



CULTURALLY INCLUSIVE HEALTHCARE:

Honoring Traditions for
a Healthier Tomorrow

November 1, 2023
2 - 3 p.m. EDT
ncuih.org/events



NATIONAL COUNCIL of
URBAN INDIAN HEALTH



NCUIH

NATIONAL COUNCIL of URBAN INDIAN HEALTH

The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality health care centers.



Disclaimer

This event is made possible by the Indian Health Services Cooperative Agreement Funds

Award #H723IHS00007-02-00

FAIN # H723IHS0007

Federal Award Date: 05/08/2023

This event is solely the responsibility of the National Council of Urban Indian Health and does not necessarily represent the views of Indian Health services or the Department of Health and Human Services.



Audio and Visual Recording

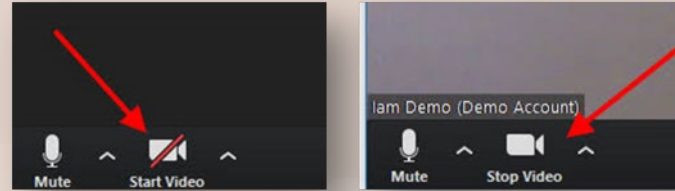
Please note that this session will be recorded for educational and quality improvement purposes.



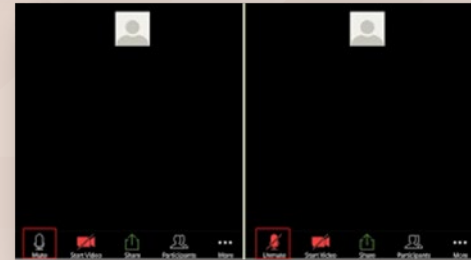


Housekeeping

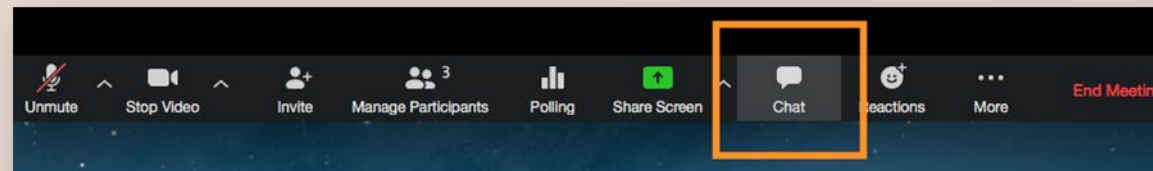
- Please, Turn on Video



- Please Mute Your Microphone When Not Speaking



- Please Enter Your Name and Organization in the Chat Box

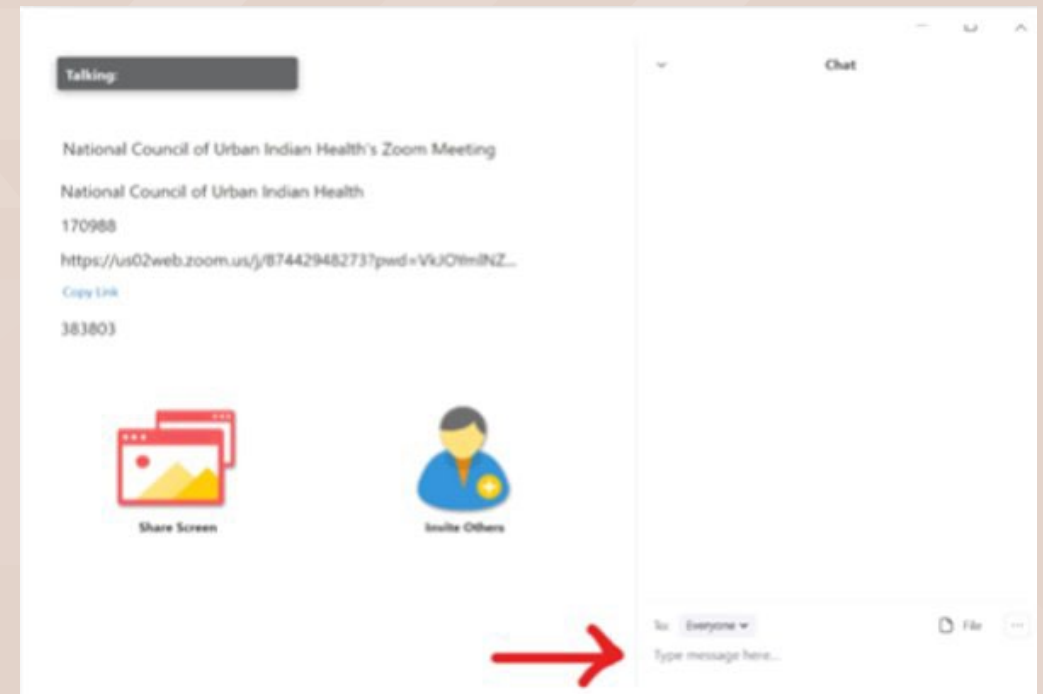
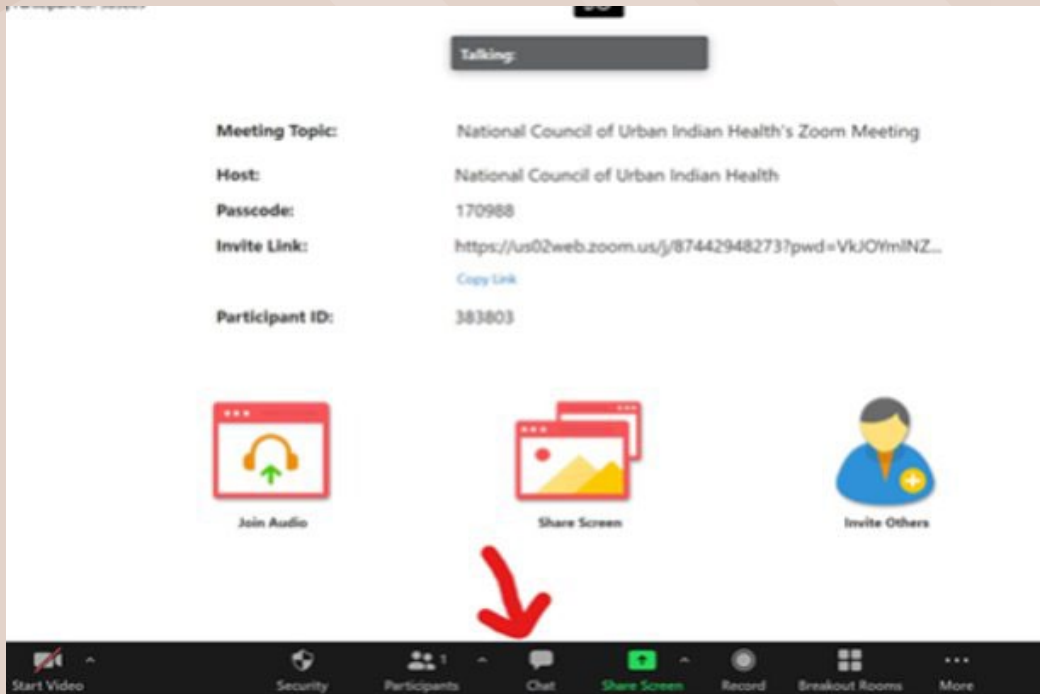




ASK A QUESTION OR COMMENT

First, select “Chat” at the bottom of your ZOOM screen

Then type your question or comment into the chat box that will appear on the right





Learning Objectives

1. Explore effective ways to integrate traditional healing practices into contemporary healthcare models, while maintaining a strong emphasis on cultural sensitivity and patient preferences.
2. Share evidence-based support for traditional healing practices in healthcare, emphasizing their role in patient care.
3. Identify key metrics and assessment tools to measure the effectiveness of culturally integrated healthcare initiatives and their impact on health outcomes.
4. Empower healthcare providers to become advocates for culturally inclusive policies and practices within their respective organizations.

Speakers

Danelle Trottier, Senior Director of Operations-Residential Treatment, Native American Connections



Andrea Klimas, Clinical Director at Native American Connections Patina Wellness Center, Native American Connections



Nahla Holland, Research Associate, National Council of Urban Indian Health





Traditional Healing Programs at UIOs

Overview of major themes UIOs discussed in their interviews about their traditional healing programs



“Culture is Prevention” Model for Traditional Healing

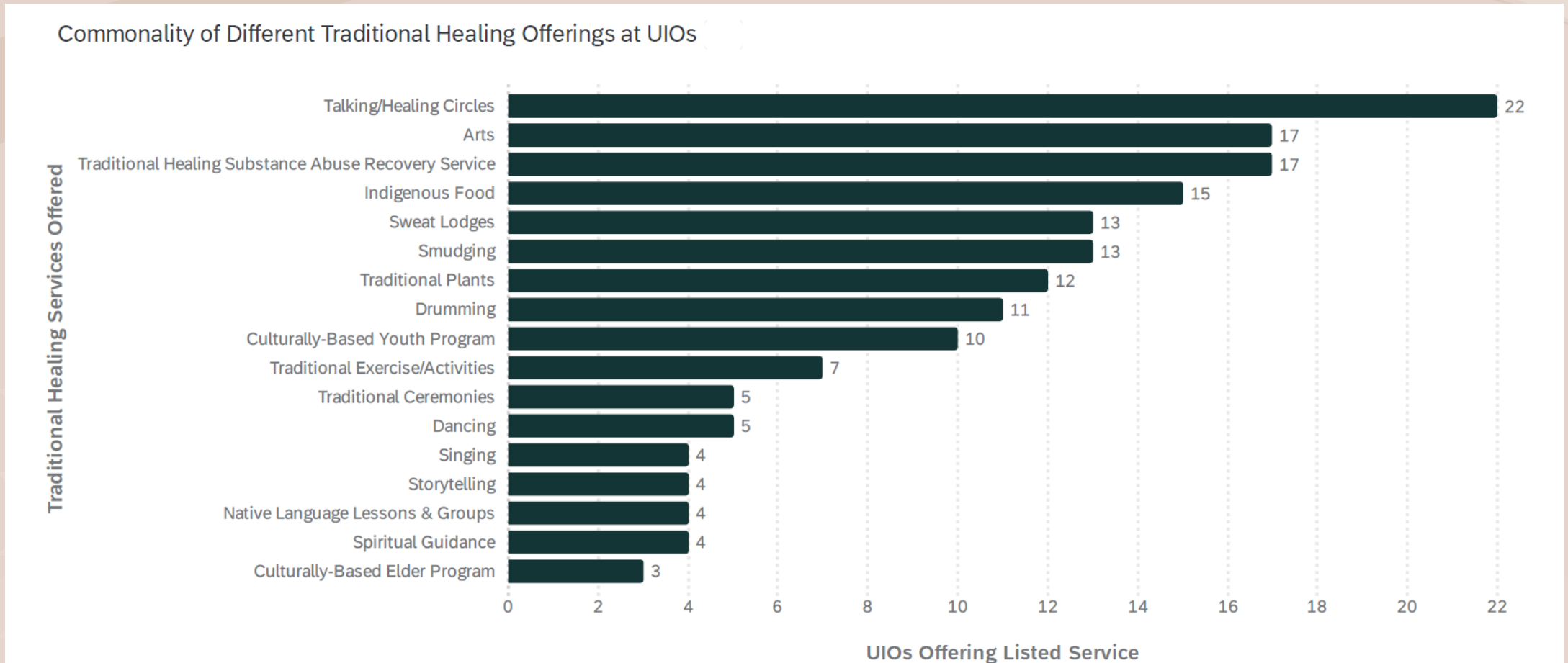
- Use of culture and cultural activities and experiences to restore and maintain health of an individual and of the community
 - Developed by a community advisory workgroup of multiple UIOs through a SAMSHA funded project to indigenize substance use and mental health prevention in Indian Country
 - Focus on the prevention of illness
- Allows for a multi-tribal definition that recognized commonalities across traditions while acknowledging that these traditions will vary among tribes and locations

"Traditional healing for American Indians has outcomes equivalent to conventional interventions in other populations."

- Minnesota Department of Health



Traditional Healing at UIOs in 2022



National Council of Urban Indian Health. (2022). *UIO Program Profiles 2022*.



Key Interventions

- Talking Circles
- Sweat Lodge Ceremonies
- Smudging
- Traditional Diets and Foods
- Indigenized Substance Use Recovery Programs





Role of Traditional Healing at UIOs

- UIOs utilized pan-tribal traditional healing activities to sustain cultural connection and enhance community wellness in their multi-Tribal urban American Indian and Alaska Native service population.
- Holistic approaches to health is used for all patients at UIOs, but specific ceremonies and traditional healing offerings can always be requested by a patient
 - UIOs have several community outreach programs utilizing traditional healing for the greater community that are not regular patients
 - I.e. pre-release prison programs, local hospitals, school programs, homeless outreach programs, Child Protective Services, etc.
- Traditional Healing is incorporated into all aspects of care at UIOs
 - It is **not confined to behavioral health treatment**



Uses and Benefits of Traditional Healing at UIOs

- Traditional healing at UIOs is used to:
 - Increase cultural connection
 - Enhance preventative care
 - Combat loneliness and isolation
 - Specifically address historical trauma





Traditional Healing Meta- Analysis



Article Search Parameters

- Databases:
PubMed, ScienceDirect, and Scopus
- Articles published between 1/1/2000 and 12/31/22.
- Population Search Terms:
 - American Indian/Alaska Native
 - AI/AN
 - American Indian
 - Alaska Native
 - Native Alaskan
 - Native American
 - North American Indigenous
 - United States Indigenous First Nations
 - Tribe

Services Search Terms:

- Traditional Healing, traditional medicines, traditional healers, indigenous food, traditional food, smudging, purification ceremony, inipis, sage burning, healing circles, traditional beading, cultural connectedness, traditional arts, traditional health, tribe-based practices, shamanism, traditional drumming, dancing circles, spirituality, spiritual healing, traditional diets, sweats, Red Road, Wellbriety.



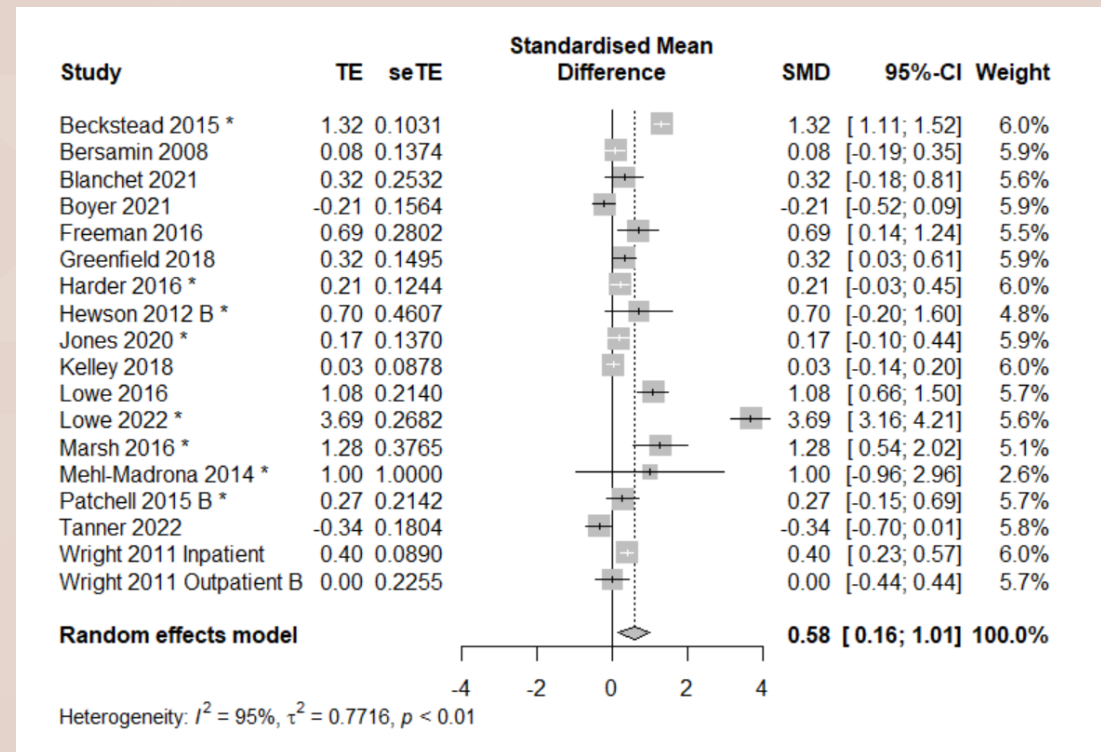
Inclusion / Exclusion Criteria

- Included: Articles about the traditional healing practices of the indigenous peoples of the 48 contiguous United States, Alaska, and Canada.
- Excluded: Articles traditional healing practices of the indigenous peoples of Oceania, the Caribbean, Central and South America, Europe, Africa, Asia, and Australia.
- Included: Articles with quantitative outcomes of traditional healing interventions.
- Excluded: Articles with qualitative outcomes, historical summaries, or literature reviews.



General Effect of Traditional Healing

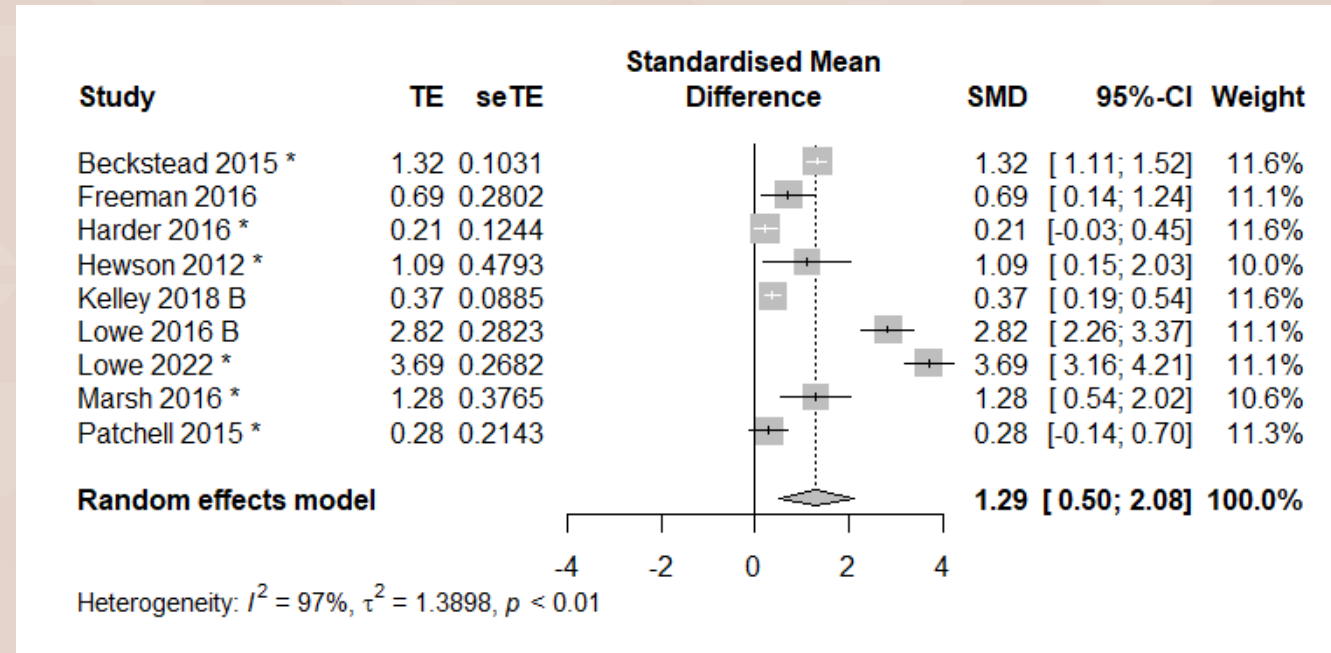
- Pooled effects were estimated using an R package to convert categorical effects into an effect size, in order to find a generalized effect of any traditional healing on any dimension of health.
- General effect was SMD = .58
- Effects larger than .5, categorized as “large,” based on common benchmarks.





Traditional Healing Meta-Analysis [Mental Health]

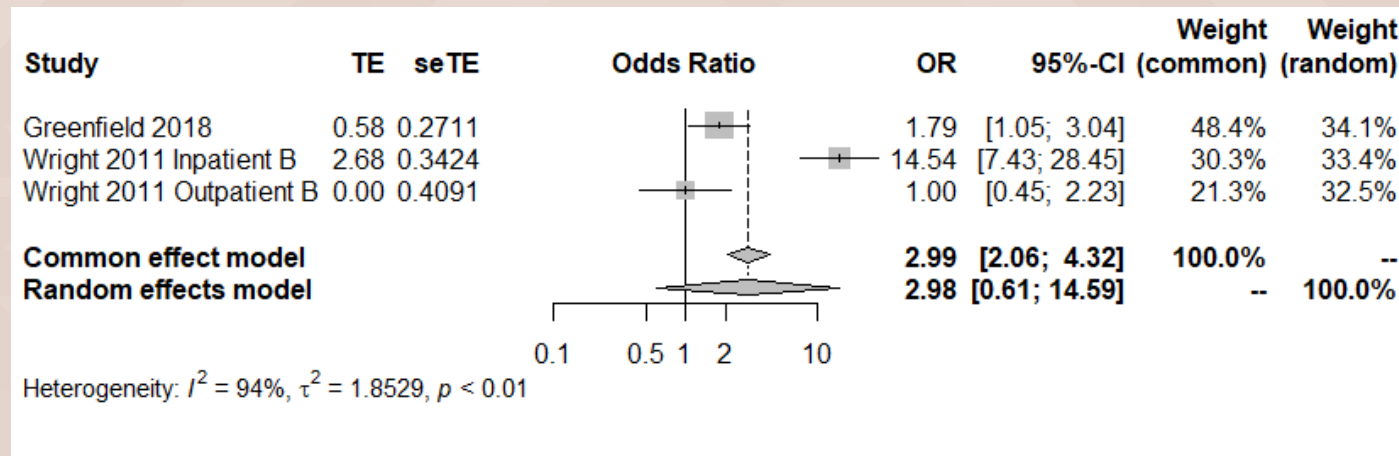
- Meta-Analysis showed that there was a large effect size associated with improved mental health.
- Four talking circles, four sweat lodges, and one traditional food intervention.





Traditional Healing Meta-Analysis [Substance Use]

- Meta-Analysis showed that traditional healing interventions have almost three times higher odds of success at substance use cessation.





NCUIH Report on Traditional Healing at UIOs and Meta- Analysis



Cultural & Traditional Healing Approaches

Presented by:

Danelle Trottier, MBA and Andrea Klimas, MS, LISAC



Native
American
Connections



Native American Connections (NAC) Mission Statement

Improving the lives of families through Native American culturally competent behavioral health, affordable housing, and community development services.





Intergenerational Trauma to Intergenerational Healing

- **Removal from the Family Environment**
- **Boarding Schools**
- **Incarcerations**
- **Social Services**
- **Substance Use**





Cultural Methods for Healing

- **Red Road / Wellbriety**
- **Talking Circles**
- **Smudging and Prayer**
- **Positive Indian Parenting**
- **Healthy Relationships**
- **GONA (Gathering of Native Americans)**
- **Cultural Arts**
- **Songs and Drumming**
- **Sweat Lodge Ceremony**
- **Gardening**
- **Keeping Families Together**





Sweat Lodge





Native American Recognition Days-Parade





Community Involvement





Overview of NAC Services

Adult Substance Use Outpatient Services

Intensive Outpatient Program

Community AA Meeting

Sober Living for Adult Men and Women

Residential Substance Use Treatment

**Patina Wellness Center – Pregnant Women, Single Parents, Families with
Dependent Children, Couples and Two-Spirit Individuals**

Patina Mountain Preserve – Men and Two-Spirit Individuals

Integrated Medical/Behavioral Health Clinic

Housing

Affordable Workforce Housing for Families

Permanent Supportive Housing, Transitional, & Youth Shelter

Community Development



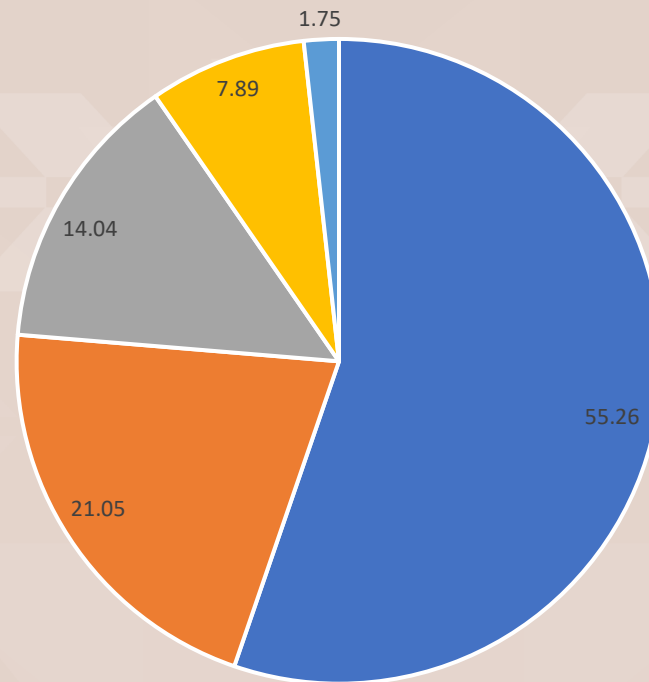
Assuring Client Success with Our Integrated Health Model

- **Intergeneration Healing-benefit of whole family treatment in substance use disorder services**
- **Evidenced Based Practices combined with Native Culturally Appropriate Practices**
- **Trauma-informed, person-centered care**





Clients Served



- American Indian/Alaskan Native
- Caucasian
- Other
- Black or African American
- Asian or Pacific Islander



Meeting a Client... “Where they are at”

Clinical approaches were expanded to support a client where they are at while emphasizing safety, overall wellness, and functionality.

- **Strengths perspective**
- **Harm Reduction viewpoint**
- **Person-First perspective**
- **Compassion and Empathy**
- **12 Step Meetings**
- **Living In Balance Curriculum**
- **Mindfulness-based Relapse Prevention**





Results...

Client Survey Staff Survey Completion/Graduation Rate

- **97% “Would Recommend” services**
- **98% of clients believe the cultural aspect is most important**
- **85% Completion/Graduation Rate**





Client Testimonials...

I really found my inner soul and I am happy that I attended the program.

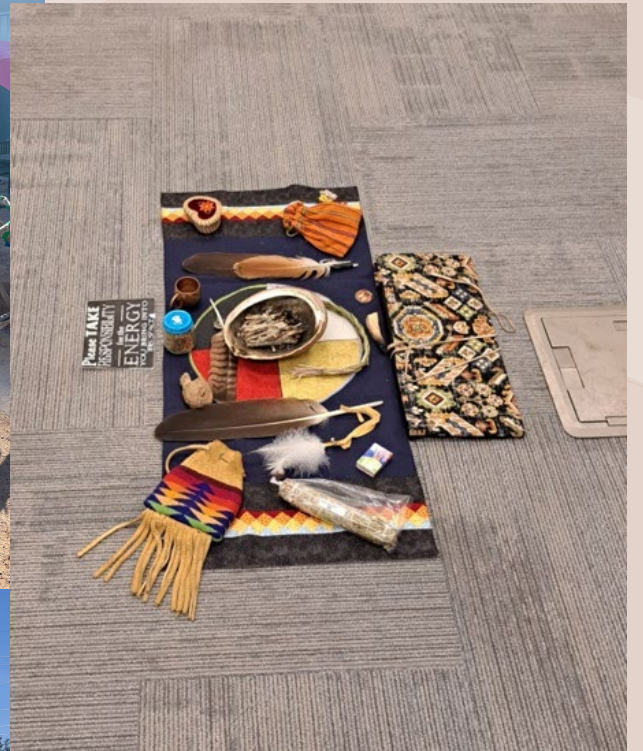
NAC helped me get my children back and now I can leave treatment sober and with my children.

I learned coping skills and how to cope with my past trauma. Thank you NAC staff for your help.

I really enjoyed the sweat lodge. It helped me find my spirituality again.

NAC was a great experience for me. My clinical team was very helpful. The daycare provider was wonderful with my child. She gave me resources to help me be a better parent in my recovery journey.







Questions?



Survey



- https://ncuih.qualtrics.com/jfe/form/SV_d3TQL9y0g27pp6m



Upcoming NCUIH Events

- **November 9th: Vaccine Equity Paths to Vaccine Equity**
- **November 15th: MMIP Consent Training**
- **November 30th: Behavioral Health COL Session #3: Culturally Responsive Care for Sexual Assault Survivors**



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