

prevention and treatment tracks

Supporting prevention and treatment efforts of Minnesota's Tribal and Urban American Indian

Changing Tracks

Readers of Prevention and Treatment Tracks, this twice-yearly newsletter from the Alcohol and Drug Abuse Division at the Minnesota Department of Human Services, may notice some content and format changes in this issue. Previously, each issue focused on one specific theme. Now you can expect to see different kinds of information organized under these standard categories:

- Message from the Director
- American Indian Beliefs and Values
- Prevention Update
- Spotlight on an employee or counselor
- Treatment Update
- Current Events
- Oral Tradition
- Resources

By making these changes we will be able to cover a broader range of topics in each issue.

If you have any reactions to these changes, or anything we've covered or you'd like to see covered, please let us know. Those of you who receive and read Prevention and Treatment Tracks probably know more about the prevention and treatment field as it relates to the American Indian culture than anyone else in the state.

So please send your contributions. Articles about current events are welcome, as are stories that speak to deeply held American Indian beliefs and values. Or consider sending information about counselors you feel deserve public recognition. All contributions can be emailed to: cecil.whitehat@state.mn.us.



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In this issue

- 1 Changing Tracks
- 2 Recognizing diverse substance addiction needs of American Indians in Minnesota
- 3 Oral Tradition
- 3 Kevin Evenson Message
- 4 Spotlight
- 6 Treatment Update
- 7 Resources

If you have any comments or would like to contribute ideas for this newsletter, we encourage you to send an email to Cecil.Whitehat@state.mn.us. We would like to hear your stories and get your feedback. Thank you!



Minnesota Department of **Human Services**



American Indian Advisory Council

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Red Lake, Minn.
Representing: Red Lake

WAYNE DUPUIS
Cloquet, Minn.
Representing: Fond du Lac

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White Earth Reservation

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JESSICA GUSTAFSON
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Representing: Grand Portage

GLORIA MELLADO
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ANGELA RIOS
Representing: Upper Sioux

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CHET WELCH
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RICHARD WRIGHT,
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Recognizing diverse substance addiction needs of American Indians in Minnesota

Donald Richard Wright

**Chair of Minnesota's American Indian
Advisory Council.**

He can be reached at rwright@IHB-MPLS.org

Minnesota has been a forerunner in treating chemical dependency for more than 40 years. When treatment evaluations began to show a disparity in the numbers of American Indians who enter treatment, compared to the rest of the general state population, Minnesota and the Alcohol and Drug Division reacted quickly.

In Minnesota, the American Indian Advisory Council (AIAC) was created by the Legislature to help keep Minnesota state government, especially the departments of Health and Human Services, better informed on matters relating to chemical health on Minnesota's Indian Reservations. The AIAC works closely with Human Services Commissioner Lucinda Jesson. She, in turn, is our contact to the Office of Governor Mark Dayton.

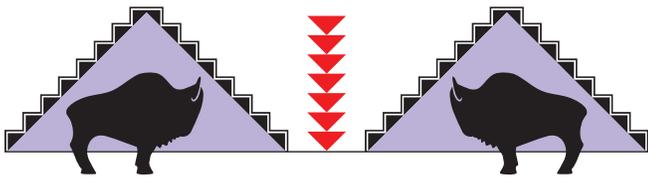
Few at the constituency level, the general population, are aware of the American Indian Advisory Council in Minnesota. I am the current chairman of the AIAC. I was born in Cass Lake and raised in Onigum, Minn. I graduated from Walker High School in Minnesota. I did not immediately become involved in chemical dependency. I became involved because I thought I could help people benefit from my experiences in life, having exposure to addiction myself. Not everyone gets to serve on this council, but those who are chosen are highly regarded in the chemical dependency field. All are recommended for council service by their area Reservation Tribal Committee.

As chair of the AIAC, I am honored to introduce these committee members:

- Tom Barrett is the current co-chairman. He's from Red Lake, and can be reached at Terminator_1959@hotmail.com
- Pam Huges is the AIAC secretary. She lives in Tower, and can be reached at pamhughes_99@yahoo.com
- Joe Nayquonabe is from the Mille lacs Reservation and can be reached at joe.nayquonabe@millelacsband.com
- Jessica Farmer represents the Lower Sioux. She can be reached at jessicafarmer77@yahoo.com
- Gloria Mellado represents Leech Lake and can be reached at gloria.mellado@llojibwe.com and at gloriamellado7@msn.com
- Wayne Dupuis represents the Fond Du Lac Reservation and can be reached at waynedupuis@fdlrez.com and at chet04welch@hotmail.com
- Lorraine White represents the Minneapolis area and can be reached at lwhite@miwrc.org
- Shawnee Hunt represents St. Paul and can be reached at shawneehunt@gmail.com
- Norman Benson represents St. Paul. He can be reached at Norman.Benson@spps.org.
- Angela Rios represents the Upper Sioux. She can be reached at AngelaR@uppersiouxcommunity-nsn.gov.

continued on page 5





Oral Tradition

“You have noticed that everything an Indian does is in a circle, and that is because the power of the World always works in circles, and everything tries to be round. In the old days when we were a strong and happy people, all our power came to us from the sacred hoop of the nation, and so long as the hoop was unbroken, the people flourished.

“The flowering tree was the living center of the hoop, and the circle of the four quarters nourished it. The east gave peace and light; the south gave warmth; the west gave rain; and the north with its cold and mighty wind gave strength and endurance. This knowledge came to us from the outer world with our religion.

“Everything the Power of the World does is done in a circle. The sky is round, and I have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nests in circles, for theirs is the same religion as ours. The sun comes forth and goes down again in a circle. The moon does the same, and both are round. Even the seasons form a great circle in their changing, and always come back again to where they were.

“The life of a man is a circle from childhood to childhood, and so it is in everything where power moves. Our tipis were round like the nest of birds and these were always set in a circle, the nation’s hoop, a nest of many nests, where the Great Spirit meant for us to hatch our children.

“...Again, maybe for the last time on this earth, I recall the great vision you sent me. It may be that some little root of the sacred tree still lives. Nourish it then, that it may leaf and bloom and fill with singing birds. Hear me, not for myself, but for my people; I am old. Hear me that they may once more go back in the sacred hoop and find the good red road, the shielding tree.”

Source: Black Elk, as told to John G. Neihardt in *Black Elk Speaks*, (New York, 1932)

Message from the Director

Kevin J. Evenson

Director of the Alcohol and Drug Administration at the Minnesota Department of Human Services



The Alcohol and Drug Abuse Division is moving forward with the development of three substance abuse treatment pilots. Exact locations have not been determined, but there will be a pilot project in the north, central and southern areas of the state.

Beginning this fall, the pilots will test different ways for moving from an episodic system of care to a continuum of care in order to better address the chronic illness of addiction. Services provided in the pilots will include care coordination, peer recovery support and telemedicine. These pilots are in line with the Affordable Care Act, which intends to promote the integration of primary care with addiction services and mental health. The three pilots will also address the crucial issue of access to treatment. Clients in these pilots will be able to choose where to go for service and be able to go directly to that provider for care. Giving clients freedom of choice and immediate access to needed services is a huge change. Our division is also addressing the whole issue of admission and discharge from services. If addiction is a lifelong condition -- like asthma, diabetes and heart disease -- then people shouldn't be discharged from primary clinics for addiction recovery either. People don't get discharged from primary clinics, so why do we see a need to discharge clients from outpatient treatment services?

This road of change is not going to be easy. In fact, I see it as being very difficult. However, with everyone's assistance, we can make services for treatment of addiction more effective.

While change is ever constant, it is also true that some things, like the seasons, keep coming around. The same is sometimes true with services for people. We can look at self-help groups, where they came from and what people believed years ago. We can think we are coming up with new ideas now but maybe not. Maybe we are taking old ideas and presenting them in a different way and calling them new? I do know for sure that many, many years ago people knew recovery meant dealing with the issues of addiction on a daily basis for the rest of our lives. We are back to thinking the same thing but now in a different way. Sometimes old ideas are reborn and people move in a positive direction with renewed energy. This is our hope.



Spotlight:

Sheree B. Faulk



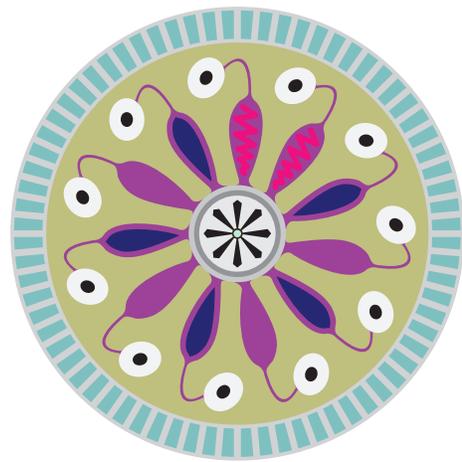
Background:

Sheree B. Faulk recently joined the Alcohol and Drug Abuse Division Fiscal/Operations Section in the Minnesota Department of Human Services. She

spent six years working as executive director of the Upper Midwest Indian Council on Addictive Disorders, Inc. She then located on the White Earth Reservation and served as a board delegate for the International Certification and Reciprocity Consortium – Alcohol and Other Drugs of Abuse. Faulk went on to work as lead outpatient alcohol and drug counselor at Central Minnesota Mental Health Center in St. Cloud. A pivotal point in Faulk's career was in the position as treatment director at a methadone treatment center.

Faulk is a Métis/Ojibwe from Kouchiching First Nations Reserve. She grew up in Ontario, Canada and moved to Eveleth, Minn. in 1979. She graduated from Eveleth High School and obtained an associates arts degree emphasis in Native American Studies and Chemical Dependency. She is a few credits short of her bachelor of science degree in psychology and plans to resume her educational pursuits now that her two children, daughter Angela, 25, and son Thomas, 19, have graduated and are both following their own educational pursuits.

In 2004, Faulk traveled to Northwestern Montana and fell in the love with the Kootenai River and the Cabinet Mountains. In 2007, she was allowed to commune with the river and the mountains daily when she relocated to a tucked-away town in northwestern Montana and went to work for a small Idaho tribe in the Fish and Wildlife Department. During this time, Faulk and her family adopted a rescue dog named Rohkea, (meaning "Brave One"). Rohkea, a Karelian Bear dog is a Finnish or Karelian breed of dog. Karelian Bear dogs have been used



for bear control at Yosemite and Glacier National Park and with the Washington State Department of Fish and Wildlife. During a mountain hike Rohkea saved Faulk and another from a mad charging moose.

After Faulk's youngest graduated in 2012, she knew it was time to return to Minnesota. She missed her family and working with addictions in a professional capacity. She obtained a position as lead Women's Outpatient Counselor and Rule 25 Assessor at White Earth Substance Abuse Program. Not long after the lure and the energy of the Twin Cities called her, she was offered a position as interim treatment director and assistant executive director at Juel Fairbanks Chemical Dependency Services.

When she is not working she enjoys reading, outdoor concerts, motorcycling, canoeing and planning her next outdoor adventure. She is an incurable optimist and does not expect that to ever change.

Current work: Faulk joined Department of Human Services, Alcohol and Drug Abuse Division as lead rate planner in June 2013. She reviews and provides input on design and establishing rate setting and payment methodology, assists with establishing payment rates within applicable federal and state laws and rules, develops, analyzes and assists in the promulgation of necessary rules and rule amendments, ensures payment policies meet the requirements of the state and federal regulations, acts as a liaison with those whose functions interact with rate setting and assists in post implementation monitoring set rates. Faulk also provides technical assistance to CCDTF providers as needed.

Current/historical accomplishments she is most proud of: Faulk will be forever grateful for all the good blessings from stellar people in the field of chemical dependency who have provided guidance and direction to her.





Working with the council within the Department of Human Services are American Indian Service staff:

- Donald Moore (donald.w.moore@state.mn.us)
- Betty Poitra (betty.r.poitra@state.mn.us)
- Dr. Cecil White Hat (cecil.whitehat@state.mn.us)
- Denise Lindquist (denise.estey.lindquist@state.mn.us).

The state of Minnesota, with advice of the AIAC, funds 10 programs within the reservations to help with chemical dependency services. My educated guess is that AIAC monies have helped someone you know get on the road to recovery from chemical dependency.

The AIAC historically has worked closely with tribal governments on reservations and with state government. We have a reputation as one of the best and most civic-minded councils in the United States. We are proud of that. We have formulated a Training and Education Committee that works with the Fond Du Lac Tribal and Community College. Within that committee, we have started an annual Minnesota American Indian Institute on Alcohol and Drug Studies. This institute meets for one week in August each year for the purpose of establishing continuing education credits for counselors in the field of chemical dependency. We collaborate with both Upper Midwest Indian Council On Addictive Disorders (UMICAD) and with the Minnesota Board of Behavioral Health and Therapy (BBHT) for licensure and certification for continuing education credits.

Working hard means interacting with other recovery-based programs in Minnesota. We value our relationship with the Minnesota Alcohol Recovery Resources for Chemical Health (MARRCH). We have made great inroads and now have an American Indian represented on the MARRCH Board of Governors. As a past governor, I learned a great deal during my tenure in MARRCH. MARRCH monthly policy meetings lead to legislation affecting the field of chemical dependency. For example, when work progressed between the AIAC and MARRCH, we were able to get reciprocity recognition with the BBHT for UMICAD certification.

MARRCH organizes trainings throughout the year for chemical dependency counselors. We are very pleased to announce that at this year's Annual MARRCH Fall Conference, the American Indian community will carry in an eagle staff. This is an example of collaboration in the field of chemical dependency to recognize the diverse issues

affecting our communities and willingness, as professionals, to take time to reflect on who we are as common, diversely rich people.

We face many challenges in the chemical dependency field to find ways to provide high-quality, safe services to our people. Prevention of substance use by our young people starts at home. Our parental culture is one of our greatest positive prevention tools. In the coming days, or months, take some time to contact your local American Indian Advisory Council member. Talk to them about the concerns you have about drugs in your community. We look to you for your advice and to bring community orientated solutions to making our communities safe havens for our people.

Lastly, heroin and other opiates are affecting our American Indian communities more than any other drugs. If we review the Drug and Alcohol Abuse Normative Evaluation System admission records (DAANES), we see that American Indians account for admissions from a period of 1998 to 2012, and we see a gradual increase in opiate admissions for American Indians, around 2002. Then it's an upward gradual spiral to the year 2012, where we see around 800 admissions for opiate use. There is an increase by percent, in 1998 to 2011, for heroin and other opiates treatment, for all races of 983.8 percent. For the American Indian we see an increase of 3,695.2 percent. For heroin we see an increase of 289.2 percent for all races, but for the American Indian we see an increase of 2,377.7 percent. These are startling statistics, and one which the Center for Disease Control would well note.

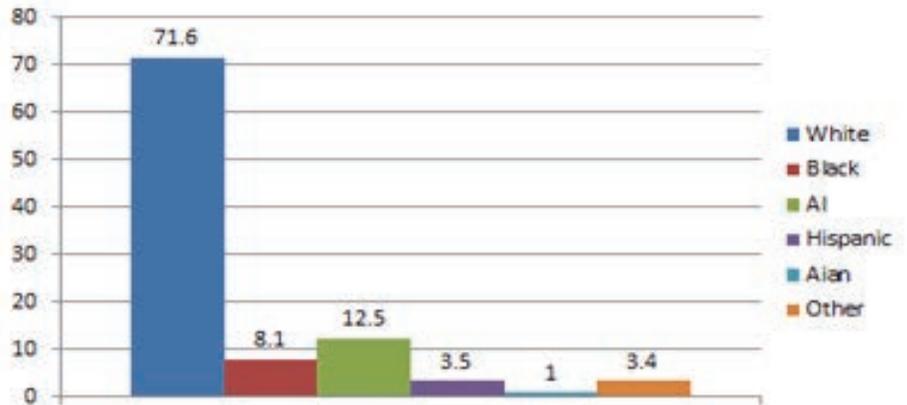




Treatment Update

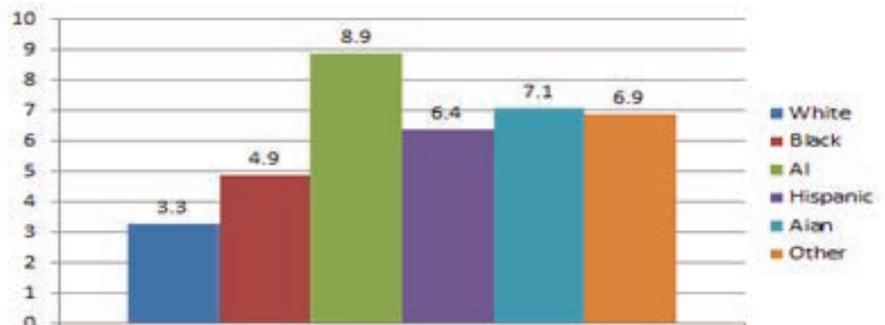
Figures and facts about women being admitted for chemical dependency

CY 2012 Substance Abuse Tx Admission for Females by Race/Ethnicity residing in MN, by %



Of Minnesota women admitted to a chemical dependency treatment program in 2012, whites were the largest percent but American Indian women were the second largest group. In the 2012 census, those who self-identified as American Indian were 1.1 percent of the state's population.

CY 2012 Substance Abuse Tx Admission for Females, Pregnant by Race/Ethnicity residing in MN, by %



Of women admitted to chemical dependency treatment in 2012, 8.9 percent of American Indian women were pregnant, the highest rate among all racial groups.



Resources

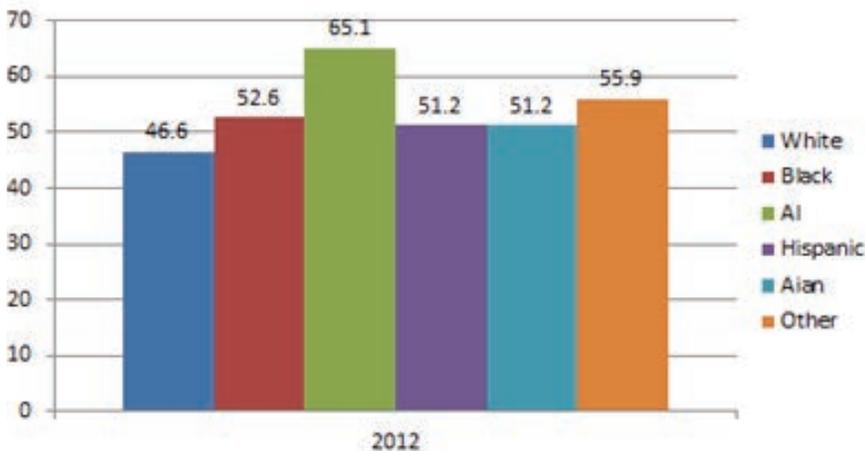
As I travel throughout the state and nation to speak on American Indians and substance abuse, I am frequently asked for a listing of books that I would recommend for a counselor new to the field so they can begin to understand why Indians drink the way they do. Addictive behaviors and American Indians occur not only in a bicultural context but cross the helping disciplines as well. Below is a listing of texts that come from the sociological, psychological and alcohol and other drugs perspectives.

Trainings with Dr. Duane Mackey's Native American Curriculum are still being offered across the state free of charge. It is three-day training with 22 hours of continuing education hours offered with each training event.

- Colorado, P. (1992). *Native American Alcoholism: An Issue of Survival*. Ann Arbor: UMI Dissertation Services.
- Cruse, S.W., (1989). *Another Chance, Hope and Health for the Alcoholic Family* (2nd ed.) Palo Alto, California: Science and Behavior Books Inc.
- Duran, E. & Duran, B. (1995). *Native American Postcolonial Psychology*. Albany: State University of New York Press.
- Kinney, J. & Leaton, G. (1991). *Loosening the Grip, A handbook of Alcohol Information* (4th ed.). St. Louis MO: Mosby-Year Book Inc.
- Mackey, D. (2004). *Native American Curriculum for State Licensed Substance Abuse Programs in South Dakota*. University of South Dakota.
- TPT Minnesota Channel, (Producer) & Department of Human Services, Alcohol and Drug Abuse Division (2008) *How Alcohol Came to the People* by Cecil White Hat. (Speaker). (DVD). (Available free upon request from the American Indian Section, Alcohol and Drug Abuse Division, Department of Human Services, PO Box 64977, St. Paul, MN 55164-0977)

Cecil White Hat Ph.D.

CY 2012 Substance Abuse Tx Admission for Pregnant Woman with Children/Ethnicity residing in MN, by %



Of women who were pregnant at time of admission to chemical dependency treatment, American Indian women are more likely than other groups to have other children at time of admission. The graph shows that 65 percent of American Indian women also have other children.

Source: Rick Moldenhauer, MS, LADC, ICADC, LPCC. Principle Planner, Minnesota Department of Human Services





Minnesota Department of **Human Services**

Alcohol and Drug Abuse Division

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Events

Summer events

- 32nd Annual Minnesota American Indian Institute on Alcohol and Drug Studies (MAIADS). "The Many Faces of Addicition." Held July 29, 30, 31, August 1, 2 at Fond du Lac Tribal and Community College.
- 14th Annual Joining Voices, Native American Prevention Program Sharing Conference. Held July 29, 30, & 31 at Fond du Lac Tribal and Community College.

Research Pathways

Recommended resources

Minnesota Indian Women's
Resource Center

<http://www.miwrc.org/>

Department of Justice Office on
Violence Against Women

www.fletc.gov/osl

ADA2 (12-12)

This information is available in accessible formats for individuals with disabilities by calling 651-431-2460 or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.

