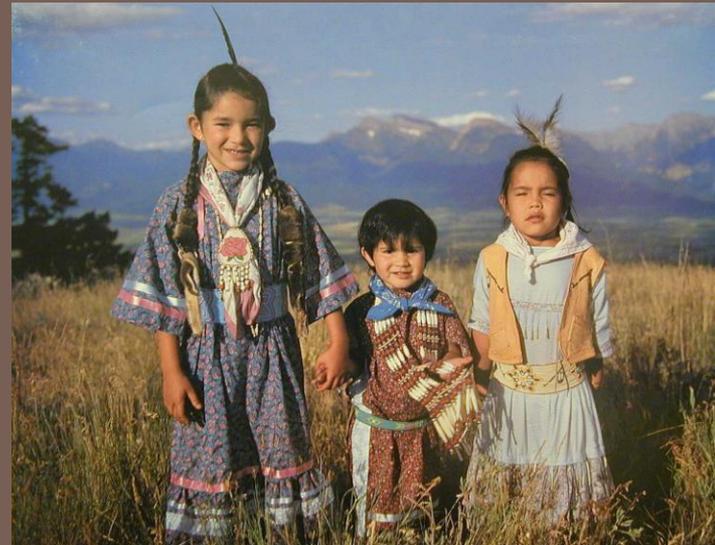
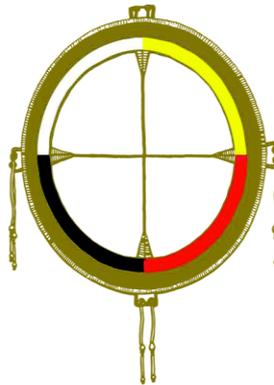


RESTORING HARMONY BY STRENGTHENING A COMMUNITY

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April 29, 2010



Special Thanks To:



INDIAN HEALTH CARE
RESOURCE CENTER OF TULSA

Icebreaker Activities

What I Want Others to Know
About Me

Eye on the Prize

Current Status of Behavioral Health Issues for American Indian Children

- Data is helpful if not necessary for providers working with these families.
- Research on this population is Limited and Outdated.
- Most research that is available is not relevant to Oklahoma Indians.
- American Indian (AI) youth have historically been among the most troubled and impoverished of youth in the United States.
- Rates of substance abuse disorders and other mental health disorders, particularly depression, are significantly elevated.

Current Status of Behavioral Health Issues for American Indian Children

- Highest dropout rate of any racial or ethnic group (36%) as well as the lowest high school completion and college attendance rates of any minority group (Clark & Witko, 2006).
- AI families had the highest re-referral rates for sexual abuse, physical abuse, and neglect relative to other ethnic categories (Stevens et al., 2005).
- In 2006, AI Youth comprised 1.1% of the national youth population & more than 60% of incarcerated young offenders under federal jurisdiction were AI (US Census Bureau, 2006; OJJDP, 2006)
- The suicide death rate for Oklahoma AI's is 50% higher than all other U.S. races (10.5 vs. 7.0 per 100,000).

Current Status of Behavioral Health Issues for Native American Children

- Alcohol problems and mental disorders often co-occur among American Indians and Alaska Natives (Beals, Novins, Mitchell, Shore, & Manson, 2001; Kinzie, Leung, Boehlein, Matsunaga, Johnston, Manson, Shore, Heinz, & Williams, 1992).
- Fifty percent of Indian youth in treatment for substance abuse have significant untreated psychiatric comorbidity (Novins, Beals, Shore, & Manson, 1996).
- Both the need for and the lack of services and programs for Native American youth and adults have been well documented (Barlow & Walkup, 1998; Nelson, McCoy, Stetter, & Vanderwagen, 1992).
- When problems appear among Native American youth, they often become problems of the community as well (LaFromboise and Low, 1998) .

Oklahoma Indian Demographics

- 39 Federally Recognized Tribes
- Over 200,000 American Indians
 - 7.4% of Oklahoma population
 - Largest ethnic minority group in the state
- 2nd largest tribal population of all U.S. states (California is first)
- Tulsa metro has the 3rd largest urban Indian population in the country~86,000

Indian Health Care Resource Center of Tulsa Community Needs Assessment, Spring 2008

- **Qualitative Data**

- Key Informant Interviews (N=55)
 - Agency (29)
 - Parents (12)
 - Churches (14)
- Focus Groups (N=77)
 - Youth (3 groups)
 - Community (5 groups)
 - Agency (3 groups)

- **Quantitative Data**

- Adult Survey Interviews (N=550)
- Youth Survey Interviews (N=100)

Summary of Findings

Top 10 Community Concerns

- **Adult List**

- Alcohol Abuse
- Diabetes
- Drug Abuse
- Obesity
- Youth Tobacco Use
- Stress
- Depression
- Teen Pregnancy
- Unemployment
- Poverty tied with Domestic Violence

- **Youth List**

- Alcohol Abuse
- Youth Tobacco Use
- Drug Abuse
- Obesity
- Stress
- Gangs
- Depression
- Teen Pregnancy
- Diabetes
- School Dropout

Summary of Findings

Community Identified Strengths of Native Americans

- **Adult Responses**

- Culture
- Family
- Spirituality/Religion
- Unity
- Perseverance
- Pride
- Helping others

- **Youth Responses**

- Culture
- Helping each other
- Family
- Spirituality/Religion
- Pride
- Unity
- Perseverance



Where to go from here

Gathering Strength & Restoring Harmony

GOALS

- ▣ Increase youth involvement in spirituality and traditional activities
- ▣ Bring the community together
- ▣ Provide appropriate care and treatment for our youth and families struggling with significant behavioral and emotional health issues.

Gathering Strength & Restoring Harmony

MISSION

- We will strengthen our children, youth, and their families who are experiencing a temporary emotional unwellness by providing comprehensive services that are grounded in the families cultural and spiritual beliefs.
- We will work to positively shape and strengthen children's physical, social, cultural, political, and economic environments in ways that promote optimal well-being and help prevent mental health problems.

Comprehensive System of Care

- Wraparound Services
- Community Team
 - ▣ Needs Assessment
 - ▣ Community Center
 - ▣ Pow Wow
- Family and Youth Involvement
 - ▣ NNYC
 - ▣ Restoring Harmony Pow Wow
 - ▣ Leadership Camp
 - ▣ Community Team
 - ▣ Drum Group

GATHERING STRENGTH &
RESTORING HARMONY
(GSRH)
WRAPAROUND SERVICES

Indian Health Care Resource Center of Tulsa

Goals of Wraparound

Wraparound's goal is to maintain emotionally and behaviorally challenged children with their family and communities in the most normative and least restrictive environment. Wraparound helps to: empower youth and families, decrease out-of-home placements; improve school performance; promote positive emotional and behavioral functioning; decrease interactions with the legal system and enhance the overall quality of life of the participants.



GSRH WRAPAROUND MODEL

GSRH Eligibility Criteria

- Native American Youth ages 0-22
- Reside in the Greater Tulsa area
- Receiving help from or have contact with multiple systems/agencies
- At risk for out-of-school or out-of-home placement
- At risk of, or experiencing, severe emotional or behavioral disturbance.

Principles of Wraparound

- Family Voice and Choice
 - Team Based
- Natural Supports
 - Collaboration
- Community Based
- Culturally Competent
- Individualized
- Strengths Based
 - Unconditional
- Outcome Based

We Serve the Whole Family

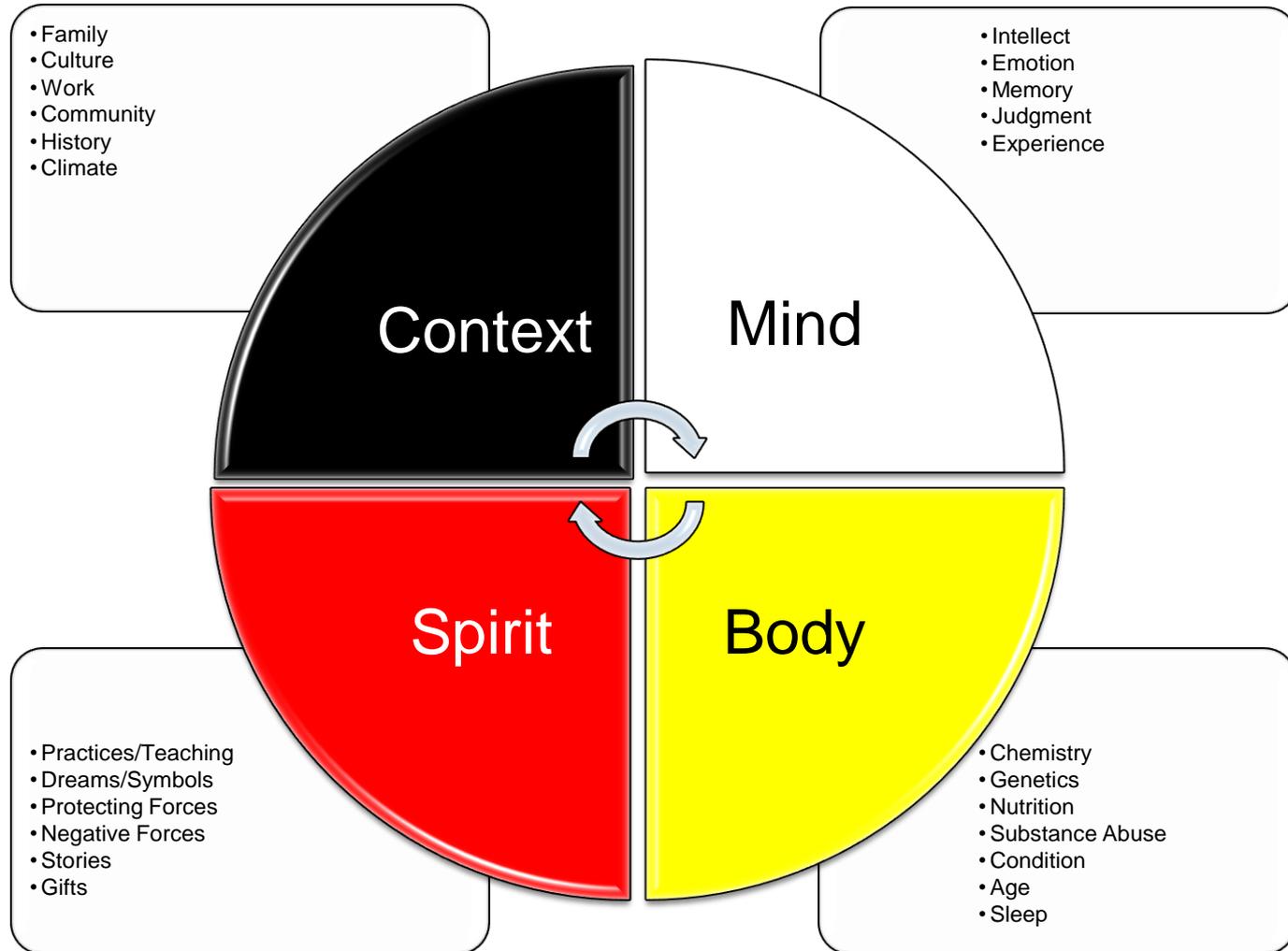
- Wraparound Care Coordination
- Honoring family choice for building support system of spiritual, extended family, tribal, and mainstream programs and services
- Advocacy & Support if involved in juvenile justice system
- Support in navigating mental health/recovery options

Wraparound Philosophy in Indian Country

- American Indian grant sites across the country are merging the Systems of Care model with their own local culture
- Using traditional helping and healing practices embedded in thousands of years of cultural knowledge
- The challenge is adapting to our tribal peoples at their different levels of acculturation.

Relational Worldview Model

National Indian Child Welfare Association



Restoring Harmony by Strengthening a Community

Picture Presentation

Tulsa Indian Community Advisory Team

- The Tulsa Indian Community Advisory Team (TICAT) is an organized group of local partners who come together to ensure a unified support system for their community's children, especially those with complex behavioral health needs.
- TICAT works to improve the health and well-being of Native American youth and families in the Greater Tulsa area and neighboring towns using a coordinated approach of education, health promotion and outreach.

Community Team

- IHCRC Staff
 - ▣ GSRH
 - ▣ Strengthening Our Native Youth (SONY)
 - ▣ Behavioral Health
 - ▣ Access to Recovery
 - ▣ Health and Wellness
- Family Involvement
- Youth Involvement
- Indian Education Involvement
- Community Partners
 - ▣ Tribal Representatives
 - ▣ Tulsa Creek Indian Community
 - ▣ OJA
 - ▣ Law Enforcement
 - ▣ Federation of Families
 - ▣ Community Mental Health Agencies
 - ▣ Psychiatric Hospitals
 - ▣ Interested and Invested Community Members
 - ▣ Elders

COMMUNITY TEAM

□ Previous Projects

- Community Needs Assessment
- Stomp Dances
- Benefit Powwows
- Youth Leadership Retreats

□ Current Projects:

- Restoring Harmony Pow Wow
 - National Children's Mental Health Awareness Day
 - Ensuring the message is Sustainable – “Mental Wellness is Essential to Overall Wellness”
- Tulsa Indian Community Center
 - A place where Native youth, families, and elders can gather – a safe haven/reprieve
 - Activities & Resources available to all (i.e., movie night, life skills, healthy foods/cooking, basketball, job training, etc...)

Cultural Activities

- Handgames
- Stomp dances
- Drumstick making
- Beading
- Drum group lessons
- Stickball
- General Cultural Education
- Wii Game nights
- Supper at every meeting
- Youth Council meetings- forums
- Shawl Making
- Traditional Song Instruction
- Dance Instruction



Restoring Harmony by Strengthening a Community

ANY QUESTIONS?



THANK YOU