



UW PACC

Psychiatry and Addictions Case Conference

UW Medicine | Psychiatry and Behavioral Sciences

CULTURALLY CENTERED MEDICINE ASSISTED TREATMENT: ENGAGEMENT AND HEALING IN INDIAN COUNTRY

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COWLITZ TRIBAL HEALTH-TUKWILA



LAND ACKNOWLEDGEMENT

- Ms. Christina McCarthy, Client Support Specialist, Cowlitz tribal member
- Ms. Sara Mies, AAS, Client Support Specialist, Cowlitz tribal member



SPEAKER DISCLOSURES

- ✓ No conflicts of interest to disclose

OBJECTIVES

1. Introduction and Statistics (LCDR Simone Krieger)
2. Trust & therapeutic relationship in Indian country (LCDR Amos Chen)
3. Native Identity, Spirituality, "Medicine" Assisted Treatment (Ms. Karen Lizzy LMHC, SUDP)
4. Case Presentation

2018 KING COUNTY OVERDOSE DEATH REPORT

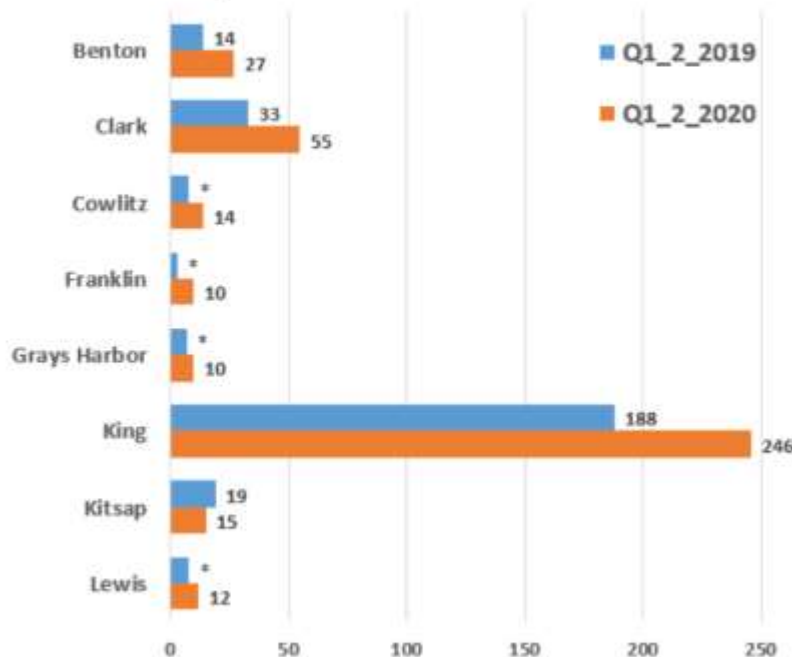
Characteristics of People with Drug or Alcohol Caused Deaths in King County, 2017-18			
	#	%	Rate (# of Deaths per 100,000 residents)
Overall	798	100	18.4
Sex			
Male	538	67	24.8
Female	260	33	12.0
Age			
<30	137	17	14.7*
30-39	157	20	21.0
40-49	160	20	27.4
50-59	216	27	39.6
60+	128	16	22.5^
Race/Ethnicity			
White, NH	627	79	23.9
Black, NH	81	10	29.1
Asian, NH	33	4	4.5
Hispanic	19	2	4.3
Am Indian/AK Native	27	3	99.4
Homeless	127	16	N/A
Overdose Location			
SeaTac/Tukwila	32	4	32.8
Seattle	389	49	26.9
Auburn	38	5	26.7
Kent	45	6	17.6
Renton	36	5	14.7
Federal Way	35	4	13.0
Bellevue	30	4	10.5

N/A="Not Available"; there is too much uncertainty regarding the number of people living homeless in King County to be able to estimate the rate of overdose in this sub-population.
 *The denominator was limited to residents ages 15-29.
 ^ The denominator was limited to residents ages 60-74.

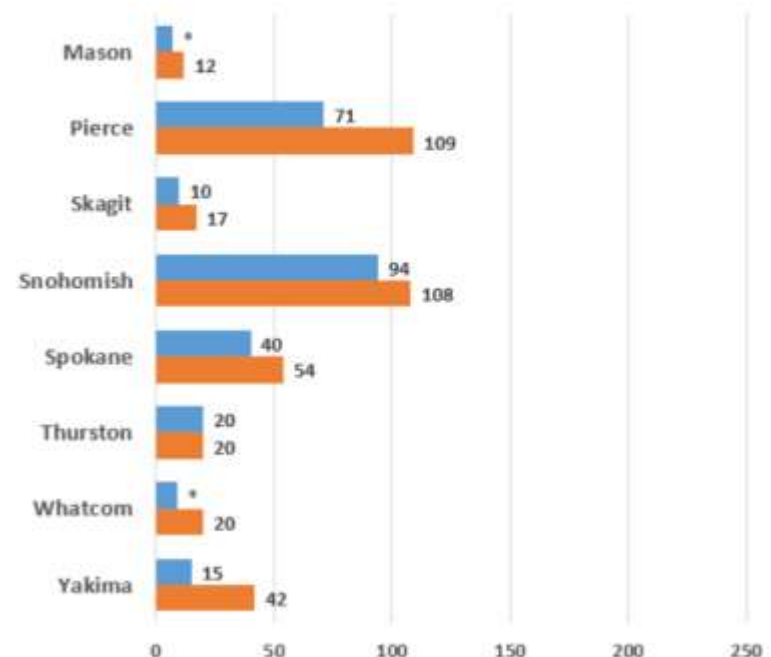
- American Indian/Alaska Natives (AI/AN) – only 0.6% of King County population
- AI/AN constituted 3% of all drug and alcohol caused deaths

UPDATES TO OVERDOSES IN WA STATE – RECENT UPDATES WITH PRELIMINARY 2020 DATA AND FINALIZED 2019 DATA

Overall drug overdose death counts by county
compare first 6 months of 2019 and 2020⁺



Counties with at least 10 OD deaths in 2019 or 2020
Data for first 6 months of 2019 and 2020.

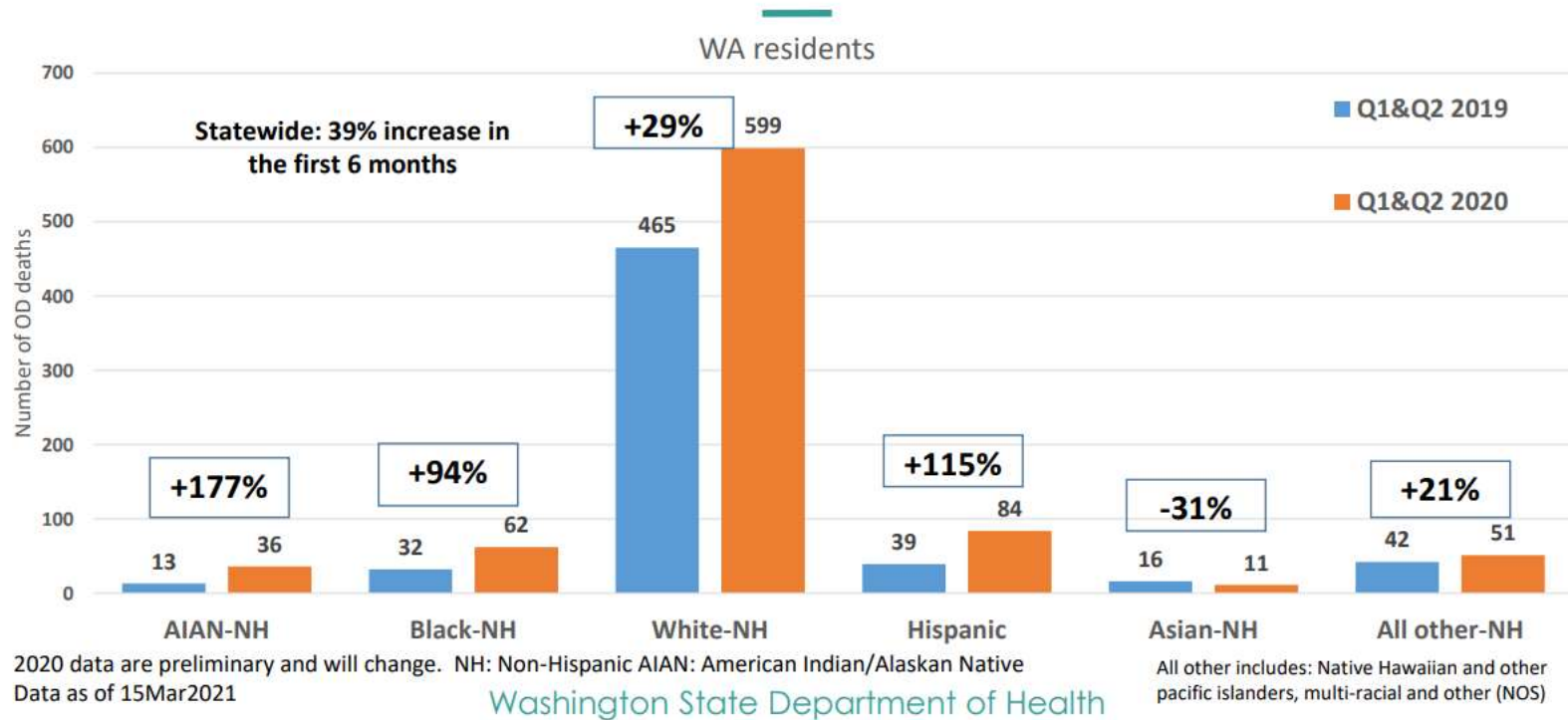


+ 2020 numbers will change. * Number suppressed (1-9)
Data as of 15March2021

Source: DOH death certificates

UPDATES TO OVERDOSES IN WA STATE — RECENT UPDATES WITH PRELIMINARY 2020 DATA AND FINIALIZED 2019 DATA

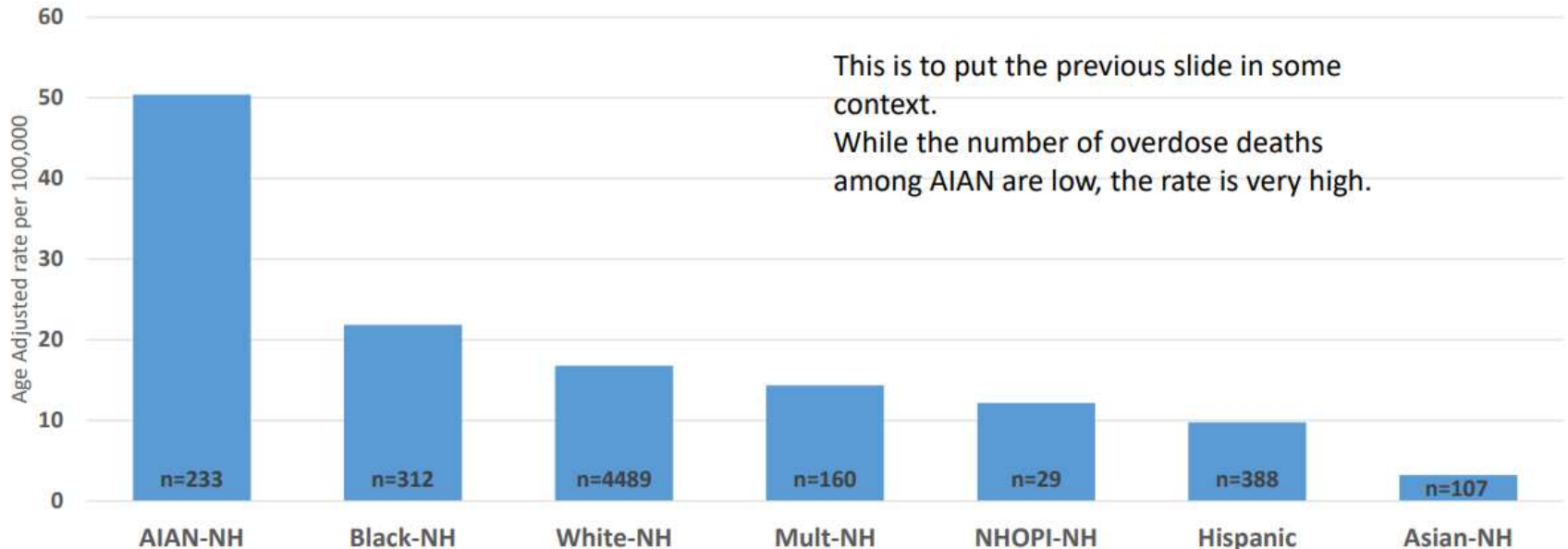
Overall drug overdose death counts by race compare first 6 months of 2019 and 2020



[Overdose death rates \(wa.gov\)](https://www.wa.gov)

Drug overdose deaths disproportionately affect American Indian and Alaskan Native populations

WA residents (2015-2019)



This is to put the previous slide in some context.
While the number of overdose deaths among AIAN are low, the rate is very high.

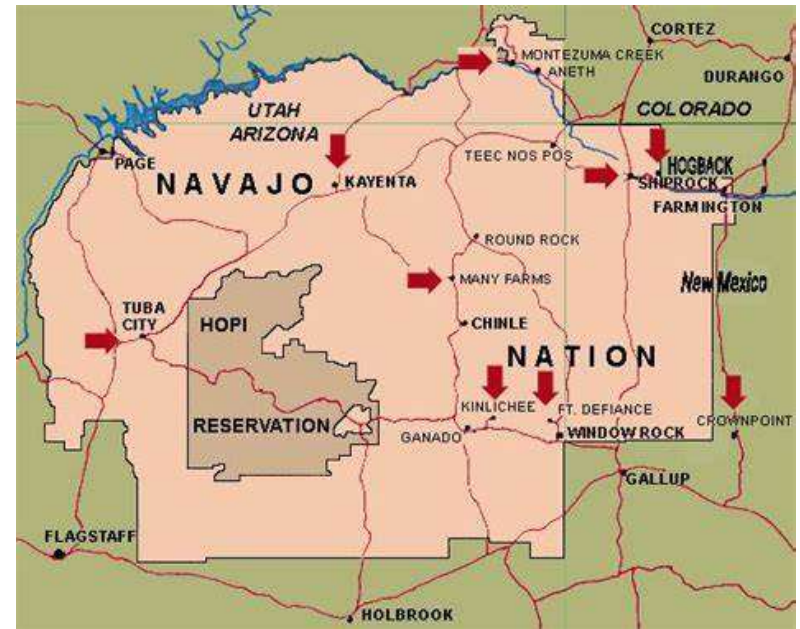
NH: Non-Hispanic
AIAN: American Indian/Alaskan Native

Washington State Department of Health

NHOPI: Native Hawaiian or Other Pacific Islander
Multi: Multi-racial

TRUST & THERAPEUTIC RELATIONSHIP IN INDIAN COUNTRY

- Navajo Nation (Crownpoint, NM)
 - Rural: Primary Care, Urgent Care, and Inpatient
 - Medicine man: bridge to “western” medicine



TRUST & THERAPEUTIC RELATIONSHIP IN INDIAN COUNTRY

- Tulalip Tribes (Marysville, WA)
 - Rural-to-suburban: Primary Care and Acute Care
 - Tribal reservation, “our clinic”



TRUST & THERAPEUTIC RELATIONSHIP IN INDIAN COUNTRY

- Cowlitz Tribal Health (multiple locations)
 - Urban (Tukwila, WA): MAT clinic
 - Many transient Natives living in the community
 - Providing culturally centered treatment and care



KAREN LIZZY: BAY MILLS OJIBWE



SOLUTION TO A PROBLEM?

An Easier Solution

A saloon-keeper in an Arizona town has on exhibition the heads of seventeen Apaches preserved in alcohol.

The exhibit affords a practical exemplification of the great truth that it is easier to settle the Apache difficulty by putting the Indians into alcohol than by putting alcohol in the Indians.

Detroit Free Press
Wednesday, August 25, 1886

Telberide St Miguel (Col.) Journal

IDENTITY

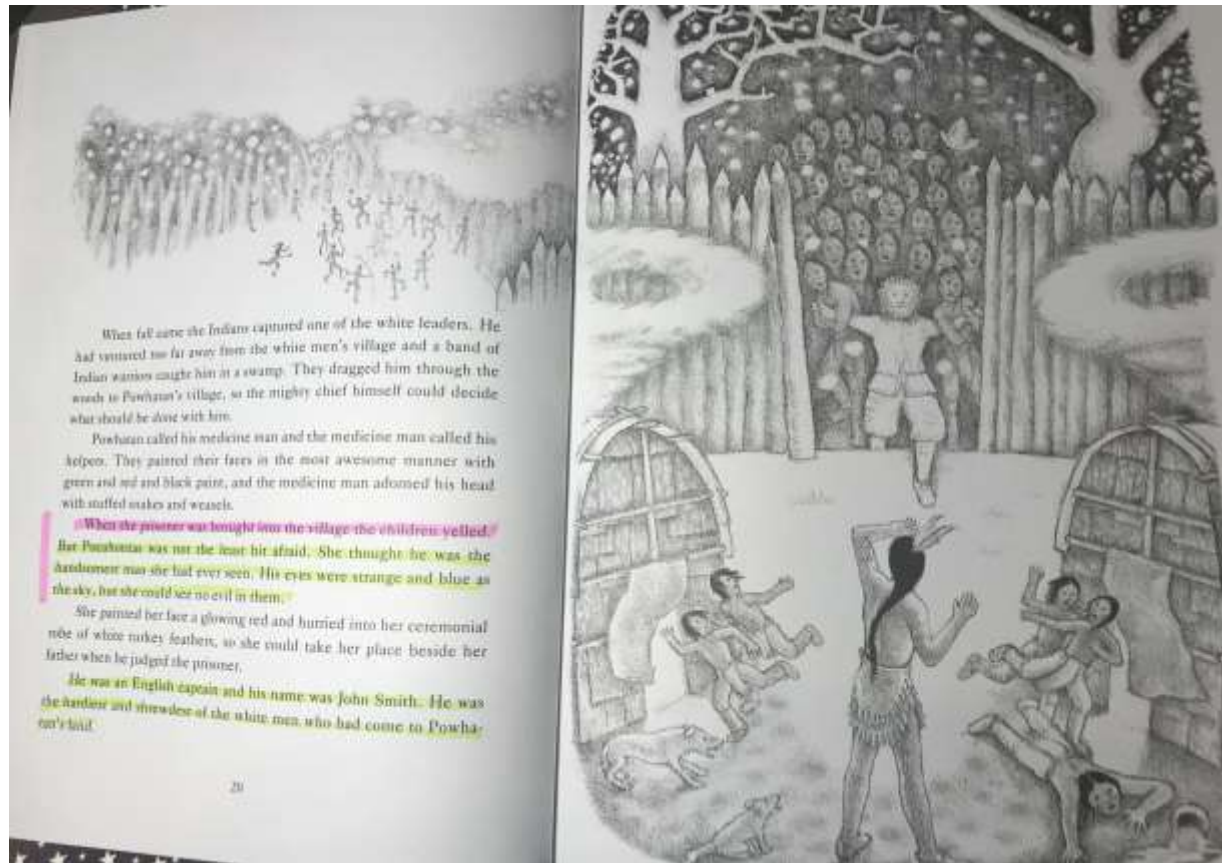


IRON EYES CODY



Espera Oscore de Corti

INDIAN PRINCESS



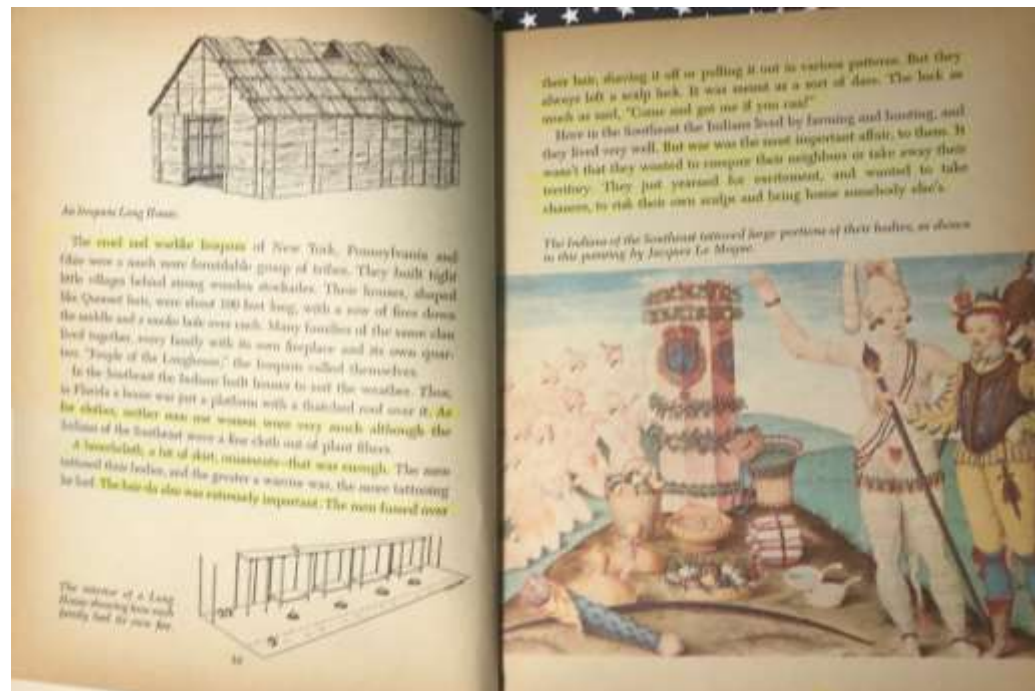
"When the prisoner was brought into the village the children yelled. But Pocahontas was not the least bit afraid. She thought he was the handsomest man she had ever seen. His eyes were strange and blue as the sky, but she could see no evil in them. "

"civilized savage"
Died in England
Age 20-21

John Smith identified Pocahontas as a 10 year old girl.

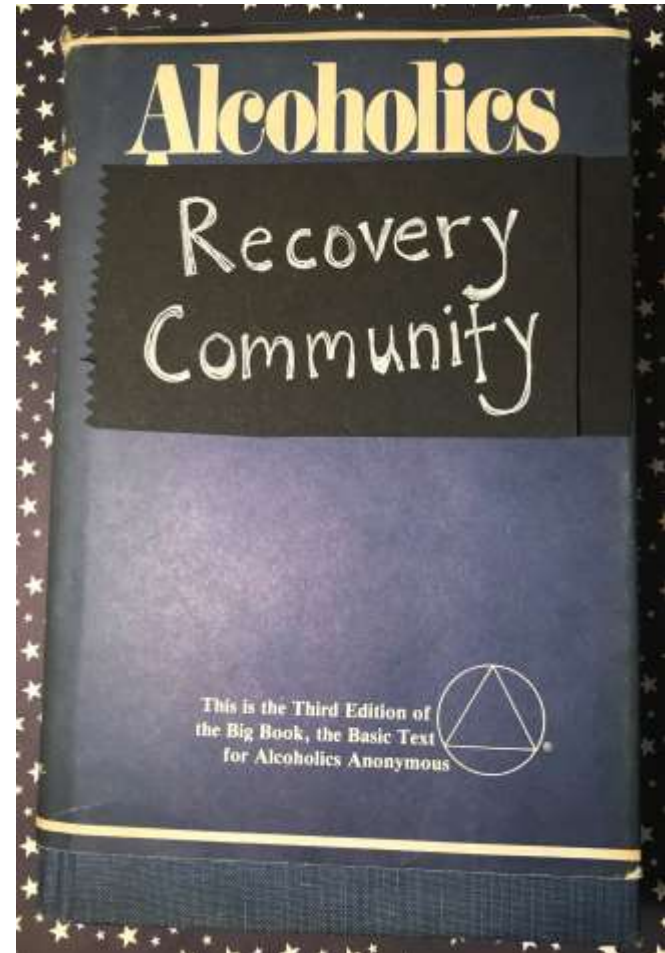
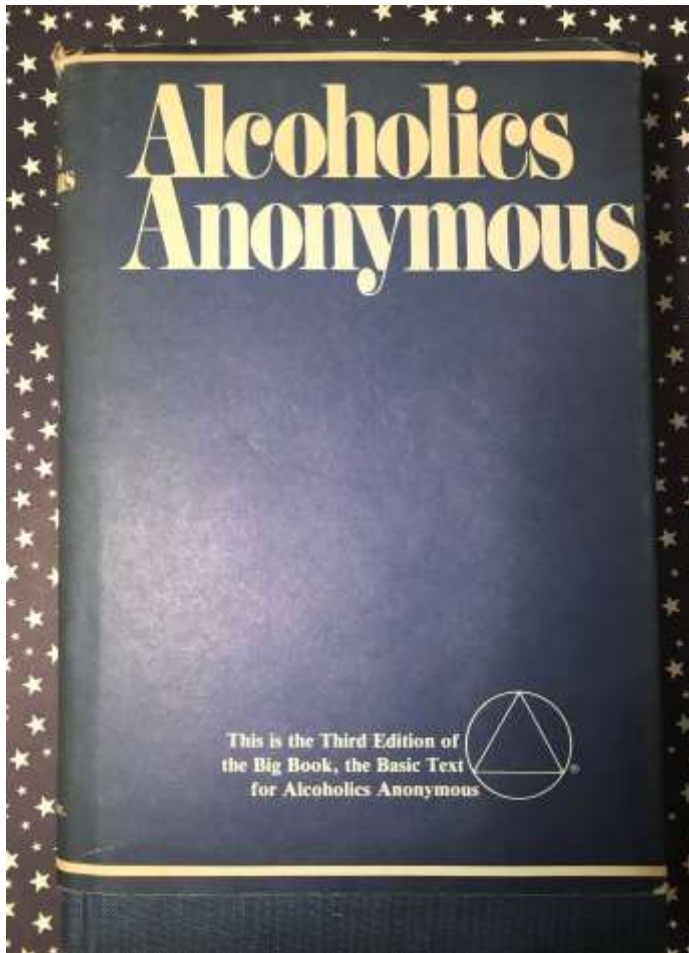
SAVAGES

Indians and the Old West Adapted from the pages of American Heritage

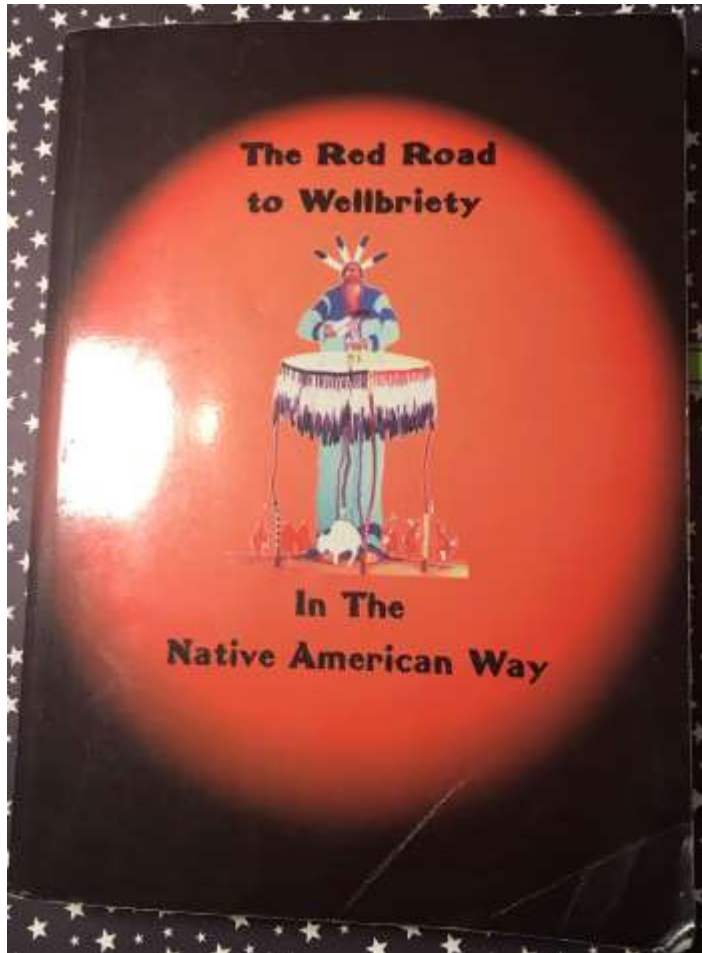


"A breech cloth, a bit of skirt, ornaments—that was enough....Their hair-do also was extremely important. The men fussed over their hair, shaving it off or pulling it out in various patterns. But they always left a scalp lock. It was meant as sort of a dare. The lock as much as said "Come and get me if you can." Here in the Southeast the Indians lived by farming and hunting, and they lived very well. But war was the most important affair, to them. It wasn't that they wanted to conquer their neighbors or take away their territory. They just yearned for excitement, and wanted to take chances, to risk their own scalps and bring home somebody else's."

RECOVERY



NATIVE AA



"Some of us were completely delivered from alcoholism by Christianity."

"As we begin to return to our own cultures and traditional spirituality, we may do so by blending with the religions of society."

HOW TO ASK THE QUESTION:

- PLEASE CHECK YOUR FORMS
- AVOID: CHECK ONLY ONE BOX
- REGISTERED: HORSES AND DOGS
- LEAVE ROOM FOR MULTIPLE TRIBAL AFFILIATIONS
- PLEASE DON'T ASSUME YOU WILL KNOW
- YOU HAVE TO ASK...

WHATS THE RIGHT WAY TO ASK

- ARE YOU NATIVE AMERICAN?
- DO YOU HAVE ANY TRIBAL AFFILIATIONS?
- ARE YOU AMERICAN INDIAN OR ALASKAN NATIVE?
- IF YOU ARE ABLE, PLEASE LEAVE ROOM ON FORM TO HAVE THEM IDENTIFY FURTHER
- TRIBE(S), VILLAGE(S), PEUBLO(S), BAND(S), CLAN(S)
- ENROLLED/DECENDANT/NOT ENROLLED OR DECENDANT

SPIRITUAL HOME



WELCOME BACK HOME.....



THE MAILBOX SURVIVED: WHAT'S INSIDE?



"MEDICINE" ASSISTED TREATMENT



Several years ago, less than 6% of tribes provided MAT

Now may be as much at 12%?

Many are in the PNW

My home state Michigan has none.

WHAT I WANT YOU TO CONSIDER

- NOT BE ABLE TO PARTICIPATE IN CEREMONY
- WHAT DO OUR ELDERS SAY
- 80% + HAVE SIGNIFICANT PUSH BACK
- ASK "WOULD YOUR FAMILY BE SUPPORTIVE"
- REASSURE CONFIDENTIALITY
- COWLITZ HAS ELDERS, SWEATLODGE
- GOOD MEDICINE V BAD MEDICINE

ONE LAST GIFT



CASE PRESENTATION

- 38 year-old Alaskan Native woman with history of opioid dependence with intravenous drug use, methamphetamine abuse, and post-traumatic stress disorder
 - MAT intake with Suboxone induction 3/25/2019
 - Mental Health counseling started 6/1/2019
 - Culturally centered MAT counseling and groups
 - Now stable on low-dosed Suboxone 1mg a day with future school, work and financial plans

QUESTIONS?

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