



# “The Importance of Peer Support in Native America”

Jason Butler, MS, Ute Tribe of Fort Duchesne



# Welcome

Megan Dotson is the Program Manager for the American Indian and Alaska Native Mental Health Technology Transfer Center. She took over this role in October of 2018 and has been with the University of Iowa for 20 years coordinating various projects for several PI's. Her experience includes working with at risk youth and families in the areas of substance use, mental health, the criminal justice system and more recently working with older adults and cognitive functioning/speed of processing. Her work with Native colleagues and communities is very meaningful to her and she cherishes this opportunity to provide support to those she can. She has 2 wonderful children who are now young adults.

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[Mhttcnetwork.org/native](http://Mhttcnetwork.org/native)

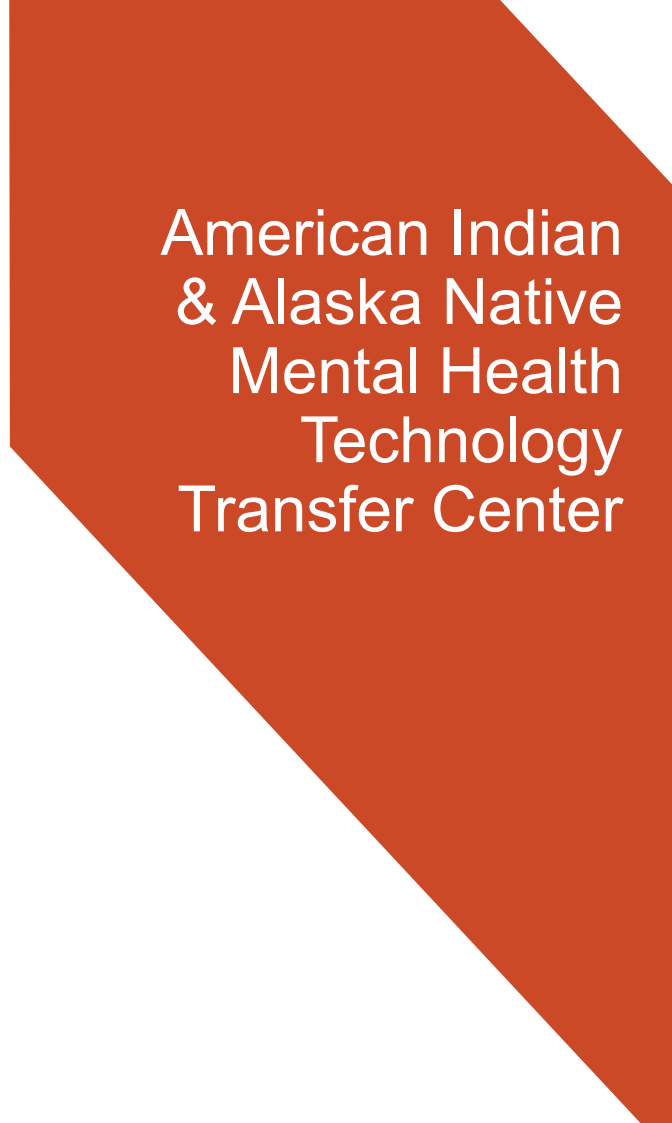




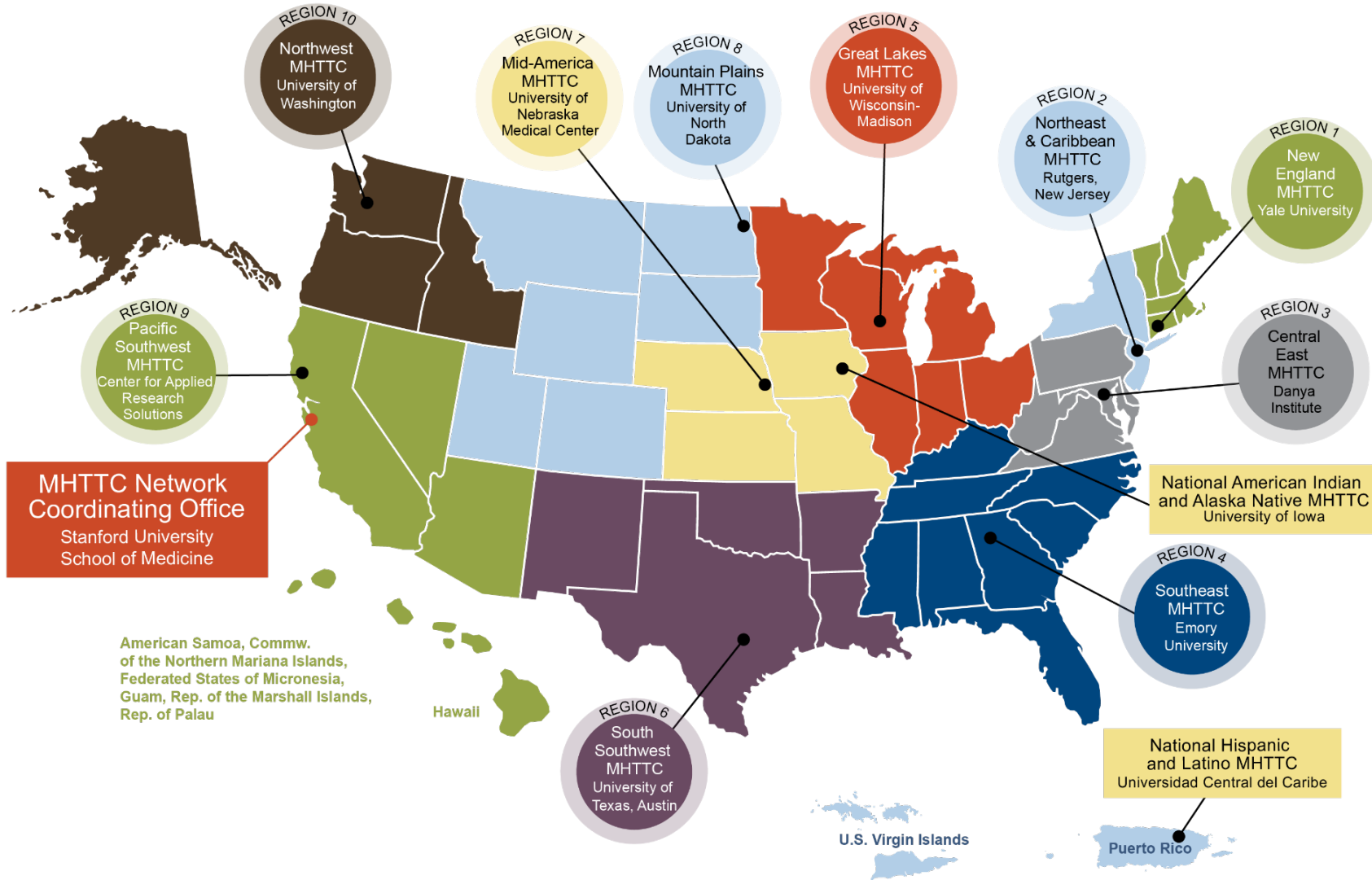
**MHTTC**

**Mental Health Technology Transfer Center Network**  
Funded by Substance Abuse and Mental Health Services Administration

**MHTTC Network**



**American Indian & Alaska Native  
Mental Health  
Technology  
Transfer Center**



# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

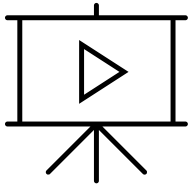
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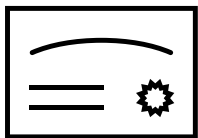


# Follow-up

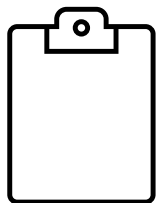
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)



# Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

Keokuk, Sean A. Bear, 1<sup>st</sup>. Meskwaki Nation



# Today's Speaker

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Jason Butler is an enrolled member of the Ute Tribe of Fort Duchesne, Utah and is also part Mojave and Cherokee. He graduated from Idaho State University in 2012 with a Bachelor of Arts in Psychology and earned his Master of Science in Family and Human Development from Arizona State University in 2019. Jason is also a Certified Peer Recovery Coach through the Idaho Board of Alcohol/Drug Counselor Certification. He is employed by the Shoshone-Bannock Tribes, Tribal Health and Human Services Department in Fort Hall, Idaho where he spent three years serving as the Recovery Service Coordinator for the Four Directions Treatment Center and recently accepted the position of Community Health Representative Manager. He strives to incorporate Native culture, traditions, morals, and values into the healthcare services provided to Native communities. Today he says, "I am loving life and am extremely thankful to have found a career path I love".



The background features a dynamic, abstract design of blue lines that create a sense of depth and movement, resembling a tunnel or a digital data stream. The lines are curved and converge towards the right side of the frame, with a bright light source at the end of the tunnel, creating a gradient from dark blue to a lighter, glowing blue.

# The Importance of Peer Support in Native America

JASON BUTLER



# Jason Arion Butler

- Member of the Ute Tribe of the Uintah and Ouray Agency, Fort Duchesne, Utah
- Certified Peer Recovery Coach from the Idaho Board of Alcohol/Drug Addiction Counselor Certification
- BA in Psychology from Idaho State University
- MS in Family and Human Development from Arizona State University
- Currently employed by the Shoshone-Bannock Tribes, Tribal Health and Human Services as the Behavioral Health Manager
- Lived experience with addiction and positive change

# Introductions

- Name
- Profession
- Why did you sign up for this webinar/ what do you hope to gain from attending?

# What is a recovery coach?

- A recovery coach is anyone interested in promoting recovery by removing barriers and obstacles to recovery, and by serving as a personal guide and mentor for people seeking or in recovery.

(CCAR, 2018)

# Roles/Responsibilities of Peer Support

- Motivator and Cheerleader
- Ally and Confidant
- Truth Teller
- Role Model and Motivator
- Problem Solver
- Resource Broker
- Advocate
- Community Organizer

(CCAR, 2018)

Why is this so important for Native people?

# Integrating Cultural Ideology into Behavioral Health Practices Review

- Importance of Culture?
- Assimilation into Western Society
- Historical Trauma
- These issues create distrust and a hesitance to seek services
- Integrating culture into behavioral health practices can help with some of these issues. However, there are some barriers.

# Barriers for Integrating Culture into Behavioral Health Practices

- Ethical Guidelines
- Time
- Demographic of professionals
- Culture can be a sensitive subject
- Integrating culture does not eliminate the hesitance to seek services

# Importance of Peer Support

- Individuals who are:
  - Members of the community
  - Have lived experience
  - Have overcome adversity
  - Are able to promote culture



# Peer Support Examples

- Encourage individuals to seek services
- Advocate for individuals in need of services and change
- Able to share life experiences
- Are meeting individuals on an equal plane
- Help to remove stigma and labels
- Able to use incorporate culture into recovery

# Peer Support and Culture


- Promote helping nature
- Promote traditional family
- Promote traditional gathering
- Promote cultural crafts
- Promote cultural diet
- Promote cultural ceremonies
- Promote language
- Promote prayer

# Peer Support During the Pandemic

- Online Classes
- Online Support Meetings
- Online Prayer Meeting
- More flexibility in contacting clients/patients

# Results

- More likely to seek services
- More likely to maintain positive change
- More likely to return for services
- Increase trust
- Removes the feeling of being alone
- Boosts confidence
- Culture provides answers to life's challenges
- Causes change at a community level

The background is a dark blue gradient with a series of thin, curved, light blue lines that create a sense of depth and movement, particularly on the left side.

# Peer Support Professionals Act as an Extension for Clinical Professionals

# FDTC Recovery Garden



# FDTC Recovery Garden

