



Native Center for
Behavioral Health

IOWA



Native American Mental Health

Ray Daw, Dine', MA

May 17, 2023



Native Center for Behavioral Health

The Native Center for Behavioral Health is supported by The University of Iowa, College of Public Health. The content of this event is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of the Native Center for Behavioral Health, University of Iowa, or the College of Public Health.





Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations

Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations

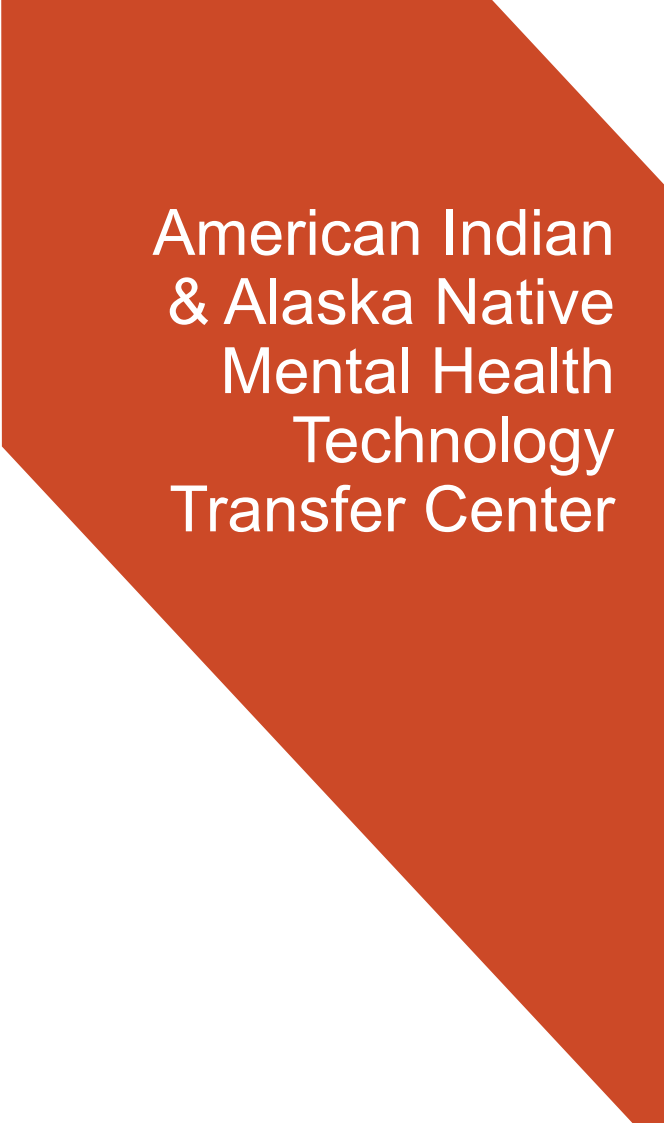
Keokuk, Sean A. Bear, 1st. Meskwaki Nation



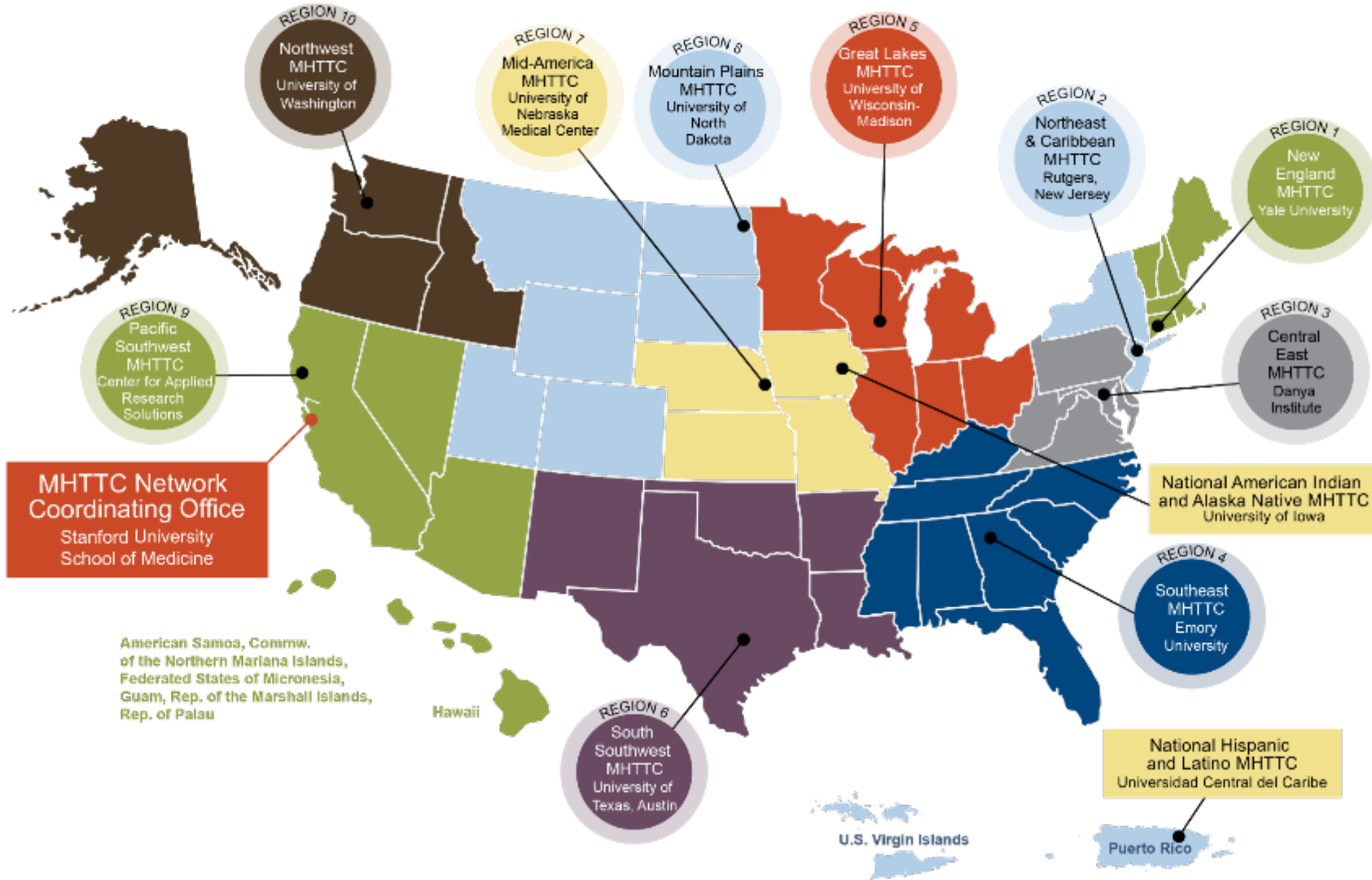
MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



American Indian
& Alaska Native
Mental Health
Technology
Transfer Center



SAMHSA

Substance Abuse and Mental Health
Services Administration

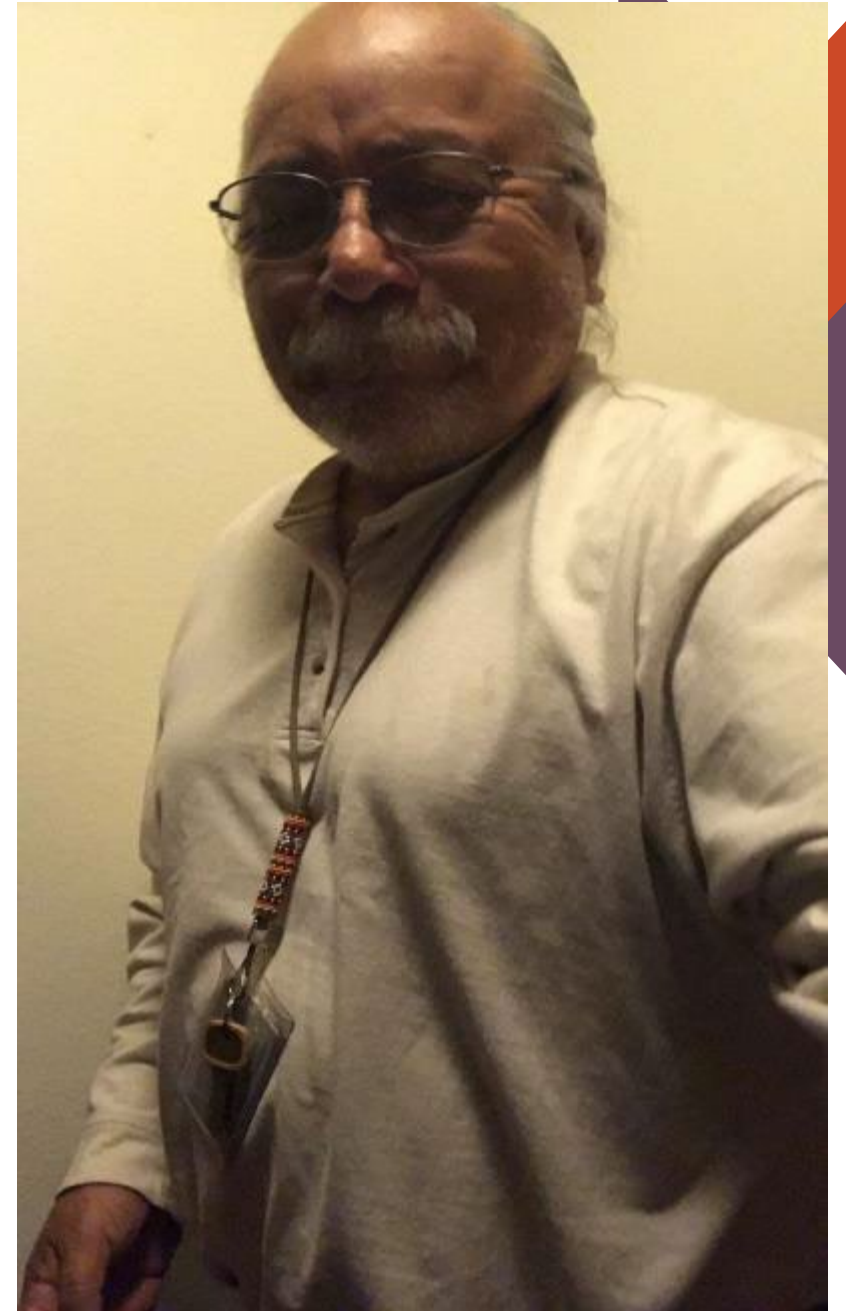
The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

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Today's Speaker

- I am Dine' (Navajo) From New Mexico. I'm currently a Native American behavioral health consultant. My career has been largely within and around the Navajo Nation, Native non-profits and most recently in rural Alaska, in both inpatient and outpatient settings. My work in behavioral health has been heavily towards developing Native trauma-appropriate approaches that are healing and effective in tribal behavioral health prevention, Intervention, and treatment services.
-
- My work includes extensive experience as a consultant with SAMHSA in program development and evaluation, culturally-based prevention and intervention services, public policy, grant reviewing, and American Indian/Alaskan Native modalities. I'm also trainer in motivational interviewing and historical trauma.



Who am I?

Kinyaa'áanii

nishíí

Tł'ízi Łání

báshishchiin

Tsi'naajinii

dashicheii

Tódich'íí'níi

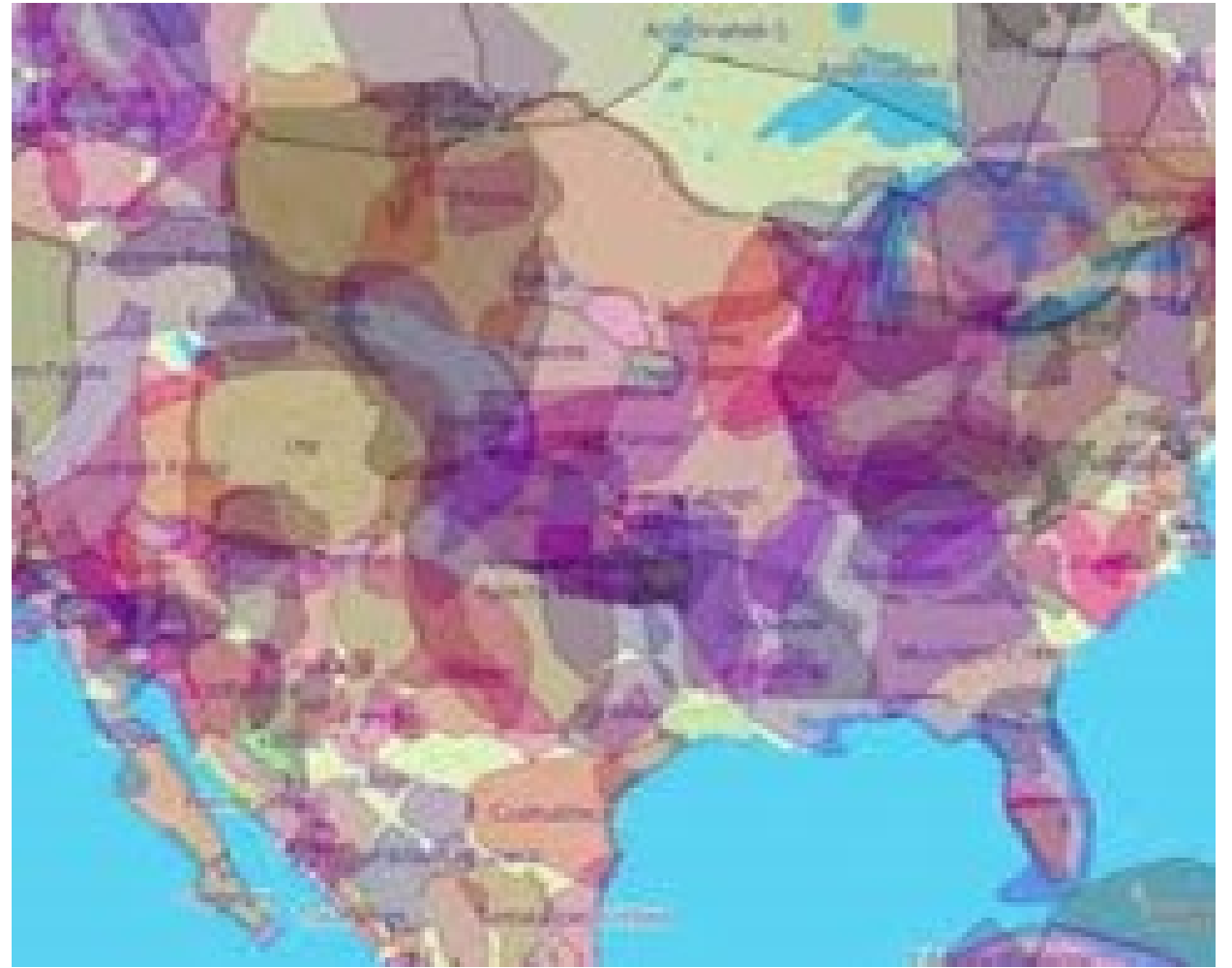
dashinali



Objective 1.
Provide an
historical overview
Native American
lifestyles and
cultures.



Native land use practices



What is “A **federally recognized tribe**”?

- A **federally recognized tribe** is an American Indian or Alaska Native tribal entity that is recognized as having a government-to-government relationship with the United States, with the responsibilities, powers, limitations, and obligations attached to that designation, and is eligible for funding and services from the Bureau of Indian Affairs¹². **Federally recognized tribes** are recognized as possessing certain inherent rights of self-government and are entitled to receive certain federal benefits, services, and protections because of their special relationship with the United States³.
- **The federal government recognizes 574 Native American tribes in the continental U.S. and Alaska**



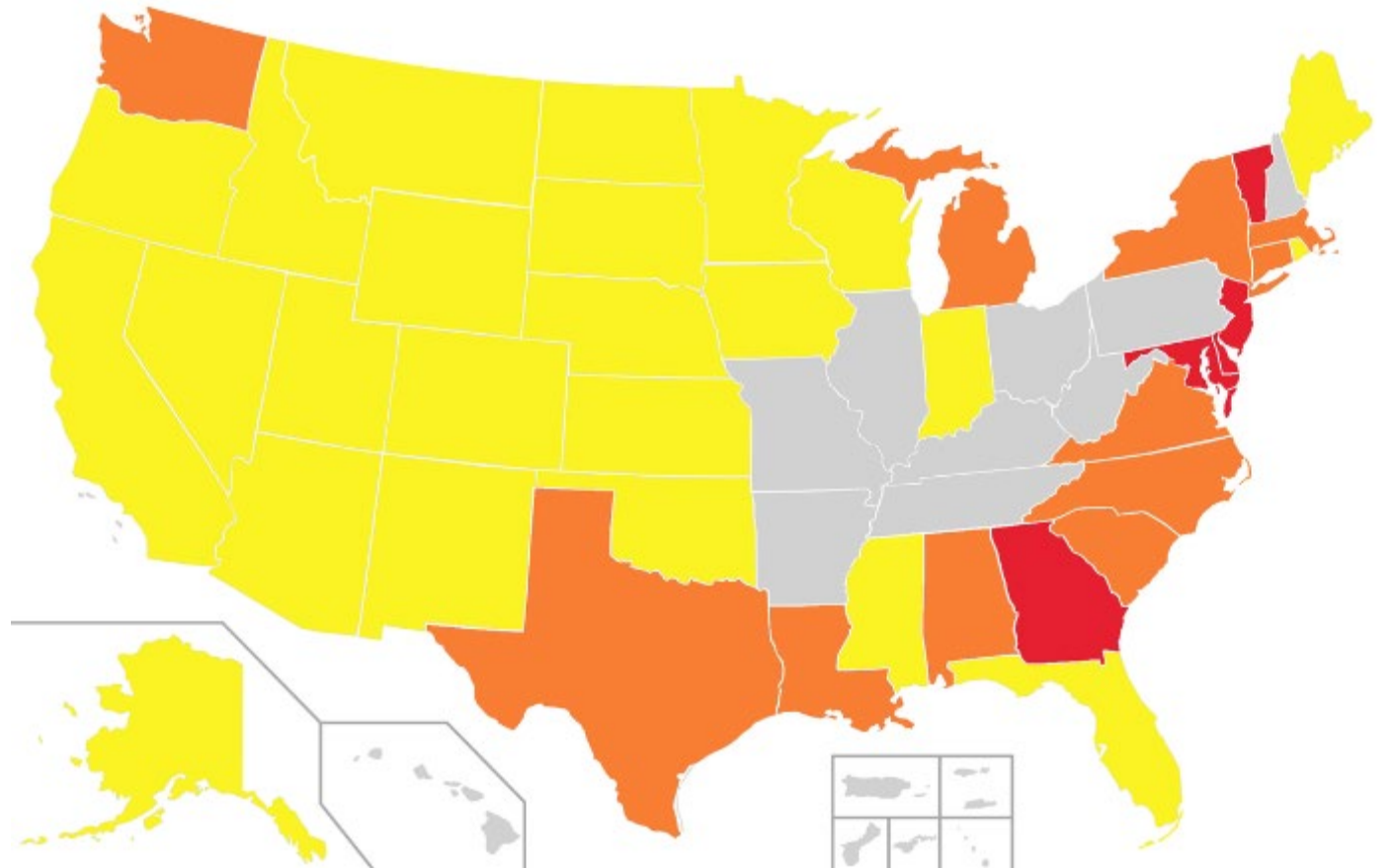
What are “**State-recognized tribes**”

- **State-recognized tribes in the United States** are organizations that identify as [Native American tribes](#) or heritage groups that do not meet the criteria for [federally recognized Indian tribes](#) but have been recognized by a process established under assorted [state government](#) laws for varying purposes. State recognition does not dictate whether or not they are recognized as Native American tribes by continually existing tribal nations.
- By 2008 a total of 62 Native American tribes had been recognized by states.



Yellow: states with federally-recognized tribes
Red: states with state-recognized tribes
Orange: states with both federal- and state-recognized tribes
Grey: states with neither federal- nor state-recognized tribe

SBy User:Bellerophon5685, User:Yuchitown - updated version of File:Tribal recognition by state.png, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=46588727>



What percentage of Native Americans live in cities?

- Approximately **70 percent** of American Indians and Alaska Natives live in urban areas, with 25 percent of them residing in counties served by urban Indian health programs authorized and funded through Public Law 94-437, Title V.
- [Urban Indian Health Program | Fact Sheets](#)
- www.ihs.gov/newsroom/factsheets/uihp/



In Chat, respond to the question below

Which tribes have you interacted with professionally? Respond in chat

_ * _ * _ * _ * _ * _ * _ * _ * _ *

In chat, write your response. .



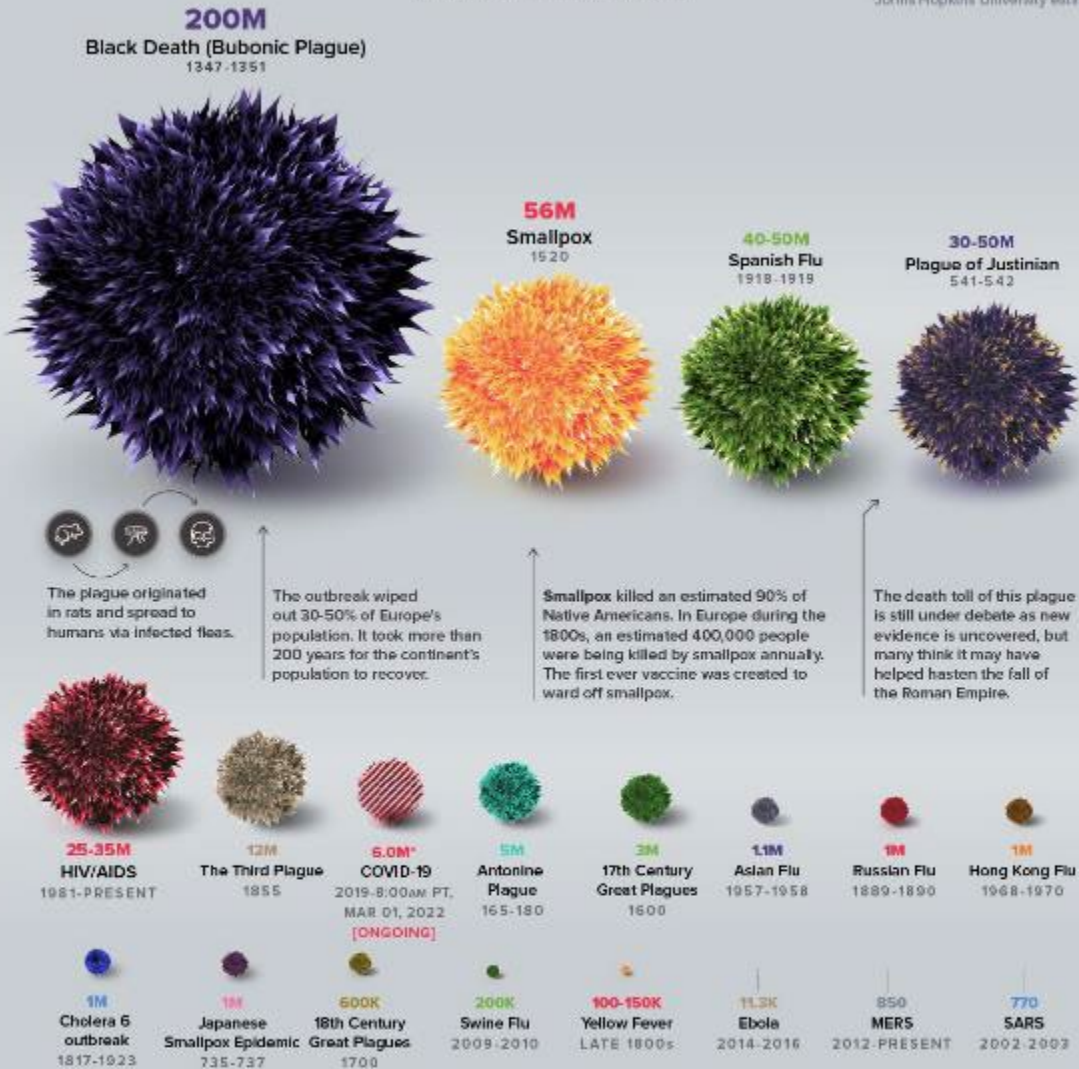


Objective 2.
Provide an
overview of
Native American
mental health
disparities



DEATH TOLL [HIGHEST TO LOWEST]

The Impact of COVID-19 because the disease is new to medicine, and data is still coming in.
*Johns Hopkins University estimates



World's Deadliest Plagues

- Smallpox killed an estimated 90% of Native Americans, as Europeans landed in the Americas

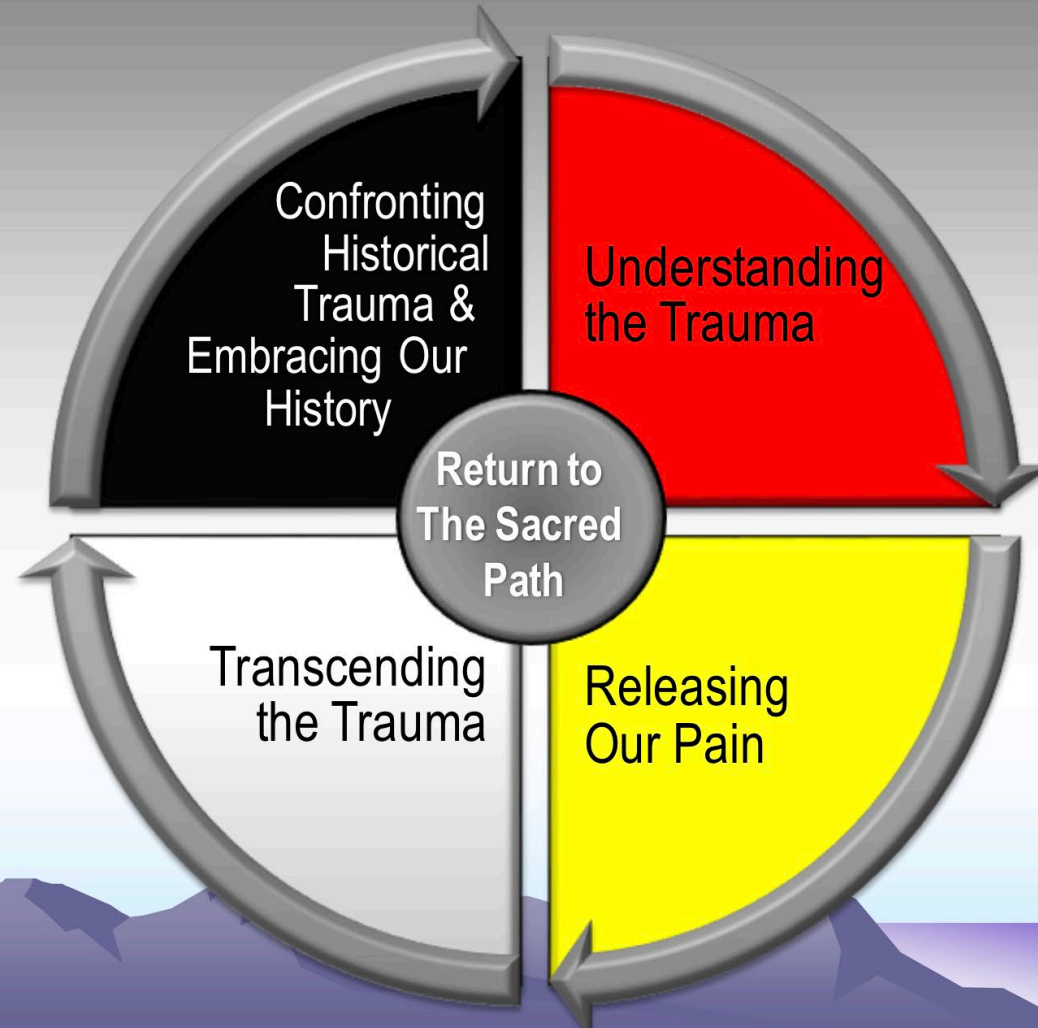
*Johns Hopkins University estimates



We now know that Trauma can be passed to descendants through the genes, biologically, but also psychologically through stories, the education system, the environment, such as other students or adults, and social means



Four Components of HTUG



***“Kill the Indian,
Save the Man.”***



The graduating class of 1898 at Carlisle was told to...

***“Let All That Is
Indian In You Die.”***

Trauma

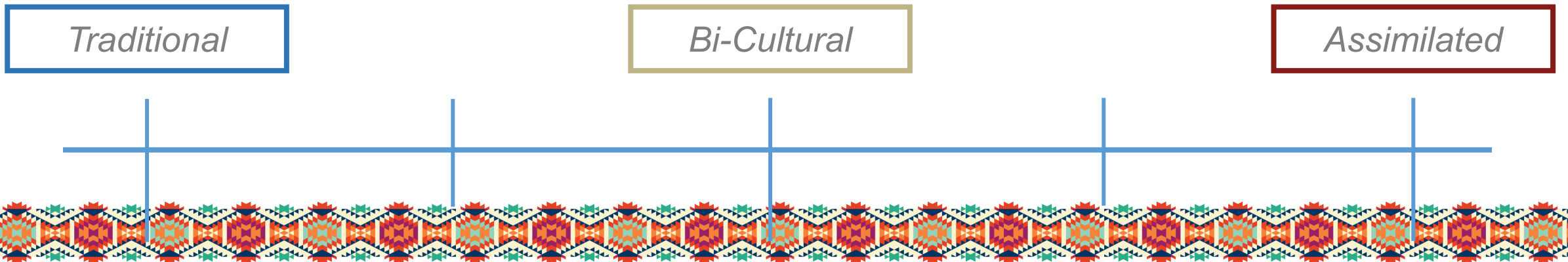
- American Indians appear to experience traumatic events at a higher rate than what was previously reported in the general population. (Beals, et al., 2005; Manson et al., 2005; Robin et.al., 1997)

Assimilation



Acculturation

- Assessing a patient's acculturation level can help to identify what treatment approach may be most beneficial to his or her recovery. A patient that is determined to be more assimilated may prefer Westernized treatment approaches; a patient who identifies with traditional practices may prefer more traditional healing approaches; conversely, a patient who is bi-cultural may prefer a mix of both types of treatment.



Native American life expectancy has dropped 5 years

- Major Disparities
 - Diabetes
 - Adult Obesity
 - Homicide
 - Alcohol-related deaths
 - Youth obesity
 - Influenza and Pneumonia

Moderate Disparities

- Suicide

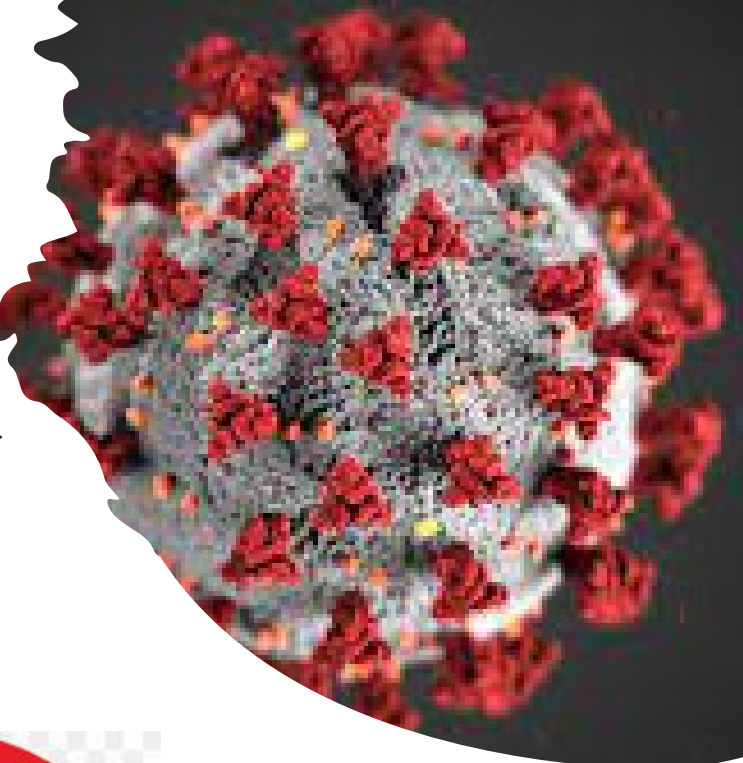
Low Disparities

- Infant mortality
- Smoking
- Prenatal care
- Child vaccinations

Suicide Death Rates Per 100K – United States, 2013–2015

Characteristic	Large metropolitan	Medium/ small metropolitan	Nonmetropolitan/ rural
County Urbanization	12.72	16.77	19.74
Sex			
Male	20.20	26.68	31.62
Female	5.91	7.51	8.06
Race/Ethnicity			
White non-Hispanic (NH)	17.24	20.24	21.96
Black NH	6.56	6.89	6.07
American Indian/ Alaska Native NH	14.00	19.60	29.07
Asian/Pacific Islander NH	6.70	8.35	9.35
Hispanic	6.37	7.97	10.21

Source: [Suicide Trends Among and Within Urbanization Levels by Sex, Race/Ethnicity, Age Group, and Mechanism of Death – United States, 2001–2015](#). MMWR Surveillance Summaries, 66(18);1–16, 2017



Social impact of mental illness





In Chat, respond to the question below

How is Native American history different from your ethnic history?

*_ * _ * _ * _ * _ * _ **

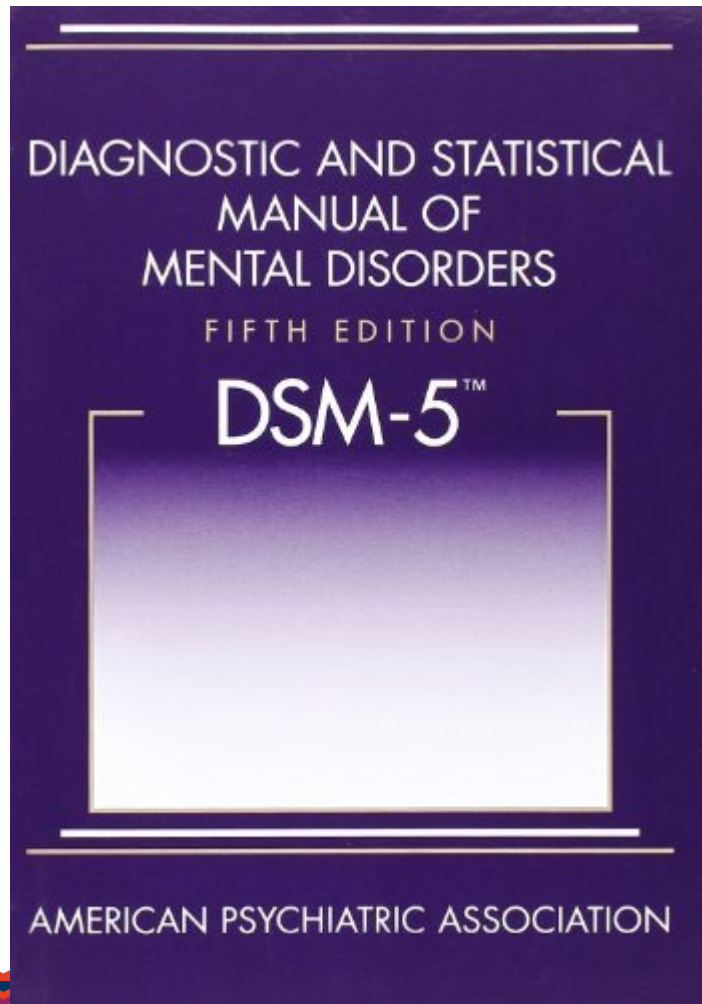
- In chat, write your response.



Objective 3.
Describe Native
American cultural
considerations for
improved mental
health



Mental Health: Euro-American &/OR Native American



INTEGRATING SPIRITUALITY INTO TREATMENT



RESOURCES FOR PRACTITIONERS

EDITED BY WILLIAM K. MILLER



MHTTC

Mental Health Technology Transfer Center Network
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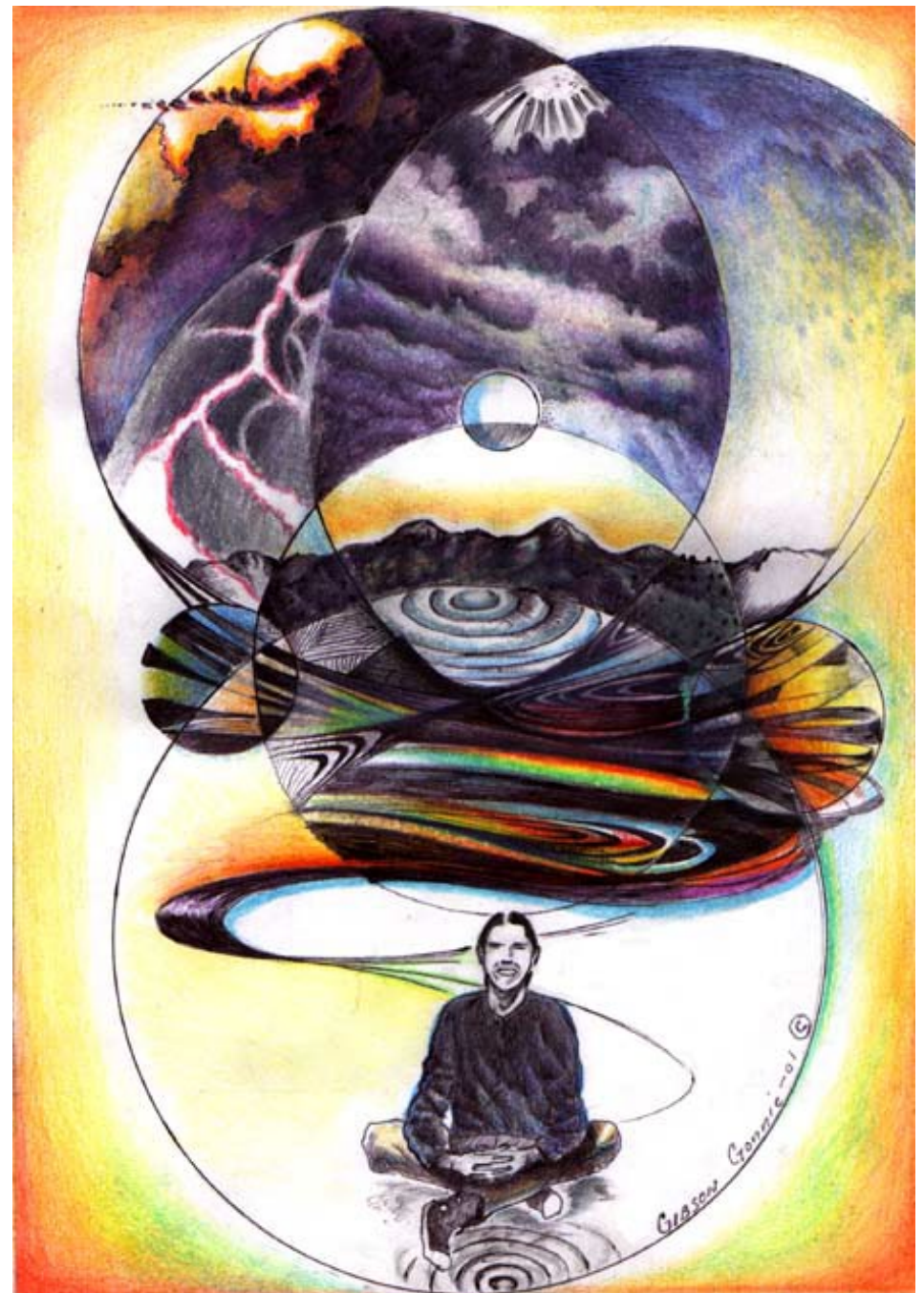
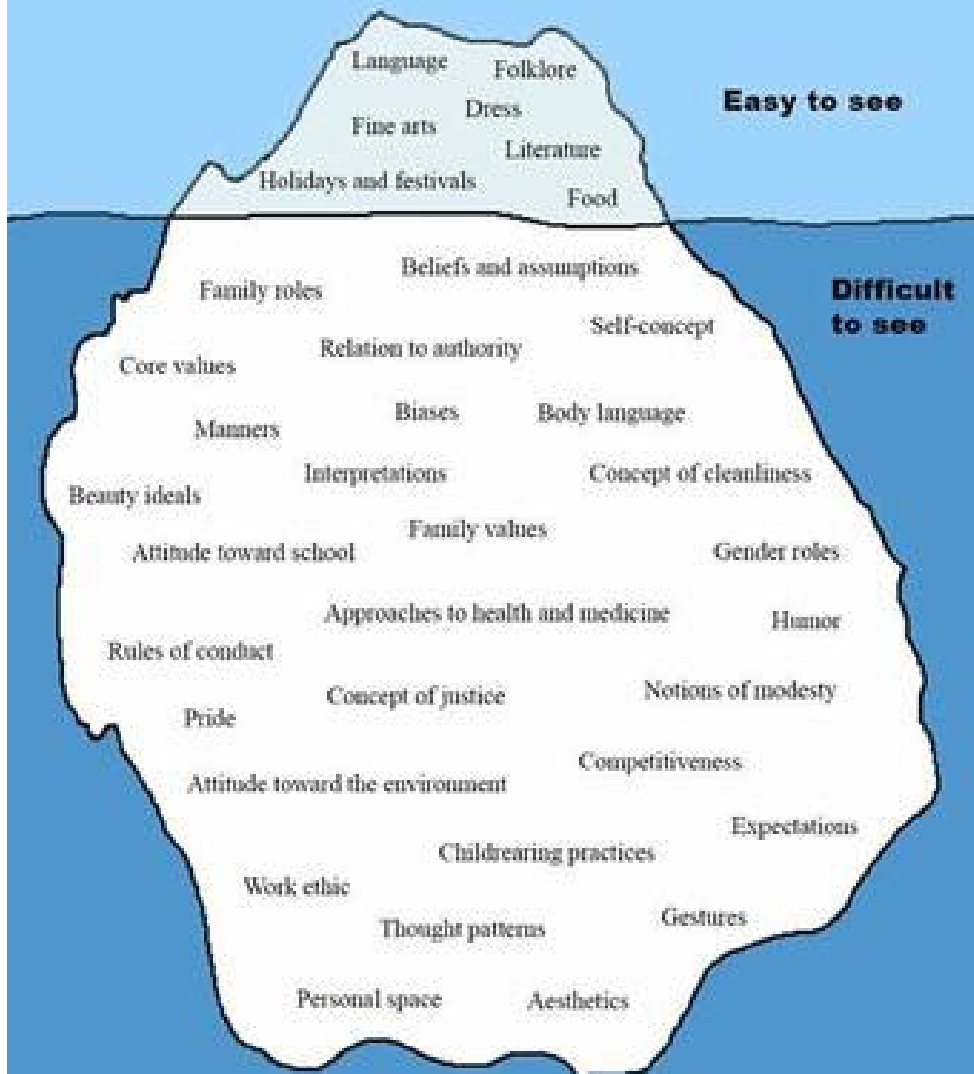


National American Indian & Alaska Native

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The Cultural Iceberg



American Indian & Alaskan Native Spirituality

- “The Lakota culture had specific rituals and practices for grieving that allowed for a year of publicly expressed mourning, followed by a ceremony to heal that grief. U.S. policies outlawing native ceremonies interrupted the process of grieving over events such as the Wounded Knee Massacre of 1890, in which the U.S. Army killed between 150 and 300 Lakota men, women, and children.”

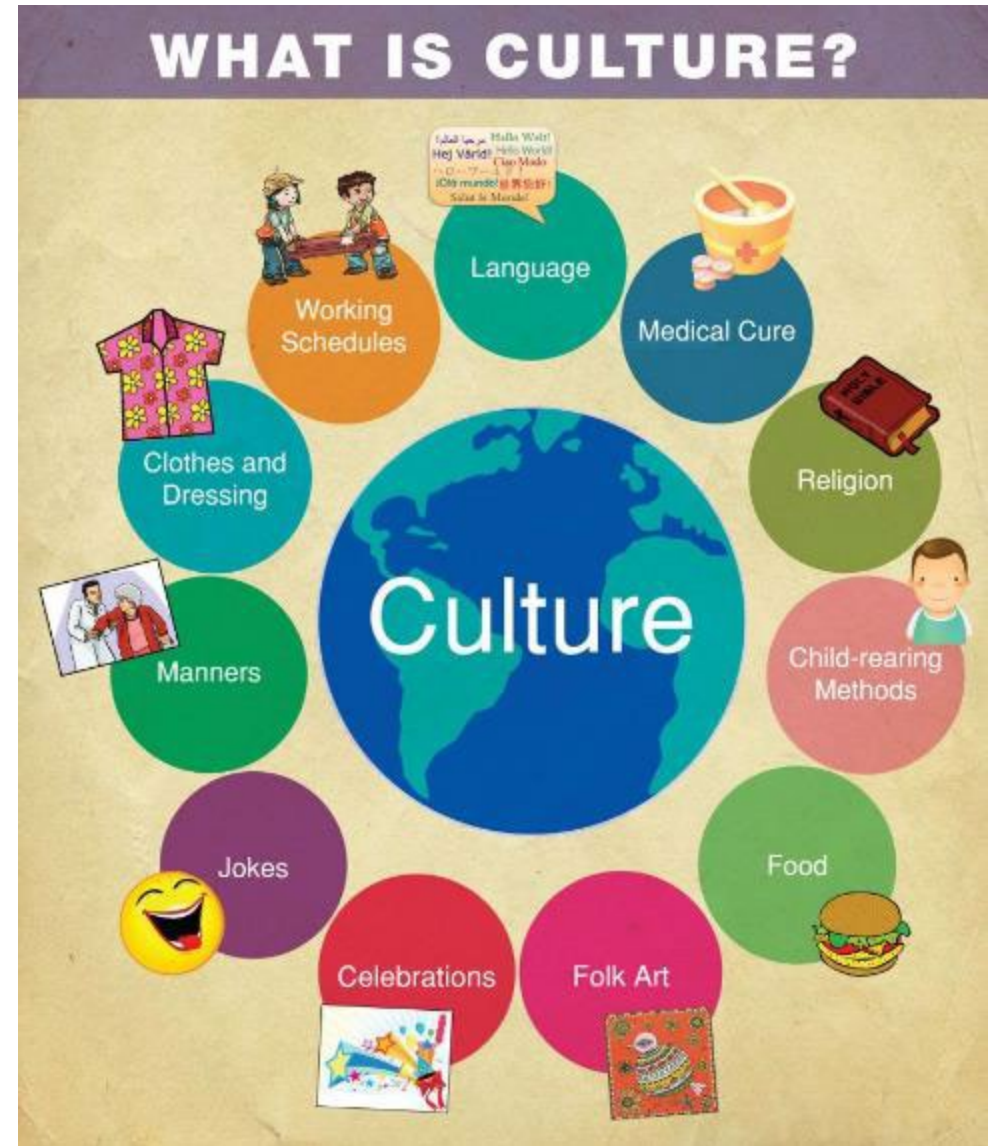
**TIP 61, Behavioral Health Services for
American Indians and Alaska Natives, page
20**

TIP 61, page 46

- Behaviors that mainstream providers might label as symptoms of mental illness may be seen among American Indians and Alaska Natives as the expression of special gifts (e.g., hallucinations, manic symptoms). Native peoples may also perceive physical conditions as sacred; for example, dementia may be viewed as a process or sign that the person's spirit has already crossed over into the next world. Although the body has remained behind as it prepares to leave, the person's spirit is already communicating in the spirit world, making it difficult for those left behind to understand the person's language and behavior. Therefore, caring for individuals who are transitioning may be perceived as sacred work.

Raise your hand and react to the question below.

What cultural roots do you have? Provide your answer in chat?





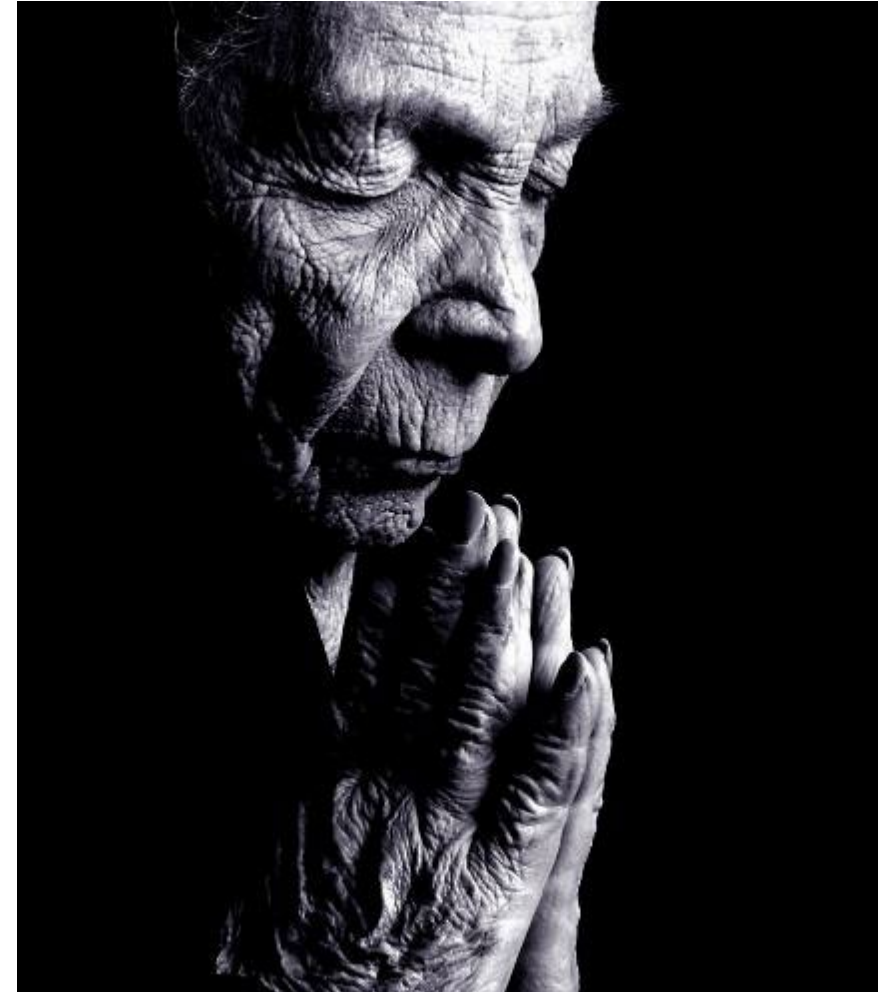
Objective 4.
Traditional healing
practices





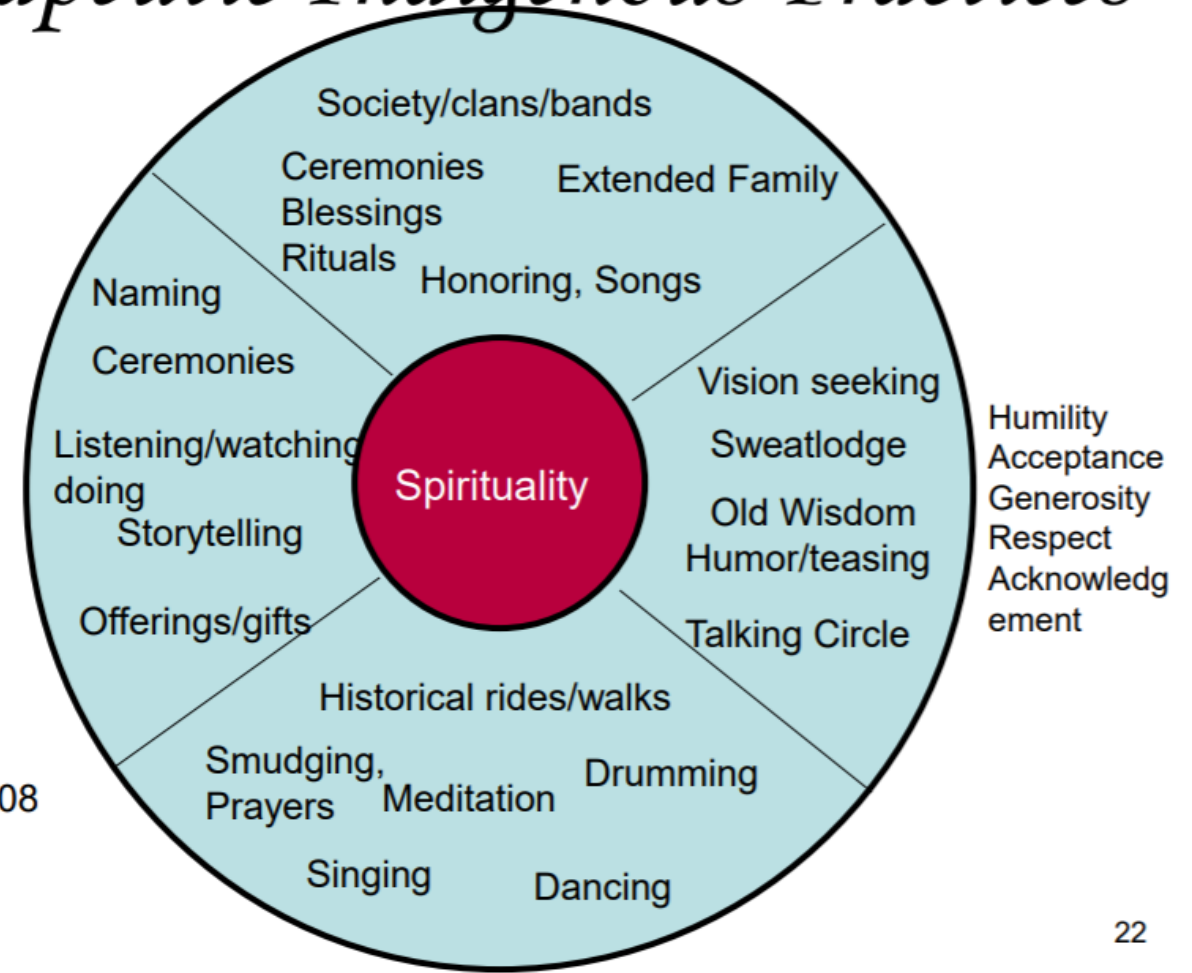
Traditional vs. Non-Traditional

- *What is considered traditional?*
 - *Tribe specific*
 - *From another tribe*
 - *Regional teachings*
 - *From other spiritual ways*
- *Traditional healing practices can include, but are not limited to the use of herbal remedies, purification ceremonies, sweats, (Scurfield, 1995) dream interpretations, and empowering rituals (Krippner & Colodzin, 1989), as well as healing ceremonies, fasting, prayer, etc.*



Many American Indian/Alaska Native Veterans may prefer to use Traditional healing and spiritual practices over Euro-American approaches to heal from emotional stress.

Therapeutic Indigenous Practices



BigFoot 2008

Traditional Healing practices

- Herb-Doctors
- Bone/Tube Doctors/Healers
- Paints/Markings
- Hand Shakers/Tremblers
- Hand healers
- Travelers
- Dreamers
- Interpreters
- Dancers
- Seers



What traditional approaches exist to deal with anxiety

- Prayer
 - talking to a trusted relative
 - asking for help
 - Fitness
 - Songs
-

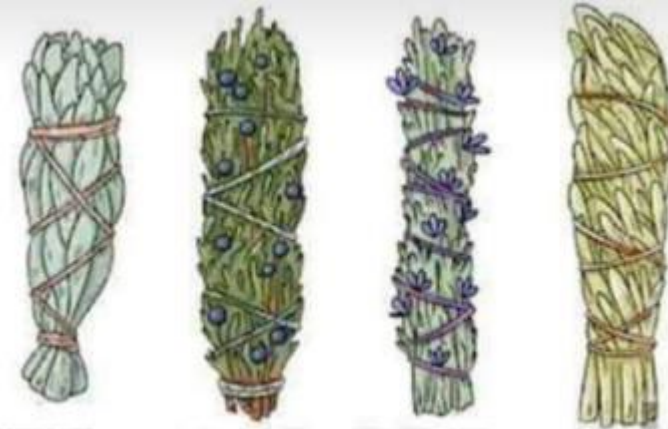


Practicing
beliefs



Medicine vs Medication

- Many Natives may not want to use pharmacologicals, but would prefer traditional medicinal healing or Herbs.
 - Traditional Medicine today is termed Non-traditional healing or herbs, which is different to Native Americans.
 - Medicine is considered much more than medication to Native Americans, which comprises ceremonies, herbs, healing, knowledge, everything, or a way of life.
-



WHITE SAGE

BEST KNOWN CEREMONIAL SMUDGE PLANT, IT CAN CHANGE THE MOOD AND ENERGY OF A ROOM, IT IS ALSO USED FOR MEDITATION, CLEANSING, AND PURIFICATION.

JUNIPER

BURNED FOR RITUAL PURIFICATION AND TO INVIGORATE THE MIND AND BODY WHEN TIRED.

LAVENDER

USED FOR CLEANSING, PSYCHIC PROTECTION, INCREASING CLAIRVOYANCE, CREATING THE ENERGY OF HAPPINESS AND HEALING, PURIFICATION, AND TRANQUILITY.

MUGWORT

USED TRADITIONALLY TO CLEANSER ENERGIES AND GET RID OF NEGATIVITY, MUGWORT ALSO HAS A REPUTATION FOR STIMULATING DREAMS. THEREFORE, MANY BURN IT BEFORE BEDTIME.



CEDAR

PEOPLE HAVE USED IT TO DRIVE OUT NEGATIVE ENERGY, BRING IN GOOD INFLUENCES, AND EVEN TO BLESS A NEW HOUSE WHEN PEOPLE ARE MOVING IN.



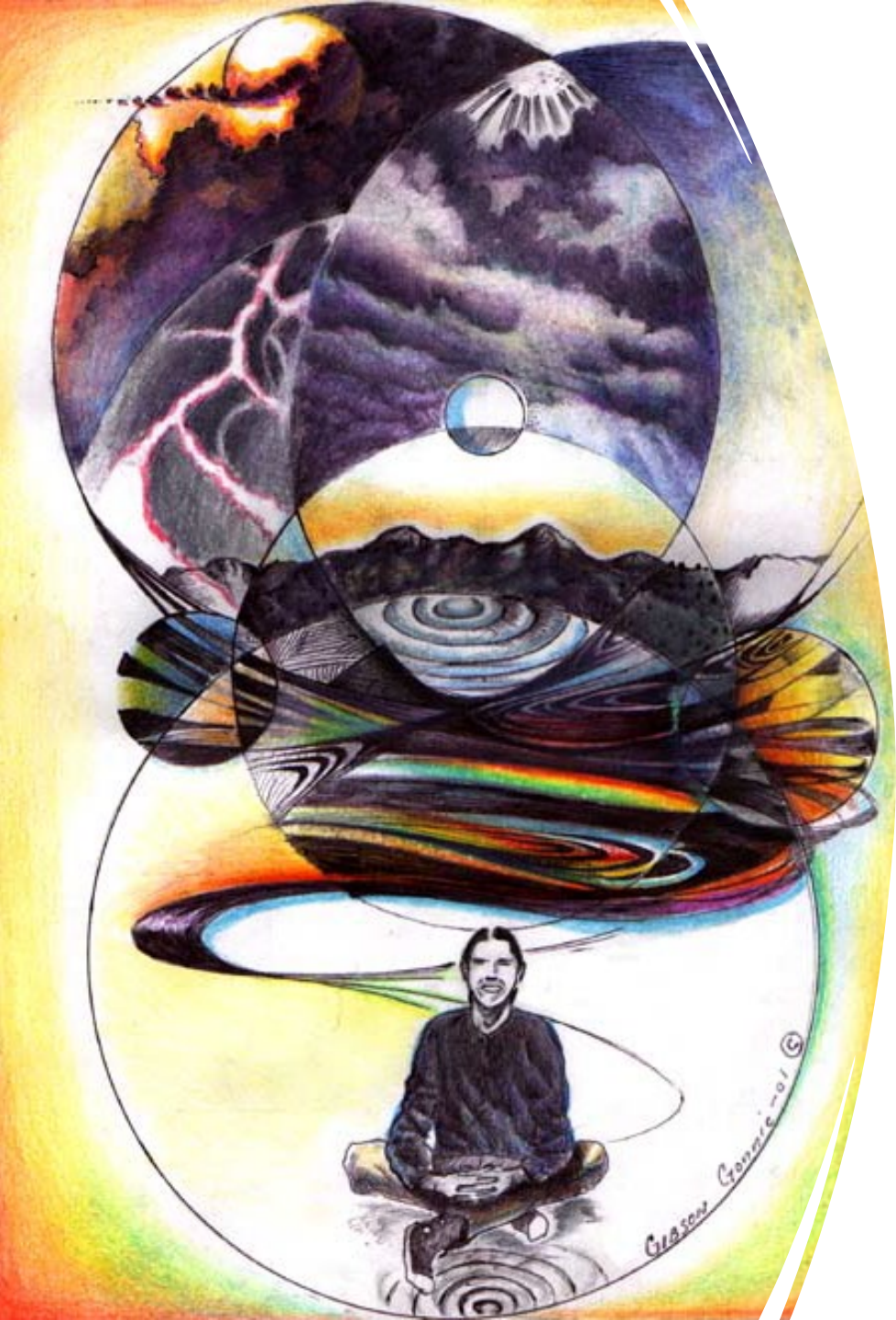
ROSEMARY

THIS HERB IS A POWERFUL CLEANSER FOR YOUR HOME AND YOUR OWN AURA. IT'S ASSOCIATED WITH FIRE, THE SUN, AND MASCULINE ENERGY.



PALO SANTO

PURIFYING THE SPIRIT AND CLEARING NEGATIVE ENERGY ALSO KNOWN TO INSPIRE CREATIVITY, BRING A DEEPER CONNECTION TO THE DIVINE SOURCE, AND AID IN PHYSICAL HEALING.



From Teachings

- Fear, Anger, Shame, Guilt, Jealousy, Greed, Envy, and etc., were meant to be fought and overcome.
- We often worry about things that don't even really matter



Call, Text, or Message

988

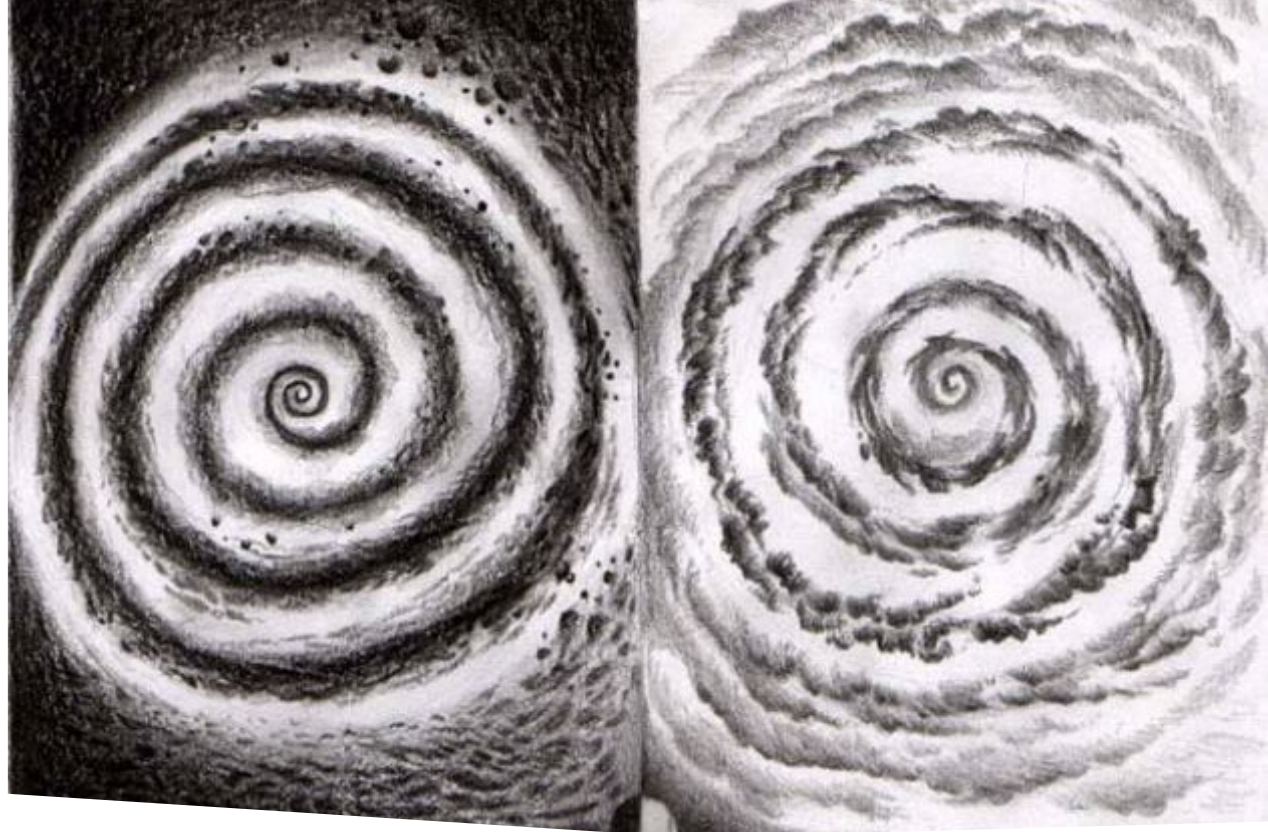
For Mental Wellness

 988 NM Crisis Support

 988nmcrisissupport

 988nmcrisissupport

<https://988nm.org/>





In Q&A,
present
questions.

Contact information



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PhotoScan by Google Photos

