



National American Indian and Alaska Native

MHTTC

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

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Substance Abuse and Mental Health
Services Administration

The Importance of Reducing Stigma and Labels in our Communities

April 12, 2023

Special Guest Speaker
Jason Butler, MS, Ute Tribe of
Fort Duchesne



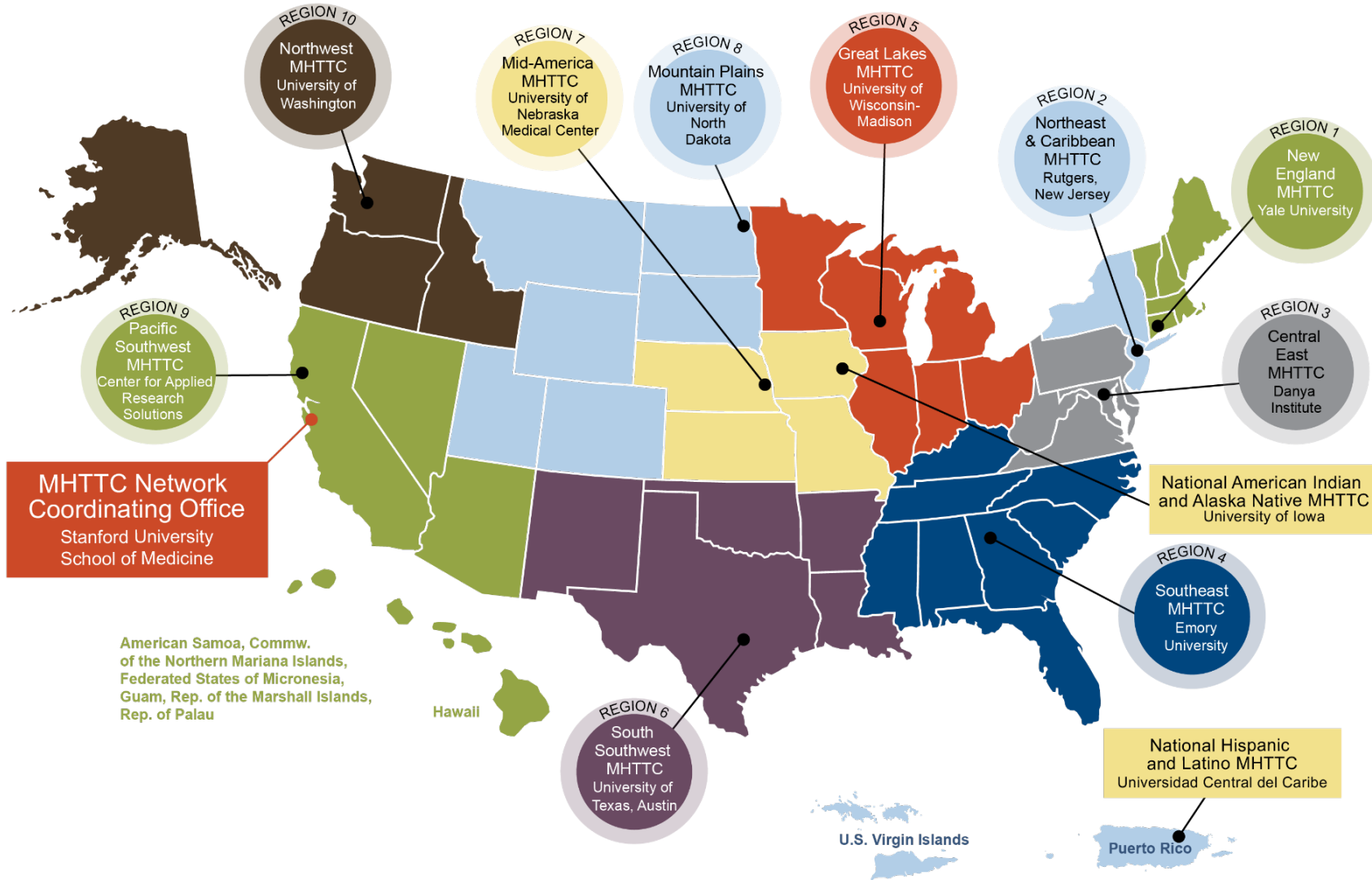
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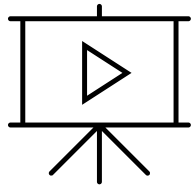
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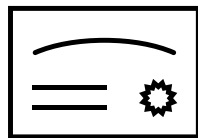


Follow-up

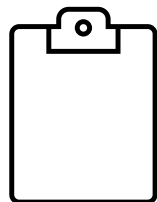
Following today's event, you will receive a follow up email, which will include:



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, 1st. Meskwaki Nation



Today's Speaker

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 IMPORTANCE OF REDUCING STIGMA AND LABELS IN OUR COMMUNITIES



Jason Butler

JASON ARION BUTLER

- + ● ▶ Member of the Ute Tribe of the Uintah and Ouray Agency, Fort Duchesne, Utah
- ▶ 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



Getting to the Root of Issues in Indian Country

- +
 - ▶ Poverty/ Unemployment
 - ▶ Domestic Violence and Sexual Abuse
 - ▶ Alcohol and Drug Use
 - ▶ Suicide
 - ▶ Poor Health Conditions (physical, mental, emotional, spiritual)
 - ▶ Increased Death Rate
 - ▶ Loss of Culture???
- +
 -

Assimilation into Western Society

- + ▶ Opposing Ideology
 - ▶ Religion
 - ▶ Capitalism
 - ▶ Individualism vs collectivism
 - ▶ Connection to Mother Earth
 - ▶ Family Structure
 - ▶ Overall way of life
 - ▶ Struggle to Adapt



Historical Trauma

- ▶ Forced assimilation
- + ▶ Genocide
- ▶ Relocation
 - ▶ Boarding Schools
 - ▶ Intergenerational trauma
 - ▶ Poor living conditions and a struggle adapting
 - ▶ Alcohol and drug use
 - ▶ Domestic violence/ sexual abuse
 - ▶ Poverty/ unemployment
 - ▶ Suicide
 - ▶ Impacts overall health outcomes
 - ▶ Disease and death



STIGMA AND LABELS DEFINED BY THE OXFORD DICTIONARY

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- Stigma: A mark or disgrace with a particular circumstance, quality, or person
- Label: A classifying phrase or name applied to a person or thing, especially one that is inaccurate or restrictive.

WHAT ROLE DOES STIGMA AND LABELS PLAY IN OUR COMMUNITY?

- Do we participate in the stigmatization and labeling of our fellow tribal members, community members, family members, and friends?
 - In the professional setting do we participate in the stigmatization and labeling of individuals seeking services?
 - Are we creating an environment that is supportive of growth and change?
 - What is the impact?

ACTIVITY...

- + In the chat box please put as many words or short phrases that describe people with alcohol addiction, drug addiction, and mental health issues.

+ WHEN YOU LOOK AT THE +
• LIST, HOW DOES IT MAKE •
◦ YOU FEEL? ◦

IMAGINE WHAT INDIVIDUALS TRYING TO OVERCOME THEIR PAST STRUGGLES AND MISTAKES FEEL

- +
 - Spend a lot of time with these feeling
 - • Cause insecurity
 - Deter from seeking help
 - Cause isolation
 - Can cause individuals to fall back into old patters of behavior
 - Can cause individuals to give up completely
 - '[



WHAT IS THE SOLUTION?

- + Awareness of the issue
- Self-Awareness
- Individual change in behavior
- We often look outward to find the solution. If we do this, are we participating in stigma and labels?
- Must remove judgement
- Be the change you want to see



SYSTEM LEVEL CHANGE

- +
 - The power of language
 - Creating safe places where individuals feel free from judgment
 - Starts with work culture
- ○



TAKE AWAY

- + • We need to create awareness regarding stigma and labels in our communities
- - Changing patterns of behavior rooted in historical trauma are difficult to change
 - Large scale change requires several small steps; change begins with us



QUESTIONS?



JASON ARION BUTLER

- + I am a member of the Ute Tribe of Fort Duchesne, Utah, as well as, part
- Mojave and Cherokee. I currently reside in Gibson, Idaho with my wife
- and 5 children. I work for the Shoshone-Bannock Tribes, Tribal Health and Human Services as the Behavioral Health Manager. My educational background includes a B.A. in Psychology from Idaho State University and a M.S. in Family and Human Development from Arizona State University. I enjoy family, community, and culture. That passion has led me down a path of service work, as I have dedicated my life to helping my people to overcome the struggles that we all face as one Native people. If you have any further questions, feel free to contact me by email at Jason.Butler@sb-thhs.com or by phone at 208-478-3969.



PRESENTATION TITLE

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THANK YOU

Jason Butler

jason.butler@sb-thhs.com