Cross cultural Practices and Beliefs about Mental Health and Treatment

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www.nace.samhsa.gov
Kinyaani (Tower House)
Tlizi lani (Many Goats)
Tsinajinni (Black Streak)
Toh’dichini (Bitter Water)

Mai Tohi (Houck, AZ)
58 federally recognized tribes
Welcome

- The Red Lake Band of Chippewa, MN
- Ute Mountain Ute Tribe, CO
- Shoshone-Paiute Tribes of Duck Valley, NV
- Menominee, WI
- Tohono O’odham, AZ
- Oglala Sioux, SD
- Northern Cheyenne, MT
- Navajo, Window Rock, AZ
- Standing Rock Sioux, ND
Participant Introductions

• Name

• Tribe

• Job

• Expect from the workshop
Agenda

• **5 min intros of self.** We will need a combined title slide.

10 min intros of audience with prompts. 1. Name, tribe, and job. I suggest a slide with the participating tribes listed and the intros wanted.

**5 min intro on workshop.** Meaning that you and I explain that we are joint presenting. During this time, we can provide definitions on the two approaches. For me, a slide with the IHS definition of traditional healing, the WHO definition, and maybe one more. So during the intro, we give a definition of each approach.

**60 min of presentation.** About 15 slides each/30 each; {if we use a similar process, we can really co-present during the session}. I will focus on describing traditional approaches from tribal-centric and inter-tribal perspectives. By describing some models within traditional approaches (medicine wheels are good ones, I think). Followed by application of traditional approaches in different settings; healthcare, behavioral health, criminal justice, and social services (ICWA has a nice "Culture Matters" campaign). I would like to open the floor for participants to describe some their tribal applications currently. A summary on my experience in the blending of both approaches with Native populations. So possible areas for the presentation are; description of approaches, application of approaches, feedback on local application, and final summary. That would be five areas to cover.

**10 min Q and A;** can be another feedback opportunity and technical assistance needs identification that we co-facilitate.
Traditional Medicine Definition: World Health Organization

• Traditional medicine is the sum total of knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures that are used to maintain health, as well as to prevent, diagnose, improve or treat physical and mental illness.
Treatment Model

Client Attributes

Program Attributes

Program Services

Treatment Outcomes

Positive or Negative?
Evidence-Based Thinking

- Research & Scholarship
- Client Factors
- Clinical Experience

EBP

Evidence-Based Thinking

Systems

Practitioners and Client
“This interactive event will provide an opportunity for... developers, and evaluators to share information and discuss the development, evaluation, and sustainability of [Native American] programs, with a focus on NREPP’s submission and review processes.”
<table>
<thead>
<tr>
<th>Compare</th>
<th>Intervention Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Families and Schools Together (FAST)</td>
<td>Families and Schools Together (FAST) is a multifamily group intervention designed to build relationships between families, schools, and communities to increase well-being among elementary school children.</td>
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<tr>
<td></td>
<td>Project Venture</td>
<td>Project Venture is an outdoor experiential youth development program designed primarily for 5th- to 8th-grade American Indian youth. It aims to develop the social and emotional competence that facilitates youths’ resistance to alcohol, tobacco, and other drug use.</td>
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<td>Red Cliff Wellness School Curriculum</td>
<td>The Red Cliff Wellness School Curriculum is a substance abuse prevention intervention based in Native American tradition and culture. Designed for grades K-12, the curriculum aims to reduce risk factors and enhance protective factors related to substance use, including school bonding, success in school, increased sense of control, and social competence.</td>
</tr>
</tbody>
</table>
Learn More - Click on each category bar below or the buttons at the right to expand.

- Quality of Research
- Readiness for Dissemination
- Costs
- Replications
- Contact Information
“Culturally competent and culturally validated programs should not be discounted because the dominant culture has not included those programs in its evaluations or has been incapable of conducting a culturally competent evaluation.”

Reference: Jason Yarmer 2011 NPN Conference Presentation
Oregon State Policies

- Senate Bill 770 in 2001 established Government to Government relationships between the 9 federally recognized Native American Tribes and state of Oregon.

- Senate Bill 267 in 2003 created an Evidence Based Practice Mandate, 25% increasing to 75% of funding be EBPs.

- Resulted in “The Paper” (Caroline Cruz, B.S., C.P.M., C.P.S., and John Spence, Ph.D.), and the formation of Oregon Tribal Best Practices.

- House Bill 3110 in 2011 authorized both Evidence Based Programs and Tribal Based Programs

Reference: Jason Yarmer 2011 NPN Conference Presentation
“AMH [The Oregon Addictions and Mental Health Division] does not believe that an evidence-based practice from the AMH list should be assumed to be better than a culturally validated practice unless the assumption is supported by scientific evidence. Because scientific evidence for imposing practices on Native American providers is lacking, AMH concludes that we need a different framework for working with Native American stakeholders. Native American stakeholders must take the primary role in defining what works for Native American clients.”

Reference: Jason Yarmer 2011 NPN Conference Presentation
Traditionalism (contemporary and/or tribal)

- Traditional culture
- Traditional healing
- Traditional practice
- Traditional practitioner
- Traditional foods
- Traditional teaching
- Traditional values
- Traditional lifestyle
Traditional Healer

• Three factors legitimize the role of the healer – their own beliefs, the success of their actions and the beliefs of the community.

Medicine Wheels

• Provide tribal/community “whole person” health teachings and philosophy.
Understand the role of thinking in our Experiences

Feeling

SPIRITUAL

You begin to see yourself as the person our Creator meant you to be. Fully human.

EMOTIONAL

The words pull the feelings out so they are not swirling around inside

Thinking

MENTAL

Your words tell your mind how this experience affected you. It will bring a good message to your heart

Acting

PHYSICAL

TALK-
Openly, Honestly, Don’t hold anything back.

You begin to see yourself as the person our Creator meant you to be. Fully human.

The words pull the feelings out so they are not swirling around inside

Your words tell your mind how this experience affected you. It will bring a good message to your heart
Yupik

Promoting Health & Wellbeing

Celebrating Traditional Values
Dine’ Medicine Wheel
Indigenous Interventions

• Sweatlodge
  – Group
  – Individual
  – family
• Talking Circle
  – Group
  – family
• Tobacco
  – Individual
  – Family
  – group

Smudging
  - individual
  - group
  - family

Herbal medicine
  - individual
  - group
  - family
Yupik Traditional Healing

• Maqiq: steambath. Provides relaxation, social interaction, and motivational support.

• Yuraq: dancing. An intrinsic part of culture. Promotes connection to culture and healthy social interaction.

• Ikayurcitalria: to help or bless the community. Provides opportunity to help or assist others.
Yupik Traditional Teachings

• They say the weather hunts for a human and it seems like the people who are hard to talk to are the ones caught.

• They say a young man who does not break his fathers instructions has kept his father alive, even though his father has died.  
  
  Frank Andrew
Kinship

Many tribes, particularly in the southwest, have strong clan or family systems that enhance community resiliency and personal worth.
Four Most Common Diagnoses Treated

• Depression
• Anxiety
• Post Traumatic Stress Disorder
• Suicide Management
Cultural Trauma – is an attack on the fabric of a society, affecting the essence of the community and its members.

Historical Trauma – cumulative exposure of traumatic events that affect an individual and continues to affect subsequent generations.

Intergenerational Trauma – occurs when trauma is not resolved, subsequently internalized, and passed from one generation to the next.

Present Trauma – What vulnerability, Native peoples are experiencing on a daily basis. (Bigfoot, 2007)
Forced Acculturation

Eurocentric

Indigenous
Cultural Dissonance

- Children in education systems experience cultural dissonance, they become vulnerable to educational disadvantage, thus cultural dissonance can have a profound and negative effect on academic achievement and the personal development of students.

- Cultural dissonance may provoke the tendency either to resort to ethnocentrism, or to abandon inherent cultural values and adopt those of the school culture, in order to achieve success.

- Cultural dissonance may also lead to erroneous interpretations of parent behaviors, creating misunderstandings between home and school.

Source: Teacher Training Resource Bank, Glossary, Cultural Dissonance
Stress

Body
- headaches
- frequent infections
- taut muscles
- muscular twitches
- fatigue
- skin irritations
- breathlessness

Mind
- worrying
- muddled thinking
- impaired judgement
- nightmares
- indecisions
- negativity
- hasty decisions

Emotions
- loss of confidence
- more fussy
- irritability
- depression
- apathy
- alienation
- apprehension

Behavior
- accident prone
- loss of appetite
- loss of sex drive
- drinking more
- insomnia
- restlessness
- smoking more
I'M BORED
--- IS A USELESS THING TO SAY. ---
YOU LIVE IN A GREAT, BIG, VAST WORLD THAT YOU'VE SEEN
NONE PERCENT OF.

EVEN THE INSIDE OF YOUR OWN MIND IS
{ ENDLESS }
IT GOES ON FOREVER, INWARDLY.

do you understand?

THE FACT THAT YOU'RE ALIVE IS AMAZING, SO
YOU DON'T GET TO SAY:

I'M BORED

---

SOMETIMES I PRETEND TO BE NORMAL.
but it gets boring.
so I go back to being me.
What Matters

- Increasing American Indian identity
- Decreasing structural poverty

Addressing what matters will decrease the probability of alcohol symptoms and drug use.
Biculturalism

High Eurocentric acculturation & Low Indigenous acculturation

Low Eurocentric acculturation & High Indigenous acculturation

Acculturation
Sweat Lodge and VA Treatment for PTSD

Substance abuse. Violence. Suicidal thoughts. These are some of the problems that many veterans returning home from the wars in Iraq and Afghanistan are struggling with. While doctors and researchers continue to search for new treatments, the Veterans Administration is finding relief in a very old tradition: a Native American sweat lodge.
GONAGATHERING OF NATIVE AMERICANS
Violence
Gang, School, Domestic
Addictive Behaviors
Work
Food
Sex
Shopping
Problem Gambling
High B/P
Weight
RAPE
Bullying
Drugs
PTSD
Alcohol and Drugs
Depression
Suicide
Diabetes
Problem Gambling
School Violence
Meth Drugs
Alcohol
Depression
PTSD
Suicide
Problem Gaming
Domestic Violence
Gang Violence

Historical Trauma
Loss of traditions
Trail of tears
Relocation
Loss of Traditional Foods and Plants
Loss of Ceremonies
Small Pox / Epidemics
Loss of Land
Massacres
Termination
Introduction of Alcohol
Loss of Rights
BELONGING

Songs and Dances
Traditional Values
Team work
Family
Creation Stories
Traditional Knowledge
Interdependence

- CEREMONY
- TALKING CIRCLES
- IDENTIFY PROBLEMS
- CREATE SOLUTIONS
- HEALTHY COMMUNITY VISION
Generosity

Giving back to Community

Commitment to TEAM

THROUGH TRADITIONAL ACTIVITIES

Action Planning

Ceremonial "Give-Away"
Giveaway
Eurocentric Practices

Involve children in dancing, singing and stories from the time they are little.

Because children are considered to be innately pure—gifts from the Creator—they should be treated with generosity to awaken their innate goodness.
Types of therapy

- adventure therapy
- agoratherapy
- animal-assisted therapy
- aromatherapy
- art therapy
- chemotherapy
- cognitive analytic therapy
- cognitive therapy
- coherence therapy
- colour therapy
- craniosacral therapy
- dialectical behavioral therapy
- diversional therapy
- Dyadic Developmental Psychotherapy
- electroconvulsive therapy
- equine-assisted therapy
- family therapy
- grief therapy
- hippotherapy
- hypnotherapy
- information therapy
- interpersonal therapy
- life enrichment therapy
- light therapy
- logotherapy
- manual therapy
- martial arts therapy
- massage therapy
- drug therapy
- music therapy
- neurosis therapy
- occupational therapy
- pharmacotherapy
- play therapy
- psychotherapy
- psychosis therapy
- Gestalt therapy
- group therapy
- recreational therapy
- sand tray therapy
- self help therapy
- sex therapy
- shock therapy
- electroconvulsive therapy
- sociotherapy
- equine-assisted therapy
- family therapy
- grief therapy
- hippotherapy
- hypnotherapy
- information therapy
- interpersonal therapy
- life enrichment therapy
- light therapy
- logotherapy
- manual therapy
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- play therapy
- psychotherapy
- psychosis therapy
- Gestalt therapy
- group therapy
- recreational therapy
- sand tray therapy
- self help therapy
- sex therapy
- shock therapy
- electroconvulsive therapy
- sociotherapy
Behavioral Health Professions

• Psychiatrists
• Psychologists
• Therapists
• Counselors
• Licensed
• Certified
• Para-professional (trainee)
Stages of Change

Communication is emphasized

- **Precontemplation**: The client is not yet considering change or is unwilling or unable to change.
- **Contemplation**: Further thinking about change.
- **Preparation**: Planning for change.
- **Action**: Beginning the change process.
- **Maintenance**: Sustaining the change.
- **Recurrence**: Return to previous behavior.
Prochaska’s Stages of Change

• Prayer and blessings reinforce.
• Spiritual practices focus upon the establishment of resilient persons, particularly in environments of poverty.
• Healing, not treatment, is the primary aim of therapy and counseling.
• Stages of Change Model has application
Evidenced Based

- Motivational interviewing
- Contingency management
- Role induction
- Community Reinforcement Approach
- CRAFT
- Brief interventions, Social skills training, Motivational enhancement, Behavioral contracting, 12-step facilitation, Pharmacological therapies, Systems treatment, and BFST
Multiple Community Prevention Strategies towards a common Goal.

Circle of Prevention

- Alternatives Activities
- Community-Based Process
- Education
- Problem Identification and Referral
- Information dissemination
- Environmental

CSAP Prevention Strategies : SAMHSA/CSAP
Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.
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Quyana

TREAT others the way you want to be TREATED.

- William Blake

I learned that
Everybody has to
love and respect
each other.

Please don't
Bully people.
-Jessie N.

Love one another,
respect,
love one another.

Smile to everyone
and smile to them.

Talk to each other,
your friends.

Love one another
and love yourself.

Bullying starts.

Don't drink.

I learned how to
Harvey with

Be Cool. -mell

If you see

Love one another
and talk to each other.

Love one another
and smile to each other.

Love one another
and smile to each other.

Love one another
and talk to each other.

Love one another
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