

National Indian  
Health Board



# Wise Practices: Linking Culture and Programming

MSPI Webinar Series

March 2015



# Objectives

By the end of this webinar, participants will be able to:

1. Define wise practices
2. Identify key success factors for integrating wise practices
3. Identify success from the field

# Best Practices



Most often is used to describe guidelines or practices driven more by clinical wisdom, guild organizations, or other consensus approaches that do not necessarily include systematic use of available research evidence

# Thinking critically about best practices...

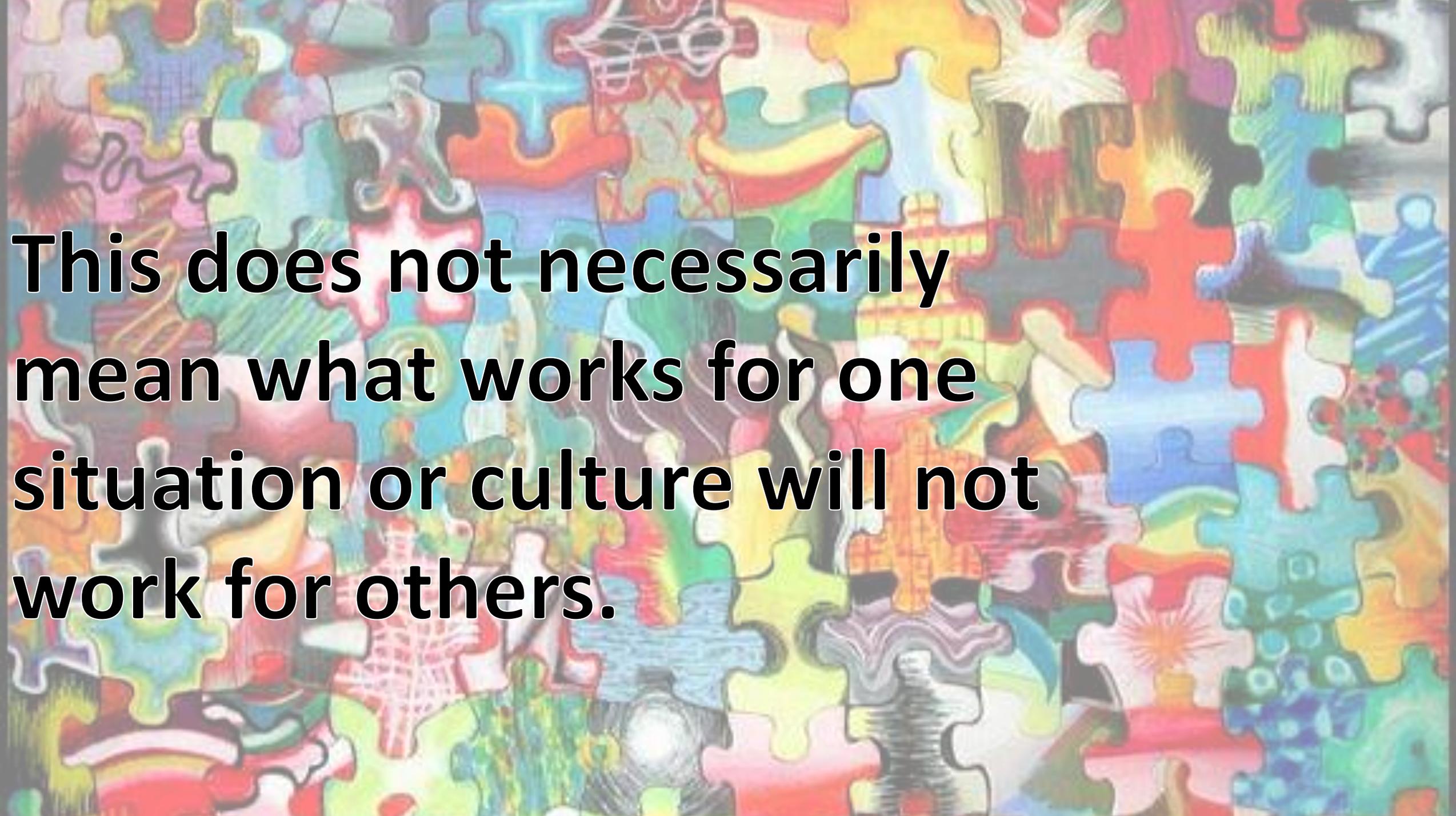
- Based on Eurocentric ideals
  - Emphasis on the individual and psychological/biological aspects
- Hierarchical
- One size does not fit all



# Cultural Relevancy

Traditional AI/AN Values	Euro-American Contemporary Values
Group emphasis	Individual emphasis
Cooperate with nature	Control over nature
Listening/observation skills	Verbal skills
Limited eye to eye contact	Eye to eye contact important

*(The Red Road to Wellbriety, 2002)*



**This does not necessarily  
mean what works for one  
situation or culture will not  
work for others.**

# What are wise practices?



Interventions and protocols that are reflective of Indigenous peoples' worldview and ways of creating knowledge

*(Leading an Extraordinary Life: Wise Practices for an HIV Prevention Campaign with Two-Spirit Men, 2007)*

# Practice-Based Evidence vs. Wise Practices

Practice based evidence is a range of treatment approaches and supports that are derived from, and supportive of, the positive cultural of the local society and traditions





**WHAT KIND OF WISE PRACTICES ARE OCCURRING IN YOUR PROGRAMS?**

Please share with the group by typing your answer in the chat window.

# Examples of Wise Practices

- Seven Grandfather Teachings
- Medicine Wheel Teachings
- Sweat Lodges
- Talking Circles
- Traditional Ceremonies
- Traditional Medicine
- Traditional Foods



# Tips for Integrating Culture Into Programming



- Work with a community advisory board or traditional advisors to examine and adapt a Western best practice
- Conduct a community assessment to see where the gaps in the best practice program exist
- Talk to participants to see what they think is missing or what would strengthen the program

# Tips for Integrating Culture Into Programming

- Work with project officer and TA providers to integrate the two approaches
- Understand what cultural elements have been demonstrated as protective factors in your community and incorporate them into the program
- Changing core components of a standardized practice may alter the ability to achieve the





community based approaches

holistic care, treatment, and support

Wise Practices Success Factors

performance evaluation

sharing outcomes

# Community Based Approaches



Communities have autonomy to develop approaches that fit their needs and circumstances

# Holistic Care, Treatment, and Support

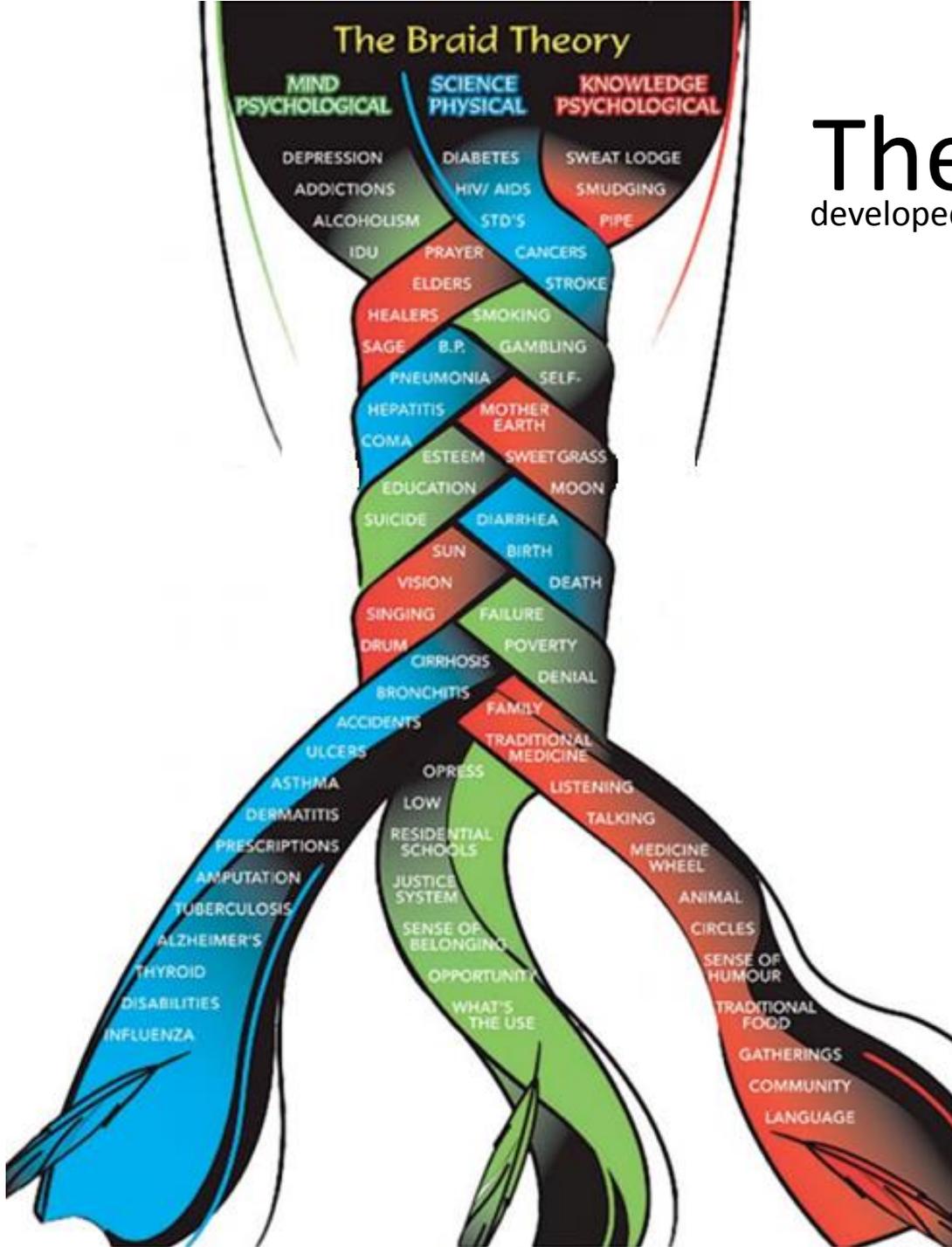
- The holistic approach intertwines
  - Physical wellness
  - Mental wellness
  - Spiritual wellness
  - Emotional wellness



Based on the World Health Organization definition

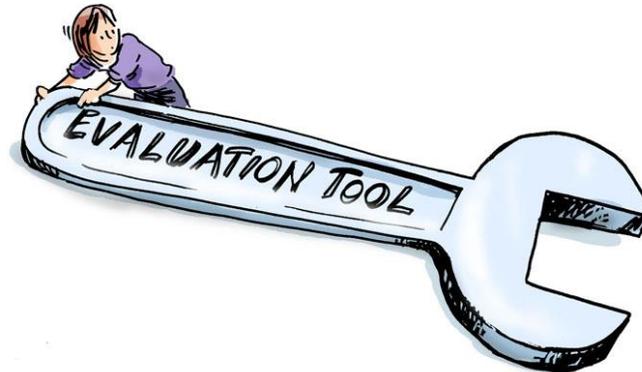
# The Braid Theory

developed by Lucy Barney of Chee Mamuk



# Performance Evaluation

- Assess whether the practice has achieved its intended goals
- Understand how the practice achieved its goals, or why it didn't
- Identify how efficient the practice is
- Assess how meaningful it was for participants
- Informs how to build or improve practice



**Why**

**SHARING OUTCOMES**

Please share with the group by typing your answer in the chat window.

# Sharing Outcomes

- Creates a case for continued funding and support
- Creates buy-in from stakeholders
- Transparency
- Opportunity to secure collaborators
- Demonstrates success
- Enriches the fields





## *The Healing Lodge of the Seven Nations*

- Adolescent residential chemical dependency treatment center
- Consortium effort lead by
  - The Colville Confederated Tribes
  - The Spokane Tribe of Indians
  - The Kalispel Tribe
  - The Kootenai Tribe of Idaho
  - The Coeur d'Alene Tribe
  - The Nez Perce Tribe
  - The Confederated Tribes of the Umatilla
- Switched programming from punitive juvenile correctional model to culturally relevant curriculum



# References

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- White Bison, Inc. (2002). Chapter 2: The Solution is in the Culture. In *The Red Road to Wellbriety in the Native American Way*. Colorado Springs, CO: Author.

# Additional Resources

- [Indian Health Service](#)
- [National Indian Health Board](#)
- [One Sky Center](#)
- [Suicide Prevention Resource Center](#)
- [Substance Abuse and Mental Health Services Administration](#)



**QUESTIONS?**

# National Indian Health Board



# Thank you!

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