

Peer-Based Recovery in Tribal Communities

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Welcome and Introductions

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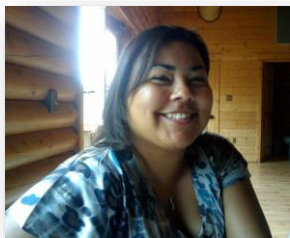
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Welcome

- Timothy Jeffries, Senior Policy Advisor, BJA
- Elizabeth Burden, Technical Assistance Director, Altarum

Guest Presenters

Erin Cretens
Program Manager
Hannahville Behavioral Health
Hannahville Potawatomi Indian Community
Wilson, Michigan



Winona Stevens
Executive Director
Native American Reentry Services
Tacoma, Washington

Native American Recovery Movements

Age-Old Traditions for Healing

- Cultural practices and ceremonies
- Talking circles
 - Thousands of years old
 - Even if there is a disruption, everyone sits in the circle and talks
- Early - and enduring - recovery support structures
 - 18th and 19th centuries abstinence-based movements
 - Created by persons in recovery - wounded healers
 - Hope for the individual and hope for the community and a people
- “The community is the treatment center”

21st Century Updates – Power of Lived Experience

- Continues the work of earlier movements
- Sobriety and wellness movements are one dimension of larger process of tribal and personal revitalization
- Cultural renewal to heal intergenerational, historical trauma as well as contemporary trauma
 - Use of alcohol and other drugs is a symptom, not the problem
 - Resolution must reflect deep understanding of complex historical, cultural, political, and economic processes
 - Frameworks for recovery must be rooted in culture
 - Persons in recovery as living proof of the redemptive power of recovery *and* cultural reconnection

Hannahville Behavioral Health

Hannahville, Michigan

Program Highlights

- Hannahville volunteered for a recovery coach pilot program in 2013
- Helped develop peer recovery curriculum with Inter-Tribal Council of Michigan and other Michigan Tribes
- Moved from one recovery coach at 10 hours a week to one full-time and one part-time coach today
- Recovery coaches fill a gap we previously had in services offered by the Behavioral Health team

Role(s) of Peers

- Meet with individuals as requested
- Facilitate meetings and talking circles
- Initiate/participate in community events (sobriety walks, hobby day)
- Organize healthy outings (sobriety pow-wow, wild rice round-up, fair)
- Link with other community partners
- Outreach for other behavioral health providers



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Impact

- Less stigmatizing to talk to a peer
- Fills a certain gap
- Outreach when needed
- Predictability of meetings
- Inspire clients' own ideas
- Advocate at Tribal Council meetings
- "I always see that little yellow truck!"

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Lessons

- Have to have the right person for the job
- Supervision and guidance on helping profession protocols
- Provide education to and get buy-in from leadership

Native American Reentry Services

Tacoma, Washington

Program Highlights

- Iron House Medicine Program
- Medicine Wheel and 12 Step groups within our DOC contract

Wellbriety

Being sober and well. Wellbriety teaches that we must find sobriety from addictions to alcohol and other drugs and recover from the harmful effects of drugs and alcohol on individuals, families and whole communities. The "Well" part of Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing everyday.

- Issues we address
 - Native American historical trauma
 - Intergenerational trauma
 - Using the strength of our culture to heal



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Role(s) of Peers



Truth Tellers Mentors Friends & Confidants
Encourage Hope, Optimism and Healthy Living
Positively use their story to help others

- Create a safe place for sharing and learning
- Treat participants with respect, allowing them to make their decisions for their recovery
- Encouraging their walk on the Red Road to support sobriety and recovery



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Impact



- From pilot program to 10 of 12 prisons
- Taking ownership of our traditions and ways for healing
 - Pipe ceremony
 - Sweat Lodge
 - Vision
 - Imagination and Visualization
 - Self Talk
 - Prayer & Meditation

Lessons

- Culture provides benefits for prevention, treatment, intervention, and recovery not accessible using more conventional approaches (the opposite of addiction being community, not sobriety)
- Culture and local peer-based community intervention can provide the structure and support required to maintain recovery
- Areas of need include addressing recidivism, high incarceration rate, gang violence, substance abuse



“We’re going to teach each other and find way for this to carry on, so that Bros coming here struggling, we can help them find their way “
-IHMRC, Nisqually Tribe

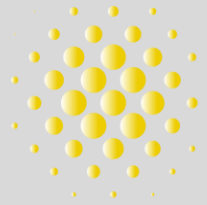
“Sometimes people are resistant but if you keep on doing good things others are going to follow, they see you doing good things and they jump in”
-IHMRC, Winnebago Tribe

“I’ve been given another chance to be brought back to my natural state in which my creator created me”
-IHMRC

“It gives us a responsibility to grab some of these younger bros that come into this joint...man do something different to try to change your life”
-IHMRC, Crow Tribe

“This medicine is the truth...there’s a disconnect, that’s why we turn to things that we turn to, our culture teaches us how to be a man...anybody can throw a fist, anybody can take a whippin’ and give a whippin’, that’s nothing...a warrior is there for their family, a warrior is there for the tribe.”
-IHMRC, Samoa/Coeur D’Alene Tribe

Questions?



BJA's Comprehensive

Opioid Abuse

Program