2015 NATIONAL BEHAVIORAL HEALTH CONFERENCE

Behavioral Health Integration With Primary Care

Integrating Traditional Healing

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Sault Saint Marie Tribe of Chippewa Indians

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

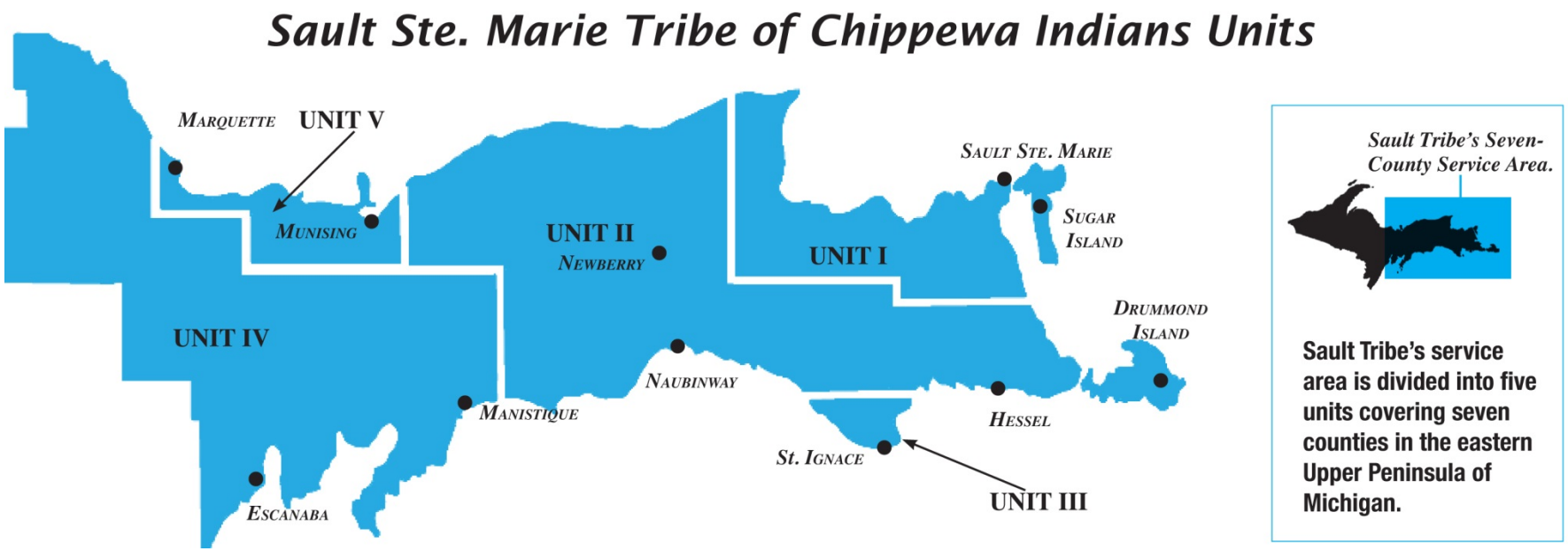
- Holistic Medicine Approach
  - Mental
  - Emotional
  - Physical
  - Spiritual

- 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 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

Services Provided

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

Patient Visits	Medicines Dispensed	Ceremonies	Outreach
1515	4732	468	1329

- 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)

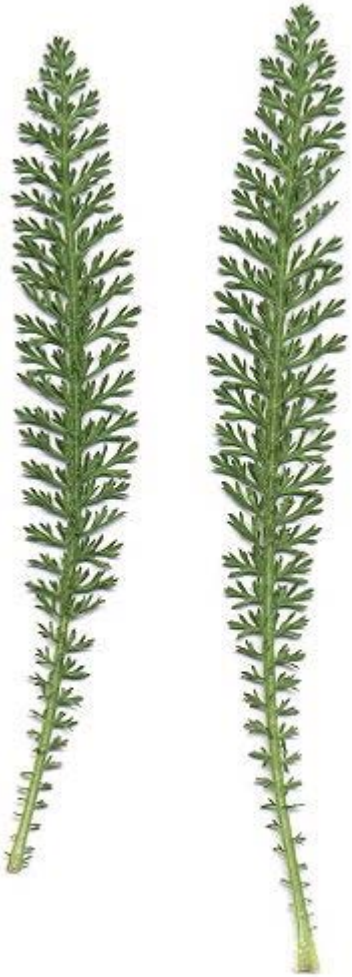
Goldthread (coptis trifolia)

“Mashkibag”

Labrador Tea (ledum groenlandicum)

“Ajidamowaano”

Yarrow (achillea millefolium)



“Makakii”

Plantain (plantago major)

Plantain

“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

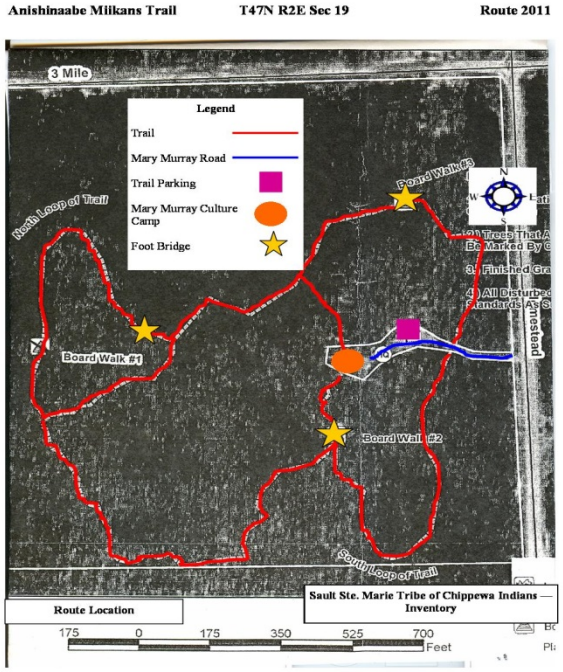
“Maadoodooswain”

Sweat Lodge

Sweat Lodge (continued)

Services Provided (page 1)

» 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

Outreach (page 2)

- 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 o Justice
  - Great Lakes Native American Conference
    - Traditional Healing and Multi-Disciplinary Teams

Outreach (page 3)

- » 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”