



National American Indian & Alaska Native

ATTC

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

National Native American and Alaska Native ATTC 2018 – 2022

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Overview of the Presentation

- *Introduction to the National Native American and Alaska Native ATTC*
- *Introduction to the National AI/AN ATTC initiatives*
- *Introduction to technical assistance initiatives*
- *Introduction to evidence based/experience based considerations in working with Native communities/behavioral health professionals*



Funded by

- *The National American Indian and Alaska Native Addiction Technology Transfer Center is supported by a grant from SAMHSA.*
- *The content of this publication does not necessarily reflect the views or policies of SAMHSA or HHS.*



Words Matter

- *The use of affirming language inspires hope and advances recovery.*
- *Language matters. Words have power.*
- *People first.*
- *Native American Communities have and continue to experience many traumas, and therefore the use of words to reflect strength, rather than deficits and respect rather than dis-respect becomes very important.*
- *The National NA/AN ATTC will use affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices/ experience based initiatives for Best Practices.*



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Historical Context of the National American Indian and Alaska Native ATTC Center of Excellence

The first National American Indian and Alaska Native Addiction Technology Transfer Center was established in 2012

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History of the National American Indian and Alaska Native ATTC

- *The National AI & AN ATTC started working with American Indian tribal communities in the Upper-Midwest in 1998, while we were a regional center called Prairielands ATTC.*
- *1998 Created four centers of Excellence, these focus areas are still important to our center.*
 - *Substance use in women*
 - *Substance use in clients with co-occurring mental health disorders*
 - *Substance use disorders in clients who identify as LGBTQ*
 - *Substance use disorders in Native American clients/communities (Upper Plains' Center of Excellence)*
 - *Duane Mackey, Ed.D. Santee Sioux Tribal Member was the coordinator of our effort in the Upper Plains region until he passed away in 2010. Dr. Mackey lectureship was first offered in 2011*
 - *2001 Added Problem gambling*



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National American Indian and Alaska Native ATTC

Center of Excellence

2018 to 2022

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Our Mission



Serve as the national subject matter expert and key resource on adoption of culturally informed and experienced-based addiction treatment/recovery support services through supporting professionals working with Native American and Alaska Native clients with behavioral health disorders. In addition, the National NA/AN ATTC will facilitate and foster constructive and productive relationships between the ATTC network and the Tribes and Native behavioral health workforce.

Our Goals

- *Advance the American Indian and Alaska Native SUD treatment field by enhancing communications and collaborations with stakeholders and organizations*
- *Conduct ongoing assessment of needs and workforce development issues*
- *Facilitate and promote the use of culturally informed Evidence Based Practices and facilitate the sharing of Experience Based Treatment approaches developed by American Indian and Alaska Native Providers*
- *Use state of the art technology transfer principles in our educational events*



Our Goals (continued)

- *Enhance the AI & AN workforce through workforce development initiatives*
- *Offer TA and training to AI & AN organizations on integrating behavioral health into primary care, based on SAMHSA and Health Resources and Services Administration (HRSA) Center for Integrated Health Solutions (2012)*
- *Facilitate development of Recovery Oriented System of Care (ROSC) and the use of Community-Based-Participatory Programming (CBPP) in AI & AN communities*



Sean A. Bear, I:

- *We believe in life-long learning, unbiased listening, and cultural humility.*
- *Through our many interactions with others, particularly Native Americans, it has been evident that their past interactions with others have been spoiled through communication.*
- *We have adopted “learning throughout the lifespan”, because if people believe they know everything, learning is hindered.*
- *We therefore utilize unbiased listening, or communication breakdown begins.*
- *Our humility assists us in realizing that we cannot know a group of people through only literature or others, but through the experts themselves, the people whom we learn of and from.*



Introductions

*The National American Indian
& Alaska Native ATTC Team,
Advisory Council, Consultants,
& Key stakeholders*





Home Office Staff



Anne Helene Skinstad, PhD
Program Director

Sean A. Bear I, BA, CADC
Co-Director
Meskwaki Tribal Member



Kate Thrams, BA
Research Support Coordinator



Stephanie Badsoldier Snow, BA
Program Manager
Meskwaki, Ho-chunk tribal member



Major Consultants



Dale Walker, MD
Member of the Cherokee Nation
Senior Consultant,
Director, One Sky Center
Emeritus Professor of Psychiatry, OHSP



Clyde McCoy, PhD
Eastern Cherokee, Evaluation
Professor of Epidemiology and Public
Health, University of Miami School of
Medicine



Matt Ignacio, MSSW
Tohono O'odham
Behavioral Health Consultant
Native LGBT/Two Spirit
Initiative



Ed Parsells, BS., CCDCII
Cheyenne River Sioux Tribe
Director of the meth-amphetamine
treatment program in the Rosebud
Nation.
Curriculum Committee Chair,
Master Trainer



Major Consultants



Dennis Norman, Ed.D. ABPP, Descendent from the Cheyenne and Cherokee Nation of Oklahoma
Faculty Chair, Harvard University Native American Program, Associate Professor, Harvard Med. School and Chief Psychologist, MAS General Hospital



Ken Winters, PhD
Senior Scientist, Oregon Research Institute and Adjunct faculty, Department of Psychology, Emeritus Director, Center for Adolescent Substance Abuse Research, University of Minnesota Medical School



Robert Rohret, MPH
Administrative Manager
Hennepin County, MI



Kate Winters, MEd
Information Specialist and
Contributing Editor, Newsletter



Advisory Council Members for the Center

- Clyde McCoy, PhD, Eastern Cherokee
- Dan Dickerson, DO, MPH, Inupiaq
- Dolores Subia BigFoot, PhD, Caddo Nation of Oklahoma
- Dennis S. Norman, Ed D, ABPP, Descendent of the Southern Cheyenne Nation
- Lorrie Miner, JD
- Raymond Daw, MA, Navajo Nation
- Richard Bird, MMS, CCDCIII, Sisseton-Wahpeton Oyate Nation
- Joel Chisholm, MD, Bay Mills Indian Nation, a band of the Ojibwe tribe
- Lakota R.M. Holman, MEd, Rosebud Sioux Nation
- Vanessa Simonds, ScD, Crow Nation, Montana
- Raymond Slick, MSW, Meskwaki Tribal Nation

- Perry R. Ahsogak, Alaska Native, Director, Fairbanks Native Association Behavioral Health
- Ed Parsells, BA, Cheyenne River Sioux Tribe
- Matt Ignacio MSSW, Ph.D. Student, Tohono O'odham Nation
- Lena Gachupin, MSW, Zia and Jemez Pueblo, and Sun Clan of New Mexico
- Jeff Kushner, Montana Drug Courts
- Roger Dale Walker, MD, Emeritus Professor, OHSU, Member of the Cherokee Nation of Oklahoma
- Rosie Youngbear, Member of the Meskwaki Nation, Student in Marshalltown Community College
- Robert Begay, Member of the Navajo Nation
- Mary Crate, Member of the Cree Nation

Ex-Officio Members

- David "Joel" Beckstead, PhD, CDR, USPHS, Acting Director, Division of Behavioral Health Services, Indian Health Service Headquarters
- Karen Hearok, LCSW, Member of the Choctaw Nation of Oklahoma, and SAMHSA Regional Administrator for Region VI
- Juanita M. Mendoza, MS, Member of the Pascua Yaqui Tribe of Arizona, Acting Director, Bureau of Indian Education
- Marcella Ronyak, Ph.D. Confederated Tribes of the Colville Reservation, Associate Director of Behavioral Health, Indian Health Service Headquarters



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Collaborators



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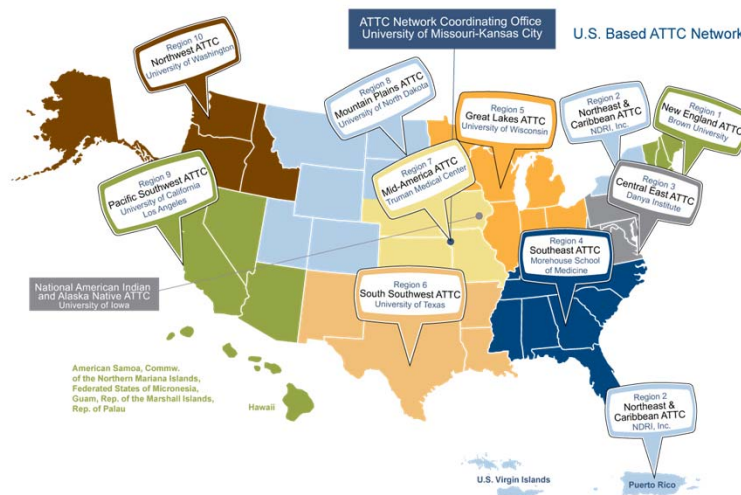


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ATTC Network: Domestic Centers



Indian Health Service Areas

- Alaska
- Albuquerque
- Billings
- California
- Great Lakes
- Great Plains
- Nashville
- Navajo
- Oklahoma City
- Phoenix
- Portland
- Tucson
- Urban Indian providers
- IHS Headquarters,
Rockville, MD



Collaborators

- *Alaska Native Tribal Health Consortium*
 - Behavioral Health Aid Program (BHA) and the Community Health AID (CNA) program
- *Northwest Portland Behavioral Health Board*
 - Northwest Tribal Epidemiology Center:
- *Comprehensive Drug Research Center, University of Miami*
 - Evaluation
- *National Association of Drug Court Professionals*
 - Wellness Courts
 - Healing to Wellness Courts
- *Association of American Indian Physicians (AAIP)*
- *National Indian Health (IHS) Center of Excellence in Tele-health*



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National Initiatives



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Academic programs

- *Tribal Colleges initiatives*
 - *Professor Dennis Norman, Ed.D. ABPP, Southern Cheyenne Nation*
 - *Liaison to tribal colleges and also advisory council member*
- *Train faculty in the culturally adapted curriculum*
 - *Native American Curriculum for State Accredited, Non-Tribal Substance Abuse Programs*
 - *Adapted to Tribal communities in Minnesota*
 - *Plan to adapt to Tribal communities in other Regions*



Develop a Resource Center

- *Develop a Consensus Panel of professionals from the tribal and urban Indian behavioral health field*
 - *Develop a resource library with literature relevant for behavioral health practices in Native communities*
 - *Identify and include curricula relevant for behavioral health*
 - *Create and overview of evidence based and culturally informed/adapted behavioral health programs*
 - *Merge the One Sky Center's Resource Center with the National Native American and Alaska Native ATTC's Resource Center*



Other National Initiatives

- *Integrating specialty SUD and MHS into primary care*
 - *Association of American Indian Physicians (AAIP)*
 - *Annual pre-workshop training followed by technical assistance*
- *Healing-to-Wellness Courts*
Focus of our next newsletter
- *Trauma informed care*
 - *Integrated in all our training program*
 - *Base on the Proceedings Document: Reclaiming our Roots: Raising from the Ashes of Historical trauma*
- *Opiate Addiction*
 - *Specific issues in implementing MAT in tribal communities*
- *Treatment of co-occurring SUD and BH disorders*
 - *Specific considerations when treating native clients with MH disorders*
 - *Suicide epidemic*



Promote data collection

- *Support tribal and Urban Indian programs in developing methodology for data collection*
- *Offer webinars and face-to-face training in how to prepare a data collection process*
- *Collaborators:*
 - *University of Miami, Department of Epidemiology and Public Health,*
 - *Northwest Portland Behavioral Health Board*
 - *Northwest Tribal Epidemiology Center*



Build training capacity

- *Training - of - training (TOT) programs*
 - *Alcohol and Drug Prep Course*
 - *Culturally Informed Clinical Supervision*
 - *Native American Cultural Sensitivity Training*
 - *Use consensus building to adapt the curriculum to the tribal community the training program is offered*



Training programs

- *Native LHBTQ/Two Spirit*
- *Returning Native Veterans*
- *Spirit of Communication: Motivational Interviewing and Native American Teachings (3rd Edition in progress)*
- *Managing Ethical Dilemmas and Clinical Challenges Within Tribal Communities*
- *Best practices in treatment of Native women*



Native American Leadership Academy

Native American/Alaska Native Leadership Academy graduates and mentors, 2014-2015 cohort (left) and 2015-2016 cohort (right)





Webinar Series/ Awareness Raising

- *Newsletters published three times a year*
- *Behavioral Health webinar:*
 - *Offered monthly*
 - *Native Behavioral Health Providers suggest topics for this webinar series*
- *Essential Substance Abuse Skills; A Guide for Professionals (TAP 21)*
 - *Offered once each month*
 - *Face-to-face training program*



Preparation for State certification and licensure exams

- *Alcohol and Drug and Exam Review*
 - *Face- to-Face trainings (2 1/2 days)*
 - *Followed-up monthly by conference calls*
- *Essential substance abuse skills: A guide for professionals*
Identify trainers
 - *Face to face training (three days)*
 - *Monthly webinars*

Spiritual Roundtable Discussion

*Evidence-Informed Culture-
Based Intervention in Native
American and Alaska Native
Communities*

Listening to Elders

Building on strengths



Spiritual Roundtable Discussion

*The importance of including spirituality within mental health,
behavioral health, prevention, and treatment*

*Question 1: There are examples of many Native Americans, as well as our
medicine people, being misdiagnosed as having schizophrenia and other mental
health disorders, because others do not fully understand the beliefs and
acknowledge the inherent gifts given to our people.*

- *Acknowledge that everyone in the village is related to one another. Accept everyone as related to me.*
- *Be mindful of people, culture and form bridges to the community*
- *Bear, S., et al (2015) "Traditional Healing and Behavioral Health: Incorporating Culturally-Informed Practice into Health treatment of American Indian and Alaska Native Patients", Poster Presentation at Association of American Indian Physicians.*



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Technical Assistance

*Offered upon request from Tribal as well as Urban Indian
behavioral health providers*

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Environmental Scan

- *Overriding principles of our work:*
 - *Community Based Participatory Research/Programming*
 - *Gold Standards for working with Native American and Alaska Native Communities*
 - *Strength based versus deficit based approach*
 - *Use community resources when possible*
- *Based on our environmental scan*
 - *Facilitate Town-Hall Meetings when requested*
 - *Networking*
 - *Access training needs*



Training and Technical assistance

In Native American Communities, there will be a need to combine TA with Training

- *We anticipate that TA request will come from various professionals/angles*
 - *Regional Administrator*
 - *Tribal members requesting TA from Regional ATTCs*
- *National NA/AN ATTC*
 - *Tribal members requesting TA from The National NA/AN ATTC Staff*
- *Training events/experiences*
 - *Tribal members initiate need for TA after ATTC training events*

When you initiate a TA project in AI/AN Communities, you are signing on to a long term Commitment



Consultants

- | | |
|--|---|
| <ul style="list-style-type: none"> • Team of Consultants • Suicide Prevention <ul style="list-style-type: none"> – <i>Jacque Gray, PhD, Choctaw and Cherokee Nation</i> – <i>Advisory Council members</i> • Organizational Development <ul style="list-style-type: none"> – <i>Janet Zwick, BA</i> – <i>Tom Vaughn, Ph.D.</i> – <i>Advisory Council Members</i> • Graduates from the Leadership Academy • Community organizing <ul style="list-style-type: none"> – <i>Star Wheeler, MS, Seneca Nation:</i> • Implementation of BHA, and CHA program <ul style="list-style-type: none"> – <i>Janie Ferguson, BA, Alaska Native Tribal Health Consortium, Native from Village of Mekoryuk (Cup'g Eskimo)</i> | <ul style="list-style-type: none"> • Integration of Primary care and BH <ul style="list-style-type: none"> • <i>John Jewitt, MA, Oglala Lakota Nation</i> • Burnout, self-care <ul style="list-style-type: none"> • <i>Janice Yazzie, MA, Navajo Nation:</i> • Certification: <ul style="list-style-type: none"> • <i>Kristina Pacheco, BA, Pueblo of Laguna</i> • Continuum of Care <ul style="list-style-type: none"> • <i>Sunny Googles, MA, Northern Arapaho Nation</i> • <i>Robert Rohret, MBA</i> • Native LGBTQ/Two Spirit <ul style="list-style-type: none"> • <i>Michaela Grey, MPH, Navajo Nation</i> • <i>Advisory Council members</i> |
|--|---|



Training programs often combined with Technical Assistance



- *Native American Curriculum for State Accredited, Non-Tribal Substance Abuse Programs*
 - *Adapted to tribal communities in Minnesota*
- *Culturally adapted training for Clinical Supervisors*
- *Ethical considerations in working with tribal communities*



Evidence
based/Experience
based/Best practices



Culture Informed Best Practices

This approach respects and accommodates

- *Culture-based knowledge, skills, ceremonies, values stories etc.*
- *Ways of knowing*
- *Practices, social services in NA/AN communities*
- *Facilitates the derivation of new and improved culture-based intervention*

Walker, R. D., Bigelow, D. A. (2015). "Evidence-Informed, Culture-Based Intervention and Best Practices In American Indian and Alaska Native Communities".



Best Practices in Counseling Native Americans and Alaska Natives

In summary, through discussion and illustrative stories for each section of the APA Code of Ethics, the Society of Indian Psychologists (SIP) commentary demonstrates a profound need for change in the culture of American psychology in order for psychologists to "first, do no harm."

Effective psychology is contextual and relational.

Competent psychology is honest.

Honest psychology recognizes culture.

Garcia, M. A., Tehee, M. (2014). "Society of Indian Psychologists Commentary on the American Psychological Association's (APA) Ethical Principles of Psychologists and Code of Conduct."

Best Practices in treatment of Native Americans

- *Build Relationships with local Native communities*
- *Incorporate attention to spirituality into counseling*
- *Reduce administrative obstacle to receiving care*
- *Inform clients of confidentiality rights*
- *Coordinate community resources with prioritized clients needs in a manner consistent with the client's diagnoses*

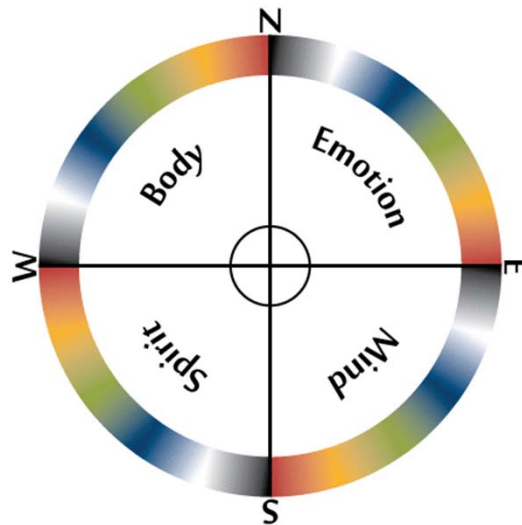
Thomason, Timothy (2011). "Best Practices in Counseling Native Americans", Journal of Indigenous Research, Vol. 1, issue 1, Article 3.

The Red Road Approach (Gene Thin Elk)



The innate cultural/spiritual resources of an indigenous (Native American) person are a focus of this treatment approach. Cultural and spiritual information are a normal part of the treatment regimen. When and where appropriate, spiritual ceremonies are included in treatment and aftercare plans.

Four Directions Medicine Wheel



Medicine Wheel: Use for Providers and Patients

A man's life is a circle from childhood to childhood, and thus it is in everything where the power moves.

(Black Elk)

When you were born, you cried and the world rejoiced. Live your life in a manner so that when you die, the world cries and you rejoice.

(White Elk)

*The medicine wheel - The sacred hoop!
 (Four Directions, as known by some tribes)*

Our Products

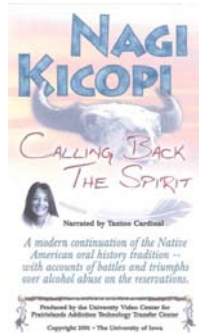
Proceedings of the Second Annual Symposium

Reclaiming Our Roots: RISING FROM THE ASHES OF HISTORICAL TRAUMA



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Reclaiming Our Roots: Rising from the Ashes of Historical Trauma is a collection of essays, stories, and poems that explore the impact of historical trauma on Native American communities. The book is a testament to the resilience and strength of Native American people and their cultures. It is a call to action for all of us to work together to heal the wounds of the past and build a better future for all.



NATIVE AMERICAN CURRICULUM FOR STATE ACCREDITED, NON-TRIBAL MENTAL HEALTH AND SUBSTANCE ABUSE PROGRAMS IN SOUTH DAKOTA, 2nd Edition February, 2012

Principally authored by:
 Duane Mackey, Ed.D.,
 "Waktava Naji"

Presented by the National American Indian & Alaska Native ATTC, Native American Institute, Regional Coordinator, Assistant Professor with the Alcohol and Drug Studies Department at the University of South Dakota, The University of South Dakota, 4501 S.D. Route 561, Vermillion, South Dakota 57059. Telephone: (605) 477-4226

Proceedings of the Summit:
 Tribal Prescription Drug Abuse Summit: Moving
 from Information Sharing to Action Plan

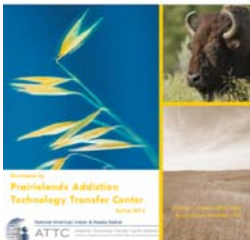


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Our Products (continued)

Addendum to TAP 21-A

Adapting Clinical Supervision Core Competency Standards to Native American Culture



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The Spirit of Communication:
 Motivational Interviewing and Native American
 Findings
 2nd Edition
 Training Curriculum

Participants Guide



The Spirit of Communication: Motivational Interviewing and Native American Findings is a training curriculum for the University of Iowa. It is a call to action for all of us to work together to heal the wounds of the past and build a better future for all.

FINDING PURPOSE: Recruiting Native Americans Into Behavioral Health



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HRSA The University of Iowa College of Public Health **UMPHC**



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Alcohol and Drug Exam Review Training

Presented by:
 National American Indian & Alaska Native
 Project Director: Susan Wilson, PhD



Contact information

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 - Program manager
 - Email: Stephanie-snow@uiowa.edu,
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Can I Answer Your Questions?

