



Healing with our Tribal Communities: 49 Days of Ceremony

Danica Love Brown, PhD, MSW, CACIII
Choctaw Nation of Oklahoma
Northwest Portland Area Indian Health Board
Behavioral Health Manager



Disclosure

- No conflicts of interest
- Off-label use of medications
- The presenter and planners of this ECHO series have no relevant financial relationships to disclose.
- Funding for this initiative was made possible (in part) by grant no. 1H79TI083343 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Tribal Opioid Response Agenda

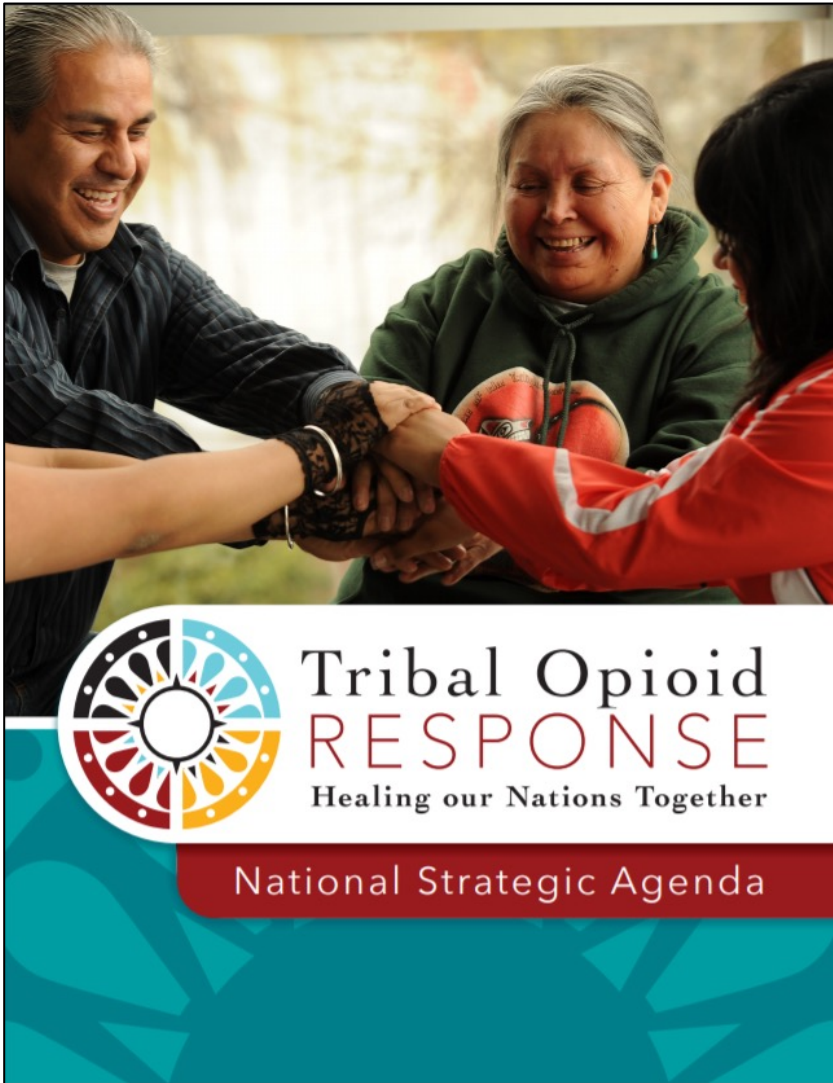
- The goal of the Tribal Opioid Response Agenda is to support tribal communities in healing our relatives and relations
- We have worked alongside tribal policymakers, national experts, service providers, and community members, developed this strategic agenda.



TOR Strategic Agenda

Recommendations based on:

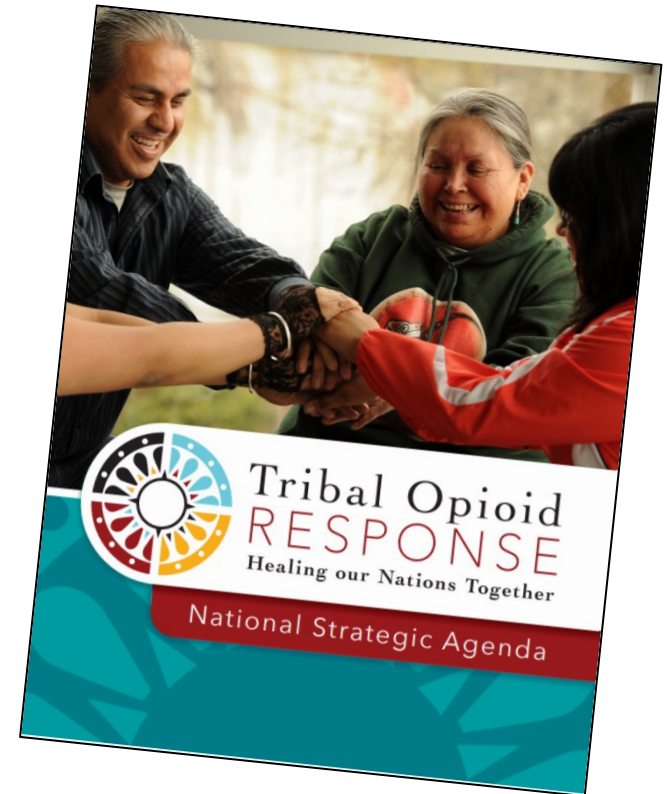
- Feedback gathered
- Advice from tribal policymakers and community members
- Insights from national and regional experts
- Feedback from people living with opioid use disorder



TOR Strategic Agenda

Recommendations are:

- Practical
- Span a wide breadth
- Including **7 Key Action Areas** that can result in measurable progress



TOR Strategic Agenda- Action Area #6

Growing the Evidence Base for Effective Tribal Opioid Interventions

- Invest in the development of culture-based prevention, treatment, and recovery approaches to OUD
- Grow the evidence and practice base on AI/AN substance use during pregnancy



Culture is Medicine



Encourage clients to participate in Indigenous healing practices and cultural traditions to support their overall health and wellness.

Incorporating Traditional Indigenous Knowledge in treatment settings and interventions that are grounded in Indigenous knowledge





Wellness

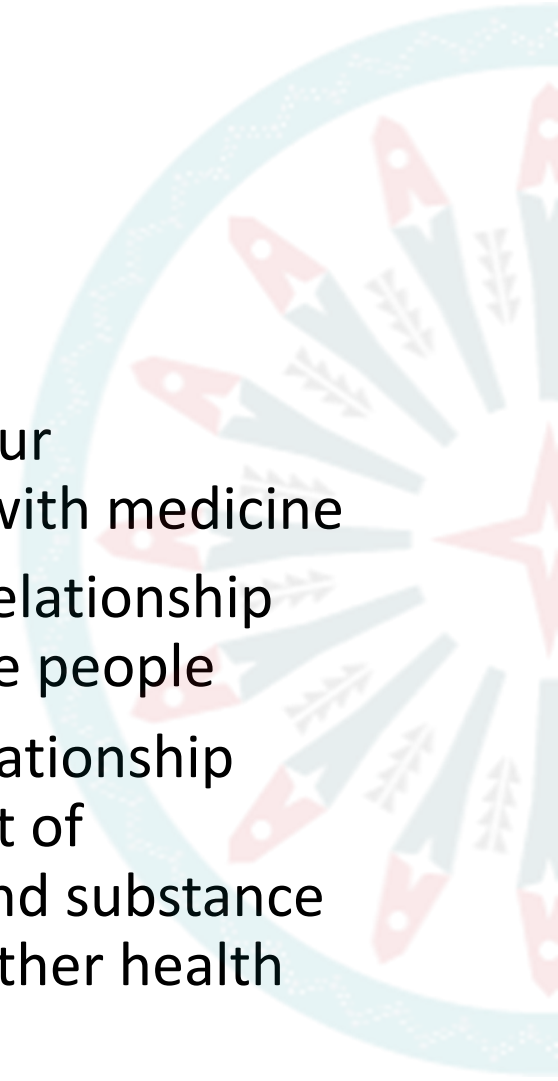
Sacred Tree: Four Worlds
International Institute.
<https://www.fwii.net/profiles/blogs/the-story-of-the-sacred-tree-1>



Relationship with Medicine



- Reestablish our relationship with medicine
- Change our relationship with medicine people
- Develop a relationship with the spirit of substances and substance misuse and other health conditions



49 Days of Ceremony

- **Traditional Indigenous Knowledge-based intervention for American Indian and Alaska individuals to:**
 - **mitigate the effects of trauma**
 - **holistically address health inequities**
 - **help individuals live full and balanced lives**



49 Days of Ceremony

Our Process



- ▶ **Develop lessons around 7 aspects of being a whole human that include :**

- ▶ **Preparation**
- ▶ **Journey**
- ▶ **Reflection**



49 Days of Ceremony Draft Framework



Take Away

- Centering the voice of PWUD and Tribal communities
- Responding to the needs of communities
- Relational Worldview
- Culture is prevention and a buffer in mitigating the impact of trauma
- When we include community and those we serve in the development of healing programs, we have better outcomes.



Contact Information

Jessica Leston, MPH

Director of Clinical Programs

Northwest Portland Area Indian Health Board

jleston@npaihb.org

Danica Love Brown, PhD

Behavioral Health Manager

Northwest Portland Area Indian Health Board

dbrown@npaihb.org

