

Commonwealth of Massachusetts



**Using an Evidence-based
Program and Supporting
Cultural Identity to Prevent
Substance Misuse**

Acknowledgements



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The Native American Team acknowledges the support of the:
Tribes of Massachusetts
Massachusetts DPH/BSAS.

The content is solely the responsibility of the authors. It does
not necessary represent the views of above organizations.

Welcome & Drumming

Overview and Outcome:

Participants in this interactive Workshop will experience practices that have been successful in engaging and partnering with Native peoples for over 6 years.

Small group discussions with members of our Native-public health team (The Team) will give you an opportunity to assess how it applies to your role, and to plan action steps.





Resiliency factors for Massachusetts Native peoples include:

1. Strong commitment to family
2. Dedication to maintaining and celebrating cultural identity
3. (recently identified, and being studied as it relates to wellness):
Closeness to nature



**Health Disparities (Nationally, compared to US all-races rate),
Native peoples have higher levels of:**

1. diabetes
2. chronic liver disease
3. infectious diseases
4. heart disease
5. suicide
6. homicide (CDC, 2013)

“Cultural Humility”



“Cultural Humility”

Cultural humility is a process of self-reflection and discovery in order to build honest and trustworthy relationships. It offers promise for (participants) to understand and eliminate health disparities, a continual and disturbing problem necessitating attention and action on many levels. (Yeager, KA, 2014)



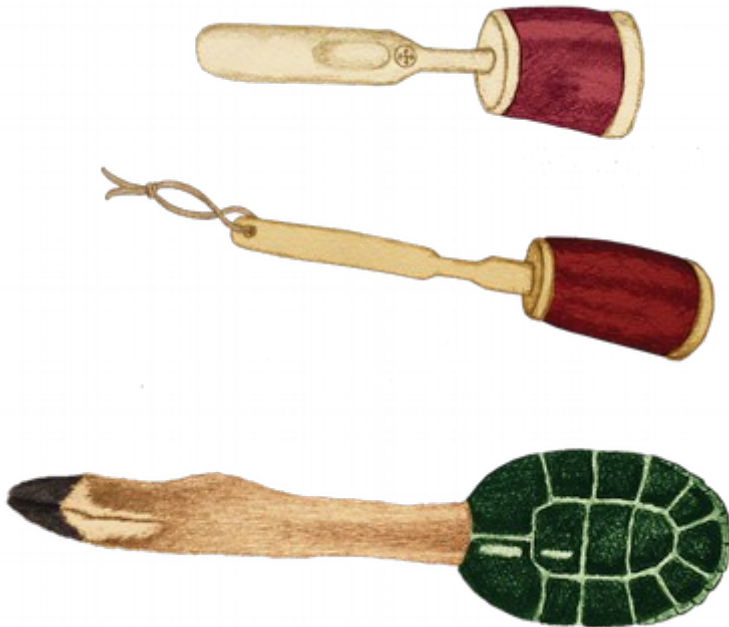
Health Equity

While Substance Misuse Prevention was our initial goal, BSAS has joined the DPH-wide Native American Working Group which aims to increase health equity across a multitude of health issues. This is in line with the national Public Health Accreditation Board, recent site visit requirements, as well as funding opportunities from the Substance Abuse and Mental Health Services Administration of the federal government (SAMHSA).

Massachusetts Native American Team

For over 6 years, the Massachusetts Department of Public Health Bureau of Substance Addiction Services (BSAS) has worked with a group of Native people from different Massachusetts tribes and developed a Native American Team to:

1. increase Native youth's positive ethnic identity and skills to make healthy choices
2. change community norms and support family members' powerful roles to prevent opioid and other substance misuse and thus prevent opioid overdose deaths.



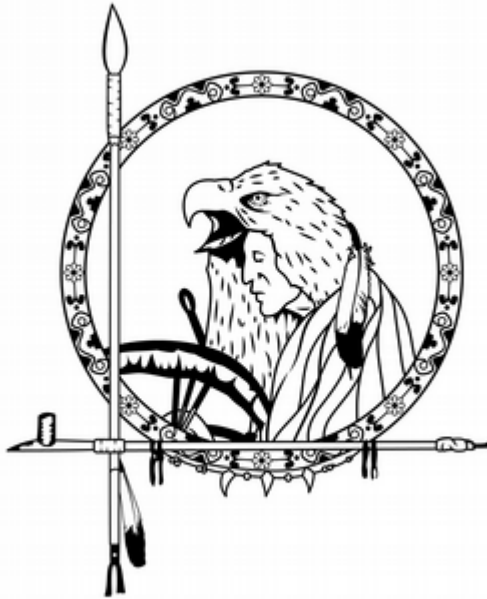
Initial Outreach to all Tribes in Massachusetts



BSAS contracted with *Health Resources in Action* for an overview of Native tribes in MA. BSAS contacted the Director of the Institute for New England Native American Studies at UMASS Boston, asked for recommendations for consultants, and developed a Team.

The Team, in collaboration with the Mashpee Wampanoag, Nipmuc Tribes, and a health communication contractor, co-ran 4 Discussion Groups to develop ***Coming Home***, a culturally-specific prevention of substance misuse guide for parents.

North American Indian Center of Boston and Other Collaborations



The Team reached out to as many tribal and inter-tribal entities that we could locate to provide quotes, review the illustrations, and to make suggestions on the drafts.

The North American Indian Center of Boston Director provided a quote, and our collaboration began. Once completed, the well-received guide was distributed at Powwows, Tribal gatherings, art shows, health centers, and other venues.

Building on Native Priorities



Roundtables in 4 locations unveiled the ***Coming Home*** book, and the Team gathered input from adults and youth. The major suggestion was to have a curriculum for youth.

BSAS looked for effective curricula for Native youth that could help decrease rates of youth substance use.

Collaboration on an Evidence-based Program



Not finding any appropriate Native-focused substance misuse prevention models that showed a decrease in rates, the Team began a cooperative process:

Native “culture keepers” were invited to give input to a trainer for an effective multi-cultural prevention curriculum, LifeSkills Training© (LST)

The LST program has been found to decrease the rates of alcohol, drug, and prescription drug misuse (thus is evidence-based) in other populations.

The trainer provided training for the Team, and other interested Native service providers. One day of training certifies each person to be able to offer the program to youth.

Development of a Native American Supplement



In collaboration with the national LifeSkills Training© (LST) <https://lifeskillstraining.com/>, the Team developed a LifeSkills Training©-approved Native Supplement to this Program that can be used in schools as well as community settings. The Team:

1. conducted frequent conference calls
2. set up meetings with elders, youth, teachers, and parents to gather input on the Supplement's cultural "teachings" for 6th-9th grade youth
3. circulated the drafts to a wider audience for review and input

A Circle Tied to Mother Earth

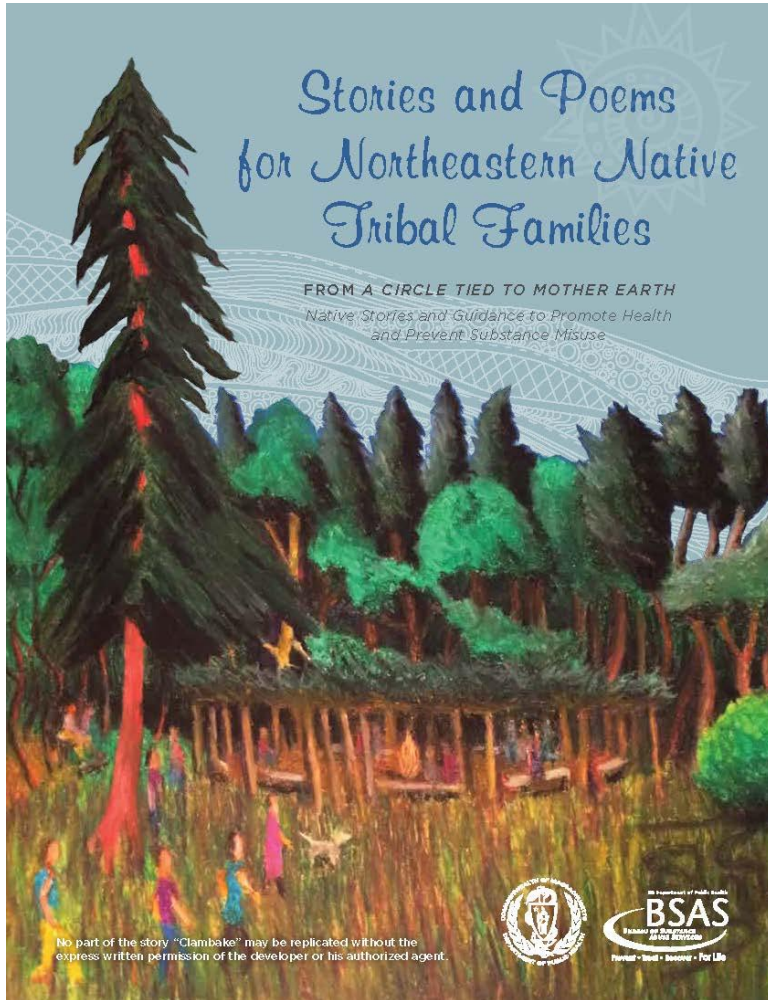


The LST-approved *A Circle Tied to Mother Earth* includes local and Northeastern cultural stories, poems, and illustrations. It does not replace the LST Sessions, but brings them alive for Native, as well as other youth. The Aquinnah Tribe plans to pilot the program this summer.

The Team also developed a similar publication, ***Stories and Poems for Northeastern Native Tribal Families***. Drawing on Native values, and principles of evidence-based prevention, this book:

1. enables Native parents and family members to use traditions from the past to guide their children toward a healthy future
2. offers parents tips on how to support youths' social-emotional learning, and healthy choices
3. Larry Spotted Crow Mann, Robert Peters, Kathleen Herr-Zaya, and Kristen Wyman, wrote stories, poems, summarized interviews, and/or wrote guidance for each entry. The Team was given a chance to edit each cultural contribution

Native Illustrations



Wonderfully illustrated by a Native artist, Robert Peters, and designed by the Massachusetts Health Promotion Clearinghouse, the book has elicited positive feedback statewide.

The Clearinghouse also offers these, and other free health promotion materials for:

1. Massachusetts residents
2. health care providers
3. social and educational service providers

Print and downloadable copies are offered at no charge through their website, and other venues.



“Stories and Poems for Northeastern Native Tribal Families”

Book Launch and Discussion

Reclaiming Identity: Drug Prevention Strategies Through Our Stories

April 17, 2018 5:30 to 8:00pm

Jean-Luc Pierite and Raquel Halsey of the North American Indian Center of Boston organized a Native Book Launch, complete with a:
Native panel of speakers
traditional dinner
opportunity to discuss issues and plan next steps

Over 90 people attended, and left with resources to share with their families and communities.

“Stomp Out Addiction” Dance



To “meet people where they are,” the Native American Team members have developed and led a specific “Stomp Out Addiction” dance, and had a distribution table at 11 recent Powwows and other celebrations. The introduction to the dance has opened the discussion of the prevention, treatment, and recovery from substance misuse with large groups of Native peoples.

The whole Team, and in particular Lynette Perdiz (Intertribal) actively outreached to participants and invited them to pick up free copies of BSAS resources, and to learn more about BSAS services.

Photo by: Burne Stanley-Peters



Process Data Collection

In addition to gathering and analyzing in-depth qualitative data throughout our process, we gather quantitative data to support our work:

At each Native Event, we gather:

1. number of people who dance to Stomp Out Addiction;
2. number of each of our books distributed; and
3. qualitative reactions to each of these, as well as direct quotes from participants.

Small Group Discussion and Action Step Planning

As participants in this interactive Workshop, you have heard about experiences and practices that have been successful in engaging and working in partnership with Native peoples in one state. We have had contacts from several out-of-state tribes, and are exploring how our process could be adapted in their circumstances.

Small group discussions with members of our Team (to address how you can engage this, or other marginalized groups) will enable you to determine the fit, and develop one or more action steps. We'll have 19 minutes to talk in each group. If time allows, each Group will be invited to share an issue or action step they are determined to bring back to their communities.

Questions to address



1. Do you see similar challenges to increasing health equity in your community ? (Optional question)
2. How could you reach out to one or more Native Tribes or organizations to explore health promotion (Tribal Councils, cultural leaders and/or Native community members?)
3. Can you try to envision what this partnership could look like in 4 years, and be open to having Native people help shape it?
4. How can you collect data to inform and support your work?
5. What are some Resources you could use?



You are welcome to take a sample copy of a Native resource at no charge. Download our materials, and consult with us if you would like to adapt them. Visit our Native American resource page where you can download and order another sample copy at no charge:

<https://massclearinghouse.ehs.state.ma.us/category/NativeAmerican.html>

<http://www.naicob.org/resources.html>

Summary



In summary, respect for input from a range of kinship groups, cultural, and community members contributed a richness that addresses the interests of Native adults, as well as youth.

Trainings in evidence-based prevention complements tribal wisdom and sustain the implementation of effective programs and partnerships.

Thank you for your participation and ideas!

For more information, contact:
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