



A Cultural-Based Approach to Address Substance Use Among Urban Native American Young Adults

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One-Sentence Summary: Focusing on one Florida community, a pre/post test design was used to evaluate a cultural-based Talking Circle intervention for the prevention of substance use among young urban Native Americans (NA).

Reviewer: Amiya Fellows

Methods: This study was conducted among the largest urban NA community in central and northern Florida where they have no tribal health facilities that serve the urban NA population, like many other U.S. cities. The study participants were 75 urban NA young adults, ages 18-24, recruited from the urban NA community organization leadership in northern Florida. The pre/post test group design was utilized to examine how the Talking Circle intervention influenced the outcome measures studied: Native-Reliance, substance abuse, and depression. Talking circles are gatherings where stories are shared in a respectful manner and are a sacred reminder of the interrelationship, respect, and clarity from opening oneself up to the energy of the Circle of Life when stories of life experiences are offered. Outcomes were assessed before and 6-months after the intervention was implemented.

After completing the 6-month postintervention, each participant received a \$25 gift card and a \$50 gift certificate.

Main Findings / Recommendations:

- There was an overall improvement of cultural identity, substance use, and patient health in this study.
- There was an increase of 37.55 points in the Native-Reliance score, this is indicative of an increase in cultural identity 6 months after the Talking Circle intervention.
- The substance score dropped 3.68 points after the invention and the patient health questionnaire scores dropped significantly with a 2.77-point difference.

Potential Issues:

- All 75 participants were from one urban NA community in northern Florida.

Useful Summary Stats, Quotes:

- "The incorporation of cultural values, beliefs, and practices into prevention efforts enhances the acquisition of coping skills and, ultimately, leads to a reduction in substance use and related health issues."
- "The importance of the use of a culturally defined method, such as the Taking Circle intervention, accurately represents how certain behaviors, attitudes, or constructs may be understood within a particular sociocultural group."

Reviewers Opinions:

Strongly Disagree (1)

Strongly Agree (5)

	1	2	3	4	5
Impactful for Indian Country?			X		
Novel?			X		
Trustworthy?			X		

Reference:

Kelley, M., Lowe, J., Greywolf, C., Wimbish-Tompkins, R., & Menon, U. (2023). A cultural-based approach to address substance use among urban Native American Young Adults. *Journal of Community Psychology*. <https://doi.org/10.1002/jcop.23044>

