A Native Vision for Improving Community Wellness

The Native American California Reducing Disparities Project

Kurt Schweigman, MPH, Sonoma County Indian Health Project
Dr. Carrie Johnson, United American Indian Involvement
Native Vision

The goal of Native Vision is to develop a plan to improve mental health and well-being for Native Americans across California. This two-year project will bring forward community-defined solutions and recommendations across the diverse regions of tribal, rural and urban Native American populations in California. Native Vision is a new statewide project facilitated through the Native American Health Center in Oakland, California. The project is funded by the California Department of Mental Health.

Native Vision has an 8 member Strategic Planning Workgroup to guide the project “in a good way” and who represent the project on a statewide level. The workgroup is comprised of Native behavioral health professionals from across the state of California. They are: Tony Cervantes (Native American Center for Excellence), Dan Dickerson (University of California Los Angeles), Michael Duran (Indian Health Center of Santa Clara Valley), Carrie Johnson (United American Indian Involvement), Janet King (Native American Health Center), Tene Kremling (Humboldt State University), Art Martinez (Shingle Spring Tribal Health Program), and Martin Martinez (Redwood Valley Little River Band of Pomo Indians).
The purpose of the discussions were to engage community members on how to improve behavioral health and well-being for Native Americans in our statewide communities.

- “what is working” to maintain good mental health and wellness
- “what is effective” when people seek help
- “what increases access” to mental health services
- “how do we evaluate” community defined wellness projects with cultural-competence
## Statewide **Focus Group Gatherings**

<table>
<thead>
<tr>
<th>Regional Focus Groups</th>
<th>Location</th>
<th>Attendance</th>
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<tbody>
<tr>
<td>(May 2010 through October 2011)</td>
<td></td>
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<tr>
<td>Traditional Indian Health Gathering at Sumêg Village</td>
<td>Patrick's Point State Park</td>
<td>60</td>
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<tr>
<td>Intertribal Friendship House</td>
<td>Oakland</td>
<td>50</td>
</tr>
<tr>
<td>California Indian Conference</td>
<td>Irvine</td>
<td>25</td>
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<tr>
<td>United American Indian Involvement</td>
<td>Los Angeles</td>
<td>35</td>
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<tr>
<td>Friendship House of American Indians</td>
<td>San Francisco</td>
<td>15</td>
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<tr>
<td>Northern California Indian Development Corporation’s Health and Wellness Conference</td>
<td>Blue Lake</td>
<td>27</td>
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<tr>
<td>Toiyabe Indian Health Clinic</td>
<td>Bishop</td>
<td>24</td>
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<tr>
<td>Sacramento Native American Health Center – Community Gathering of Native Americans</td>
<td>Portola</td>
<td>46</td>
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<tr>
<td>San Diego American Indian Health Center</td>
<td>San Diego</td>
<td>16</td>
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<tr>
<td>Fresno Indian Health Project</td>
<td>Fresno</td>
<td>10</td>
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<tr>
<td>California Native Women’s Wellness Conference</td>
<td>Oakland</td>
<td>6</td>
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<tr>
<td><strong>Total 11</strong></td>
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<td><strong>Total 314</strong></td>
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Native communities do not have a “one size fits all” for each individual PEI practice.

Mental Health PEI for Native communities are varied and fluid – “think outside the box.”

There are many differences between and within Native communities.

Western practices usually do not work (adaptability).

Native American practices usually do work.

Community members voiced the need for mental health services that are “culturally” appropriate and based.
# Statewide Forum Group Gatherings

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<tr>
<th>Regional Forums</th>
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<tbody>
<tr>
<td>California Conference on American Indian Education</td>
<td>Arcata</td>
<td>25</td>
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<tr>
<td>Traditional Indian Health Gathering</td>
<td>Shingle Springs Rancheria</td>
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<tr>
<td>Circle of Native Minds Wellness Center</td>
<td>Lakeport</td>
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<tr>
<td>Indian Health Center of Santa Clara Valley</td>
<td>San Jose</td>
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<tr>
<td>United American Indian Involvement</td>
<td>Los Angeles</td>
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<tr>
<td>Morongo Tribal TANF Office</td>
<td>Banning</td>
<td>36</td>
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<tr>
<td>Owens Valley Career Development Center (OVCDC) TANF Office</td>
<td>Bishop</td>
<td>17</td>
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<tr>
<td>California Indian Conference</td>
<td>San Marcos</td>
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</tr>
<tr>
<td>Native American Behavioral Wellness Conference</td>
<td>Oakland</td>
<td>40</td>
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<tr>
<td><strong>Total 9</strong></td>
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<td><strong>Total 152</strong></td>
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Empower Native communities – funding stream direct from the source, no “middle-overseer” of resources.

Funding should not be contingent on “head-counts.”

PEI implementation in Native communities need to be flexible (i.e. Community trust).

Community driven participatory evaluation.

Culturally relevant technical assistance and retention of Native CRDP Advisory Committee.

Fair and culturally competent selection process of PEI activities.
NATIVE VISION:
A Focus on Improving Behavioral Health Wellness for California Native Americans

California Reducing Disparities Project
Native American Strategic Planning Workgroup Report
A culture based treatment offered at UAII aimed at reducing health disparities among urban American Indian/Alaska Native youth and families in Los Angeles County

8-week workshop drum and dance program for American Indian/Alaska Native urban youth and families

Objectives
- Finalize curriculum: CBPR, 4 pre/post focus groups
- Evaluate effectiveness among participants (4 cycles/25 each, N=100)
- Contribute data to SWE on effectiveness of cultural interventions
4 Pre & Post Focus Groups (6-8 Participants)

Participants will be:

- Adults (e.g. age 18+) men and women
- Youth (13-17 years old) males and females
- UAII providers who worked with UAII for 1 year
- Elders and cultural leaders of the Community Advisory Board

Discussions will be guided by 8 questions

Pre & Post Self Report Surveys

- reducing the severity of mental health and substance use conditions
- increasing community and cultural connectedness with participants
Focus groups will help:

- **Finalize** the NADDAR Program as a Promising Practice for urban Native Americans/Alaska Natives in Los Angeles.
- **Determine** how best to use the outcome data and inform public policy.

Program evaluation will help:

- **Measure** program effectiveness for reducing health disparities, increasing community connections.

CRDP-II participation will help:

- **Contribute** to understanding cultural interventions as tools to reduce disparities among our Native population.
Aunties & Uncles Project  
*Sonoma County Indian Health Project*

- Native culture role of Aunts and Uncles having the ability to address both challenging and encouraging words to youth and parents
- School-based activities, including: cultural revitalization teachings, Suicide Prevention and Intervention (QPR, SafeTalk)
- Engage four Sonoma Co. tribes: Kashia, Cloverdale, Dry Creek, and Manchester/Pt. Arena
- Community driven participatory evaluation (Eagle Council)
- Family Fun Nights, Memorial Gathering (Pomo Dancers)
Community Readiness survey found people do not feel comfortable talking about suicide and dissatisfied with local prevention efforts and activities.

1. Knowing the warning signs of suicide
2. Increase self-esteem
3. Traditional/Cultural-based activities and events

Survey instruments include: Wellness Survey, Hearth Hope Index, Statewide Evaluation Measures

Photovoice

Community Collaborations and Survey Feedback
SONOMA COUNTY INDIAN HEALTH PROJECT INC.

MEMORIAL GATHERING

BEHAVIORAL HEALTH DEPARTMENT

SATURDAY
SEPTEMBER 15, 2018

10:00AM-7:00PM

Location:
Ya-Ka-Ama
7465 Steve Olsen Lane
Forestville, CA

Gather with community to celebrate wellness and honor our loved ones.

Food will be provided!

Pictures for memorial table are welcomed.

Dance Groups, Speakers, and fun activities for the kids!

For more information please call the Behavioral Health Dept. @ (707) 521-4582.

Event funded by the CA Dept of Public Health, Native American Reducing Disparities Project, Aunties & Uncles Program to help prevent suicide in our Native community.

Sonoma County Indian Health Project, Inc.

Family Fun Night:
Honoring our Children

When: Friday, May 25, 2018
Time: 5:30pm—7:30pm
Where: Community Room at SCIHP

Please Join us for our monthly Family Fun Night!

Support our youngest community members to feel loved and connected to our Native community. There will be activities and crafts for youth, a potluck dinner and Pomo dancing. If you can, please bring a dish to share.

We hope to see you there!

Contact:
Yesica Meza, After-School Tutor
(707) 521-4582

Elizabeth Billy, Indian Education Community Worker
(707) 528-5101

144 Stony Point Rd. Santa Rosa, CA 95401
Discussion Topic:

*Successes and barriers in administering your Native community wellness programs*