

Listening Session and Strategic Discussion Series:

Emerging Issues around COVID-19 and Social Determinants of Health for the Substance Use Prevention, Treatment and Recovery Workforces

Strategic Discussion 3: American-Indian/Alaska Native communities: Trauma-Responsive Approaches to Support the Communities. Tuesday, May 5, 2020 ~ 2-3pm ET

Facilitator: Diana Kramer, MA

Ms. Kramer has worked in the field of cultural diversity and inclusion for over twenty years, providing support and oversight of system-wide and region-specific initiatives, program enhancement, policy improvement, trauma informed care, training, and workforce development for the purposes of ensuring culturally and linguistically appropriate service standards for individuals accessing and receiving physical and behavioral health services.

As a Pascua Yaqui tribal member and consultant on health equity and diversity inclusion practices, her focus is on improving the lives of individuals, children, and families with an emphasis on Native American traditional healing, wellness practices, and the delivery of comprehensive culturally adaptive treatment services. Additional concentrations include integration of physical, mental, and behavioral services for overall health and wellness of the whole person. Her passion is advocating for underserved/underrepresented populations with the goal of eliminating health disparities and she is currently perusing a Doctor of Behavioral Health and Integrated Medicine at Arizona State University.



Panelist 1: Sean Bear, BA

Sean A. Bear earned his B.A. from Buena Vista University in 2002, majoring in psychology/human services. He also studied mental health counseling at Drake University for 2 years. He is a member of the Meskwaki Tribe, in Tama, Iowa, and has worked with Native Americans with Substance Use disorders for many years. He is an Army Veteran of 9 years, honorary discharged from the 82nd Airborne. He has worked as an Administrator/Counselor in EAP, a counselor in adolescent behavioral programs, substance abuse, and in-home family therapy. He has experience in building holistic, Native American based curriculum, and implementation with substance abuse clientele. He was the training coordinator for the National AI/AN ATTC from 2013-present, where he currently serves as co-director.



His passion is to assist people in overcoming their substance use issues as well as other issues, and to return to the spiritual ways of their

ancestors. It is his hope that one day, people of all nations will co-exist and live in peace and harmony, not just with each other, but within themselves, as well as to come to the realization of what our ancestors of long ago already knew, “that we are all brothers and sisters under one Creator.”. His passion is the life-long education of Spirituality, particularly in Native American Spirituality.

Panelist 2: Kristina Belinte, BHT

Kristina Belinte is a member of the Navajo Nation from Pinon, AZ and has worked with adults, children, and families with intimate partner violence, substance abuse, and mental health within the Phoenix Metro Area since 2011. Kristina worked on the Pregnant and Postpartum Women’s (PPW) Grant from SAMHSA as a Family Support Coordinator. Within the grant Kristina worked to develop curriculums and trainings for staff in the areas of intimate partner violence programming as well as in Native American traditional groups for substance use in residential and outpatient settings, along with family programming. Kristina also worked with women and families involved with the Department of Child and Families Service, assisting families in navigating the state and tribal court systems as they worked to regain custody. Kristina also worked alongside Indian Health Services to assist in providing onsite services for PPW clients in a residential setting. Kristina currently works with children and families in behavioral health services helping to provide resources and information to help the family and community along with supporting families in working with state and local agencies. Kristina is dedicated to working with tribal communities to provide services which respect cultural and traditional beliefs. Kristina is currently working on a degree in Healthcare Administration to continue to give back to Native communities.



Panelist 3: Pamela Jumper Thurman, Ph.D.

Pamela Jumper Thurman, Ph.D., Cherokee, is a Senior Affiliate Faculty scholar at Colorado State University and President of Council Oak Training and Evaluations, Inc., a female and American Indian owned company. She has 30 years of experience in mental health, substance abuse/epidemiology research, and Capacity Building Assistance, as well as 35 years in the provision of direct treatment and community focused prevention work. She is a co-developer and co-author of the Community Readiness Model and has applied the model in over 5,000 communities throughout the US as well as over 41 communities internationally. Her work has included community participatory research, prevention of SUD and OUD treatment and prevention, prevention of violence and victimization, rural women’s concerns, HIV/AIDS, and solvent abuse. She has served as a member of the National CSAT Advisory Council and was also a member of one



of Roslyn Carter's Caregiving Panels as well as participating in Laura Bush's "Helping Americas Youth" initiative. She worked collaboratively with Ohio's First Lady, Hope Taft in the integration of community readiness into Mrs. Taft's Building Bridges Statewide Project to reduce underage drinking throughout the State of Ohio. She has published extensively on a variety of topics in various books chapters and journals and has co-produced a DVD on Community Readiness and over 25 public service announcements for HIV testing as well as coordinating the launch of a National Native HIV/AIDS Awareness Day for the past 10 years.

Panelist 4: Troy Montserrat-Gonzales, MA, NCC, LPC

Troy Montserrat-Gonzales is the Tribal Liaison for CareOregon, (an Oregon-based nonprofit, community benefit company) and also runs her own consultancy providing training and technical assistance in Behavioral Health and Substance Use Disorder Treatment Settings.

Troy is an anthropologist and licensed counselor of mixed-race Chicana and American Indian (Lumbee) descent. She has over ten years' experience working in the behavioral health and substance use disorder treatment field. She has worked in program management in a wide array of settings including American Indian / Alaska Native healthcare programs, in large metropolitan health departments, in integrated primary care clinics and maximum-security corrections health.

Troy considers herself a neuroscience-informed practitioner and in her consultancy, she specializes in motivational interviewing training, trauma-informed workplaces, promoting human services worker resiliency, culturally honorific treatment and programming, dual diagnosis and integrated program assessment and coaching, and recovery-oriented systems of care.

Troy is a member of the Motivational Interviewing Network of Trainers (MINT), is a certified AMSR (Assessing and Managing Suicide Risk) trainer and is a consultant with the Opioid Response Network (ORN).

Prior to her behavioral health career, Troy studied medical anthropology and holds master's degrees in social science and anthropology from the University of Chicago and Harvard, respectively. Her areas of research included transcultural psychiatry (specifically the intersection of western medicine and culturally-specific treatment in Indian Country) as well as the trauma-informed application of federal policies specific to American Indian / Alaska Native people such as the Native American Graves Repatriation Act (NAGPRA) and the Alaska Native Claims Settlement Act (ANCSA).



Panelist 5: Karina L. Walters, PhD, MSW

Karina L. Walters, an enrolled member of the Choctaw Nation of Oklahoma, is the Associate Dean for Research, the Katherine Hall Chambers Scholar, and the Director and Principal Investigator of the Indigenous Wellness Research Institute (IWRI; NIMHD P60MD006909) at the University of Washington. IWRI was one of 16 National Institute of Minority Health and Health Disparities Comprehensive Centers of Excellence and one of two devoted to American Indian and Alaska Native (AIAN) research in the country. Dr. Walters has over 25 years of experience in social epidemiological research on the historical, social, and cultural determinants of health among AIAN populations as well as chronic disease prevention research (e.g., HIV, AOD, obesity). Much of this social epidemiological work has targeted urban AIANs and LGBT-Two Spirit AIAN populations across the United States. In recent years, Dr. Walters has since expanded her research foci to include tribally based intervention research in the areas of substance abuse, obesity, diabetes, and HIV/AIDS prevention, particularly among American Indian women. Methodologically, she has expertise in decolonizing methodologies, particularly with respect to designing community-based, culturally grounded interventions. Dr. Walters has presented at over 360+ national and international conferences; was an invited speaker for Wednesday Afternoon Lecture Series (WALS) at the NIH; and was a Fulbright scholar at the University of Auckland, New Zealand. Dr. Walters has served as Principal Investigator or Co-I on over 48 National Institute of Health (NIH) grants (21 as PI) from diverse NIH institutes; has mentored over 110 scholars from historically underrepresented populations including 55 AIAN scholars; and has participated in 16 national research training programs for underrepresented ethnic minority scholars. Currently, she is active in NIDA's American Indian Scientific Committee and is Chair of the NIH's Intervention Research to Improve Native American Health (IRINAH) Committee.

