

American Indian and Alaska Native Culture and Public Health

Glorinda Segay, DBH
Behavioral Health Program Manager

Kristen Bitsuie
Tribal Health Care Outreach and Education Policy Coordinator

National Indian Health Board

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Disclaimer


The views expressed in this training are those of the trainers and are based upon their extensive experience and expertise.

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Facilitators




Glorinda Segay, DBH
Diné
Behavioral Health Project Manager
gsegay@nihb.org



Kristen Bitsuie
Diné
Tribal Health Care Outreach and Education Policy Coordinator
kbitsuie@nihb.org




Module I
Welcome and Opening



SAMHSA
Substance Abuse and Mental Health
Services Administration

Opening Prayer




SAMHSA
Substance Abuse and Mental Health
Services Administration

SAMHSA Opening Comments

Dr. Alec Thundercloud, Office of Tribal Affairs and Policy

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SAMHSA
Substance Abuse and Mental Health
Services Administration

Introductions

- Name
- Responsibility with SAMHSA.
- Experience working with Indian Country.

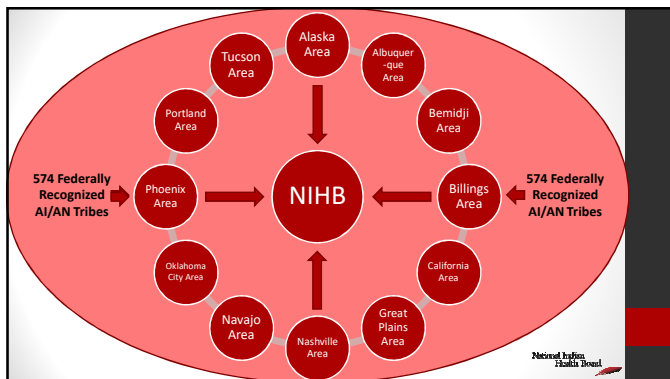


National Indian Health Board

Purpose: To advocate on behalf of all federally recognized American Indian and Alaska Native Tribes to ensure the fulfillment of the trust responsibility to deliver health and public health services as assured through treaties, and reaffirmed in legislation, executive orders and Supreme Court cases.

Mission Statement: One Voice affirming and empowering American Indian and Alaska Native Peoples to protect and improve health and reduce health disparities.





What Does NIHB Do?

- Research, analyze, and make recommendations on policies, rules and regulations.
- Monitor judicial activity.
- Host and facilitate Tribal consultations.
- Provide technical assistance to Tribal advisory committees.

- Provide training and technical assistance.
- Develop programming and materials.
- Undertake public health research.
- Analyze public health policies and budgets.

- Monitor and propose bills.
- Educate members of Congress and staff.
- Analyze budgets.
- Advocate for favorable bills, edits, and resources.
- Provide testimony.

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Learning Objectives

- By the end of this training, participants will be able to:
 - Describe some common elements of culture seen in American Indian and Alaska Native (AI/AN) communities;
 - Describe the impact of colonization on cultural expression in AI/AN communities today;
 - Explain the role that culture plays in public and behavioral health activities;
 - Explain strategies that project officers and monitors can use when working with American Indian and Alaska Native grantees and communities; and
 - Explain how the Tribal Behavioral Health Agenda can be used as a resource when working in American Indian and Alaska Native communities.

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Training Agenda

- 9:30 am
- Welcome and Opening
- What is Culture?
- Culture in Public and Behavioral Health Activities
- Common Elements of Cultural Expression in AI/AN Communities
- How to Be an Ally
- The Tribal Behavioral Health Agenda as a Resource
- Closing
- Adjourn
- 4:30 pm

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Parking Lot

- Located in the back of the room.
- A place to put
 - Questions you want to ask,
 - Comments you want to make, and
 - Disclosures you are not comfortable sharing publicly.
- We will check it periodically and address.



Housekeeping

- We will follow agenda as closely as possible.
 - Breaks and meals
- Training Materials
- Bathrooms
- Please ask questions.
 - We can all learn from each other.
- Complete your evaluations throughout the day.



Module II
What is Culture



What is Culture?

- The social behavior and norms found in human societies, as well as the common elements exhibited or practiced by the individuals in these groups.
- Can be hard to define, but easy to identify.



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ELEMENTS OF CULTURE LARGE GROUP BRAINSTORM

What are some elements of culture experienced or represented in your lives?




Culture Shapes Identity

- Identity refers to a sense of belonging to a group.
 - Can include how we operationalize our culture in the way we live our lives.




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ACTIVITY:
WHAT MAKES UP YOUR IDENTITY?

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DISCUSSION:
WHAT SHAPES AMERICAN INDIAN AND ALASKA NATIVE IDENTITIES?

Module III
Culture in Public and Behavioral Health Activities




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Culture Shapes Our Lens...
But Also Our Perception Of What Comes Through the Lens




Culture in our Daily Lives

- How we communicate with others.
- How we think of food and food preparation.
- How we interact with our environments.
- How we raise children and interact with our families.
- How we value formal education.
- How we manage chores and tasks.
- What else?



Culture in our Work Lives

- How we prioritize work among other elements of life.
- How we think of income and money.
- How we think of our contributions to a larger whole.
- How we conceptualize time.
- How we think of authority.
- How we conceptualize roles within teams.
- What else?



As public health and behavioral health professionals...

- We may not talk about culture everyday.
- We recognize its impact on shaping current and future behaviors.
- Ignoring culture, ignores one of the most important elements of our socialization process and one of the most impactful ways we can respectfully work with individuals to shape healthy lives and productive decisions.
 - History has proven the detrimental impact it can have.

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Historical Trauma

- “Historical trauma is the cumulative emotional and psychological wounding across generations, including the lifespan, which emanates from massive group trauma.”
 - Dr. Maria Yellow Horse Brave Heart
- Historical trauma stems from historical events such as:
 - treaty signings, massacre, forced removal and relocation, boarding schools, forced enculturation and assimilation, illegalization of cultural activities and language, and establishment of reservations.

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Intergenerational Grief

- The deleterious effects of trauma and grief have its cascades through families and generations.
- How this manifests within individuals and families can be different.
- Held up by Tribal communities and research as direct and indirect causes of many outstanding health disparities.

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Adverse Childhood Experiences (ACEs)

- Traumatic events that occur during childhood:
 - experiencing violence or abuse;
 - witnessing violence in the home or community;
 - having a family member attempt or die by suicide;
 - substance misuse;
 - mental health problems;
 - Instability; and
 - Others.
- Impacts a child’s biological, social, emotional, and psychological development.
- Aligns with the public health concept of risk factors.



Protective Factors

- Protective factors are independent variables capable of having a direct effect on behavior.
 - Exposure to protective factors can increase the chances of a person making healthy behavior changes.
 - Exposure to multiple protective factors enhance that effect.



AI/AN Culture and Protective Factors

- Strong connections to friends.
- Strong sense of self-worth or self-esteem.
- Resiliency.
- Responsibilities and duties to others.
- Community connectedness.
- Cultural connectedness.
- Family connectedness.




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VIDEO: NATIVE HEALING

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PROTECTIVE FACTORS CANNOT UNDO HISTORICAL TRAUMA OR ACES



But can mitigate how children and community members cope with trauma through management of trauma and having a support system that can help them begin to process the effects.

Protective factors, like culture, are vital to hold up, support, and grow – especially in communities who have experienced historical trauma and where risk factors and ACEs are experienced more frequently.


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QUESTIONS AND COMMENTS



Break
15 minutes




Module IV
Common Elements of Cultural
Expression in AI/AN Communities



Tribal Sovereignty

- Tribes are sovereign entities.
 - This is a legal and political designation based upon centuries of treaties, legal precedence, and laws (some that pre-date the United States).
- Tribes are “domestic, dependent nations.”
- Sovereign status means Tribes have the ability to create, enforce, and interpret their own laws; manage their own economies and resources; create and implement their own governing system; and self-determine their own future.
 - Not subject to all standing state laws.
 - Can lead to confusing jurisdictional questions.



Jurisdictional Challenges

- Common Examples:
 - Traffic infractions,
 - Severe criminal offenses; and
 - Casinos.
- Public health examples:
 - Syringe service programs,
 - Drug paraphernalia laws, and
 - Smoking bans.

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Tribal Governance

- Most Tribes have a 3 branched government set up similar to the U.S. federal government having a legislative, executive, and judicial branch.
- Most Tribes have a council elected by the people.
 - Tribal Councils' functions and laws incorporate cultural values even naming laws in their Native language.
 - Many Tribal Councils will operate on traditional seasons/events/natural events.

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Tribal Sovereignty and Health

- As sovereign entities, there are laws in place allowing Tribes to operate their own health system or choose to utilize the services of the federal government (Indian Health Service).
 - When Tribes operate their own health systems, they are referred to as 'self-governance' Tribes.
 - The difference is "Tribes may contract with the IHS through self-determination contracts and annual funding agreements under Title I or self-governance compacts and funding agreements under Title V.
 - Tribes may choose to operate only certain health programs, if not the entire health system.

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Indian Self-Determination and Education Assistance Act

- Passed in 1975.
- Also called Public Law 93-638.
- The law allowed Tribes and the government to enter into contracts for the provision of federal services.
 - Tribes could utilize those funds to operate their own systems and services – including education and health.
 - Tribes choose what they would like to contract.

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Sovereignty and Culture

- As distinct peoples with thriving cultures, as well as sovereign entities, Tribes have the opportunity and right to undertake activities that celebrate, maintain, and help sustain their culture.
 - This is not just inherent, but a legal right.

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Cultural Activities

- For the purpose of this training, cultural elements or activities will be defined as social behaviors or norms found in a American Indian and/or Alaska Native Tribes.
- This module will provide a general description of some common cultural elements seen among Tribes.
 - Not a comprehensive list.
 - Forgive us for anything not contained herein.

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Cultural Expressions

- Style includes image and identity.
 - Clothing, hair, jewelry expressed identity, politics, and creativity.
- Food artistry include culture and cuisine.
 - Cook ware, styles of cooking, ingredients of food. Can be passed on from generations to generations.
- Artistry includes craftsmanship and creativity.
 - Cultural transmission and learning styles. Can be passed on from generations to generations.
- Language includes the power of words.
 - Oral traditions and idiomatic expression. Styles of annunciation, enclitics, and accent.
- Movement includes gestures and social dance.
 - Public and private expressions of performance and conditions.

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Examples of Cultural Activities

- Canoe making – Cree, Algonquin
- Spear making – Sioux, Cheyenne, Crow
- Moccasin making – Pawnee, Choctaw, Apache
- Drum making – Mohawk, Seneca, Huron
- Feather making – Blackfeet, Arapaho, Kiowa

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Examples of Cultural Activities

- Silversmith – Navajo, Zuni, Hopi, Santa Domingo
- Rug Weaving – Navajo
- Beadwork – Nez Perce, Iroquois, Zuni
- Dreamcatcher making – Ojibway

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Examples of Cultural Activities for Children

- Headdress making – Sioux, Blackfeet, Crow, Cree, Cheyenne
- Teepee making – Sioux, Blackfeet, Cheyenne
- Rain stick making – Zuni, Osage, Quapaw
- Totem Poles making – Haida, Tlingit, Salish
- Birch Canoe making – Chippewa, Ojibwa.

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Clans & Kinships Systems

- For the purpose of this training, clans will be defined as a group of relatives who share same identity, ancestors, family , etc.
- Clan system is defined as an organized structure to identify relationships, boundaries, roles, responsibilities, and obligations.

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Family Make Up

- Kinship extends to family groups whether they are biologically related or not.
- Family definitions and titles may not align with other practices.
 - Who is an uncle or an aunt?
 - Who is a cousin?

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Maternal and Paternal Roles

- Tribes can be matrilineal. This means customs, roles, and teachings are practiced based on the authority of the women.
 - Tribes who are matrilineal, will have to carry the female clans on into generations to come. The males move to the females side of the family. The women have authority in the nuclear family.
 - Lakota, Navajo, Crow, Hopi, Iroquois, and the Chickasaw are matrilineal tribes.



Maternal and Paternal Roles

- Tribes can be patrilineal. This means customs, roles, and teachings are practiced based on the authority of the men.
 - Tribes who are patrilineal, will have to carry the male clans on into generations to come. The females move to the males side of the family. The men have authority in the nuclear family.
 - Cheyenne, Shawnee, Ojibwa, Pueblos, Sax & Fox, Kiowa, and Comanche are patrilineal.




Gender Roles

- Tribes have a role system based on gender and belief systems.
 - Discipline, cultural teachings, chores, ceremonies roles are based on gender and clans.
 - For example, when a young man reaches puberty, he may be given a sweat lodge ceremony and the men folk, by clans, teach him about physical changes of sexuality inside and during the ceremony.
 - Female example of coming of age ceremony, is when a young lady reaches puberty, she will be given a ceremony where the women folk, through kinship, will teach her about physical changes of sexuality and her role as a new woman.



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WHY ARE THERE DISTINCT GENDER ROLES?

And relatedly, why are there patriarchal and matriarchal Tribes?


LGBTQ Community Members

- Tribes have lesbians, gay men, bisexual men and women, and transgender people in their communities.
- They may be seen as having spiritual power or insight, and often respected as such.
- They may play a part in traditional stories, teachings, and roles.
- AI/AN LGBTQ people may experience a greater disparity for things such as suicide, commercial tobacco use, and HIV



Two Spirit Community Members

- Two-Spirit is a current term used among AI/AN's to describe people in their tribes who are recognized and established by the Elders to fulfill a traditional third or fourth gender role.
 - Two Spirit does not mean lesbian or gay, it is a gender designation.
 - Is a modern term, and may not be used by all AI/AN's.
 - Two Spirit is an Indigenous term, and should only be used to describe Indigenous people who themselves use this term.
- Two Spirit people often also occupy significant spiritual or cultural roles in their communities.



Spiritual/Religious Belief Systems

- In the modern day, Tribal citizens continue to practice their cultural, traditional, and ceremonial ways.
- All 574 Tribes have their own traditions and sets of spiritual practices
 - Have also incorporated other ways or spiritual and religious beliefs.
- Christianity is present, and may be blended by some people with traditional ways.

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Spiritual Beliefs

- Most AI/ANs have a spiritual belief system that is complex and comprised of different elements, including, but not limited to the following:
 - Believe from a self autonomous perspective of a "holy deity"
 - The belief system is not man-made.
 - Relationship with matter and spirit.
 - Practices passed down from generations.
 - Spirituality is interwoven into a worldview and way of being through continuous connections to the elements of air, water, fire, and Earth through prayers.
 - Oral teaching and modeling of traditions.
 - Informs their way of being, behaving and interacting with their environments.

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Sweat Lodge

- The sweat lodge is a common activity for healing purposes through purification.
- The sweat lodge is a ceremony performed by a person who has earned the right.
- With this guidance, ceremonial objects are used during prayers, songs, and chants. Certain herbs can be used such as sweet grass, cedar, and tobacco depending on the purpose.
- The intention of this ceremony is to restore harmony and the focus is on the "whole" (spiritual, mental, and physical) wellbeing through cleansing by removing negative toxins from the physical being.

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Smudging

- Smudging is a type of ceremony where cedar, sweet grass, or sage is burned and the smoke is used to smudge (brush smoke) onto the self.
- The purpose of smudging is to clear out negative unhealthy energies that attached to a person or location.
- Some believe that prayers offered during smudging are carried to the Creator by the rising smoke.
- This is a spiritual cleansing and purification practice.

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Traditional Healers

- Certain gifted people are ordained as traditional healers from elders by way of special teachings and mentorship of healing traditions passed from generations of visions, stories, and dreams.
- They do not follow a standard procedure.
 - They apply their discipline of practice to each person individually aiming for balance through a holistic approach using their gifts.
- They are held as holy people and respected in that sense.
 - The scope of their traditional practices will vary by the Tribe

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Other Common Elements of Culture and/or Spirituality

- Value of dance.
- Value of song/music/drumming.
- Value and role of food.
- Definitions of 'family'.
- Value of elders and youth.
- Subsistence lifestyles.
- Pow-wows and inter-Tribal gatherings.

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Myths and Misconceptions

- Tribes are rich.
- Tribal citizens do not pay taxes.
- Tribal citizens are addicted to gambling.
- American Indians and Alaska Natives smoke marijuana as a spiritual practice.
- Tribal citizens get free education.
- American Indians and Alaska Natives are naturally predisposed to alcoholism.
- Others?

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GROUP DISCUSSION: WHY IS IT IMPORTANT TO KNOW THESE ELEMENTS


What value does knowing this information have beyond being educated?

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ACTIVITY: WHAT MAKES UP YOUR IDENTITY (CONTINUED)


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QUESTIONS AND COMMENTS



Lunch
60 minutes



Module V
How To Be an Ally

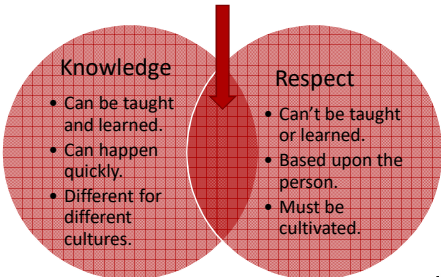


What is Cultural Competency?

- Ability to interact effectively and respectfully with people and communities of different cultures and experiences.
 - Includes behaviors, attitudes, policies, skills, and more.
- Appropriateness, relevancy, fluency, humility, and sensitivity.
 - The term is less important than the concept.

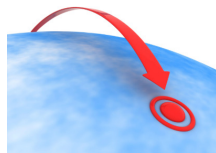
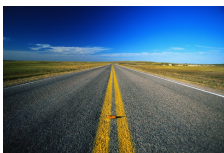
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GOAL



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It's about the journey...
not the destination.



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What is Meant by "Ally"

- We work in communities of which we are not members or with people with whom we do not share an identity.
 - Whether we know it or not, we are advocating for these people and communities.
- An ally supports, empowers, and/or represents another person or groups of people.
 - This is inherent in our work.



Operationalizing 'Ally-ship'

- Having knowledge and respect.
 - Desire to utilize respect and knowledge to 'help.'
- Owning your own identity and narrative.
 - So you do not seek to own another's.
- Understanding the needs of other peoples and communities.
 - And what help is acceptable to them.
 - Knowing when to help and when to halt.
 - Your role is not that of a savior.
- Adding your voice to the community's.




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ACTIVITY: MY ROLE AS A GRANT OFFICER

Case Studies

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WHEN WORLDS COLLIDE...

What do you do when there is conflict between your communities/grantees and your federal role/stipulations


Managing Conflict

- Is everybody feeling heard and understood?
- Is there a place for compromise?
 - Where is the middle ground?
- Can you work within the system to get authorization?
- Can another funder satisfy the needs?
 - Can you help a community find another funder?




Value of Being an Ally Entity


- Instills trust – by and in both parties.
- Builds a dynamic working relationship with open and honest communication.
- Both parties are willing to engage in a truly 'cooperative' agreement.
- Creates a positive reputation for the agency.
- Creates the opportunity for real change.




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QUESTIONS AND COMMENTS




Break
15 minutes





THE NATIONAL TRIBAL BEHAVIORAL HEALTH AGENDA
DECEMBER 2016

Module VI
The Tribal Behavioral Health Agenda
as a Resource

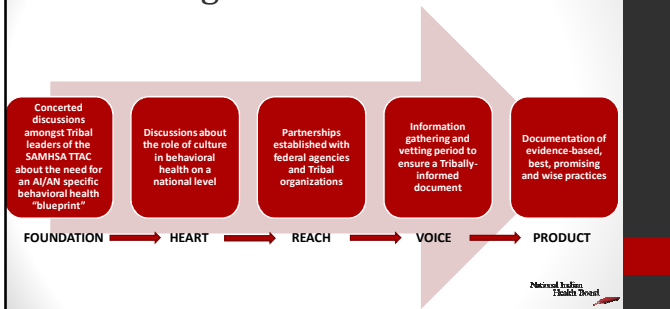


What is the TBHA

- Developed under a Tribal-Federal partnership, the TBHA is the first ever Tribally-informed blueprint for improving behavioral health outcomes in American Indian and Alaska Native communities.
- Concerted discussions amongst Tribal leaders on the SAMHSA Tribal Technical Advisory Committee (TTAC) about the need for an AI/AN specific behavioral health "blueprint."
- Coordination between SAMHSA, IHS, NIHB and Tribal leaders, Tribal leaders, organizational partners, and community members over an 18-month period to ensure a Tribally-informed document.
- Active communication and coordination with Tribal behavioral health experts to ensure documentation of evidence-based, best, promising and wise practices.

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Background of the TBHA




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The Cultural Wisdom Declaration

- A formal declaration of Tribal leaders with the endorsement of SAMHSA and IHS:
 - Ancestral knowledge is sacred;
 - Ancestral knowledge can lead to health and well-being;
 - Culture can be integrated into healthcare efforts;
 - Native ways are effective; and
 - Tribal identities, beliefs and practices should be elevated.

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This statement is an attempt to motivate and set in motion, culturally derived efforts that will address the present state of health for American Indian and Alaska Native people. American Indian and Alaska Native Tribes are diverse and unique in culture and traditions but share a common history in our relationship with the Federal government and common goals for improving the lives of our people. We hope this statement will be accepted and supported by American Indian and Alaska Native tribes as a statement of intent that will move us forward in preserving and promoting our identities and cultural and spiritual beliefs and practices while practicing our respective traditional wisdom in health protection that has been passed from generation to generation.



We expect the following from those agencies that have power, authority and funding relevant to American Indian and Alaska Native health including Tribal, State, Federal, private and non-profit organizations:

- ▶ TRUST
- ▶ RESPECT
- ▶ ACCEPTANCE
- ▶ COMMITMENT
- ▶ SUPPORT
- ▶ FINANCIAL RESOURCES

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Foundational Elements of the TBHA

- The TBHA strives to improve behavioral health outcomes in Indian Country by focusing on five foundation elements:
 - Historical and Intergenerational Trauma;
 - Socio-Cultural-Ecological Approach;
 - Prevention and Recovery Support;
 - Behavioral Health Systems & Support; and
 - National Awareness and Visibility.

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Historical and Intergenerational Trauma

- Trauma-informed approaches to behavioral health interventions include:
 - Adapting interventions to reflect individual and community trauma;
 - Utilizing culture as a protective factor to address trauma;
 - Breaking down stigmas attached to discussing trauma; and
 - Addressing both past and current trauma - breaking the cycle of transmission.

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Socio-Cultural-Ecological Approach

- Understanding the social determinants of health and their affect on overall well-being.
 - Poverty;
 - Access to healthy foods;
 - Access to educational, economic, and employment opportunities;
 - Access to quality healthcare; and
 - Exposure to violence and crime.



Prevention and Recovery Support

- Culturally competent Tribally-developed prevention programs.
- Establishing early detection/intervention systems for suicide risk and domestic violence.
- Investing in community education around substance and alcohol misuse.
- Recognition of traditional healing and prevention practices as evidence-based practices.



Behavioral Health Systems and Support

- Ensuring proper communication and collaboration between all stakeholders (i.e. Tribes, Tribal organizations, Federal partners, etc.)
- Adapting interventions and cross-sectional partnerships.
- Integrating and elevating culture.



National Awareness and Visibility

- Ensuring Tribal control of messaging while elevating knowledge and broadening engagement in treating and preventing behavioral health issues in Indian Country.
- Working with Tribes to frame messaging.
- Providing support for development of communication strategies and protocols.
- Respecting a Tribes' decision to not publicize certain information .

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Priorities

Priorities

- ①
- ②
- ③



- Subset of each of the five foundation elements.
- Represent most pressing concerns.
- Results of analysis of conversations, discussions and information gathering sessions.

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Strategies

- Potential pathways or targeted efforts areas
- Based upon:
 - Desired outcomes;
 - Healthy communities;
 - Building partnerships; and
 - Strengthening systems.



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Contextualizing the Strategies

- Recommendations for areas of focus.
- Can be turned into activities or objectives for any plan.
- TBHA indicates who might be the lead collaborator to engage on that strategies.
- Look for what is appropriate, realistic, timely and impactful.
- Remember:
 - Not directive and
 - Cannot do it all.



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Turning Strategy into Action

- Revise existing or develop TOR plans and workplans to incorporate the TBHA.
- Expand your partnership and collaboration opportunities with different stakeholders.
- Sharing recommendations and best practices.
- Conduct organizational capacity scans and readiness assessments.
- Update behavioral health focused community health assessments.
- Evaluate current behavioral health programming and approaches.
- Devising appropriate behavioral health care and public health models.
- Developing a multi-pronged approach that respects and integrates cultural values.

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What Does This Mean for Project Officers?

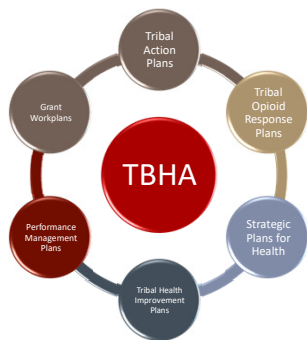
- Understand this is a SAMHSA and IHS document.
- Know the TBHA and its elements.
- Ask grantees if they are using the TBHA to inform their activities.
 - Encourage Grantees to incorporate the TBHA.

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How to Use the TBHA

- Advocate for certain activities (with internal and external partners, and with funders).
- Highlight areas of workforce and infrastructure development.
- Point out areas of potential policy development.
- Guide strategic planning.
- Coordinate partnerships (both Tribal and Federal).
- Plan capacity building efforts.





The TBHA is not a plan.
 Rather it is a supplementary and complementary document.
 It can support implementation, uptake, buy-in and content for a variety of plans
 The next training will talk more about Tribal Action Plans



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AS A PROJECT OFFICER... LARGE GROUP BRAINSTORM

How can you use the TBHA in your work with Tribal Grantees?

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ACTIVITY: LEVERAGING THE POWER OF THE TBHA


Case Study Activity

Take Home Messages


- The TBHA can:
 - help project officers understand Tribal priorities;
 - outline roles and responsibilities for partnership opportunities;
 - serve as a communication and planning tool;
 - align with and inform grantee work plans; and
 - pinpoint development and capacity building opportunities (for federal employees, partner, and grantees).
- Using the TBHA will communicate the agency has a true interest in being an ally.




Availability




<https://www.nihb.org/behavioral-health/behavioral-health-agenda.php>
and
Available in the SAMHSA store to order
FOR FREE




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QUESTIONS AND COMMENTS




Module VII
Closing



Resources

- National Indian Health Board
- AI/AN ATTC
- National Council of Urban Indian Health
- National Congress of American Indians
- SAMHSA (other project officers, OTAP)
- Tribal Leaders and Elders
- Area Indian Health Boards
- Others?




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FINAL QUESTIONS AND COMMENTS




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PLEASE COMPLETE YOUR EVALUATIONS

You can just leave them on the table on your way out




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Ahéhee' (Thank you)!

Glorinda Segay, DBH
gsegay@nihb.org

Kristen Bitsuie
kbitsuie@nihb.org



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Presenter Contact Information (Optional) – Use 20pt. Calibri typeface set to auto black color

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)
