2015 National Behavioral Health Conference

Behavioral Health Integration With Primary Care

Integrating Traditional Healing

Anthony Abramson Jr., Supervisor,
Traditional Medicine Program,
Sault Saint Marie Tribe of Chippewa Indians

Indian Health Service | Office of Clinical and Preventive Services
Disclosure

• The presenter has no financial relationship to this program.
Objectives

At the end of this presentation, participants will be able to:

• 1. Describe examples of traditional healing practices
• 2. Explain help seeking behaviors for traditional vs western medicine
• 3. Design ways to incorporate traditional healing with integrated health
Sault Ste. Marie Tribe of Chippewa Indians

Traditional Medicine Program

**Traditional Practitioners:**

**Harlan Downwind** – Ojibwe
Red Lake Reservation

**Keith Smith** – Ojibwe
Red Lake Reservation

**Dorothy Sam** – Elder Advisor
Mille-Lacs Tribe

**Practitioners Assistants:**

**Peggy Holappa** – Odawa

**Kim Vallier** – Ojibwe

**Program Supervisor:**

**Anthony Abramson Jr.** - Ojibwe
Learning Objectives

» Describe examples of traditional healing practices
» Explain help seeking behaviors for traditional vs western medicine
» Design ways to incorporate traditional healing with integrated health
Traditional Healing

» Research has found that American Indian men and women who meet the criteria for depression/anxiety or substance abuse are significantly more likely to seek help from traditional/spiritual healer than from specialty or other medical sources.

» In recent studies of AIAN, some 34 to 49% of those with diagnosed behavioral disorders used traditional healers and some 16% to 32% of AIAN people using biomedical services for emotional problems had also seen a traditional healer. (American Psychiatric Association Fact Sheet, Mental Health Disparities: American Indians and Alaska Natives, 2010)
“When you heal
A hurting part
Of your life
Your brightness
Shines on Everyone”

-Adam Lussier
Overview

» Program Objectives
» Program Description
» Services Provided
» Integration
» Outreach
» Highlights
» Goals
Program Objectives

» Holistic Medicine Approach
  > Mental
  > Emotional
  > Physical
  > Spiritual

» Services to meet spiritual and cultural beliefs
» Encourage/Teach individual well-being and health
» Support health education and disease prevention goals for the Strategic Health Plan
» Facilitate the integrations of Traditional and Western Medicine
Program Description

» Established in 1995 and 1st in the United States to be integrated into a health delivery system.
  > Recognized and accepted within Tribal Community
  > Serves as a model program for other Tribes

» Traditional Practitioners are employed to provide on site service
  > Easter Upper Peninsula of Michigan
  > 7 County Service Area

» Services are available at all Tribal Health Facilities
7 County Service Area

Sault Ste. Marie Tribe of Chippewa Indians Units

- Sault Ste. Marie Tribal Health Center
- Lambert Health Center – St. Ignace
- Manistique Health Center
- Munising Tribal Health Center
- Hessell Health Office
- Newberry Community Health Clinic
- Escanaba Health Office

Sault Tribe’s service area is divided into five units covering seven counties in the eastern Upper Peninsula of Michigan.
Services Provided

» Patient Visits with Traditional Practitioner
  ➢ Consultation, diagnosis, treatment
  ➢ Anishinabe name, clan, and color ceremonies

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<th>Patient Visits</th>
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» Approaching a Traditional Healer or Medicine Person
  ➢ A Healing Journey for the Individual
  ➢ Seeking Help
  ➢ Offerings – Semaa (Tobacco)
Services Provided

» Provisions of treatment with traditional plants/herbal medicines
  > “Mishkiki” – “Medicine” – “Strength of the Earth”
  > Harvest, Process, and Inventory
  > Electronic Health Records (EHR)

» Re-establish rare plants and medicines onto tribal and private properties
Traditional Plants
“Chibiibiigwewanushk”

Angelica (angelica sylvestris)
“Wiikehn”

Sweet Flag (acorus americanus)
Burdock (arctium lappa)
“Doodooshaaboojiibikan”

Dandelion (taraxacum officinale)
“Namewashkoonz”

Swamp Mint (mentha aquatica)
Peppermint (mentha balsamea)
Goldthread (coptis trifolia)
“Mashkibag”

Labrador Tea (ledum groenlandicum)
“Ajidamowaano”

Yarrow (achillea millefolium)
“Makakii”

Plantain (plantago major)
“Miinan”

Blueberry (vaccinium corymbosum)
“Okwamish”

Wild Cherry (pronus serotina)
Properly Identifying Traditional Plants
Properly Identifying Traditional Plants (continued)
Services Provided

» Provision of healing sweat lodges prescribed by Traditional Practitioners
“Maadoodooswain”

Sweat Lodge
Sweat Lodge (continued)
» Seasonal Fasting ceremonies, Releasing Ceremonies, and Arthritis Treatments
Services Provided (page 2)

» Referrals to Sault Tribe medical providers, substance abuse, and mental health providers
  > Behavioral Health
  > Community Health
  > Nutritionists
  > Drug Court
  > Physicians/Medical Providers
  > Big Drum Society
  > Midewin Society
Services Provided (page 3)

» Volunteer Programs

> Assist in locating, harvesting, and processing Traditional Medicines
> Assist in Sweat Lodges or other ceremonies
Integration (page 1)

» Health Division
   > Strategic Health Plan
   > Electronic Health Records

» Meet with Medical Providers
   > Professional Staff Organization
   > Referrals
   > Electronic Health Records
   > Cultural Awareness

» Behavioral Health
   > Referrals
   > Fasting – Releasing Camp

» Community Health
   > Special Events (Cardiac Day, Diabetes, Tobacco Cessation)
   > Teachings
Integration (page 2)

» Lake Superior State University Nursing Program
   > Observe Traditional Healing
   > Offer teachings to students
   > Increase cultural competency

» Drug Court Team
   > Referrals (Fasting – Releasing)
   > Promote health & well-being
   > Volunteer Hours
   > Cultural Component

» Juvenile Detention Center
   > Sweat Lodge & Teachings
Integration (page 3)

» Cultural Division
  > Youth Activities (Warrior Camp)
  > Presentations/Teachings/Workshops

» Environmental Department
  > Climate Action Champions Committee
  > Young Environmentalist Camp

» Education Department
  > Youth Education & Activities Department
  > Kinikinik Workshops
  > Teachings
Outreach
Outreach (page 1)

» Michigan Indian Elder’s Association
  > Elders Conference

» Drug Court
  > Recovery Walk

» Public Schools
  > Teachings

» Youth Education & Activities
  > Kinikinik Workshops
  > Teachings

» Chi Mukwa Recreation Facility
  > Grassdance Lessons
- Michigan Department of Health & Human Services
  - Indian Outreach Services Meeting
    + Traditional Healing

- Inter-Tribal Council of Michigan
  - National Native Network Webinar – “Traditional Tobacco and Kinikinik”
  - Traditional Healing, Kinikinik Workshop

- U.S. Attorney’s Office & U.S. Department of Justice
  - Great Lakes Native American Conference
    + Traditional Healing and Multi-Disciplinary Teams
Uniting Three Fires Against Violence
- Michigan’s Native American Domestic Violence and Sexual Assault Coalition
  + Traditional Healing and Self-care

Community Events/Gatherings
- Spiritual Gatherings
- Feasts & Offerings
Outreach (page 4)

» Warrior Camp
  > Teachings
  > Life Skills
  > Traditional Warrior Teachings
  > Orienteering
  > Lacrosse
  > Sweat Lodge
  > Name, Clan, and Colors
  > Hunting and Gathering
  > Substance Abuse
  > Physical Activity
  > Bullying Prevention
  > Sex Education
Highlights

» Fasting Ceremonies
» Releasing Ceremonies
» Arthritis Treatment
» Warrior Camp
» Young Women’s Camp
» Winter Teachings
Goals

» Revitalizing our Culture
  > Fasting
  > Anishinabe Name, Clan, Colors
  > Teachings
  > Develop video archive of teachings/events

» “Breaking Down the Barriers”
  > New Patients
  > Religious Views

» Role Models
  > Promote Drug & Alcohol Free Lifestyle
  > Promote Family/Community Togetherness
  > Show Kindness – “Nishnaabe Nanawndawichigewin”