Morningstar Counseling and Consultation is a Native and Woman owned practice that prioritizes providing culturally responsive and integrative care for our clients.

Our approach honors and recognizes cultural practices, while providing the highest level of behavioral health services.
Reclaiming the path to Wellness

Behavioral Health and Substance Abuse Culturally Responsive Approaches
Anitra Warrior, PhD
08/28/2023
Kansas Tribal Health Summit
Topeka, KS
Objectives

- Highlight the current substance abuse rates across Indian Country.
- Address culturally responsive treatment options, challenges to treatment.
- Care of the provider.
Silent Prayer and Reflection
Statistics

- **American Addiction Centers (2022)**
  - much higher rates of substance abuse than other ethnic groups
  - risk factors and increased risk for health issues

- **JAMA Network (2018)**
  - adolescents higher rates on or near reservations

- **National Institutes of Health (2022)**
  - highest drug related deaths between 2013-2017 compared to other ethnic groups
  - Commercial tobacco correlated with morbidity and mortality
  - methamphetamine use has increased
  - risk and protective factors not well understood
Services and Treatment Options

- MAT
- Abstinence
- Redroad
- 12 Step/AA/NA Groups
- Inpatient
- Outpatient/Intensive Outpatient
- Fatherhood/Motherhood is Sacred
- Education and TTA: Opioid Response Network (ORN), Addiction Transfer Technology Center (ATTC)

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Culturally Responsive Treatment

- Evidence-based treatment options
- Culturally adapted models
- Provider training
- Models of Supervision
- Facility operation
- Policies and procedures
Culture is Prevention

- Power of Protocols
- Lessons learned
- Thought Process (arena)
- Relationships (listening to elders)
- Vulnerability
- Service to others
Social Determinants of Health

- Indigenous Lens
  - Economic Stability
  - Educational Access
  - Healthcare access and quality
  - Neighborhood and environment
  - Social and community Context

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## H/T PTGFramework (Ortega-Williams, et al 2020, pg. 8)

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<tr>
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<th>HT</th>
<th>PTG</th>
<th>HT-PTG</th>
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<tbody>
<tr>
<td><strong>Unit of analysis</strong></td>
<td>Individual, family, community (mass group)</td>
<td>Individual Level</td>
<td>Individual and community (mass group)</td>
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<td><strong>Trauma-Impact</strong></td>
<td>Individual, collective, intergenerational</td>
<td>Individual Lifespan Psychological</td>
<td>Intergenerational</td>
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<td><strong>Recovery Approach</strong></td>
<td>Cultural, spiritual, psychological, social</td>
<td>Psychological</td>
<td>Cultural, spiritual, psychological, social, historical</td>
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<td><strong>Intervention</strong></td>
<td>Cultural, spiritual, psychological, social (Individual/small group)</td>
<td>Psychological (Individual)</td>
<td>Growth and transformation (Collective/mass group-level)</td>
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Care of the Provider

- Provider well-being
- Provider diversity and diversity training
- Microaggressions
- Secondary trauma/burnout
- Power differential
- Stage of development
We are available to provide:

- Culturally Responsive College CAPS Programming (Counseling and Psychological Services)
- Pre K - 12 School Outreach Services
- Culturally Competent, Health Literate Material Development
- Consultation
- Training
- And more!

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