



Indigenous Perspectives to Wellness and Holistic Healing

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Dolores Jimerson (Seneca Nation) | MSW, LCSW
NPAIHB | Behavioral Health Clinical Supervisor
djimerson@npaihb.org


INDIAN + COUNTRY

ECHO

LEADING THE WAY ➡➡➡

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

Objectives

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- 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


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- **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"> - Risk assessment/planning as needed - Address dynamic risk factors with patient 	- 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 Select 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: Click or tap to enter a date. Prevention Discussed: None Patient agrees with plan: Yes, signed on Click or tap to enter a date.</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

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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