

Northwest (HHS Region 10)

ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Northwest ATTC presents Healing of the Canoe: Community Pulling Together

Dennis M. Donovan, PhD
Alcohol & Drug Abuse Institute
University of Washington



Today's Presenter

Dennis Donovan, PhD

- Director, Alcohol & Drug Abuse Institute
- Professor of Psychiatry and Behavioral Sciences, University of Washington School of Medicine
- Over 30 years clinical and research experience
 - PI of Pacific Northwest Node, NIDA Clinical Trials Network
 - 13 years as PI of Healing of the Canoe project



Healing of the Canoe: Community Pulling Together

A Life Skills Curriculum Training for Native Youth



The Suquamish Tribe

In the beginning....

"If the research you are proposing to do doesn't benefit the community, then it's not research worth doing here."

Tribal Elder



What Is Healing of the Canoe

The Healing of the Canoe, which uses the traditional canoe journey as a heuristic and metaphor, provides tribal youth the skills they need to travel their life's journey without being pulled off course by alcohol or drugs, using tribal values, traditions, and culture as compass to guide them and anchor to ground them.



Video: Introducing the Healing of the Canoe:

<https://www.youtube.com/watch?v=waQ4eK7wfb8>

Healing of the Canoe: A Brief History

NIMHD-Funded CBPR Grant: Three Competitive Phases

- **Phase I – Suquamish, ADAI**
 - Relationship building, needs/strengths assessment, literature review, adapt and pilot curriculum
- **Phase II – Suquamish, PGST, ADAI**
 - Extend partnership to include Port Gamble S'Klallam Tribe
 - Replicate assessment and adaptation process for generalizability
 - Implement and evaluate curricula
- **Phase III – Suquamish, PGST, Makah, ADAI**
 - Implement and disseminate

Healing of the Canoe: Background

- Funded by the National Institute on Minority Health and Health Disparities (NIMHD)
- Developed through a tribal-academic partnership, based on tribal invitation to help address tribal youth substance abuse
- Used community-based and tribal-based participatory research approach
- Employed principles of cultural adaptation
- Blends Tribal traditions, cultural values, and Indigenous knowledge with evidence-based practices
- Results in decreased substance use, increased engagement in cultural activities, and increased future hope and optimism

THE GREAT CANOES

REVIVING A NORTHWEST COAST TRADITION



DAVID NEEL

Pacific Northwest
American Indian / Alaska
Native Cultural Resurgence
through the Canoe
Journey

CANOE JOURNEY / LIFE'S JOURNEY

"The 'journey' is an opportunity to teach prevention through our culture....It brings self-esteem and reminds us all where we come from."



Herman Williams Jr., Tribal Council Chairman of the Tulalip Tribes.

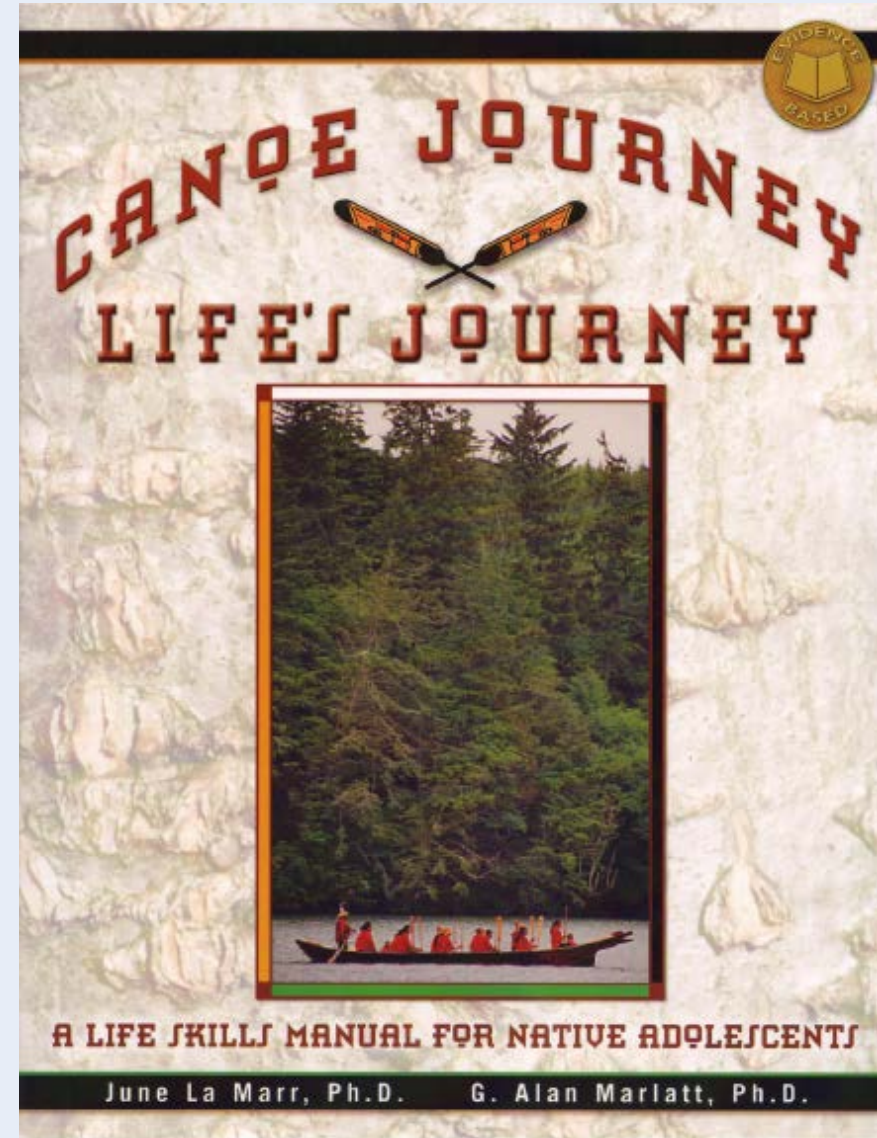
Seattle Post-Intelligencer, Tuesday, July 29, 2003

A journey toward healing, by canoe

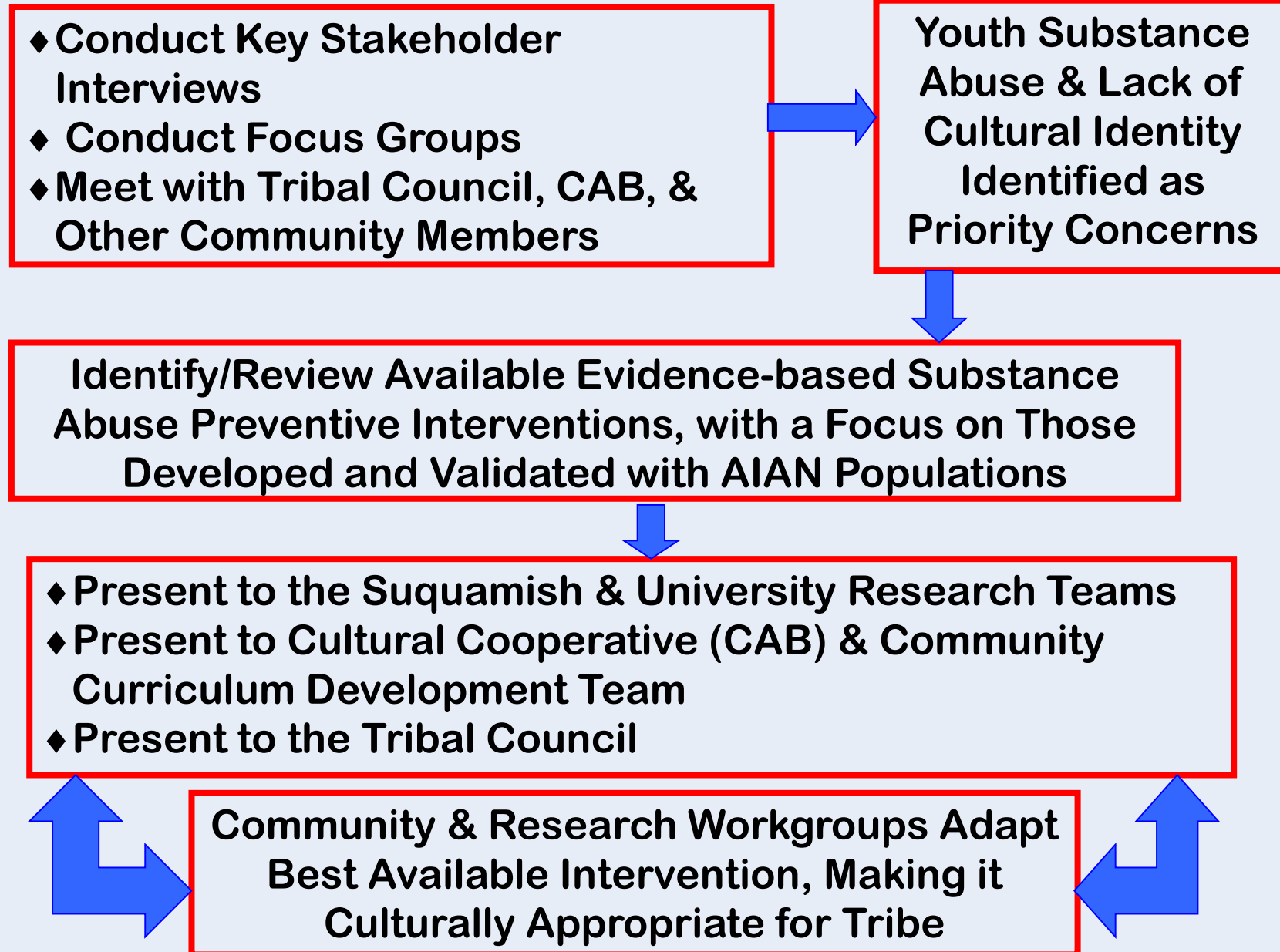


Canoe Journey / Life's Journey

- A life skills curriculum based on the Canoe Journey
- Developed for an urban AIAN population
- To prevent the initiation of substance use and promote abstinence
- To reduce the risk of harm and the potential for developing an addiction
- To help Native youth identify and utilize healthy and appropriate social skills and lifestyle choices



Developing the HOC Intervention: An Iterative Process

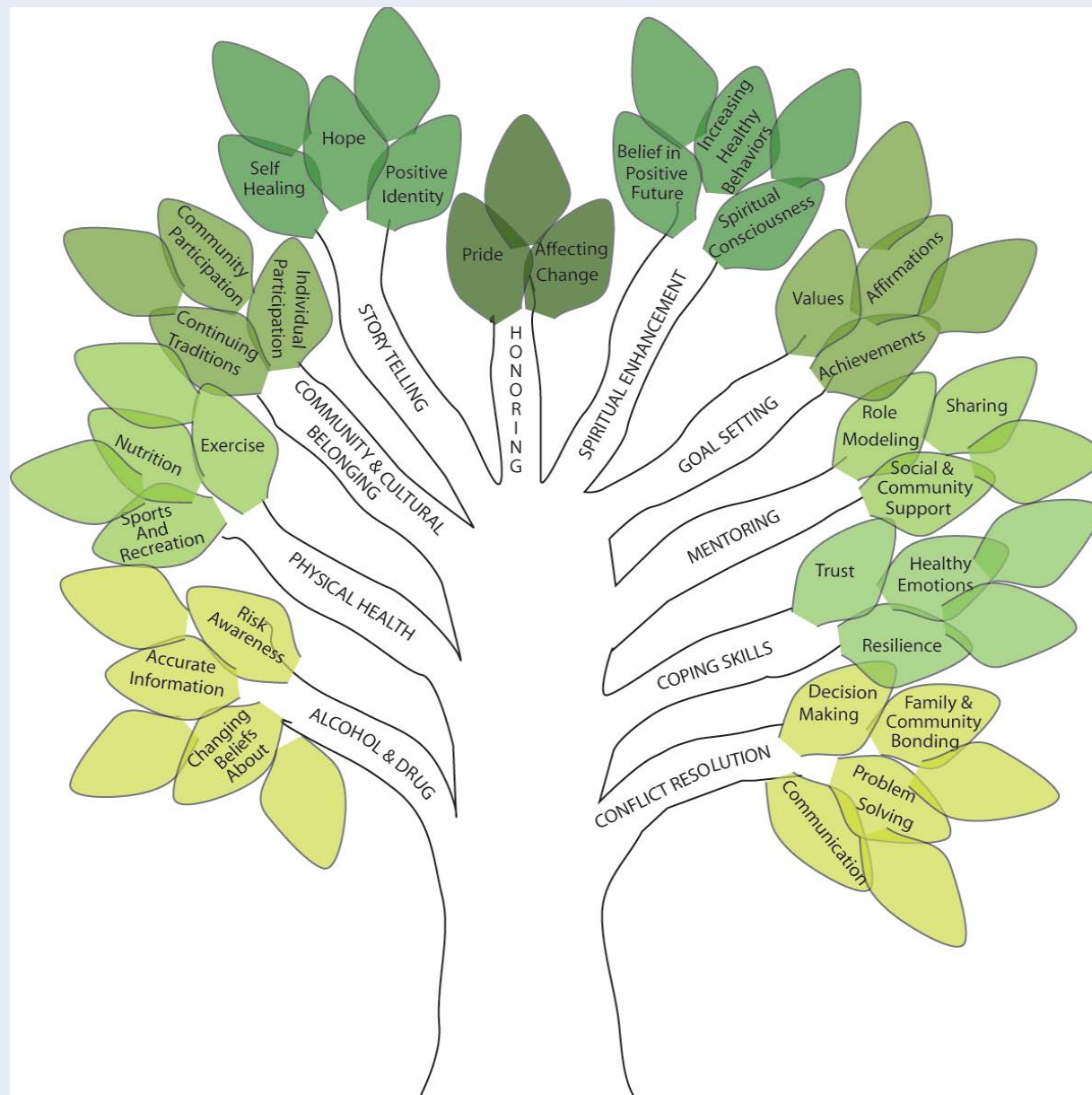


Holdina Up Our Youth



Healing of the Canoe:
The Community Pulling Together

- An 11-session prevention program plus Honoring Ceremony incorporating evidence-based components with Indigenous knowledge, traditions, and values
- Two suicide preventions modules subsequently added
- Provides Native Youth the skills needed to navigate through life's journey without being pulled off course by alcohol or drugs, with tribal culture, traditions, and values as compass to guide them and anchor to ground them



Blending Tribal traditions, cultural values, and Indigenous knowledge with evidence-based practices

The deeper the roots, the stronger the branches

Healing of the Canoe: Curriculum Chapters

- Four Seasons & Canoe Journey Metaphor
- Who I Am – Beginning at the Center
- How Am I Perceived?
- Community Help & Support
- Moods & Coping with Emotions
- Staying Safe: Suicide Prevention
- How Can I Help? Suicide Intervention
- Who Will I Become? Goal Setting
- Overcoming Obstacles – Solving Problems
- Listening
- Effective Communication – Expressing Thoughts & Feelings
- Safe Journey without Alcohol & Drugs
- Strengthening Our Community
- Honoring Ceremony

Healing of the Canoe Curriculum: Life Skills Included

- Self awareness and self-definition
- Recognizing and standing up against stereotypes
- Getting help from one's community
- Mentoring others
- Coping with negative emotions
- Goal setting
- Overcoming obstacles and solving problems
- Listening, effective communication
- Understanding consequences of substance abuse
- Community leadership, serving the community



Holding Up Our Youth Curriculum

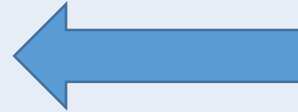
SKILLS FOR LIFE'S JOURNEY

Navigating Life the S'Klallam Way



The Port Gamble S'Klallam Tribe
&
Alcohol & Drug Abuse Institute
University of Washington

Facilitator Manual
© 2011



Holding Up Our Youth

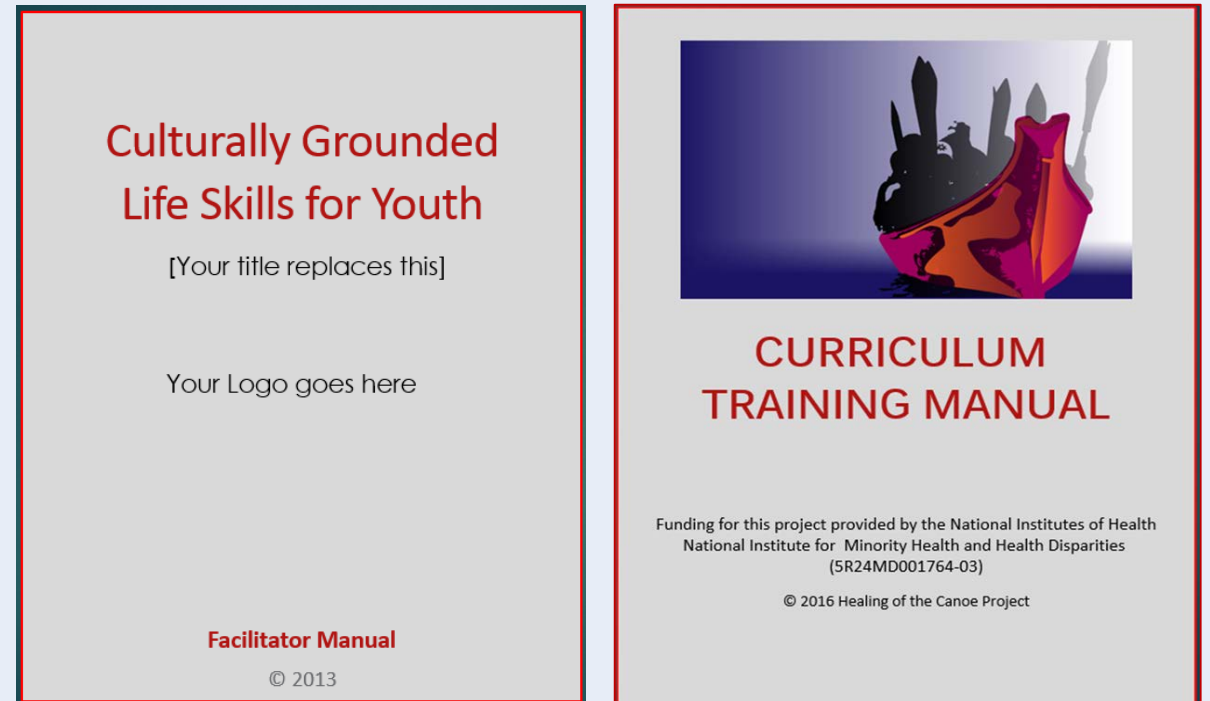


**Healing of the Canoe:
Community Pulling Together**

Healing of the Canoe Materials

- Generic curriculum template: “Culturally Grounded Life Skills for Youth”
- Adaptation , implementation, and training manual
- Participant handouts

Tribal Communities determine their own metaphor and integrate their own traditions, culture, values, language, and ceremonial activities into the generic curriculum



Generic Curriculum Template and Training Manual for Dissemination and Community Adaptation

The Curriculum is Highly Adaptable

Adaptable across venues

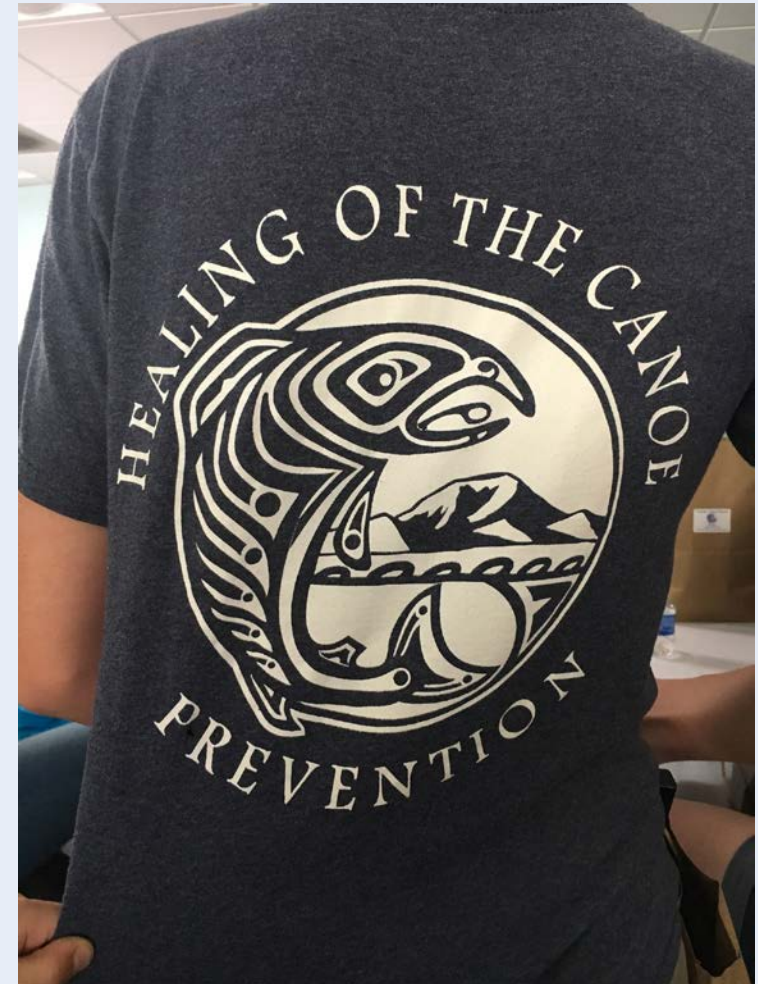
- Summer school
- After school/During school
- Summer Camp/Culture Camp
- Series of Intensive Retreats
- Wellness programs

Adaptable across age groups

- Middle school
- High school
- Young adults

Adaptable across target groups

- Prevention
- Treatment



Healing of the Canoe Training Options



- Individual Tribe or Multiple-Tribe training workshops
- In-person, webinar, or phone Technical Assistance at individual, organizational, and/or tribal levels focused on adaptation and implementation
- Ongoing involvement in learning collaborative of shared experiences
- “Booster” sessions for tribal communities or organizations that have already received training
- Consultation for grant/funding opportunities to support implementation and sustainability

Our Training and TA Helps Tribal Communities To:

- Assess community needs, resources, and readiness
- Focus the curriculum on specific issues of concern, and address those using community-based and culturally grounded strengths and resources
- Select/develop a “journey” metaphor that fits culturally with the community
- Adapt the curriculum to the community’s specific cultural teachings, practices, traditions, values, and activities
- Engage community members to be active contributors in adapting and implementing the curriculum
- Implement the adapted curriculum with youth (or adults) in your community
- Evaluate the impact of the curriculum at individual, organizational, and community levels

Our 2014 - 2017 Trainings Have Been Successful: 350 attendees from 46 Tribes and 14 Tribal Organizations!



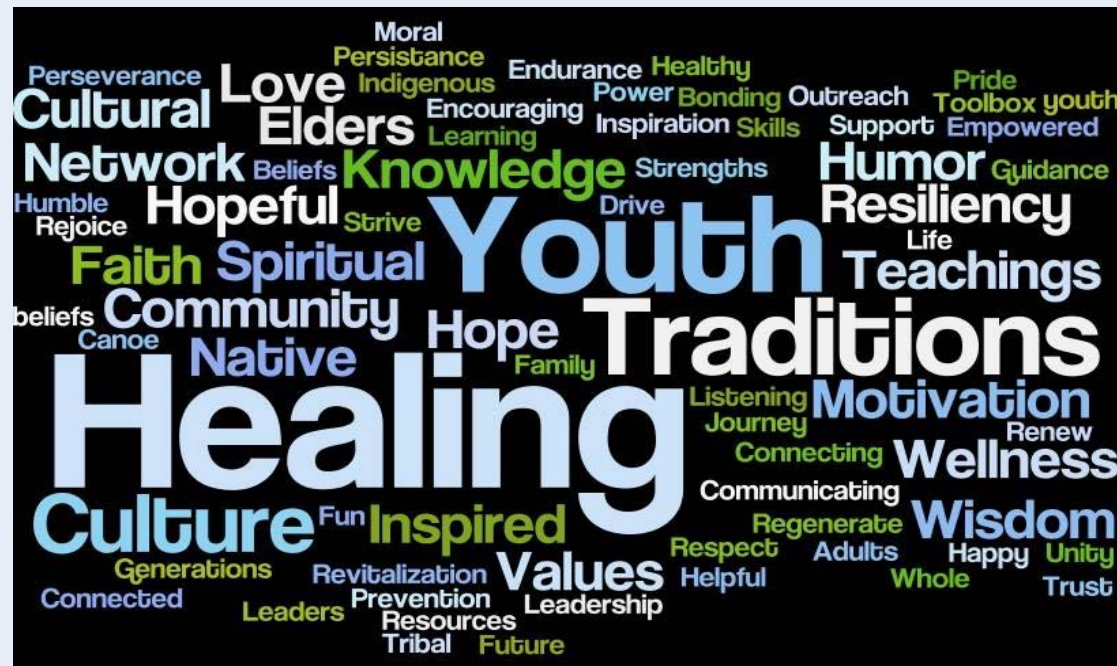
Perceptions of HOC Curriculum

“Thanks!! And thanks for an amazing curriculum. I love it. So creative, relevant, and life-saving.

I visited a client in juvy a couple days ago and told her about it, and she said (I’m not making this up) ‘finally, someone is doing something to help us.’

I’m looking forward to the training.”

Laura



HOC in the Northwest ATTC



On October 18-19, 2017, the Northwest ATTC held its inaugural event, a 1.5 day training on the Healing of the Canoe curriculum.

The training has been followed by a series of monthly technical assistance conference calls.



In the end.....

*" We told them what we needed them to do
and then they did it!"*

Tribal Elder



Surveys

**Look for our surveys in your
inbox!**

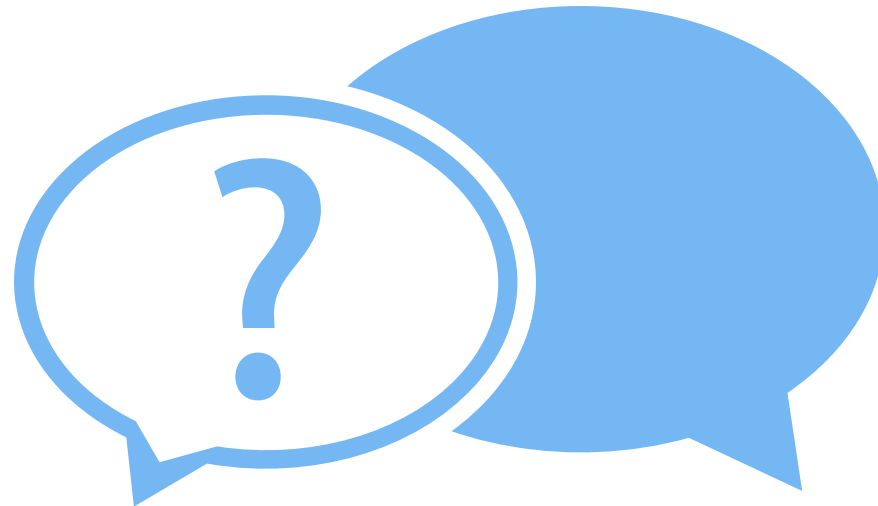
We'll send two short surveys:
one now, and
one in a month.



We greatly appreciate your feedback! Every survey we receive helps us to improve and develop our programming.

Q&A

**Questions? Please type them in
the chat box!**



Upcoming Events

Thank you for coming!

Join us for our next webinar:

**The Impact of Stigma on Healthcare for People with
Substance Use Disorder**

Joe Glass, PhD
July 25, 2018, 12-1pm