

One Sky Center

The American Indian/Alaska Native National Resource Center for Substance Abuse and Mental Health Services

An Approach to Evidence Based Practice: the Partnership of Traditional and Contemporary Medicine in Healing

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Program Goals

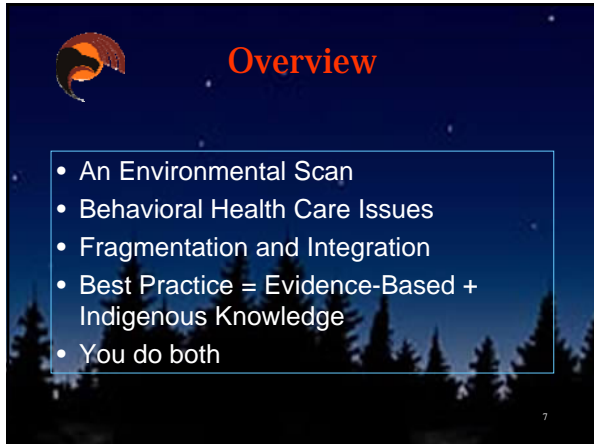
- Promote and nurture effective and culturally appropriate prevention and treatment
- Identify and disseminate evidence-based prevention and treatment practices
- Provide training and technical assistance
- Help to expand capacity



Six Missions Impossible?

How do we:

- Define ourselves?
- Define health care?
- Ask for help?
- Get Federal and State agencies to work together and with us?
- Build our communities?
- Restore what is lost?



Overview

- An Environmental Scan
- Behavioral Health Care Issues
- Fragmentation and Integration
- Best Practice = Evidence-Based + Indigenous Knowledge
- You do both

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Scientifically Based Approaches to Drug Addiction Treatment

- [Relapse Prevention](#)
- [Matrix Model](#)
- [Supportive-Expressive Psychotherapy](#)
- [Individualized Drug Counseling](#)
- [Motivational Enhancement Therapy](#)
- [Behavioral Therapy for Adolescents](#)
- [Multidimensional Family Therapy \(MDFT\) for Adolescents](#)
- [Multisystemic Therapy \(MST\)](#)
- [Combined Behavioral and Nicotine Replacement Therapy for Nicotine Addiction](#)
- [Community Reinforcement Approach \(CRA\) Plus Vouchers](#)
- [Voucher-Based Reinforcement Therapy in Methadone Maintenance Treatment](#)
- [Day Treatment with Abstinence Contingencies and Vouchers](#)

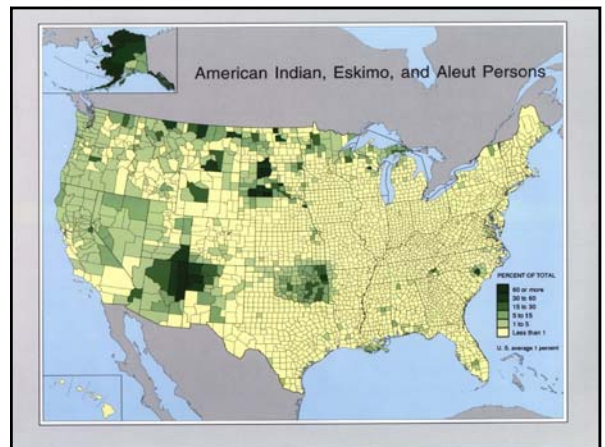
<http://www.nida.nih.gov/PODAT/PODATindex.html>

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10 Leading Causes of Disability in the World (WHO, 1997)

• Unipolar Depression	• 10.7%
• Iron-deficiency Anemia	• 4.7
• Falls	• 4.6
• Alcohol Use	• 3.3
• COPD	• 3.1
• Bipolar disorder	• 3.0
• Congenital anomalies	• 2.9
• Osteoarthritis	• 2.8
• Schizophrenia	• 2.6
• Obsessive-compulsive disorder	• 2.2

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Health Problems

1. Alcoholism 6X
2. Tuberculosis 6X
3. Diabetes 3.5 X
4. Accidents 3X
5. Physicians 72/100,000 (US 242)
6. 60% Over 65 live in poverty (US 27%)

American Indians

- Have same disorders as general population
- Greater prevalence
- Greater severity
- Much less access to Tx
- Cultural relevance more challenging
- Social context disintegrated

Agencies Involved in B.H. Delivery

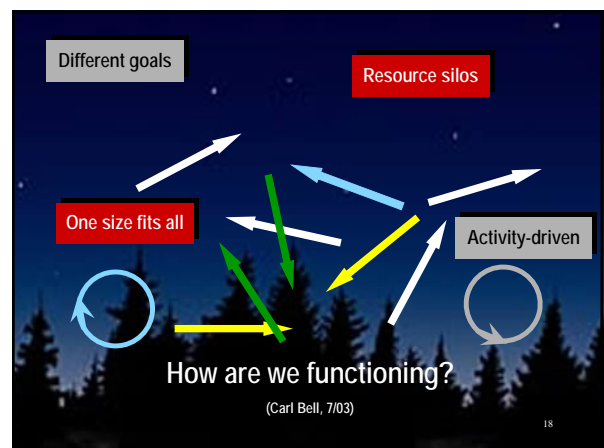
1. *Indian Health Service (IHS)*
 - A. Mental Health
 - B. Primary Health
 - C. Alcoholism / Substance Abuse
2. *Bureau of Indian Affairs (BIA)*
 - A. Education
 - B. Vocational
 - C. Social Services
 - D. Police
3. Tribal Health
4. Urban Indian Health
5. State and Local Agencies
6. Federal Agencies: SAMHSA, VAMC

Disconnect Between Addictions / Mental Health

- Professionals are undertrained in one of two domains
- Patients are underdiagnosed
- Patients are undertreated
- Neither integrates well with medical and social service

Difficulties of Program Integration

- Separate funding streams and coverage gaps
- Agency turf issues
- Different treatment philosophies
- Different training philosophies
- Lack of resources
- Poor cross training
- Consumer and family barriers





Definitions:

Indigenous Knowledge

- Is local knowledge unique to a given culture or society; it has its own theory, philosophy, scientific and logical validity, which is used as a basis for decision-making for all of life's needs.

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Definitions:

Traditional Medicine

- The sum total of health knowledge, skills and practices based upon theories, beliefs and experiences indigenous to different cultures...used in the maintenance of health.

WHO 2002

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Definitions:

Evidence-based Practices

- Interventions that show consistent scientific evidence of improving a person's outcome of treatment and/or prevention in controlled settings.

SAMHSA 2003

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Definitions:

Best Practices

- Examples and cases that illustrate the use of community knowledge and science in developing cost effective and sustainable survival strategies to overcome a chronic illness.

WHO 2002

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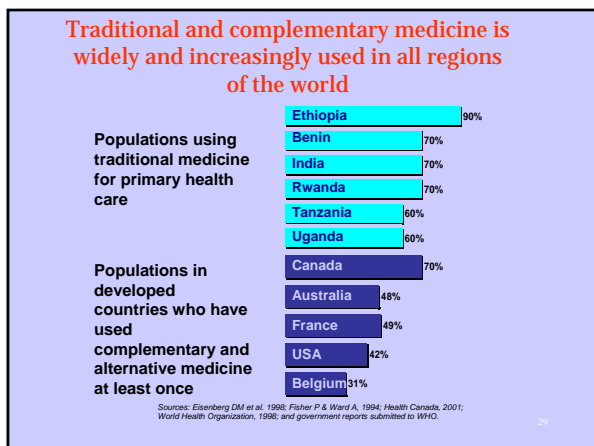
World Conference on Science

- Recommended that scientific and indigenous knowledge be integrated in interdisciplinary projects dealing with culture, environment and chronic illness.

1999

A partnership begins!

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Cultural Approach

- Original Holistic Approach
- Psychopharmacology Approach
- The unconscious has always been there
- Group Therapy
- Network Therapy
- Recreational / Outdoors
- Traditional Interventions
- Indian is...

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Selected Treatment/Prevention Activities

- The Talking Circle
- Smudging
- Story telling
- Traditional healers
- Medicine Person
- Herbal remedies
- Traditional ceremonies
- Sweat Lodge
- Traditional Experiences Preservation

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What Is Integrative Medicine?

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Principles of Integrative Medicine

1. It is better to prevent than to treat later.
2. Recognition of the interaction between body, mind, spirit, and environment.
3. Integrate the best of conventional and traditional medicine.
4. Belief that bodies respond uniquely, so treatment must be customized.
5. Belief in innate healing powers of the body.

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The Intervention Spectrum for Behavioral Disorders

Source: Mrazek, P.J. and Haggerty, R.J. (eds.), Reducing Risks for Mental Disorders. Institute of Medicine, Washington, DC: National Academy Press, 1994.

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Ecological Model

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Treatment Settings - Social Support

- Tribal
- Community
- Family
- Sibs
- Peers
- Individual

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Evidence-Based Practices for Alcohol Treatment

- Brief intervention
- Social skills training
- Motivational enhancement
- Community reinforcement
- Behavioral contracting

Miller et al., (1995) What works: A methodological analysis of the alcohol treatment outcome literature. In R. K. Hester & W. R. Miller (eds.), *Handbook of Alcoholism Treatment Approaches: Effective Alternatives*. (2nd ed., pp 12 – 44). Boston: Allyn & Bacon.

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Evidence-Based Approaches to Addiction Treatment

- Cognitive-behavioral interventions
- Community reinforcement
- Motivational enhancement therapy
- 12-step facilitation
- Contingency management
- Pharmacological therapies
- Systems treatment

1. L. Onken (2002). Personal Communication. National Institute on Drug Abuse.
2. Principles of Drug Addiction Treatment: A research-based guide (1999). National Institute on Drug Abuse

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Unified Services Plan

Case management should address:

- Mental health
- Education/vocation
- Leisure/social
- Parenting/family
- Housing
- Financial
- Daily living skills
- Physical health



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Partnered Collaboration



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