National American Indian & Alaska Native

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

Resource Guide for Native American / Alaska Native Behavioral Health Providers During COVID-19 and Beyond

Updated: **12/30/20 –** resources that have been added since the last edition have "NEW" in front of them.

Topics:

General Resources

- **The Urban Indian Health Institute COVID Resources, [organization], LINK**
  These are resources for tribes and urban Indian-serving organizations as well as healthcare providers and community members to help ensure that information is shared to keep our relatives safe and happy.
- **The National Council of Urban Indian Health's Coronavirus Resource Center, [organization], LINK**
  This contains a wealth of up-to-date information including the latest news, press releases and policy updates, letters on the COVID-19 response, legislative and congressional updates, and a set of fact sheets and resources.
- **Coronavirus in Indian Country — COVID-19 Actions, [article], LINK**
- **Harvard COVID-19 Resources for Indian Country Toolbox, [toolbox], LINK**
- **HIPAA, Civil Rights, and COVID-19, [site], LINK**
- **SAMHSA: Creating a system of care that meets the needs of people with mental and substance use disorders, [journal article], LINK**
- **Information about the Temporary Assistance for Needy Families (TANF) Program and COVID-19, [site], LINK**
- **Office of Minority Health Resource Center, [site], LINK**
- **Tribal Law and Policy Institute – COVID-19 Resources, [organization], LINK**
  TLPI has launched an Indian Country resource page with links to information and resources concerning tribal, state and federal initiatives, best practices, and service provision strategies for the COVID-19 pandemic.

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- **National Disaster Distress Helpline, [phone number], 1-800-985-5990**
  24/7 telephonic therapy available to help people process the stressors/loneliness of what is occurring now
- **COVID-19 Emotional Support Helpline, [phone number], 1-844-863-9314**
- **Crisis Text Line, [phone number], [LINK](#)**
  Provides free, 24/7 support via text message: anxiety, depression, suicide, school. Text HOME to 741741.
- **CDC COVID-19, [site], [LINK](#)**
- **APA's Practice Guidance for COVID-10, [site], [LINK](#)**
- **Indian Leadership for Indian Health COVID-19 Resources, [organization], [LINK](#)**
  "Our mission is to eliminate health disparities and improve the quality of life of American Indians and Alaska Natives by supporting Northwest Tribes in their delivery of culturally appropriate, high quality healthcare."
- **Native Center for Behavioral Health, [YouTube channel], [LINK](#)**
- **Essential Conversations in Social Services 2020: A Region 7 Podcast, [podcast], [LINK](#)**
  "Essential Conversations in Social Services 2020 is a podcast intended for behavioral health (BH) and substance use disorder (SUD) providers. During each episode, we will interview a subject matter expert on a timely topic and explore tips designed to help the BH and SUD workforce in Region 7."
- **The Vital Role of Recovery Housing in the Continuum of Care, [webinar], [LINK](#)**
  This webinar, featuring speaker Alan Muia, M.Ed. from New Earth Recovery, discussed the unique attributes of recovery residences and how they change the odds in recovery success. They discussed how providers have responded to the crisis and how residents have been making recovery work.
- **Implications for COVID-19 and Complex PTSD for Opioid Use Disorder, [webinar], [LINK](#)**
  Discusses the ongoing impact of COVID-19, Complex PTSD, and strategies for working with individuals with opioid use disorder.
- **Motivational Interviewing: Conversation and Compassionate Listening and its Impact During COVID-19, [webinar], [LINK](#)**
  This is a conversation in Motivational Interviewing,(MI), to illustrate the power of one person in the lives of the people we serve.
- **Addressing SUD & Structural Stigma Opportunities & Challenges During a Pandemic, [webinar], [LINK](#)**
  Explores techniques to eliminating the stigma that exists in systems of care and will describe opportunities and challenges due to the COVID-19 pandemic.

- **Region 5: Supporting Behavioral Health Programs & Personnel During COVID-19, [webinar],** [LINK](#)
- **Chicago Street Outreach & Linkage to OUD Care During a Pandemic, [webinar],** [LINK](#)
  Reviews the changes in regulation around buprenorphine initiation during this national emergency, the loosening of telehealth requirements, and provides a case example of how one street outreach team has partnered with a community-based clinic to allow individuals who are experiencing homelessness to receive access to buprenorphine treatment during the national emergency.
- **Emerging Trends in Substance Use, [webinar],** [LINK](#)
  Reviews information on trends in substance use, especially in light of COVID-19.
- **Fact Sheet: Alcohol Use and Abuse During COVID-19, [PDF],** [LINK](#)
- **Office-Based Opioid Treatment and COVID-19, [webinar],** [LINK](#)
  Provides an overview of the challenges experienced by service providers managing office-based opioid recovery treatments, as well as best practices and alternative approaches to safely managing substance use disorder treatments under the current restrictions of COVID-19.
- **El Abuso de Sustancias Durante El COVID-19, [webinar],** [LINK](#)
  in Spanish Presentation introducing SAMHSA's Hispanic / Latino Centers for Training and Technical Assistance in Addiction and Prevention (NHL-ATTC and NHL-PTTC) to members of La Ventanilla programs de Salud (VDS).
- **Region 7 COVID-19 FAQ: Resources for Addiction Treatment and Recovery Support Specialists, [PDF],** [LINK](#)
  The goal of this FAQ is to provide practical answers to these recurring questions that may result in immediate action. Mid-America ATTC will update this list monthly at minimum, until updates subside.
- **Cómo el aislamiento social, la soledad, y la inseguridad afecta a las personas en recuperación de adicción y salud mental durante COVID-19; y que hacer al respecto., [webinar],** [LINK](#)
  in Spanish This webinar discusses how our recovery has been affected during these times of COVID-19 and what we can do to maintain and strengthen it.
- **Substance Use Disorder Services In The Days Of A Pandemic: You're Going To Need A Bigger Boat!, [webinar], Part 1:** [LINK](#)**; Part 2:** [LINK](#)
  Viewers are provided with updated information on the ever-changing challenges facing healthcare providers under the restrictions of the COVID-19 pandemic, as well as best practices for reducing exposure risks, maximizing limited resources, and safely managing treatment during this difficult time.
- **<mark>NEW</mark> It's Now Winter. We Are Wired to Stay Home, [article],** [LINK](#)

Telehealth

- **Lifeline Program: Tribal Toolkit, [PDF], LINK**
  "Lifeline is a federal program dedicated to making phone and internet service more affordable to low-income households, and low-income households on Tribal lands. This benefit generally provides eligible consumers with a monthly discount of up to $9.25. Tribal consumers living on federally-recognized Tribal lands are eligible for an enhanced discount of up to $34.25 per month."
- **Companies Participating in FCC's "Keep Americans Connected Pledge", [site], LINK**
  This is a list of the broadband and telephone service providers that are taking additional steps to "Keep Americans Connected", along with links and information about those steps.
- **Federal Communications Commission's newly-established $200 million COVID19 Telehealth Program, [site], LINK**
  In response to the pandemic and as part of the FCC's implementation of relevant portions of the CARES Act, the new Telehealth Program will help health care providers offer critical connected care services to patients at their homes or mobile locations. The Program affords immediate support to eligible health care providers responding to the pandemic by providing funding for telecommunications services, information services, and devices necessary to deliver critical connected care services.
- **APA Telepsychiatry and COVID-19, [blog], LINK**
- **CMS General Provider Telehealth and Telemedicine Toolkit, [toolkit], LINK**
- **Safety Plan, [app], LINK for iPhone**
  This popular and free app for iOS is designed to support those dealing with suicidal thoughts and help prevent suicide. A safety plan is designed so that you can start at the beginning and continue through the steps. You can customize your own warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, and your own important reasons for living.
- **HIPAA Compliant Platforms:**
  - **Let's Talk Interactive, LINK**
    This cost per dashboard for tribe who sign up for one year is currently $35. Please contact natasha-peterson@uiowa.edu for more information.
  - **Doximity, LINK**
- **Utilizing Digital Technologies & Videoconferencing series, [webinar], LINK**
  This two-part webinar series examined the use of digital health technologies as a way to expand and enhance service delivery, as well as the effectiveness and utility in videoconferencing as it relates to substance use disorder treatment and recovery support services. Both webinars were recorded.

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- **Substance Use Disorder (SUD) Telehealth Survey Results, [PDF], [LINK](#)**
  A research study on the use of virtual behavioral health services during the pandemic

- **Best Practices in Supporting Recovery During a Pandemic, [webinar], [LINK](#)**
  During this session, there will be an examination of (1) evolving best-practices that demonstrate recovery support services during the PHE; (2) how behavioral health professionals and peer recovery support specialists can develop best-practices for future PHEs; and, (3) next steps in addressing recovery supports during a pandemic.

- **Digital Health Services to Address Addiction in Families and Patients: Allies in Recovery. [webinar], [LINK](#)**
  This webinar introduced participants to Allies in Recovery, a digital health tool to address addiction in families.

- **Guidance on Federal Health Privacy Laws for Behavioral Health Practitioners and Peer Support Specialists for Virtual Service Delivery during COVID-19, [webinar], [LINK](#)**
  The presentation will include information regarding HIPAA, 42 CFR Part 2, and the CARES Act as it relates to virtual services.

- **New Ethical Dilemmas: Developing Professional Competency in the Digital Age, [webinar]. [LINK](#)**
  Provides an overview of common ethical dilemmas that behavioral health providers face related to technology, such as social network sites, video-conferencing, web-based search engines, blogs, online practitioners' reviews, etc.

- **Southeast ATTC: What Healthcare Providers Need to know about Telehealth Laws and COVID-19 HIPAA Guidelines, [webinar], [LINK](#)**
  Provides a brief overview of telehealth laws from federal and state levels.

- **Facilitation Guidance for Online Engagement, [PDF], [LINK](#)**
  This one-page guide helps facilitators physically set up for online meetings including video conferencing and includes tips for audience engagement.

- **Group Norms Guidance for Online Engagement, [PDF], [LINK](#)**
  This one-sheet guide highlights the norms and practices for online engagement.

- **Top Five Tips for Group Services Via Telehealth, [podcast], [LINK](#)**
  Sandes Boulanger, LCSW, MCAP, the Vice President of Clinical Services for Operation Par, Inc., located in Florida, shares her top five tips for running group sessions and support via telehealth during COVID-19.

- **Framework for Implementation of Telehealth Services in a Behavioral Health Setting in a Short Time Frame, [toolkit], [LINK](#)**
  An implementation framework for behavioral health care providers that guides organizational leadership through short term practical steps for implementation of

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remote services via technology while including successful long-term strategies for sustaining telehealth services.

- **Telehealth Learning Series: Privacy Considerations for Telehealth During COVID-19, [webinar], LINK**
  In this Telehealth Learning Series, learn more about taking action to protect client confidential information.
- **Advancing Clinicians' Videoconferencing Skills: An Audio-Consultation Series, [webinar], LINK**
  This series offered a live platform for learning and consultation related to videoconferencing case reviews, legalities and ethics, rules and regulations, and understanding clients through the lens of the evolving digital world. In addition, it explored a variety of topics and activities that promoted learning about the potential successes, challenges, and pitfalls of using videoconferencing to offer clinical services in a behavioral health setting, as well as enhancing participants' videoconferencing skills.

Resources for Children/Youth

- **Keeping Safe & Well: Family Mental Health Resources for COVID-19, [site], LINK**
  This site provides parents with helpful mental health and wellness resources and information for the COVID-19 quarantine. If there is a crisis, please call the 24/7 Star Vista Crisis Line at (650) 579-0350 or (800) 273-8255 or 911 or go to your nearest emergency care center.
- **We R Native [site], LINK**
  "We are a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. We strive to promote holistic health and positive growth in our local communities and nation at large."
- **Children's Bureau Letter on Federal Funds Use for Cell Phones and PPE, [PDF], LINK**
  This letter from the Administration for Children and Families in DHHS addresses the availability of federal funding and other resources to assist with the purchase of cell phones and plans to facilitate and maintain contact, and the purchase of personal protective equipment (PPE) at an allowable cost.
- **Center for Native Youth: Native Youth Response to COVID-19, [organization], LINK**
  CNAY is working to ensure Native youth voices and needs are heard during this time and that we are continuing to put youth identified priorities at the forefront of our work. In times like these, it's important we look to youth leaders. Amid the

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COVID-19 pandemic, CNAY created a Call for Native Youth to share what they are doing.

- **NEW Indian Reading Series: Stories and Legends of the Northwest, [site], LINK**
  The NWREL Indian Reading & Language Development Program produced 140 culturally relevant stories written by local Indian authors and illustrated by Indian artists. The result of this work was a unique supplementary reading and language development program for Indian and non-Indian children.

Self-Care

- **Taking Care of Your Mental Health in the Face of Uncertainty, [article], LINK**
- **Self-Compassion [site], LINK**
  "Kristin Neff, Ph.D. is widely recognized as one of the world's leading experts on self-compassion, being the first one to operationally define and measure the construct over a decade ago". This site has lists workshops and events, research, practices, and resources related to self-compassion.
- **The Healing Way: Transitional Recovery and Culture in AI/AN Communities, [webinar], LINK**
  Peer mentors and program staff share personal recovery experiences and discuss the importance of culture as a part of long-term healing strategies.
- **Grounding Techniques, [PDF], LINK**
  After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.
- **Very Good Medicine: Indigenous Humor and Laughter, [journal article], LINK**
- **COVID Coach, [app], LINK for iPhone, LINK for Android**
  Developed by the National Center for PTSD at the VA, this is a free mobile app, designed to provide resources and enhance emotional support during this pandemic. The app is private and secure, no email account or password is required, and user data are not collected. This app is intended for EVERYONE in the community and is available for iOS and Android. COVID Coach offers access to anxiety management tools such as audio-guided mindfulness and deep breathing, as well as exercises designed to address anxiety, trauma reactions, and relationship conflict. It also has quick links to resources for finding crisis care and mental health support, and service agencies for families and those seeking basic fundamentals.
- **Counseling in a Time of Covid-19: Counselor Self-Care, [blog], LINK**

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"We're likely all familiar with the proverb "You cannot pour from an empty cup." If we run ourselves towards burnout, we won't be able to help anyone else. Luckily, as you'll see from some of the self-care ideas brainstormed here, some can be done with family members, serving double duty as self-care and quality activity with family, others, like the quiet reflection time, do not necessarily require very much time at all periods in order to be helpful."

- **Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks, [PDF], LINK**
  "The extreme stress, uncertainty, and often difficult medical nature of global infectious disease outbreaks, such as Coronavirus (COVID-19), require special attention to the needs of healthcare personnel. Taking care of yourself and encouraging others to practice self-care sustains the ability to care for those in need."

- **Managing Mental Health During COVID-19, [site], LINK**
  "Physicians and other frontline health care professionals are particularly vulnerable to negative mental health effects as they strive to balance the duty of caring for patients with concerns about their own well-being and that of their family and friends. Use the strategies and resources on this page to manage your own mental well-being while also caring for patients during the pandemic or any other crisis."

- **Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know, [PDF], LINK**
  "During the coronavirus (COVID-19) outbreak, quarantine has been used as a public health strategy to reduce disease transmission. While quarantine can broadly serve the public good, it is also associated with psychological challenges for those quarantined, their loved ones, and the healthcare workers caring for them. Described here are the psychological effects of quarantine, as well as strategies for how healthcare providers can care for their patients' and their own mental well-being during periods of quarantine."

- **Coronavirus: how to support the mental health of your healthcare workers, [article], LINK**
  As they confront the coronavirus pandemic, frontline healthcare workers are at risk for mental health conditions such as depression and anxiety.

- **Self-Care Plug-In, [PowerPoint], LINK**
  The goal of the Plug-In model is to provide adult learners with useful tips on important topics in a brief format that can be easily added to other training/TA events.

- **Compassion Fatigue: Managing During the Pandemic with Self-care Strategies, [webinar], LINK**

Identifies components and suggest strategies to address the issues with self-care.

- **Self-Care Series:**
  - **Coping With Distress, [PDF], [LINK](#)**
    This one-page activity can be used to learn new ways to cope with and relieve stress. It was designed as a provider self-care exercise, but has broad relevance for the general population.
  - **Healthy Coping Behaviors, [PDF], [LINK](#)**
    his one-page activity encourages taking care of oneself, particularly in moments of great instability. This product was designed as a provider self-care exercise, but has broad relevance for the general population.
  - **Regular Emotional Check-ins, [PDF], [LINK](#)**
    This one-page activity can help one slow down and check in with their emotional and physical well-being. This product was designed as a provider self-care exercise, but has broad relevance for the general population.
  - **Reflection and Breathing Exercise, [PDF], [LINK](#)**
    This one-page exercise serves as a guide to reflection, breathing, and relaxation. This product was designed as a provider self-care exercise to cope with COVID-19, but has broad relevance for the general population
  - **Wellness Wheel Exercise, [PDF], [LINK](#)**
    This one-page self-assessment activity can be used to set goals towards achieving greater balance in caring for oneself. This product was designed as a provider self-care exercise, but has broad relevance for the general population.
- **Wellness and Self-Compassion: Supporting Mental Health and Substance Use Providers During the Pandemic, [webinar], [LINK](#)**
  Focuses on how providers are coping and how to best support this critical segment of the workforce.
- **Sustaining Hope During a Time of Crisis: Supporting the Multiple Pathways of Recovery, [webinar], [LINK](#)**
  Focuses on how isolation, stress, anxiety, trauma, financial difficulties, and physical distancing have impacted recovery processes and the well-being of the recovery community. Presenters highlight the need to understand and support the multiple pathways of recovery, wellness, resiliency, self-care, and recovery capital. Online resources and platforms are explored as well.
- **<mark>NEW</mark> HIR Wellness Institute, [Facebook Page], [LINK](#)**
  They provide free mental health, wellness, and victim advocacy services to the indigenous and underserved communities. They also have a daily Facebook Live series, [link here](#).

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Staying Connected

- **Sober Squad, [Facebook Group], LINK**
  Facebook group that "empowers and supports individuals in recovery to build healthier communities."
- **Gathering of Nations, [site], LINK**
  Provides free Vintage GON videos, like "Pow Wow Time", and special music shows like "The Music Box".
- **Herbal Gardens Wellness, [virtual community center], LINK**
  A virtual community center, elders and disabled talking circles, along with their usual advocate meetings to allow people to connect and help one another. Their motto is, "Prosperity & Protection, Outreach & Culture through Humanitarian & Environment Conscious Practices of Daily Living Activities."
- **NEW Native Wellness Power Hour, [Facebook Live], LINK**
  Daily at 2pm CST, the Native Wellness Institute is holding storytelling, workshops, comedy, teachings, and more.
- **NEW Perry Ground – Talking Turtle Stories, [Facebook Page], LINK**
  Sharing Haudenosaunee storytelling and artwork daily.
- **NEW National Museum of the American Indian, [site], LINK**
  Smithsonian Magazine blog.

Diversity and Equity

- **Western Connecticut Mental Health Network: Understanding Disparities and Building Health Equity from a Social Justice Perspective During the COVID-19 Healthcare Crisis, [webinar], LINK**
  Supports ongoing dialogue and understanding of the many societal forces, including structural racism, that contribute to health disparities in our community and the population struggling with addiction and mental illness.
- **Providing Culturally Relevant Crisis Services During COVID-19, [webinar]**
  - **Part 1: The Morbidity of National Trust and Mental Health Disparities - Past, Present, and Future, LINK**
    Thompson expands our focus from the world's present circumstances so we can better understand how society has responded to past health crises and the disproportionately devastating impact these events had, and continue to have, on marginalized populations as a result of prejudicial treatment and economic disadvantage.
  - **Part 2: Culturally Responsive Factors To Consider, LINK**
    Dr. Michelle Evans will guide us through the use of these tools, the challenges, and the opportunities we now have amid a crisis.
  - **Part 3: Culturally Responsive Factors For Hmong Communities, LINK**

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Dr. Rhodes offers insight on the effects of social distancing and stigma within Hmong communities during the COVID-19 pandemic.

- **Responding to the COVID-19 Pandemic: Challenges and Opportunities for Bicultural and Multicultural Providers, [webinar], LINK**
Outlines the unique challenges and opportunities faced by bicultural and multicultural providers during the current pandemic and discusses considerations and strategies for moving forward.

Upcoming Events

- **<mark>NEW</mark> Mental Wellness Series through the National Council of Urban Indian Health, [webinar], LINK**
Series aims to promote mental wellness strategies within the Native Community (1/5/2021 and 1/27/2021

- **TOR Sharing & Caring Through Technology, [webinar], LINK**
Join for a weekly discussion (Wed., 3-4pm CDT) and TA hour for Tribal Opioid Response grantees

- **Virtual Native Talking Circle: Staying Connected in Challenging Times, [webinar], LINK**
Join for the fourth virtual talking circle event, held bi-weekly (Mon., 12:30-2pm CDT). This group is facilitated by a Native guest and will focus on concerns about yourself, your family, your work, and/or your tribal community that you may be experiencing during these uncertain times.

- **Native American Storytelling: Culture is Prevention, [webinar], LINK**
This series (Tues., 2-3pm CDT) features traditional Native American storytelling, along with time for discussion on what can be learned from the stories, as well as the ways these stories can be incorporated by Native American providers into their work with patients.

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