

Welcome
to the
2023
Reclaiming Native
Psychological Brilliance
Behavioral Health ECHO
Series

*While we are Gathering . . . enjoy this Native
music video which we will start at 5 minutes
before the hour.*



“Dream” - Doc Native and Spencer Battiest

Doc Native and Spencer Battiest along with Indigenous Enterprise dance troupe perform their award winning single "Dream" at the Los Angeles Clippers vs Dallas Mavericks NBA regular season game in honor of Native American cultural night.



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Audience Participation Tips

- We are building a community! Please introduce yourself in the Chat (select Everyone) and let your fellow participants know your name, Tribal Nation affiliation if applicable, job title, and organization.
- Everyone will be muted until the Participant Reflections portion of the hour. During that segment, use the Raise my Hand icon on zoom, and the host will unmute you to offer your reflection.
- You will receive a link to the recording and presentation by the end of the week.



Disclosures

This activity is jointly provided by United South and Eastern Tribes and Cardea Services

Cardea Services is approved as a provider of nursing continuing professional development by the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the California Medical Association (CMA) through the joint providership of Cardea and **United South and Eastern Tribes**. Cardea is accredited by the CMA to provide continuing medical education for physicians.

Cardea designates this live web-based training for a maximum of **1 AMA PRA Category 1 Credit(s)™**, Physicians should claim credit commensurate with the extent of their participation in the activity.



Disclosures

There are no relevant financial relationships with ineligible companies for those involved with the ability to control the content of this activity.



Welcome to All My Relations

"Mitakuye Oyasin"... We are all Related in the Sioux Language.



Bernice Youpee-Jordan, MPH
Citizen of the Fort Peck Sioux Nation
Public Health Program Manager
Tribal Health Program Support
United South and Eastern Tribes, Inc.

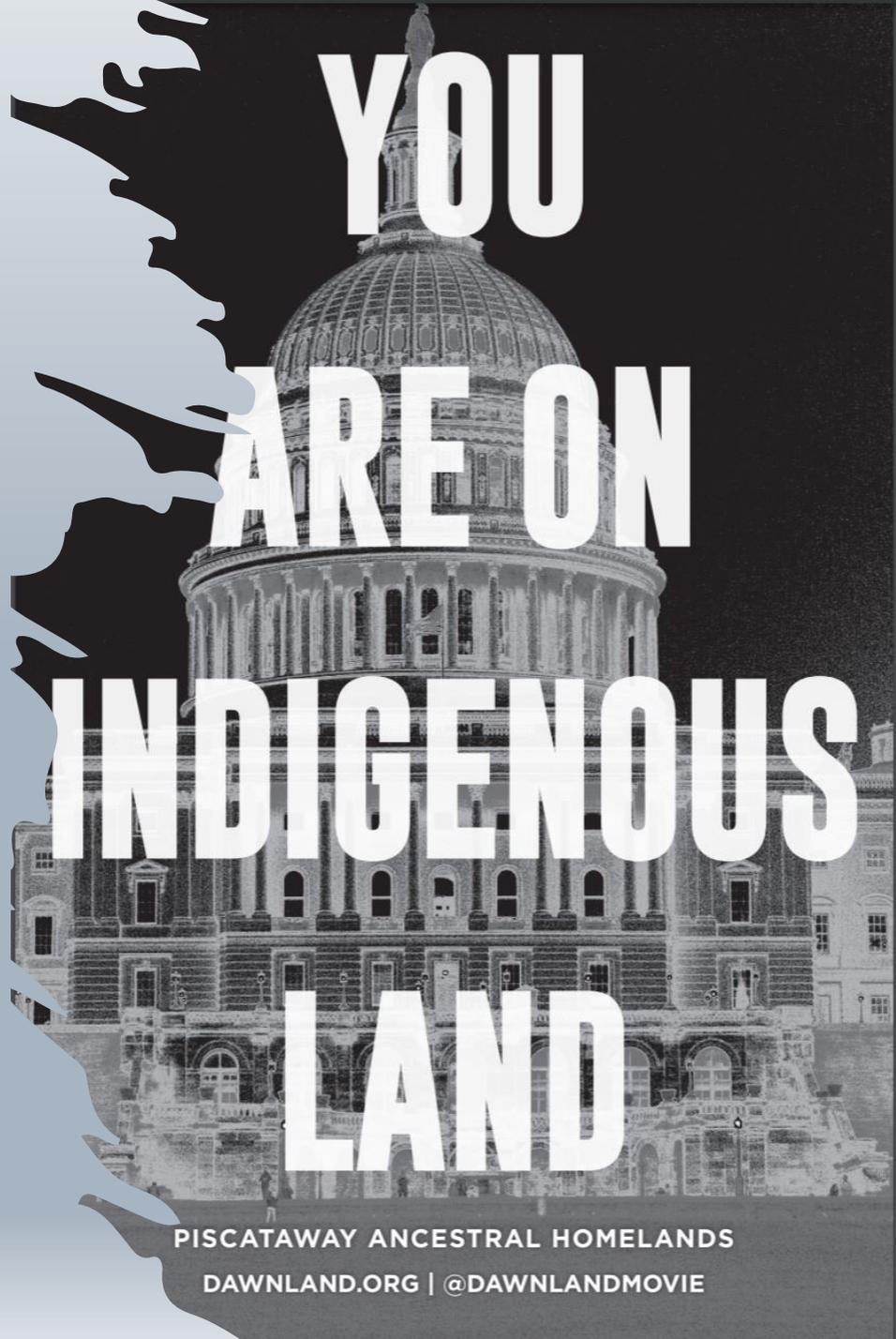


To learn and acknowledge what Tribal Nation land you and your organization are standing on, go to

<https://native-land.ca/>

or text your zip code or city to

(907) 312-5085.



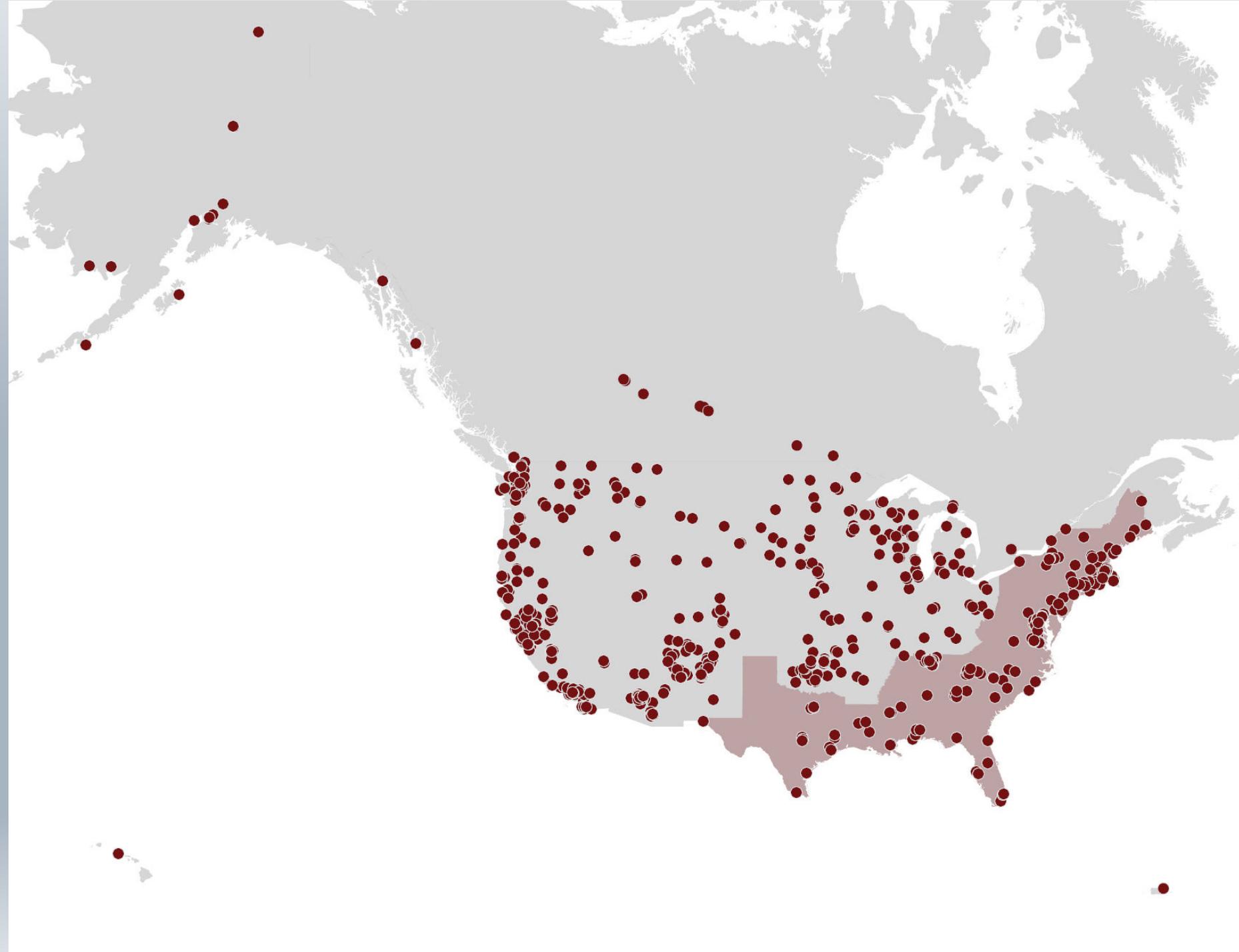
PISCATAWAY ANCESTRAL HOMELANDS

DAWNLAND.ORG | @DAWNLANDMOVIE

**We are
reconnecting
our Indigenous
community!**

*Thank you for being a part
of reclaiming our
collective stories.*

Data is gathered from
registration data





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Native Traditional Practices: Culture is Treatment

Holly Echo-Hawk, MSc

January 24, 2023

Thank you for joining the Native Brilliance series



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Throughout 2022, this series has provided countless examples of the innate intelligence of Native people - - - brilliance that is too often overlooked

Today's Learning Objectives

1. Increase knowledge of innate intelligence of Native people and relationship to treatment and lifelong recovery
2. Deepen understanding of how cultural practices serve as healthy behavior teaching tools and influence behavior change
3. Learn how culture-centered behavioral health approaches motivate behavior change
4. Discover how traditional practices support healthy behavior and how traditional practices can correspond to behavioral health services



Why is Healthy Behavior Important for Native People?

*Answer: Because behavioral health (healthy behavior)
is serious business*

Despite strengths and resilience of Native people . . .

Native life expectancy rate has dropped by 6.6 years between 2019-2021, resulting in 2021 life expectancy for AI/AN at 65.2 years. Largely driven by pandemic, Native people had largest decline when compared to all U.S. racial groups (Sources: CDC, August 2022; *How the Pandemic Shortened Life Expectancy in Indigenous Communities* <https://www.nytimes.com/2022/08/31/health/life-expectancy-covid-native-americans-alaskans.html>)

Fatal drug overdose rate is highest for Native people - - - Native people have been disproportionately affected compared to other races/ethnicities (Source: CDC NCHS Data Brief No. 394, 12/2020)

Poverty, inadequate access to health care, crowded housing in today's virus environment can contribute to poorer health; discrimination and trauma also found to be linked to wearing down of mental and physical health (Source: [Neurologists say accelerated brain aging in Black people can be countered by lifestyle changes \(nbcnews.com\)](#))

Drop in Native Life Expectancy

2019

AI/AN Life Expectancy at Birth:

71.8 years

2021

AI/AN Life Expectancy at Birth:

65.2 years



Impact of Chronic Stress Due to Racism and Health Inequities

- Recent study indicated that chronic stress as a result “of racism or health inequalities due to racism” can raise one’s risk of developing cognitive disease
- Chronic exposure to social and economic disadvantage leads to accelerated decline in physical health outcomes

Source: Neurologists say accelerated brain aging in Black people can be countered by lifestyle changes (nbcnews.com)

December 2022



What is the Key to Engaging Native People in Behavior Change?

Cultural Connectedness

*Culture Matters.
Tribal Traditions Matter.*

Culture Matters

Cultural context has quiet and profound influence on countless aspects of our lives as Native people. For example, tribal culture impacts:

- How we view ourselves
- How we convey distress
- Discomfort or ease in seeking help
- Who we turn to for help
- Why we decline help



Tribal Traditions and Behavior Expectations

Tribal ceremonies and traditions model:

- Attitude
- Purpose
- Behavior
- Reinforces something larger than self



Tribal Traditions and SUD Recovery

Return to, or new learning about, traditional practices are important motivator for sustained recovery

Wellbriety Movement & Healing Forest Model provides excellent examples (see August 23, 2022 presentation)



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Culture is a Behavioral Asset

Indigenous Alaska's "Celebration 2022"

Celebrating 10,000 years of cultural survival



United American Indians of New England



Gathering of Nations - Albuquerque





Source: New York Indian Council

Indigenous Culture-as-Health

- ✓ Supports cultural ways of knowing and being as means to achieving health and well-being for future generations
- ✓ Study purposes: a) move the continuum of public health practices beyond cultural grounding to Culture-as-Health; and b) expand the concept of Culture-as-Health in addiction and recovery to include a broader range of health (e.g., cardiovascular health), including prevention

Source: Indigenous Culture-as-Health: A Systematized Literature Review. Yamane & Ho



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Culture-as-Health Findings

Indigenous Culture-as-Health appears to rely on four modalities:

- a) Indigenous ways of knowing
- b) Indigenous cultural practices
- c) Place-based/sacred sites
- d) Indigenous spirituality





tabor photography



Culture as Practice-Based Evidence

Inherent to PBE is knowledge of:

- cultural help-seeking
- cultural context of strengths and problem identification
- culturally-informed process for therapeutic intervention(s)
- Ability to explain and provide therapeutic interventions and supports in a manner that consistently recognizes the values of the cultural self to wellness and recovery
- Knowledge of and comfort in engaging cultural resources as partner to healing - - to sustain the long-term positive effects of the intervention and recovery strategies

Growing Support for Cultural Practices

Example: Current SAMHSA TOR grant application language excerpts:

- EBPs have not been developed for all populations and/or service settings, application reviewers will closely examine proposed interventions for evidence base and appropriateness for the population of focus.
- If one does not exist *but there are evidence-informed and/or culturally promising practices that are appropriate or can be adapted, these interventions may be implemented in the delivery of services*

Source: Tribal Opioid Response NOFO (2022). page 14



Culture as Healthy Behavior Teaching Tools

Communicating through Silence

- Teachable moments framed in culture
- Behavior modeling
- *Through Silence we Speak*

Communicating through Stories and Movement

- Story telling and Humor
- Drumming and Dance

Source: Blue, A. W., Darou, W. G., & Ruano, C. (2015). *Through Silence We Speak: Approaches to Counselling and Psychotherapy with Canadian First Nation Clients*





Cultural Practices also Address [Unresolved] Grief & Loss

- Support for grief and loss
- Ceremony and rituals as stable touchstones and cultural reassurance
- Community support



Numerous Tribal
Programs use Culture
as Healing

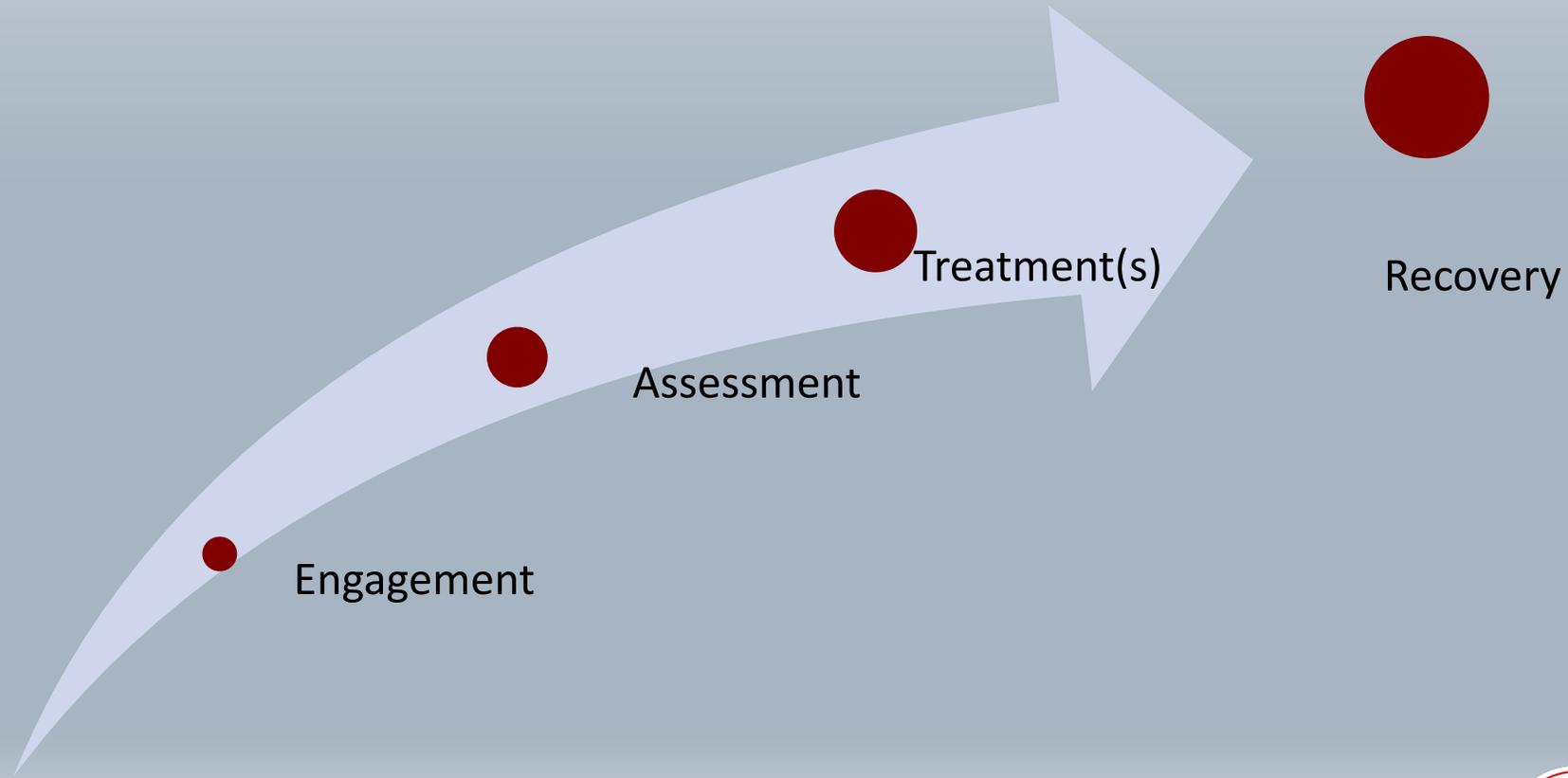


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**Cultural Practices can
correspond to
Behavioral Health Service Categories**

Awareness of Spectrum of Treatment Services Matters



Important to Note

- Understanding some cultural practice from behavioral health perspective can strengthen relationship between local culture and behavioral health providers
- In some states, cultural practices could potentially become a reimbursable service, but not everyone wants this to occur
- Some feel strongly that cultural practices should not be linked to any government restraints that would come from billable service
- Tribes have control over billable or not billable - - - Tribal sovereignty means the tribe decides



How Traditional Practices correspond to Behavioral Health Service Categories

Sample Behavioral Health Descriptions

- Interpersonal relationship development, family bonding, life skills development, self-esteem development and relapse prevention
- Relapse prevention, informal/motivational counseling, self-esteem development, team building, social/recreational therapy
- Life-skills development and crisis intervention
- Stress reduction
- Social/recreational therapy, community bonding, life-skills development and provides for mental/physical exercise
- Self-esteem development, bonding with partner, family and community, interpersonal relationship development
- Family unit counseling and therapy
- Cognitive and emotional processing of grief and loss

Project Making Medicine

Drs. Dolores BigFoot and Susan Schmidt

(see May 24, 2022 presentation)

Figure 3. Healing Practices Worksheet

American Indian/Alaska Native Healing Practices

Activity/Object/Item	Use/Purpose	Meaningfulness Value/Belief
Singing a good-bye song after a family member has passed away	To help family members say good-bye to the deceased family member To recognize that the family member's spirit is on a new journey	Gives permission for the spirit to journey onward To acknowledge that this is a transition period for everyone To give permission to mourn To provide a supportive structure for mourning Serves as a reminder of the loved one when sung again in the future

HC-MC Invites
Traditional Practices
into TF-CBT Treatment
to Support Healing and
Wellness





Cognitive Coping Example



- Consider using the instruction given when entering a lodge or ceremony to leave bad thoughts at the door and enter in a good way.
- Use imagery to send away unhelpful thoughts (stories of places and animals; smudging)



Yup'ik Eskimo

Traditional Modalities-Western Modalities Matrix

Cuilqerluni (Tundra Walk)

- Substance Abuse Component: outpatient, continuing care (aftercare)
- A directed or a self-imposed walk into the tundra. Time spent to relieve stress or become “centered”; time spent for reflection. A scheduled walk can be done alone or with another person. The walk is a way of demonstrating to a person that he/she is capable of gaining control of himself. Tundra walk with a counselor, Elder, or another person can be time for improvement of interpersonal communication, enhancement of individual growth, bonding, and education. A good way to build trust between counselor and client in beginning stages of treatment. Can also be utilized for relapse prevention.

Source: Yukon-Kuskokwim Health Corporation, 2000



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Traditional Modalities-Western Modalities

Steps to Developing Comparison

- a) Create list of Traditional Practices/Modalities used by community (Native language first, followed by English)
- b) Describe purpose of Traditional practice in 1-2 sentences
- c) Describe Traditional practice in Behavioral Health terms (substance use or mental health)
- d) Review State Medicaid Plan allowable services
- e) Align/Crosswalk the Traditional Practice(s) with State Medicaid allowable services
- f) Pay attention to type of staff/credentials needed to bill for services
- g) Pay attention to service documentation needed for reimbursement of service provided

Source: Yukon-Kuskokwim Health Corporation



Traditional Practice (Native Name)	Traditional Practice (English Name)	Traditional Practice Description	Behavioral Health Description	Medicaid Billing Modality
Neqlivik	Summer fish camp	Time for families and community to work together during the summer. Fathers or older male relatives fish with sons while the mothers or female relatives teach young girls how to cut and prepare fish	Family bonding and communication skill building; life skill development; promotion of self-esteem; respect of life/self; impulse regulation	Rehabilitative; relapse prevention

Source: Yukon-Kuskokwim Health Corporation,

Summary

Cultural practices serve as healthy behavior teaching tools and can motivate and influence behavior change.



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Resources

- Culture-as-Health (Yamane & Helm, 2022)
https://commissiononnativechildren.org/wp-content/uploads/2022/11/ADDL-READING_Indigenous-Culture-A-Systematized-Literature_C.Y.E.W.-Yamane-and-S.-Helm.pdf
- Through Silence We Speak: Approaches to Counselling and Psychotherapy with Canadian First Nation Clients (Source: Blue, A. W., Darou, W. G., & Ruano, C. (2015))
- Wellbriety Movement <https://welbrietymovement.com>



Upcoming Resource:

*TELL ME A STORY:
TALKS ON SPIRITUALITY, TRAUMA, ADDICTION, AND HEALING*

Allyson Kelley, DrPH MPH CHES & Dolores Subia BigFoot, PhD

This book is dedicated “to everyone we lost, because something was broken that did not get healed”



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Thank You for your Presence

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Facilitated Reflections



Facilitator: Livia Davis, MSW

C4 Innovations, Chief Learning Officer

Vice President, Recovery and Behavioral Health

Livia views herself as a non-Native guest in this Native space.



See you in February – Same time on the 4th Tuesday

February 28, 2023 Topic:

***Native Trauma and Healing: Releasing
the Trauma Our Body Holds***



CEU Information

Don't forget to complete your survey!

<https://survey.alchemer.com/s3/6826778/Reclaiming-Native-Psychological-Brilliance-Learner-Evaluation-October-25>

Follow-up questions?

- Bernice Youpee-Jordan at bjordan@usetinc.org
- Bryan Hendrix at bhendrix@usetinc.org



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"Haliwa"

by Brooke Simpson

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