

Indigenous Behavioral Health Update

Holly Echo-Hawk, MSc
NIHB National Tribal Health Conference
Pechanga Resort Casino - Temecula, California
September 19, 2019

The Wharerātā Group

- The Wharerātā Group: International Indigenous BH leadership group from New Zealand, Australia, Canada and U.S. with shared vision of the near future in which Indigenous peoples sustain their optimal health and well-being.
- The Wharerātā Group contributes to that vision through strategic use of Indigenous leadership influence on mental health and addictions systems.



Wharerātā is a Maori word, pronounced "Far' re rah' ta."

Whare translates to "house."

Rātā translates to "tree with bright red flowers and a large canopy."

Wharerātā means "a house of wisdom and understanding, a house of shelter and protection."

The Wharerātā Declaration

- The Wharerātā Group developed the Wharerātā Declaration (2010) and defined Indigeneity as:
 - ❖ A longstanding relationship with the land, and worldview based in ecological associations
 - ❖ A distinctive language
 - ❖ Similar experiences which threatened language, land, custom, and social organization (colonization)
 - ❖ A determination to live and prosper as Indigenous peoples – and as global citizens
 - ❖ An aspiration that Indigenous families and communities will have optimal health and wellbeing

The Wharerātā Group

- Indigenous Leadership in mental health programs, services, research and policy is key to ensuring cultural competence of systems
- Best / Wise Practice in serving Indigenous clients in mental health programs and services
 - Based first in cultural approaches to wellbeing, and intentionally adds on mainstream approaches as appropriate
 - Measured and evaluated using indicators from the knowledge base of the intervention – if the intervention is cultural then only culturally defined indicators are appropriate

International Initiative of Mental Health Leadership

- The International Initiative of Mental Health Leadership (IIMHL) - collaborative of nine member countries focused on improving mental health, addiction and disability services. Member countries include Australia, England, Canada, New Zealand, the Netherlands, the Republic of Ireland, Scotland, Sweden and United States of America.
- The Wharerātā Group is partner of International Initiative of Mental Health Leadership

IIMHL and The Wharerātā Group

- The Wharerātā Group is partner of International Initiative of Mental Health Leadership
- The Wharerātā Declaration guides the indigenous activities across the International Initiative of Mental Health Leadership

International Indigenous Behavioral Health Convening

- Smithsonian National Museum of the American Indian in Washington DC on September 9-10, 2019
- Wharerātā Group leadership and U.S. Indigenous hosts (Holly Echo-Hawk and Dr. Dolores Subia BigFoot) developed and facilitated the convening
- Convening focused on Indigenous MH Leadership development & the How, not the What
- 30 attendees were Indigenous MH leaders from Australia, Canada, New Zealand, Greenland, and the United States

International Indigenous Behavioral Health Convening

- U.S. attendees included representatives from the Society of Indian Psychologists, National Indian Child Welfare Association, Indian Health Service, USET, Kauffman & Associates, Tribal Tech, National Association of State MH Program Directors, and the United Nations Permanent Forum on Indigenous Issues.

Native Youth Focus

- Tunchai Redvers – First Nations co-founder of WeMatter Campaign (www.wemattercampaign.org)

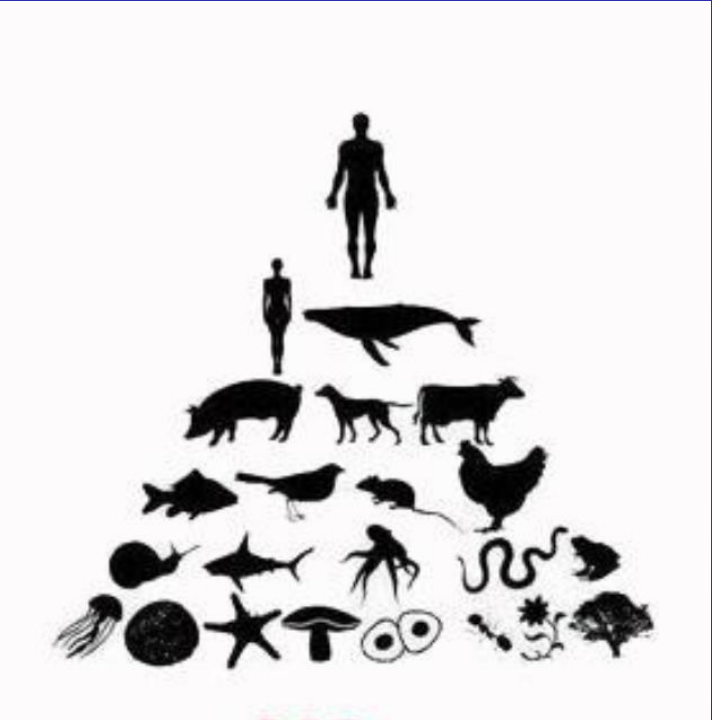
- Poetry reading titled “Darling”

<https://www.youtube.com/watch?v=mcTJoTyc2yM>

Hard Power – Soft Power

Jeff King, PhD
IIMHL Conference
Washington, DC.
September 9-10, 2019

**Western European view
of humans on this planet**



“I it.”

**Indigenous view of humans
on this planet**



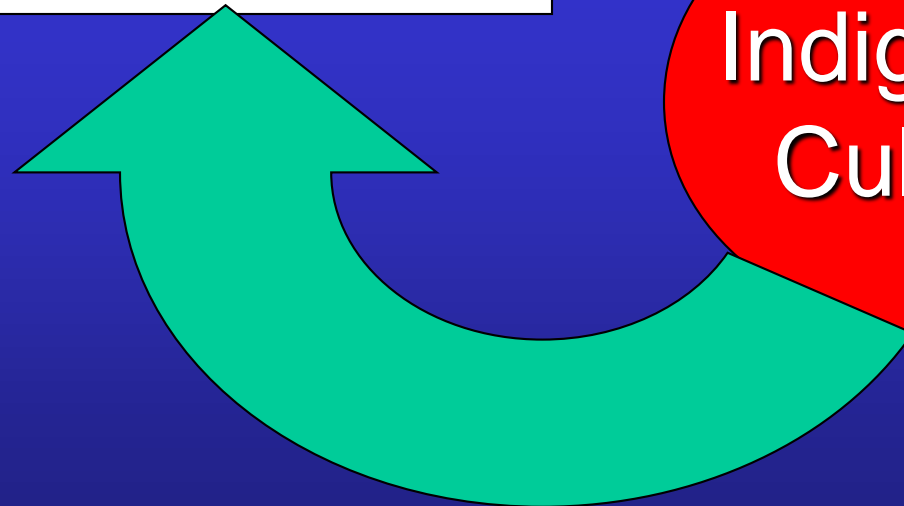
“I thou.”



CULTURAL DYNAMIC RESULTING FROM WHITE SUPERIORITY AND COLONIZATION

Western
European
System

Indigenous
Cultures



TYPES OF POWER

Hard Power

1. Owned
2. Harnessed/Manipulated
3. Hierarchical
4. Centralized
5. Competitive
6. Assumes intellectual and moral superiority
7. Paranoia/mistrust
8. Top Down
9. Outcomes Focused
10. Time Driven
11. Forced Results
12. Reliance on structure not people

Soft Power

1. Shared
2. Followed
3. Egalitarian
4. De-centralized
5. Collaborative
6. Respect and accept
7. Building trust
8. Bottom Up
9. Process-Oriented
10. Being Here and Now
11. Appreciative Inquiry
12. Trust in Process and in one another

Te Rau Ora

Māori BH Workforce Development

- **Tūmata Kōkiritia** wānanga was developed, designed and co-hosted by Te Kete Pounamu (National Voice for Whaiora Māori) and tangata whenua from the Tāmaki Makaurau region to create a space of healing from Te Ao Māramatanga. (Matekitawhiti Chase)
- **Tūmata** means to ignite, to incinerate, to burn as getting rid of the old thinking. **Kōkiritia** means to champion, to promote, to lead and to advocate. Tūmata Kōkiritia therefore means igniting champions to lead, to advocate and provoke: Shifting the Paradigm.

Conducted 13 Hui in eight rohe (167 attendees)

The challenges for Māori with lived experience working in the Mental Health and Addictions sector is working in a generic Mental Health Service who do not understand the walk of living with a Mental Illness. *Hui Participant Te Waipounamu*

‘We as Māori have to take this journey and use our own methods and create our own support. We need to do it through the Māori way’ *Hui Participant - Tamaki Makaurau*

Indian Country Child Trauma Center

- ICCTC was established to develop trauma-related treatment protocols, outreach materials, and service delivery guidelines specifically designed for American Indian and Alaska Native
- Dr. Dolores BigFoot and her University of Oklahoma Health Sciences Center team developed Honoring Children, Mending the Circle curriculum (cultural adaptation of Trauma Focused Cognitive Behavioral Therapy)
- Intensive training of tribal teams and long-term follow up with case reviews, uses adult learning model

Growing Our Own: Developing Culturally Aware Behavioral Health Professionals

Dr. Anitra Warrior, psychologist, described the BH
development strategies of the Santee Sioux Nation in
Nebraska dr.warrior@morningstar-counseling.com

ABOUT US: SANTEE SIOUX NATION SOCIETY OF CARE



~~System~~ Society of Care

Those we help & work with are relatives

F.A.R.M. C.A.M.P

- Frontier Area Rural Mental-Health Camp and Mentorship Program
- Recruited sponsorship:
 - Western Nebraska Behavioral Health
 - Behavioral Health Education Center of Nebraska
 - University of Nebraska Medical Center



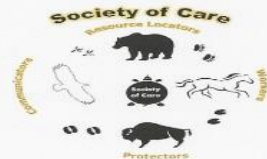
July 11th-15th, 2016

At Little Priest Tribal College

SUMMER, 2016 F.A.R.M C.A.M.P

(Frontier Area Rural Mental-Health Camp And Mentorship Program)
Consider applying for the 2nd Annual Farm Camp -
Winnebago— a chance to learn about careers in rural mental
health, and spend time with other high school students with
similar interests.

LITTLE PRIEST TRIBAL COLLEGE
"BE STRONG AND EDUCATE MY CHILDREN"



Are you a High School Student interested in a career in the counseling or mental health field?

Here's a chance to learn more, in a fun summer event!

A weeklong camp in Winnebago Nebraska, with other high school students.

Pick up an application from Drake Payer at the Education Building: SYEP

Summer Camp Successes

- Partnership with Little Priest Tribal College
- Tribal Programs and Recruiters
- Speakers from Tribal Programs
- Tribal investment
 - Higher Education: scholarships and recruitment
 - Tribal College: Academic Support and Syllabus Review
- Tribal youth gain BH field exposure and learn self-care

Syllabus: Objectives of Course

- Gain basic knowledge of behavioral health concepts: theories and orientations, diagnosis, and basic treatment types.
- Identify and practice basic skills of service provision.
- Develop the ability to think critically about the factors that influence behavioral health.
- Develop an awareness of the range of careers involved in rural behavioral health, and what each involves.

Indian Health Service

- Captain Andy Hunt, Behavioral Health Division, and Dr. Rose Weahkee, Office of Urban Indian Health
- Information about the planned expansion of the Behavioral Health Aide program (modeled after the Alaska BH Aide training and certification program)
- The international visitors were especially interested in the I.H.S scholarship and loan repayment programs.
- LRP can assist tribal clinicians repay their eligible health profession education loans - up to \$40,000 - in exchange for an initial two-year service commitment to practice in tribal health facilities

MSW in Indigenous Trauma and Resiliency

- MSW-ITR first of its kind in North America
- Created when the Ontario Federation of Indigenous Friendship Centres (OFIFC) and the MiddeltonMoz Institute approached the FactorInwentash Faculty of Social Work at the University of Toronto
- 2-year study grounded in the North American Indigenous values; Indigenous students from Canada, U.S. and other countries; each student has wellness plan

Why is this field important?

- Urgent need to create a space that focuses on resilience and historical knowledge when educating trauma-informed social workers.
- Inspired by the Truth and Reconciliation Commission's findings, the ITR is following a unique approach that draws on both the traditional wisdom that each student and faculty brings to the circle, and the very latest scientific knowledge

MSW-ITR Information

- Application deadline for 2020 admission is October 17, 2019
- See the brochure and course information at https://socialwork.utoronto.ca/wp-content/uploads/2019/08/SWK_MS-W-ITR_2019-FINAL-Web.pdf
- View the video at: <https://www.youtube.com/watch?v=Qnpwf8J6Ep8>



**For More Information about any part of
this presentation . . .**

Holly Echo-Hawk

Cell phone: 360.737.4747

Email: echohawk@pacifier.com