



National American Indian & Alaska Native

PTTC

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

Awakening the Spirit of Prevention: Connecting Prevention Specialists to Native Communities

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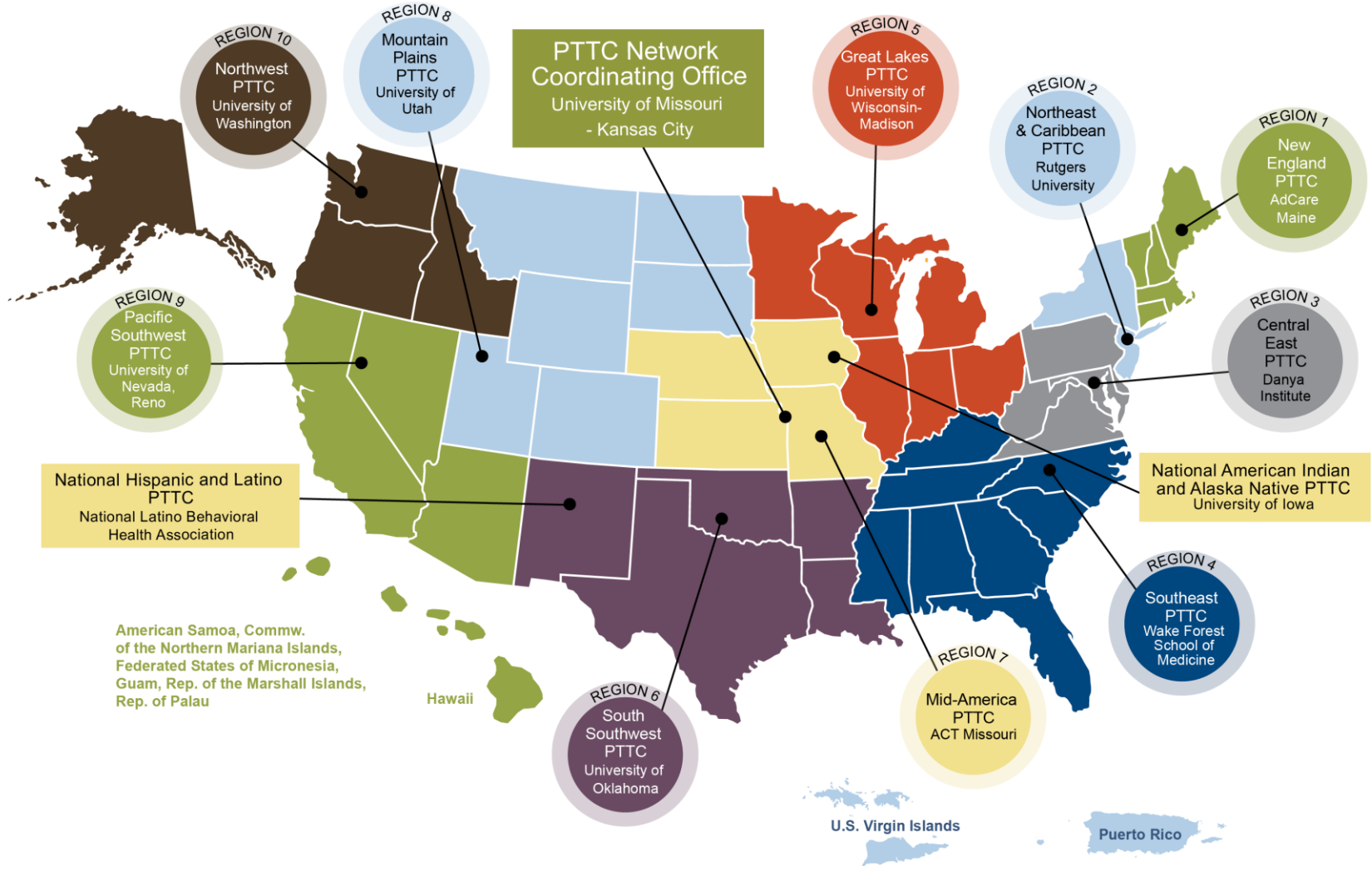
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National American Indian & Alaska Native PTTC



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Our Mission

- Increase Native persons in prevention services
- Improve the quality of prevention services provided to Native communities
 - Work with organizations and prevention practitioners involved in the delivery of Preventive Services to AI/AN individuals, families, and tribal and urban Indian communities to strengthen their capacity to implement effective and culturally informed experience and evidence-based practices



Focus Areas and Services

- Substance misuse prevention
- Suicide prevention
- Gender-based violence prevention
- Native American Leadership Academy
- Expansion of tele-behavioral services to Urban Indian and Tribal communities
- Network-wide training and technical assistance to promote the adoption and diffusion of culturally informed experience and evidence-based practices to the prevention field





Agenda

1. Historical Overview of Native communities
2. Cultural Factors, Strengths and Opportunities for growth in Native communities
3. Our Center's work in Awakening the Spirit of Prevention



Disclaimers

- This presentation does not attempt to speak on behalf of all Native communities.
 - Communities have diverse histories with unique practices and experiences
- When interacting with any Native entity, it is important to be respectful and open to learning.



Key Terms

- American Indians, continental U.S.
 - 573 federally recognized tribes in the lower 48 states
- Alaskan Native and Native Hawaiian
 - 223 tribal communities in Alaska and within the Hawaiian Islands
- Non -federally recognized tribes
- Other Pacific Islands
- Urban and suburban communities





Why Native Communities?



Historical Perspectives

- Foremost, it is essential for Prevention specialists to be knowledgeable of the historical traumas Native people have experienced.
- Knowledge of these experiences can offer insight as to why Native communities might experience health disparities





Historical Perspectives

- Early explorers, settlers, and missionaries were not prepared to encounter the complex Native social systems that had no resemblance to their own systems and beliefs.
- The effects of colonization on Native communities is evident with higher disparities and lower access to care.

Historical Trauma

- Historical trauma uniquely impacts AI/AN communities.
- “It is a cumulative trauma, collective and compounding emotional and psychic wounding - both over the life span and across generations” (Maria Yellow Horse Brave Heart)
 - Genocide
 - Colonial oppression
 - Displacement
 - Forced assimilation
 - Broken treaties
 - Resource restrictions
 - Suppression of language and culture
 - Boarding schools
 - Loss of life and identity.





Cause and Effect of Historical Trauma

How does historical trauma affect individuals and communities today?



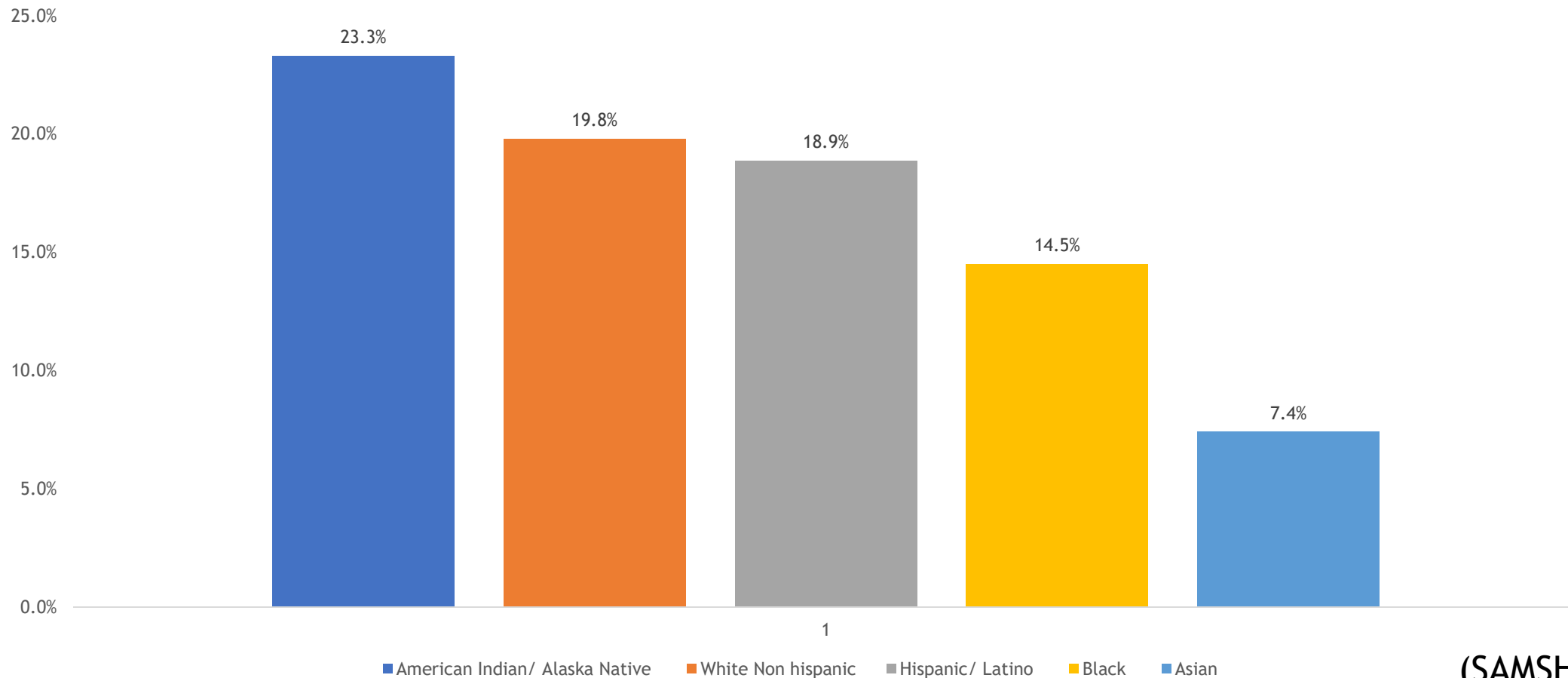
Cause and Effect: Individual health

- Native youth are 2.5 times more likely to experience trauma compared to their non-native peers according to a report by the Indian country child trauma center. (Bigfoot et al., 2008)
- Research also shows higher rates of related behavioral health concerns, including high occurrence of alcohol and substance abuse, mental health disorders, suicide, violence, and behavior-related chronic diseases across Indian country, which continue to have a profound effect on individuals, families, and communities (Indian Health Service, 2011; Boyd-Ball, et al. 2006).



Substance use disorder in American Indian/ Alaska Native communities

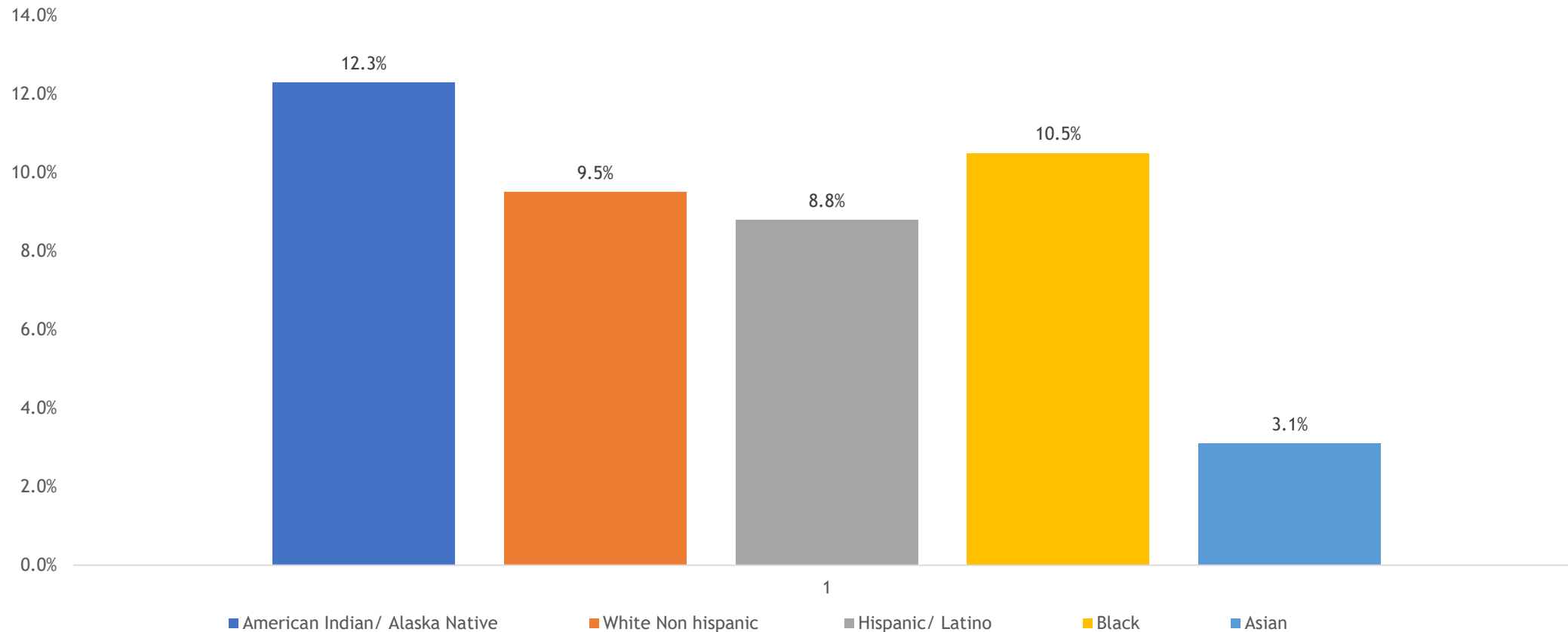
Substance misuse prevalence adolescents between age 12 and 17



(SAMSHA, 2013)

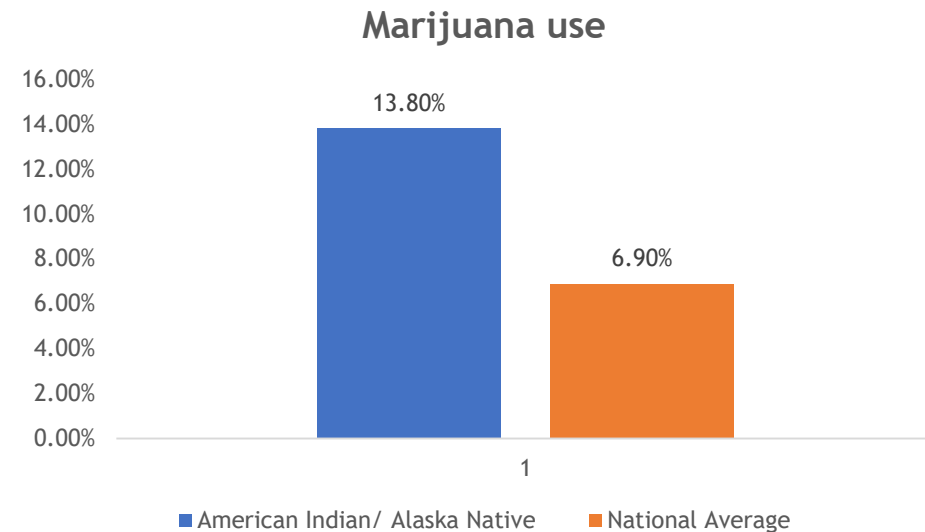
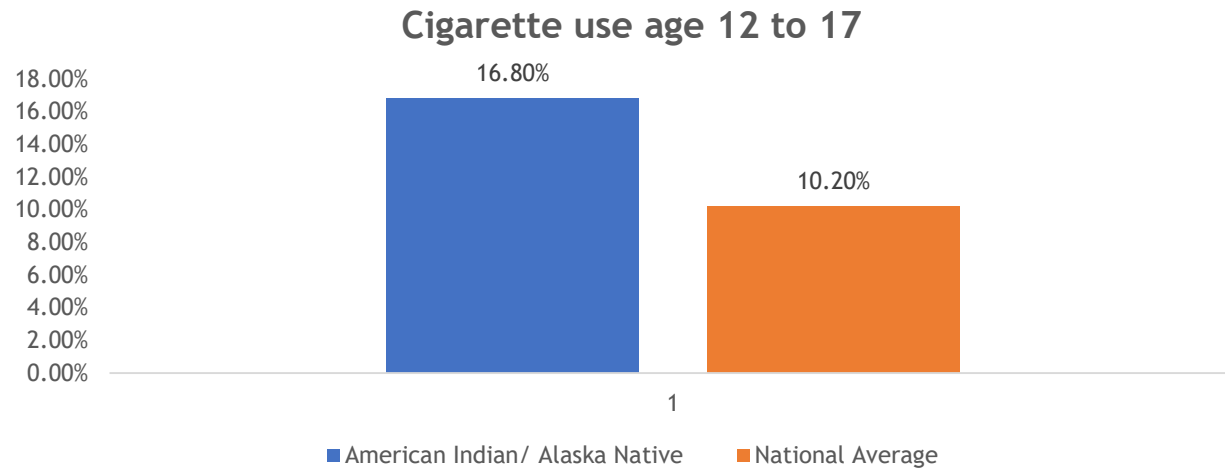
Substance use disorder in American Indian/ Alaska Native communities

Substance misuse prevalence adolescents age 12 or older



(SAMSHA, 2013)

Substance use disorder in American Indian/ Alaska Native communities



(<https://www.apa.org/pi/oema/resources/ethnicity-health/native-american/substance-use.aspx>)



Promising Trends

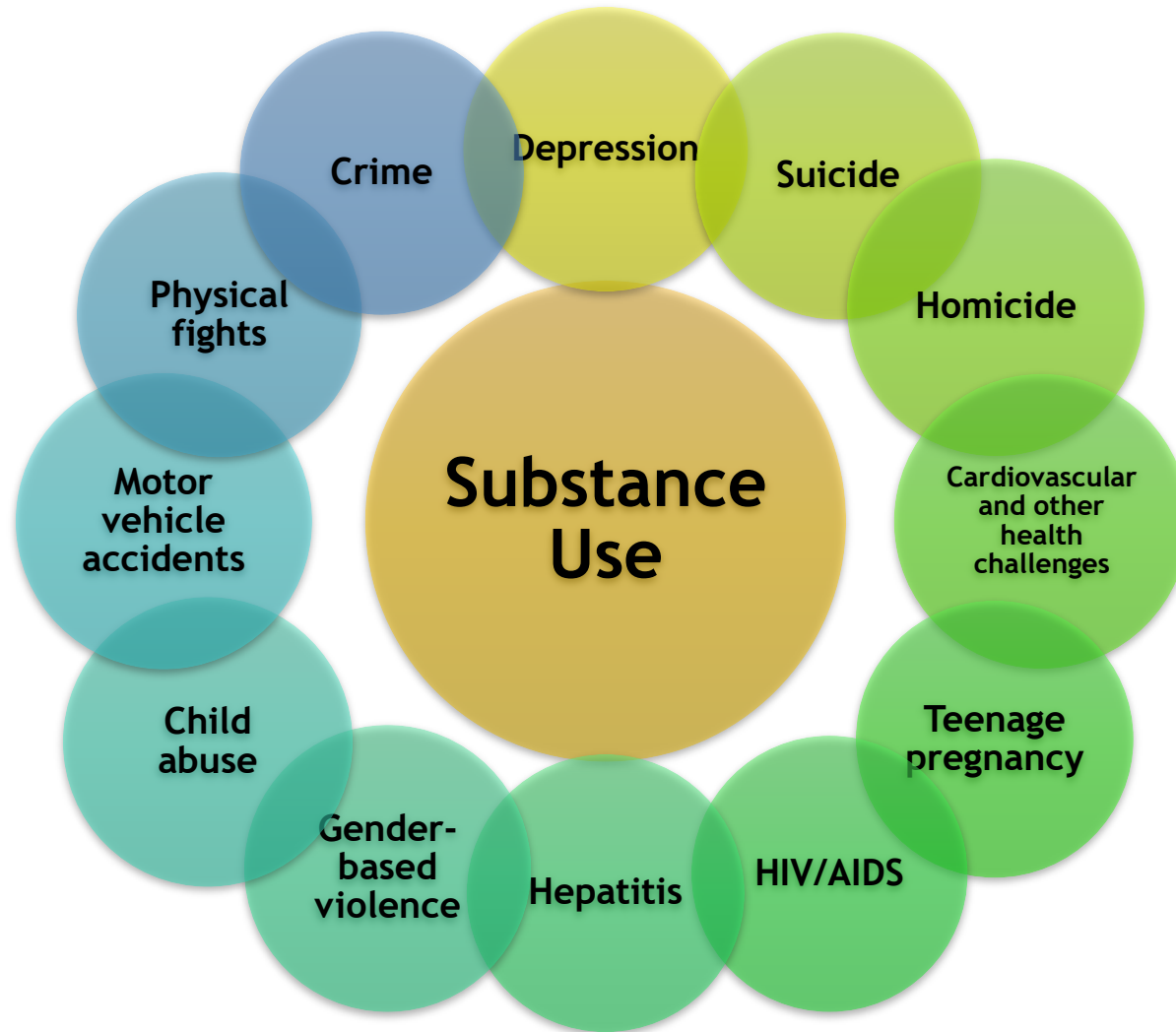
- Even though these rates are high, there are a high percentage of Natives on Tribal lands who do not drink at all.
- Increased youth activism
 - Tobacco use, substance use
- Smoke-free casinos
 - The Ho-Chunk Madison Casino - 3 years smoke free



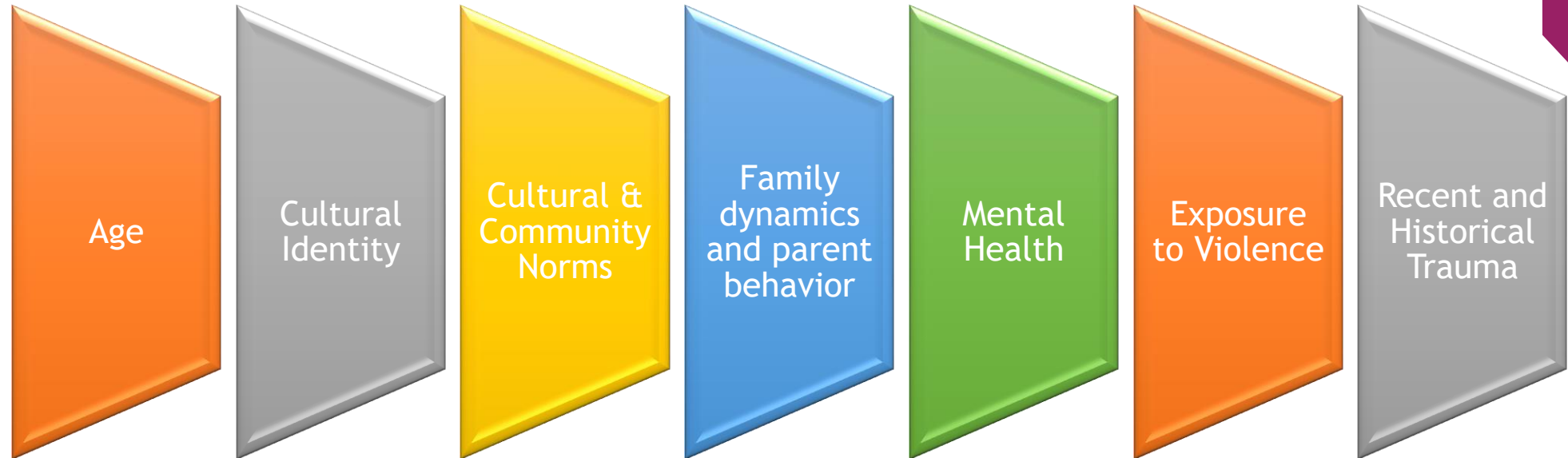


Substance Use and its Intersectionality with other Behavioral Health Concerns in AI/AN Communities

Substance Use and other Behavioral Health Concerns In AI/AN Communities



Risk and Protective factors



Key Challenges in Substance Use Prevention in Native American Communities

- Substance use prevention workforce in AI/AN Communities
- Insufficient culturally appropriate AI/AN Prevention Models
- Incomplete and unrepresentative data
- Insufficient coordination with related prevention fields such as violence, suicide, bullying, and mental health.
- Early age of initiation





Strengths and Opportunities

- Culture and community - Resiliency
- Language preservation
- A sense of hope; learning and healing from tragedy
- Holistic worldview - the individual, community, natural, and spiritual levels are interconnected
- Increased interest for skills enhancement of prevention specialists in AI/AN Communities



Promising Trends

- Increased recognition among tribal leaders that their substance use behaviors shape community norms and influence youth substance use
 - Advocacy
 - Culture camps - Winnebago, Oglala Lakota / Pine Ridge
- Promising culturally appropriate interventions and best practice
 - Canoe journey
 - Storytelling
- Tribal-state collaboration





Awakening the Spirit of Prevention



Strategic Prevention Framework



Prevention at Different Levels

- **Primary**
 - Technical assistance for culture camps / faith camps
 - Skills training for prevention specialists
- **Secondary**
 - Working with providers to address childhood trauma, trauma from other experience.
 - Opioid overdose prevention
 - Communities - Crisis and resiliency team building
- **Tertiary**
 - Reconnection to the community and reclaiming the circle of care -
Veterans
 - Relapse prevention



Unique Prevention Constructs to Consider

Cultural Connectedness

(Cultural Humility + Health Literacy)



shared understanding of values, beliefs, needs, and priorities.

Cultural Humility

A perspective that involves a lifelong commitment to **self evaluation** and **self critique**, to redressing power imbalances and to develop mutually **beneficial** and **respectful** partnerships with diverse communities.



Examples of our Services

- Developed a Cultural Sensitivity curriculum
- Technical Assistance
 - Crisis and resiliency team building
 - Data collection
- Culture cards and culturally appropriate tool kits
- Ethics training
- Substance Abuse Prevention Skills Training (SAPST)
- Monthly Webinars



Expected outcomes

- Increased certification of Native Prevention Specialists working in their communities
- Increase retention of Prevention Specialists
- Complement and strengthen programs implemented in Native communities by Prevention Specialists
- Building capacity of non-native Prevention Specialists to work in Native communities and provide culturally appropriate services
- Enhance integration, collaboration, coordination between prevention specialists in different fields working in Native communities



Future direction & Call for Collaboration

- Opioid overdose prevention
- Suicide prevention
- Missing indigenous women prevention
- Implementing culturally appropriate prevention practice models
- Tobacco education



Contact Us

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Thank you!

