Closing the Gap in Need of Behavioral Health Care for Indigenous People

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Welcome!

Agenda

• Review gap in need of behavioral health care & priorities

• Explore the Culture Heals (online) program and how it is being used to close the gap in need

• Highlight benefits of digital solutions and ways they can integrate with traditional care
Tlingit & Haida Indian Tribes of Alaska

- Discipline and Obedience to the Traditions of our Ancestors
- Respect for Self, Elders and Others
- Respect for Nature and Property
- Patience
- Pride in Family, Clan and Tradition is found in Love, Loyalty and Generosity
- Be Strong in Mind, Body and Spirit
- Humor
- Hold Each Other Up
- Listen Well and with Respect
- Speak with Care
- We are Stewards of the Air, Land and Sea
- Reverence for Our Creator
- Live in Peace and Harmony
- Be Strong and Have Courage
Acknowledging the Past – Culture Heals

Culture Heals

When we heal ourselves, we heal our ancestors and future generations.
- 574 federally recognized tribes (2022).
- Collective geographical area of all reservations is 56.2 million acres, representing 2.3% of the United States’ 3.794 million square miles.
- 9.7 million indigenous people, comprising 2.9% of the total U.S. population of 329.5 million (2021).
Need for Addiction Care

Past Year SUD 12+

Past Year Need for SUD Treatment 12+
Behavioral Health Challenges

- **Relationships**
  - Attachment, Domestic Violence, Parenting

- **Anxiety**
  - Social, OCD, Panic Attacks, Generalized

- **Trauma**
  - Generational, Past, Present

- **Addictions**
  - Substance and Behavioral

- **Depression**
  - Including Mood Spectrum, Bipolar

- **Family**
  - How to Help a Loved One
Behavioral Health Help Seeking Barriers

- Lack of Trust and Connection
- Rural and Remote Locations with Limited Resources
- Lack of Culturally Responsive Services
- Not Being Ready for Treatment
Culture Heals™ Program

- **Launched April 2022** to all Tlingit & Haida people
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **Linked with** the Community Behavioral Services Healing Center
- **24/7 phone support** from trained clinicians
Let's Take a Quick Tour of Culture Heals™
Blending Indigenous, Western, and Eastern Healing Practices

**Western**
- CBT
- EMDR
- Medication
- Psychoeducation

**Indigenous**
- Story Telling
- Dipping
- Talking Circle
- Drumming

**Eastern**
- Acupuncture
- Tai Chi
- Meditation
- Yoga
Emergence of Digital Care Solutions

Smartphone Penetration of Mobile Phone Market

Broadband Adoption Over Time

Source: comScore MobiLens
Dynamic Market and Product Mix

43 Prescription Digital Therapeutics Developers (PDTs) | U.S. 2023

- CNS (30)
  - PEAR
  - arcade
  - Click Therapeutics
  - JOGT
  - AKILI
  - MEDRhythms
  - Constant Therapy Health
  - feel therapeutics
  - cognoa
  - NORTH SHORE THERAPEUTICS
  - mindmaze
  - AppliedVR
  - Dthera Sciences
  - freespira
  - BehaVR
  - NightWare
  - Neurogile Therapeutics
  - twill
  - Woebot Health
  - Big Health
  - Limbix
  - Oui Health
  - ATENTIV
  - swing
  - LUCID
  - floreo
  - wySA
  - Cardiometabolic (4)
    - Better Therapeutics
    - welldoc
    - AMALGAM
    - biofourmis

- Oncology (2)
  - Blue Note Therapeutics
  - Voluntis

- Women’s Health (2)
  - Curio
  - Renovia

- Gastrointestinal (2)
  - Mahana Therapeutics
  - metaMe Health

- Ophthalmology (2)
  - AMBLYOTECH
  - Luminopia

- Respiratory (1)
  - Alex Therapeutics

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Pear Therapeutics Files for Bankruptcy As CEO Blames Shortfalls On Insurers

Kelly Jennings, Forbes staff

"I'm a senior writer covering healthcare technology."

Apr 1, 2021, 04:27am EDT

Pear Therapeutics, which has three FDA-cleared prescription apps to help treat substance use disorder and insomnia, filed for bankruptcy on Friday, as the company struggled to get insurers to pay for its technology.
Start with the basics...

- What is a smartphone?
- How do I access the internet?
- What are apps?
- How do I access them?
- Which apps should I use?
- Are they safe to use?
- Do they work?
Digital Care Hubs vs. Apps

24/7 Clinical Phone Support

Assessment & Screening Tools

Culture Heals™

Lived Experience from Tribes

Family Help for Loved Ones

Educational Learning Tools

Help Accessing Treatment

www.mindapps.org
Summary

• There is a significant gap in need of behavioral health services for indigenous people
• Programs like Culture Heals™ can help close the gap by making available 24/7 a set of tools free for all
• Digital solutions are customizable, scalable, and can link with already available community resources

Contact Us!

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