



National American Indian & Alaska Native

ATTC

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

International Women's day: Renew Women's Pride in their Sacredness

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Behavioral Health is Essential to Health | Prevention Works | Treatment is Effective | People Recover



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Overview of the Presentation

- *Stigma: Once-upon-a-time*
 - Culture aspects
 - The Native Way
 - Strength based rather than deficit based
- *Prevention*
 - Early intervention
 - Employee assistance
 - programs (EAP)
 - Peer support
 - Behavioral Health Aids (BHA)
- *Treatment*
 - Barriers to treatment
 - Assessment issues
 - Treatment approaches
- *New directions*



Once-upon-a-time:
The Native way of
understanding

Opening Remarks

- *First and Foremost, We must respect the beliefs of others.*
- *It should be mentioned that not all tribal peoples, medicine peoples, or Natives will have been taught this was, so please take the teachings that will be discussed with an open mind and in a good way, as not all may believe or have been taught the same way across tribes, nor within teachings.*



Generations ago

- *These have been taught and passed down by 4 Medicine men of the Algonquian lineage.*
- *Remember, this NOT generations like families, but elder medicine men, whose teachings were passed down from teacher to student, so it is much older than one may first believe.*



A time of Spirit

- *It is told that before we were flesh, we were spiritual beings, whose Love for the Creator was so great, that we strove to become as much like the Creator as possible.*
- *Androgynous beings- a balance of Male and Female*
- *We were as Equals and Children of our Creator*
- *Love is/was foremost*
- *We no longer had to speak, as everyone knew the needs of each other.*
- *Another's growth was just as important as another and One's growth affected all.*



A time to forget, Learn, and Grow to our fullest potential

- *In order to evolve higher, we had to become physical beings to understand pain, hardship, sadness, and the feeling of being alone.*
- *This is hard when many have forgotten our reasons for being upon Mother Earth.*
- *Thwarted by human desire, wants, and drive, we can be complacent*



“Our Search Begins”

- *Without the proper teachings, we begin our lives upon Mother Earth, lost and not knowing how we are to look at our meaning to Life.*
- *When we are alone, we worry, ponder, and feel, yet this is actually the place that we can find the answers. This is the importance of Fasting, as we are not disturbed by others and the technology today.*
- *Just like muscle, we do not always grow while experiencing hardship, but afterwards in rest, with a calm and open inner self to reflect upon experiences.*



We were All Brothers and Sisters

- *We had not always been known as men and women, but Brothers and Sisters.*
- *Within these teachings, we were made of both male and female energies.*
- *Part of the Creators Life giving Breath, and Flesh coming from our Mother Earth.*
- *When we pass, our spirit returns to the Creator and the flesh is meant to return to Mother Earth.*



As Brother and Sister

- *Males were taught to respect and honor Females, just as Females were taught to respect and Males.*
- *Just as there must be a balance of Male and Female within Nature, there must also be a balance of Male and Female within the rest of Creation.*
- *Balance in Life and Creation is Everything, even within.*
- *This is part of the teachings that is inherent and applies within all. It is easier seen of the two-spirit, who have also come to remind us of this.*



You have heard that, “We are all Teacher and Students”.

- *This is by no means, meant to be disrespectful.*
- *Men and Women are also meant to be teacher and student to each other, to their children and following generations to come.*



“Once upon a Time...”

- *Stigma*
 - *Treatment of substance use disorders (SUDs) in women has been burdened by a history of stigmatization of women with substance use disorders.*
- *For many years, clinicians believed there were few differences between men’s and women’s treatment needs.*
- *Research on women with SUDs has been hampered by the inclusion of too few women in treatment and too few in research samples (Nathan & Skinstad, 1987).*

Prevention



Early Intervention

- *Primary care, less stigmatizing*
 - *In the spirit of motivational interviewing, non-confrontational approach*
 - *Screening, using screening tools normed for women*
 - *Advice and feedback of gender-specific information on alcohol-related risks should be incorporated into brief interventions.*
 - *Referral, if necessary*
 - *Older women respond quite well to intervention in primary care*
 - *Women of childbearing age: Prevention of FASD*
- *Emergency rooms*
 - *Post rape victims or victims of assaults/domestic violence*
 - *Women who have attempted suicide.*
 - *Women who are depressed*



Behavioral Health Aids (BHA) and Peer support

- *Behavioral Health Aids (BHA)*
 - *Alaska Native Tribal Health Consortium*
 - *BHA work in the villages/their communities, much less stigmatizing for women to seek support from*
- *Peer support specialists*
 - *Focus on behavioral health issues, both Substance abuse and mental health*
 - *Recovery oriented care model*
 - *Holistic approach to prevention and treatment*
 - *Relapse prevention*



Assessment and Treatment





Assessment Issues

- *Attitudes toward assessment of substance use disorders in women*
 - *Nonjudgmental attitude*
- *Assessment strategies need to be gender sensitive, as well as affirming for lesbian/bisexual identified women.*
- *Assessment strategies need to be sensitive to the culture the woman comes from.*
- *To-Be-For-Others*
 - *Women often have not had time to think about themselves, so focusing on their own needs may be a challenge for them.*



Evaluate trauma and co-occurring disorders

- *Post-Traumatic-Stress-Disorders (PTSD)*
 - *Accidents*
 - *Historical/Generational trauma*
- *Abuse*
 - *Sexual, psychical*
 - *Neglect*
- *Co-occurring mood disorders*
- *Suicide risk*
- *Feeling of lack of control over their future*
- *Poverty*



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Treatment issues

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What about Women (cont.)

- *Gender sensitive substance abuse treatment services crucial for positive treatment outcome*
- *Structure:*
 - *Feeling safe in gender specific programs*
 - *Access to transportation*
 - *Supportive family/significant others*
 - *Single-gender group treatment*
 - *Single-gender treatment program*



What about Native Women (cont.)

- *Content of treatment*
 - *Understand the process of substance use and mental health issues*
 - *Chronic disease like SUD and MH*
 - *Reduce feelings of shame*
 - *Enhance self-esteem*
 - *Implement Trauma informed care*
 - *Relapse prevention in combination with mindfulness training*
 - *Knowledge about relapse triggers (Chong, & Lopes, 2007)*
 - *Holistic approach*
 - *Lifestyle modification/ Healthy Living*
 - *Enhance their feeling of control in their lives*



Treatment issues, relationship issues

- *Important topic to hit with Native women*
 - *Self-esteem and connection to domestic violence*
 - *Understanding the relationship between interpersonal conflict/negative feelings and relapse prevent*
 - *Parenting*
 - *Family issues*
 - *Difficulties finding other environments than substance using environments*
 - *Limited knowledge of AOD disorders and the effect on the whole body (An-Pyng Sun, 2007)*



Treatment issues

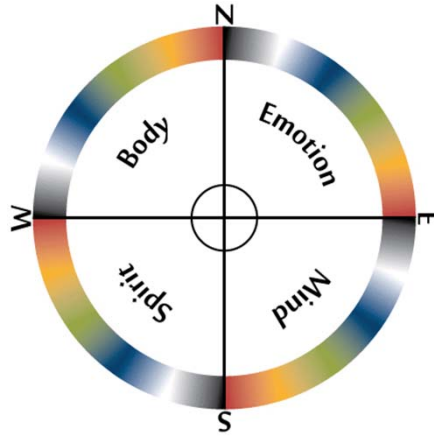
- *Holistic approach and a community focus*
 - *Focus on Wellness*
 - *Honoring the culture*
 - *Include spirituality in the treatment*
 - *Peer support very important*
 - *Native women in recovery;*
 - *Very important role-models for other women struggling with SUD (Nebelkopf & Wright, 2011)*
 - *Focus on sexuality and safe sex practices*



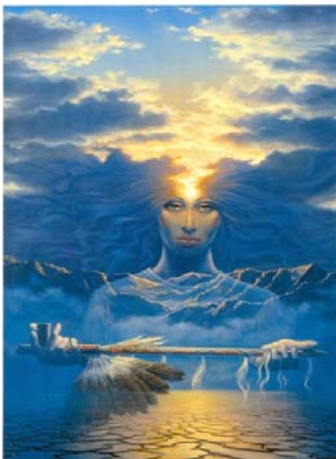
Holistic approach to treatment

- *Recovery oriented care*
- *Healing to Wellness Courts*
- *Use of the medicine wheel*

Four Directions Medicine Wheel



Healthy Women Healthy Lives



- *Developed an addendum to the curriculum explaining implementation with NA women w/ Substance use disorder*
- *Recovery Oriented Care is at the core of this curriculum*
 - *Mental and Physical Health*
 - *Diet and nutrition*
 - *Exercise*



Culturally informed practices

- *Motivational Interviewing*
 - Venner et al. (2006): Tomlin et al. (2014)
- *Network Family Therapy*
 - Attneave (1969), Lafromboise, & Fleming, (1990)
- *Community Reinforcement Approach*
 - Navajo version of CRA
- *Mindfulness-based Relapse Prevention*
 - Witkiewitz et al (2013)
- *Suicide Prevention for native American youth*
 - Le & Goberg, (2013)



Culturally informed practices (cont.)

- *Cognitive behavioral Therapy*
 - (McDonald & Gonzales, 2006)
- *Cognitive Behavioral Therapy for Native youth*
 - Goodkind et al. (2010)
- *Matrix Model (2013)*
 - Friendship House in San Francisco
- *Behavioral Therapy*
 - Coping with depression model, Lewinsohn, et al. (1984)

Specific program for women

- *Treatment of women and children*
 - *Age Specific initiatives for Native Women*
 - *Honor the Elders*
- *Enhance women's social support*
- *Support Community Connection*

Can I answer your questions?

