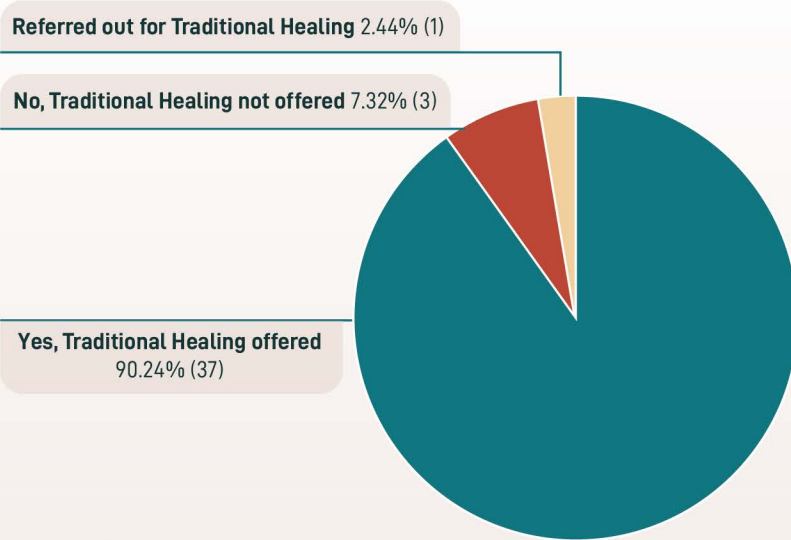




RECENT TRENDS IN THIRD-PARTY BILLING AT URBAN INDIAN ORGANIZATIONS

Thematic Analysis of Traditional Healing Programs at Urban Indian Organizations and Meta-Analysis of Health Outcomes

Figure 1. Urban Indian Organizations that Offer Traditional Healing in 2022



(National Council of Urban Indian Health, 2022b)

Benefits of Traditional Healing

These five practices are common at Urban Indian Organizations (UIOs), with noted benefits of:



Traditional Foods

- Improves diet quality & cardiovascular health
- Alleviates nutrition-based diseases like diabetes



Sweat Lodges

- Improves mental health
- Strengthens immune function
- Improves spirituality
- Helps to manage stress & chronic pain
- Decreases substance use



Talking Circles

- Decreases levels of substance use severity
- Increases self-reliance
- Increases quality of life
- Fosters community and combats loneliness



Smudging

- Helps manage depression & anxiety
- Stated to be a mindfulness activity for Dialectical Behavioral Therapy (DBT)



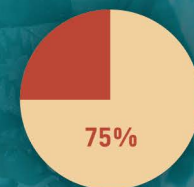
Indigenized Substance Use Recovery Programs

- Demonstrates better outcomes than patients who attended Western interventions
- Helps maintain balance and sobriety

Challenges to Offering Traditional Healing at UIOs

- **Main challenge was funding**
- Lack of access to materials
- Local ordinances
- Limited capacity to meet current demand
- UIOs noted that there were culturally insensitive third-party billing and coding procedures.

FOCUS ON MEDICAID



- 6 of 8 UIOs interviewed for this project could not bill Medicaid for Traditional Healing services
- The majority of UIOs interviewed favored expanding Medicaid reimbursement for Traditional Healing services