

Welcome  
to  
**Reclaiming Native  
Psychological Brilliance  
Behavioral Health ECHO  
Series**

*While we are Gathering . . . enjoy this Native  
music video which we will start at 5 minutes  
before the hour.*



**Supaman - *Under the Big Sky***

*As a member of the Apsaalooke Nation, Supaman makes his home in Montana. Supaman is Christian Takes Gun Parrish, a Native American dancer and innovative hip-hop artist who has dedicated his life to empowering and spreading a message of hope and faith through a unique fusion of traditional and modern culture.*



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# Audience Participation Tips

- We are building a community! Please introduce yourself in the Chat (select Everyone) and let your fellow participants know your name, Tribal Nation affiliation if applicable, job title, and organization.
- Everyone will be muted until the Participant Reflections portion of the hour. During that segment, use the Raise my Hand icon on zoom, and the host will unmute you to offer your reflection.
- You will receive a link to the recording and presentation by the end of the week.



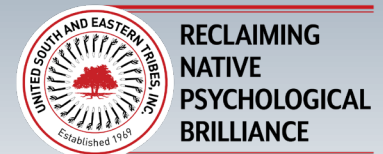
# Disclosures

## This activity is jointly provided by United South and Eastern Tribes and Cardea Services

Cardea Services is approved as a provider of nursing continuing professional development by the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the California Medical Association (CMA) through the joint providership of Cardea and **United South and Eastern Tribes**. Cardea is accredited by the CMA to provide continuing medical education for physicians.

Cardea designates this live web-based training for a maximum of **1 AMA PRA Category 1 Credit(s)™**, Physicians should claim credit commensurate with the extent of their participation in the activity.



# Continuing Education Information

## COMPLETING THIS ACTIVITY

Upon successful completion of this activity 1 contact hour will be awarded

Successful completion of this continuing education activity includes the following:

- Attending the entire CE activity;
- **Completing the online evaluation (available at the conclusion of the meeting in the chat);**
- Submitting an online CE request.

Your certificate will be sent via email. If you have any questions about this CE activity, contact Paige O'Sullivan at [posullivan@cardeaservices.org](mailto:posullivan@cardeaservices.org) or (206) 729-4773



# Disclosures

There are no relevant financial relationships with ineligible companies for those involved with the ability to control the content of this activity.



# Welcome to All My Relations

"Mitakuye Oyasin"... We are all Related in the Sioux Language.



**Bernice Youpee-Jordan, MPH**  
Citizen of the Fort Peck Sioux Nation  
*Public Health Program Manager*  
*Tribal Health Program Support*  
*United South and Eastern Tribes, Inc.*



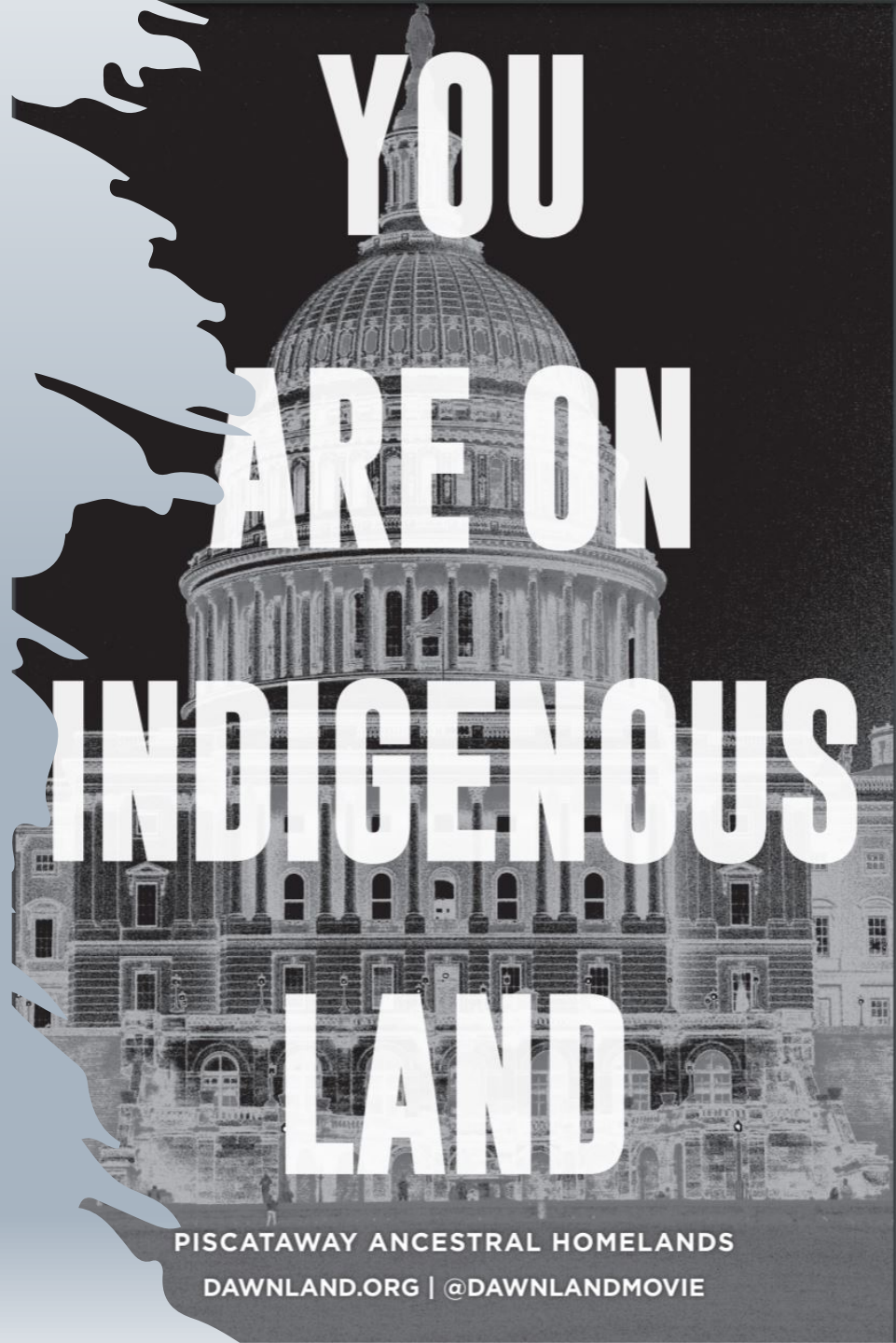


To learn and acknowledge what Tribal Nation land you and your organization are standing on, go to

<https://native-land.ca/>

or text your zip code or city to

**(907) 312-5085.**



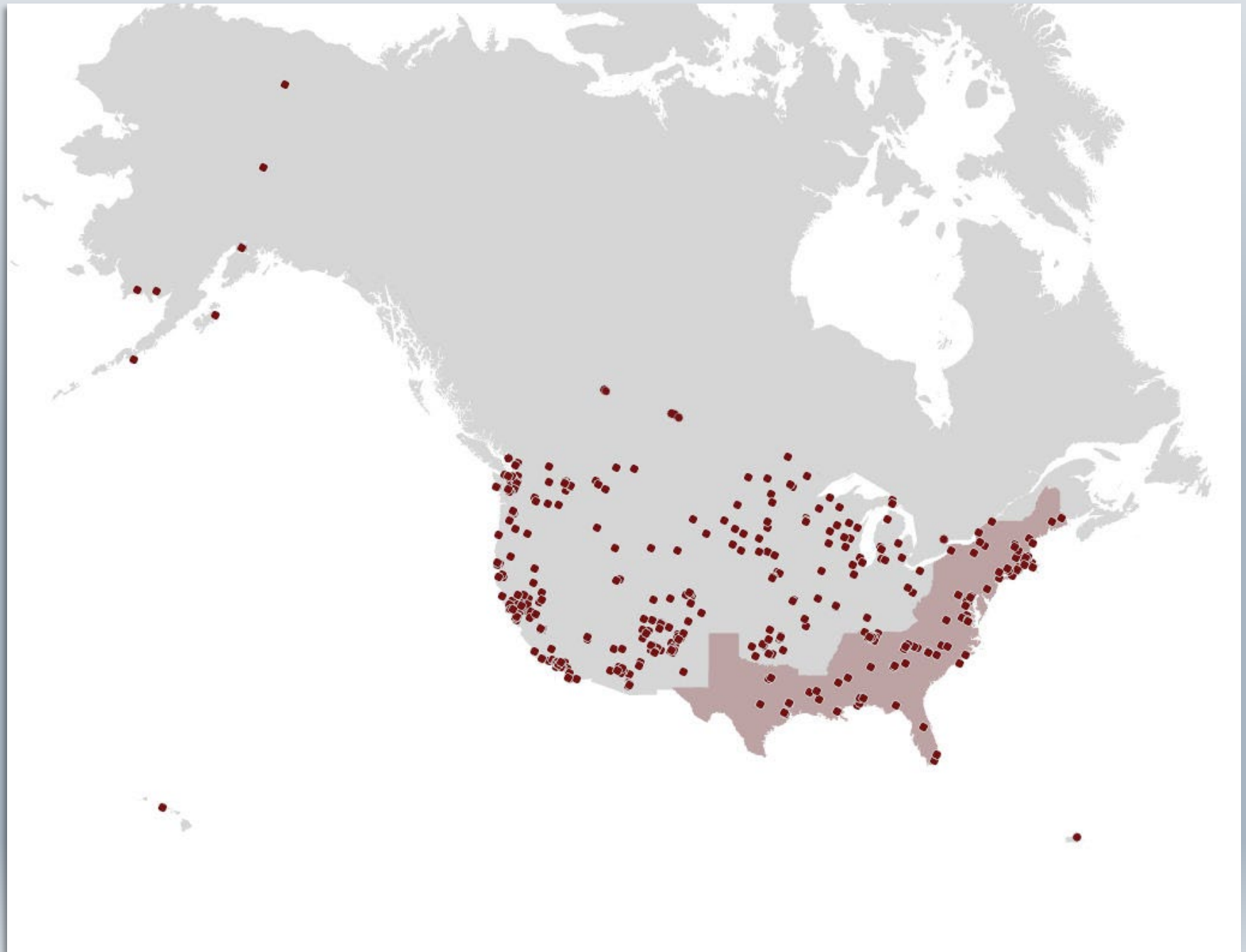
PISCATAWAY ANCESTRAL HOMELANDS

DAWNLAND.ORG | @DAWNLANDMOVIE

**We are  
reconnecting  
our Indigenous  
community!**

*Thank you for being a part  
of reclaiming our  
collective stories.*

Data is gathered from  
registration data





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# Our Past Sessions

January 2022 Session: **Introduction to the Reclaiming series**

February 2022 Session: **Nurturing psychological brilliance and resilience in Native young adults**

March 2022 Session: **Impact of western world view on Indigenous Behavioral Health**

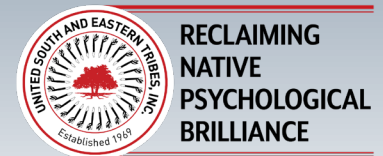
April 2022 Session: **Native Help-Declining and Help-Seeking**

May 2022 Session: **Native Trauma Layers and Post-traumatic Growth**

June 2022 Session: **Sacred Trust: Decolonizing Screening and Treatment**



**Holly Echo-Hawk, MSc**





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# Today's Learning Objectives

- a) Native psychological brilliance is asset to build on in treatment and recovery
- b) Increase understanding of role of trauma and emotional loss in increased vulnerability for behavior choices and addiction
- c) Learn ways to address the “hungry ghost”
- d) Broaden mindset on addiction treatment and culture-centered care and support



# Native Brilliance

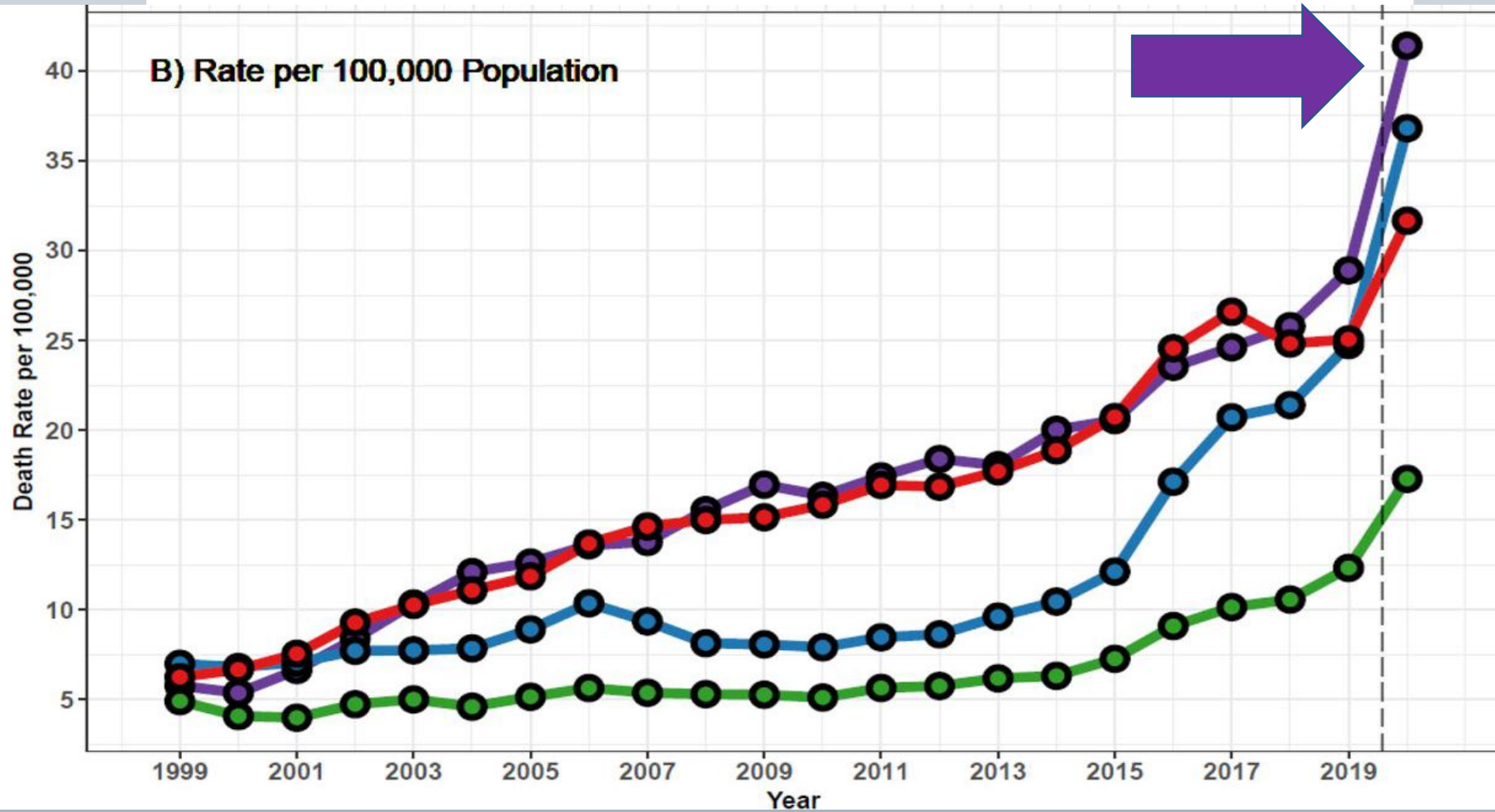
- Belief that all Native people, especially Native youth, are brilliant
- Native Brilliance = Assets & Tools to build on during substance use treatment and recovery

*What an honor to support a Native person seeking wellness and recovery*



## Drug Overdose Mortality By Race/Ethnicity, 1999–2020

American Indian or Alaska Native, Non-Hispanic   Black or African American, Non-Hispanic   Latinx   White, Non-Hispanic



AI/ ANs had the largest percentage increase in the number of deaths over time from 1999–2015, compared with other racial/ethnic groups

From 1999–2015, deaths rose more than 500% among AI/ ANs



- Misuse of any drug can be serious, but methamphetamines drug use in Tribal communities is growing concern. Polydrug use is also scary (using both opioids and stimulants)



Fentanyl has greatly increased fatal overdoses

*On the left, a lethal dose of heroin that can kill average size man; on the right, a lethal dose of fentanyl that can kill average size man.*

Photo from New Hampshire State Police Forensic Lab



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# American Society of Addiction Medicine (ASAM) Definition of Addiction

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences

People with addiction challenges use substances or engage in behaviors that become compulsive and often continue despite harmful consequences

Prevention and treatment approaches for addiction are generally as successful as those for other chronic diseases



# Some Treatable, Chronic Medical Conditions

- Diabetes
- Hypertension
- Asthma
- Addiction



# Substance Use and Hungry Ghosts

*Those existing in the hungry ghost realm are always seeking relief in substances, objects, and behaviors that they hope will fulfill them and ease their pain*



Gabor Maté, MD

Author of *In the Realm of Hungry Ghosts*



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# Substance Use and Hungry Ghosts

*“Most treatment facilities focus mostly on trying to change the behaviors, instead of healing the pain that drives those behaviors”*

*Dr. Gabor Maté*



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**MINDSET**

**HOW TO HELP  
LOVED ONES  
WITH  
ADDICTION**

**PART 3**





# Native Commentary: Don Coyhis

Don Coyhis

Founder and President, White Bison

Based in Colorado Springs and a proud facilitator of the Wellbriety Movement, White Bison provides sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaskan Native community nationwide



# Summary Remarks



**Harry Brown, MD**

United South and Eastern Tribes, Medical  
Epidemiologist  
Cherokee Indian Hospital Authority,  
Physician



**Holly Echo-Hawk, MSc**

Senior Behavioral Health Advisor



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# Resources

- **Finding your Authentic Self in an Unauthentic World – Part 3, How to Help Loved Ones with Addiction** (length: 22:45 minutes)  
<https://youtu.be/TW8mc6xLtp8>
- **Documentary: The Wisdom of Trauma** (trailer length: 03:21 minutes)  
<https://drgabormate.com/the-wisdom-of-trauma/>
- **White Bison**  
<https://whitebison.org/>
- **Wellbriety Training Institute**  
<https://whitebison.org/training-programs/>
- **Wellbriety Circles/Meetings**  
<https://whitebison.org/circle-meetings/>





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# CEU Information

**Don't forget to complete your survey!**

<https://survey.alchemer.com/s3/6826759/Reclaiming-Native-Psychological-Brilliance-Learner-Evaluation-July-26>

Follow-up questions?

- Bernice Youpee-Jordan at [bjordan@usetinc.org](mailto:bjordan@usetinc.org)
- Bryan Hendrix at [bhendrix@usetinc.org](mailto:bhendrix@usetinc.org)



**See you in August – Same time on the 4<sup>th</sup> Tuesday**

***August 23, 2022 Topic:***

***Role of Indigenous Healing  
Practices in Native Life Re-balance***

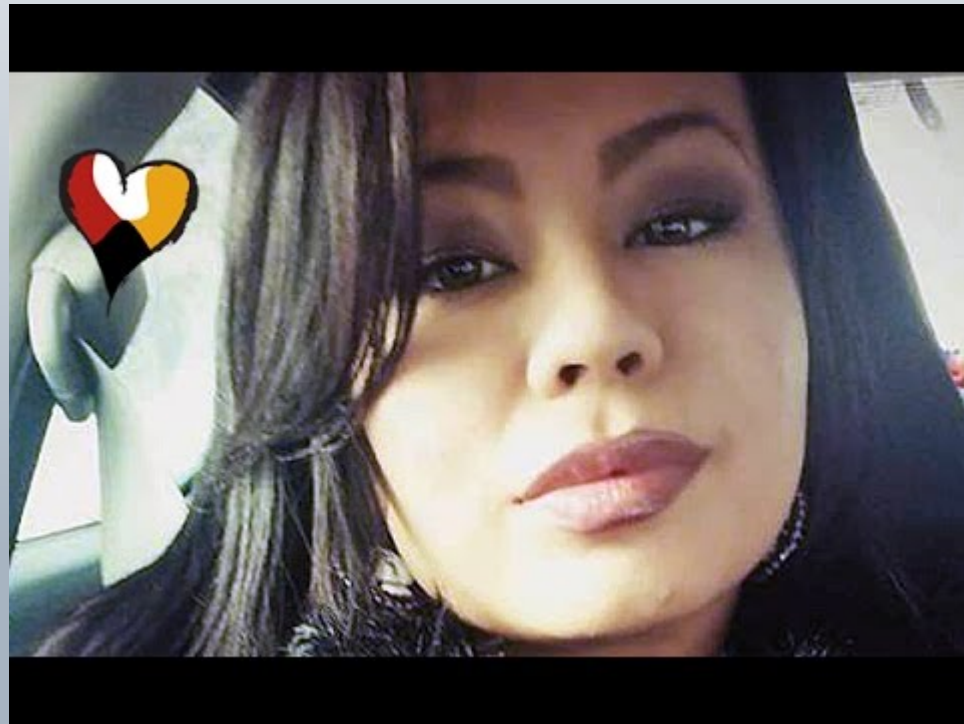


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*Quiet- Mary Black*

*Powerful spoken word poetry "QUIET" by Ojibwe Native woman Mary Black on not being silent as an Indigenous woman in Canada and the struggles that First Nations communities face today.*



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