

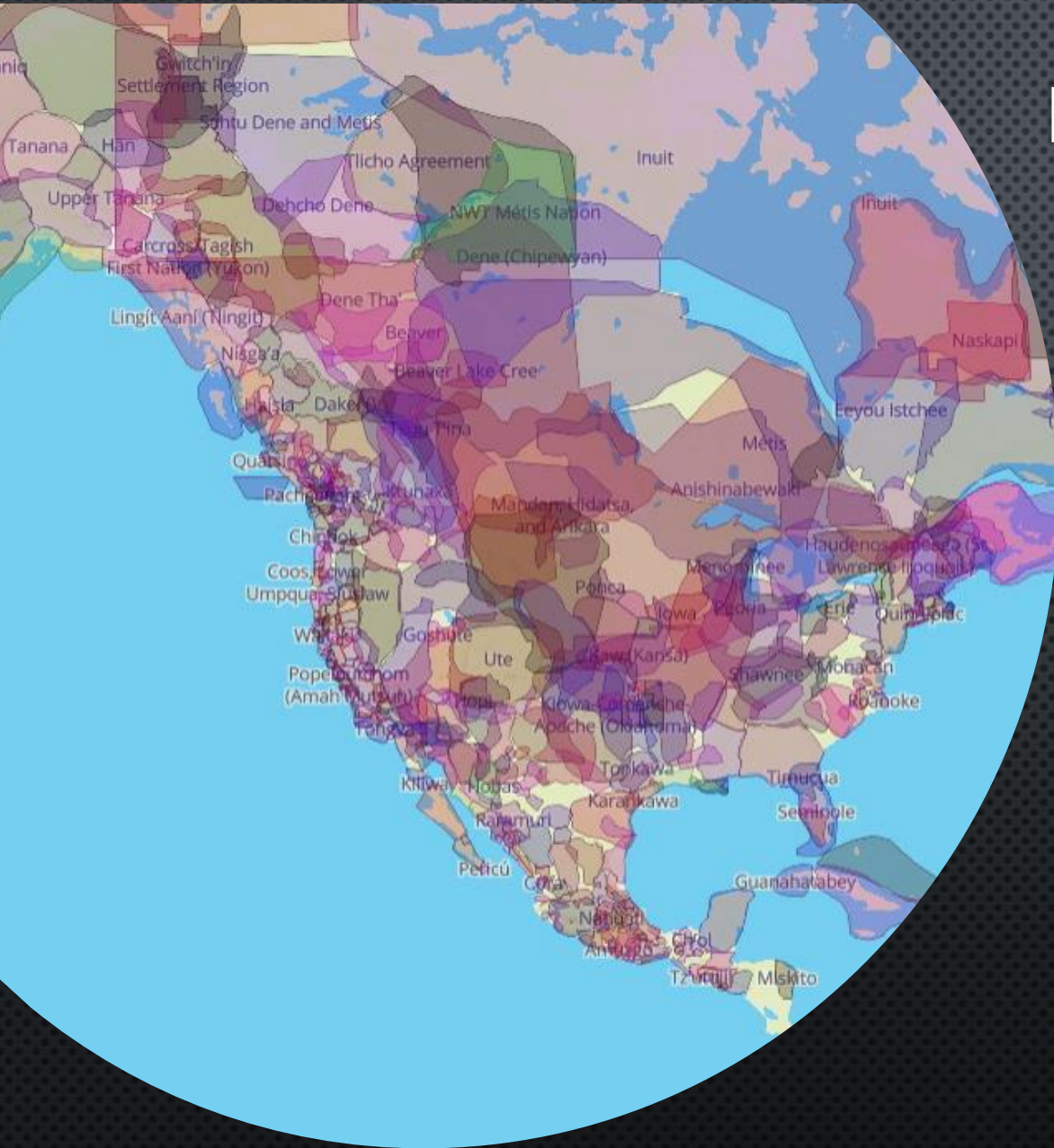


TREATMENT OR HEALING

SEAN BEAR, MESKWAKI

RAY DAW, DINÉ

10 AM- 11:15 AM



LAND ACKNOWLEDGEMENT

WE WOULD LIKE TO TAKE THIS TIME TO ACKNOWLEDGE THE LAND AND PAY RESPECT TO THE INDIGENOUS NATIONS WHOSE HOMELANDS WERE FORCIBLY TAKEN OVER AND INHABITED.

PAST AND PRESENT, WE WANT TO HONOR THE LAND ITSELF AND THE PEOPLE WHO HAVE STEWARDED IT THROUGHOUT THE GENERATIONS.

THIS CALLS US TO COMMIT TO FOREVER LEARN HOW TO BE BETTER STEWARDS OF THESE LANDS THROUGH ACTION, ADVOCACY, SUPPORT, AND EDUCATION.

WE ACKNOWLEDGE THE PAINFUL HISTORY OF GENOCIDE AND FORCED OCCUPATION OF NATIVE AMERICAN TERRITORIES, AND WE RESPECT THE MANY DIVERSE INDIGENOUS PEOPLE CONNECTED TO THIS LAND ON WHICH WE GATHER FROM TIME IMMEMORIAL.

WHILE INJUSTICES ARE STILL BEING COMMITTED AGAINST INDIGENOUS PEOPLE ON TURTLE ISLAND, TODAY WE SAY THANK YOU TO THOSE THAT STAND WITH INDIGENOUS PEOPLES AND ACKNOWLEDGE THAT LAND REPARATIONS MUST BE MADE TO ALLOW HEALING FOR OUR INDIGENOUS PEOPLES AND TO MOTHER EARTH, HERSELF.

DEKIBAOTA, ELLEH DRISCOLL, MESKWAKI AND WINNEBAGO NATIONS

TTAKIMAWAKWE, KEELY DRISCOLL, MESKWAKI AND WINNEBAGO NATIONS

KEOKUK, SEAN A. BEAR, 1ST. MESKWAKI NATION

RAY DAW, MA, DINÉ (NAVAJO), US ARMY



RAY IS ORIGINALLY FROM HOUCK, ARIZONA. HE IS A BEHAVIORAL HEALTH CONSULTANT AND HAS EXTENSIVE EXPERIENCE WORKING WITH TRIBES AND NON-PROFITS, MOST RECENTLY IN ALASKA. HIS WORK IN BEHAVIORAL HEALTH IS HEAVILY TOWARDS DEVELOPING NATIVE TRAUMA-APPROPRIATE APPROACHES THAT ARE HEALING AND EFFECTIVE IN TRIBAL BEHAVIORAL HEALTH; PREVENTION, INTERVENTION, AND TREATMENT SERVICES. HIS AREAS OF INTEREST INCLUDE SUBSTANCE ABUSE POLICY, MENTAL HEALTH TREATMENT, CRIMINAL JUSTICE, VETERAN WELLNESS, SUICIDE PREVENTION, MARKETING AND PUBLIC RELATIONS, PROGRAM MANAGEMENT, GRANT WRITING, RURAL HEALTH, NEEDS ASSESSMENT, HISTORICAL TRAUMA, MOTIVATIONAL INTERVIEWING, AND NATIVE RESEARCH.

WHO AM I?

Kinyaa'áanii

nishíí

Tł'ízi Łání

báshishchiin

Tsi'naajinii

dashicheii

Tódich'íí'nii

dashinali

SEAN BEAR, BA, MESKWAKI, US ARMY



- SEAN BEAR, BA, CADDC, IS A MEMBER OF THE MESKWAKI TRIBE IN TAMA, IOWA, BEING AN ARMY VETERAN OF OVER 9 YEARS OF SERVICE AND SERVED WITH THE 82ND AIRBORNE DIVISION. HE HAS WORKED AS AN ADMINISTRATOR/COUNSELOR IN EAP, A COUNSELOR IN ADOLESCENT BEHAVIORAL PROGRAMS, SUBSTANCE ABUSE, AND IN-HOME FAMILY THERAPY. IT HAS BEEN VERY REWARDING TO WORK WITH INDIVIDUALS AND GROUPS IN THE AREAS OF SUBSTANCE ABUSE, BEHAVIORAL, AND PERSON/FAMILY/SOCIAL ISSUES. HE HAS HAD EXPERIENCE IN BUILDING HOLISTIC, NATIVE AMERICAN BASED CURRICULUM, AND IMPLEMENTATION WITH SUBSTANCE ABUSE CLIENTELE. HE GRADUATED FROM BUENA VISTA UNIVERSITY WITH A DOUBLE MAJOR IN PSYCHOLOGY AND HUMAN SERVICES, AS WELL AS TWO YEARS OF GRADUATE SCHOOL WITH DRAKE UNIVERSITY'S MENTAL HEALTH PROGRAM. IT IS HIS GOAL TO CONTINUE AND RECEIVE HIS MASTER'S DEGREE. HIS PASSION IS THE LIFE-LONG EDUCATION OF SPIRITUALITY, PARTICULARLY IN NATIVE AMERICAN SPIRITUALITY.

SESSION DESCRIPTION

- NATIVE AMERICAN CULTURAL DIVERSITY HAS CHALLENGED BEHAVIORAL HEALTH, WELLNESS COURTS, AND OTHER PROVIDERS WITH DETERMINING WHEN A REFERRAL FOR TREATMENT OR HEALING SERVICES IS MOST APPROPRIATE. TREATMENT INVOLVES PRACTICES THAT ARE FOUNDED UPON EUROAMERICAN PSYCHOLOGICAL APPROACHES AND IS DSM-BASED. HEALING INVOLVES PRACTICES THAT ARE FOUNDED ON NATIVE SPIRITUAL APPROACHES AND CAN BE TRIBALLY-SPECIFIC.
- MOST PROVIDERS HAVE THE CHALLENGE OF DETERMINING WHICH PRACTICE CAN BE MOST APPROPRIATE AND EFFECTIVE. THIS WORKSHOP WILL OFFER AND COMPARISON AND CONTRAST, WITH RECOMMENDATIONS FOR ASSESSMENT AND PLACEMENT.

WORKSHOP LEARNING OBJECTIVES

- OBJECTIVE 1; DESCRIBE "WHAT IS TREATMENT"
- OBJECTIVE 2; DESCRIBE "WHAT IS HEALING"
- OBJECTIVE 3; DESCRIBE WHAT CHALLENGES CAN DEVELOP WITH BOTH APPROACHES.
- OBJECTIVE 4; DESCRIBE THE ROLES OF ACCULTURATION AND ASSIMILATION

OBJECTIVE 1; DESCRIBE "WHAT IS TREATMENT"

- HEALTH CARE DEALING WITH THE PROMOTION AND IMPROVEMENT OF MENTAL HEALTH AND THE TREATMENT OF MENTAL ILLNESS

THE DSM-5-TR RECOGNIZES SUBSTANCE-RELATED DISORDERS

- RESULTING FROM THE USE OF 10 SEPARATE CLASSES OF DRUGS:²
- ALCOHOL
- CAFFEINE
- CANNABIS
- HALLUCINOGENS
- INHALANTS
- OPIOIDS
- SEDATIVES
- HYPNOTICS, OR ANXIOLYTICS
- STIMULANTS (INCLUDING AMPHETAMINE-TYPE SUBSTANCES, COCAINE, AND OTHER STIMULANTS)
- TOBACCO
- SOURCE: [HTTPS://WWW.VERYWELLMIND.COM/DSM-5-CRITERIA-FOR-SUBSTANCE-USE-DISORDERS-21926](https://www.verywellmind.com/dsm-5-criteria-for-substance-use-disorders-21926)

SEVERITY OF SUBSTANCE USE DISORDERS

- THE DSM-5-TR ALLOWS CLINICIANS TO SPECIFY HOW SEVERE OR HOW MUCH OF A PROBLEM THE SUBSTANCE USE DISORDER IS, DEPENDING ON HOW MANY SYMPTOMS ARE IDENTIFIED.
- **MILD:** TWO OR THREE SYMPTOMS INDICATE A MILD SUBSTANCE USE DISORDER.⁵
- **MODERATE:** FOUR OR FIVE SYMPTOMS INDICATE A MODERATE SUBSTANCE USE DISORDER.
- **SEVERE:** SIX OR MORE SYMPTOMS INDICATE A SEVERE SUBSTANCE USE DISORDER.

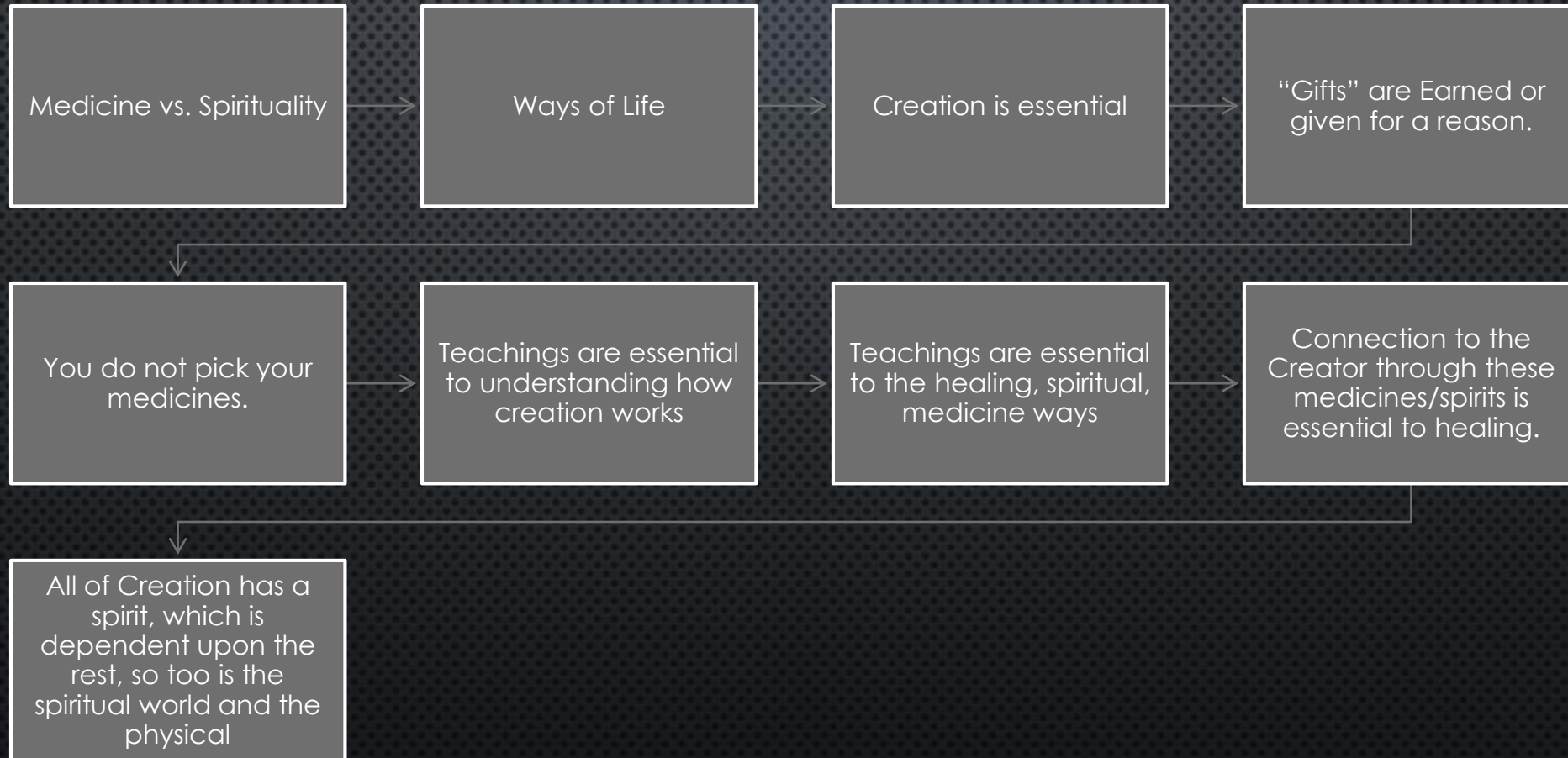
TREATMENT APPROACHES ARE PHYSICALLY GROUNDED

- PRESCRIPTIVE; PHARMACEUTICALS
- MANUALIZED MODALITIES
- RESEARCH-BASED
- OBJECTIVE
- PROVIDER CREDENTIALS STRUCTURED
- INDIVIDUALLY-BASED

OBJECTIVE 2; DESCRIBE "WHAT IS HEALING

- **A;** TO MAKE FREE FROM INJURY OR DISEASE : TO MAKE SOUND OR WHOLE; *HEAL* A WOUND
- **B:** TO MAKE WELL AGAIN : TO RESTORE TO HEALTH; *HEAL* THE SICK

TRIBAL HEALING PRACTICES



HEALING APPROACHES ARE SPIRITUALLY GROUNDED

- MEDITATIVE
- CENTERING
- CONTEMPLATIVE
- INTRINSIC
- DYNAMIC
- KINSHIP-BASED

OBJECTIVE 3; DESCRIBE WHAT CHALLENGES CAN DEVELOP WITH BOTH APPROACHES

- NATIVE AMERICANS ARE HIGHLY DIVERSE SOCIALLY, CULTURALLY, AND SPIRITUALLY. THE SPECIAL CHALLENGES OF DIVERSITY ARE VARIED ACROSS REGIONS. LINGUISTIC DIVERSITY IS AN ADDITIONAL CHALLENGE.

MENTAL HEALTH: EURO-AMERICAN &/OR NATIVE AMERICAN



DEFINING ROLE IN FAMILY, COMMUNITY, AND ENVIRONMENT

Euro-American culture is patrilineal and nuclear family oriented; last name, male dominance,

Native American culture tends to be matrilineal and extended family oriented

NATIVE WELLBEING

- SPIRITUALITY
- CULTURE
- TRADITIONS



- THERE ARE STRONG PERSPECTIVES THAT THE LAST DSM STUDY WITH NATIVES IS BIASED, USING ONLY THOSE TRIBES THAT ARE PARTIALLY, STRONGLY WHITE BACKGROUNDS WHICH WOULD THROW OFF FINDING WITH DNA. IF THEY ARE PART WHITE, THEYD STILL HAVE DNA FROM EUROPEANS. THEY SHOULD HAVE USED ONLY PPL WITH NO/LITTLE WHITE DNA, AS CLOSE TO 100 % NATIVE AS POSSIBLE INSTEAD OF THE CHEROKEE WHICH MANY KNOW IS MORE THAN LIKELY MIXED.

KEY POINTS

- DESCRIBE HOW CULTURE CAN CHANGE OR INFLUENCE TREATMENT?
- BUT ALSO WHAT THE CLINICIANS NEED TO KNOW OF THE BELIEFS, PRACTICES, AND TRIBAL DIFFERENCES FOR MORE EFFECTIVE SERVICES?

- THE WELLNESS COURTS AND TREATMENT COURTS HAVE A MUCH HIGHER SUSTAINED ABSTINENCE THAN TREATMENT ALONE. 90 DAY TREATMENT WORKS! NATIVE TREATMENT NEEDS CULTURE AS THE CULTURE INHIBITS USE BECAUSE OF TRADITIONAL VALUES AND BELIEFS OF NON-USE. NATIVE TRIBAL LANDS HAVE THE HIGHEST RATES OF NON-USE THAN ANY OTHER ETHNIC GROUPS, AS TRADITIONS AND PRACTICES ARE UTILIZED MORE THAN IN URBAN AREAS.

OBJECTIVE 4; DESCRIBE THE ROLES OF ACCULTURATION AND ASSIMILATION

- *ACCULTURATION* IS ONE OF SEVERAL FORMS OF CULTURE CONTACT, AND HAS A COUPLE OF CLOSELY RELATED TERMS, INCLUDING *ASSIMILATION* AND *AMALGAMATION*. ALTHOUGH ALL THREE OF THESE WORDS REFER TO CHANGES DUE TO CONTACT BETWEEN DIFFERENT CULTURES, THERE ARE NOTABLE DIFFERENCES BETWEEN THEM. *ACCULTURATION* IS OFTEN TIED TO POLITICAL CONQUEST OR EXPANSION, AND IS APPLIED TO THE PROCESS OF CHANGE IN BELIEFS OR TRADITIONAL PRACTICES THAT OCCURS WHEN THE CULTURAL SYSTEM OF ONE GROUP DISPLACES THAT OF ANOTHER.
- *ASSIMILATION* REFERS TO THE PROCESS THROUGH WHICH INDIVIDUALS AND GROUPS OF DIFFERING HERITAGES ACQUIRE THE BASIC HABITS, ATTITUDES, AND MODE OF LIFE OF AN EMBRACING CULTURE.
- *AMALGAMATION* REFERS TO A BLENDING OF CULTURES, RATHER THAN ONE GROUP ELIMINATING ANOTHER (*ACCULTURATION*) OR ONE GROUP MIXING ITSELF INTO ANOTHER. (*ASSIMILATION*) CULTURAL MODIFICATION OF AN INDIVIDUAL, GROUP, OR PEOPLE BY ADAPTING TO OR BORROWING TRAITS FROM ANOTHER CULTURE
- SOURCE: [HTTPS://WWW.MERRIAM-WEBSTER.COM/DICTIONARY/ACCULTURATION](https://www.merriam-webster.com/dictionary/acculturation)

WHAT ARE SOME WAYS ACCULTURATION AND ASSIMILATION OCCURS IN THESE DOMAINS?

- PHYSICAL
- MENTAL
- EMOTIONAL
- SPIRITUAL

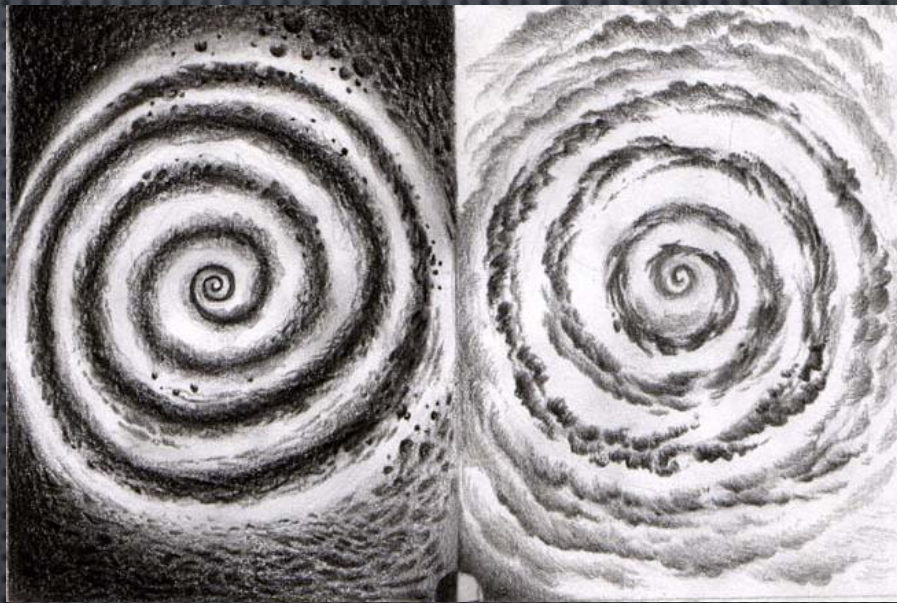
70% OF ALL NATIVE AMERICANS LIVE IN URBAN COMMUNITIES.

- HOW DOES THIS IMPACT DEVELOPMENT OF TREATMENT & HEALING SERVICES?

- MUCH OF THE DSM-BASED TREATMENT IS NOT ACTUALLY EVIDENCE BASED TO NATIVES. THEN, SOME ARE ONLY TRIBALLY BASED THEN WHICH IS NOT CROSS CULTURAL AS TRIBES HAVE THEIR OWN LANGUAGES AND DONT SHARE THE SAME BELIEFS AND PRACTICES.

DEMOGRAPHIC CHANGE

- A SIGNIFICANT BARRIER IS THE REDUCTION IN LIFESPAN AMONG NATIVE AMERICANS THE LAST FEW YEARS. THIS INDICATES INCREASED NEED FOR SERVICE DELIVERY SYSTEMS CHANGE PRACTICES AND APPROACHES.



ACHIEVING BALANCE

Call, Text, or Message



988

For Mental Wellness

 988 NM Crisis Support
 988nmcrisissupport
 988nmcrisissupport
<https://988nm.org/>



**Veterans
Crisis Line**

DIAL 988 then **PRESS 1**



HOW TO CONTACT US;

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