



INDIAN + COUNTRY

ECHO

LEADING THE WAY ➡➡➡

# Indigenous Perspectives to Wellness and Holistic Healing

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*Growing the Ability to Deliver Quality Healthcare to  
American Indian and Alaska Native People.*

# Objectives

- I. Identify the items required in a treatment plan in regards to current standards of practice**
- II. Construct a treatment plan that includes the best standards of practice**
- III. Formulate ideas to include spiritual and cultural goals**
- IV. Describe the 49 Days of Ceremony program**

# Purpose

- A treatment plan is a detailed plan tailored to the individual patient and is a powerful tool for engaging the patient in their treatment. Treatment plans usually follow a simple format and typically include the following information
- The purpose of a treatment plan is to guide a patient towards reaching goals. A treatment plan also helps counselors monitor progress and make treatment adjustments when necessary. You might think of a treatment plan as a map that points the way towards a healthier condition. Without a treatment plan, a patient has no clear direction on how to improve behaviors, negative thinking patterns, and other problems impacting their lives. Treatment plans provide structure patients need to change.
- Model and technique factors account for 15 percent of a change in therapy. Research shows that focus and structure are critical parts of positive therapy outcomes.

# Steps for Treatment Plan

- **Assessment**
  - Done in dx
- **Formulation**
  - SMART
- **Implementation**
  - Engage, tracking progress, changing plan as appropriate

# Objectives

- **Specific**
- **Measurable**
- **Achievable**
- **Realistic**
- **Timely**

# Examples

Measure	Baseline Click or tap to enter a date.	Previous Session Click or tap to enter a date.	Current Session Click or tap to enter a date.	Severity
C-SSRS RECENT				
C-SSRS LIFETIME				
GAD-7				
PHQ-9				
PCL-5				
Pain Questionnaire				
Other				

Measurement Results:

# Sample

Goals	Intervention/Objective	Target Outcome	Progress
Risk management	<ul style="list-style-type: none"> <li>- Risk assessment/planning as needed</li> <li>- Address dynamic risk factors with patient</li> </ul>	- No SI/HI and risk stability for at least four weeks measured by CSSR-S screening and patient report	Please Select from Drop Down List
Improve symptoms of	<p>Safety Plan/Crises Response: Collaboratively developed a <a href="#">Select</a> safety plan with the patient including emergency contact numbers. The patient was provided a copy? N/A</p>	- Decrease score in symptom screeners	Please Select from Drop Down List
Improve symptoms of	<p>Next Follow-up/Scheduled Session: <a href="#">Click or tap to enter a date.</a>            Prevention Discussed: None            Patient agrees with plan: Yes, signed on <a href="#">Click or tap to enter a date.</a></p>	- Decrease score in symptom screeners	Please Select from Drop Down List
Personal strengths individual can rely on			

# Psychiatry and Indigenous People

- Goal is to identify and treat mental disorders
- Psychiatry Diagnosis
  - DSM
- Diagnosis and program funding
- Psychiatry and culture
- Psychotropic Medication
- Does not recognize colonization





# Parallel and Multiple Realities: Takiwatanga



Linklater, R. (2014). Decolonizing Trauma Work: Indigenous Stories and Strategies . Fernwood Publishing

Opai, K. (2017). Te Reo Hāpai – The Language of Enrichment. [www.tepou.co.nz](http://www.tepou.co.nz)

# Wellness

## Wellness

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



# Traditional Indigenous Knowledge

- “a cumulative body of knowledge, know-how, practices and representations maintained and developed by peoples with extended histories of interaction with the natural environment”
  - (International Council of Science, 2002, pg.3)



# “Chanspo Ikhvnanchi” Original Instructions

- Original instructions
- Relational restructuring
- Narrative transformation



# Indigenous Strategies

- Helping with Trauma
- Prayer
- Spiritual connection
- Love
- Relationships
- Cultural and Ceremonial Resources
- Cultural Assessment
- Cultural Identity and Decolonization

# References

- Barrins and Associates (2021, Nov 24) [Treatment Planning in Behavioral Healthcare: Survey Challenges. Treatment Planning in Behavioral Healthcare: Survey Challenges - Barrins & Associates \(barrins-assoc.com\)](#)
- The Joint Commission (2021, Nov 24) [bhc-standards-sampler-book.pdf \(jointcommission.org\)](#)
- Schmidt, Lyndsay (2021, Nov 24) Treatment Planning file:///C:/Users/kayle/OneDrive/Documents/T rainings/Treatment%20Planning/TreatmentPlanning\_Sc hmidt.pdf

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