



*The  
Healing Lodge  
of the  
Seven Nations*

# xaʔtús (First Face) for Mental Health:

A COMMUNITY-WIDE TRAINING  
DEVELOPED WITH, AND FOR,  
TRIBAL COMMUNITIES



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## rites of passage

Rites of Passage (ROP) Ceremony is a 48-hour ceremony where the youth go 2 days and 2 nights alone, fasting in a tipi. This ceremony marks the transition from childhood to young adult. It is a powerful ceremony and can be transformative, in and of itself, in most cases.





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## MUSIC PROGRAM

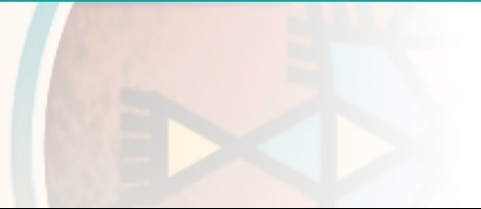
The Music Program records hundreds of songs by our young residents. Many of those songs are selected to be featured on the album that is produced each year.

The Music Program has become a core therapeutic tool for the clinical team in addressing trauma and addiction.





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## NATIONAL RECOGNITION

In 2011, the Healing Lodge  
received an Honorable Mention  
from the

**National iAward for  
INNOVATIVE  
PROGRAMMING IN  
BEHAVIORAL HEALTHCARE**  
for their music innovation.





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## NATIONAL RECOGNITION (CONT'D)

2<sup>nd</sup> Place Winner in the  
National MusiCares  
and GRAMMY Foundation's  
*Teen Substance Abuse Awareness  
Through Music Contest*





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## NATIVE AMERICAN MUSIC AWARDS

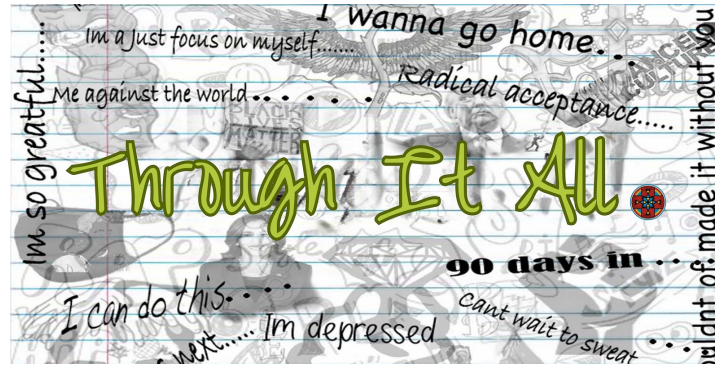
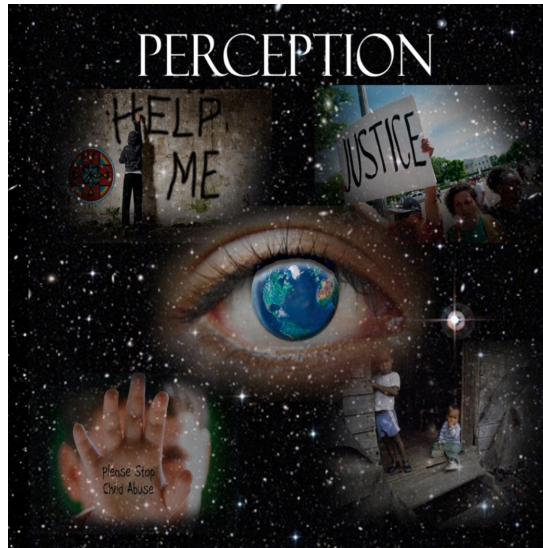
Martina Whelshula and Deekon Jones of the Healing Lodge were asked by the National Indian Health Service, Behavioral Health Division, to represent Indian Health Service during the Native American Music Awards and highlight the Healing Lodge music program in Niagara Falls, New York.





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## CD ALBUMS WRITTEN AND RECORDED BY HL KIDS







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## HORSE WHISPERERS





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## PREVENTION AND BRIEF DRUG SCREEN

- Over 300 youth ages 6 to 18 yrs. were screened for risk of substance abuse
- Record number of community volunteers assisted
- Tribal leaders and service providers stepped up to assist with support
- Community schools helped support the clinic activities
- DBT skills through basketball

\* Native Youth Rise Above

FOR YOUTH  
AGES 6-18

**FREE  
BASKETBALL  
CLINIC**

**FREE T-SHIRTS**

LIMITED SPACE AVAILABLE!

SPONSORED BY **NIKE N7** AND  
**THE HEALING LODGE OF THE SEVEN NATIONS**

*This project is part of the Tribal Community Empowerment Opportunity (Tribal CEO)*

YOUTH WILL PARTICIPATE IN DRILLS AND PLAY GAMES  
**BRING YOUR BASKETBALL IF YOU HAVE ONE**  
LUNCH AND REFRESHMENTS WILL BE PROVIDED AT NO COST

PARENTS: During the clinic there will be  
a free workshop on the Tribal worldview  
through language/culture and  
Intergenerational Trauma

FOR MORE INFO CONTACT: JOE LEWIS TOLL FREE AT 1-888-739-9893



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# BASKETBALL CLINICS: OVER 300 YOUTH SERVED

**CDA  
TRIBE**



si DI-Nee-Waus



**NEZ PERCE TRIBE**



**SPOKANE TRIBE**



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## IMPACTS OF HL PROGRAMMING AND CULTURE ON POST-TREATMENT RELAPSE RATES

In 2010, as part of a Meth Suicide Prevention Initiative grant, the Healing Lodge tracked 297 residents over the course of the grant, and following are the results of the data collection.

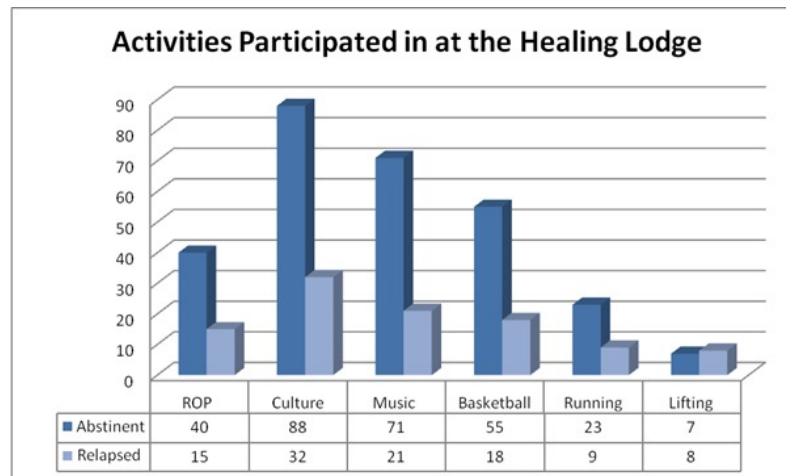
National studies showed that adolescents relapsed at a rate of 50% to 90% after inpatient treatment. The Healing Lodge followed its youth at 7 days, 30 days, 60 days and at 6 months.

The data showed that the  
Healing Lodge youth's relapse rate was **23%**.



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- Rites of Passage Ceremony: 48 hours fasting in tipi
- Fully expanded culture program was integrated into all aspects of the treatment approach.
- The music program is unique from others in that their young people write and record their own songs about their trauma, addiction, and hope for change. At that time, they had published two CD albums over the previous 2 years, *The Dark Road* and *Perception*.
- The basketball program was also a fully developed program that promoted the residents in coaching younger children and playing basketball in local 3 on 3 tournaments.
- In the running program, youth trained each season for events such as 50-mile relays and track meets. Some youth had never trained or ran in an organized event before and were surprised when they did well. It was a huge confidence builder.
- Weight-lifting was a relatively new organized activity; therefore, there is very little data on that.





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## WASHINGTON STATE RECOGNITION

Outstanding Service Awards For  
Treatment Professionals

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The 2011 Washington  
Co-Occurring Disorders and  
Treatment Conference's

***Innovative Program of the Year***





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## HARVARD PARTNERSHIP

Harvard Medical School's Division on Addiction partnered with the Healing Lodge in a 10-year research and training program designed to develop evidence-based practices appropriate for Native youth in treatment.

This research will provide training nationwide to Tribal communities, and others, serving Native youth struggling with addiction and recovery.



Dr. Martina Whelshula, Dr. Howard Schafer of Harvard's Division on Addiction, and Deekon Jones, Director of Clinical Support at the Healing Lodge



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## HARVARD PARTNERSHIP & NATIVE AMERICAN RESEARCH CENTERS FOR HEALTH (NIH Research Grants)

### ★ **NARCH VIII: Promoting Cultures of Recovery in Tribal Communities**

Healing Lodge Youth and Tribal Community Group Level Assessments. Outcome was to develop a community-wide training on topics such as; trauma, PTSD, suicide, depression/anxiety, etc.

#### Publications:

*\*Recommendations for Improving Adolescent Addiction Recovery Support in Six Northwest Tribal Communities*

*\*Understanding American Indian Youth in Residential Recovery from Substance Use Disorder: Risk and Protective Experiences and Perceived Recovery Support*

### ★ **NARCH X: Building Cultures of Recovery in Tribal Communities**

Development of community-wide training. Completed manual and curriculum.

#### Publications:

*\*Recommendations for Optimizing xaʔtús (First Face) for Mental Health Training: Insights from Key Informants*

### ★ **NARCH XII: Assessing Cultures of Recovery in Tribal Communities**

Deliver training, conduct Tribal participatory research, and build a training and research center at the Healing Lodge.





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# ***xa?tús (First Face) for Mental Health***

## **TRAINING GOALS**

**Destigmatize:** We seek to reduce the stigma about mental health in our Tribal communities

**Understanding:** We seek to improve our knowledge about the core mental health issues identified by our Tribal working group as pertinent to Tribal communities

**Tools:** We seek to provide Tribal communities with culturally appropriate tools for responding to mental health crises

**Confidence:** We seek to boost confidence in responding to mental health crises in Tribal communities



## What is First Face for Mental Health?

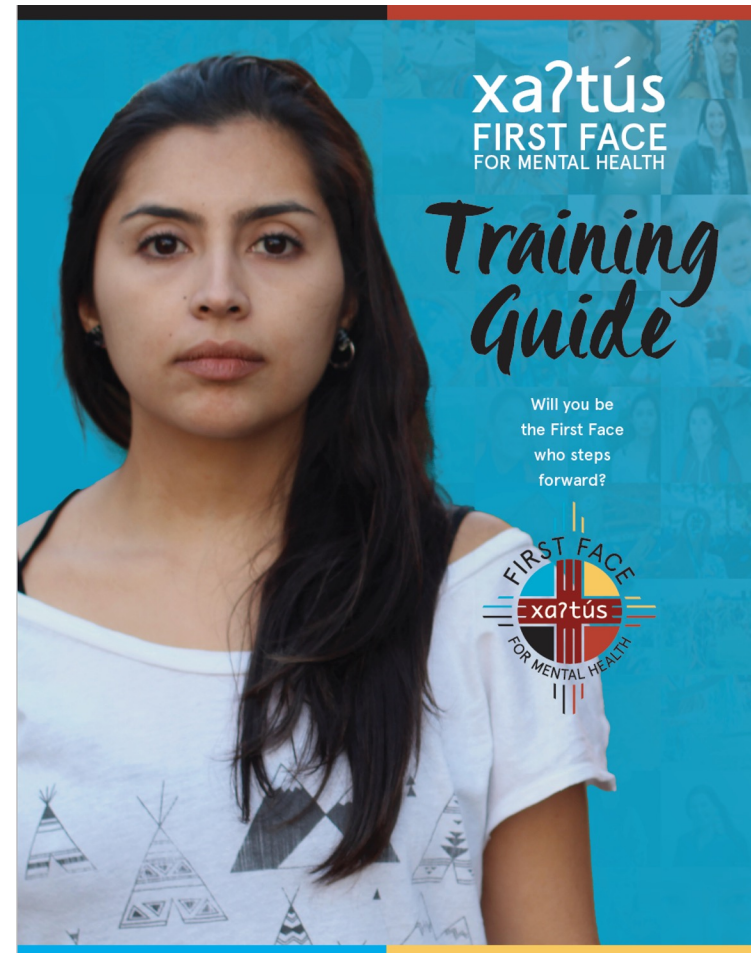
- xaʔtús (pronounced hah-**toos**) is the Salish word for First Face.
- It describes an individual who steps forward in a situational leadership role.
- With *xaʔtús for Mental Health*, the individual steps forward to help a person in a time of crisis or need.





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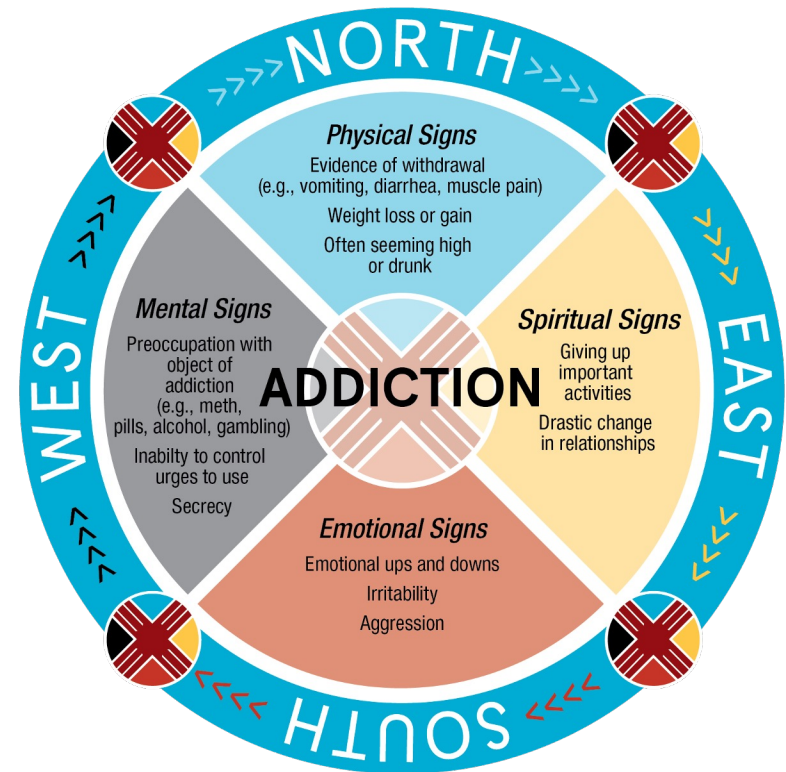
- Built with, and for, Tribal communities.
- Built with special consideration of the need for self-care, especially in Tribal communities.
- Built with a special focus on Tribal teens.










## FIRST FACE TOPICS

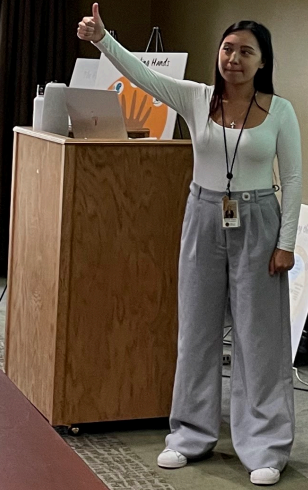
- Trauma
- Intergenerational Trauma
- PTSD/C-PTSD
- Addiction
- Depression & Anxiety
- Self-harm/Suicide
- Violence
- Self-Care



# Healing Hands

-  **SAFETY FIRST** Start with the thumb. The thumb is the strongest finger. Ensure the safety of yourself, including practicing self-care, and the one you seek to help.
-  **LISTEN OPENLY** The pointer finger placed in front of the mouth reminds us to observe and listen before speaking. Assess before acting.
-  **GUIDE TO HELP** The middle, our tallest finger, reminds us of leaders and guidance. Be an effective guide to professionals in your area who can provide support.
-  **INFLUENCE WITH COMPASSION** The ring finger is the weakest, but it also has power. Moving the ring finger moves other fingers. This reminds us to act compassionately because what you do can affect others.
-  **PROVIDE HOPE** The pinky is the smallest finger and easiest to hurt. People who hurt often feel small. This finger reminds us to provide hope and reassurance, not judgement.





# Healing Hands

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## 4Ps of Atypical ADOLESCENT BEHAVIOR

- 1 PERVASIVE** Do the child's problems **PERVADE** many areas of their life (ie school, family, or sports)?
- 2 PERSISTENT** Do the child's challenging behaviors **PERSIST** over time despite negative consequences?
- 3 PROBLEMATIC** Do the child's behaviors create **PROBLEMS** (or harm) for themselves and others?
- 4 PREVENTS** Do the child's behaviors **PREVENT** them from engaging in activities that they like or once liked?







Hea  
+ SAFETY  
+ LISTEN  
+ CHANCE  
+ IMPULS  
+ PROVIDE

The Working Hands

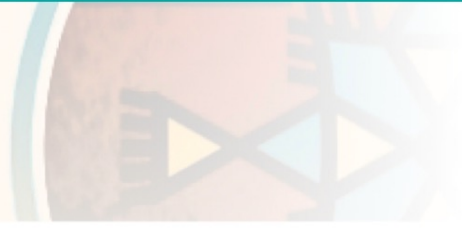
Living the Spirit







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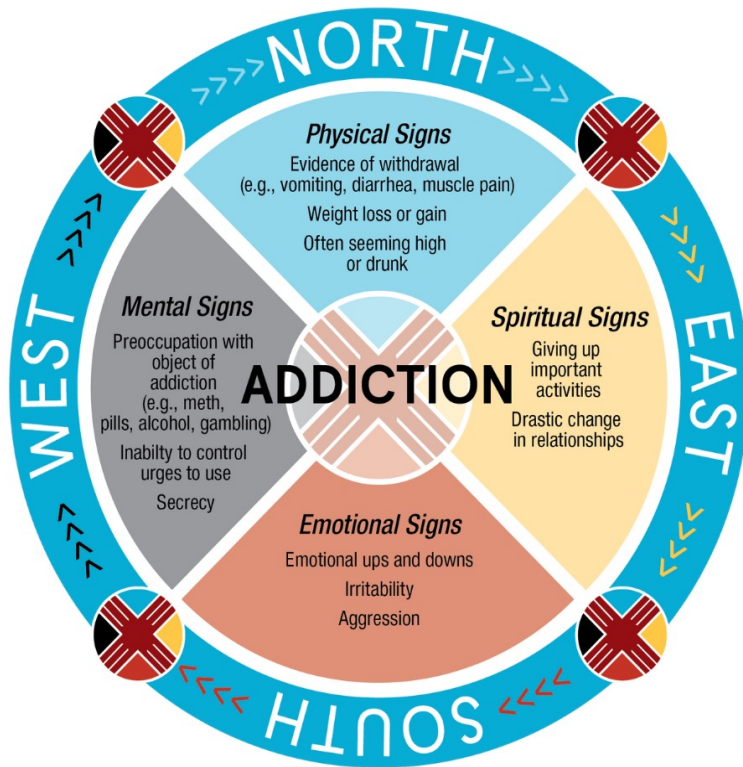


# ADDICTION



# Characteristics of Addiction





# SPOTTING THE SIGNS OF ADDICTION



Addiction often develops as a way to avoid unpleasant emotional states or to relieve physical pain and distress.

What are some other signs of addiction?

<https://youtu.be/eeF65sGATvQ>



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## Thinking About Nick's Story

Think about Nick's story and write down the signs of addiction that you believe Nick might be experiencing. Use the Four Directions to organize your thoughts and his signs.

<u>Mental</u>	<u>Physical</u>	<u>Emotional</u>	<u>Spiritual</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

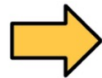
Think about how Monica helped Nick. What Healing Hands actions did she perform as a First Face to support Nick?



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## HEALING HANDS APPLIED TO NICK'S STORY



Monica put out the lit cigarette and woke Nick up. She also made sure not to let Nick go back to sleep.



Monica asked Nick "What's going on? " She told him she wanted to support him and that he could count on her.



Monica made an appointment for Nick to have an assessment at the Clinic.



Monica smudged Nick before they went to the Clinic.



Monica set up a sweat for Nick with his cousin. She mentioned therapy and after-care that would be a good option.



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# Ask an Expert About Intergenerational Trauma

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<https://youtu.be/IPDGWRwlgMM>





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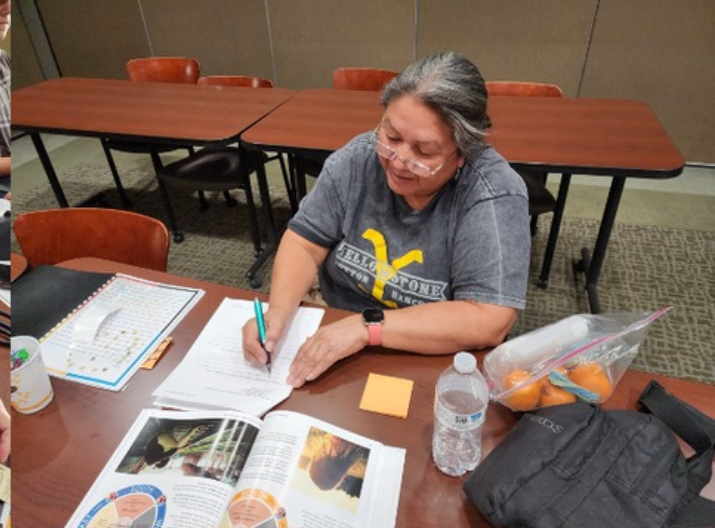


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# First Face for Mental Health Training and Community Surveys



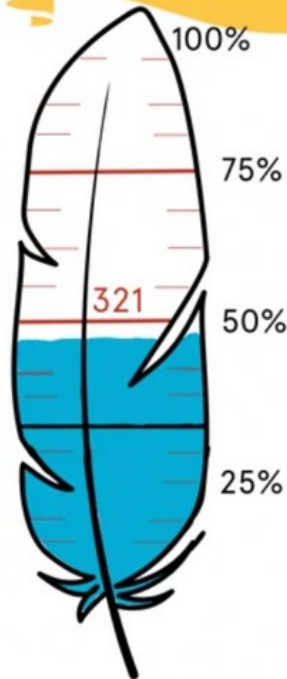


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## First Face for Mental Health PROJECT GOALS

700 New First Faces



400 Community Surveys







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## First Face for Mental Health Tribal Community Trainings

### **Tribal Community Trainings: Phase 1 COMPLETE**

- Kalispel Tribe: 1 Training
- Spokane Tribe: 2 Trainings
- Kootenai Tribe: 1 Training
- Nez Perce Tribe: 3 Trainings
- Colville Tribe: 4 Trainings
- Umatilla Tribe: 2 Trainings
- Coeur d'Alene Tribe: 2 Trainings

### **Tribal Community Trainings: Phase 2**

- Kalispel Tribe: Phase 2 COMPLETE!
- Nez Perce Tribe: Phase 2 COMPLETE!
- Spokane Tribe: Phase 2 COMPLETE!
- Kootenai Tribe: Phase 2 COMPLETE!
- Umatilla Tribe: Phase 2 COMPLETE!

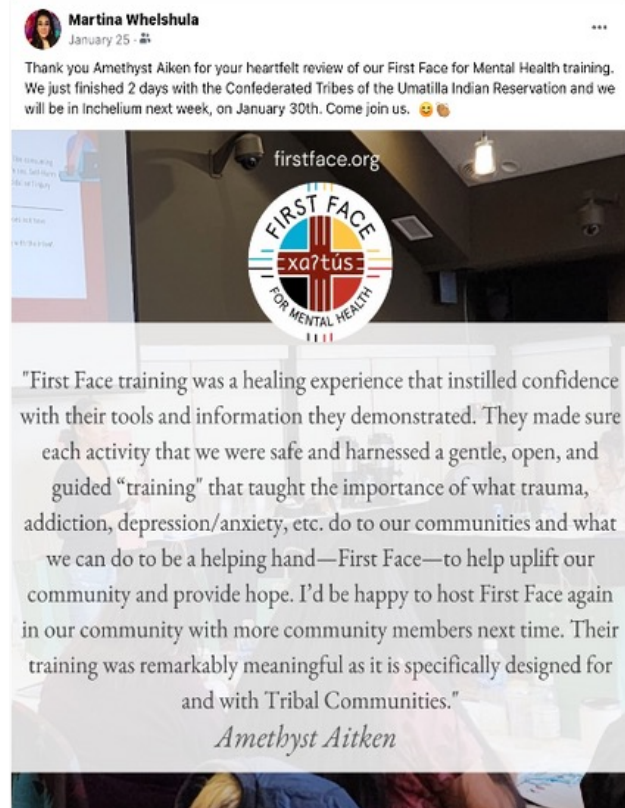
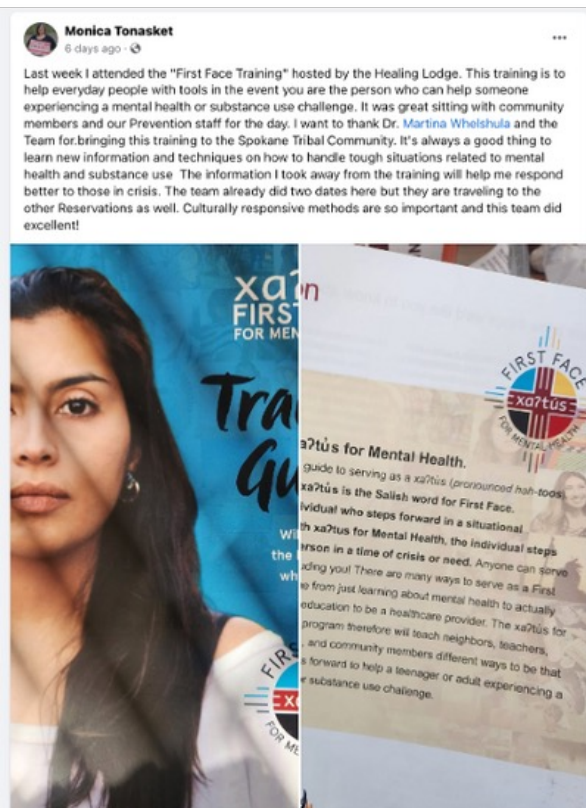
### **First Face Training for Healing Lodge Staff**

- 75% HL7N employees completed First Face Training



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# First Face for Mental Health Training Feedback





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# First Face for Mental Health Training Feedback

“The Training was over the top! So good and informative and lots of interactions. The work everyone put into this for the last 10 years? Amazing!”

*Sue Saunders- Kootenai*



“Today, I am grateful for the opportunity to participate in the "First Face" training that addresses issues such as mental health, substance abuse, intergenerational trauma, anxiety, depression, self harm, lateral violence etc....It's because of training like this, that gave me the awareness, tools, motivation, and strength to break a cycle for my children - and for that I am forever grateful.”

*Jessica Ford - Spokane*



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# First Face for Mental Health Training Feedback

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*So much information for one day, but it's very good.*

*Can't wait for this!*

*It was a great training about mental health.*

**I love this so much!!**

Such an amazing training. The training didn't seem long enough when we took it down here.

**Very awesome.**

**I enjoyed this training**

**I am so bummed I keep missing this training! I've heard only good things!**



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You can learn more about us at [www.firstface.org](http://www.firstface.org)



[xa?tús for Mental Health](#) [About Us](#) [Evaluation](#) [Events](#) [Contact Us](#) ...

## xa?tús (First Face) for Mental Health



### What is xa?tús for Mental Health?

xa?tús (pronounced hah-toos) is the Salish word for First Face. It describes an individual who steps forward in a situational leadership role. xa?tús for Mental Health is a mental health and wellness training designed with and for Tribal communities. No special experience in mental health is necessary. With xa?tús for Mental Health, the individual steps forward to help a person in a crisis or need.

Anyone can serve as a First Face—including you! There are many ways to serve as a First Face. These can range from just learning about mental health to actually completing advanced education to be a healthcare provider. The xa?tús for Mental Health training program will teach neighbors, teachers, family members, peers, and community members different ways to be that First Face who steps forward to help a teenager or adult experiencing a mental health or substance use challenge.

### Training Goals

**Destigmatize:** We seek to reduce the stigma about mental health in our Tribal communities

**Understanding:** We seek to improve our knowledge about the core mental health issues identified by our working group as pertinent to Tribal communities

**Tools:** We seek to provide Tribal communities with culturally appropriate tools for responding to mental health crises

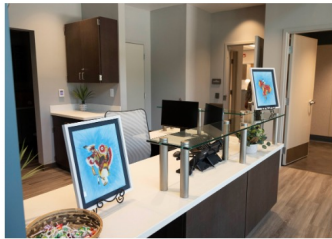
**Confidence:** We seek to boost confidence in responding to mental health crises in Tribal communities



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## FAMILY & WELLNESS HEALTH CLINIC

Healing Lodge Family & Wellness Center offers comprehensive behavioral health services to include outpatient mental health, substance use disorder counseling and primary medical care.



The Healing Lodge Family Wellness Health Clinic is a primary care clinic that aims to provide the essential health and wellness needs to our patients.

Some of the services we provide are:

- Diagnostic Lab draws
- Medication Management
- Mental Health and Substance use referrals
- Nutrition Counseling
- Referrals to specialty care
- Immunizations
- Treatment of acute illnesses



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## The Healing Lodge of The Seven Nations *Recipient of the 2024* Portland Area Health Warrior Award



Dear Healing Lodge of the Seven Nations staff,

I am writing today with exciting news from the National Indian Health Board (NIHB). You were nominated for an NIHB Outstanding Service Award, and our Board of Directors are pleased to welcome you into **NIHB's prestigious Heroes in Health Awards** group of recipients. The NIHB Outstanding Service Award honors an individual or organization whose work has made an impact on American Indian/Alaska Native health care. We want to thank you for your service to Tribal communities.

NATIONAL TRIBAL HEALTH CONFERENCE - MAY 2024



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# Thank you!

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[www.healinglodge.org](http://www.healinglodge.org)

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