

Welcome to the Tribal Substance Use Disorder Prevention Gathering!

Focus on Our Future Generations
Promoting Health, Growth, and
Strength

OPENING REMARKS AND CEREMONIES

MORNING PRAYER

Robin Sigo, Suquamish Tribe Council Treasure

WELCOME FROM SUQUAMISH TRIBE

Welcome Of Participants

- *If you wish to participate, in your groups, choose someone to introduce your group.*
- *Share one thing that you would like for everyone to know about your tribal community or organization.*

Chris Imhoff, Division of Behavioral Health and Recovery

**WELCOME KEYNOTE – CHRIS IMHOFF,
DEPARTMENT OF SOCIAL AND HEALTH
SERVICES, DIVISION OF BEHAVIORAL
HEALTH AND RECOVER**

Lucilla Mendoza, Division of Behavioral Health and Recovery

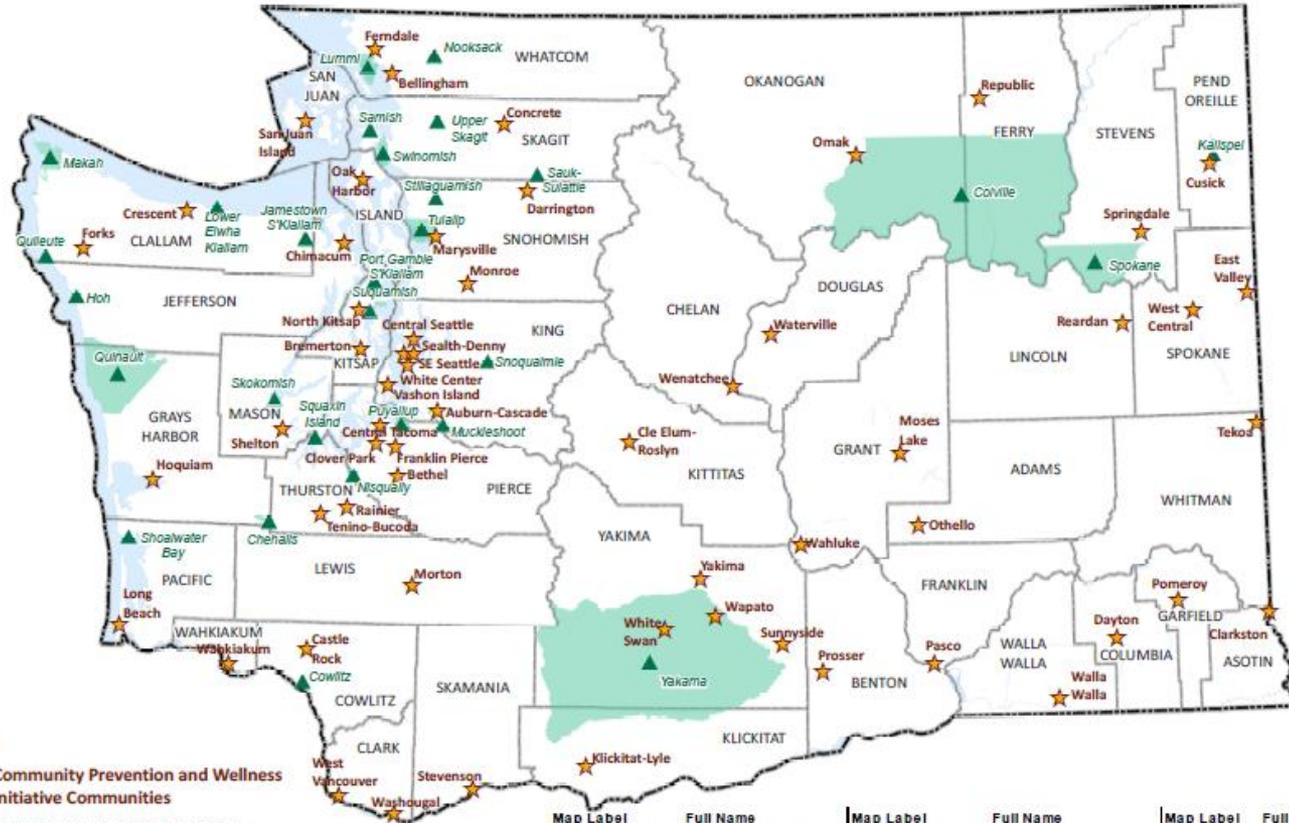
DSHS-DBHR SERVICES AND ANNOUNCEMENTS

Tribal Prevention and Wellness Programs

Division of Behavioral Health and Recovery (DBHR),
Behavioral Health Administration,
WA State DSHS

Lucy Mendoza, MSW, Prevention Systems Development Manager

Prevention services are focused in communities and Tribes throughout Washington



LEGEND

- ★ Community Prevention and Wellness Initiative Communities
- ▲ Tribal prevention and wellness programs
- ▭ Tribal lands

SOURCE: DSHS Research and Data Analysis, Community Outcome and Risk Evaluation Information System (CORE).

CONTACT: Irina Sharkova, DSHS/RDA/PRES, irina.sharkova@dshs.wa.gov, 360-902-0743

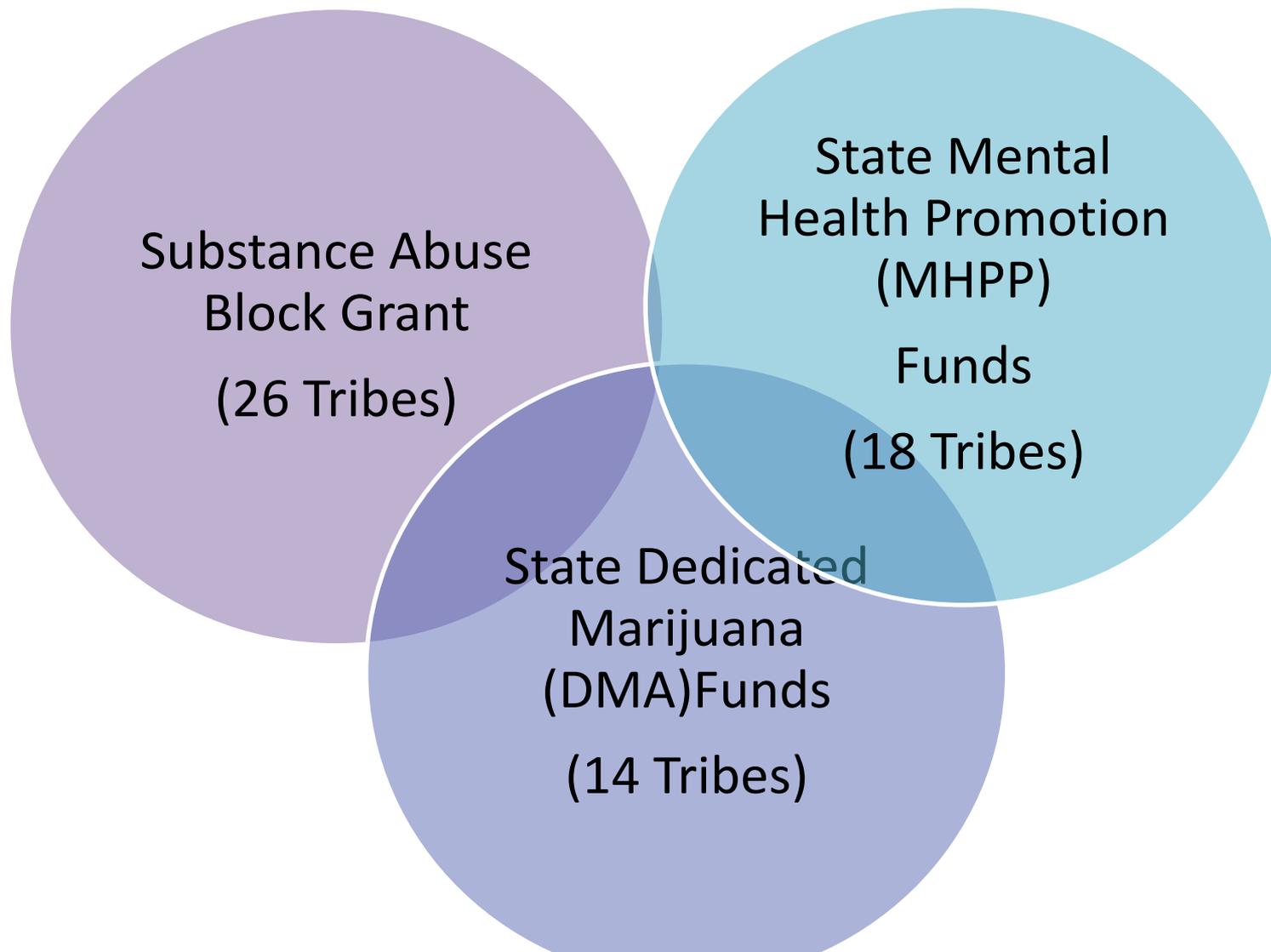


Map Label	Full Name	Map Label	Full Name	Map Label	Full Name
Colville	Confederated Tribes of the Colville Reservation	Nisqually	Nisqually Indian Tribe	Snoqualmie	Snoqualmie Tribe
Chehalis	Confederated Tribes of the Chehalis Reservation	Nooksack	Nooksack Indian Tribe	Spokane	Spokane Tribe of Indians
Cowlitz	Cowlitz Indian Tribe	Port Gamble S'Klallam	Port Gamble S'Klallam Tribe	Squaxin Island	Squaxin Island Tribe
Hoh	Hoh Tribe	Puyallup	Puyallup Tribe of Indians	Stllaguamish	Stllaguamish Tribe of Indians
Jamestown S'Klallam	Jamestown S'Klallam Tribe	Quileute	Quileute Nation	Suquamish	Suquamish Tribe
Kalispel	Kalispel Tribe of Indians	Quinault	Quinault Indian Nation	Swinomish	Swinomish Indian Tribal Community
Lower Elwha Klallam	Lower Elwha Klallam Tribe	Samish	Samish Indian Nation	Tulalip	Tulalip Tribes
Lummi	Lummi Nation	Sauk-Sulattle	Sauk-Sulattle Indian Tribe	Upper Skaght	Upper Skaght Indian Tribe
Makah	Makah Tribe	Shoalwater Bay	Shoalwater Bay Tribe	Yakama	Yakama Nation
Muckleshoot	Muckleshoot Indian Tribe	Skokomish	Skokomish Indian Tribe		

Tribal Prevention Programs

- 26 of 29 Federally Recognized Tribes in WA use DBHR funding for either substance use disorder prevention programs, DMA projects, or Mental Health Promotion projects.
- DSHS partners with the Office of Indian Policy to provide funding through consolidated contracts.

Funding Streams



Appendix E – Prevention Best Practice Programs

APPENDIX C - Suicide Prevention and Mental Health Promotion Project Intervention Options 2017-2018

Please choose a Mental Health Promotion Project utilizing this list of Mental Health Promotion programs/interventions. All programs were selected using the SAMHSA website at this link <http://nrepp.samhsa.gov/AdvancedSearch.aspx>. When you arrive at the link, check the box that says “Mental Health Promotion” in the “Areas of Interest” box and click “Search” at the bottom of the page. You will then be able to view the programs/interventions below.

The list below was organized into *domain type* including, community and school, family, and individual/peer based programs. The last page is specific to suicide prevention related interventions. Programs were vetted based on review program type and quality of research standards. Interventions/programs in **GREEN font** are those programs and interventions currently implemented by other Tribal programs in Washington State.

Community Based and School Based

Strategy Name	IOM Type	Population	Setting	Brief Description
Model Adolescent Suicide Prevention Program (MASPP)	Universal, Selective, Indicated	Adolescents And Young Adults Community	Outpatient, Home, School, Community Settings	The Model Adolescent Suicide Prevention Program (MASPP) is a public health-oriented suicidal-behavior prevention and intervention program originally developed for a small American Indian tribe in rural New Mexico to target high rates of suicide among its adolescents and young adults.
QPR Gatekeeper Training for Suicide Prevention	Universal	Community	Outpatient, School, Workplace	The QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a brief educational program designed to teach "gatekeepers"--those who are strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers)--the warning signs of a suicide crisis and how to respond.
				success in school and increase perception of risks from substances, identification and internalization of culturally based values and norms; K-12 grade.
Project Venture			Youth Education	Substance use, develop social and emotional competence; 5th and 8th grade.



Customer Focus: *Reaching Diverse Communities in Washington:
The Squaxin Island Tribe*

- **Morningstar Green**, *Indian Child Welfare Case Aid, Squaxin Island Tribe*
- **Josh Lopez**, *Vice Chairman, Squaxin Island Tribe Youth Council*

Youth Council Leadership Campaign to:

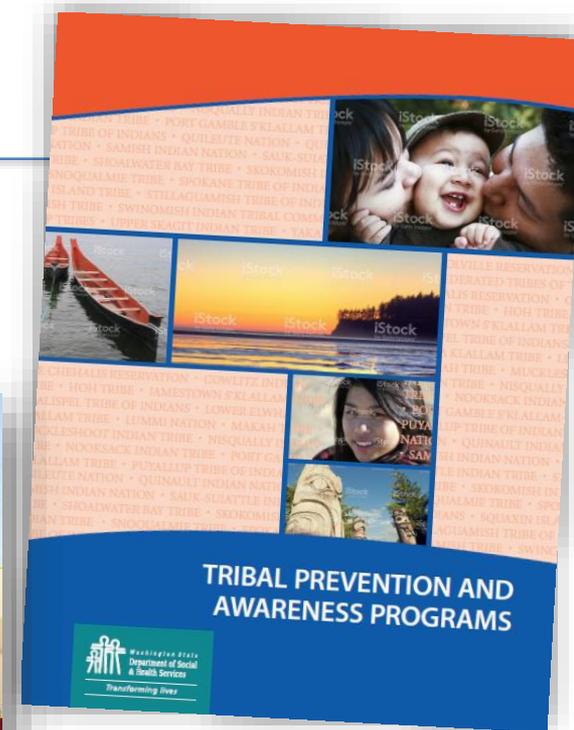
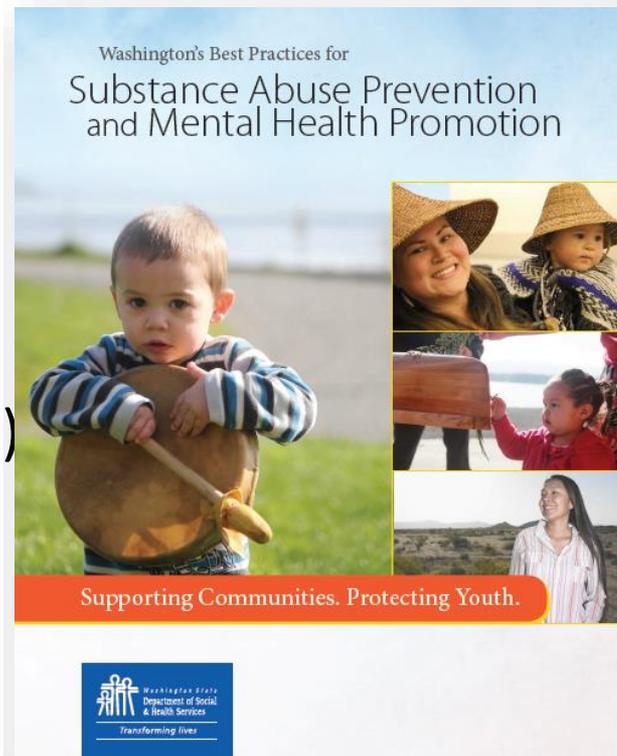
- Reduce Access
- Create Awareness
- Foster Community Engagement



**PROTECT OUR MINDS, OUR LIVES
OUR INNOCENTS! LOCK IT UP!**

Communication Efforts

- Prevention Toolkit
 - Tribal Prevention and Wellness Programs Brochure
 - Guide for Parents
 - Student Assistance Program Doc
 - Environmental Strategies Doc (etc.)
- Tribal prevention partner list serve



Increased Training for Tribes

- Native American – Substance Abuse Prevention Skills Training
- Quarterly Learning Community Meeting
- Tribal Substance Use Disorder Prevention Gathering
- Evidence Based Practice Trainings for Tribal Communities
 - Incredible Years – Quileute Nation
 - Natural Native Mentoring – Chehalis Tribe
 - Positive Indian Parenting, Spokane, WA
 - Family Spirit Presentation – Learning Community

View and Post Trainings on the Athena Forum

- Website for prevention professionals in Washington State: www.theAthenaForum.org

ATHENA
known for wisdom, strategy and skill

Sign In Join Now Search...

The site for substance abuse prevention professionals and volunteers who want to become better at what they do.

Home Prevention Resources **Training** Learning Community Learning Library Who's Who in Prevention Prevention Priorities

Welcome to the Athena Forum

The Athena website is created for prevention professionals to share information, update, and sustain their substance abuse prevention efforts.

You can find general information about substance abuse prevention on this site or get specific documents and tools like sample prevention discussions and online trainings. You can also access

Upcoming Trainings

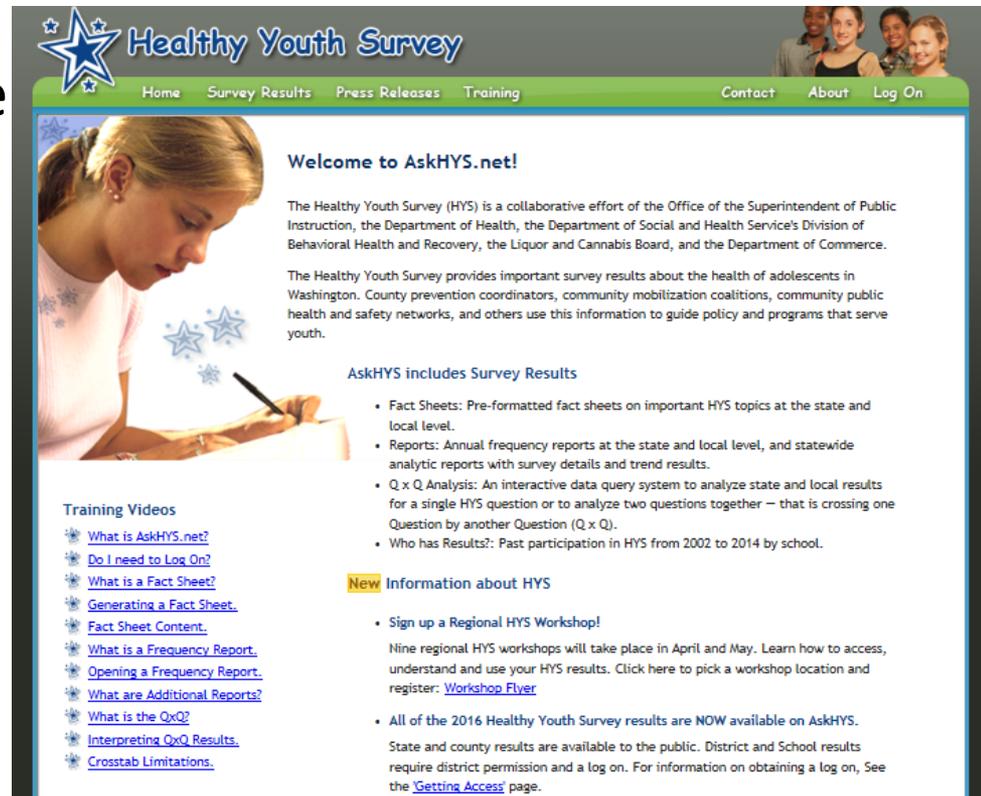
- CPWI Trainings
- CTC Study Guides
- OWL E-Learning
- PBPS Training

Discussion Activity

- Looking for Trainer Suggestions 1 year 4 weeks ago
- Integrating MH promotion and SA prevention 1 year 4 weeks ago

Increase Tribal Participation in the Healthy Youth Survey

- Ask HYS.net
- State, Educational Service Districts (ESDs), and County level data
- Fact Sheets
- Frequency Reports
- Two Tribal Schools participated in 2016
- 1,154 American Indians/Alaska Native (AI/AN) participants completed the survey



The screenshot shows the AskHYS.net website. At the top, there is a navigation bar with links for Home, Survey Results, Press Releases, Training, Contact, About, and Log On. The main content area features a large image of a young woman writing in a notebook. To the right of the image, there is a welcome message and a description of the Healthy Youth Survey (HYS). Below this, there are sections for 'AskHYS includes Survey Results' and 'Training Videos'. The 'AskHYS includes Survey Results' section lists several types of reports and analysis tools. The 'Training Videos' section lists various video resources. A 'New' section highlights information about HYS workshops and the availability of 2016 results.

Healthy Youth Survey

Home Survey Results Press Releases Training Contact About Log On

Welcome to AskHYS.net!

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Department of Social and Health Service's Division of Behavioral Health and Recovery, the Liquor and Cannabis Board, and the Department of Commerce.

The Healthy Youth Survey provides important survey results about the health of adolescents in Washington. County prevention coordinators, community mobilization coalitions, community public health and safety networks, and others use this information to guide policy and programs that serve youth.

AskHYS includes Survey Results

- Fact Sheets: Pre-formatted fact sheets on important HYS topics at the state and local level.
- Reports: Annual frequency reports at the state and local level, and statewide analytic reports with survey details and trend results.
- Q x Q Analysis: An interactive data query system to analyze state and local results for a single HYS question or to analyze two questions together – that is crossing one Question by another Question (Q x Q).
- Who has Results?: Past participation in HYS from 2002 to 2014 by school.

New Information about HYS

- Sign up a Regional HYS Workshop!
Nine regional HYS workshops will take place in April and May. Learn how to access, understand and use your HYS results. Click here to pick a workshop location and register: [Workshop Flyer](#)
- All of the 2016 Healthy Youth Survey results are NOW available on AskHYS.
State and county results are available to the public. District and School results require district permission and a log on. For information on obtaining a log on, See the [Getting Access](#) page.

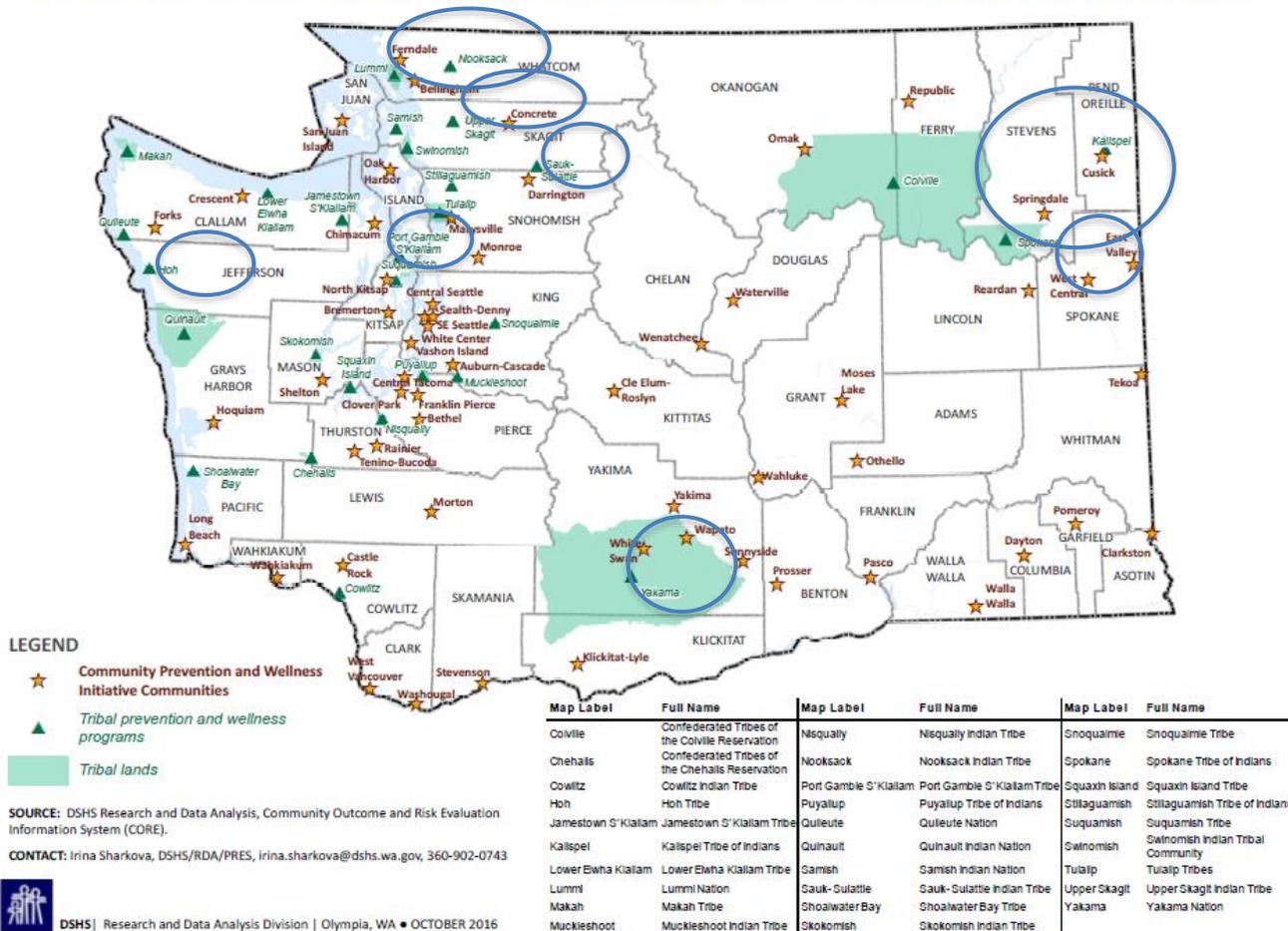
Training Videos

- [What is AskHYS.net?](#)
- [Do I need to Log On?](#)
- [What is a Fact Sheet?](#)
- [Generating a Fact Sheet.](#)
- [Fact Sheet Content.](#)
- [What is a Frequency Report.](#)
- [Opening a Frequency Report.](#)
- [What are Additional Reports?](#)
- [What is the QxQ?](#)
- [Interpreting QxQ Results.](#)
- [Crosstab Limitations.](#)

Tribal Prevention Program Highlights

Tribal Prevention and Wellness and Community Prevention and Wellness Partnerships

Prevention services are focused in communities and Tribes throughout Washington



Tribal Prevention Program Highlights

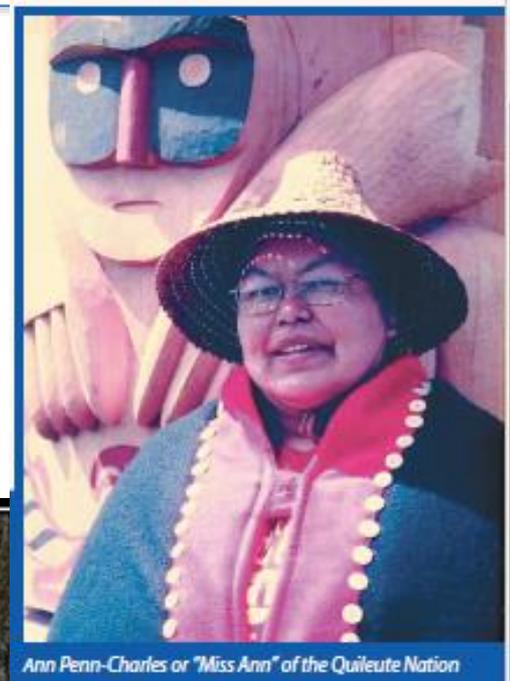
**WA State Exemplary Tribal
Prevention Professional**

Quileute Nation- 2015

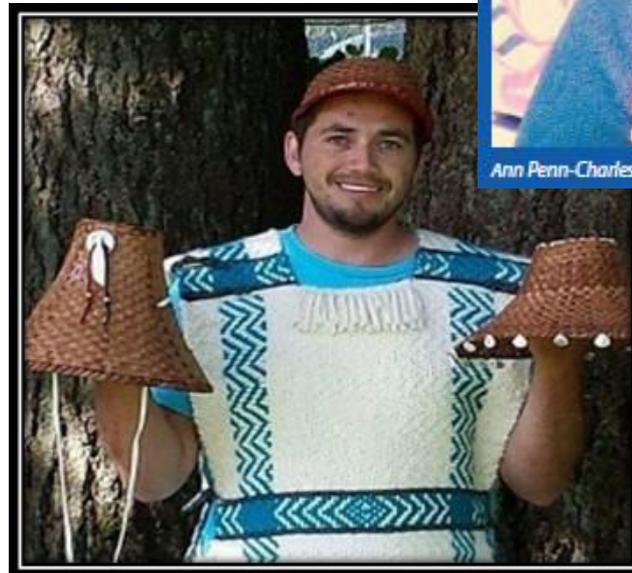
Miss Ann Penn-Charles

Chehalis Tribe - 2016

Steven Dorland



Ann Penn-Charles or "Miss Ann" of the Quileute Nation



Thank You!

Lucilla Mendoza MSW, CPP / Prevention System
Development Manager

Division of Behavioral Health and Recovery (DBHR)

Behavioral Health Administration (BHA)

Washington State Department of Social and Health
Services (DSHS)

(O) 360-725-3760 / mendol2@dshs.wa.gov

Aimee Gone, Office of Indian Policy

OIP SERVICES AND ANNOUNCEMENTS

State of Washington
Department of Social and Health Services

Office of Indian Policy

Services and Enterprise Support Administration



Washington State
Department of Social
& Health Services

Introductions

Aimee Gone, MSW (Fort Peck Sioux/Yakama)
Office of Indian Policy Region 2 Manager



Today's Purpose

- Create a foundation of basic 7.01 terms & definitions
- Become familiar with relevant history that impacts state-tribal relationships
- Build a comprehensive understanding of regional implications of the 7.01 process



History: US Indian Policies

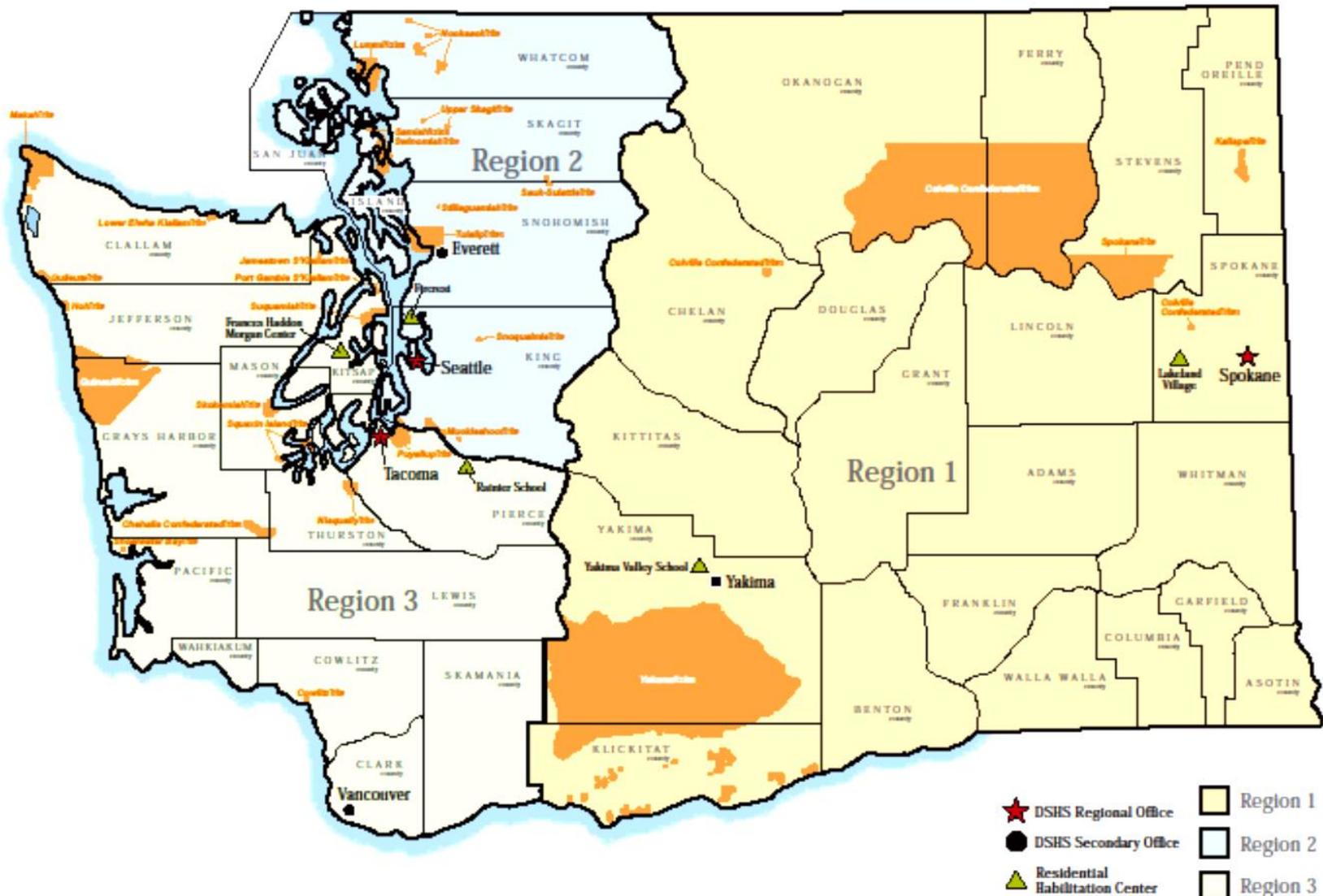
- Sovereignty:

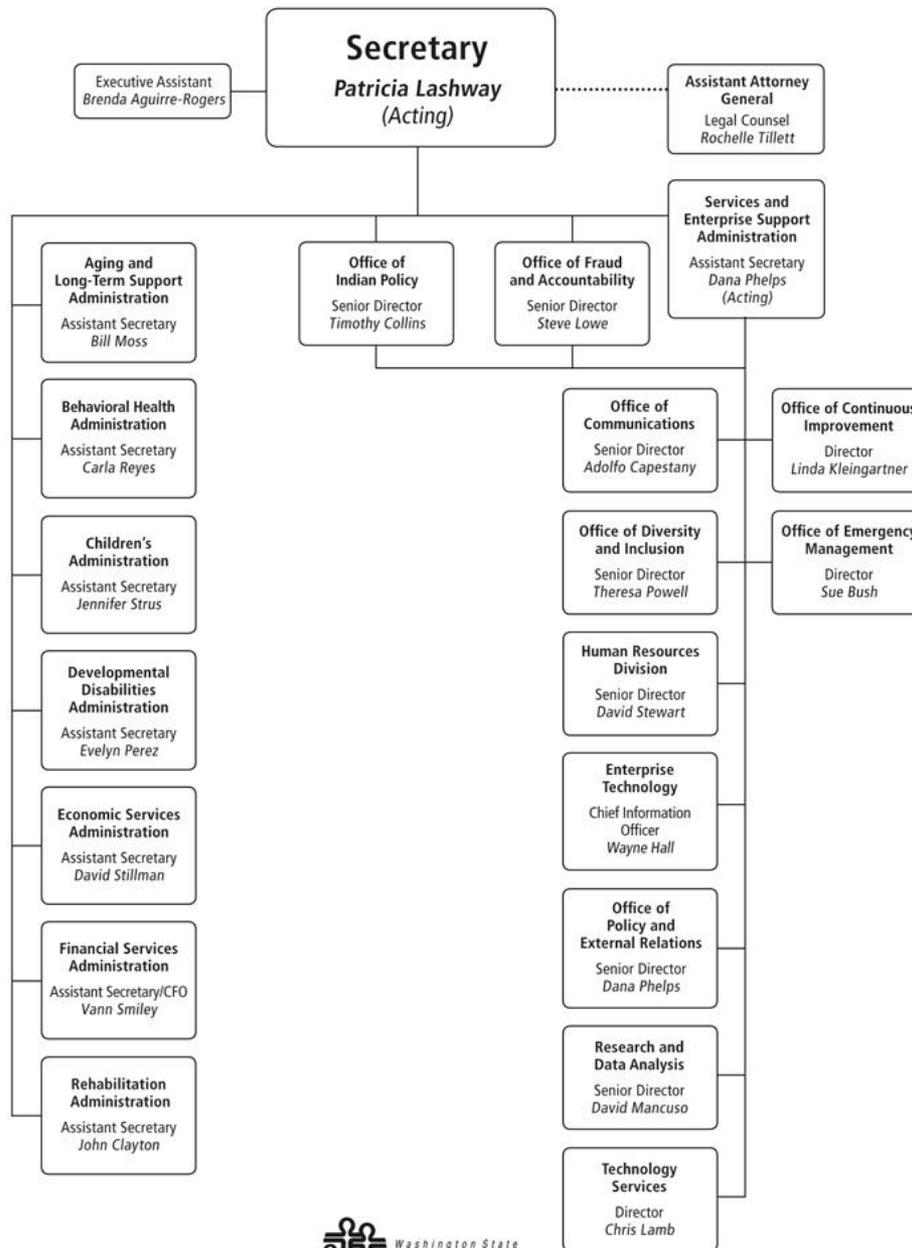
Is the exclusive right to exercise supreme political (e.g. legislative, judicial, and executive) authority over a geographic region, group of people, or oneself.

- Supreme Court:

Established the term “dependent sovereign” for the protection of Tribes from State laws.

DSHS Regional Map







Statewide Overview

- **29 Tribal Governments:**

Colville, Kalispel, Spokane, Yakama, Lummi, Nooksack, Samish, Sauk-Suiattle, Stillaguamish, Swinomish, Upper Skagit, Tulalip, Muckleshoot, Snoqualmie, Hoh, Jamestown S'Klallam, Lower Elwha Klallam, Makah, Quileute, Port Gamble S'Klallam, Suquamish, Chehalis, Cowlitz, Nisqually, Puyallup, Quinault, Skokomish, Shoalwater Bay, Squaxin Island,

- **Recognized American Indian Organizations:**

American Indian Community Center, NATIVE Project, Seattle Indian Health Board (SIHB), United Indians of All Tribes Foundation (UIATF), Chief Seattle Club, South Puget Intertribal Planning Agency, Small Tribes of Western Washington



Centennial Accord

(Statewide)

- Date: August 4th, 1989
- Scope: All State Agencies (DSHS, DOH, HCA, DEL, DOC, etc.)
- Accountability Plan
- Focus: Upholding government to government relationship, sovereignty, conflict resolution, communication, and service delivery

7.01 Administrative Policy

(Internal to DSHS)

- Date: Nov. 1st, 1987
- Scope: All DSHS administrations, employees, and contracted services under DSHS
- Accountability Plan
- Focus: Communication, Collaboration, and Consultation with WA tribes, service planning, service delivery





Washington State
Department of Social
& Health Services

The Office of Indian Policy shall:

- The Office of Indian Policy is responsible for coordinating efforts with coordinating efforts with Federally Recognized Tribes of Washington State and the Recognized American Indian Organizations in order to address the collective service needs of individual American Indians and Alaska Natives in Washington State.

OIP duties

What is tribal sovereignty



- **Culturally Relevant:** Describes a condition where services provided to clients are appropriate according to the clients' cultural backgrounds (Page 2)
- Cultural relevancy is known as cultural competency, cultural sensitivity, cultural responsiveness, cultural humility



Washington State
Department of Social
& Health Services

WASHINGTON STATE DSHS AMERICAN INDIAN POLICY

- American Indian Tribes are sovereign governments recognized as self-governing under federal law.
- Because of their unique sovereign status, federally recognized tribes have the inherent power to make and enforce laws on their lands, and to create governmental entities to enforce said laws.



WAC 458-20-192

- [Federally Recognized American Indian Tribes](#) are sovereign governments recognized as self-governing communities under federal and common law.
- Under the Revised Code of Washington (RCW) and Washington Administrative Code there are no State recognized tribes in Washington State.
- "Indian tribe" means an Indian nation, tribe, band, community, or other entity recognized as an "Indian tribe" by the United States Department of the Interior.
- The phrase "federally recognized Indian tribe" and the term "tribe" have the same meaning as "Indian tribe."



John Gast, American Progress, 1872.
Chromolithograph published by George A. Croft.
Source: Prints and Photographs Division, Library of Congress.



Washington State
Department of Social
& Health Services

History: US Indian Policies

- Tribal Governments: Since time immemorial.
- Time Immemorial: Time extending beyond the reach of memory, record, or tradition.
- United States: Since July 4, 1776.
- Washington State: Since November 11th, 1889

Self Determination

“We have concluded that the Indians will get better programs & that public monies will be more effectively expended if the people who are most affected by these programs are responsible for operating them”

-President Nixon, Special Message on Indian Affairs
July 8th, 1970

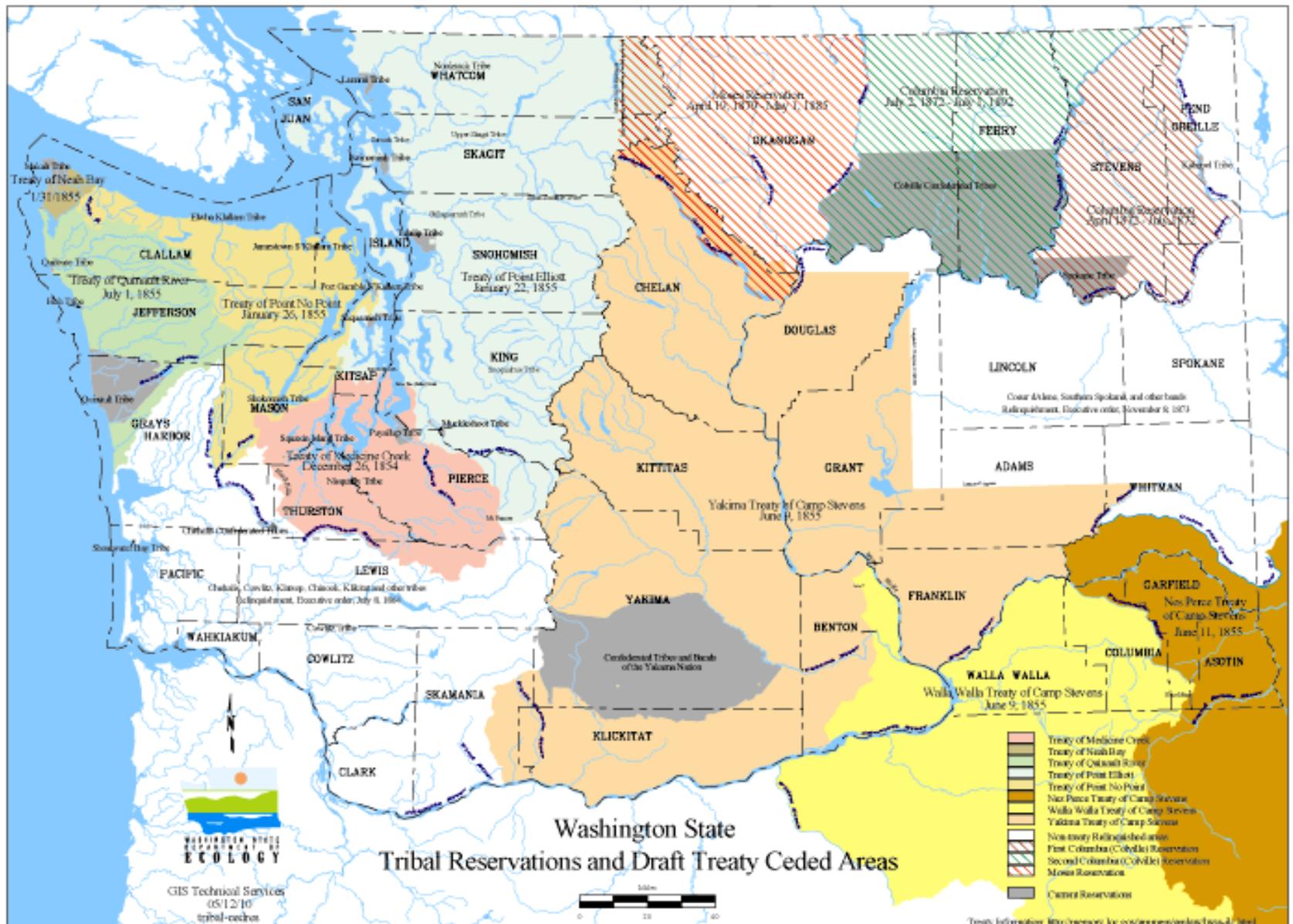


Washington State
Department of Social
& Health Services

Legal History

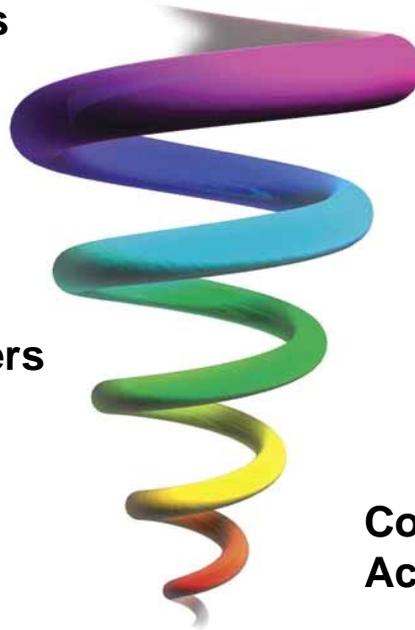
Government to Government Relations

- Federal Consultation
- Executive Order #13175
- Centennial Accord
- Millennium Agreement
- Administrative Policy 7.01



Federal/Tribal Relations

United States
Constitution



Treaties

Executive Orders

Congressional
Acts

Centennial Accord

DSHS Administrative Policy 7.01



-
- The DSHS American Indian Administrative Policy 7.01 defines both the state of Washington and the Department of Social and Health Services' commitment:
 - ❖ For consultation with the [29 Federally recognized Tribes](#) in Washington State
 - ❖ For collaboration with Recognized American Indian Organizations (RAIOs)
 - ❖ For planning of programs, and
 - ❖ To assure quality, comprehensive and coordinated services to the eligible American Indian and Alaska Native people of Washington State.



Self Determination

“But the story of the Indian in America is something more than the record of the white man’s frequent aggression, broken agreements, intermittent remorse and prolonged failure.

It is a record also of endurance, of survival, of adaptation, and creativity in the face of overwhelming obstacles. It is a record of enormous contributions to this country- to its art & culture, to its strength & spirit, to its sense of history and its sense of purpose”

-President Nixon, Special Message on Indian Affairs

July 8th, 1970

Gerry Rainingbird, Tribal Prevention Consultant

PREVENTION EVOLUTION

Prevention Evolution: Culture as Prevention

Tribal Prevention Gathering

June 7, 2017

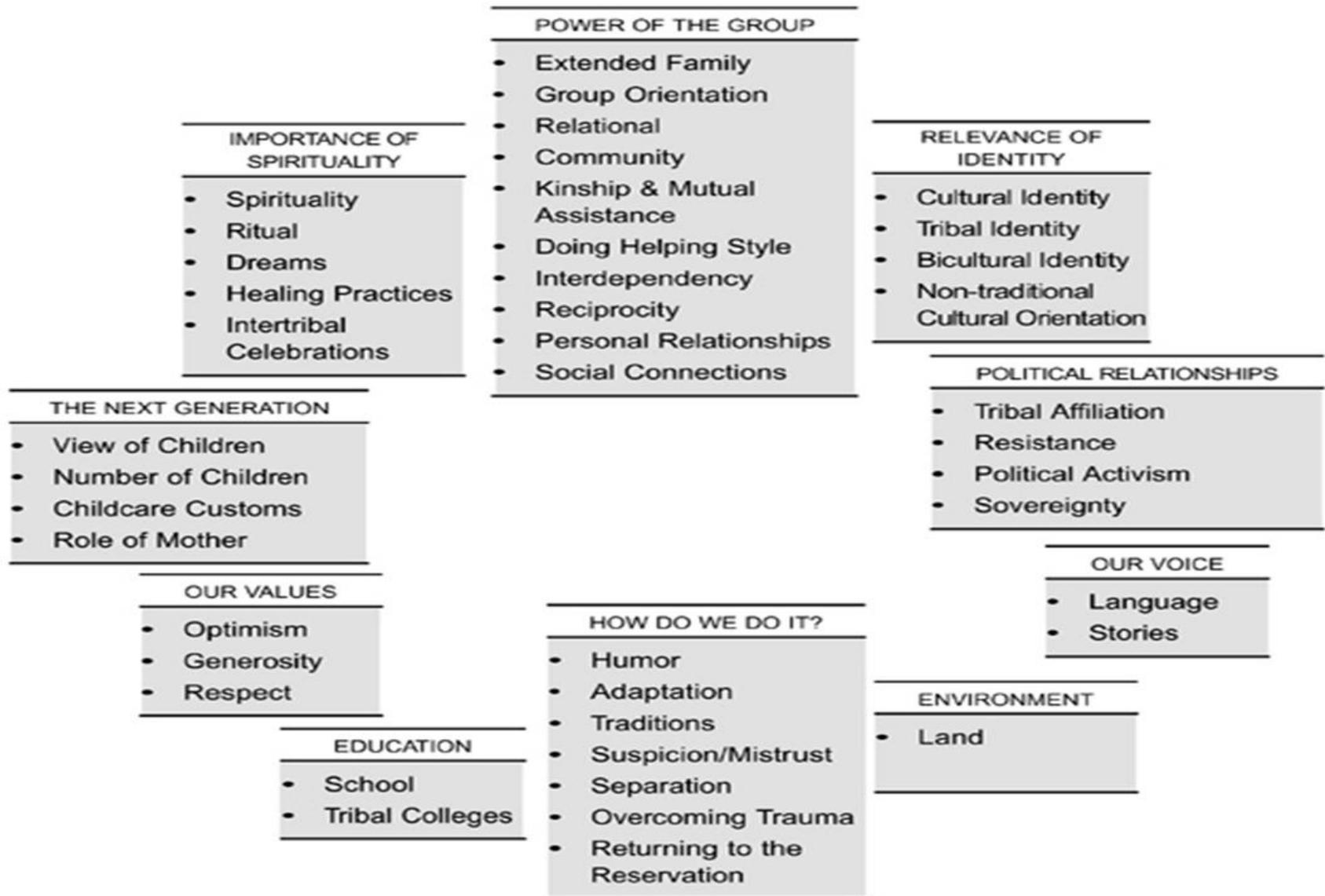


Protective Factors

- Connectedness
- Spirituality
- Cultural Traditions
- Values in Action
- Extended Families



Native Strengths



Disconnectedness/Trauma

- Historical
- Cultural
- Inter-Generational
- Internalized
Oppression



Tribal Best Practices

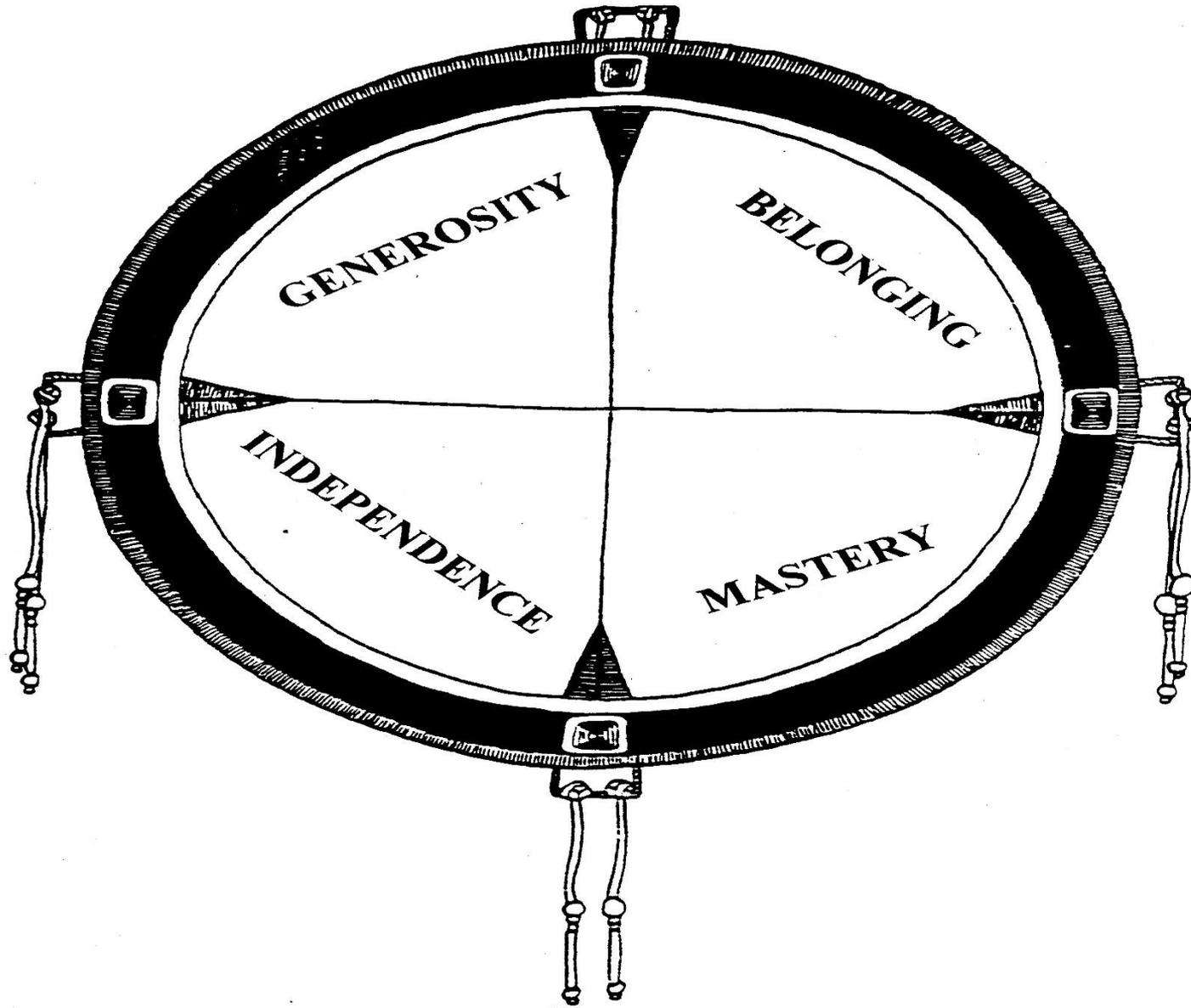


Traditional Parenting/Roots of Wellness & GONA

- Sense of Belonging
- Mastery
- Independence
- Generosity



NATIVE CYCLE OF LEARNING



Belonging

- What do we do to make our youth feel welcome & part of the circle?
- Norms for proper behavior?
- Create a safe environment
- Connectedness and trust
- Recognize and appreciate uniqueness



Mastery

What skills are needed to succeed?

Learn the teachings & make time to practice

Develop competence

Seven Ways of Knowing

Provide time to Reflect, Adjust



Independence

Power to make our own
decisions

Confidence with Practice

Knowledge is Power

Mistakes are ok!

Demonstrate responsibility

Take on Shared Leadership



Generosity

Giving Back

Share your Wisdom

Leading by Teaching

Become a Mentor

Prepare the Way



Applying Tribal Best Practice Principles

- Elders approval
- Each person is accepted, nurtured and empowered
- Teaches tribal worldview
- Tribal language is integrated
- Emphasis on holistic approaches
- Activities are multi-generational
- Family/Tribal histories emphasized



Tribal Best Practice Principles

- Traditional teaching and leadership strategies
- Native people-especially tribal members are engaged in key planning, leadership and teaching
- Program addresses historical trauma
- Tribal storytelling



Tribal Best Practice Principles

- Tribal sovereignty plays role
- Youth in leadership roles
- Focus on protective factors
- Includes Community Based Participatory Research



“Nothing about Us, Without Us!”

Culture is Prevention

Connectedness to culture is the foundation for building and increasing protective factors

How are you connecting youth to culture?



BREAK – 15 MINUTES

Jan Olmstead, American Indian Health Commission

Gerry Rainingbird, Tribal Prevention Consultant

KEYNOTE PRESENTATION

SUBSTANCE USE DISORDER PREVENTION

FRAMEWORKS

Strategic Prevention Framework & Native Youth



SAMHSA's Strategic Prevention Framework



Cultural Considerations in Prevention

“Nothing about Us without Us”



Engaging Tribal Youth through the SPF: Assessment

- Create a safe and welcoming space
- Avoid technical jargon
- Focus first on youth assets, and gifts, then needs and issues
- Use focus groups or informal interviewing- Talking Circles
- Ask the youth about most pressing challenges



Engaging Tribal Youth through the SPF: Assessment

- Nature and extent of the issue
- Protective and Risk Factors
- Existing resources and readiness
- Survey the landscape (Data)



Engaging Youth through the SPF: : Capacity Building

- **Resource + Readiness = Capacity**
- Recognize there is a need to create change
- Need for Action
- Offer leadership training
- Ensure they are treated as knowledgeable stakeholders in the community
- Provide opportunities strengthen their relationships with the adults on the team
- Recognize youth as valuable resources in creating relationships with the community

Engaging Youth through the SPF: Planning

- Encourage youth to help identify and prioritize risk and protective factors.
- Develop a culturally appropriate logic model
- Offer the youth the lead in selecting culturally appropriate activities and interventions.



Engaging Youth through the SPF: Implementation

- Youth need to take the lead in designing, selecting, and taking part in the implementation of any youth focused action plan.
- Youth need to be given the parameters of their anticipated leadership responsibilities.
- Ensure a good match of adult leaders and youth leaders.
- Mentorships based on the “Good Relative” concept

Engaging Youth through the SPF: Evaluation

Train youth how to:

- facilitate “talking circles” to help assess and evaluate the impact of program activities.
- help conduct surveys and interviews
- share their observations, analysis, conclusions, and recommendations for improvement and change
- share the findings with policy makers, tribal council, funders, and community stakeholders.

Engaging Youth through the SPF: Cultural Competence

- Identify, recruit and engage our tribal youth right from the beginning and sustain their involvement throughout
- Stress the importance of relevant, culturally-appropriate prevention approaches. The GONA is one of the best. Project Venture, AI Life Skills
- Involve culturally-sensitive and culturally-competent staff, volunteers, mentors, evaluators, other key stakeholders

Engaging Youth through the SPF: Sustainability

- Emphasize sustainability and build support for your program/project from the beginning
 - Build ownership among youth
 - Identify program champions
 - Invest in capacity
 - Identify diverse resources
- 
- Seek and secure funding from a variety of sources

Thank you



LUNCH PRESENTATION

Azure Boure and Jay Mills Suquamish Tribe

SUQUAMISH TRIBE CULTURAL PROGRAM VIDEO PRESENTATION

BREAKOUT SESSION 1

1:30 – 3:00

BREAKOUT SESSION 2

3:15 – 4:45

DINNER, HOUSEKEEPING ITEMS AND PRAYER

Jan Olmstead, American Indian Health Commission

DINNER ACTIVITY

DIGITAL STORY TELLING PRESENTATION

Substance Use Disorder Prevention Tribal Partners

TRIBAL AND PARTNER ORGANIZATIONS SHARING AND ANNOUNCEMENTS

**END – CULTURAL ACTIVITY HOSTED BY
THE SUQUAMISH TRIBE AT THE
SUQUAMISH MUSEUM**