



PREVENTION IN TRIBAL COMMUNITIES - TRIBAL BASED PRACTICES

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Workshop Objectives

As a result of this workshop, participants will:

- Have an understanding of risk and protective factors and trauma in Indian Country.
- Understanding of Adverse Childhood Experiences and how this impacts Indian Country.
- Understand how protective factors can create buffers through cultural and community-driven interventions through Tribal Based Practices.

**Hawkins
and Catelano
R&P Factors**

**Native Americans
Minority Communities**

SAMHSA

**Ecological Approach
Adverse
Childhood
Experiences**

**Public Health
Model**



**Risk and
Protective Factors**

**Department
of Justice**

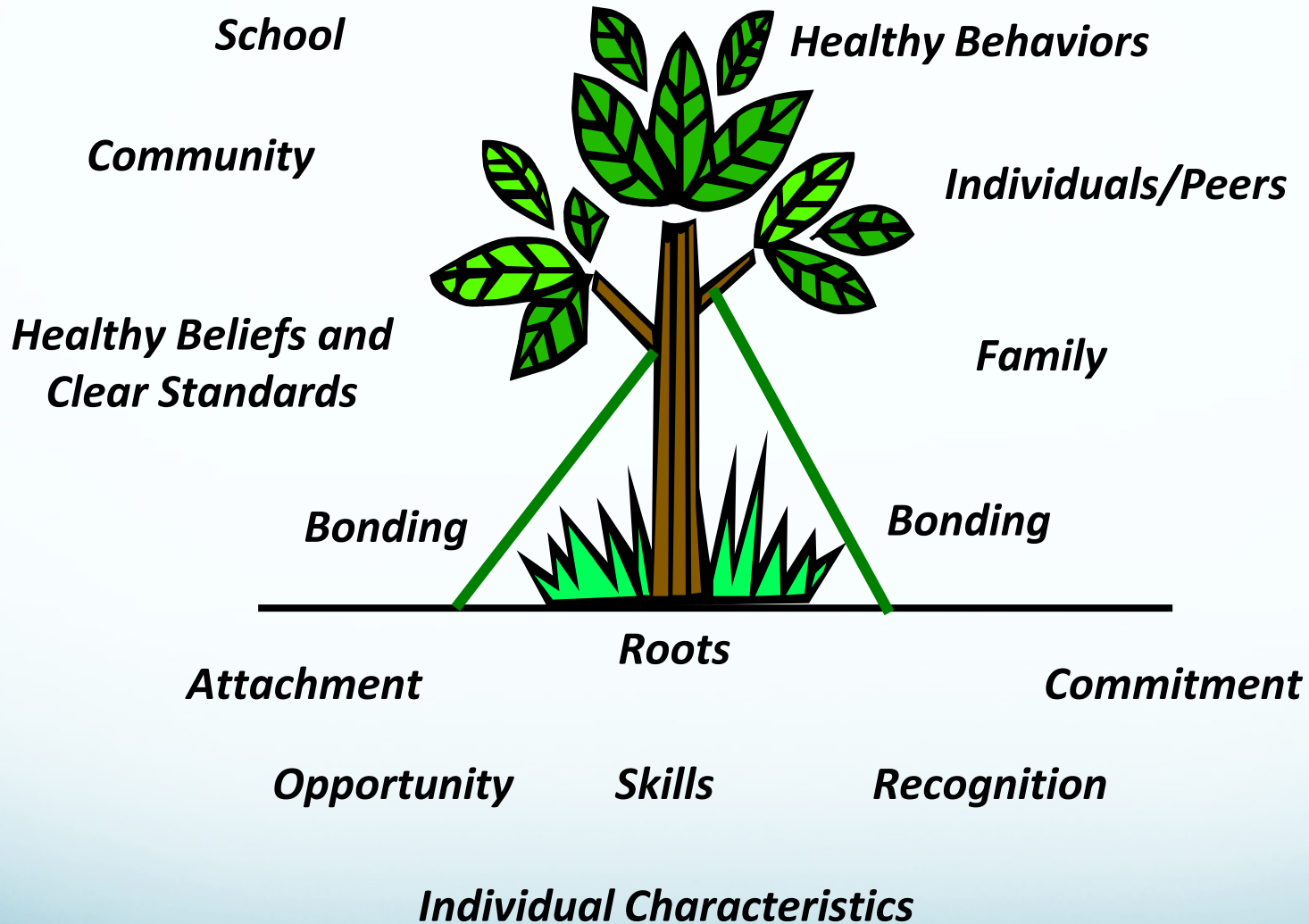
**Under Age
Drinking**

Resiliency

Gambling

**SEARCH
Institute**

Social Development Strategy



Why Is This Topic Important to American Indian and Alaska Native Communities?

- American Indian and Alaska Native (AI/AN) communities and individuals continue to experience trauma at higher rates than other populations.
- Compared to their non-Indian peers, AI/AN children are 2.5 times more likely to experience trauma and be exposed to violence.
- As a resilient people, we have many traditional practices focused on healing and restoring balance.

What Is Trauma?

Trauma is an emotional or physical reaction to any event that is witnessed or experienced by a child or adolescent and is disturbing to them.

Indian Country Child Trauma Center

University of Oklahoma Health Sciences Center

www.icctc.org

Historical and Generational Trauma

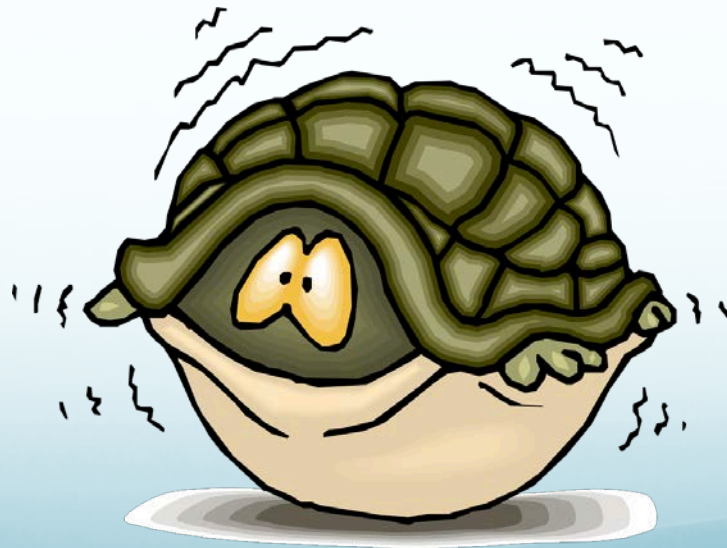
Historical trauma is cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma.

Dr. Maria Yellow Horse Braveheart, Ph.D.

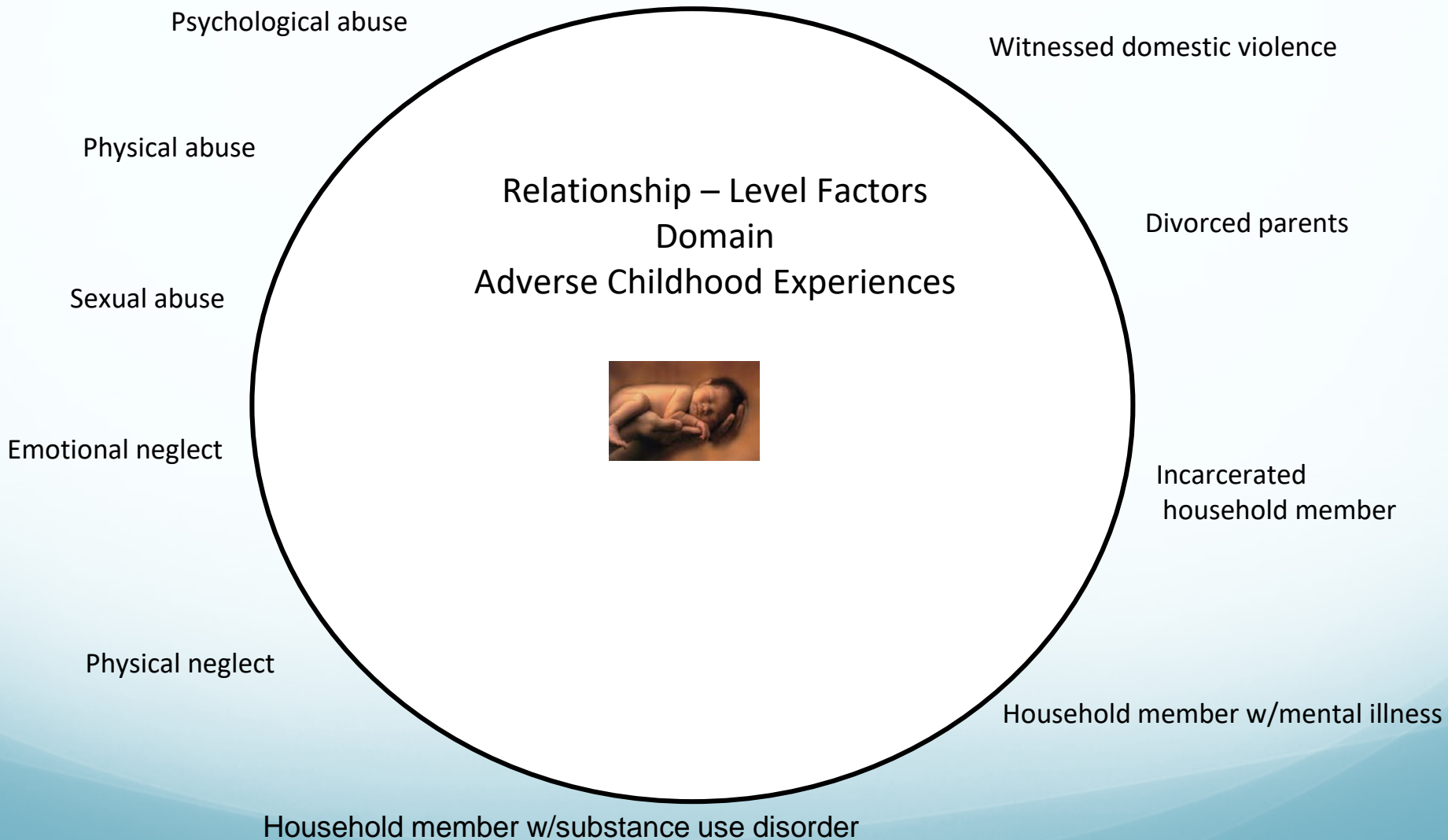
In the Oregon BRFSS survey, respondents were asked 11 questions to establish eight categories of ACEs. These categories include: *household substance abuse, verbal abuse, parental separation or divorce, physical abuse, household mental illness, violent treatment of mother, sexual abuse and incarcerated household member.*



Adverse Childhood Experiences (ACEs) is a term used to describe neglect, abuse, violence and/or distressed family environments that children under the age of 18 years may experience. The cumulative effect of ACEs can be traumatic, especially if experienced repeatedly beginning at a young age of three.



Ecological Approach Risk & Protective Factors



How Trauma Is Experienced in Indian Country

As a cumulative effect of all the factors

As an historical event with prolonged impact – relocation, massacres

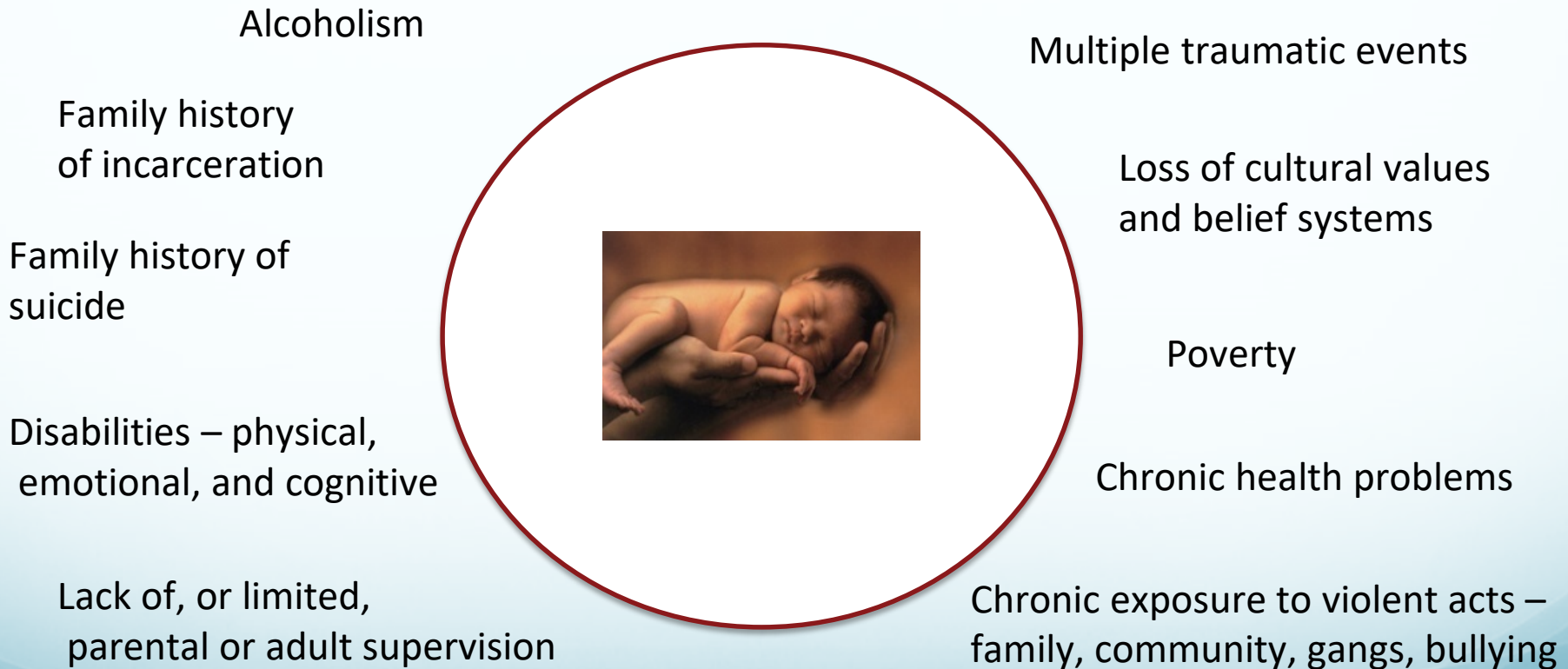
As a prolonged experience – removal from homelands, placement in boarding schools



As a single event – car accident, shooting, stabbing

As a personal event that continues to have impact over several generations – boarding school, loss of children/grandchildren through the child welfare system

Factors That Increase Vulnerability in AI/AN



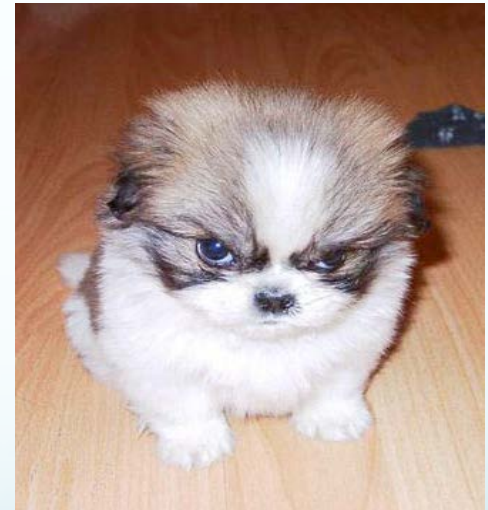
Stress from Trauma

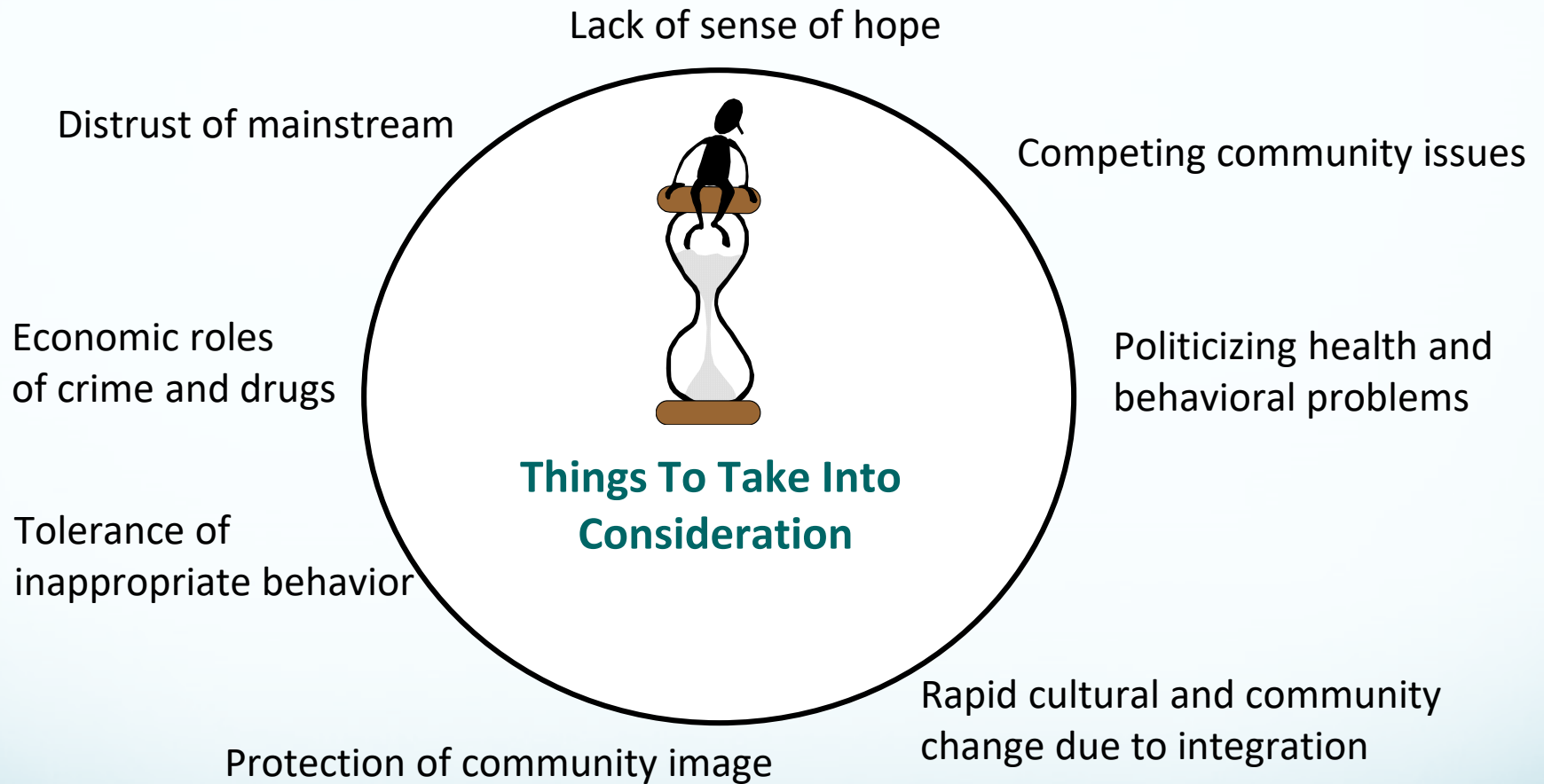
- Attention – read same paragraph
- Time management – usually late
- Organization – can't find anything
- Prioritization – every task is overwhelming
- Working memory – can't find anything
- Impulse Control – Oops



Stress from Trauma

- Flexibility – my way or highway
- Empathy – everything is about you
- Metacognition – judge and blame
- Goal achievement – none
- Task initiation – start tomorrow





Adapted from Development Resource Program, Inc. (DRP) 1994 by Caroline M. Cruz

What Can Professionals Do?

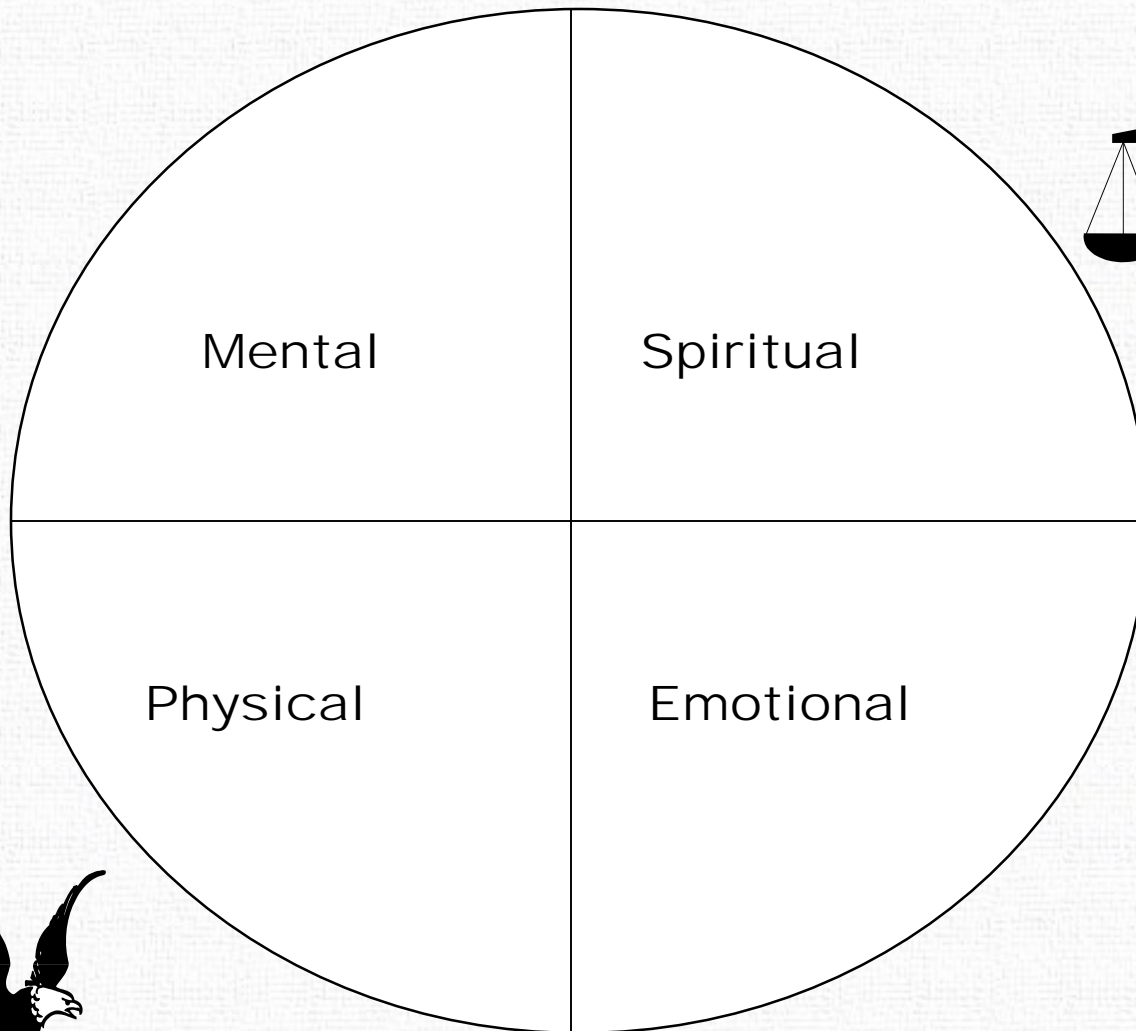
- Understand the various reactions to trauma.
- Understand the impact of one or multiple traumas on a family's ability to cope and respond to children.
- Understand the impact of historical trauma.

www.icctc.org

The Door of Healing



Risk & Protective Factors for Native Americans



Six Key Principles of a Trauma-Informed Approach

1. Safety
2. Trustworthiness and transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice, and choice
6. Cultural, historical, and gender issues

Cultural and Community Interventions as Trauma-Informed Approaches

1. Safety
2. Trustworthiness and transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice, and choice
6. Cultural, historical, and gender issues



- Gathering of Native Americans (GONA) Curriculum
- White Bison
- Native Hope
- Talking Circles
- Opening Prayer
- Ceremonies

WHO IS CAROLINE M. CRUZ?



- Wasco
- Tenino
- Pitt River
- Nisqually
- Hawaiian
- Yaqui
- Spaniard
- Yurok

What are some concerns?

Been times that I had needed cultural specific services and could not access

- Spirit sickness
- Curandera
- Medicine people

How do we measure success?

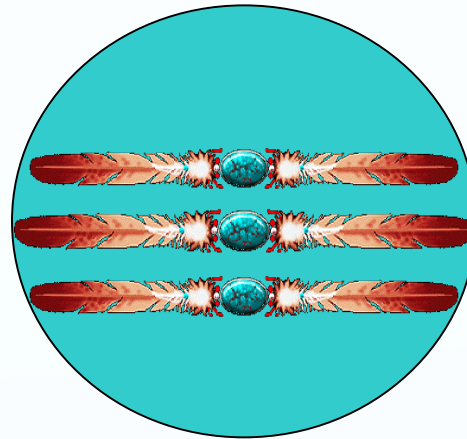
How to bill for services?



Science –
Validated



Cultural –
Replicated

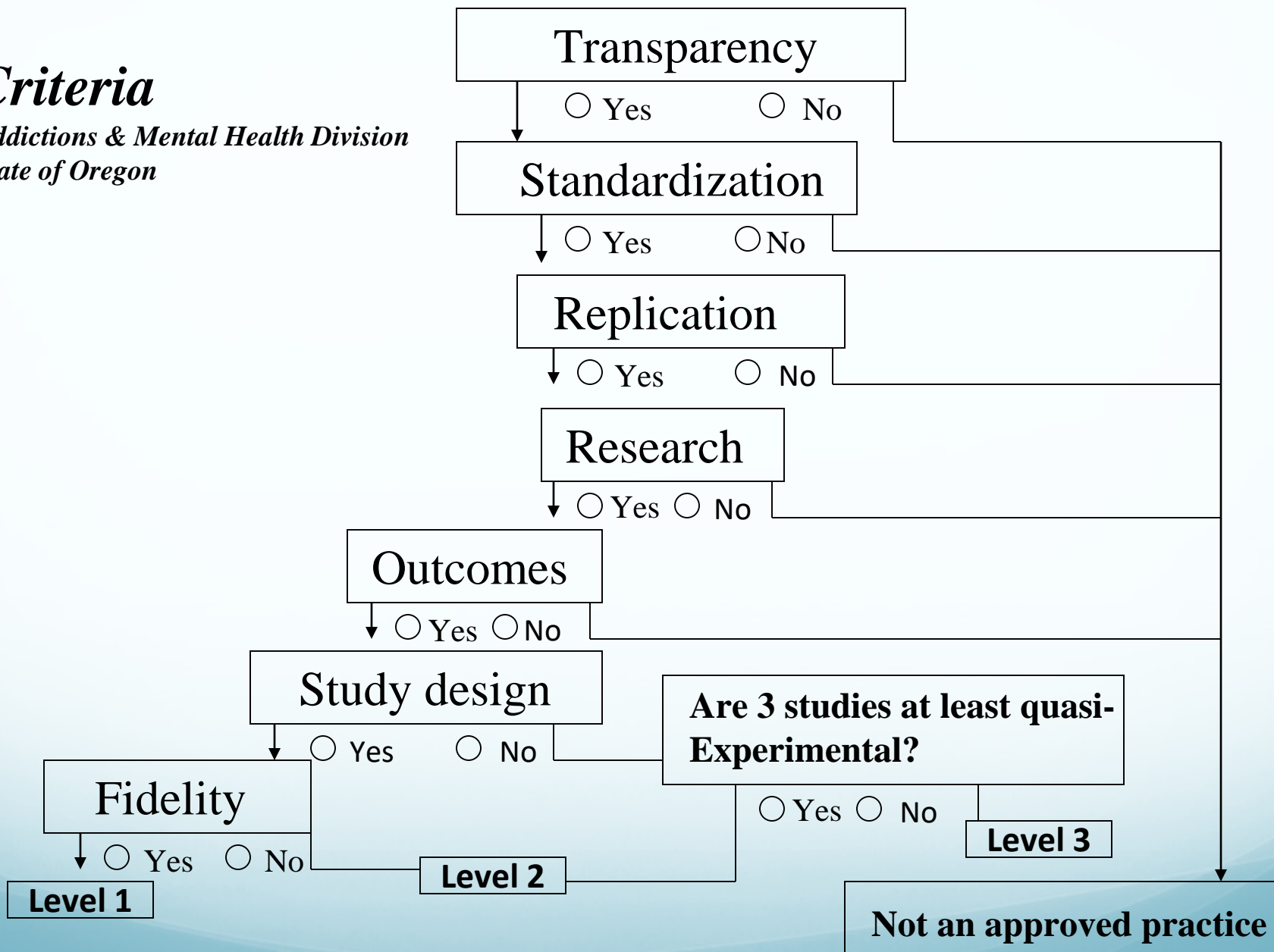


Cultural –
Validated

Science –
Replicated

Criteria

Addictions & Mental Health Division
State of Oregon



Create a Bridge Between Science and N.A. Culture Validation

Scientific Validated	Cultural Validated
<ul style="list-style-type: none">• Transparency• Standardization• Replication• Research• Outcomes• Study design• Fidelity	<ul style="list-style-type: none">• Longevity in historical tribal history• Tribal Based Practice manual• Cultural replication within tribe and/or other tribes• Meets Tribal principles• Outcomes• Traditional Worldview applies• According to Tribe/Tribal Nation



12. Outcomes

11. Optimal elements

13. Contact person

10. Materials

1. Name of practice

9. Key elements

**Tribal Practice
Approval Form**

2. Description

8. Personnel

3. Other examples

**7. Risk &
Protective
Factors**

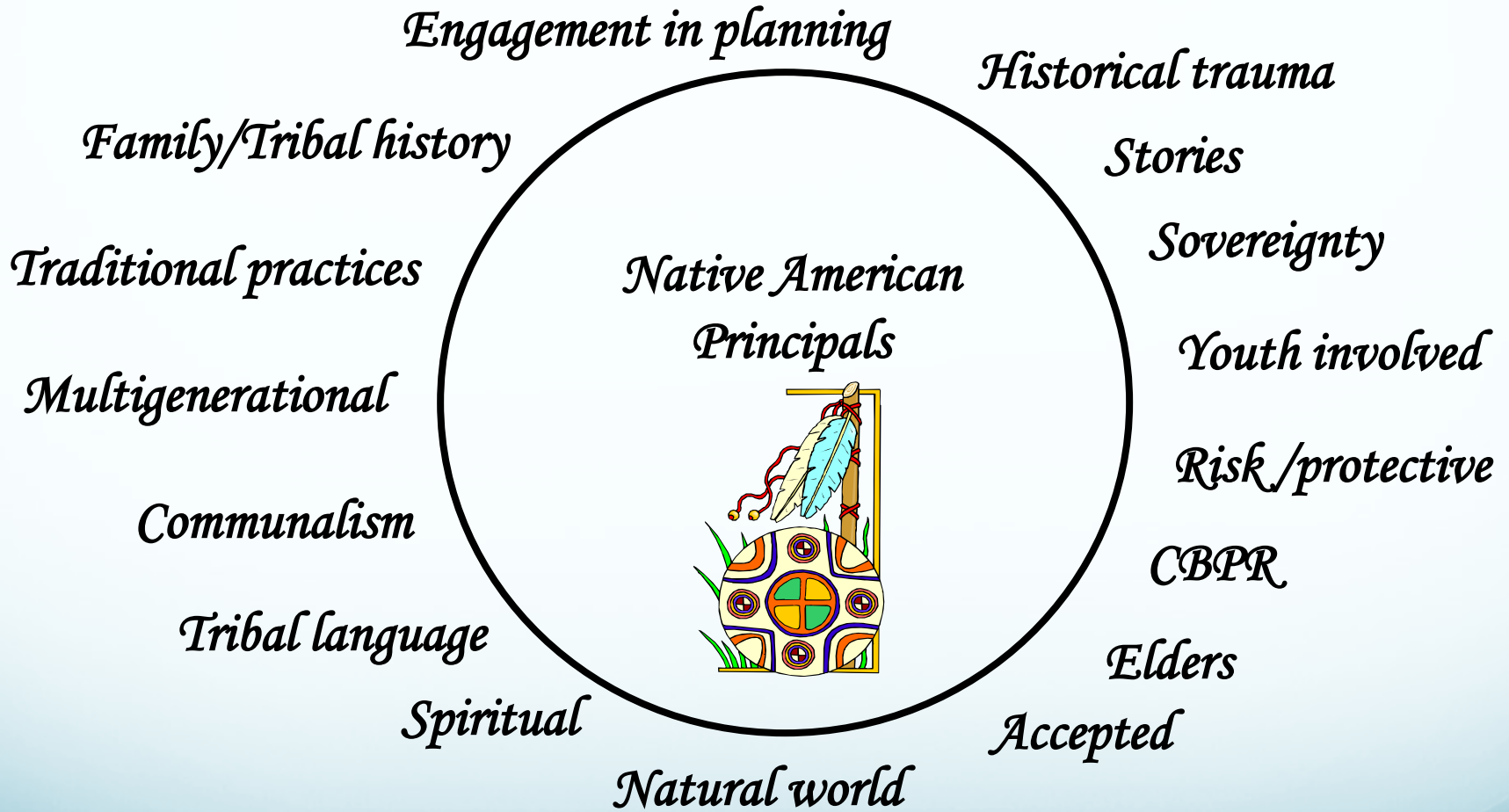
**4. Historical Cultural
Connection**

6. Target population

**5. Goal addressed by this
practice**

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Accepted? Date of approval.

Adherence to
key elements
(Fidelity)

Longevity in
Tribal History
(Transparency)

Study Design
(Non-
experimental)



**Review
Criteria
By Tribal Best
Practice Panel**

Description on file
(Standardization)

Measurable
Outcomes
(Outcomes)

Cultural replication within
Tribe or other Tribe
(Replication)

Meets Tribal principles
(Research)

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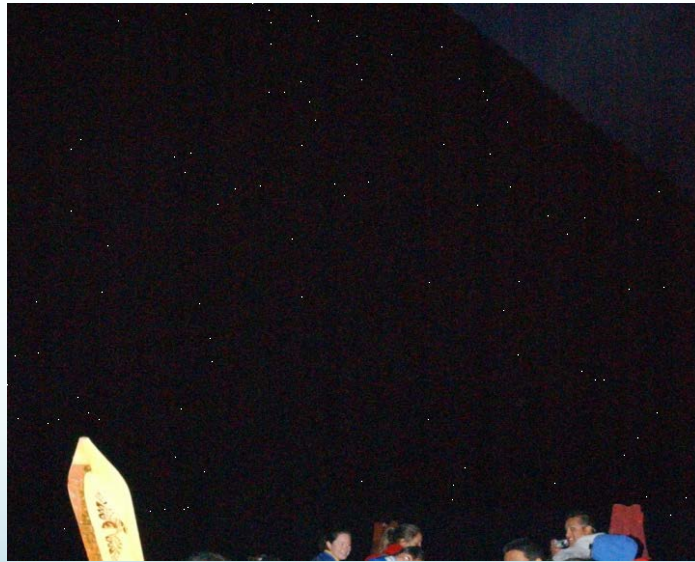


Cradle Boards- Strategy is to return back to the board to traditional ways by returning the baby “back to their backs” by utilizing a form of a cradleboard indigenous to the tribal community to reduce the incidents of SIDS (sudden infant death syndrome), and the non-use of alcohol and drugs including tobacco. This is a form of parent training.

Horse Program: In partnership with horses, tribal youth, and families, this program improves attitudes, behavior, mood management, sense of responsibility, communication and relationship skills; regular individually mentored and small group sessions include equine care, ground work, and riding training sessions.



Canoe Family/Journey- Strategy is to teach and role-model proper etiquette and tribal values associated with the tradition of canoe carving and paddling as a basic element of survival for tribal communities.



Tribal Family Activities- alcohol and drug free family and community gatherings are promoted at all 9 Oregon tribal communities at various times throughout the year-especially during traditional food gathering seasons.



Cultural Camps- Summer culture camps for all ages of students. Gender specific activities are also stressed (for example, rite of passage, Elders and story telling, instruction in berry picking, fishing, bead work, carving, drumming, singing, dancing, stick games, native language, canoe building, archery, horseback riding, etc.).



Adventure-Based Programs- Organized outdoor activities for both prevention and treatment programs. Most common examples are kayaking trips, rope courses, skiing trips, and whitewater rafting.

POW-WOW- Native celebration of drumming, dancing, and singing for everyone in the community to participate. A gathering in a safe and drug and alcohol free place to build community and cultural identity and social ties.

Cultural Sobriety Recovery Recognition Dinner – is a multi-generational community gathering to recognize and celebrate sobriety and recovery. Community members have an opportunity to speak about sobriety and recovery. Community members are also asked to speak and represent healthy role models in recovery and sobriety.



Family Unity Model- Has been utilized for several years as a tribally based intervention practice by the Confederated Tribes of Grand Ronde, and the Confederated Tribes of Warm Springs.

BAAD Tournament: Basketball Against Alcohol and Drugs is an annual alcohol and drug free tournament. Every team agrees to random drug testing to participate and attends sessions on alcohol, tobacco and other drug prevention/awareness.

Ceremonies and Rituals- the Tribes participate in various ceremonies and rituals that are important to the traditional and spiritual beliefs.

Talking Circle- culturally based spiritual discussion and support group.

Tribal Youth Conference- Alcohol and drug free gathering of youth. Examples include: Westwind Youth Gathering, He He Gathering, etc.

Sweat Lodge Ceremony- some of the tribes utilize sweat lodge ceremonies for renewal and return to traditional healing methods.

Round Dance- the Round Dance and alcohol and drug free 1-day traditional community-wide ceremony.





Questions?

Thank You and
Create a
Good Day

