

Native Center for Behavioral Health

- ADDICTION
- MENTAL HEALTH
- PREVENTION

Join our list! Our email list is the best way to receive announcements of trainings, events, and publications. [Click here to join!](#)

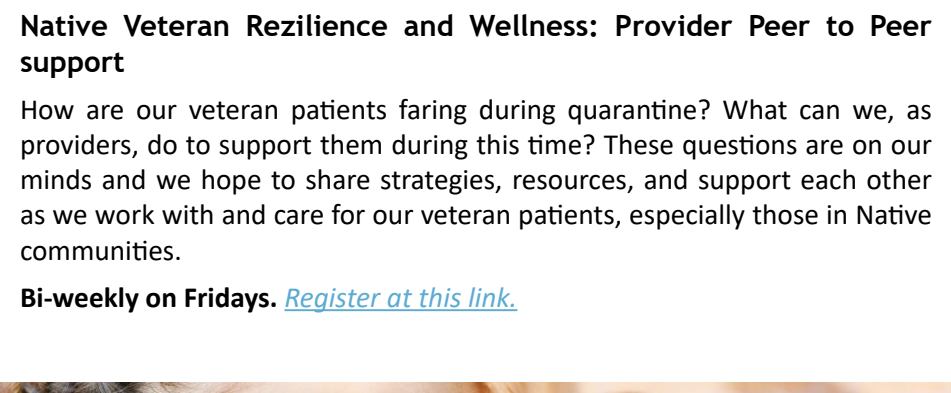
Welcome!

The Native Center for Behavioral Health is a research center at the University of Iowa College of Public Health committed to developing programs to support the behavioral health workforce in Native American and Alaska Native communities across the country. Our current projects include three programs funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) in the areas of addiction (ATTC), mental health (MHTTC), and prevention (PTTC), as well as tribal opioid response technical assistance (TOR TA), mental health for K-12 schools (MHTTC-Supplement), and a Tribal College and University Initiative. We also host a Leadership Academy for Native American and Alaska Native behavioral health professionals.

Our mission is to serve as subject-matter experts and key authorities on culturally informed, knowledge and experience based prevention practices, addiction treatment, recovery, and mental health services. We work to support Native American and Alaska Native behavioral health professionals by focusing on traditional cultural practices for treatment of those suffering from substance use and other behavioral health disorders, and providing technical assistance to communities in crisis due to mental health, addiction, and public health epidemics or pandemics. By partnering with tribal and urban Native behavioral health workforce members, we utilize indigenous knowledge to create culturally-informed experiences, and educate non-Native providers on appropriate ways to engage and serve Native communities and clients.

As is written in the values and principles of the center, we draw upon the diverse and unique cultures, ceremonies, customs, and teachings of Native American and Alaska Native tribal members for strength, wisdom, and guidance. In order to serve in a national capacity, we rely on the commitment of members from across the country to advise on curriculum development, cultural competency, and needs assessment.

Sincerely,
Anne Helene Skinstad, PhD
 Program Director, Clinical Professor, Community and Behavioral Health,
 University of Iowa College of Public Health



COVID-19 RELATED PROGRAMS

Virtual Native Talking Circles: Staying Connected in Challenging Times

This group will be facilitated by a Native guest and will focus on concerns about yourself, your family, your work, and/or your tribal community that you may be experiencing during these uncertain times. This is a respectful meeting space. Come share your concerns, offer support, and respect the group's privacy.

Bi-weekly on Mondays. [Register at this link.](#)

Tuesday Mentor and Mentee Coffee Klatch

This is a closed group for our Leadership Academy mentors and mentees to share concerns, experiences, and strategies for their work during the pandemic.

Bi-weekly on Tuesdays.

Strategies of Support for Mental Health Providers - Empowering one another during times of crisis

This is our weekly open forum to listen and share suggestions/resources. Special attention will be paid to resiliency, strength, overcoming challenges of social distancing, and supporting mental health professionals in their efforts to adapt their delivery of services.

Bi-weekly on Tuesdays. [Register at this link.](#)

Native American Storytelling: Culture is Prevention

This series of sessions features traditional Native American storytelling, along with time for discussion on what can be learned from the stories, as well as the ways these stories can be incorporated by Native American providers into their work with patients.

Bi-weekly on Wednesdays. [Register at this link.](#)

TOR Sharing and Caring through Technology

These sessions are an opportunity for Tribal Opioid Response (TOR) grantees to share experiences, successes and obstacles, as well as ask any technical assistance questions they have.

Weekly on Wednesdays: [Register at this link.](#)

Special Weekly Series for the Entire School Community: Helping Schools Serving Native American and Alaska Native Students Re-open Amidst COVID-19

The MHTTC K-12 program invites the entire school community (students, parents, teachers, counselors, and principals) to our special weekly listening sessions covering topics that are important for you as we go through this new school year together.

Weekly on Thursdays. [Register at this link.](#)

Connecting Prevention Specialists to Native Communities During Times of Crisis: Listening Sessions

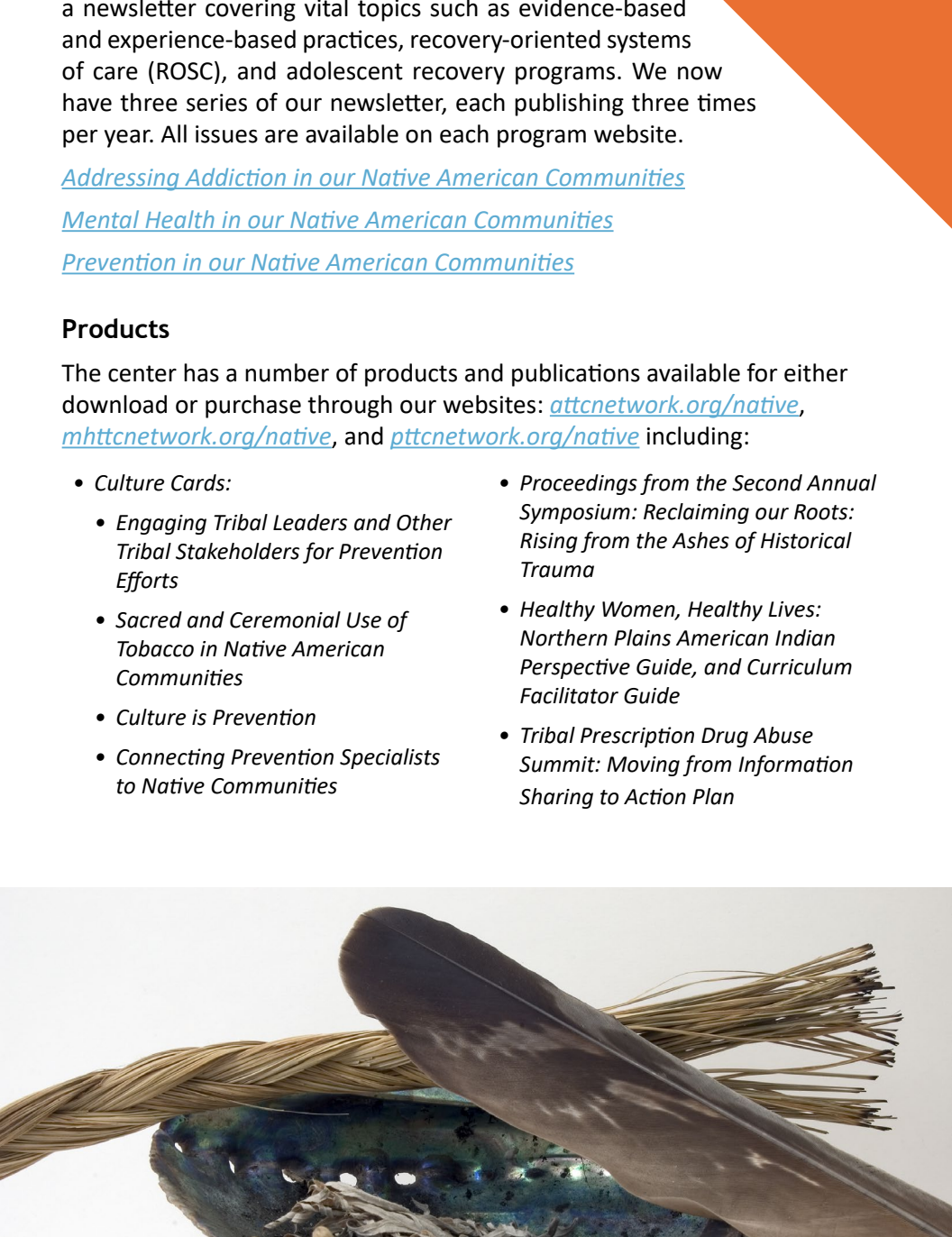
These weekly meetings will cover major concerns of prevention workers during quarantine, provide a space to share success stories, resources, and encourage peer support.

Bi-weekly on Fridays. [Register at this link.](#)

Native Veteran Resilience and Wellness: Provider Peer to Peer Support

How are our veteran patients faring during quarantine? What can we, as providers, do to support them during this time? These questions are on our minds and we hope to share strategies, resources, and support each other as we work with and care for our veteran patients, especially those in Native communities.

Bi-weekly on Fridays. [Register at this link.](#)



ACADEMIC PROGRAMMING

Native American Substance Abuse Prevention Skills Training

This training provides instruction for Native American and Alaska Native substance abuse prevention practitioners, as well as those working in Native American and Alaska Native communities in related disciplines to develop the knowledge and skills needed address substance use prevention and provide effective prevention services to their communities using the strategic prevention framework.

Healing the Returning Warrior: Keys to Understanding Unique Challenges and Strengths of Native American and Alaska Native Veterans

This training offers providers an historical overview of Native people in warfare, military trauma, historical trauma, and PTSD; as well as covering approaches to assessment and treatment, understanding and incorporating traditional beliefs and healing practices; and lessons on "healing the healer."

Native American Curriculum

This training program promotes a greater awareness of Native American culture for behavioral health providers, resulting in an enhanced treatment experience for the Native American client. This curriculum was developed for Sioux tribal communities and has been adapted for the tribal communities in Minnesota.

Alcohol and Drug Exam Review Training

This program helps to prepare Native providers for certification and licensure exams. It is currently offered regularly in the upper Midwest IHS regions, and will be extended to additional IHS regions. A learning collaborative is also offered twice per month to prepare participants for the testing situation.

Problem Gambling

This training covers the DSM-5 signs and symptoms of gambling disorder, including research and clinical findings on screening, assessment, prevention, and treatment.

The Spirit of Communication: Motivational Interviewing and Native American Teachings

This training is designed to introduce the spirit of Motivational Interviewing (MI), develop introductory techniques in manifesting the MI spirit and talk about the relationship between MI and Native American traditions. This hands-on interactive training invites participants to learn, practice and share thoughts about how MI would be effective within Native communities.

Ethics

This training is an overview of commonly used ethical principles and codes of conduct for behavioral health and substance abuse professionals, and applies cultural competency for those working with Native American and Alaska Native populations. The training also covers rules of practice when faced with an ethical crisis within clinical practice, and standards in substance abuse counseling.

DSM-5 Training

This training provides thorough information and discussion of the DSM-5 signs and symptoms of alcohol and drug use disorders, the most common co-occurring disorders, and the other alcohol- and drug-related disorders included in DSM-5, including delirium tremens and Korsakoff's Disorder.

DISTANCE LEARNING

Webinar Series

Our center hosts four webinars monthly, each taking place on Wednesdays at 1 pm Eastern, 12 pm Central, 11 am Mountain, 10 am Pacific, and 9 am Alaska:

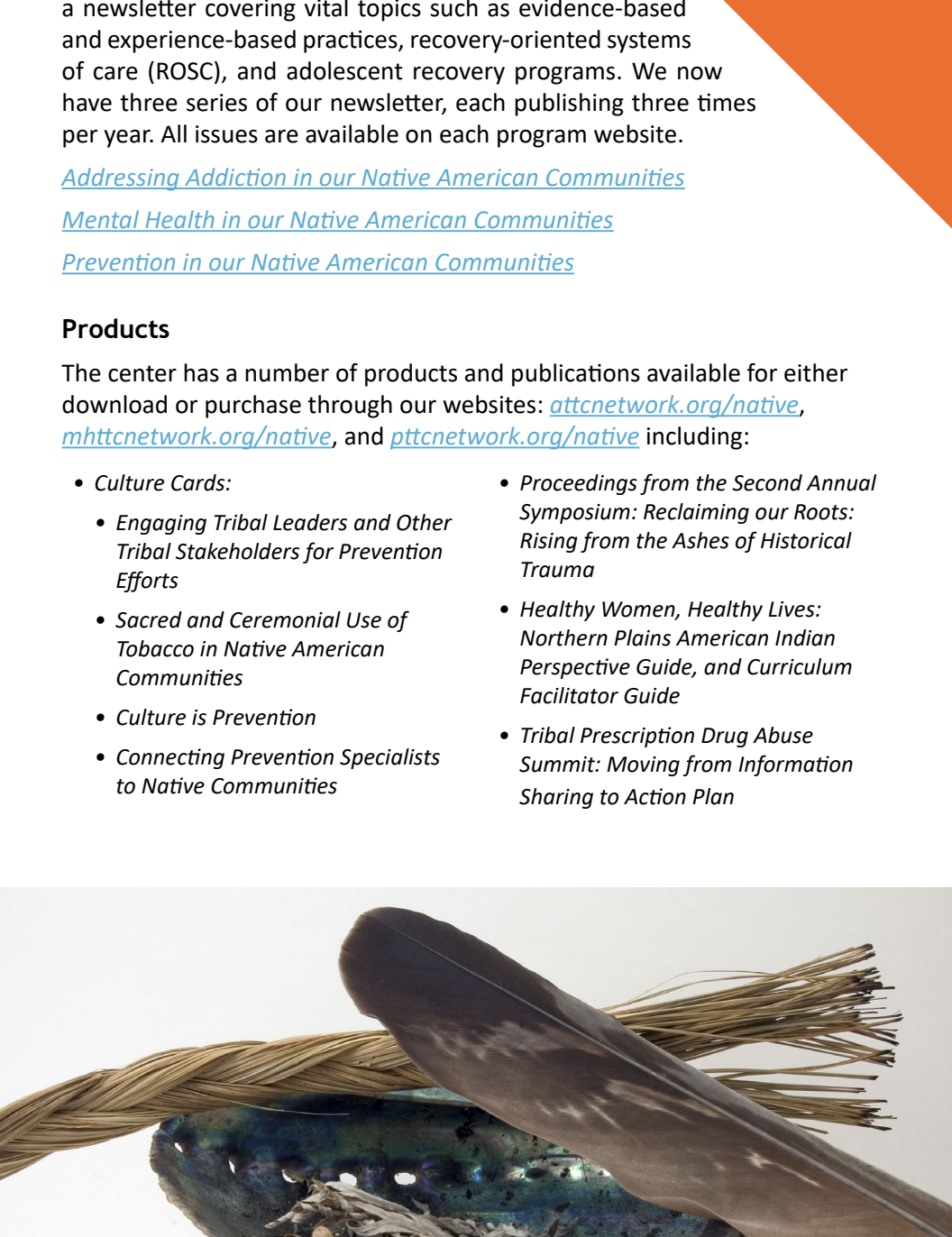
Essential Substance Abuse Skills

Mental Health topics for Native American & Alaska Native communities

Native American and Alaska Native Behavioral Health Prevention for Native American & Alaska Native communities

Announcements for webinar topics and speakers are sent through our email list. [Click here to join the list!](#)

An archive of our previous webinars is available on our [YouTube Channel](#) to view at any time.



PUBLICATIONS

Newsletter

Beginning in Autumn, 2013, the center began publishing a newsletter covering vital topics such as evidence-based and experience-based practices, recovery-oriented systems of care (ROSC), and adolescent recovery programs. We now have three series of our newsletter, each publishing three times per year. All issues are available on each program website.

[Addressing Addiction in our Native American Communities](#)

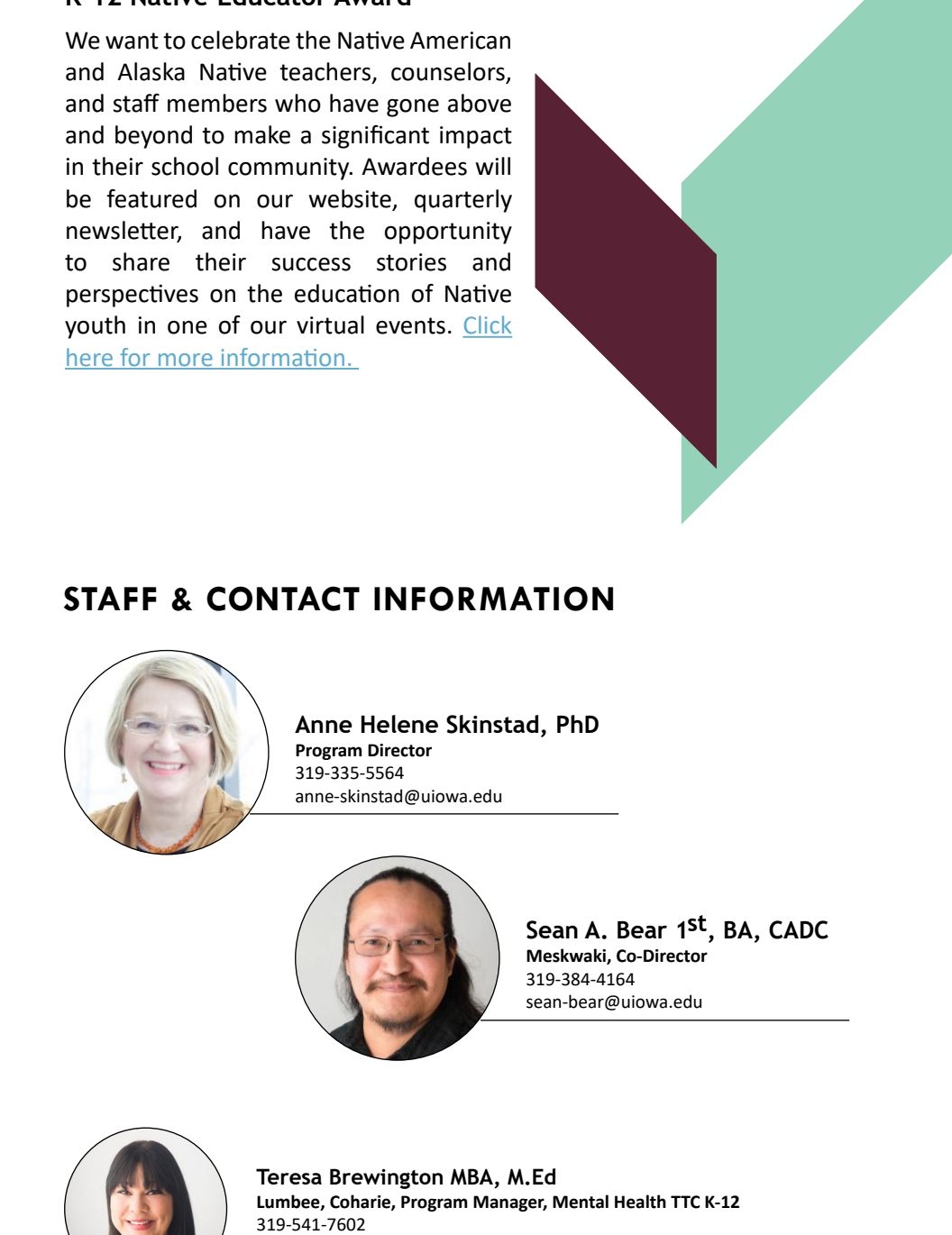
[Mental Health in our Native American Communities](#)

[Prevention in our Native American Communities](#)

Products

The center has a number of products and publications available for either download or purchase through our websites: [attcnetwork.org/native](#), [mhttcnetwork.org/native](#), and [pttcnetwork.org/native](#) including:

- *Culture Cards:*
 - *Engaging Tribal Leaders and Other Tribal Stakeholders for Prevention Efforts*
 - *Sacred and Ceremonial Use of Tobacco in Native American Communities*
 - *Culture is Prevention*
 - *Connecting Prevention Specialists to Native Communities*
- *Proceedings from the Second Annual Symposium: Reclaiming our Roots: Rising from the Ashes of Historical Trauma*
- *Healthy Women, Healthy Lives: Northern Plains American Indian Perspective Guide, and Curriculum Facilitator Guide*
- *Tribal Prescription Drug Abuse Summit: Moving from Information Sharing to Action Plan*



SPECIAL TOPICS

American Indian & Alaska Native Leadership Academy

This year-long program offers a unique opportunity for mental health, behavioral health, substance use providers, or helping professionals to explore their unique skills and leadership potential through trainings, an individual project, and mentor support.

Spirituality and Behavioral Health

Each year, the center invites spiritual leaders from American Indian and Alaska Native communities to come together to discuss the importance of spirituality in the treatment of behavioral health disorders. Spirituality is often left out of counseling and therapeutic relationships, but is an essential part of healing and change for many clients.

Symposium

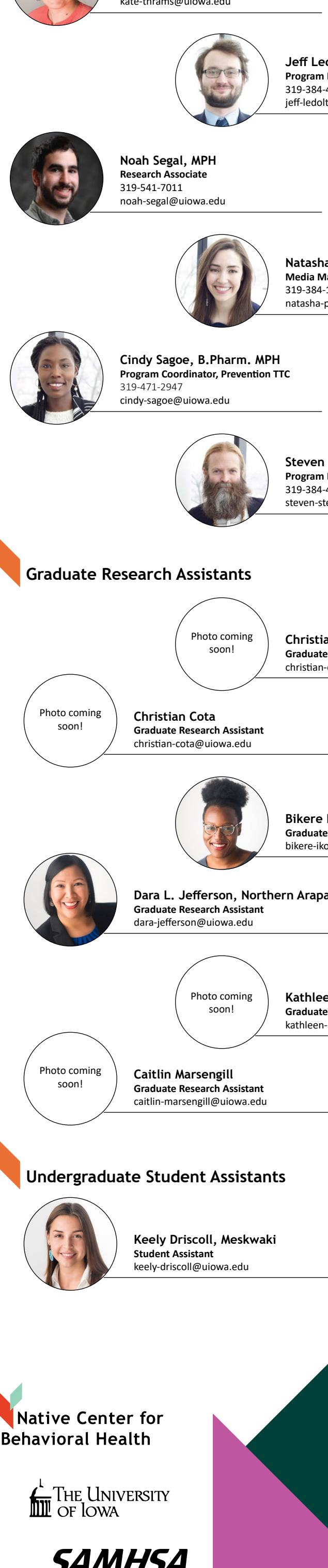
The center invites leading experts to present on emerging research and current issues in behavioral health among American Indian and Alaska Native communities. In November 2018, we held our symposium on the topic, "Looking to the Future: Building Healthy Native Communities." This event has been recorded and will be compiled in a proceedings document to be made available on our website.

The Dr. Duane Mackey "Waktaya Naji" Lectureship













This annual event was established to acknowledge individuals who, in their addiction study careers, have made significant contributions in education, research, mentoring, and service among American Indian and/or Alaska Native peoples. The event signifies the promise of continued success of an individual and serves to inspire others to make contributions to the addiction treatment field for American Indian and/or Alaska Native people. The center welcomes nominations for this position through June of each year. Please see our website for more information and nomination criteria: [attcnetwork.org/native](#).

K-12 Native Educator Award

We want to celebrate the Native American and Alaska Native teachers, counselors, and staff members who have gone above and beyond to make a significant impact in their school community. Awardees will be featured on our website, quarterly newsletter, and have the opportunity to share their success stories and perspectives on the education of Native youth in one of our virtual events. [Click here for more information.](#)



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