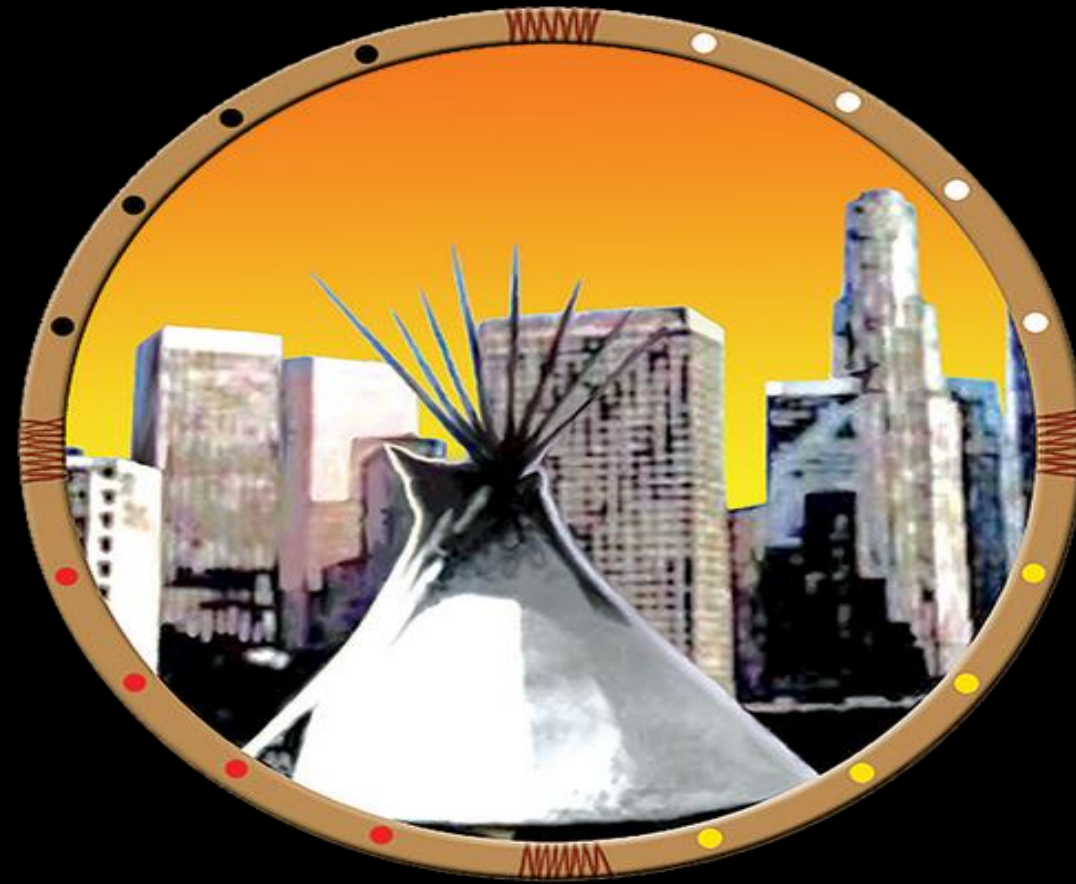


UNITED AMERICAN INDIAN INVOLVEMENT



Carrie L. Johnson, Ph.D., Wahpeton Dakota

Agency overview

Since 1974, United American Indian Involvement (UAI) has provided services to American Indian/ Alaska Native (AI/AN) communities in Los Angeles County



UAll provides many services to the AI/AN community



Health Services

Substance Abuse Services

Behavioral and Mental Health Services

Youth Services

Senior Services

Workforce Development Services

**Cultural Events & Activities-
Cultural Assessment**

Cultural and Community Activities Building Support

- Beading
- Drumming
- Dancing
- Regalia making
- Sage Harvesting
- Talking Circles
- Traditional
- Practitioners
- Positive Indian
- Parenting
- Equine Assisted
- GONA
- Psychotherapy
- TFCBT-Mending the Circle



Native American Drum, Dance, and Regalia Program

(NADDAR) is a culturally based behavioral prevention and treatment program focused on reducing health disparities among the urban AI/AN families in Los Angeles.

History

NADDAR was created in 2007, to assist with increasing cultural programs aimed at reducing mental health issues and substance use, enhancing cultural identity, and strengthening family, community and cultural connections for AI/AN communities

Details

- **Eight weekly 2-hour sessions**
 - **Native elders & respected leaders**
 - **Prayer & community meal**
 - **Drumming, dancing, & regalia**
-

The NADDAR Program was selected to participate in the California Reducing Disparities Project- Phase II (CRDP-II) Statewide Evaluation. The aim of this project is to conduct a statewide investigation on the effectiveness of cultural interventions/community defined practices to reduce health disparities among minority populations across California.

UNITED AMERICAN INDIAN INVOLVEMENT
SEVEN GENERATIONS CHILD & FAMILY SERVICES

Native American Drum, Dance and Regalia Program

*A Behavioral Intervention Using Traditional Practices for Urban Native American Families
Focus Group Study by Dr. Carrie Johnson, Cynthia Begay and Dr. Dan Dickerson*

Special Issue on Native American Issues in Behavior Therapy, and Research, the Behavior Therapist., April 2021.



Qualitative Results

Three overarching conceptual themes emerged across the focus groups

1) Participating in Cultural Based Interventions Strengthens Behavioral Health

- All participants agreed on the long-term impact culturally tailored programming has on mental health and substance use outcomes
- Providers are seeing direct benefits (internally) referring their patients to UAI's cultural programming
- **An adult participant stated, "I can't say enough about [NADDAR]. I can't praise it enough. The convenience of it and the meaning of it. To me, somebody threw us a lifesaver. We were drowning and they threw us a lifesaver. Our cultures, although many of us are blended, we're coming together."**

**"I feel that clients who participate in cultural services do better with their mental health, substance use and overall health."
-AIAN Provider**

Qualitative Results

2) Learning about Culture Strengthens Identity

- Participants reported that the NADDAR educational component would help provide an opportunity to learn more about their AI/AN culture
- Participants have reported feeling more connected to their culture and more confident in attending powwows, thereby expanding engagement with community and expanding their network.
- **An adult participant stated, “I do not know how to teach my kids how to dance or drum or other cultural activities, so it is important for us to have these workshops in urban areas so our kids can learn about their culture and that will make them feel proud of who they are and help with their mental health.”**

**“We are able to learn about our traditions and culture and apply it in personal life.”
-AIAN Youth**

Qualitative Results

3) Participating in Culture Based Intervention Strengthens Connections

- Focus group participants stated that more AI/AN connections would be very helpful for them within the complex urban environment of Los Angeles, where they may feel isolated
- Participants stated that building their social connections with other AI/AN people in Los Angeles would enhance their overall well-being
- **A CAB member stated, “It will help improve our connection and helps with mental, social, and cultural connections.”**

“I felt like it was a good space to hang out with other people who are Native and a good place to spend time with my family.”

-AIAN Youth

Participant Suggestions

Structure & Deliverability

- Implementing a curriculum would help keep the workshops consistent and structured
- Providing NADDAR in different locations throughout Los Angeles County
- "Separating into smaller groups depending on the drum or dance style so we can get specific instructions on the particular dance style."

NADDAR Instructors

- Training NADDAR instructors to be engaging with families and encourage participation
- Having a variety of instructors who had specialty in different dance styles
- Recognizing the various levels of familiarity with drum and dance; some are beginners

Song & Dance Style Workshops

- Workshops focused on various tribal dances and songs so that participants could learn about diverse tribal traditions
- Holding break out groups from the main intervention group to provide individual instruction in each of the dance and drum styles

Participant Suggestions Cont.

Special Topics

- Different dance, regalia and drum styles
- Native Americans in Los Angeles County
- Healing from historical trauma
- Cultural identity
- Traditional foods
- Traditional healing-Medicine Wheel
- Programs and services available to AI/ANs



Surveys

- Participants were in favor of the pre- and post- surveys; particularly the cultural and community connections scales
- Mental health and substance use survey also recommended to evaluate NADDAR's impact on mental health, substance use, and overall wellness

Challenges

- School and work demands
- Lack of transportation
- Distance to workshops
- Scheduling conflicts
- Congested traffic in Los Angeles County

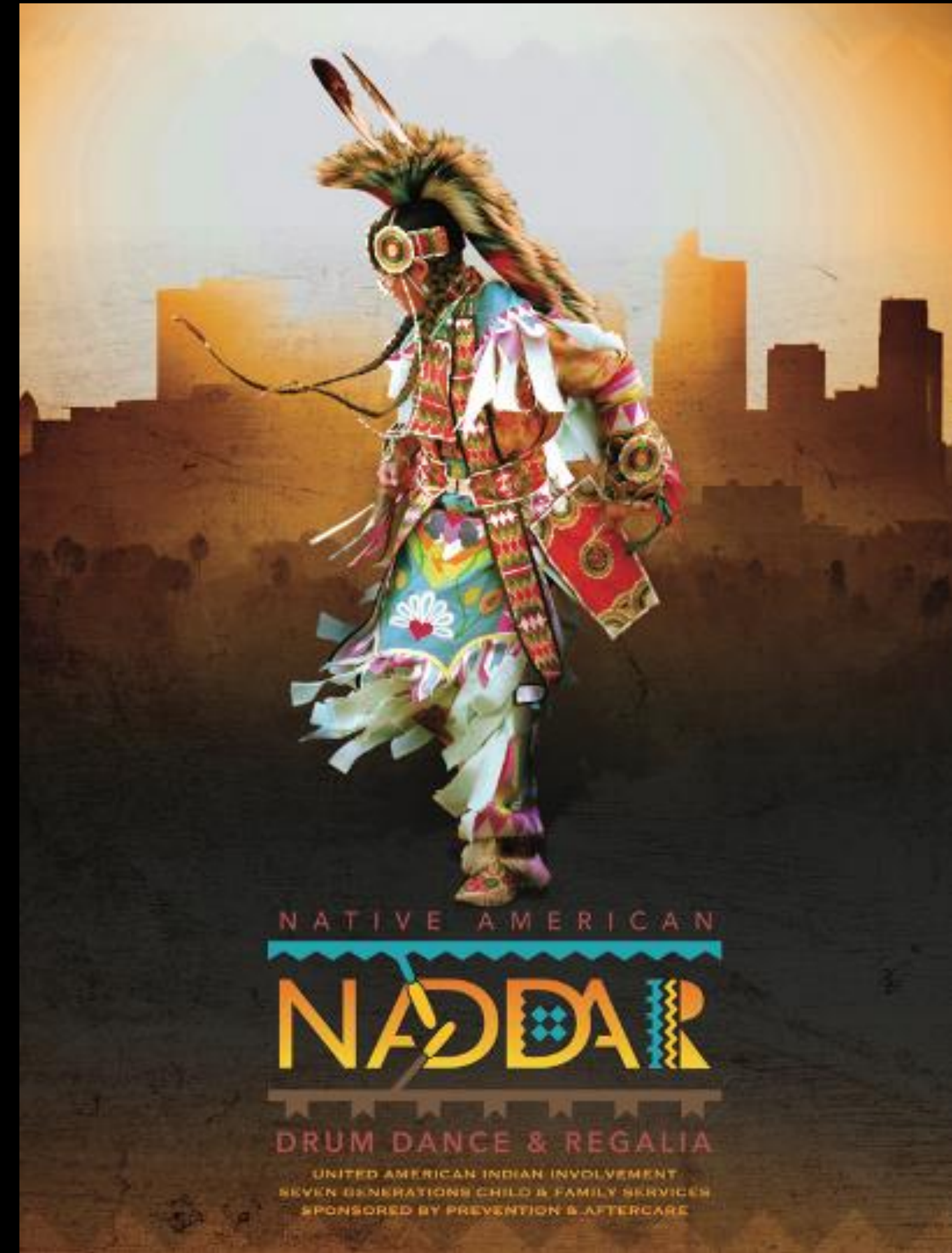
Logo Feedback

- Removing pictures from the logo;
- Recommended spelling out what NADDAR means
- Integrate symbols of a drum and drumsticks



Evaluation Aims

- Increase connection to AI/AN culture & traditions
- Strengthen cultural identity
- Increase spirituality
- Demonstrate lower rates of mental health disorders
- Demonstrate lower substance use rates
- Demonstrate improved coping skills
- Demonstrate overall improved health & wellness



NATIVE AMERICAN

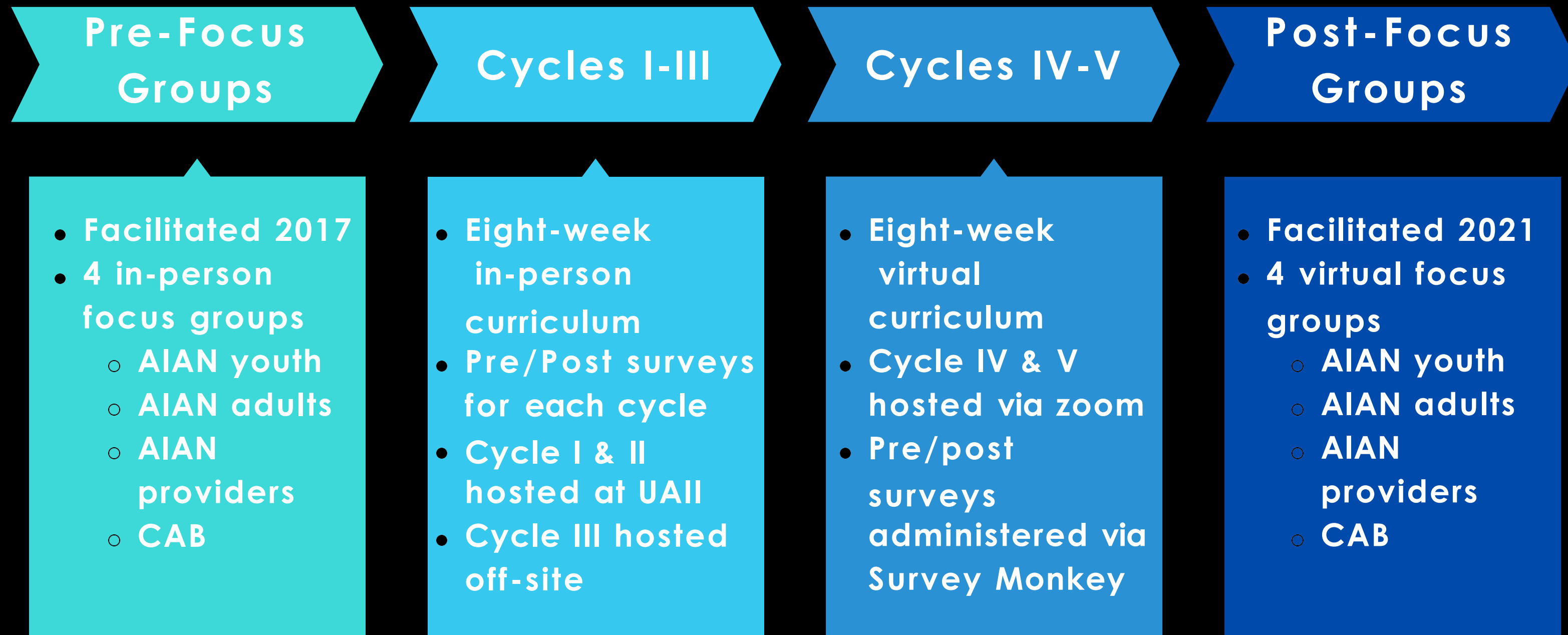
NADDAAR

DRUM DANCE & REGALIA

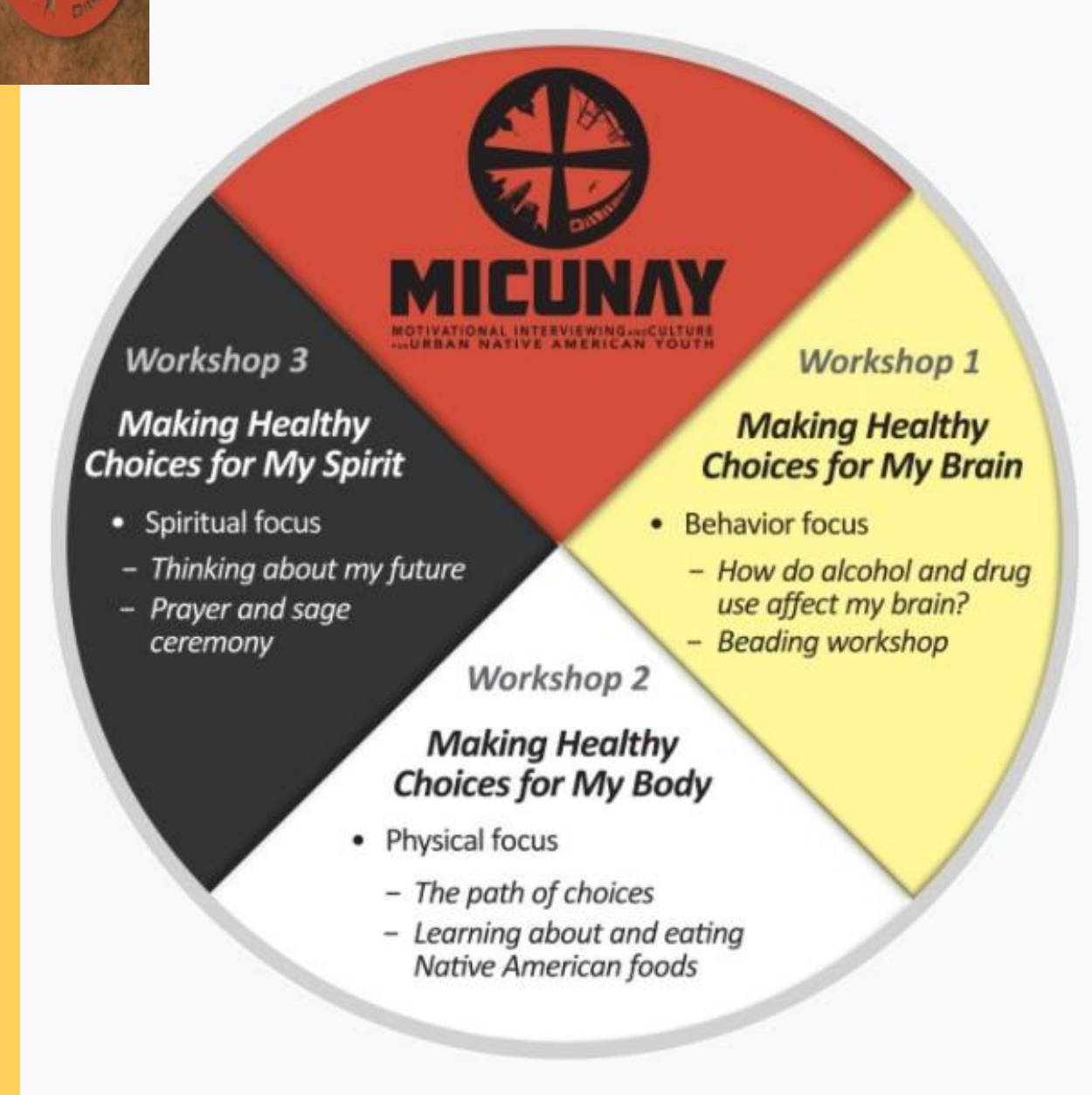
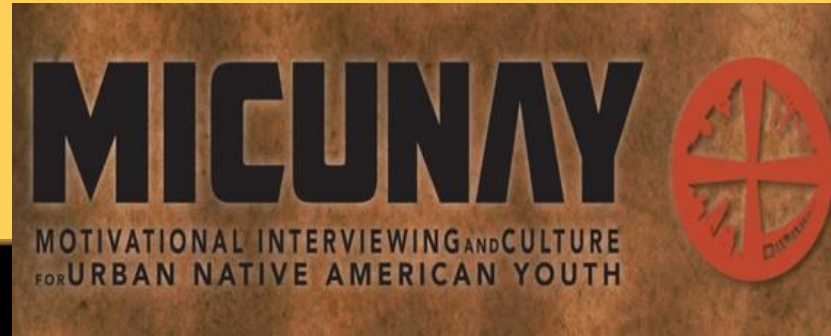
UNITED AMERICAN INDIAN INVOLVEMENT
SEVEN GENERATIONS CHILD & FAMILY SERVICES
SPONSORED BY PREVENTION & AFTERCARE

Process

Overview of NADDAR program development



CONCEPTUAL MODEL OF MICUNAY



MICUNAY Workshops + CWG

CWG only

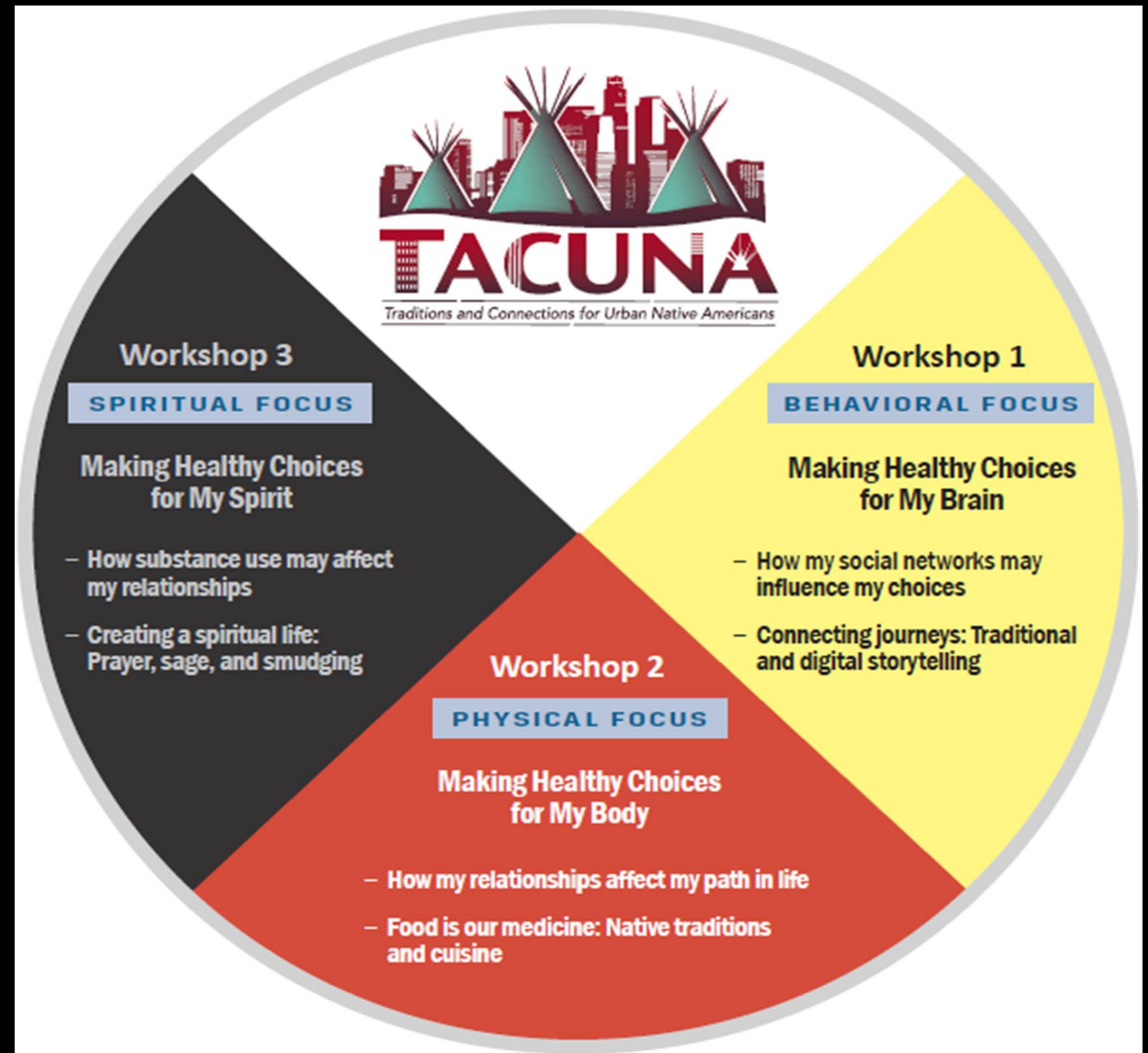


- 185 adolescents
- 3 and 6 month follow up
 - ✓ Alcohol and drug use
 - ✓ Spirituality
 - ✓ Cultural identity





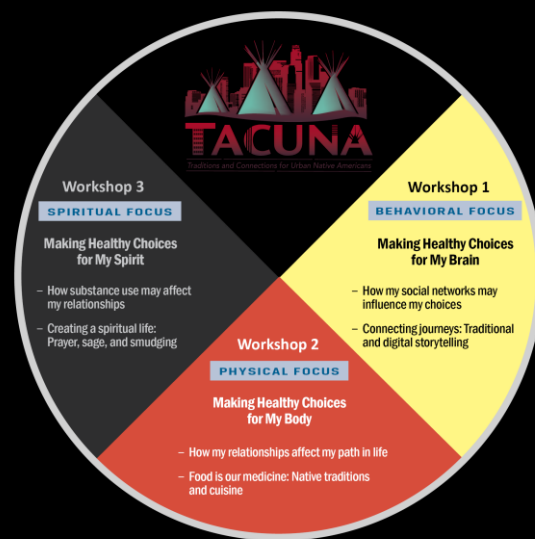
Traditions and Connections for Urban Native Americans



Intervention Description

- ✓ RCT with 370 AI/AN emerging adults (ages 18 to 25) living in urban cities
- ✓ Half receive TACUNA + wellness gathering, half receive opioid education workshop
- ✓ Assess outcomes at 3, 6, and 12 months

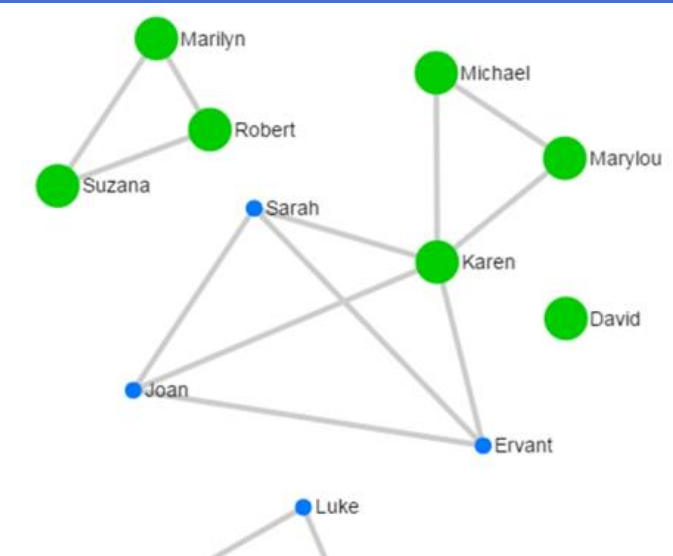
Culturally centered programming using MI to address opioid misuse



Focus on traditional practices



Social network influences



Wellness Circles

WELLNESS CIRCLE
with George Funmaker & Family
(Dakota/Ho-Chunk)

**HEALING
THROUGH
NATIVE
SONG AND
DANCE**

WEDNESDAY, MAY 12
@ 6:30 PM PDT
ZOOM



  [CLICK HERE TO REGISTER](#)  


TACUNA PROJECT PRESENTS


Wellness Circle

with Ernie LaPointe
(Lakota)

**SUN DANCER
AUTHOR • ORATOR &
GREAT-GRANDSON OF
HUNKPAPA LAKOTA
CHIEF, SITTING BULL
(TATANKA IYOTAKE)**

WEDNESDAY, JULY 14
4:30 - 5:30 PM PT
7:30 - 8:30 PM ET
ZOOM





Social Media Campaigns



Facebook Instagram Twitter Reddit

TACUNA PROJECT
is recruiting
Native American adults 18-25
Receive up to \$280
See if you're eligible at
srg.rand.org/TACUNAinfo

RECRUITING
Native American adults 18-25
RECEIVE UP TO
\$280
FOR PARTICIPATING
FOR A RESEARCH PROJECT ON TRADITIONS & CONNECTIONS FOR URBAN NATIVE AMERICANS

SEE IF YOU'RE ELIGIBLE AT:
SRG.RAND.ORG/TACUNAINFO

RECRUITING NATIVE AMERICAN ADULTS AGES 18-25

RECEIVE UP TO \$280
Traditions And Connections for Urban Native Americans

SRG.RAND.ORG/TACUNAINFO 1-866-447-9872 ASKTACUNA@RAND.ORG

Participant demographics as of 6/1/22

baseline
249

Age	% of sample
18	8.0
19	10.0
20	12.5
21	9.6
22	13.3
23	15.7
24	16.5
25	14.5

Race/ethnicity	% who endorsed
AI/AN	98.4
NH/PI	2.0
Asian	4.0
Black	5.6
White	26.9
Latino(a)	28.9

Reporting approx. 150 tribal affiliations

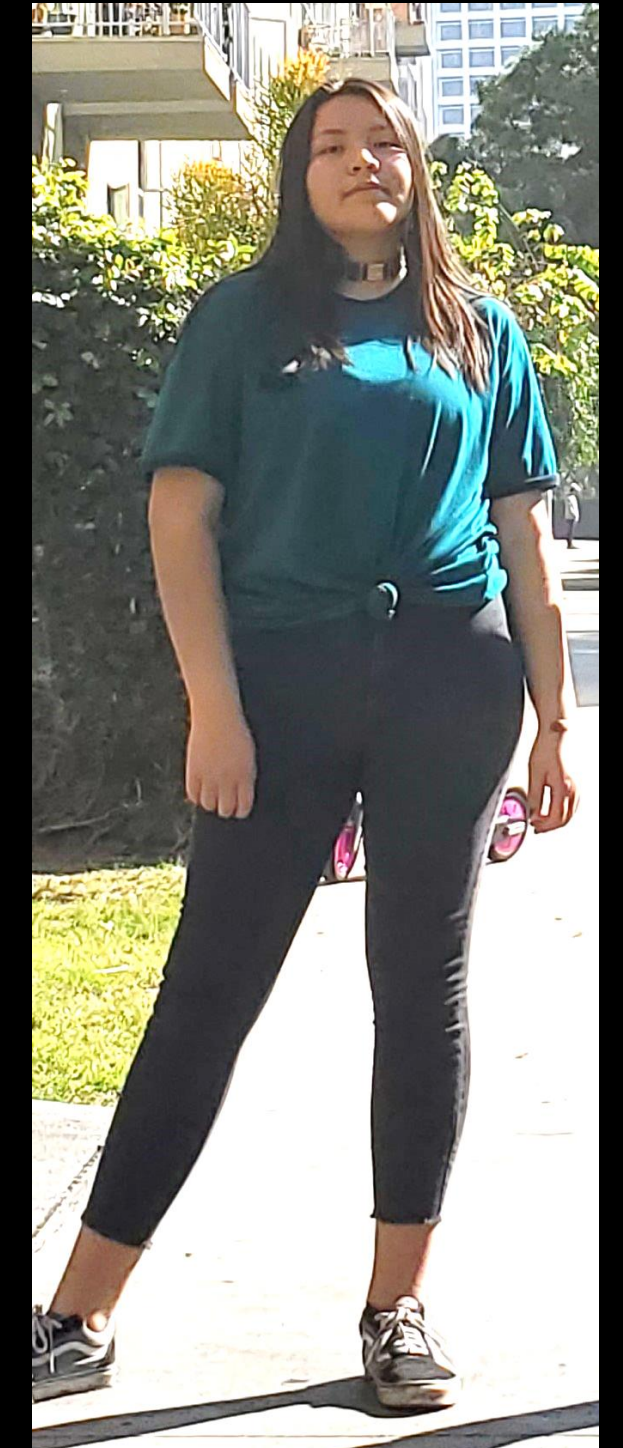
Quotes from TACUNA Workshop Participants

“I loved the opportunity to speak with other Indigenous young adults about topics that aren’t easily brought up.”

“The visualization helped me think in the future about my choices of who I am hanging out with and more specifically what we are doing. I am more interested in doing activities and things sober and want to try to bring that to my friend groups.”

“These workshops connect me to a new part of my Native culture, while also allowing me to celebrate the older parts of the culture I already know. It is a mixture of the best of both worlds!”

“The workshops were good for me to discuss Native heritage and experiences because I haven't really had an open space to do so previously. I really liked that they were divided into separate sections and that food was used, too.”





Naysh♥w

Native American Youth Sleep
Health and Wellness

Participating in Culturally-Based Interventions
Strengthens Behavioral Health

Participating in Culturally-
Based Interventions
Strengthens Resiliency



Learning about Culture
Strengthens Cultural
Identity

Participating in Culturally-Based
Intervention Strengthens Community
Connections

Recommendations

- Focus on Prevention

- Family Intervention Programs

- Cultural Programs
- Community Defined Practices

- AIAN Foster Homes/AIAN Foster Care Agencies

- 0-5 programming

- Training staff and sustaining programs on cultural adaptation of EBP- Mending the Circle

