



INTEGRATING TRADITIONAL INDIGENOUS KNOWLEDGE: PATH TO GOOD HEALTH

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HOW CAN SUBSTANCE MISUSE HELP US UNDERSTAND EATING HABITS?

“To the degree that drugs and food activate common reward circuitry in the brain, drugs offer powerful tools for understanding the neural circuitry that mediates food-motivated habits and how this circuitry may be hijacked to cause appetitive behaviors to go awry”

TWIN EPIDEMIC

Behavioral patterns seen with one being overweight share core elements with substance misuse behaviors:

- Genetic Factors
- Environmental Factors
- Developmental Factors
- Neurobiological mechanisms
- Neurobiological adaptations

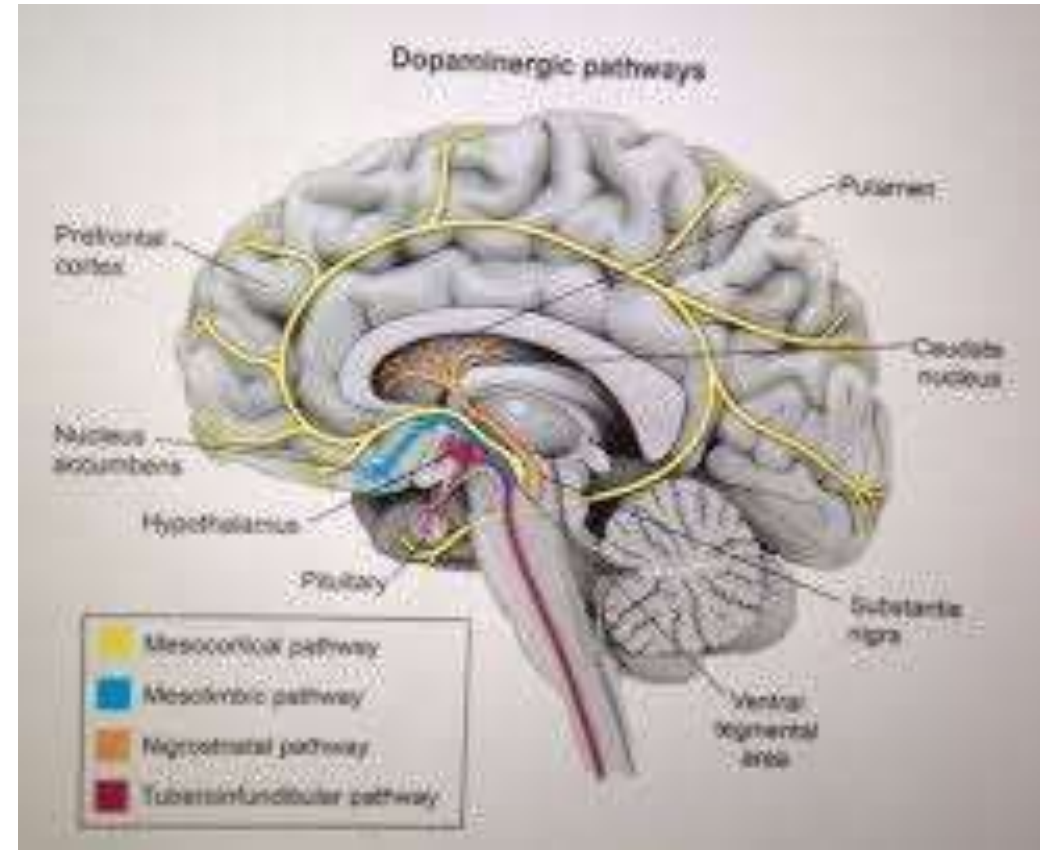


Figure 1: Dopaminergic pathways. (a) Dopaminergic pathways. PFC, prefrontal cortex; CG, cingulate gyrus; OFC, orbitofrontal cortex; NAcc, nucleus accumbens; Amyg, amygdala; STR, striatum; TH, thalamus; PIT, pituitary; HIP, hippocampus; VTA, ventral tegmental area; SN, substantia nigra. (b) Increases in dopamine in nucleus accumbens induced by food and by amphetamine as assessed by microdialysis in rodents

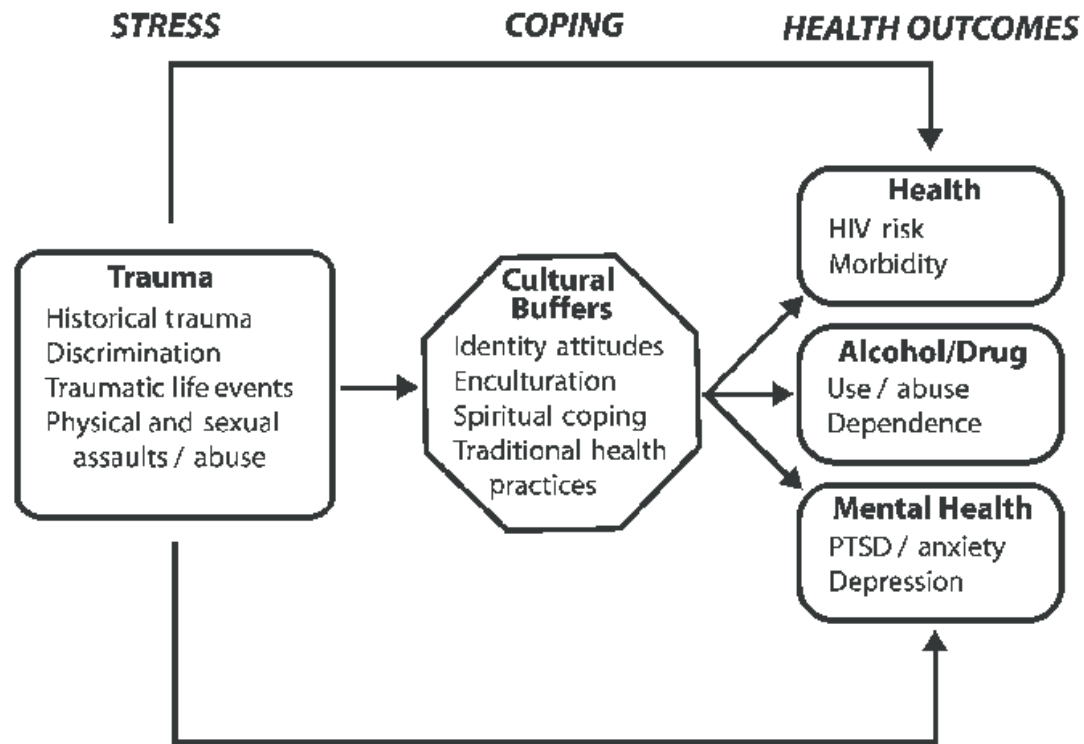


A FULL CHARACTERIZATION OF THESE FACTORS AWAIT FURTHER INQUIRY, AND UNDERSTANDING THESE RELATIONSHIPS IS IMPORTANT FOR REESTABLISHING HEALTH AND WELLNESS FOR TRIBAL COMMUNITIES

Photo credit

Tribal youth Nakoa Mercier, 17, takes the remains of the Chinook salmon caught at Willamette Falls on Wednesday, May 1, from Tribal member Greg Archuleta before releasing them in Agency Creek after a First Fish Ceremony was held at achaf-hammi on Thursday, May 2. (Photo by Timothy J. Gonzalez/Smoke Signals)

INDIGENIST STRESS COPING MODEL



Note. PTSD = posttraumatic stress disorder.

Karina L. Walters, Jane M. Simoni, & Teresa Evans-Campbell. (2002). Substance Use Among American Indians and Alaska Natives: Incorporating Culture in an "Indigenist" Stress-Coping Paradigm. *Public Health Reports* (1974), 117(Suppl 1), S104-S117.



THE GUIDELINES FOR PREVENTION AND TREATMENT OF THE TWO DISORDERS ARE
REMARKABLY SIMILAR.

INTEGRATING DIABETES CARE AND BEHAVIORAL HEALTH

“When we’re trained in one discipline, we tend to see it from that perspective. Medical providers were in one silo, while mental health providers were in another. The onsite integration of care between the two was challenging, because we had different focuses, and it made communication difficult.”

Claire Aberasturi, the Director of the Behavioral Health Services at the NATIVE Project



TREATMENT

In the treatment of drug addiction, scientific knowledge about the involvement of multiple brain circuits

- reward,
- motivation,
- learning,
- cortical inhibitory control

would suggest a multimodal approach to the treatment of this twin epidemic



MOTIVATIONAL INTERVIEWING

One of the goals of MET is to find positive replacements for use, not just to stop the problem behavior

Is a client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence through the following five skills



Brian L. Burke, Hal Arkowitz, and Marisa Menchola. "The Efficacy of Motivational Interviewing: A Meta-Analysis of Controlled Clinical Trials." *Journal of Consulting and Clinical Psychology* 2003, Vol. 71, No. 5, 843–861. <http://www.ncbi.nlm.nih.gov/pubmed/14516234>

Hettema J, Steele J, Miller WR. Motivational Interviewing. *Annual Review of Clinical Psychology* Vol. 1: 91-111. April 2005. <http://www.annualreviews.org/doi/abs/10.1146/annurev.clinpsy.1.102803.143833?journalCode=clinpsy>

PRINCIPLES OF MOTIVATIONAL INTERVIEWING

- Maintaining Empathy
- Avoid Argumentation
- Building Self Efficacy
- Promoting Discrepancies
- Rolling With Resistance



DIRECTIVE VS GUIDED COMMUNICATION

Motivational Interviewing in Health Care: Helping Patients Change Behavior (2008) Stephen Rollnick, William Miller, Christopher Butler

Directive Communication

Angry	Afraid
Agitated	Helpless, overwhelmed
Oppositional	Ashamed
Discounting	Trapped
Defensive	Disengaged
Justifying	Not come back – avoid
Not understood	Uncomfortable
Procrastinate	Not heard

Guided Communication

- Respect for autonomy, goals, values
- Readiness to change
- Ambivalence
- Patient is the expert
- Empathy, non-judgment, respect

YAPPALLI': OUR VISION OF HEALTH FOR FUTURE GENERATIONS



Culturally focused
strengths-based outdoor
experiential obesity-
substance use risk
prevention and health
leadership program

(NIDA R01 DA037176)

49 DAYS OF CEREMONY



“49 Days of Ceremony offers a way to think about how to live successfully that’s helped people recover from substance misuse, heal their relationships, get out of prison, and maintain stable employment. It’s helped our young people live successfully in the modern world.”

Doug Modig, Alaska Native Elder

PRIMARY SOURCES

Brown, D. L. (2019). Our Vision of Health for Future Generations: An Exploration of Proximal and Intermediary Motivations with Women of the Choctaw Nation of Oklahoma.

Ifland, J.R, Preuss, H.G, Marcus, M.T, Rourke, K.M, Taylor, W.C, Burau, K, . . . Manso, G. (2008). Refined food addiction: A classic substance use disorder. *Medical Hypotheses*, 72(5), 518-526.

Wise, Roy A, & Volkow, Nora D. (2005). How can drug addiction help us understand obesity? *Nature Neuroscience*, 8(5), 555-560.



HERE IS A DRUNK BEE

Q & A