

About Us



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

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Topeka, KS

www.morningstar-counseling.com



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)



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



H/T PTG Framework (Ortega-Williams, et al 2020, pg. 8)

	HT	PTG	HT-PTG
Unit of analysis	Individual, family, community (mass group)	Individual Level	Individual and community (mass group)
Trauma-impact	Individual, collective, intergenerational	Individual Lifespan Psychological	Intergenerational
Recovery Approach	Cultural, spiritual, psychological, social	Psychological	Cultural, spiritual, psychological, social, historical
Intervention	Cultural, spiritual, psychological, social (Individual/small group)	Psychological (Individual)	Growth and transformation (Collective/mass group-level)

Care of the Provider

- Provider well-being
- Provider diversity and diversity training
- Microaggressions
- Secondary trauma/burnout
- Power differential
- Stage of development





CONNECT WITH US!

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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!

