



2015 NATIONAL BEHAVIORAL HEALTH CONFERENCE



Behavioral Health Integration With Primary Care



Integrating Traditional Healing

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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:

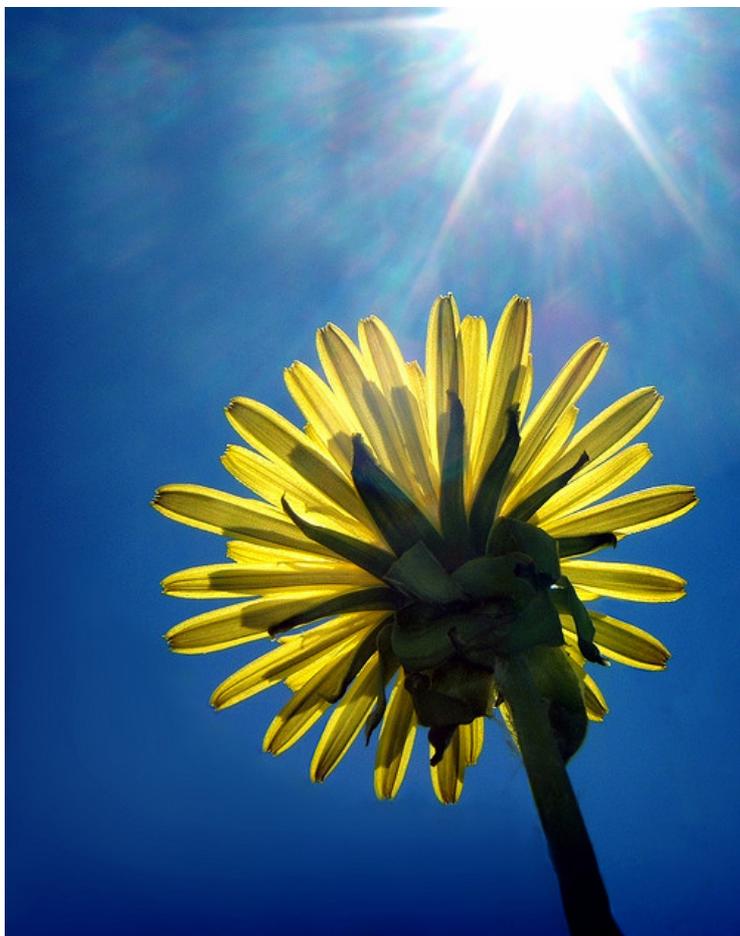
Anthony Abramson Jr. - Ojibwe

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

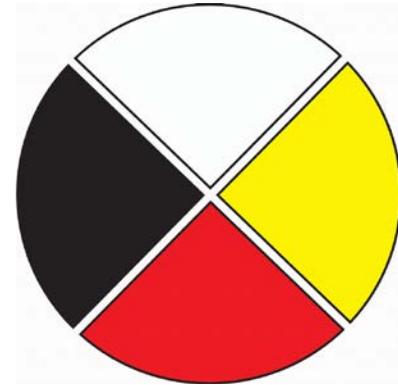
- » Program Objectives
- » Program Description
- » Services Provided
- » Integration
- » Outreach
- » Highlights
- » Goals



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
 - > Eastern 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

- » Hessel 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 – Sema (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

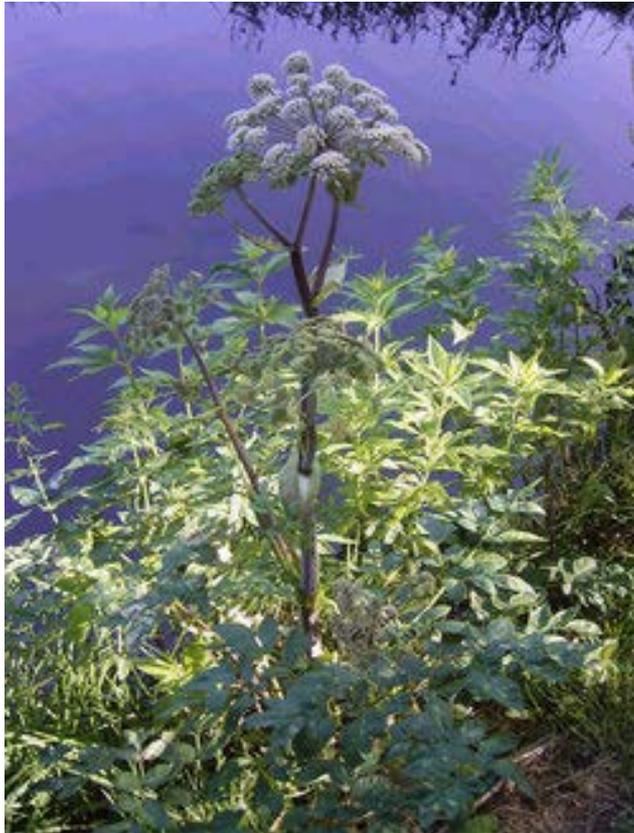


Traditional Plants



“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*)



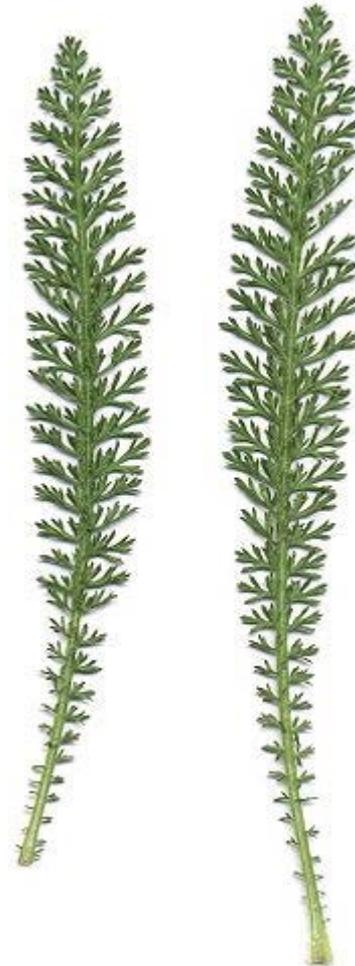
“Mashkibag”

Labrador Tea (*ledum groenlandicum*)



“Ajidamowaano”

Yarrow (*achillea millefolium*)



“Makakii”

Plantain (plantago major)



Plantain

“Miinan”

Blueberry (*Vaccinium corymbosum*)

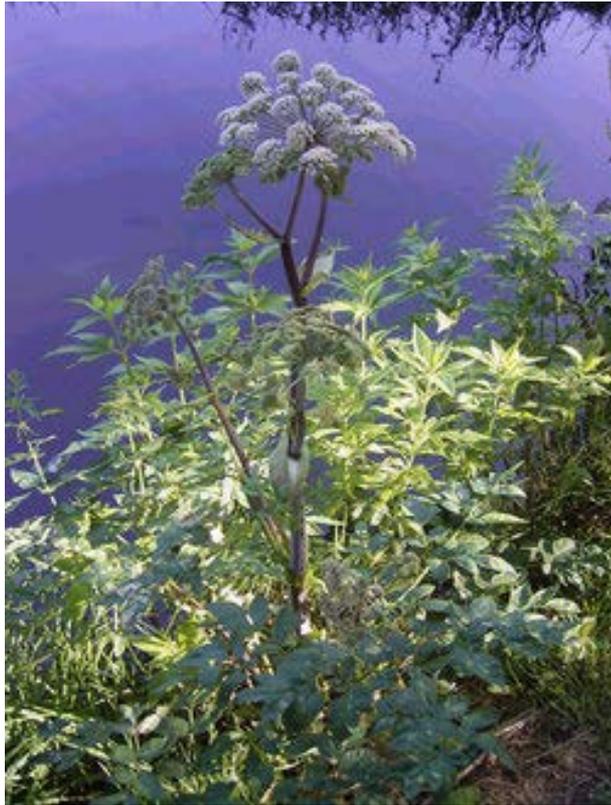


“Okwamish”

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

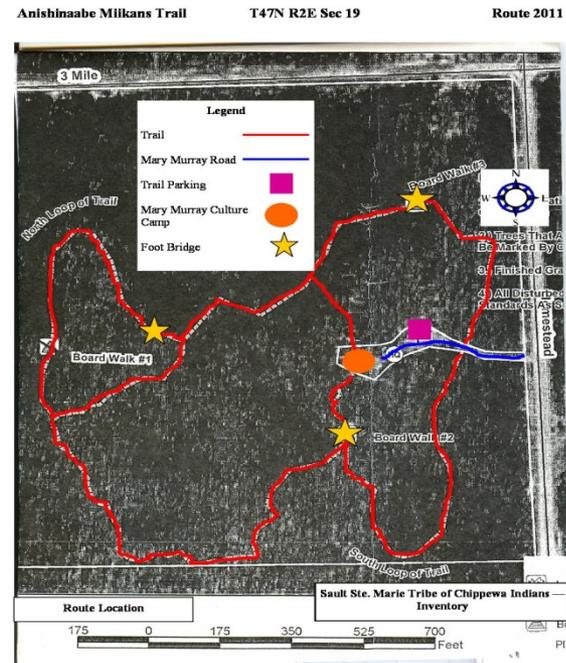


Sweat Lodge (continued)



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 of 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”