Benefits of Traditional Healing
These five practices are common at Urban Indian Organizations (UIOs), with noted benefits of:

- **Traditional Foods**: Improves diet quality & cardiovascular health
- **Sweat Lodges**: Improves mental health
- **Smudging**: Helps manage depression & anxiety
- **Talking Circles**: Increases levels of substance use severity
- **Traditional Foods**: Helps to manage stress & chronic pain

Key TH Interventions and Benefits
- UIO staff are educated on the benefits of TH and traditional healers are certified to provide TH.
- TH is incorporated into care at UIO facilities.
- UIOs were contacted based on services offered.
- There was universal support for Medicaid and TH at UIOs.
- Community members emphasized the importance of maintaining the privacy and autonomy of every patient.

Challenges to Offering TH at UIOs
- Limited capacity to meet current demand
- Lack of access to materials
- Main challenge was funding
- Limited capacity to meet current demand
- Lack of access to materials
- Main challenge was funding

Medicaid and TH at UIOs
- There was universal support for Medicaid reimbursement for TH.
- Noted concerns were:
  - Administrative burden
  - Requiring diagnosis codes for TH
  - Onerous credentialing process

Funding Sources Outside of Medicaid
- State and federal grants, i.e., Native Connections Grant (SAMHSA)
- Donations from Tribes, staff, and from the community

Third-Party Billing for TH
- TH is incorporated into care at UIO facilities.
- Most UIOs are unable to bill third-party payors directly for TH services.
- Four states currently have pending Section 1115(a) demonstration program waivers which seek to expand reimbursement for TH within Medicaid.

Interview Methodology
- NCUIH conducted semi-structured interviews with 8 UIOs about their TH programs and their ability to bill for TH services.
- UIOs were contacted based on services offered, e.g., smudging, sweat lodge ceremonies, and/or talking circles, or if their state submitted a Section 1115(a) waiver.

"Culture is Prevention" Model
- Developed by UIOs through SAMSHA-funded project
- UIOs utilized this model to provide pan-tribal traditional healing activities to sustain cultural connection and enhance community wellness in their multi-tribal urban/urban AIAN service population.

Interview Methodology
- NCUIH conducted semi-structured interviews
- Interview Methodology
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- Interview Methodology
- NCUIH conducted semi-structured interviews

Tracking TH Health Outcomes
- Four states currently have pending Section 1115(a) demonstrations
- Most UIOs are unable to bill third-party payors directly for TH services.
- Four states currently have pending Section 1115(a) demonstration program waivers which seek to expand reimbursement for TH within Medicaid.

**Inclusion Criteria**
- TH articles published between 1/1/2000 and 12/31/2022
- Articles with quantitative outcomes for TH of the indigenous peoples of the 48 continuous United States, Alaska, and Canada

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- Articles with qualitative outcomes for TH of the indigenous peoples of the 48 continuous United States, Alaska, and Canada

**Studies screened** (n = 14,791)

**Studies excluded** (n = 14,187)

**Studies assessed for eligibility** (n = 604)

**Studies excluded** (n = 585)

**Studies included in analysis** (n = 19)

**Effect Size Coding**
- Studies selected based on measurable mental health (e.g., Historical Loss Scale), physical health, or substance use outcome (i.e., mean difference/odds ratio) and if they included a key TH intervention.
- Studies were grouped together to find an estimate of the general effect of any TH, and then the effect of TH on mental health, physical health, or substance use cessation.

**Mental Health**
- Meta-analysis on the continuous mental health measures estimated a pooled Hedge’s g effect size of 1.29 indicating a “large” positive effect.

**Substance Use**
- Meta-analysis on binary substance use outcomes suggests that traditional healing interventions are 3x as effective at substance use cessation as standard interventions.

**Physical Health**
- Binaries/continuous physical health outcomes for TH did not demonstrate any statistically significant effect.

"This report was commissioned by the Centers for Medicare & Medicaid Services (CMS) through a contract with NORC at the University of Chicago. The views, options, and data analysis published in this report are those of the National Council of Urban Indian Health (NCUIH), and do not reflect the policies or positions of the federal government.