



Culture-based Strategies for Substance Use Disorders: Decolonizing Addiction

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Agenda

- Origins of SU
- Indigenous understanding of cause of SUD
- Indigenous Culture and SUD





Origins of SU

- Pre-colonization tobacco, alcohol, and drugs- such as plant medicines-were used in prescribed ways, usually around spirituality and were not associated with negative outcomes.
- Alcohol was an introduced substance BY settler-colonialists TO influence treaties, land acquisition, and political decisions.

Cherokee Values of Wellbeing

- *VA, Tohi*: well-being, balanced state of the world.
- *osh, Osi*: balanced state of the individual
- *SSY, Gadugi*: Interconnectedness, Relationships



ᎠᏍᏍᏱ ᎠᏈᏅᏍᏗ sgadugi dikanowadvdsi Cherokee Community Values



SSY gadugi
People coming together as one and working to help one another.
SGLChA.ᎠᏈᏈV.ᎠᏍᏍᏱᎠᏈᏈ detsadatlanigohisidodidegesdi
Strengthen one another with encouraging words in all that you do.
EGFC.ᎠᏈᏈᎠᏈᏈᎠ ᎠᏍᏍᏱᎠᏈᏈ gvwalitsv ditsadayohisdi itsehesdi
Live and never give up on what you start.



SGLFG4ᎠᎠᎠ detsadageyusesdi
Be stingy with one another's existence, like a mother with child.
SGLᎠVᎠᏍᎠᎠᎠ detsadalvquodesdi
Like one another without conditions, admire one another.



SGLCB4ᎠᎠᎠ detsadatliyvesdi
Struggle to hold on to one another or cling to one another.
ᎠᏍᏍᏱᎠᏈᏈᎠ ᎠᏈᏈᎠᏈᏈᎠᎠ ulisgedi detsadayelvsedi
Treat each other's existence as being sacred or important.
ᎠᏈᏈᎠᏈᎠᏈᎠ ᎠᏍᏍᏱᎠᏈᏈᎠ ditsadadelisgi itsehesdi
You all live, helping one another.



hᎠᎠᎠᎠ ᎠᏍᏍᏱ ᎠᏈᏈᎠᎠ nigaya'iso gadugi nitsvnesdi
In the mind and heart always have the thought of working together.
SGLTV.ᎠᏈᏈ4ᎠᎠᎠ detsadadohiyusesdi
You all have a strong conviction for and believe in one another.



SGLᎠᎠᎠᎠᎠᎠᎠᎠ detsadaligenvdisgesdi
You all take responsibility for one another's wellbeing.
SGLᎠᎠᎠᎠᎠᎠᎠᎠ detsadagtiyvesdi
Watch over and wait for one another.



ᎠᏈᏈᎠᏈᎠᎠᎠ ᎠᏍᏍᏱᎠᏈᏈᎠᎠ ditsadagusdanidohi itsehesdi
Live and support each other in all that you do.
ᎠᏈᏈᎠᏈᎠᎠᎠ ᎠᏈᏈᎠᏈᎠᎠ ᎠᏈᏈᎠᎠᎠ
yetsilequalosgesdi digalvwisadadi gananvgoquo



You all gang up on work whenever and wherever it arises.
ᎠᏈᏈᎠᎠ ᎠᏍᏍᏱᎠᏈᏈᎠᎠ ditsaligohi itsehesdi
Live united, work as a team with one another.
SGLᎠᎠᎠᎠᎠᎠᎠᎠ datsadawatvhidohesdi
Visit one another with love, locate and find one another.

SGLᎠᎠᎠᎠᎠ ᎠᏍᏍᏱᎠᏈᏈᎠᎠ detsadasinasdi itsehesdi
Live and be very skilled in all areas of life, be resourceful.
ᎠᏈᏈᎠᏈᎠ ᎠᏈᏈᎠᏈᎠᎠ ᎠᏈᏈᎠᎠᎠ nudantiyu detsadanvwidisgesdi
Encourage and instruct one another in a gentle & thoughtful way.
ᎠᏈᏈᎠᎠ ᎠᏈᏈᎠᎠᎠᎠ ᎠᏈᏈᎠᎠᎠ
nvvoti adadolisidodi detsadadanvtadisgesdi

Think of one another in spiritual prayer and healing with medicine.
ᎠᏈᏈᎠ ᎠᏈᏈᎠᎠᎠᎠᎠᎠᎠᎠ nani'v yvwi detsatloyasdisgesdi
Include everyone, all human kind; however many.
SGAᎠᎠ ᎠᎠᎠ ᎠᏈᏈᎠᎠᎠᎠᎠᎠ duyugv itiditv datsadaseshesdesdi
Direct one another in the right way, without confining or pushing.

All minisAn are minis, but the words and ideas were initially shared by Benny Smith (ᎠᏈᏈᎠ). They are owned by all Cherokee people and it is our responsibility to maintain them. - © 2019 Ryan B. Mackey

Cherokee elders words about SUD

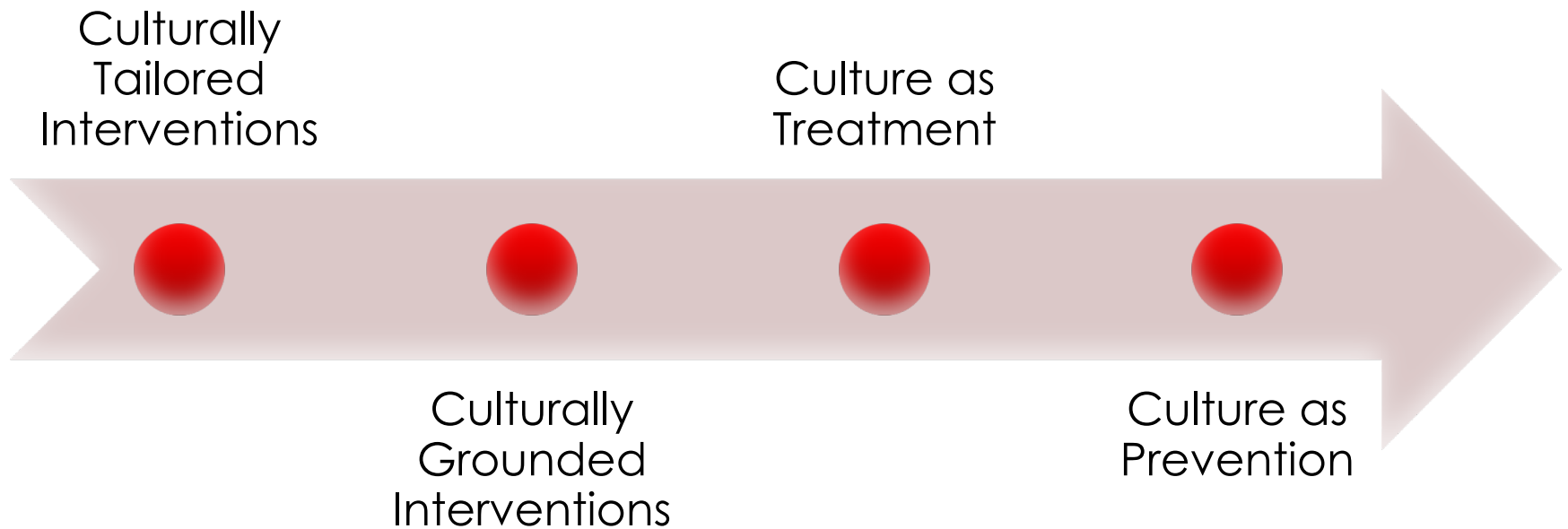


Decolonization



- `Decolonization' is a euphemism that only describes the formal handing over of the instruments of government, when in reality it must be a long-term process involving the cultural, linguistic and psychological divesting of colonial parameters. -Tuhiwai Smith
- “...to uncover the detrimental effects of European American colonialism and to assist historically colonized groups with preserving and reclaiming their distinctive cultural legacies, strengths, and institutions.”-Wednt & Gone, 2012

Decolonizing SUD



Cultural Tailoring



Culturally Tailored

- Created for non-Native people and tailored at a later date
- Use Western theory and techniques
- Improvements beyond non-tailored alternatives

Culturally Grounded

- Created for Native people
- May use a combination of western and Indigenous theories and techniques
- Improvements beyond non-tailored and only tailored alternatives



Tailoring SUD Treatment

- Anishinaabe Example
 - Prayers, Smudging
 - Talking Circle
 - Peer Models
 - Gifting
 - Meals
 - Spirit Plate
- Motivational Interviewing (Venner)





Culture as Treatment

- “A (post)colonial return to indigenous cultural orientations and practices is sufficient for effecting abstinence and recovery from substance use disorders for American Indians”
- An alternative to residential treatment includes a seasonal cultural immersion camp designed to approximate the day-to-day experiences of pre-reservation ancestors

Culture as Prevention



- Prevention and/or wellness programs targeted to children, youth, pregnant mothers
- Example: Cherokee Nation RTR program

	T1-T2 Training Period	T1-T3 Return	T1-T4 6 mo f/u
<i>Positive Mental Health</i>	+4.29 [^]	+8.67*	+4.58*
<i>Stress</i>	-0.31	-0.70*	-0.45 [^]
<i>Depression</i>	-1.80 [^]	-2.60*	-3.31*
<i>Anxiety</i>	-1.80*	-2.53*	-1.56
<i>Anger</i>	-0.11 [^]	-0.16*	-0.20*
<i>Microaggressions</i>	-0.14*	-0.20*	-0.29*

Culture as the “Active Ingredient”



- Alcohol cessation was significantly predicted by “traditional spirituality” and “participation in traditional activities”
- Situated their recovery in processes of “cultural restoration of the self.”



Why does culture work?

- Substance abuse is related to
 - Trauma (Boyd-Ball, 2006; Whitbeck, 2004)
 - Historical Loss
 - Historical Trauma
 - Family Stress
 - Childhood Trauma
 - Colonization/Assimilation
 - Racism
 - Personal
 - Institutional
 - Discrimination
 - Microaggressions

- Antidote to Colonization, Historical trauma, Racism, Discrimination that are associated with mental illness and substance abuse disorder



SU Predictors for AI

-Colonization
-Historical Trauma
-Interpersonal Trauma

-Disconnected from traditional cultural lifeways
-Trauma Experience and Symptomology
-Racism, Discrimination

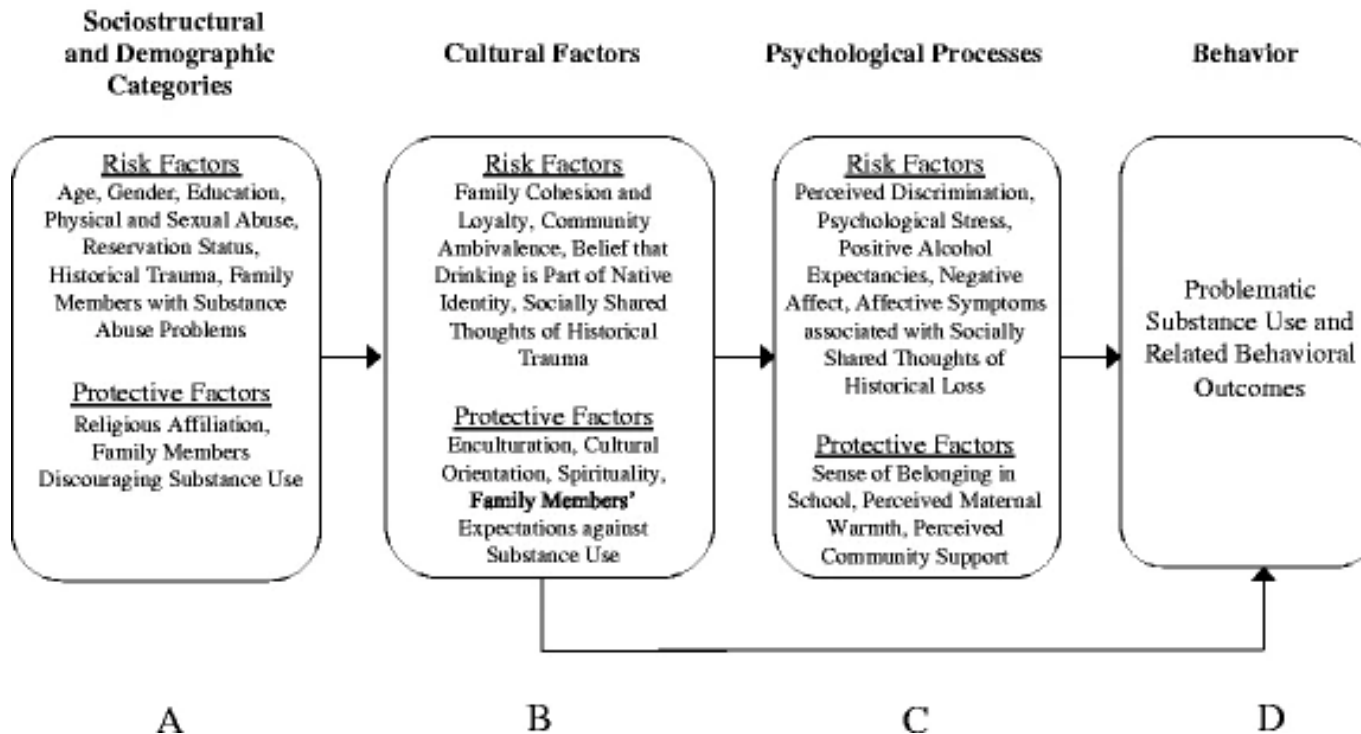
Mental Health Illness:
PTSD
Anxiety
Depression

Substance Use

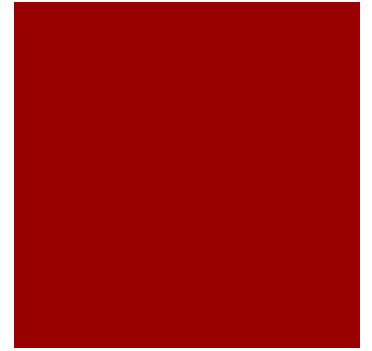


Predictors

From distal... to more proximal determinants of behavior



Final Thoughts





Wado!