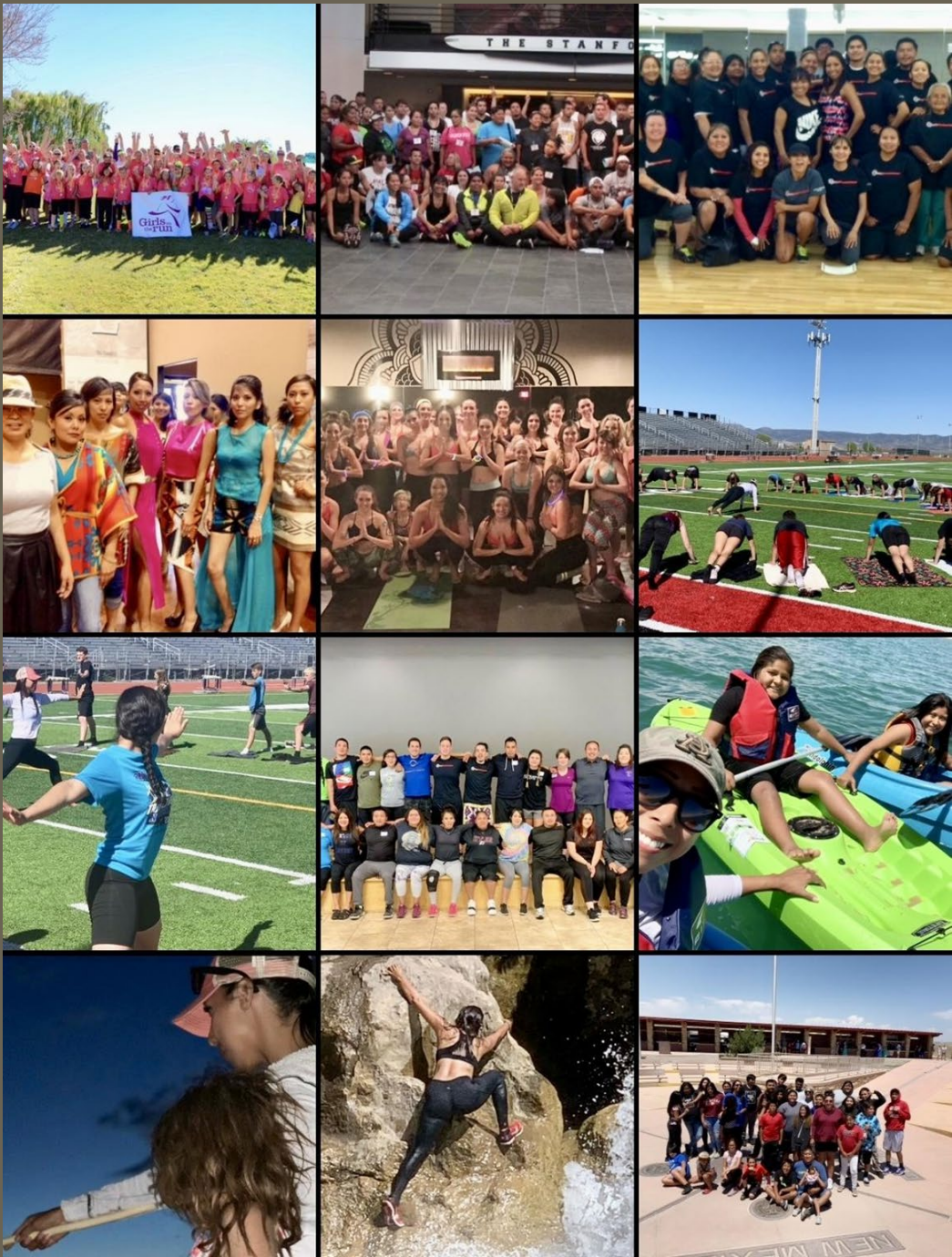
Indigenous Living and Healing Practices:

- Overview of Indigenous living and healing practices, both historically and in the present.
- Highlighting the relevance of these practices in addressing substance abuse within Indigenous communities.

Culturally Sensitive Approaches to Substance Abuse and Healing:

- Facilitating a traditional Indigenous practice known as a talking circle.
- Creating a safe and supportive space for individuals to share their thoughts, experiences, and reflections on historical trauma and culturally sensitive approaches to substance abuse treatment.





Commit

"What can be imagined can be achieved" by T. Peavey.

Create rewards through lived experiences and human connections. This reinforces your commitment to abstaining from substances.

Talking circles to reflect on experiences and new memories made and an opportunity to talk about the disadvantages of using substances.

Live "WASIIVA!"

Practice



creating a safe and supportive space for individuals to share their thoughts and experiences.



Making a Decision:

It's better to make a decision for now, even if it's not perfect. Taking action, even if it's not the ideal choice, is better than remaining paralyzed and doing nothing.

Remembering a Better Time:

Reflect on moments when you were able to overcome challenges or experience positive outcomes. It's important to remind yourself that you are not defined solely by your current struggles. Remembering the times when you felt more like yourself can give you hope and motivation to work towards reclaiming that version of yourself.



Conscience Effort

Discovering Rules to Live By:
Identify principles that will help you stay focused on your healthy journey. These principles should guide your actions and decisions. For example, you might have principles like "Take good care of myself" in your native language or "When in doubt, do the next honest thing." These principles can provide a sense of direction and purpose in your recovery. By living according to these principles, you empower yourself to make choices that align with your goals and values.



Acknowledge Reharmonize Practice

LONG WALK



1863

REMOVAL



1900

RECLAIM



2000

RETURN



2024



MICUNNY

MOTIVATIONAL INTERVIEWING AND CULTURE
FOR URBAN NATIVE AMERICAN YOUTH



Elizabeth J. D'Amico, Ph.D.
Ryan Brown, Ph.D.



Daniel Dickerson, D.O., M.P.H., *Inupiaq*



Carrie Johnson, Ph.D., *Dakota Sioux*
Kurt Schweigman, M.P.H., *Oglala Lakota*

Consequences of historical trauma on AI/AN communities.



- Historical trauma has disrupted AI/AN communities.
- Cultural identity issues may increase substance use.
- Disconnection AI/AN culture contributes to health disparities.
- Opportunities to engage in traditional practices may promote healing.
- Interventions that incorporate traditional practices

Urban Areas and AI/AN People

- More than 87% of AI/AN people now reside outside of reservations and tribal lands (U.S. Census, 2021).
- Challenges exist that impact the ability to engage in traditional teachings and practices.
- Less visibility and a sense of cultural base may exist.
- Exposure to discrimination and social injustices may be experienced among youth.

Resiliency

- AI/AN people are inherently resilient.
- Resiliency is a prominent focus in programs created for AI/AN youth.
- Promoting cultural pride and presence is important in urban areas.
- Engaging in traditional practices and activities may promote overall health.
- Enhancing healthy social connections and celebrating collective successes may help to prevent substance use among urban AI/AN youth.

Community Advisory Board



George Funmaker
(Ho-Chunk/Dakota)



Benjamin Hale
(Navajo)



Dr. Carrie Johnson
(Wahpeton Dakota)



Janet King
(Lumbee)



Kurt Schweigman
(Oglala Dakota)



Mary Trimble-Norris
(Oglala Dakota)

Consultants



Dr. Kamila Venner
(Athabaskan)



Dr. R. Dale Walker
(Cherokee)

Collaborators from the Native American Community



Sacred Path
Indigenous Wellness Center



**NATIVE AMERICAN
HEALTH CENTER**



United American Indian Involvement, Inc.



FAIHP
Fresno American Indian Health Project



United Native Youth of Los Angeles



*San Diego American Indian
HEALTH CENTER*



**FRIENDSHIP
HOUSE**

Project Snapshot

- Native American youth, aged 14-18
- Develop intervention that integrates traditional healing approaches with MI
 - Focus group work
- Randomized controlled trial
 - Three surveys: baseline, 3-month, and 6-month
- MICUNAY: 3 workshops focused on making healthy choices for the body, brain, and spirit
- Youth randomized to MICUNAY only or MICUNAY + Community Wellness Gathering
- Outcomes: In process



Sample demographics (N = 185)

	N	Percent
Age		
14 years old	51	28
15 years old	38	21
16 years old	44	24
17 years old	31	17
18 years old	19	10
Sex		
Male	90	49
Female	95	51
Race/Ethnicity		
Hispanic/Latino(a)	83	45
AI/AN	150	81
Asian/Asian American/Pacific Islander	8	4
Black/African American	21	11
White/Caucasian	32	17
Other	8	4
Education		
Mother (> high school)	120	80
Father (> high school)	94	73

Risk Behaviors (N = 185)

	Lifetime N (%)	Past Year N (%)	Past 3 Mos N (%)
Cigarettes	35 (19%)	27 (15%)	19 (10%)
E-cigarettes	48 (26%)	29 (16%)	18 (10%)
Alcohol	71 (39%)	63 (35%)	43 (23%)
Heavy drinking	---	43 (23%)	24 (13%)
Marijuana	78 (43%)	66 (36%)	52 (28%)
Inhalants	18 (10%)	10 (5%)	2 (1%)
Over-the-counter drugs	22 (12%)	16 (9%)	8 (4%)
Prescription drugs	17 (9%)	14 (8%)	6 (3%)
Stimulants	11 (6%)	9 (5%)	6 (3%)
Other drugs	18 (10%)	14 (8%)	10 (5%)
Consequences			
Alcohol: Experienced 2 or more consequences	---	---	21 (50%)
Marijuana: Experienced 2 or more consequences	---	---	25 (49%)

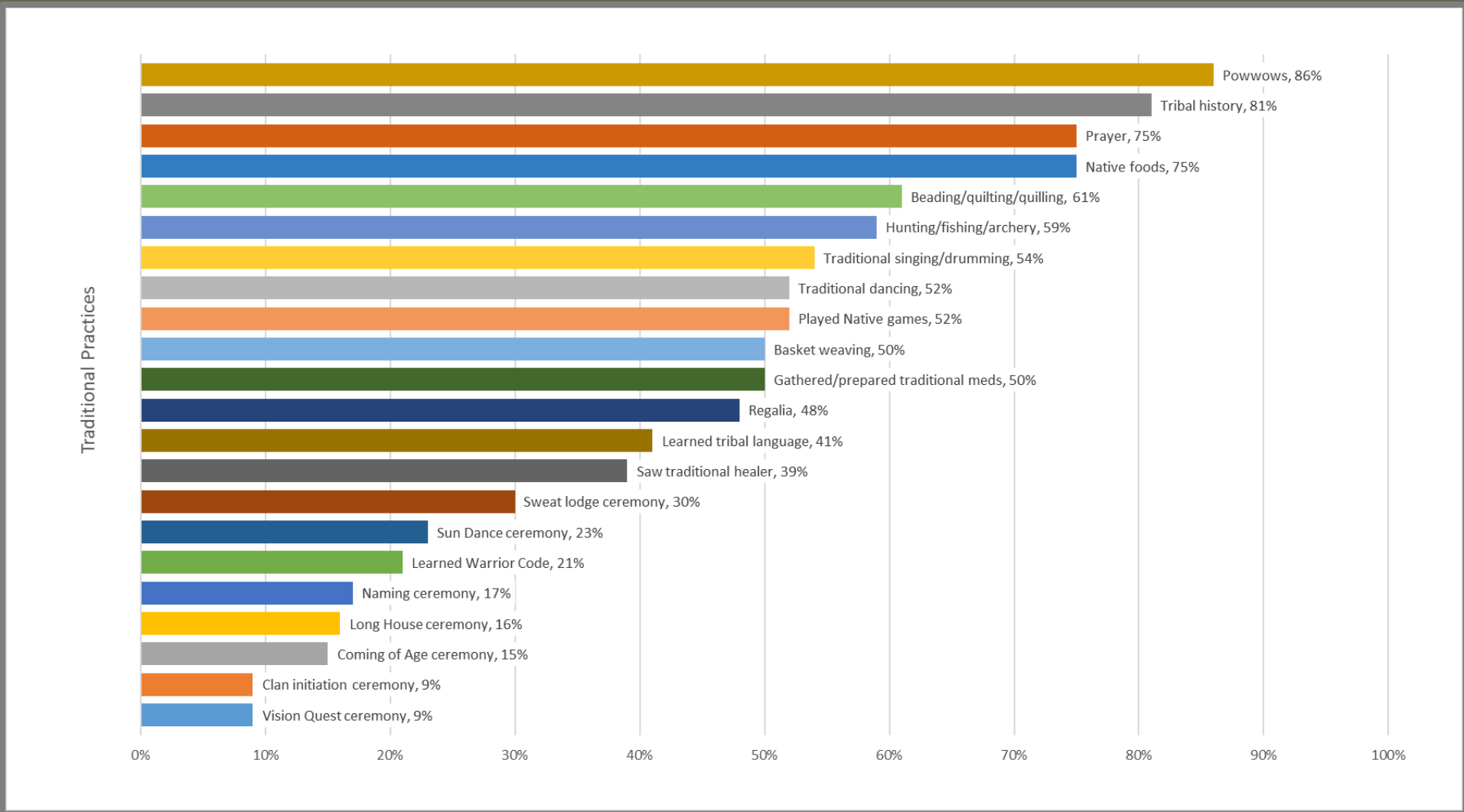
Family and Peer Substance Use (N = 185)

	N	Percent
Family use		
Most important adult ever smokes cigarettes	45	25
Most important adult drinks 4 or more days/week	9	5
Most important adult ever smokes marijuana	24	13
Older sibling: Cigarettes	21	15
Older sibling: Alcohol	49	36
Older sibling: Marijuana	39	28
Peer influence		
Time spent around peers who smoke cigarettes	36	20
Time spent around peers who drink	58	32
Time spent around peers who use marijuana	89	48

Discrimination Experiences and Physical and Mental Health (N = 185)

	N	Percent
Experienced discrimination in past year		
Discrimination by law enforcement	30	16
Victim of racial slurs	52	29
Trailed or followed	17	9
Mistaken for race other than Native	100	55
Past-life slur by non-Native	66	36
Told of spiritual connection to AI/AN from non-Native	73	40
Told “lucky to be AI/AN” by non-Native	112	62
Asked if “real Indian” by non-Native	113	62
Asked to prove authenticity by non-Native	74	41
Physically attacked	11	6
Self-reported health		
Excellent	38	21
Very good	67	36
Good	63	34
Fair	16	9
Poor	0	0
Good mental health (60+ score on MHI-5)	127	69

Percent of youth reporting ever participating in traditional practices



AI/AN self-identity and health outcomes

Three categories based on AI/AN self-identification on the survey

- ✓ Only AI/AN
- ✓ AI/AN and at least one other race/ethnicity
- ✓ Did not identify as AI/AN



RCTs in Indian Country

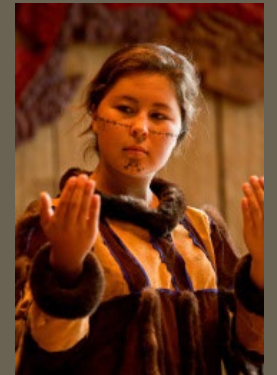
MICUNAY Workshops + CWG



CWG only



- 185 adolescents
- 3 and 6 month follow up
 - ✓ Alcohol and drug use
 - ✓ Spirituality
 - ✓ Cultural identity



Outcomes



- Retention rates were good
 - ✓ 76% completed 3-month follow-up
 - ✓ 82% completed 6-month follow-up
- Teens reported high satisfaction with the program information and traditional practices
- No group differences over time
 - ✓ Rates of AOD use remained stable

Things to think about...

- Importance of CBPR approach
- Key relationships with AI/AN urban organizations throughout California
- Benefits of traditional practice participation for urban AI/AN adolescents including:
 - less substance use
 - enhanced cultural connection
 - protection against discrimination

Acknowledgments

- Dr. Elizabeth D'Amico, co-Principal Investigator.
- National Institute on Alcohol Abuse and Alcoholism (NIAAA; R01AA022066) and co-funded by the National Institute on Drug Abuse (NIDA)
- Michael Woodward for his assistance in MICUNAY manual development
- Lisa Kraus and Yasho Rana for their help during the focus groups
- Kirsten Becker and Jennifer Parker for their help with coordinating youth and parents for the focus groups and for overseeing the surveys
- Our facilitators in all the cities who conducted the MICUNAY workshops

MICUNAY and Group MI for Teens Resources

Group MI for Teens Resources through RAND and Elizabeth D'Amico's research teams

<https://groupmiforteens.org>

- ❖ Provides information on new programs utilizing MI for diverse populations
- ❖ A new group MI program for young adults experiencing homelessness is currently being developed.




Breakout Activity

What are some challenges to engaging youth in your community?



How can you improve youth engagement in your community?



What resources/support will you need to improve youth engagement?

Debrief

Resources for Continued Learning

California Rural Indian Health Board <https://crihb.org/>

California Consortium for Urban Indian Health <https://ccuih.org/>

Indian Health Service (IHS) <https://www.ihs.gov/>

National Indian Health Board (NIHB) <https://www.nihb.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/find-help/national-helpline>

National Institute on Drug Abuse (NIDA) <https://www.nih.gov/about-nih/what-we-do>

The Native Center for Behavioral Health <https://www.nativecenter.org/>

National Suicide Prevention Lifeline <https://988lifeline.org>

WE MATTER

I Matter.

You Matter.

WE MATTER.



**Feeling down?
Feeling hurt?**

We Matter is a place to help Indigenous youth get through hard times, whether you need support yourself or want to support someone you know.

ASK YOUR RELATIVE

What is Ask Your Relative?

Ask Your Relative is a team of educators, public health professionals, and caring adults supporting Native Youth through our Q&A service.

Here, Native you(th) are able to ask us questions on a variety of topics ranging from how to flat stitch to snagging.

We do our best to answer – as your relatives, we recognize the ways identity, culture, and community influence our lives and our health.



Self-Paced Learning Opportunities

Providing Culturally Responsive Care for California Tribal and Urban Indian People

Courses specifically created for clinicians interested in learning how to better serve Tribal and Urban Indian communities in healthcare settings

Claim up to six (6.0) credit hours of CE/CME

- **Addressing Cultural Identity in Substance Use Treatment among American Indians/Alaska Natives** (1.5 credit hours)
- **A Sacred Trust: Decolonizing Screening and Assessment** (1.5 credit hours)
- **CommUnity Connections: Bridging Best Practice and Cross-Cultural Care** (1.0 credit hour)
- **Engaging Native People and Their Families in Healing through Relationships** (2.0 credit hours)



Scan the code
or visit
<https://bit.ly/HealingPATH>



Accredited
Courses



Individualized
Learning Plan



Qualifies for
MATE Act DEA
Requirement

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CHEROKEE EASTERN BAND
& CHOCTAW
Tribal South



TWILA MALLARI, NAVAJO/DINÉ
Tribal Southwest, Tribal East



NORMAN MCCLLOUD, CHIPPEWA
Tribal Mountain Plains
& Great Lakes



KELI KING, MESKWAKI,
PONCA, SAC & FOX
Tribal Mountain Plains & Lakes



FRANCESCA VILLARREAL
OSAGE, QUAPAW
Tribal Southwest



Opioid
Response
Network

Indigenous Communities Response Team



End Code: 7260

CLOSING SONG

“Warrior”
Raye Zaragoza



THANK YOU FOR JOINING US!