

Compendium of Tribal Behavioral Health Resources

The Healthy Start EPIC Center's Alcohol and Substance- Exposed Pregnancy Prevention (AStEPP) Initiative has developed this compendium for Tribal Healthy Start and Home Visiting programs, as well as others that work with Native American communities. The Initiative offers training and technical assistance designed to increase understanding of the impacts of fetal exposure to alcohol and other drugs in order to strengthen capacity to engage in effective prevention and early identification activities with pregnant women, mothers, and newborns. The Initiative works with all Healthy Start and Home Visiting programs, but has a special emphasis on Native American communities and populations.

Native Americans have complex risk factors for substance-exposed pregnancies, including high rates of substance abuse and teen pregnancy, poverty and lack of access to healthcare. While Native Americans face these health disparities, they also have many strengths to draw from, including cultural pride, traditions around holistic health and wellness, and higher rates of abstinence from alcohol, compared to Whites.

This compendium lists the latest (last 10 years) resources pertaining to these behavioral health topics in Tribal communities. These resources can be helpful to support the behavioral health work of your program and/or partners, specifically with Native and Tribal communities.



SUBSTANCE USE

- National Institute of Health: AIAN Honoring Health – Addressing the Opioid Overdose Crisis and Other Drug Use in Your Community (March 2018)***

This issue highlights resources on opioid addiction and general information about drug misuse from the National Institute on Drug Abuse (NIDA) and other federal agencies. NIDA, part of the National Institutes of Health (NIH), is the largest supporter of the world's research on drug use and addiction.

<https://www.niams.nih.gov/newsletters/aian-newsletter/2018/aian-newsletter-march-2018>
- Statement by Sunny Goggles, Director of the White Buffalo Recovery Center in Wyoming, Committee on Indian Affairs, U.S. Senate (July 2015)***

Testimony from the Director of the White Buffalo Recovery Center in Wyoming presented at a July 29th, 2015 Committee on Indian Affairs hearing concerning true costs of alcohol and drug abuse in native communities. Focuses on the rate of unnatural deaths on reservations due to substance abuse and the costs associated with the loss of human life.

<https://www.youtube.com/watch?v=lbLXyTflhOw&feature=youtu.be>
- Building the Evaluation Capacity of Local Programs Serving American Indian/Alaska Native Populations: Lessons Learned (October 2014)***

Describes technical assistance provided to help tribal communities develop their evaluation capacity so they could show that the substance abuse prevention programs they were undertaking were effective. Includes discussion of facilitators and challenges related to building evaluation capacity.

<https://www.samhsa.gov/capt/sites/default/files/resources/sts-american-indian-alaska-native-populations.pdf>
- I Strengthen My Nation Substance Abuse Prevention Media Campaign (2012)***

From Indian Health Service and the Northwest Portland Area Indian Health Board (NPAIHB), the "I Strengthen My Nation" substance abuse prevention media campaign aims to empower Native youth to resist drugs and alcohol and motivate parents to talk openly with their children.

<http://www.npaihb.org/social-marketing-campaigns/#1465509436371-798fe764-091c>

- **Northwest Tribal Substance Abuse Action Plan (January 2011)**

The Northwest Portland Area Indian Health Board (NPAIHB) has the Northwest Tribal Substance Abuse Action Plan. The Plan's mission is to reduce the abusive use of alcohol, tobacco, and other drugs (ATOD) among American Indians and Alaska Natives living in the Pacific Northwest by increasing tribal capacity and improving intertribal collaboration. It is our hope that the Action Plan will be used by the Northwest Tribes and by our partnering agencies to guide program planning, catalyze community outreach efforts, and foster a coordinated response to substance abuse in our tribal communities

http://www.npaihb.org/images/epicenter_docs/MSPI/THRIVE/FINAL%20-%20NW%20Tribal%20Substance%20Abuse%20Action%20Plan.pdf

- **Tribal Action Plan Guidelines (2011)**

The Tribal Action Plan Guidelines were developed by the Tribal Action Plan Workgroup and the Indian Alcohol and Substance Abuse Interdepartmental Coordinating Committee published the TAP Guidelines.

https://www.samhsa.gov/sites/default/files/tribalactionplanguidelines_508c.pdf

- **Indian Health Service: Tribal Law & Order Act (July 2010)**

On July 29, 2010, President Obama signed the Tribal Law and Order Act (TLOA). The TLOA amends the Indian Alcohol and Substance Abuse Prevention and Treatment Act of 1986, expanding the number of Federal agencies who are required to coordinate their efforts on alcohol and substance abuse issues in American Indian/Alaska Native communities.

<https://www.justice.gov/tribal/tribal-law-and-order-act>

ALCOHOL

- **Indian Health Service: Alcohol and Substance Abuse Program (ASAP)**

The objective of the Alcohol and Substance Abuse Program (ASAP) is to reduce the incidence and prevalence of alcohol and substance abuse among the American Indian and Alaska Native (AI/AN) population to a level that is at or below the general U.S. population. Comprehensive site with resources, media campaigns, FAQs, programs and more.

<https://www.ihs.gov/asap/>

OPIOIDS

- **National Institutes of Health: Opioid Addiction: A Chronic Disease (March 2018)**

Brochure developed for American Indian/Alaska Native communities that provides basic information about opioid addiction, including its health effects, treatment options and resources.

<http://ctndisseminationlibrary.org/pdf/aianopioidaddiction.pdf>

- **Research Policy Update: The Opioid Epidemic: Definitions, Data, and Solutions. National Congress of American Indians (NCAI) (March 2018).**

Policy update from NCAI with statistics, drivers, and recommendations for action steps.

http://www.ncai.org/NCAI_PRC_Research_Policy_Update_-_Opioids_March_2018_FINAL.pdf

- **Oversight Hearing on "Opioids in Indian Country: Beyond the Crisis to Healing the Community (March 2018)**

Recorded video testimony from Tribal leaders about the opioid epidemic in Indian Country.

<https://www.indian.senate.gov/hearing/oversight-hearing-opioids-indian-country-beyond-crisis-healing-community>

- National Indian Health Board: Addressing the Opioid Epidemic in American Indian and Alaska Native Communities (September 2017)***

The opioid epidemic poses one of the most significant public health threats in recent history, and is particularly virulent in American Indian and Alaska Native communities. One-pager with national policy recommendations.

<https://www.nihb.org/docs/09182017/Opioids%20One%20pager.PDF>
- Strategies Addressing the Opioid Crisis in Tribal Communities (August 2017)***

SAMHSA webinar providing statistics and resources on opioids, Naloxone, medication assisted treatment as well as a look at the Mashpee Wampanoag and Muckleshoot Tribal programs.

https://www.samhsa.gov/sites/default/files/topics/tribal_affairs/tribal-opioid-webinar.pdf
- Responding to the Opioid Crisis: An Update for Tribal Leaders (June 2017)***

A research policy update from NCAI on the opioid epidemic, including the issue, context, options and recommendations for Tribal leaders.

https://craih.org/assets/Resources/NCAI-PRC_Opioid_Brief.pdf
- National Institutes of Health Poster***

This downloadable poster provides resources for pregnant Native American women to find treatment and services for opioid use in their communities.

https://www.drugabuse.gov/sites/default/files/poster_tall_final3_small.pdf
- Indian Health Service Pain and Opioid Use Disorder***

The Indian Health Service (IHS) works to promote safe and effective therapies to help patients and providers optimally manage pain and stop the inappropriate use of pain medications. Resources on prevention, pain management, medication assisted recovery and more..

<https://www.ihs.gov/opioids/>
- Mashpee Wampanoag's Tribal Opioid Program***

Article about the Mashpee Wampanoag Tribe's Opioid Program. Cheryl Frye-Cromwell of the Mashpee Wampanoag Tribal Council in Massachusetts announced an opioid outreach campaign last month, supported by HRSA's Region One staff in Boston. The deaths in 2016 of 11 young members of the tribe prompted Frye-Cromwell to reach out to HRSA.

https://www.hrsa.gov/enews/past-issues/2018/may-3/tribe-confronts-opioids.html?utm_campaign=enews05032018&utm_medium=email&utm_source=govdelivery

HARM REDUCTION

- Compassion, Action and Healing: Working with Injection Drug Users in Native Communities (November 2013)***

Compassion, Action, and Healing was developed in partnership with the National Native American AIDS Prevention Center's (NNAAPC) Native Syringe Service Advisory Group and is meant to introduce these topics for discussion and consideration – to inform, enlighten and create interest.

http://www.npaihb.org/images/epicenter_docs/PRT/2016/Compassion-Action-Healing.pdf
- A Focus on Indigenous/Native American Issues HIV, Harm Reduction, the Sun Dance and Freddy Mercury Podcast (January 2012)***

Marama Pala Executive Director of the Maori, Indigenous & South Pacific HIV/AIDS Foundation and Harlan Pruden Co-founder of the North-East Two Spirit Society discuss the impact of HIV on the indigenous and two-spirit community, Pawnee Brown talks about the Sun Dance and its role in his life and Matt Ignacio talks about a report on harm reduction coming out from NNAAPC:

<http://harmreduction.org/publication-type/podcast/fifty-four>

- ***Syringe Access in the Native American Community Podcast (May 2011)***

Kris Fourstar of Fort Peck Tribal Health and harm reduction pioneer Pawnee Brown talk about developing and implementing syringe exchange programs on Native American reservations:

<http://harmreduction.org/publication-type/podcast/twenty-nine/>

FETAL ALCOHOL SPECTRUM DISORDER (FASD)

- ***Indian Health Services Fetal Alcohol Spectrum Disorder Webinars (July 2013-June 2017)***

Website with archived webinars on FASD related topics, including education and behavioral strategies, screening and diagnosis, historical trauma, suicide and more.

<https://www.ihs.gov/telebehavioral/seminararchive/fasd/>

- ***Supporting the Development of Young Children in American Indian and Alaska Native Communities Who Are Affected by Alcohol and Substance Exposure Policy Statement (December 2016)***

The purpose of this U.S. Department of Health and Human Services (HHS) policy statement is to support early childhood programs and tribal communities by providing recommendations that promote the early development of American Indian and Alaska Native (AI/AN) children, prenatal to age eight, who have been exposed to alcohol or substances during pregnancy, or who are affected by parent or caregiver substance misuse during early childhood.

https://www.acf.hhs.gov/sites/default/files/ecd/tribal_statement_a_s_exposure_o.pdf

- ***Indian Health Services (IHS) Fetal Alcohol Spectrum Disorder Website***

Webpage on IHS website with links to general tools, resources and fact sheets.

<https://www.ihs.gov/womenshealth/maternalchildhealth/fasd/>



MENTAL HEALTH

- ***Healing Webinar Series (April-June 2018)***

Facilitated by Center for Tribes staff and consultants Elsie Boudreau, Richard Two Dogs, Ethleen Iron Cloud-Two Dogs, and Jackie Crow Shoe, this series of three webinars addressed healing at all levels: the individual, family, community, and organizational.

<https://www.youtube.com/playlist?list=PLR4JDLysJ7WOiKV9DRP5lWoLI7TaKlek>

- ***SAMHSA Tribal Mental Health Resources***

Find organizations, articles, and other resources that American Indian and Alaska Native communities can use to promote mental wellness.

<https://www.samhsa.gov/programs-campaigns/tribal-training-technical-assistance-center/resources/mental-health-promotion>

SUICIDE PREVENTION

- ***Suicide Prevention in Indian Country (December 2016)***

A fact sheet describing suicide prevention in Indian Country, and how the 2012 National Strategy for Suicide Prevention can align with tribal communities.

<https://store.samhsa.gov/shin/content//SMA16-4995/SMA16-4995.pdf>

- Prevention Paradigm for Native Americans (August 2015)**
Video describing a new model of suicide prevention for Native Americans that focuses on the strengths and resilience of the people. Discusses how Native people should be involved in the development of suicide prevention programs in order to embolden the community, and create programs that are more effective at reducing suicide. Presented by Doreen Bird, program specialist at the Department of Psychiatry and Behavioral Sciences, University of New Mexico Health Sciences Center.
<http://www.sprc.org/video/native-americans>
- Reducing the Incidence of Suicide in Indigenous Groups - Strengths United through Networks (RISING SUN) (2015)**
RISING SUN is an initiative of the 2015-2017 US Arctic Council Chairmanship. RISING SUN has produced a number of useful tools, including an online toolkit on how to measure the impact and effectiveness of suicide prevention in circumpolar Indigenous communities.
http://www.mhinnovation.net/collaborations/rising-sun?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery
- Northwest Tribal Substance Abuse Action Plan (January 2011)**
The Northwest Portland Area Indian Health Board (NPAIHB) has the Northwest Tribal Suicide Action Plan. The Plan's mission is to reduce suicide rates among American Indians and Alaska Natives living in the Pacific Northwest by increasing tribal capacity and improving collaboration. It is our hope that the Action Plan will be used by the Northwest Tribes and by our partnering agencies to guide program planning, catalyze community outreach efforts, and foster a coordinated response to suicide in our tribal communities.
http://www.npaihb.org/images/epicenter_docs/MSPI/THRIVE/2012/NW%20Tribal%20Suicide%20Action%20Plan.pdf
- SAMHSA Tribal Suicide Prevention Resources**
Find organizations, articles, and other resources that American Indian and Alaska Native Communities can use to strengthen suicide prevention efforts.
<https://www.samhsa.gov/programs-campaigns/tribal-training-technical-assistance-center/resources/suicide-prevention>

ADVERSE CHILDHOOD EXPERIENCES (ACES)

- Adverse Childhood Experiences- Targeted Resources for Tribal Child Welfare (February 2018)**
List of resources from the Capacity Building Center for Tribes on Adverse Childhood Experiences.
<http://www.tribalinformationexchange.org/files/products/adversechildhoodexperiences.pdf>



BEHAVIORAL HEALTH

- Substance Use and Mental Health Issues among U.S.-Born American Indians or Alaska Natives Residing on and off Tribal Lands (July 2018)**
About 22 percent of American Indians/Alaska Natives (AI/ANs) reside on reservations or other trust lands, which contain unique governments, histories, traditions, communities, languages, and behavioral health challenges. In general, there is a lack of nationally representative data on the substance use and mental health of AI/ANs residing on and off tribal lands. This report provides methodological information on how to obtain estimates of behavioral health outcomes for populations living on and off tribal lands and provides some initial estimates, and examines differences in mental health, substance use, and treatment receipt among U.S.-born AI/ANs residing on and off tribal lands
<https://www.samhsa.gov/data/report/substance-use-and-mental-health-issues-among-us-born-american-indians-or-alaska-natives>

- ***SAMHSA Gathering of Native Americans Fact Sheet (December 2016)***
This fact sheet, developed for American Indian and Alaska Native audiences and organizations serving Indian Country, provides an overview of the Gathering of Native Americans (GONA) curriculum.
<https://store.samhsa.gov/product/Gathering-of-Native-Americans-Fact-Sheet/SMA16-4994>
- ***Behavioral Health Among American Indians/Alaska Natives (September 2016)***
Describes Indian Health Service (IHS) and Substance Abuse and Mental Health Services Administration (SAMHSA) programs designed to address behavioral health problems in the American Indian and Alaska Native (AI/AN) population. Provides background information about risk factors, prevalence, and limited access to care.
https://www.everycrsreport.com/files/20160916_R44634_67cfb716dadaf45ad26b4289697d4411b2198.pdf
- ***Systematic Review of Interventions Focusing on Indigenous Adolescent Mental Health and Substance Use (2015)***
Analyzed mental health and substance use interventions for American Indian and Alaska Native (AI/AN) adolescent populations to identify key intervention factors in reducing mental health disparities.
http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIANH/journal/Documents/Volume%2022/22%283%29_Antonio_Adolescent_interventions_36-56.pdf
- ***First National Behavioral Health Association (FNBHA) Catalogue of Effective BH Practices for Tribal Communities (February 2009)***
This open ended catalogue is based on criteria developed by participants in the FNBHA sponsored Expert Panel meeting of May 2008 at Portland State University, Portland, Oregon. The following Tribal Behavioral Health Practices have been identified by Board and Staff of First Nations Behavioral Health Association in discussions following the meeting.
http://www.fnbha.org/pdf/fnbha_catalogue_best_practices_feb%2009.pdf
- ***We R Native:***
We are a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. We strive to promote holistic health and positive growth in our local communities and nation at large. Includes resources and information on mental health and substance use.
<https://www.wernative.org/>
- ***Indian Health Service: Behavioral Health Program***
The Division of Behavioral Health (DBH) serves as the primary source of national advocacy, policy development, management, and administration of behavioral health, alcohol and substance abuse, and family violence prevention programs for American Indian and Alaska Native (AI/AN) people.
<https://www.ihs.gov/dbh/>
- ***Indian Health Services: Alcohol and Substance Abuse Resources***
List of resources including for alcohol use disorder and drug use prevention, intervention, and aftercare, tools, reports and more.
<https://www.ihs.gov/asap/resources/>
- ***NIHB Public and Behavioral Health Toolkits***
The National Indian Health Board has prepared several toolkits to assist program staff. Please click on the links below for more information about each individual toolkit.
https://www.nihb.org/behavioral_health/behavioral_health_toolkits.php

- **National Indian Health Board Behavioral Health Resources and Links**

The National Indian Health Board is working to increase awareness of the Behavioral Health needs in Indian Country. We aim to identify challenges and highlight successful strategies so that our communities have the information they need to promote and protect the health of all American Indian and Alaska Native people. In working towards this goal, we are joined by many partners, supporters and friends, including Tribal Leaders, National Tribal Advisory Committees, the U.S. Department of Health and Human Services (DHHS), private foundations, elected civic leaders, and tribal health consortiums. This page provides the contact information of many of these partners working to assist in the development of healthy individuals, families, communities, and Tribal Nations.

https://www.nihb.org/behavioral_health/resources.php

- **First Nations Behavioral Health Association Resource Library**

List of resources that includes research articles, tools, and best practices.

<http://www.fnbha.org/library.php>



HISTORICAL/INTERGENERATIONAL TRAUMA

- ***The Use of Traditional Healing Practices to Address AI/AN Historical Trauma and Disparities in Behavioral Health National Council of Urban Indian Health (2018)***

Research paper with statistics on behavioral health disparities among American Indians/Alaska Natives, with studies on traditional healing practices.

https://gallery.mailchimp.com/97bf83f5514a3035e7978c5b2/files/b3b8d693-1b51-4f8f-b5f0-e145e92a6ce4/NCUIH_2018_Position_Paper_on_Use_of_Traditional_Healing_Practices_to_Add...pdf

- ***Addressing Trauma in American Indian and Alaska Native Youth (August 2016)***

Despite the high prevalence of trauma among AI/AN youth, little is known about interventions targeted specifically for this population. To address this information gap, Mathematica Policy Research conducted an environmental scan of practices and programs for addressing trauma and related behavioral health needs in AI/AN youth. Our goal was not to document where or the extent to which programs are implemented in Indian Country but, rather, to identify which models have been tested and documented in the literature. In this report, we describe the interventions identified through our scan and summarize the evidence base for each. We include several interventions that AI/AN communities are currently using but that have not yet been systematically evaluated. Drawing from recommendations in the literature, we also discuss research and policy implications for advancing existing and developing new programs that can improve outcomes for AI/AN youth.

<https://aspe.hhs.gov/sites/default/files/pdf/207941/AIANYouthTIC.PDF>



CULTURE AND LANGUAGE

- ***The keys to Powless' recovery: Oneida language and culture (February 2018)***
Article about an Oneida Tribal member who attributes his recovery to his culture and language
<https://oneida-nsn.gov/blog/2018/02/15/the-keys-to-powless-recovery-oneida-language-and-culture/>
- ***The healing power of heritage (February 2018)***
American Psychology Association article that discusses interventions rooted in indigenous traditions that are helping to prevent suicide and addiction in American Indian and Alaska Native communities
<http://www.apa.org/monitor/2018/02/cover-healing-heritage.aspx>



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