



NACASA

Native American Council on Alcoholism & Substance Abuse, Inc.

—  —
Rekindling the Sacred Fires:
Valerie Staats, CASAC

Empowering Change, Transformation and Healing in Indian Country



Painting the Picture:
Quality of Life & Health Care in
Indian Country Today






Addiction



Highest rates of...


- ❖ Heavy alcohol use
 - ❖ Binge drinking
 - ❖ Illicit drug use (youth)
 - ❖ Tobacco use
 - ❖ Fetal Alcohol Spectrum Disorder
- 



Behavioral Health



Highest rates of...

- ❖ Serious mental illness
 - ❖ Suicide (youth) → almost 3 times higher
 - ❖ Crime (adults) & delinquency (youth)
 - ❖ Violence (domestic violence, homicide)
 - ❖ Sexual abuse (including incest)
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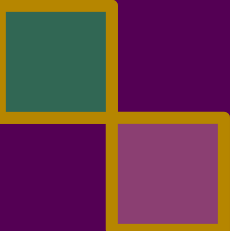
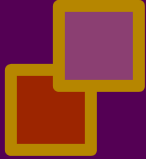
Other Health & Quality of Life Indicators

Highest rates of...

- ❖ Morbidity/Co-morbidity
- ❖ Mortality
- ❖ Poverty (2 times the national rate)
- ❖ Poor education



Risk Factors:

- Perception of Risk: Indian youth more likely to perceive moderate to no risk of substance use
 - Perception of Parental Approval: larger % of Indian youth do not perceive strong parental disapproval of youth substance use (compared to youth in other racial/ethnic groups)
 - Peer Influence: Indian youth more likely to believe that all or most of the students in their school get drunk at least once a week
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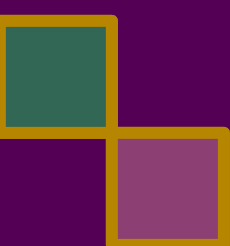



What is the Government's Role in the Health Care of American Indians?

Historical & Treaty Rights



Federal Role

- ❖ 1800s: Bureau of Indian affairs (BIA) , formed out of the U.S. War department to contain, control and civilize the Indian, and was responsible for health care
 - ❖ 1954: Indian Health Services (IHS) formed
 - ❖ Hospitals
 - ❖ Clinics
 - ❖ Prevention
- 
- 





Federal Role in the Health Care of American Indians

- ❖ Federal policy since the 1970s, “in support of self-determination” → progressive erosion of direct assistance resulting in the closing of programs
- ❖ Access to care & quality of care at crisis proportions (read “Silent Crisis”)

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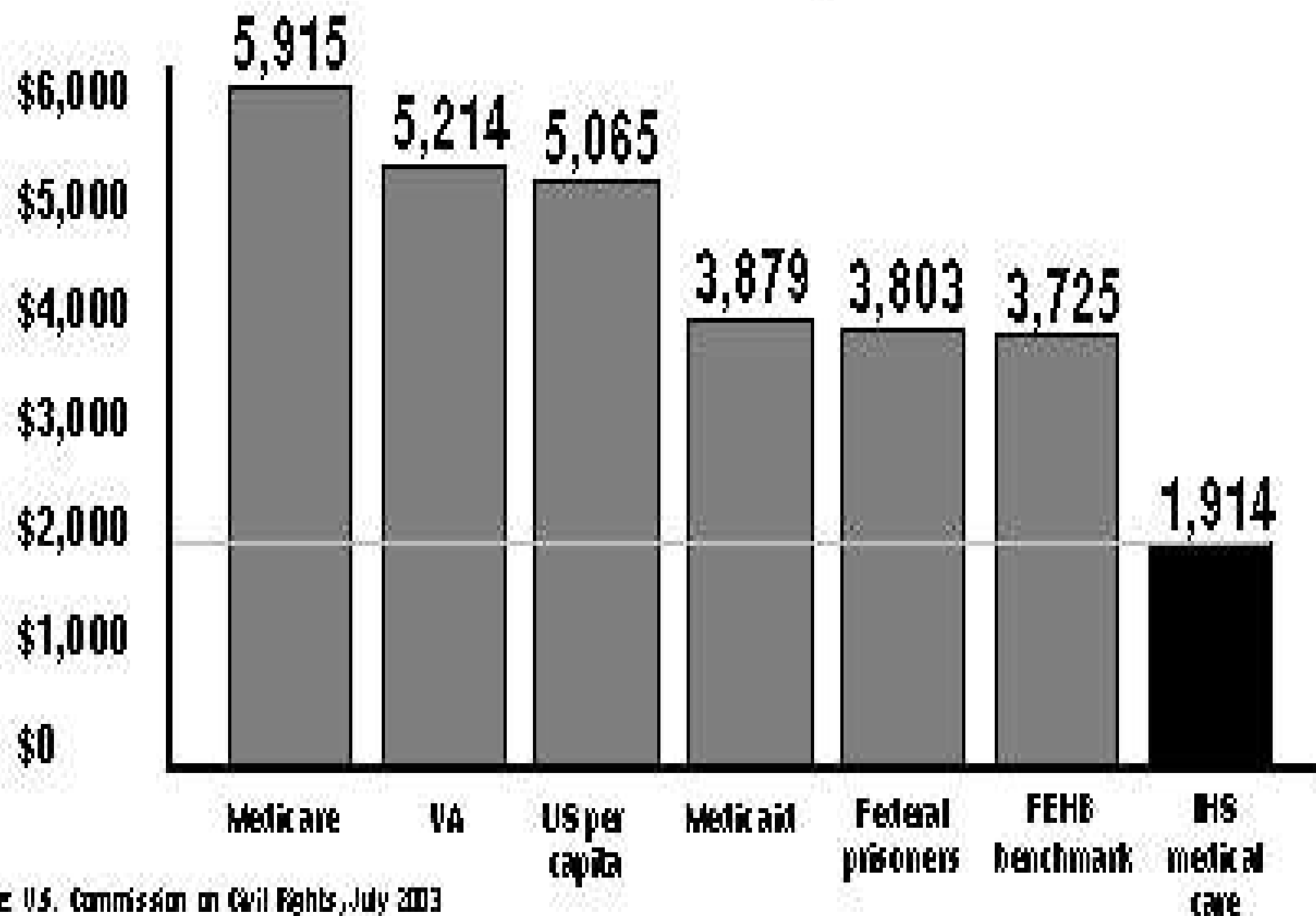


Federal Role in the Health Care of American Indians

- ❖ Will not provide services to an estimated 75% of American Indians who are not “federally recognized”
- ❖ Access to IHS services is extremely limited for the 60% of American Indians who are federally recognized but live off the reservation

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Comparison Between IHS Appropriations Per Capita and Other Federal Health Expenditures in 2003



Source: U.S. Commission on Civil Rights, July 2003

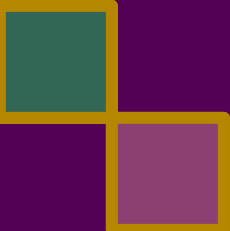
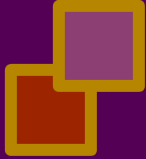


Federal & State Role in the Health Care of American Indians

- ❖ Some tribes have comprehensive health services, while others can provide only minimal care
- ❖ Clinics are operated by IHS and/or state health
- ❖ Each clinic is unique
 - ❖ Varying levels of awareness
 - ❖ Degree of isolation
 - ❖ Politics
 - ❖ Policy of working with federal, state gov't
 - ❖ Varying positions on what, and if, services for family members (non-enrolled) can be provided

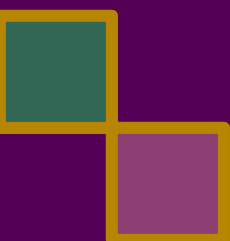



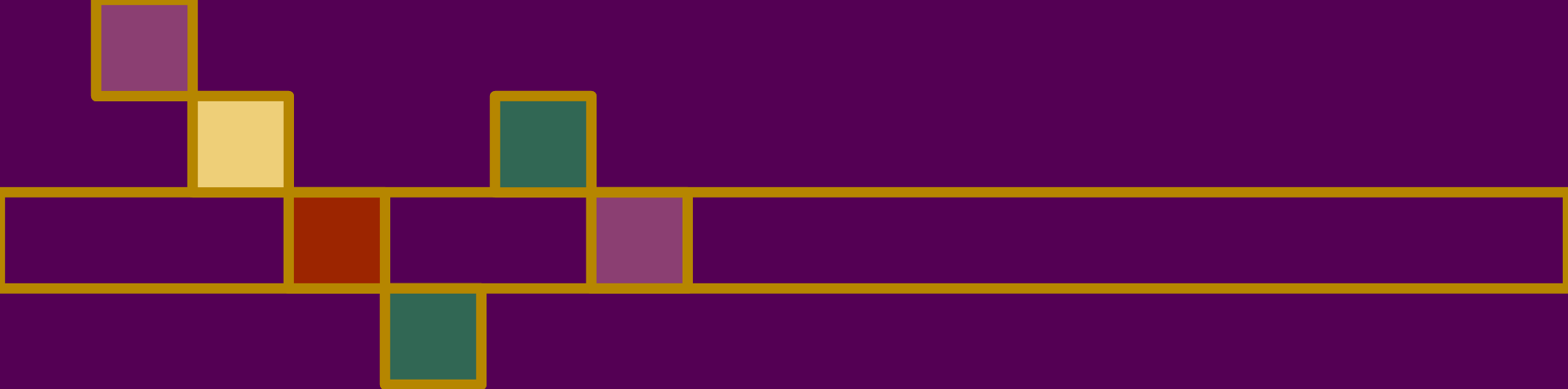
Programming

- 
- ❖ Federal policy has resulted in the progressive elimination of programs
 - Great reduction in addiction prevention and treatment programs
 - IHS no longer addresses FASD directly
 - No national FASD initiative in Indian country
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Sustainability

- 
- ❖ Without federal initiatives, the capacity of many tribes to establish/sustain prevention programs has been challenged
 - Unaware of the severity of the issues
 - Lack of infrastructure, expertise, and/or staff to develop/sustain policies, practices, and systems
 - Lack of financial resources
 - Lack of community support for the services
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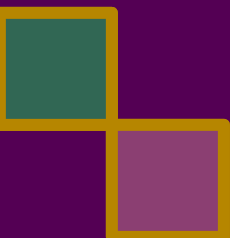
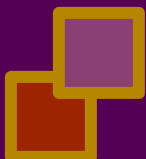


What Attempts Have Been Made to Combat Addiction in Indian County?



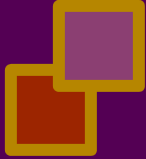


Prevention & Treatment Efforts...

- ❖ Improve self esteem
 - ❖ Treatment
 - ❖ Decision making skills
 - ❖ Life skills
 - ❖ Cultural activities
 - ❖ Traditional healers
 - ❖ Youth activities
 - ❖ Have mentors
 - ❖ Be mentors
 - ❖ Ancestral Teachings
 - ❖ Honoring Ceremony
 - ❖ Sober support system
 - ❖ And more...
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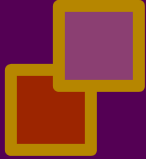


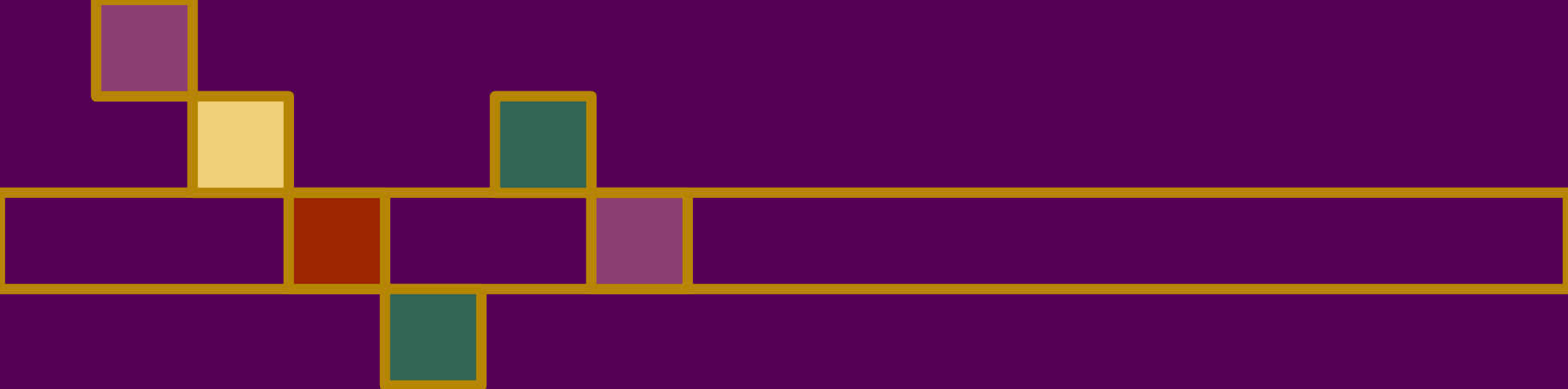
Programs Have Come... and Gone

- ❖ Sustainability Issues for Tribal Programs:
 - ❖ Expertise of Staff
 - ❖ Finding & Keeping Staff
 - ❖ Financial Support
 - ❖ Politics
 - ❖ Lack of Community Support (Denial)
 - ❖ Lack of Resources
 - ❖ Distrust of non-Native staff
 - ❖ Cultural Competency
- 



Programs Have Come... and Gone

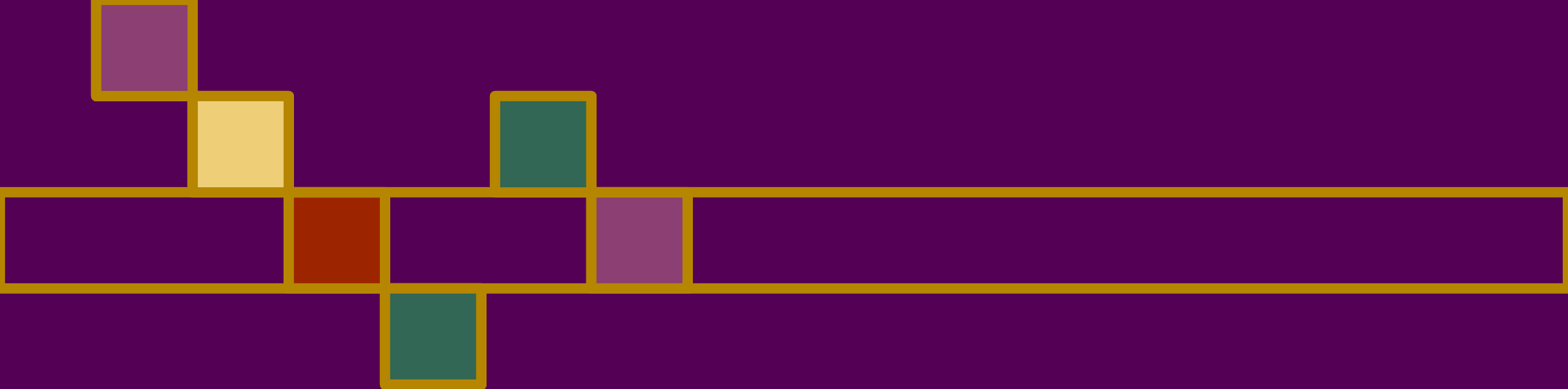
- ❖ Sustainability Issues for Non-tribal Programs Attempting to Provide Services:
 - ❖ American Indian distrust of non-Natives
 - ❖ Cultural Competency of Clinical Staff
 - ❖ Cultural Competency of Adm. (Token Indian)
 - ❖ Financial Support
 - ❖ Politics
 - ❖ Lack of Support (Denial of Special Needs)
 - ❖ Racism (Shared Power)
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According to prophecy...



The time would come when we would awaken
from our deep sleep...



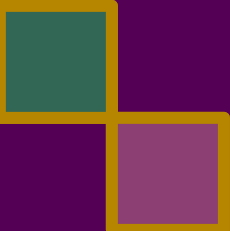
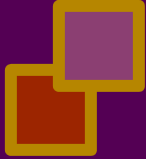
Paradigm Shift: Awakening to the Wisdom of Our Ancestors



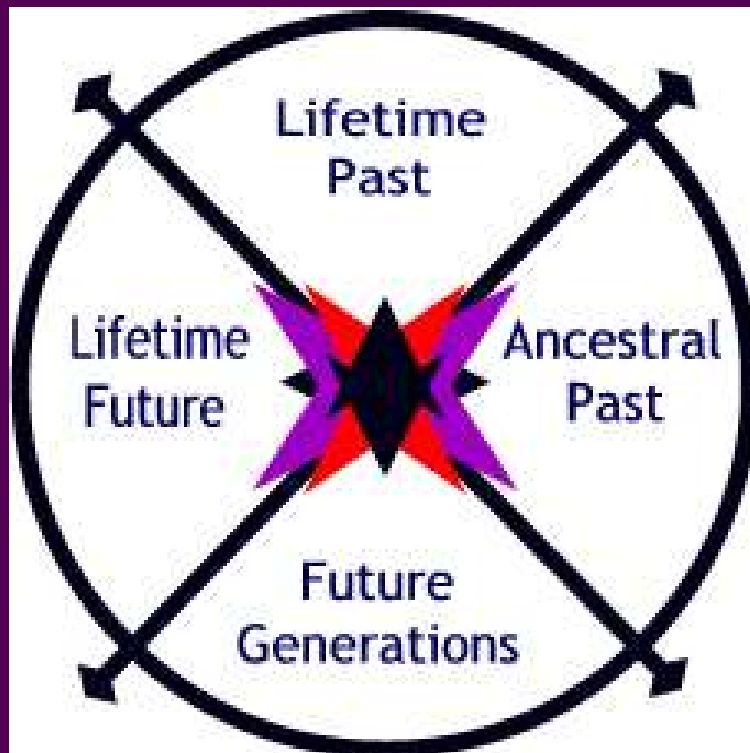
Wisdom So Old That It is New



Principles of Change:

- 
- ❖ Change comes from within
 - ❖ Individual & community change go hand in hand
 - ❖ Change must be preceded by a Vision
 - ❖ A great learning must take place
- 

All things are interrelated...



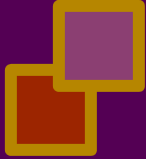
- ❖ Present → impacted by past, informed either by gratitude (love) or fear, determined by choices (Good Mind)
- ❖ Future → impacted by past and present, informed by love or fear, determined by Vision, Unity, and Good Mind (choices)
- ❖ Past either teaches (wisdom) or condemns (fear)



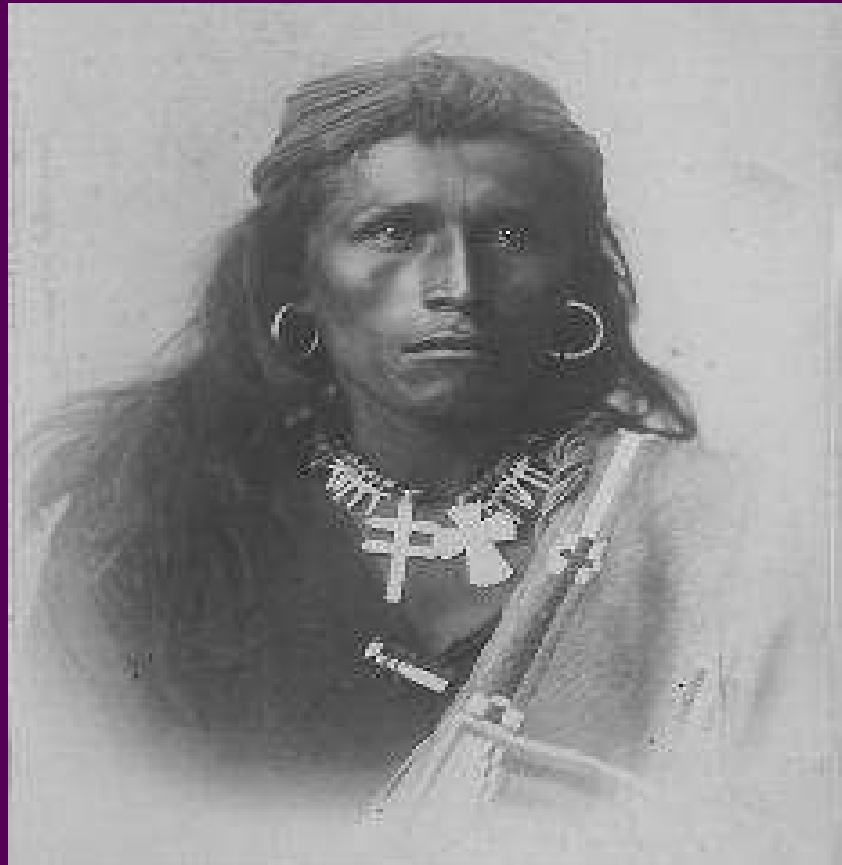
Healing from the Past



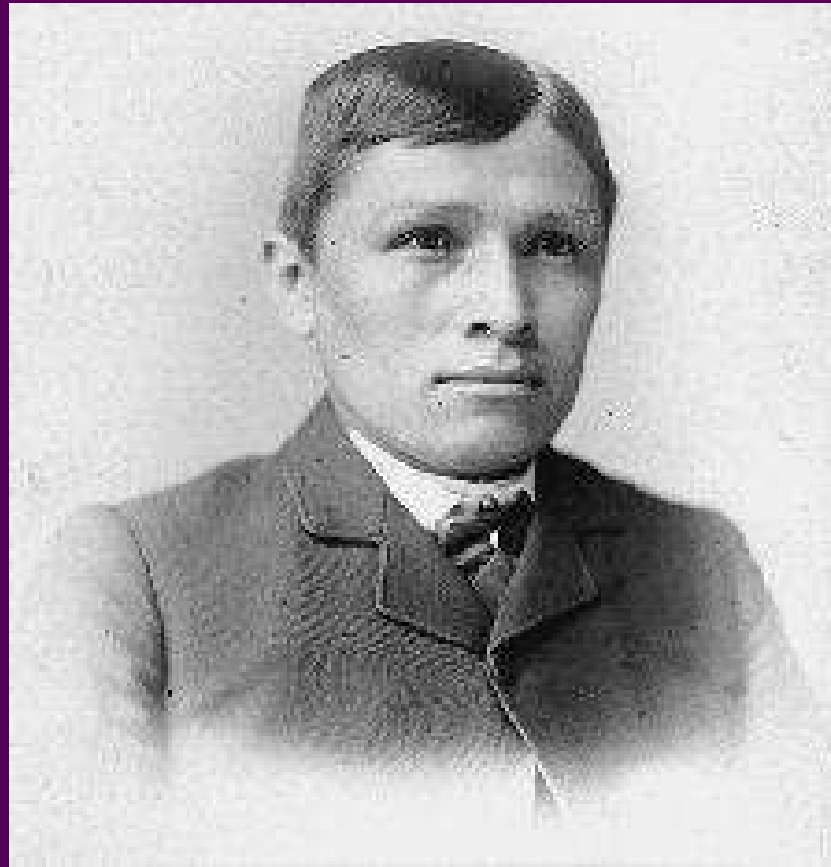
❖ Historical Trauma

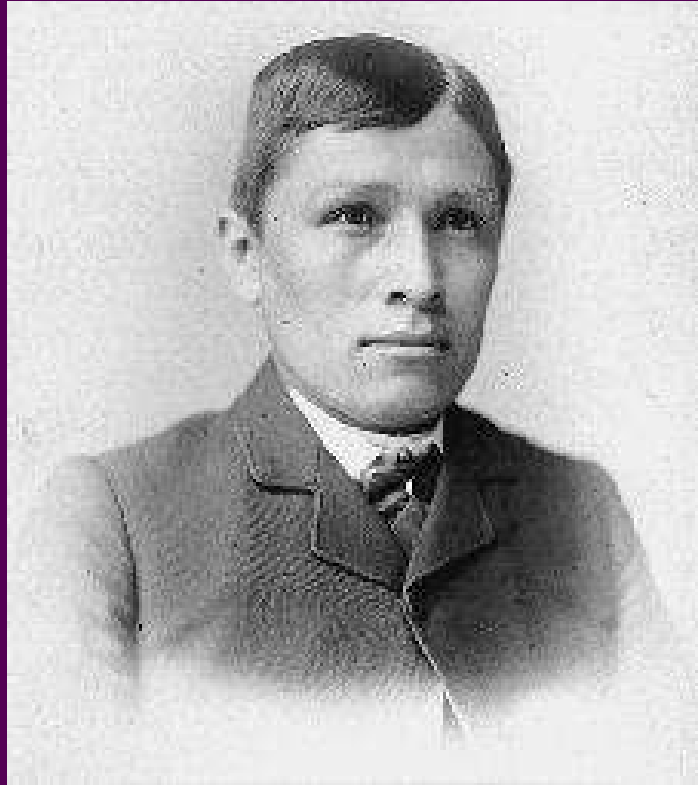
- ❖ Generations of Losses and Trauma
 - ❖ Healing Traditions, Beliefs & Rituals Outlawed
 - ❖ Generations of Shaming
 - ❖ Pervasive Sense of Powerlessness & Despair
- 

Before...



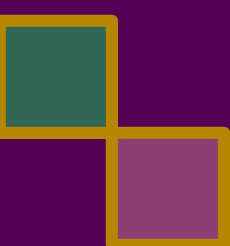

After...







Healing from the Past

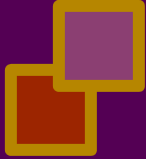
- 
- ❖ Historical Trauma Response (HTR)
 - ❖ Posttraumatic Stress Disorder
 - ❖ Intergenerational
 - ❖ Unresolved Grief/Delayed Grief
 - ❖ Depression & Anxiety
 - ❖ Perceptual Distortions
 - ❖ Powerlessness (can be pervasive)
 - ❖ Physical Problems
 - ❖ Spiritual Disruption
- 



Healing from the Past



❖ Powerlessness

- ❖ Powerlessness results in fear-based belief system and despair
 - ❖ Must have sense of power – get it any way possible
 - Violence
 - Substances
 - Oppression
 - Sexual Offenses
 - ❖ Victim becomes Victimizer (Powerless Seek Power Over)
 - ❖ Disconnected from Spiritual Principles (Gratitude, Shared Power, Honor, Respect)
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Healing from the Past: Symptoms of Powerlessness Within Communities



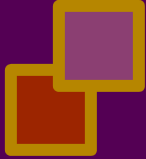
- ❖ Haves & Have Nots
- ❖ Gossip
- ❖ Violence
- ❖ Us versus Them
- ❖ Addiction
- ❖ Mental Illness
- ❖ Violence & Gangs
- ❖ Physical Problems
- ❖ Disruption of Life Enhancing Belief System, Values, and Traditions



Wisdom from the Ancestral Past: Out of Fear & Chaos: The Great Law



❖ Good Mind:

- ❖ Gratitude-based Belief System (Strength Based)
 - ❖ Deliberation: consider impact of choices on 7 generations
 - ❖ Rational
 - ❖ Choices aligned with Spiritual & Natural Principles
- 

❖ Of One Mind:

- ❖ Deliberation & Consensus
- ❖ Autonomous Councils & Grand Council
- ❖ Balance of Power (Chiefs, Clan mothers, and so on)
- ❖ Peace Song




Wisdom from the Past: The Great Law

❖ Justice:

- ❖ Restorative
- ❖ Community-based
- ❖ Empowering
- ❖ Aligned with Spiritual & Natural Principles

❖ Interconnectedness: Longhouse

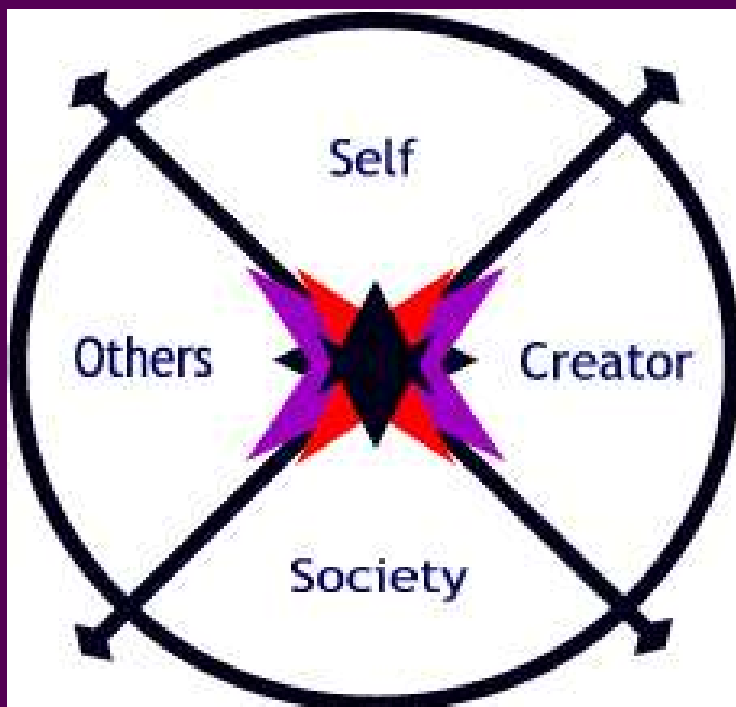
- ❖ Matriarchal
 - ❖ Clan System
 - ❖ Autonomous Nations, United Under Great Peace
 - ❖ Ancestral Wisdom
 - ❖ Responsibility for Future Generations
- 

Wisdom from the Past: Holistic Healing



- ❖ Dynamic, spiritually centered restorative process
- ❖ Honors the interconnectedness of all things (and events)
- ❖ Healing vs treatment
- ❖ Empowering
- ❖ Vision directed

Wisdom from the Past: Healing Relationships: All My Relations



- ❖ Healing → bringing balance and harmony to all relationships
- ❖ Identity & role → understanding roles and responsibilities
- ❖ Sacred → knowing your unique Path

ENKATATEWENNIIOHAKE RESTORATIVE HEALING



Services



Supports





Wisdom from the Past: Honor the Sacred Practices of Each Nation

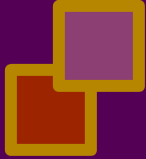
- ❖ Sacred rituals
- ❖ Sweat lodges
- ❖ Healing circles
- ❖ Talking circles
- ❖ Traditional medicine
- ❖ Medicine wheel
- ❖ Dreams
- ❖ Before all else...
- ❖ Faithkeepers
- ❖ Medicine man
- ❖ Healing ceremonies
- ❖ Drumming
- ❖ Songs
- ❖ Smudging
- ❖ Eagle feather
- ❖ Visioning



Wisdom from the Past: Spiritual Principles, Natural Laws & Sacred Path



❖ Awaken & Revitalize Identity & Thinking

- ❖ Revitalize American Indian identity, pride, and sense of belonging based on common traditions, values, beliefs, and rituals
 - ❖ Red Road Teachings (Balance, Harmony)
 - ❖ Language of Healing (Holistic, Inward Journey)
 - ❖ Medicine Wheel Teachings
 - ❖ Great Law Teachings (Gratitude, Reason, Deliberation, Consensus, Justice, Good Mind, One Mind, Great Teachings come from each Choice)
- 



Of One Mind: Healing & Unifying Families & Communities



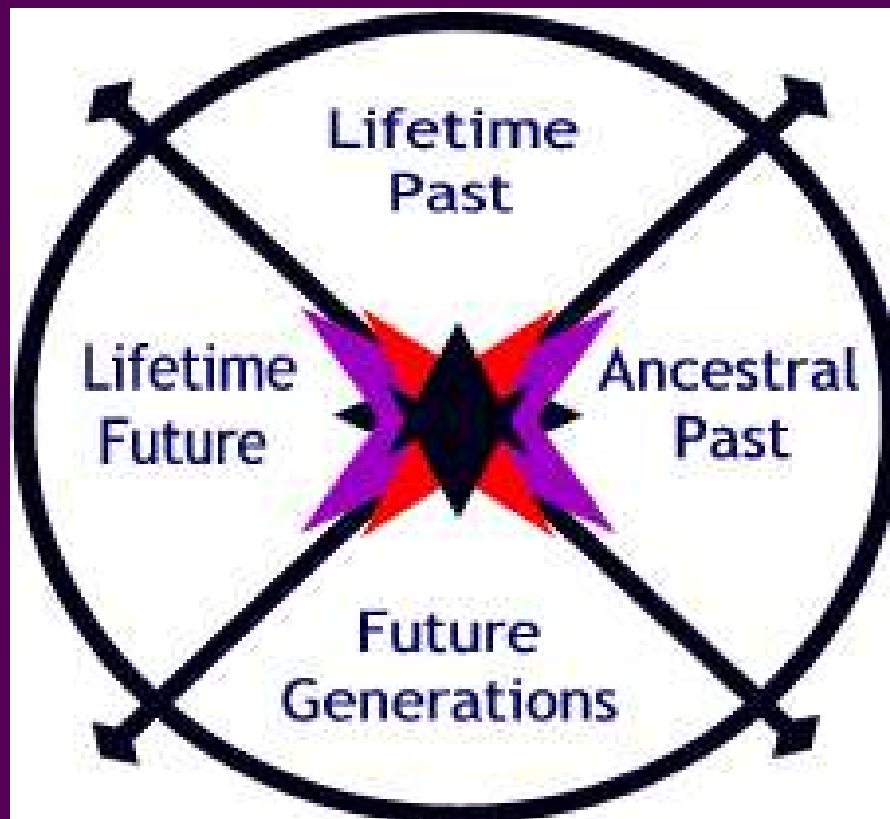
❖ Individual Healing & Community Healing Go Hand in Hand

- ❖ “Giving Back” (Sponsors, mentors, action)
- ❖ Holistic, comprehensive
- ❖ Family-focused
- ❖ Community-based
- ❖ Traditional Healers (integrated with Western)
- ❖ Elders & Youth Leadership
- ❖ Clan Mothers & Faithkeepers
- ❖ Tribal Council Members
- ❖ Schools, Health Center, Youth Center, Tribal courts, Indian Child Welfare, Coalitions



❖ Teams and Regional Centers

Visioning: What Will Our Future Look Like





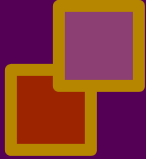
Sacred Child: Capacity Building Strategies

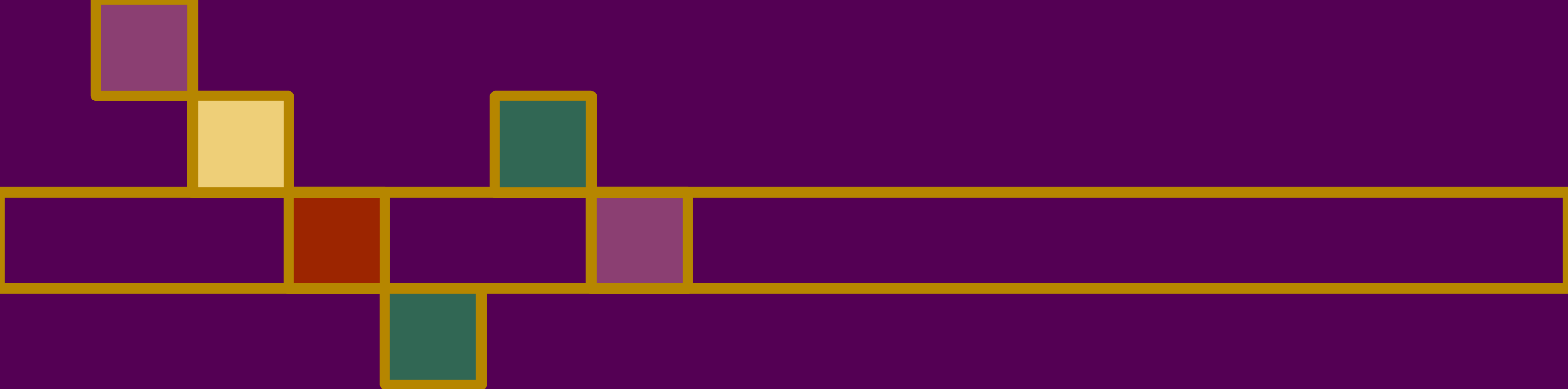


❖ Nation Building

- ❖ Empower Indian communities to direct their own healing and justice efforts
- ❖ Building the capacity of Indian communities on all levels: staff, services, community mobilization, knowledge, leadership, skills, and resources

❖ Collaboration

- ❖ Empower relationship building and partnerships to meet the healing needs of an Indian community
 - ❖ No Strings Attached
- 



Nation Building:
Strengthening the Capacity of Our
Communities to Honor Families & Ensure the
Health & Well-being of Our Children



Building Brighter Futures for Our Children



Building Capacity: Nation Building

❖ Staff Capacity

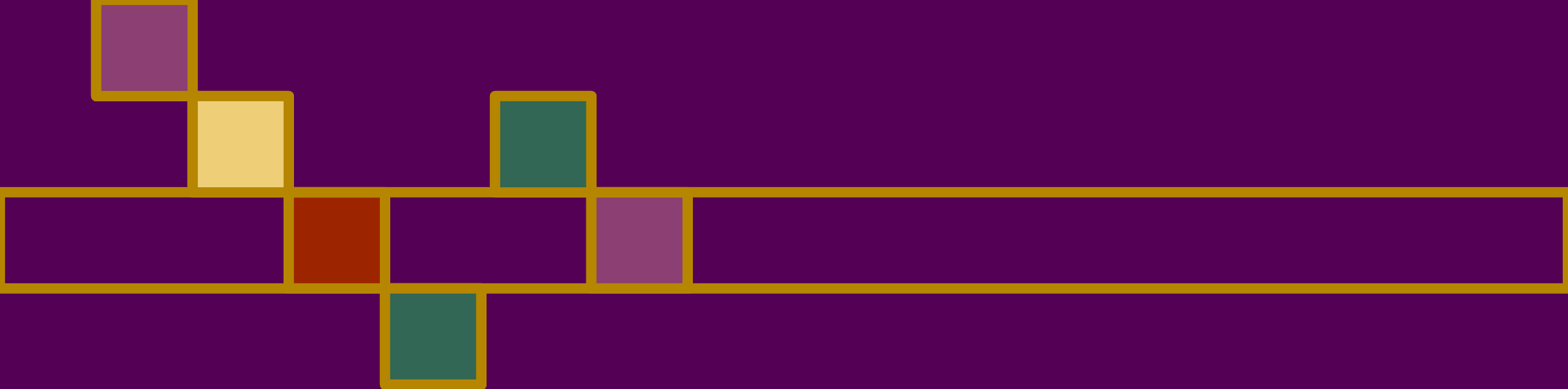
- ❖ Train, cross-train medical, addiction, behavioral health, school, law enforcement, justice, child welfare staff
- ❖ Midwifery
- ❖ Cultural Competency
- ❖ Family-based services
- ❖ Cross-systems prevention, screening, intervention, referral, treatment
- ❖ Team Building
- ❖ Home-based services
- ❖ Traditional & western
- ❖ Family Planning
- ❖ Continuous

❖ Resource Capacity

- ❖ Resource Center: workshops, info, trainers, newsletters on addiction, mental health, criminal justice & FASD topics
- ❖ Technology-based
- ❖ Resource materials specific to community

❖ Community Capacity

- ❖ Community & Council Education
- ❖ Prevention messages
- ❖ Access to alcohol
- ❖ Mentors, Elders, Clan mothers, Faithkeepers, Youth
- ❖ Give Back & Outreach
- ❖ Tribal Policies
- ❖ Spirituality



Bridging the Two Worlds: Collaboration of American Indian Communities with Outside Agencies & Services



Sharing Power



Cultural Proficiency: What is it?

- **Knowledge:** of the beliefs, traditions, values, and concepts of healing and wellness
- **Skills:** the practice of and proficiency in utilizing therapeutic models of care and honoring protocol
- **Attitudes:** willingness to examine one's own perceptions of Self in relation to Others
- **Sharing Power:** begins with knowing your own degree of power in relation to others, in various settings



Bridging Two Worlds: Collaboration

❖ Criteria for Collaboration

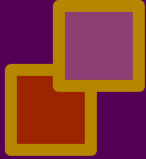
- ❖ Willing to Share Power
 - ❖ Board membership
 - ❖ Advisory Council
- ❖ Cultural Competency
 - ❖ Clinical
 - ❖ Administrative
- ❖ Family-based
- ❖ Holistic, comprehensive
- ❖ Willing to participate in Team Building Training & Activities
- ❖ Honor traditions and concepts of wellness & healing
- ❖ Willing to share knowledge

❖ Possible Stakeholders

- ❖ Addiction, behavioral health, developmental disability, case management, and other service providers
- ❖ Courts, Probation, Parole, Law Enforcement, Child Welfare Agencies
- ❖ Schools, youth centers, youth organizations
- ❖ Technology-based services
- ❖ State, county, federal agencies
- ❖ Program evaluation specialists

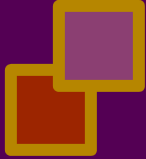


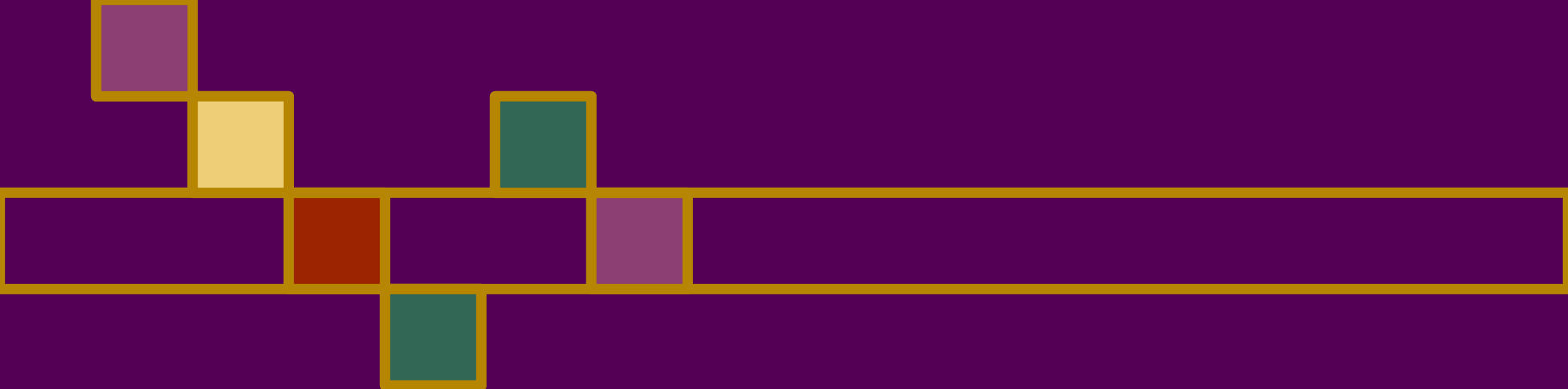
Working with Indian Country

- ❖ Children are Sacred, Elders are Honored
 - ❖ Shared Vision, Shared Power
 - ❖ Understands & Honors Native Belief System, Traditions, Values and Rituals
 - ❖ Holistic, Restorative
 - ❖ Empowers Families and Communities
 - ❖ Expands & Integrates Resources
 - ❖ Collaborative
 - ❖ Understands Issues Impacting Native People
 - ❖ Native Ownership of Programs (no Token Indian)
- 



Stages of Change:

- Traditional Wisdom:
 - **Spring, Summer, Fall, Winter**
 - **Baby, Youth, Adult, Elder**
 - **Mentors**
 - Western Model: Prochaska & DiClemente
 - **Stages of Change**
 - **Pre-contemplation**
 - **Contemplation**
 - **Preparation**
 - **Action**
 - **Maintenance**
 - **Termination/Relapse**
- 



"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect." Chief Seattle



For every thousand hacking at the leaves of evil, one is hacking at the root. Thoreau



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