



Northwest (HHS Region 10)

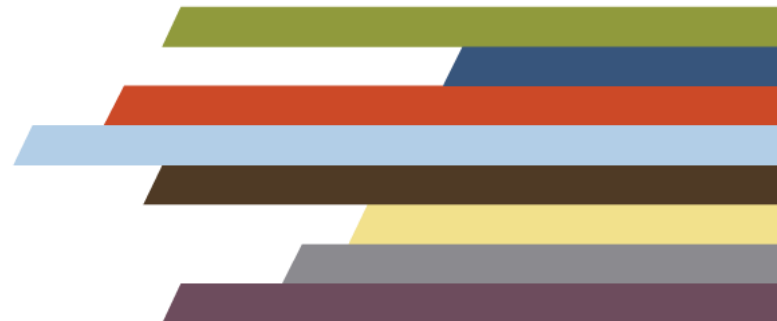
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Northwest ATTC presents:

Addressing the Addiction Crisis: Moving Upstream with Holistic Strategies

Presented by:
Gary Ferguson, ND
Naturopathic Doctor





LANGUAGE MATTERS.

Words have power.



PEOPLE FIRST.

We value your feedback on our ability to provide culturally-informed and inclusive services.

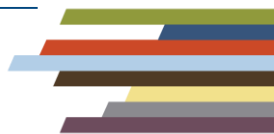
Please email us at northwest@attcnetwork.org with any comments or questions you have for us!



Northwest (HHS Region 10)

ATTC

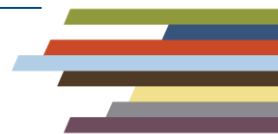
Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Addressing the Addiction Crisis

Dr. Gary Ferguson, BS, ND

- Licensed Naturopathic Doctor and Healthy Communities Consultant based in Anchorage, AK
- Facilitator, motivational speaker, health coach, and technical consultant
- Past roles:
 - Providing clinical services to his home region at Eastern Aleutian Tribes
 - Senior Director of Community Health Services, Alaska Native Tribal Health Consortium
 - CEO, Rural Alaska Community Action Program



Addressing The Addiction Crisis: Moving Upstream with Holistic Strategies



Presentation for NW ATTC
February 26, 2020
Dr. Gary Ferguson, BS, ND
KAANGUX̂ Healthy Communities Consulting
www.drgaryferguson.com





THE NEW REPUBLIC



We Didn't Stand a Chance Against Opioids

Alaska's health clinics were founded to help indigenous people like my family. Thanks to the FDA and Big Pharma, the clinics unwittingly enabled a crisis instead.

By **JOSHUA HUNT** | September 18, 2019

<https://newrepublic.com/article/155080/didnt-stand-chance-opioids>



RECLAIM ALASKA

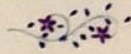
Substance Abuse Summit 2014

RECLAIM ALASKA : DAY ONE

- "Are you here to help us or save us?" Father Harry Kiakokanok (told to Former Trooper Joe Masters in Perryville, Alaska)
- "Learned Helplessness" Concept

The Philosophy of
Naturopathic **M**edicine

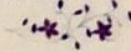
The Healing Power Of Nature
Vis Medicatrix Naturae



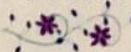
Identify And Treat The Cause
Tolle Causam



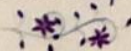
First Do No Harm
Primum Non Nocere



Doctor As Teacher
Docere



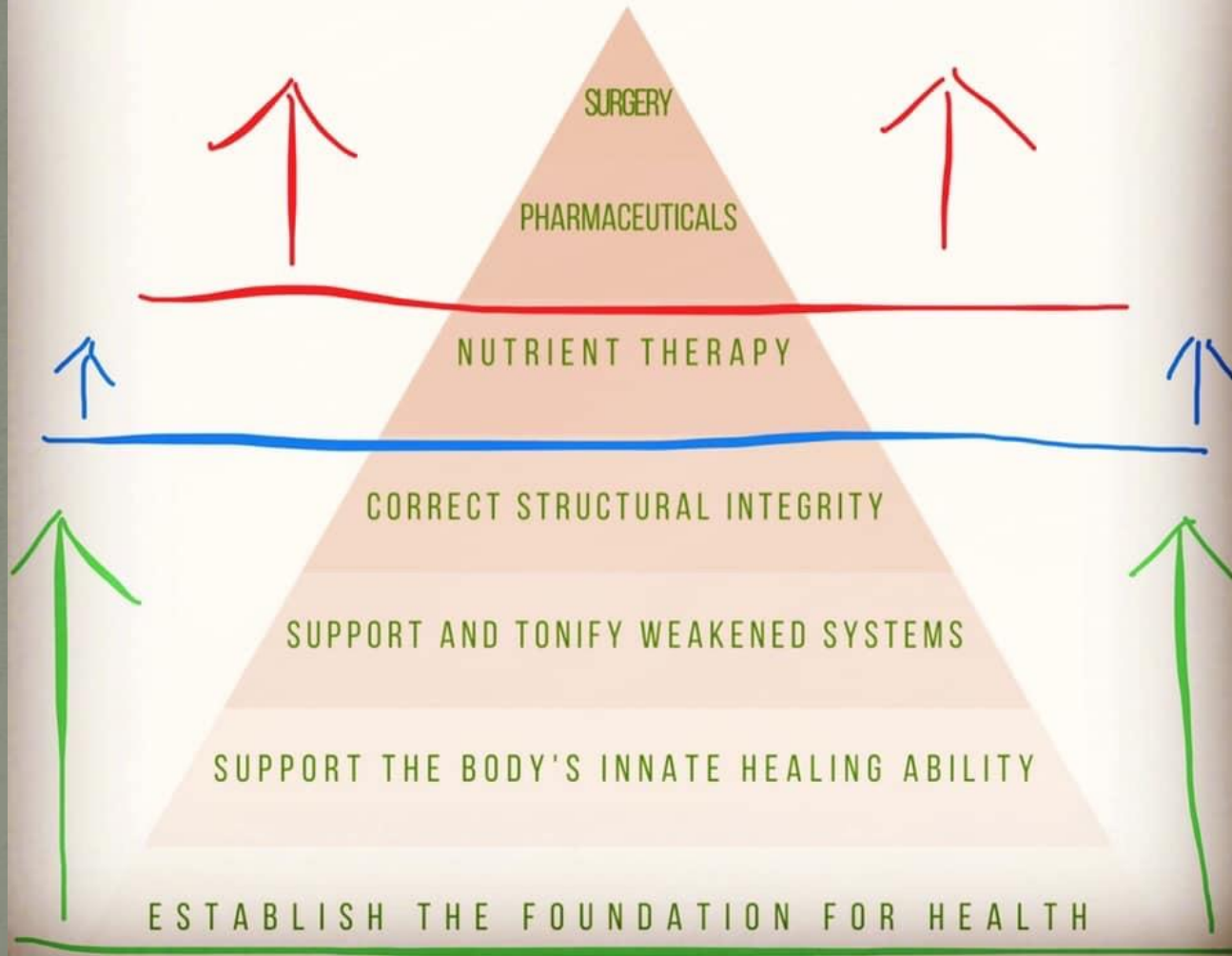
Treat The Whole Person
In Pertubato Animo Sicut In Corpore Sanitas Esse Non Potest



Prevention
Principiis Obsta: Sero Medicina Curatur



THE THERAPEUTIC ORDER



TREAT THE ROOT CAUSE

www.akresilience.org

[MEET US](#) [NEWS](#) [WORK](#) [EVENTS](#) [RESOURCES](#) [CONTACT](#)

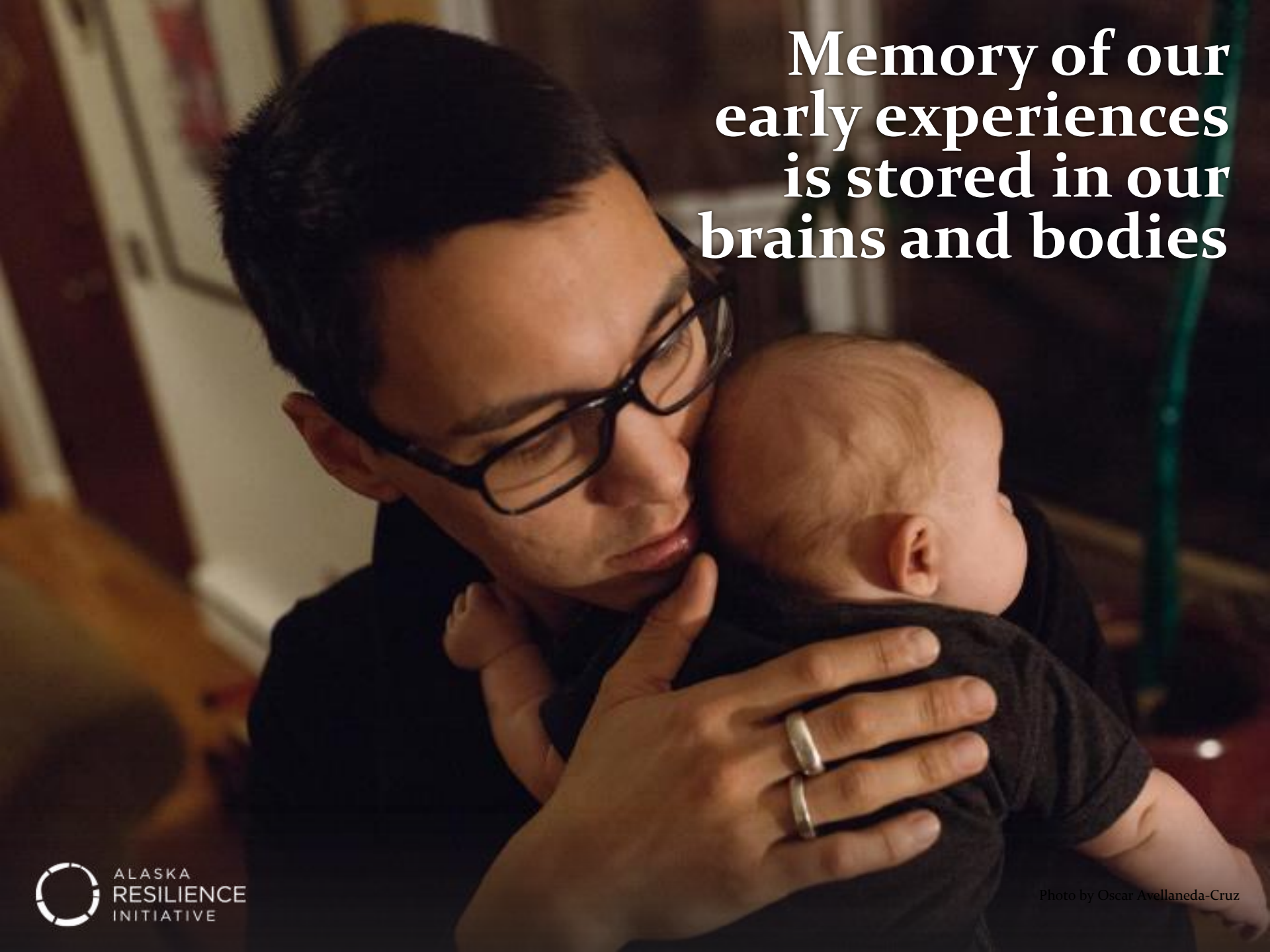


ALASKA
RESILIENCE
INITIATIVE

MOBILIZING ALASKA TO END CHILD
MALTREATMENT, INTERGENERATIONAL AND
SYSTEMIC TRAUMA THROUGH HEALING AND
STRATEGIC ADVOCACY.



ALASKA
RESILIENCE
INITIATIVE

A close-up photograph of a man with dark hair and glasses, wearing a dark shirt, holding a baby. The man is looking down at the baby with a gentle expression. The baby is wearing a dark shirt and has its head resting against the man's face. The background is softly blurred, showing what appears to be a bookshelf. The overall mood is intimate and tender.

**Memory of our
early experiences
is stored in our
brains and bodies**



Historical Trauma



The FilAm

A MAGAZINE FOR FILIPINO AMERICANS IN NEW YORK

Search here

Categories

About Us

How colonial mentality became our Stockholm Syndrome

Posted: August 7th, 2017 · Filled under: [Culture](#), [History](#), [Identity](#), [Religion](#) · [1 Comment](#)

<https://thefilam.net/archives/24787>

If My Mom Suffered the Traumatic Event, Why am I so Anxious?

TOPICS > HEALTH

Study finds trauma effects may linger in body chemistry of next generation

August 30, 2015 at 12:15 PM EDT



New research on survivors of the Holocaust shows how catastrophic events can alter our body chemistry, and how these changes can transmit to the next generation. The result? Our children may suffer the effects of a traumatic event they never witnessed. NewsHour's Stephen Fee has the story.

SUPPORT FOR PBS NEWSHOUR PROVIDED BY

**BIG BLUE
LIVE**

TONIGHT 8PM EDT

Be more  PBS

MORE VIDEO



Price of contact lenses at issue in court case



Will new New Orleans hospital meet needs of most vulnerable?



Study raises questions about early breast cancer treatment





Dr. Angela
Michaud, DC
Photo used with
permission



Dr. Angela
Michaud, DC
Photo used with
permission

"I WOULD NOT HAVE EXPECTED THAT I, WHO AM BARELY OUT OF SAVAGERY, WOULD HAVE TO REMIND GENTLEMEN WITH 5,000 YEARS OF RECORDED CIVILIZATION BEHIND THEM, OF OUR BILL OF RIGHTS." - Elizabeth Peratrovich



Yunyarag:
The Way of the Human Being

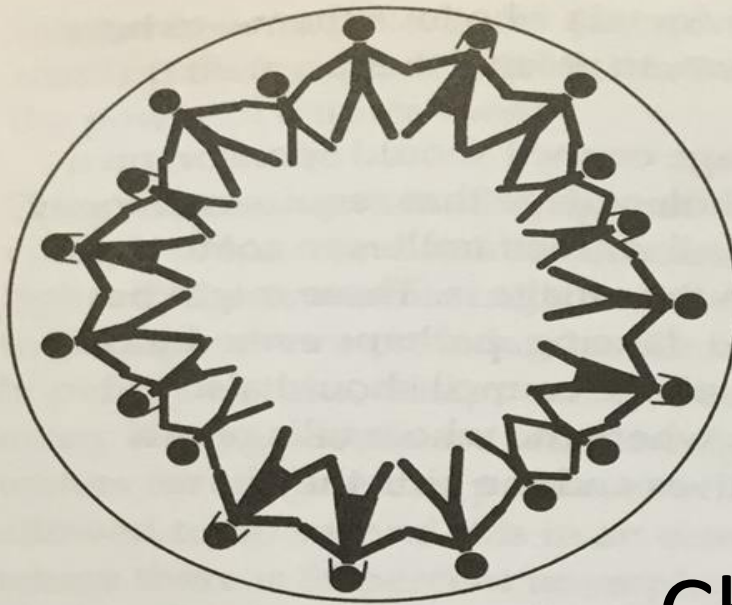


Harold Napoleon

with commentary

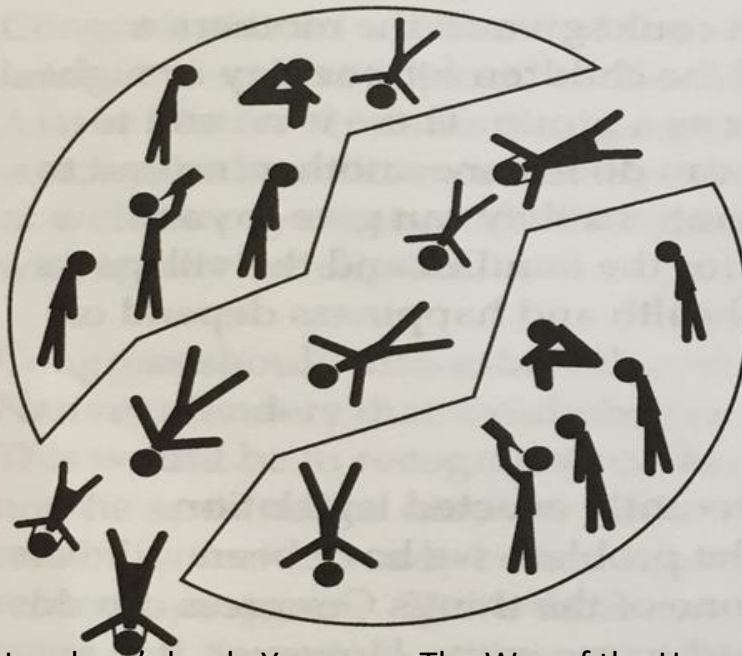
edited by Eric Madsen





- A healthy village is a circle whose people are safe within its fold.
- Love, understanding, kindness, culture, history, goals, and truth make the circle strong and protect the village, the family, and the individual.
- A healthy village is a gift of the Creator to His children.

Child Wellbeing



- For many Alaska Natives the circle was broken by the trauma of mass death through epidemics.
- Families and villages lost communication and grew apart.
- A circle broken is incomplete. It hemorrhages, and life flows out of it. It breeds unhappiness. Unless the circle is repaired in time, it will die.








A photograph of a modern, multi-story building with a glass and metal facade. The building features a grid of windows with horizontal blinds. The Kaiser Permanente logo is visible on the upper right side of the building. A glass walkway or canopy is visible in the foreground. The sky is overcast.

Over 17,000
patients in
San Diego, CA

Adverse Childhood
Experiences (ACEs)
Study

Adverse Childhood Experiences are Common






Abuse & Neglect

	Physical Abuse	28%
	Sexual Abuse	21%
	Emotional Abuse	11%
	Emotional Neglect	15%
	Physical Neglect	10%

5

Adverse Childhood Experiences are Common

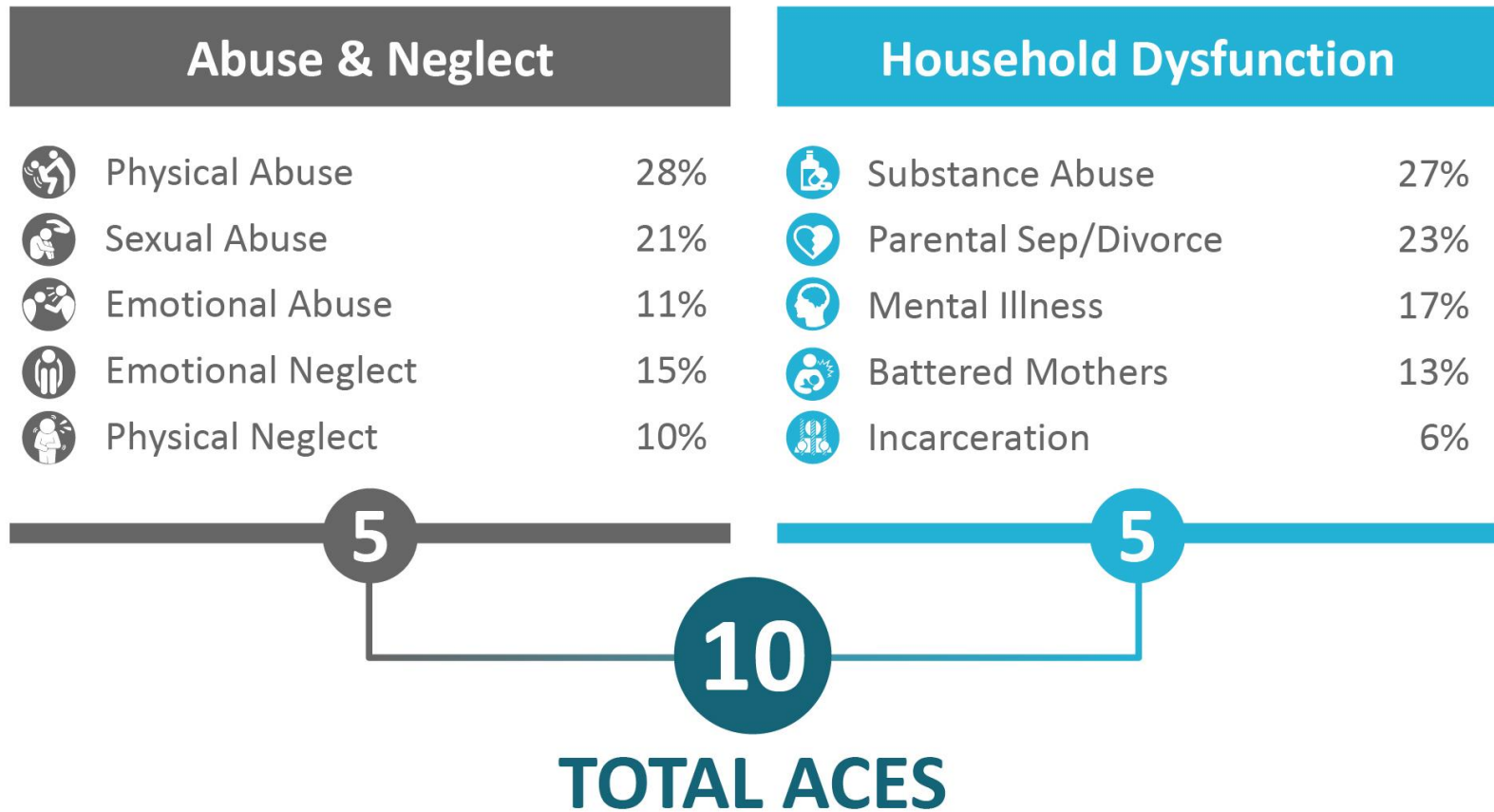
Household Dysfunction

	Substance Abuse	27%
	Parental Sep/Divorce	23%
	Mental Illness	17%
	Battered Mothers	13%
	Incarceration	6%

5

ACE Study: Kaiser

Adverse Childhood Experiences are Common



ACEs are Highly Interrelated:

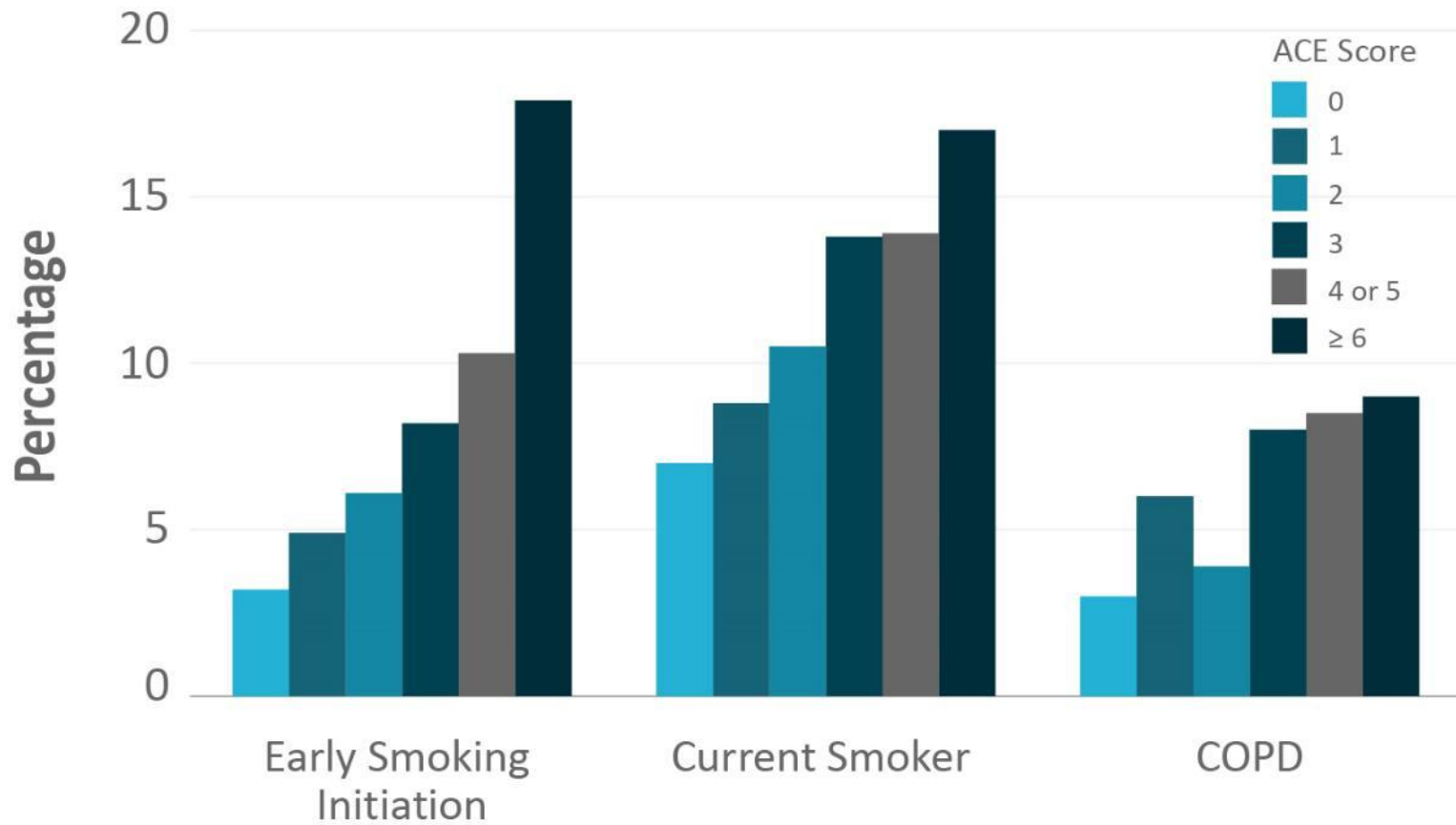
Where One ACE Occurs, *There are Usually Others*



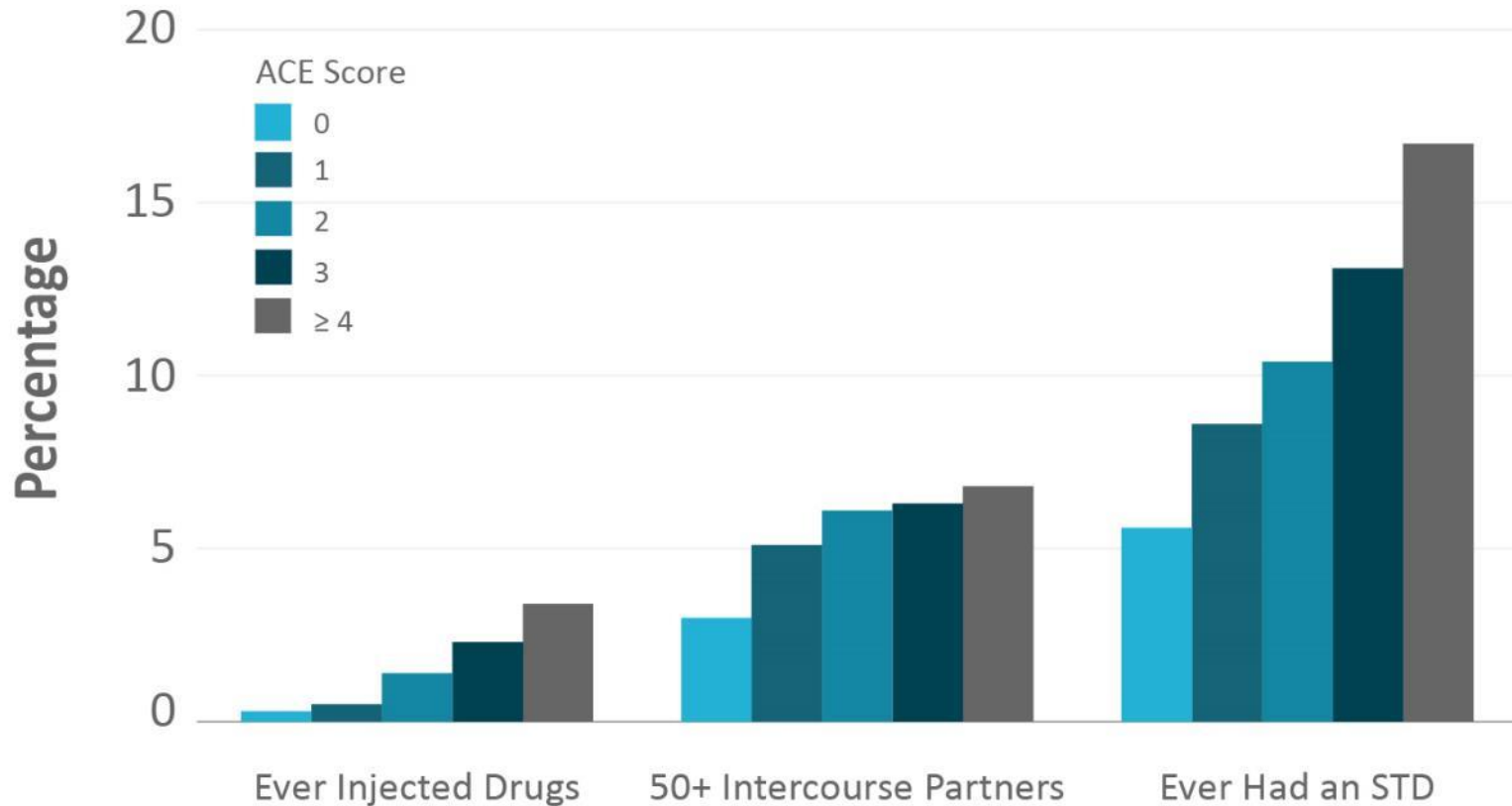
ACE Score and Health Problems



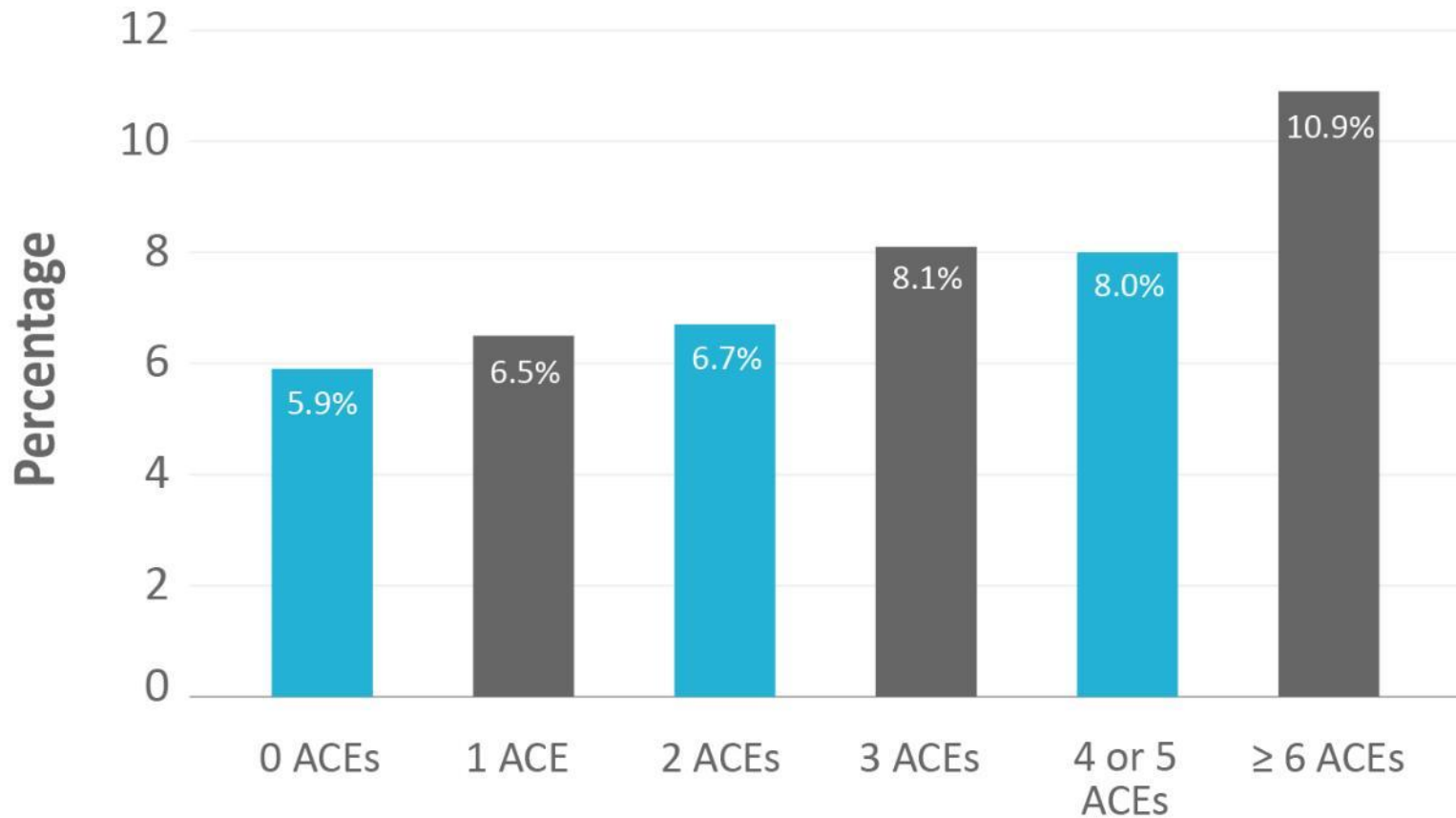
ACES & Smoking



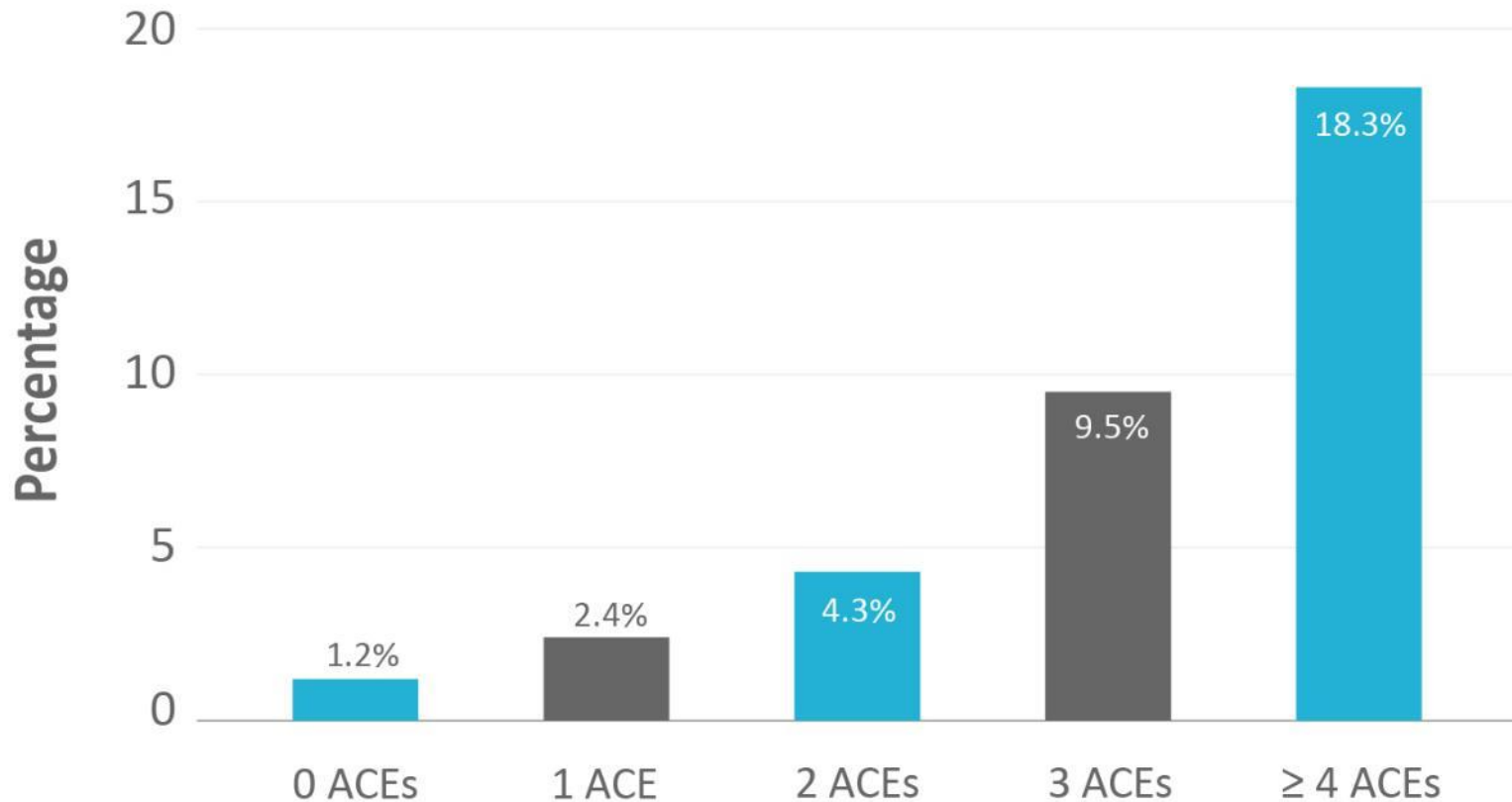
ACES & HIV Risks



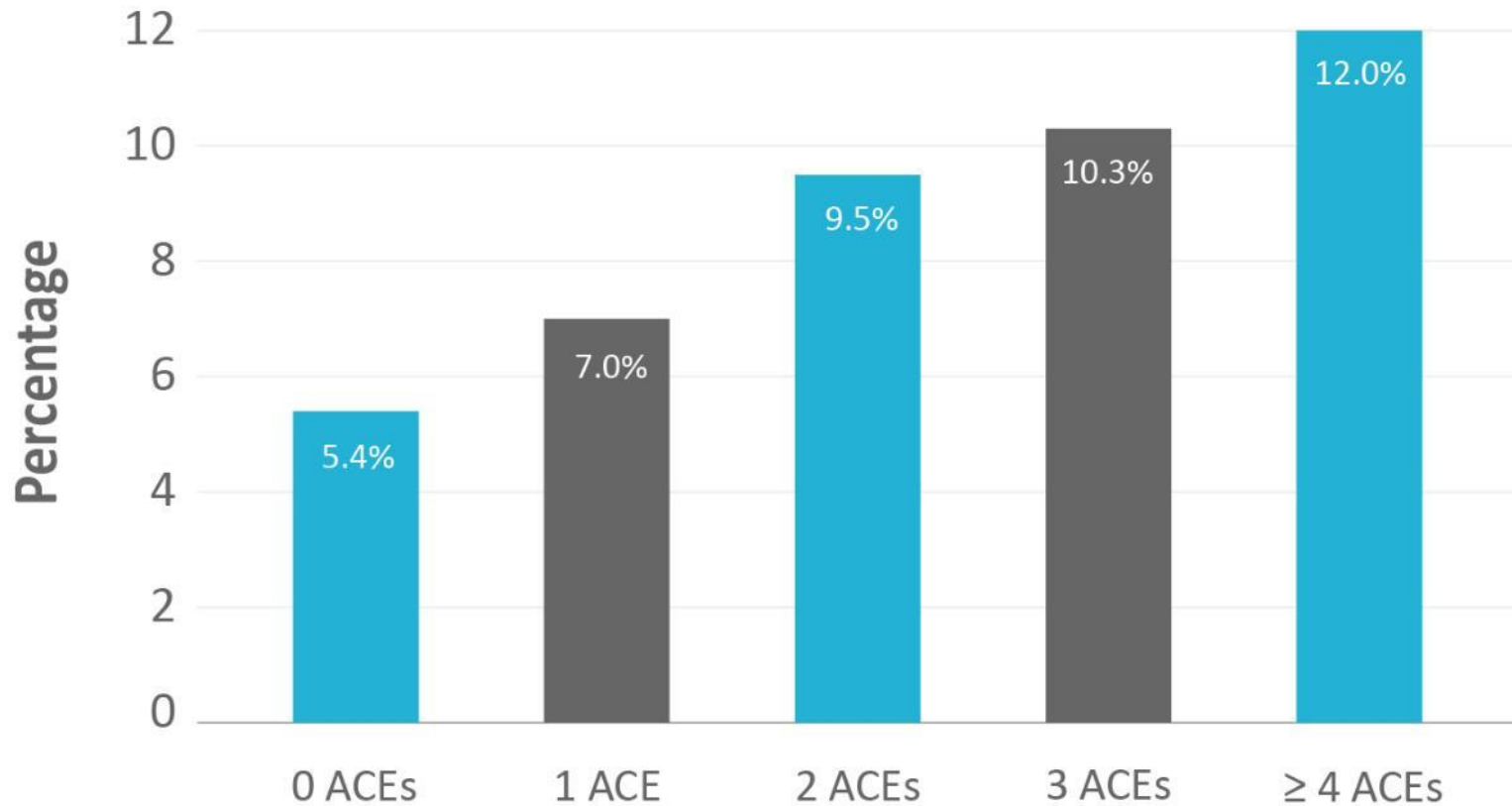
ACEs & Liver Disease



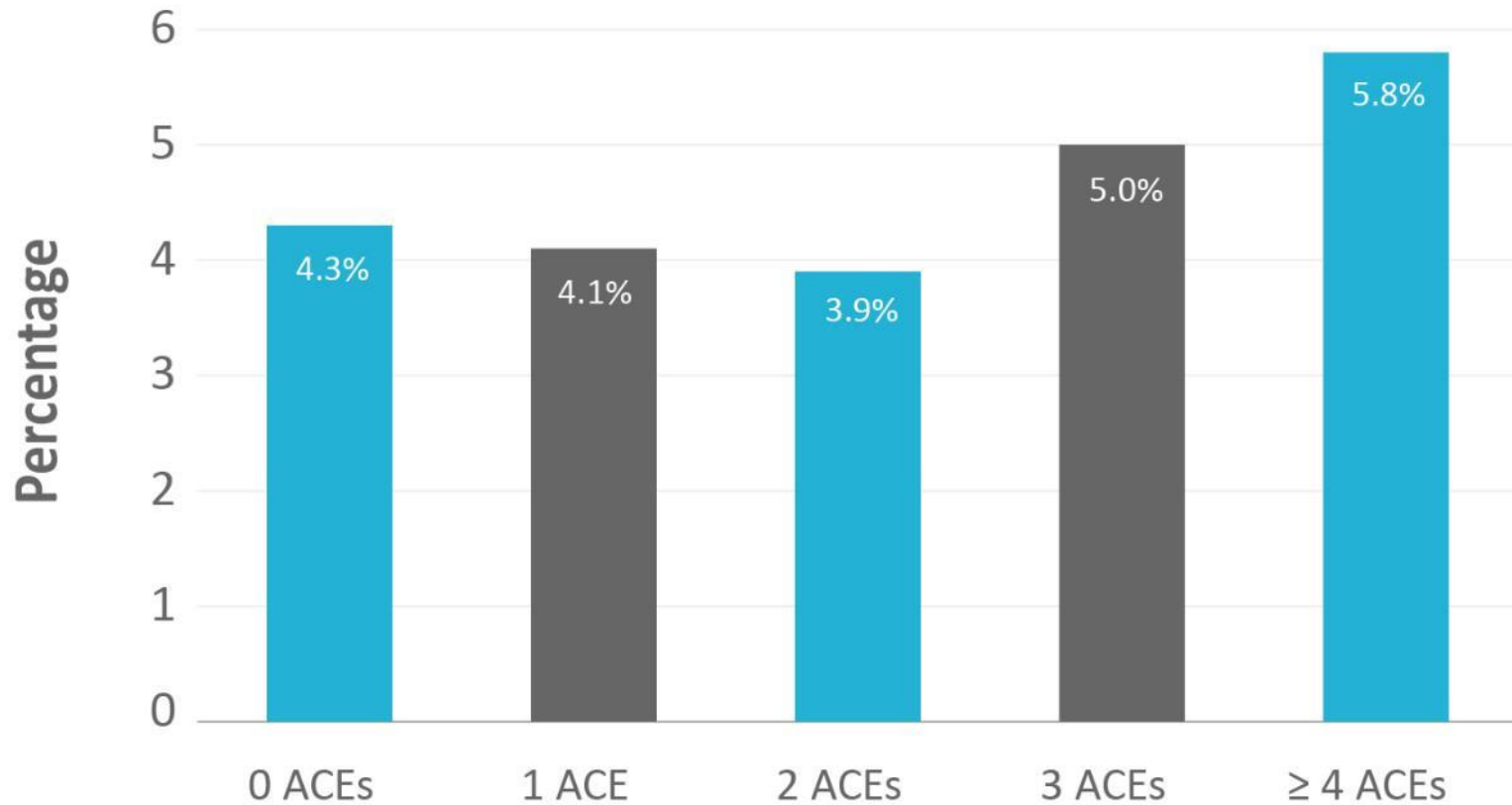
ACEs & Suicide Attempts



ACEs & Severe Obesity (BMI 34+)



ACEs & Diabetes



Associated Medical Conditions

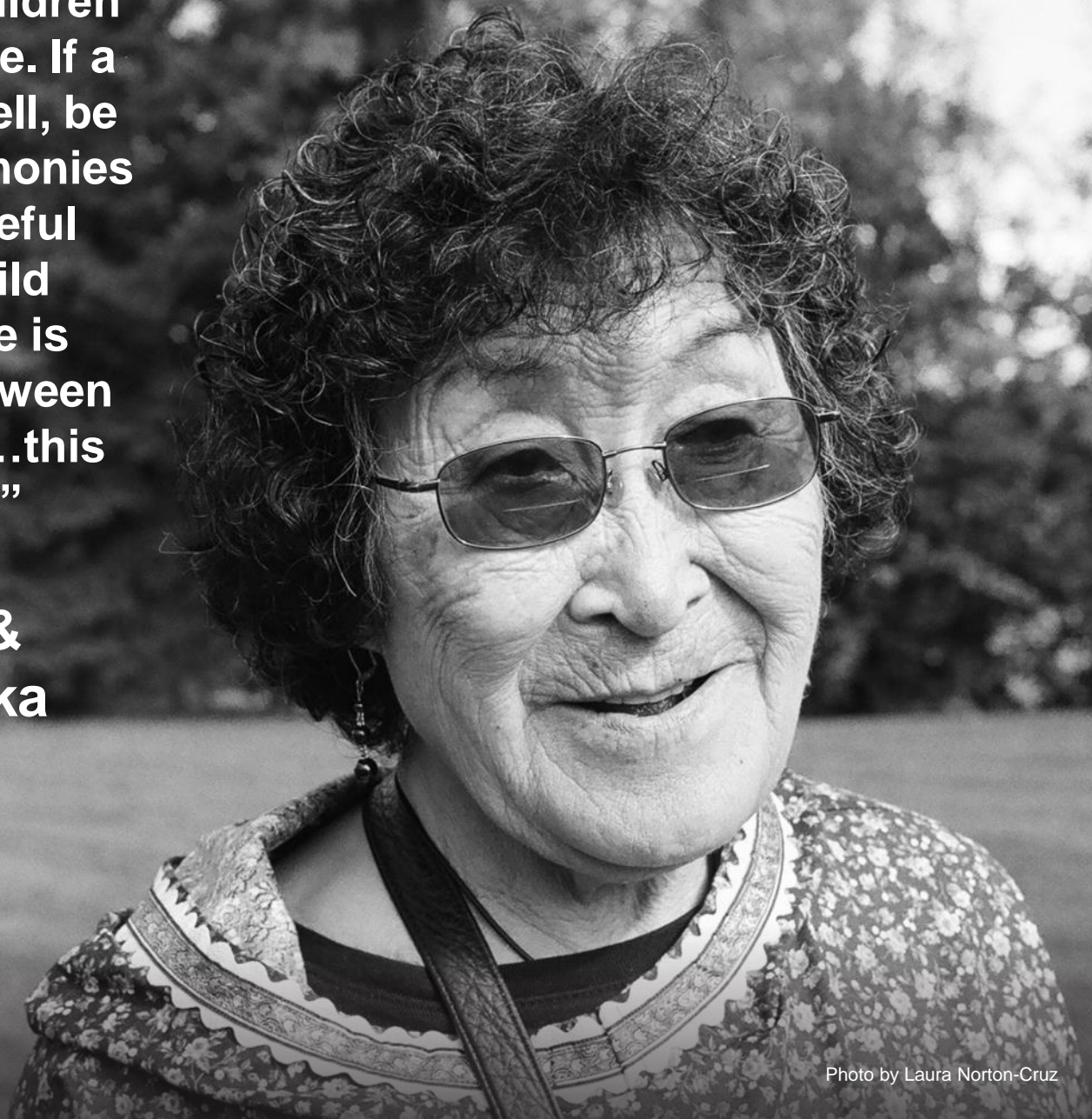


An anatomical dissection of a tumor, likely a breast cancer specimen, showing a central, irregular, brownish mass with a highly vascular and fibrous appearance. The tumor is surrounded by a dense network of thin, yellowish, thread-like structures, which are lymphatic vessels, indicating extensive lymphatic invasion. The background is a light blue surgical drape.

An ACE score of 4 or greater nearly doubled the risk for cancer.

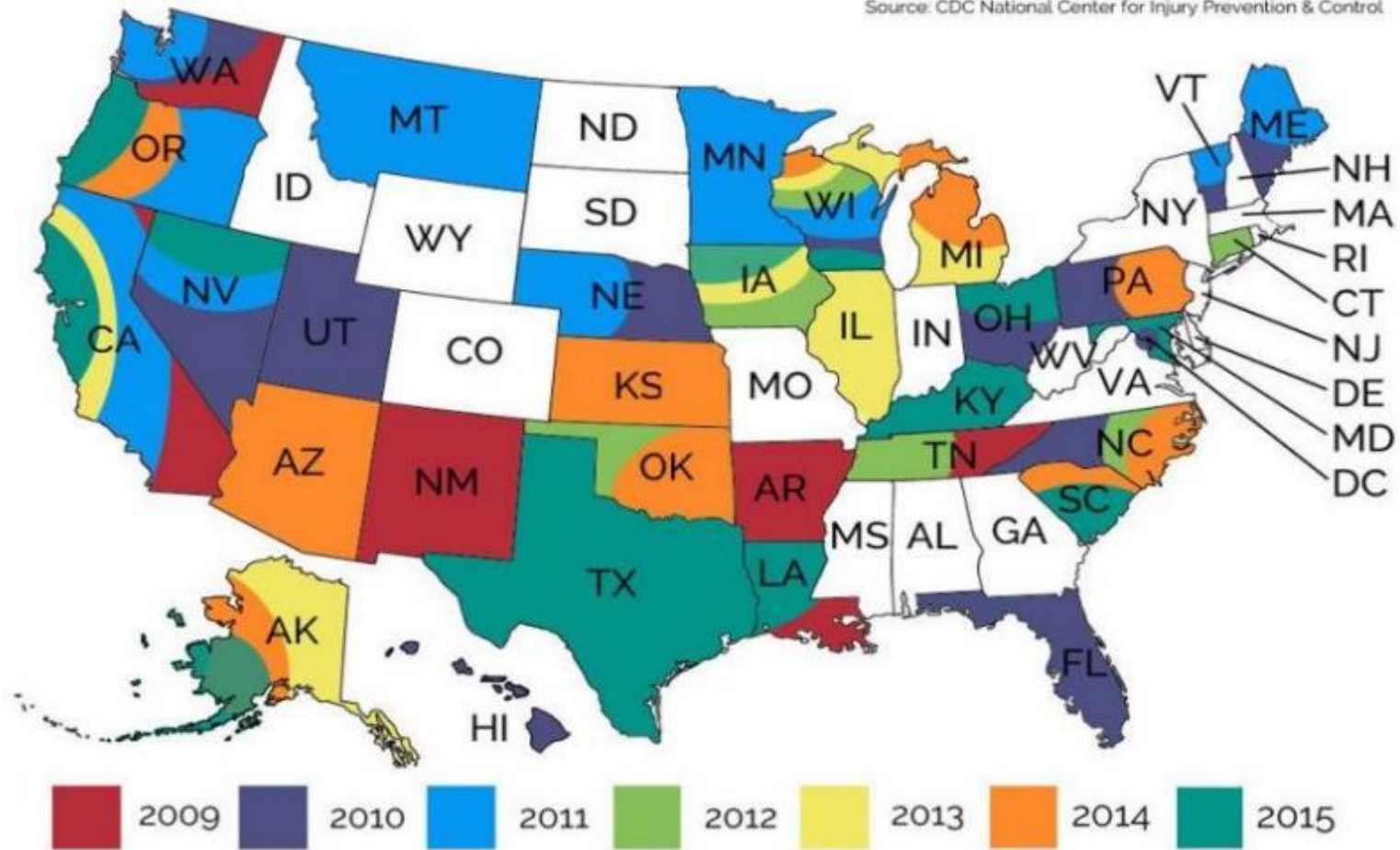
“Pregnancy is when children get their first knowledge. If a mother is able to eat well, be active, and attend ceremonies and dances in a peaceful environment, the child develops well. If there is conflict or violence between the mother and father...this will harm the child.”

– Tribal doctor & midwife, Rita Pitka Blumenstein

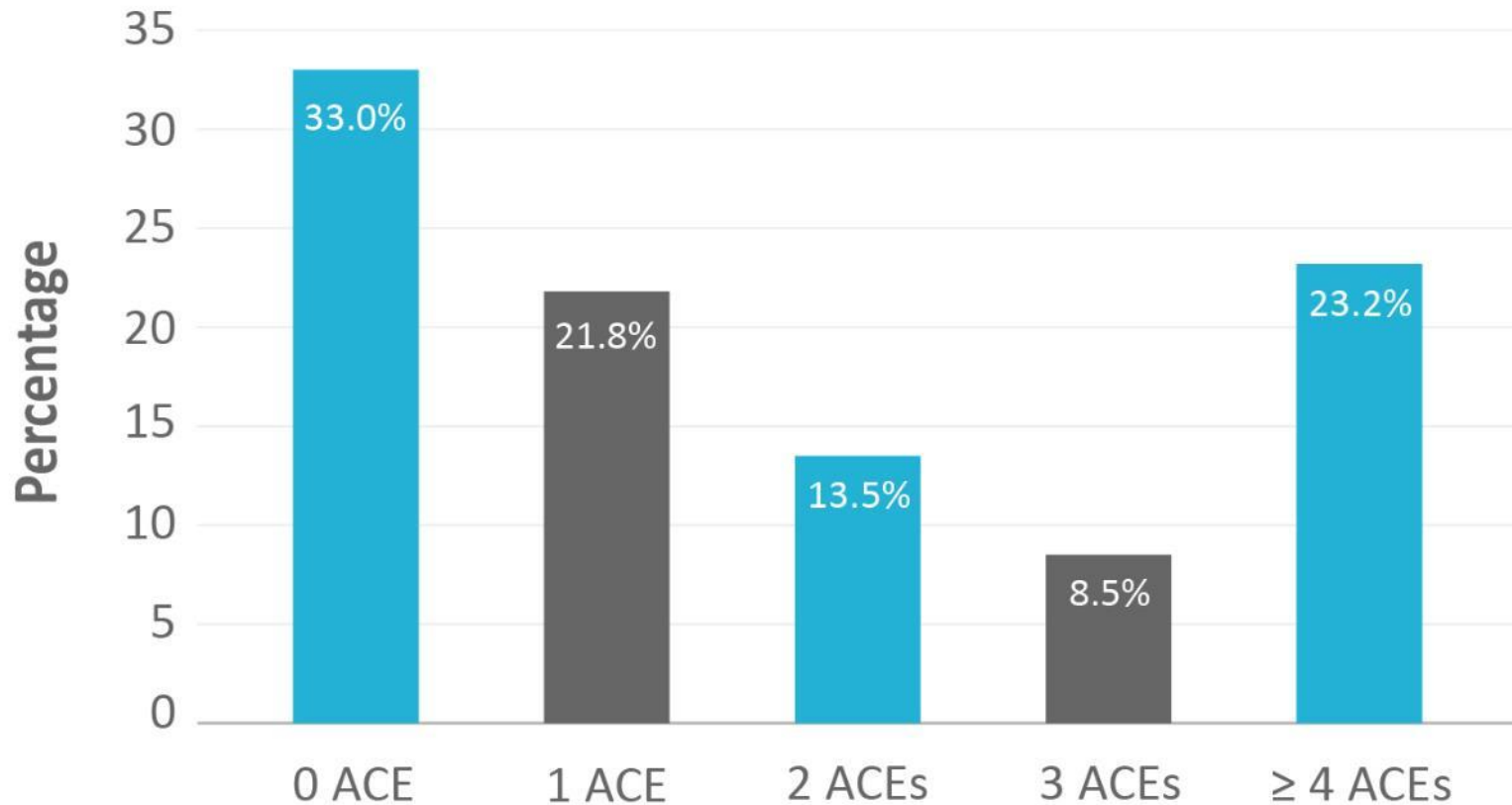


States Collecting ACEs Data 2009-2015

Source: CDC National Center for Injury Prevention & Control



ACE Scores for Alaskan Adults Based on Ten Possible ACEs



ACE Study: Alaska

Percentage of Alaskan Adults Who Reported Ever Having Been Diagnosed with Arthritis by ACE Score



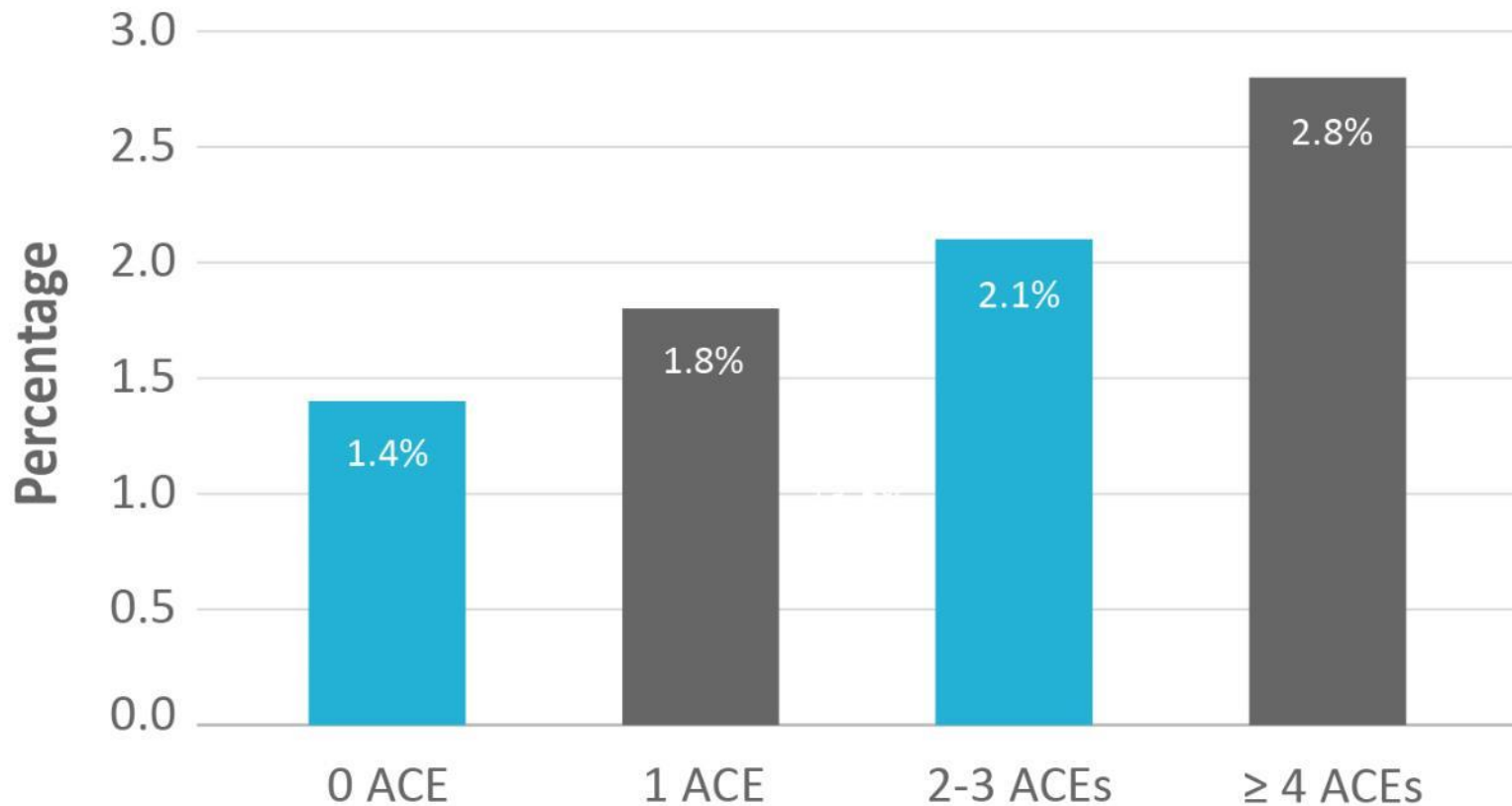
ACE Study: Alaska

Percentage of Alaskan Adults who Reported to Ever Having Been Diagnosed with Asthma by ACE Score



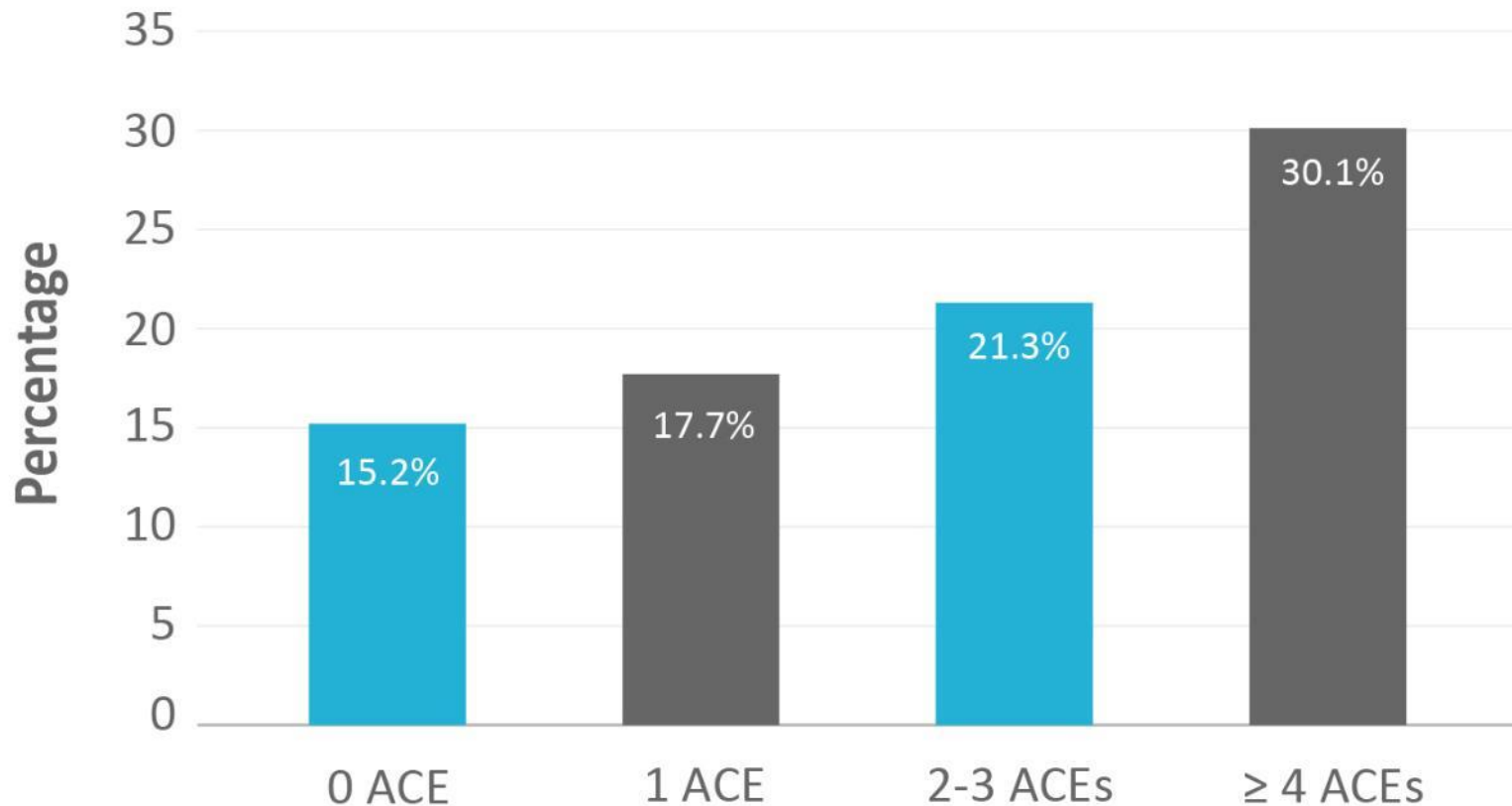
ACE Study: Alaska

Percentage of Alaskan Adults who Have Ever Been Diagnosed With Kidney Disease by ACE Score



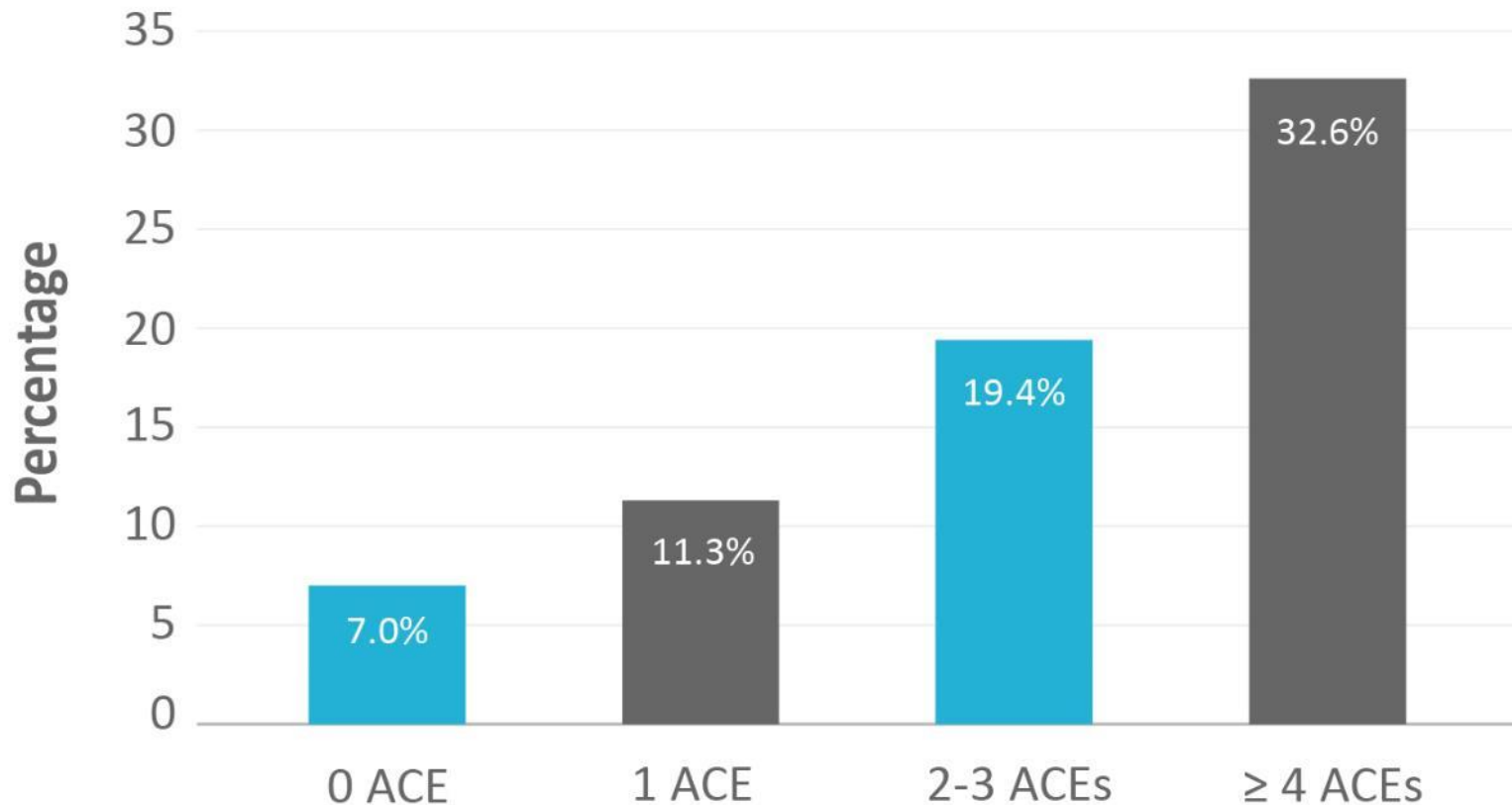
ACE Study: Alaska

Percentage of Alaskan Adults who Report Limited Activity Due to Health Problems by ACE Score



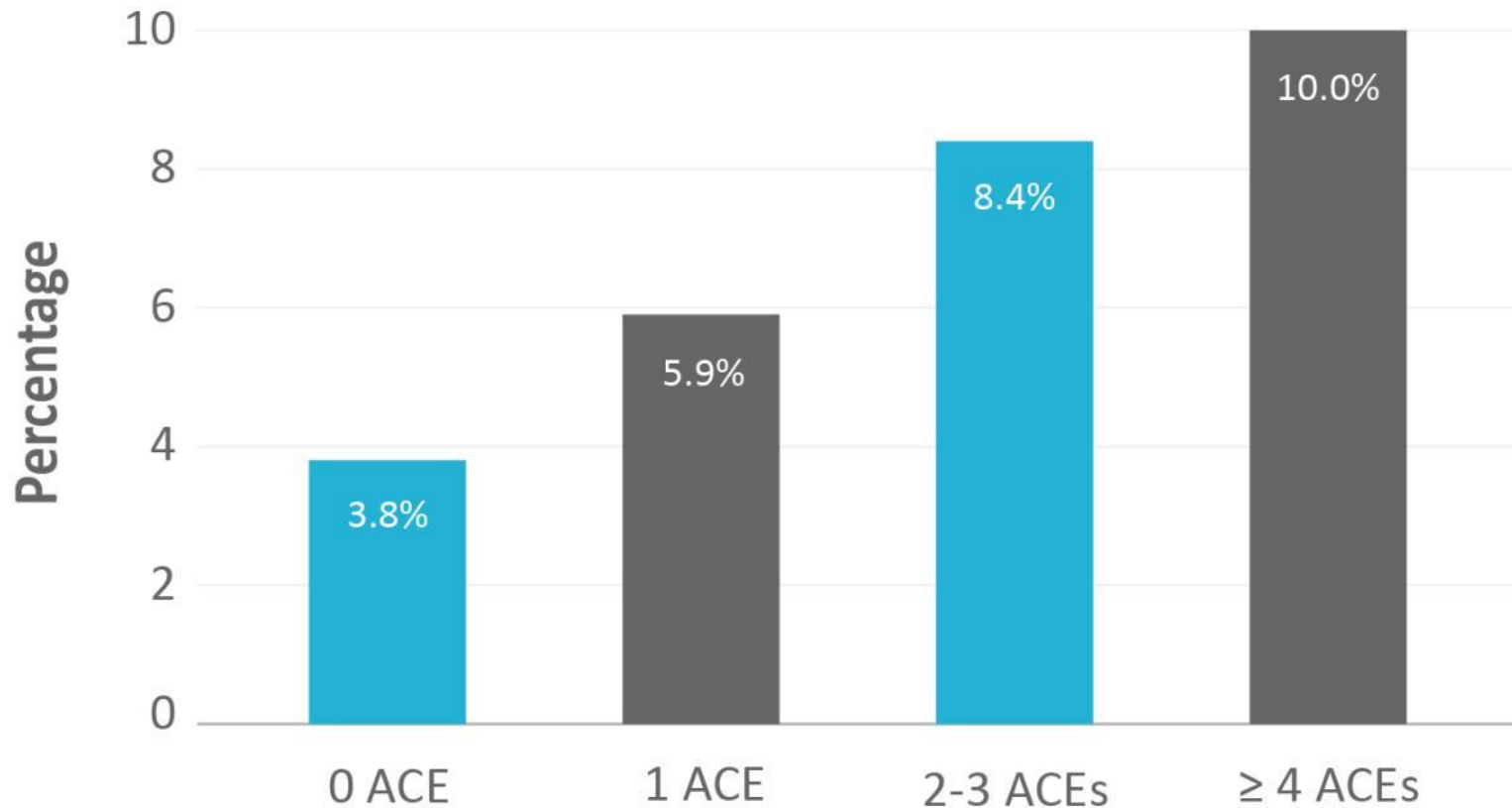
ACE Study: Alaska

Percentage of Alaskan Adults Who Reported Ever Being Diagnosed with a Depressive Disorder by ACE Score



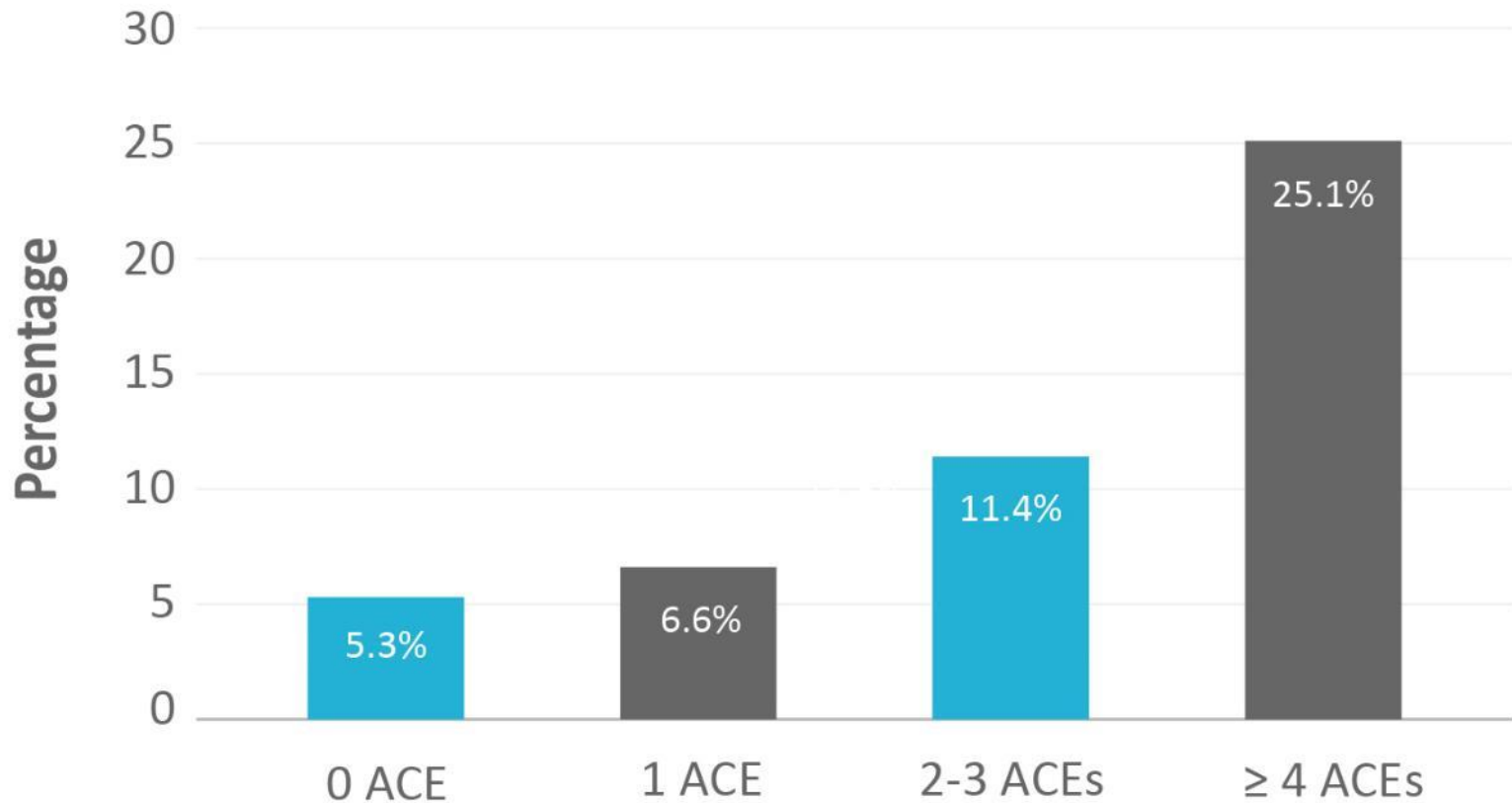
ACE Study: Alaska

Percentage of Alaskan Adults who Reported Using Medicaid by ACE Score



ACE Study: Alaska

Percentage of Alaskan Adults Who Reported Low Food Security by ACE Score



A young child with dark hair and eyes, wearing denim overalls over a white shirt, is shown from the chest up. The child's right arm is in a white cast and is pressed against a bright orange wall. The child has a neutral, slightly somber expression. The background is a solid orange wall with a dark wooden door frame visible on the right side.

The brain is plastic &
the body wants to
heal

HOPE



WATCH

TEDMED talk: How childhood trauma affects health across a lifetime

Dr. Nadine Burke Harris, Adverse Childhood Experiences TED talk



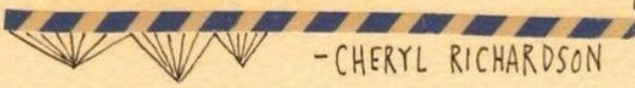
“PEOPLE

START TO

HEAL

THE MOMENT THEY FEEL

HEARD.”

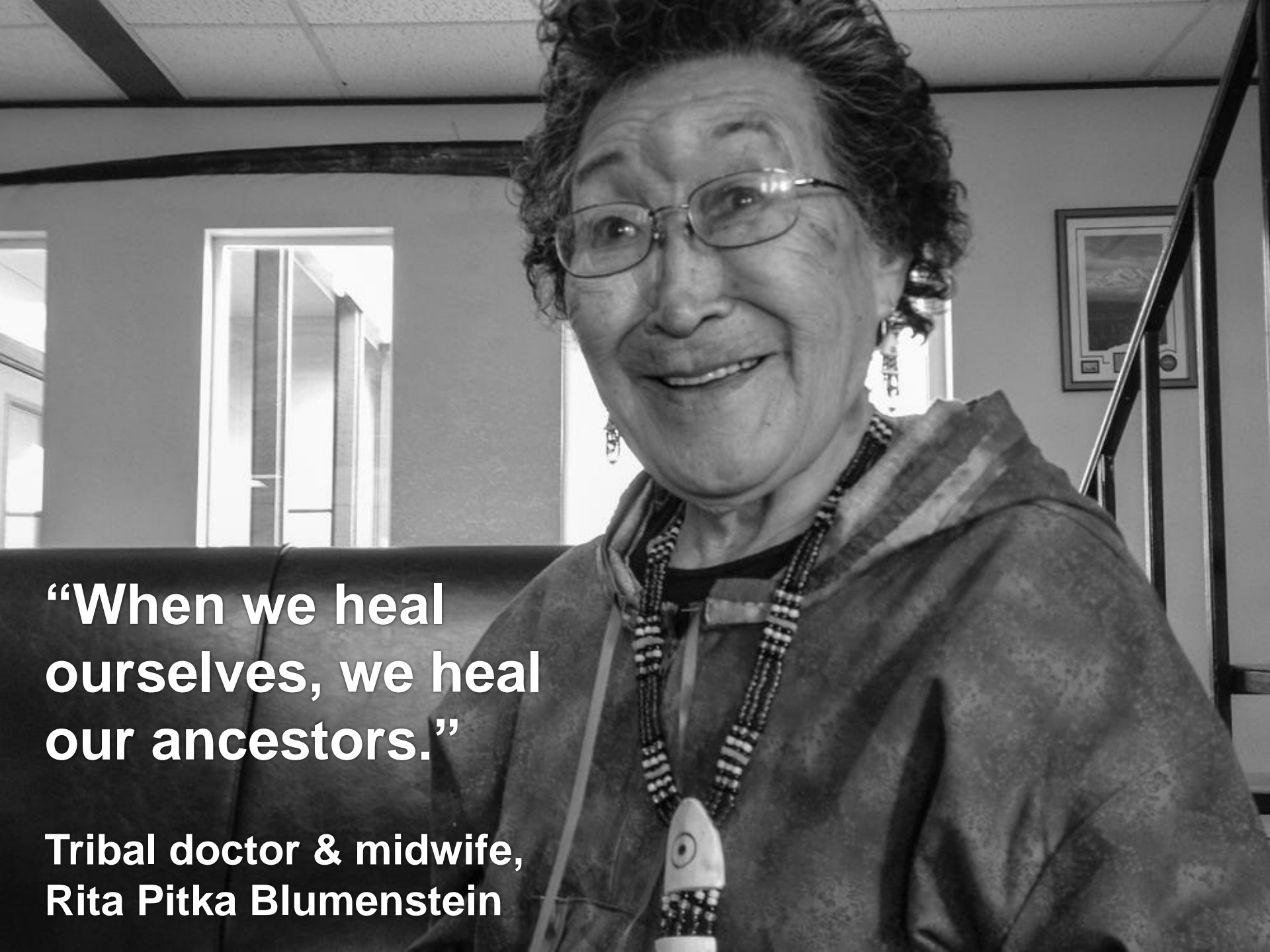


-CHERYL RICHARDSON

Cultural Strength and Resilience

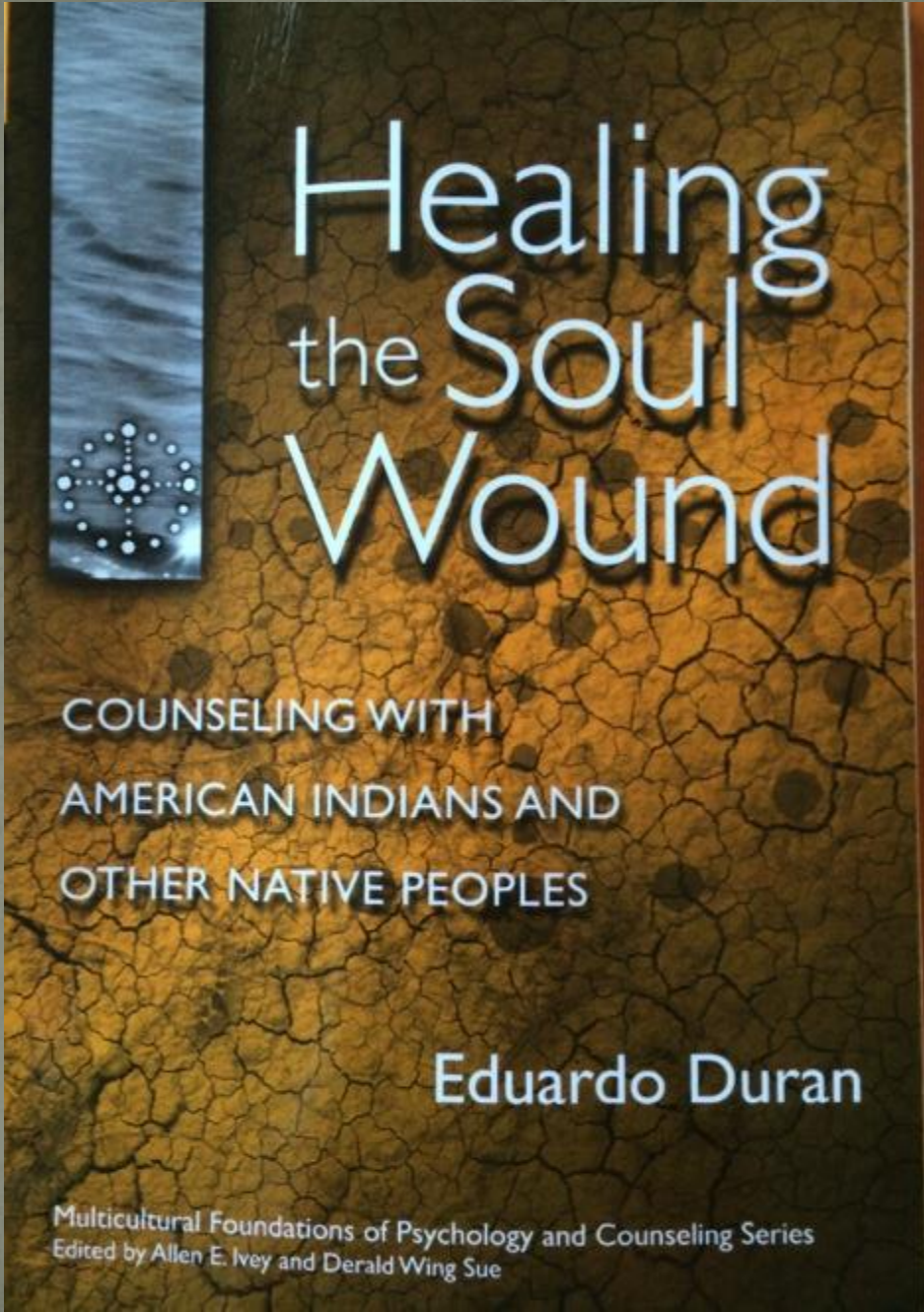


Cultural Strength and Resilience



**“When we heal
ourselves, we heal
our ancestors.”**

**Tribal doctor & midwife,
Rita Pitka Blumenstein**



Healing the Soul Wound

COUNSELING WITH
AMERICAN INDIANS AND
OTHER NATIVE PEOPLES

Eduardo Duran

Multicultural Foundations of Psychology and Counseling Series
Edited by Allen E. Ivey and Derald Wing Sue



Trauma-Informed-> Trauma
Sensitive-> Trauma
Responsive

->HEALING CENTERED

PEOPLE POWER

A radical approach to confronting addiction puts human connection first

By [Jenny Anderson](#) · September 19, 2019



“The opposite of addiction is not sobriety,” she says. “The opposite of addiction is genuine, meaningful interactions and authentic connections and experiences with ourselves, each other, and the world around us.”

~Jennifer Nicolaisen, Executive Director for SeekHealing Center, Asheville, NC

NEWS RELEASE 16-SEP-2019

For kids who face trauma, good neighbors or teachers can save their longterm health

Previous studies found having adverse childhood experiences can lead to poor health outcomes later in life. New BYU research finds the anecdote is to counter those with enough positive experiences.

BRIGHAM YOUNG UNIVERSITY



PRINT E-MAIL

New research shows just how important positive childhood experiences are for our long-term health -- especially for those who experience significant adversity as a child.

Studies over the past 20 years have found a correlation between the number of adverse childhood events (such as death or divorce) and worse health outcomes later in life. A new study from professor Ali Crandall and other Brigham Young University coauthors discovered that positive childhood experiences -- like having good neighbors, regular meals or a caregiver you feel safe with -- have the potential to negate harmful health effects caused by adverse childhood

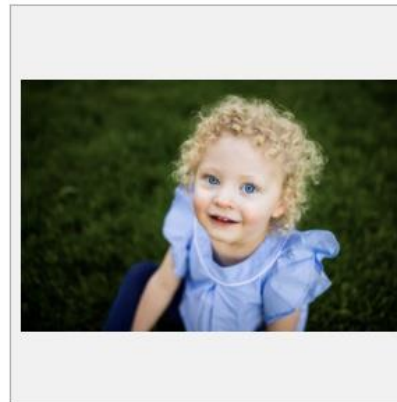


IMAGE: A YOUNG CHILD LOOKS DIRECTLY AT THE CAMERA. [view more >](#)

CREDIT: BYU PHOTO

Counter-ACE's

- Having good friends and neighbors
- Beliefs that provide comfort
- Liking school
- Teachers who care
- Having a caregiver whom you feel safe with
- Opportunities to have fun
- Feeling comfortable with yourself
- A predictable home routine like regular meals and bedtimes.

https://www.eurekalert.org/pub_releases/2019-09/byu-fkw091619.php?fbclid=IwAR2Ku4oNIjeMLrLsoonWZK_tVEbrWnTTRqQtdHGWLfaH39iuP_xRhZ5GvVg

"As bad as ACEs may be, the absence of these positive childhood experiences and relationships may actually be more detrimental to lifelong health so we need more focus on increasing the positive."

~Dr. Ali Crandall, PhD Assistant Professor, BYU



THE PEOPLE AWAKENING PROJECT

DISCOVERING
ALASKA NATIVE
PATHWAYS TO
SOBRIETY

Culture is Medicine



TRADITIONAL VALUES OF ALASKA

SAINT LAWRENCE ISLAND YUPIK VALUES

- Listen with your heart and mind
- Honor Family
- Give Service to others
- Never give up
- Respect all living things
- Remember advice of elders
- Plan for the future
- Be independent
- Avoid laziness
- Gather knowledge and wisdom

Approved by: Inupiat Association, St. Lawrence Island

CUPIK VALUES

- Help other people
- Help with family chores and needs
- Early to bed and early to rise
- Provide time to see how your life is going
- There's always time to play AFTER your work is done
- *Prigmasigunak*: learn to do things yourself
- Respect and honor your elders
- Always show good behavior
- Listen to all advice given to you
- Remember what you are taught and told
- Respect other people's belongings
- Respect the animals you catch for food
- Gather knowledge and wisdom from the elders
- Never give up in trying to do what you set your mind on

Approved by: Uluksuq Cupik Heritage Program, Chukchi (Uluksuq) Kupik Association, Chukchi

BRISTOL BAY YUPIK VALUES

- Have respect for our land and its resources at all times
- Be helpful to one another
- Share with others whenever possible
- Respect and care for other's property
- Respect spiritual values
- Learn hunting and outdoor survival skills
- Provide for and take good care of your family
- Through love, respect your children
- Respect your elders
- Work hard and don't be lazy
- Refrain from alcohol and drug use
- Learn, preserve, and be proud of the Native way of life

Approved by: Inupiat Association, Bristol Bay

UNANGAX (ALEUT) VALUES

- *Ukigayak* & *Ukigayak* W/ Share
- *Tukala* (S.W) Listen
- *Ukigayak* (S.W) Listen
- *Ukigayak* (S.W) Listen

ATHABASCAN VALUES

- Self-sufficiency
- Hard Work
- Care and provision for the family

NORTHWEST ARCTIC THUPYAK VALUES

- Knowledge of Language
- Knowledge of Family Tree
- Sharing



ST. LAWRENCE ISLAND
YUPIK REGION

INUPIAQ
REGION

ATHABASCAN
REGION

YUPIK
REGION

CUP'ik REGION

UNANGAX (ALEUT) REGION

ALUTIQ
REGION

SOUTHEAST
REGION

Tlingit, Haida,
Tsimshian

- Kadaan axtaaganaxtin. E / Kadamis agalagada. W / **Don't get ahead of yourself.**
- Aduxtanaan akidada. E / Adut akida. W / **Pay your debts.**
- Qaqamiiguḡ. E / Qaqamiiguḡ. W / **Subsistence.**
- Tunuun ugunuḡtalakan anḡaḡiixtin. E / Unangam Tunuu ugunuḡtalagada. W / **Don't forget your Unangan Language.**

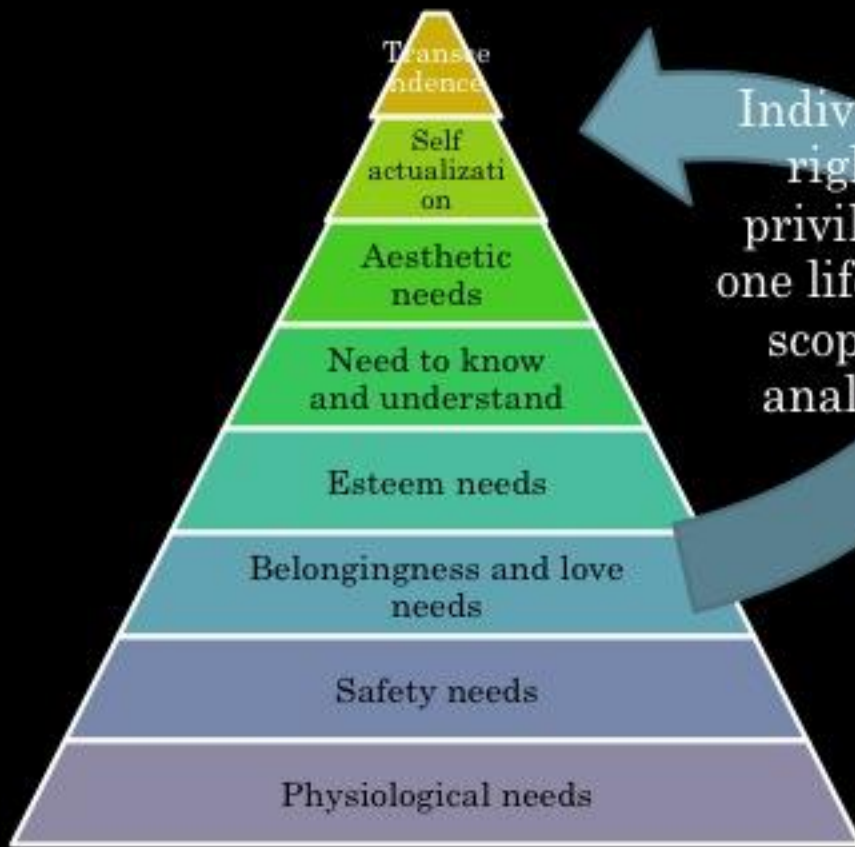
VALUES OF THE UNANGAN/UNANGAS

- Anḡaḡiisiḡ matanaan imin iḡamnakuḡ. Anaḡiḡ ukunachin imchin ugutaasaamchim aḡnaḡtxichin. / Anḡ aḡiisiin sigaḡ imis akuḡ mal sigaḡ inixsiisada. **Life is gifted to you. What you make of it is your gift in return.**
- Tuman ilaanuḡitxin, Unangan maqaḡtadqangin mataaḡin matakun. / Anḡaḡiisiin, ilaazat ama Ulamis anḡ aḡinangis maqaḡsingis idaḡtalagadaḡ. **Know your family tree, relations and people's history.**
- Tanaḡnangin Iḡayuusalix anḡaḡiimchin aḡnaḡtxichin. / Tanaḡ, Alaḡuḡ ama slum imuunuu huzuu anaḡim anaḡinḡis sahngaḡtada. **Live with and respect the land, sea, and all nature.**
- Wan alaḡum ilan anaḡim anḡaḡinangin usuu Aguuḡuḡ agach ngiin aḡiqaa. / Algas ama anaḡim anḡaḡingis huzungis Aguuḡum agacha ngiin aḡiqaa haqataasada. **Respect and be aware of the creator in all living things.**
- Txin achigalix anḡaḡigumin anuxtanatxin aḡsaasaduukuḡtxin. / Huzugaan txin achigaḡ agacha mada ama txin sakaḡatada. **Always learn and maintain a balance.**
- Qaqamiiguḡ qalgadam ukulganaa ngiin ugutaasakun. / Qaqamiiguḡ qalgadaḡAnḡaḡiḡ ngiin aḡtanaa akuḡ. **Subsistence is sustenance for the life.**
- Unangam tunuu unangqasining asix tunuḡtalaḡnaqing. Unangan anaan Ukuḡtachḡikuḡ. / Unangam tunuu Unangas alganaa ukuchxizaḡ ama huzuḡ ngiin tunuḡtachḡizaḡ. **Our language defines who we are and lets us communicate with one another.**

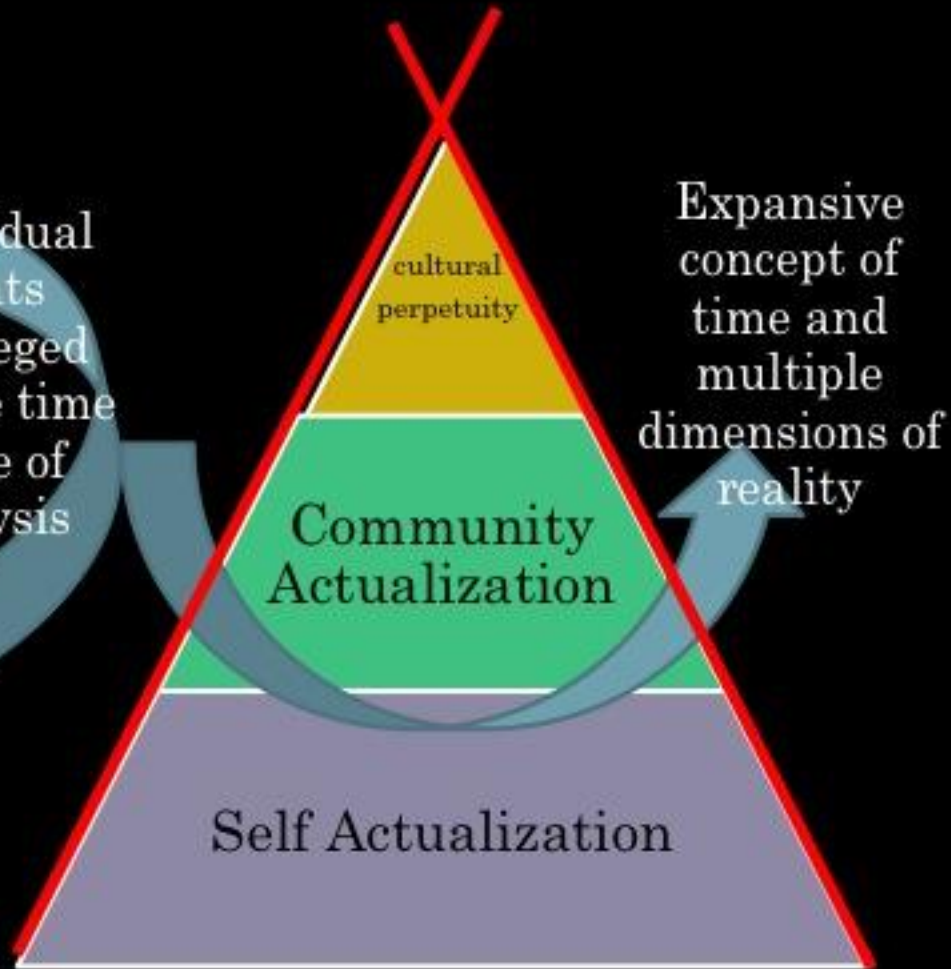
Authorized by Moses Dirks, President, Association of Unangan Educators and the Elders Academy

MASLOW'S HIERARCHY OF NEEDS (INFORMED BY BLACKFOOT NATION (ALTA))

Western Perspective



First Nations Perspective



Individual rights privileged one life time scope of analysis

Expansive concept of time and multiple dimensions of reality



Naqantughequt

Naqantughequt







Intergenerational Connectedness

Photo credit: Susan Bernardi, UW collection

Connectedness In Action

Connectedness Mechanisms				
<u>Family</u>	<u>Community</u>	<u>Land/Place</u>	<u>Intergenerational</u>	<u>Spirit</u>
Language	Language	Language	Language	Language
Spending time together	Celebrations	Hunting	Part of a continuous history	Ceremonies
Relational Roles	Dancing/Singing	Gathering	Awareness of historical trauma	Cultural values
Responsibility	Ceremonies	Teaching children	Responsibility to future generations	Art
Namesakes & Nicknames	Service to others	Learning from Elders	Learning ancestral teachings to pass on to younger generations	Stories
Adoption	Mentoring	Exploration	Participation in cultural and community activities	Love, Humor, Truth
Togetherness	Rules, values, norms	Observation	Knowledge of family lineage	Beauty
Trust and safety	Safety nets	Travel		Dance
Sharing and support	Family relationships	Care for animals		Subsistence foods
Helping Elders	Social groups	Stories		Songs/Dance/Drum
Stories, family history	Collective belonging	Playing outside		Connection to ancestors and future generations
Recognition of personal talents	Cooperative Teams	Access to clean water		Collective mentality
	Subsistence sharing	Fish camp		Spiritual teachings
	Strong leadership	Survival skills		

LaVerne M. Demientieff, LMSW, Ph.D.



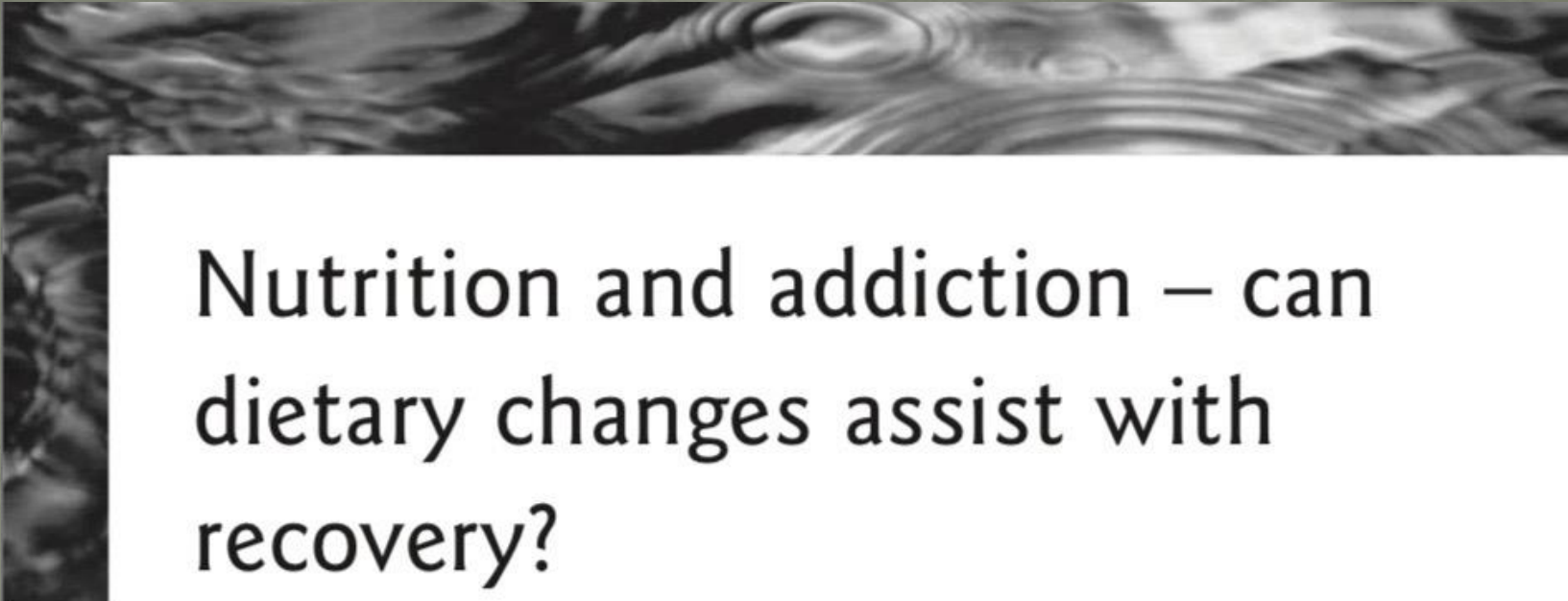
Vis Medicatrix Naturae



“Let foods be your medicine”

-Hippocrates



A black and white photograph of water ripples, showing concentric circles and smaller waves, creating a textured, organic pattern. The image is positioned at the top of the slide, partially overlapping the white text area.

Nutrition and addiction – can dietary changes assist with recovery?

Margherita Grotzkyj-Giorgi

Margherita Grotzkyj-Giorgi is completing a PhD on the role of nutrition in relation to alcohol misuse in socially excluded populations, at the Centre for Health Services Studies at the University of Kent.

mg209@kent.ac.uk

Abstract

While many of the most widely used treatment interventions engage with the psychological, social and spiritual dimensions of addiction, some of the biological aspects can at times be neglected. It is increasingly being recognised that there is a close, exacerbating relationship between problematic substance use and poor nutrition.

Addiction and the brain: the role of neurotransmitters in the cause and treatment of drug dependence

[Click to view conversation](#)

Denise M. Tomkins,^{*†} Edward M. Sellers^{*†‡§¶}

Abstract

RECENT SCIENTIFIC ADVANCES HAVE LED to a greater understanding of the neurobiological processes that underlie drug abuse and addiction. These suggest that multiple neurotransmitter systems may play a key role in the development and expression of drug dependence. These advances in our knowledge promise not only to help us identify the underlying cause of drug abuse and dependence, but also to aid the development of effective treatment strategies.

The chemicals that humans abuse are structurally diverse and produce different behavioural effects in the user. Nevertheless, all share the common feature that they can modulate the brain reward system that is fundamental to initiating and maintaining behaviours important for survival (e.g., eating, sexual activity).¹ Researchers first postulated that specific neural circuits within the brain

Review

Synthèse

From ^{*}the Centre for Addiction and Mental Health, Toronto, Ont.; the Departments of [†]Pharmacology, [‡]Medicine and [§]Psychiatry, University of Toronto, Toronto, Ont; and [¶]the Centre for Research in Women's Health, Sunnybrook & Women's College Health Sciences Centre, Toronto, Ont.

This article has been peer reviewed.



First View

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Declines in traditional marine food intake and vitamin D levels from the 1960s to present in young Alaska Native women

Diane M O'Brien ^(a1) ^(a2), Kenneth E Thummel ^(a3), Lisa R Bulkow ^(a4), Zhican Wang ^(a3) ... DOI: <https://doi.org/10.1017/S1368980016001853> Published online: 28 July 2016

Abstract

To measure the trends in traditional marine food intake and serum vitamin D levels in Alaska Native women of childbearing age (20–29 years old) from the 1960s to the present.

We measured a biomarker of traditional food intake, the $\delta^{15}\text{N}$ value, and vitamin D level, as 25-hydroxycholecalciferol (25(OH)D₃) concentration, in 100 serum samples from 20–29-year-old women archived in the Alaska Area Specimen Bank, selecting twenty-five per decade from the 1960s to the 1990s. We compared these with measurements of red-blood-cell $\delta^{15}\text{N}$ values and serum 25(OH)D₃ concentrations from 20–29-year-old women from the same region collected during the 2000s and 2010s in a Center for Alaska Native Health Research study.

The Yukon Kuskokwim Delta region of south-west Alaska.

Alaska Native women (n 319) aged 20–29 years at the time of specimen collection.

Intake of traditional marine foods, as measured by serum $\delta^{15}\text{N}$ values, decreased significantly each decade from the 1960s through the 1990s, then remained constant from the 1990s through the present ($F_{5,306}=77.4$, $P<0.0001$). Serum vitamin D concentrations also decreased from the 1960s to the present ($F_{4,162}=26.1$, $P<0.0001$).

Consumption of traditional marine foods by young Alaska Native women dropped significantly between the 1960s and the 1990s and was associated with a significant decline in serum vitamin D concentrations. Studies are needed to evaluate the promotion of traditional marine foods and routine vitamin D supplementation during pregnancy for this population.

[Export citation](#)[Request permission](#)

Aa Aa



Keywords:

Nutrition transition

Rickets

25-Hydroxycholecalciferol concentration

 $\delta^{15}\text{N}$ value

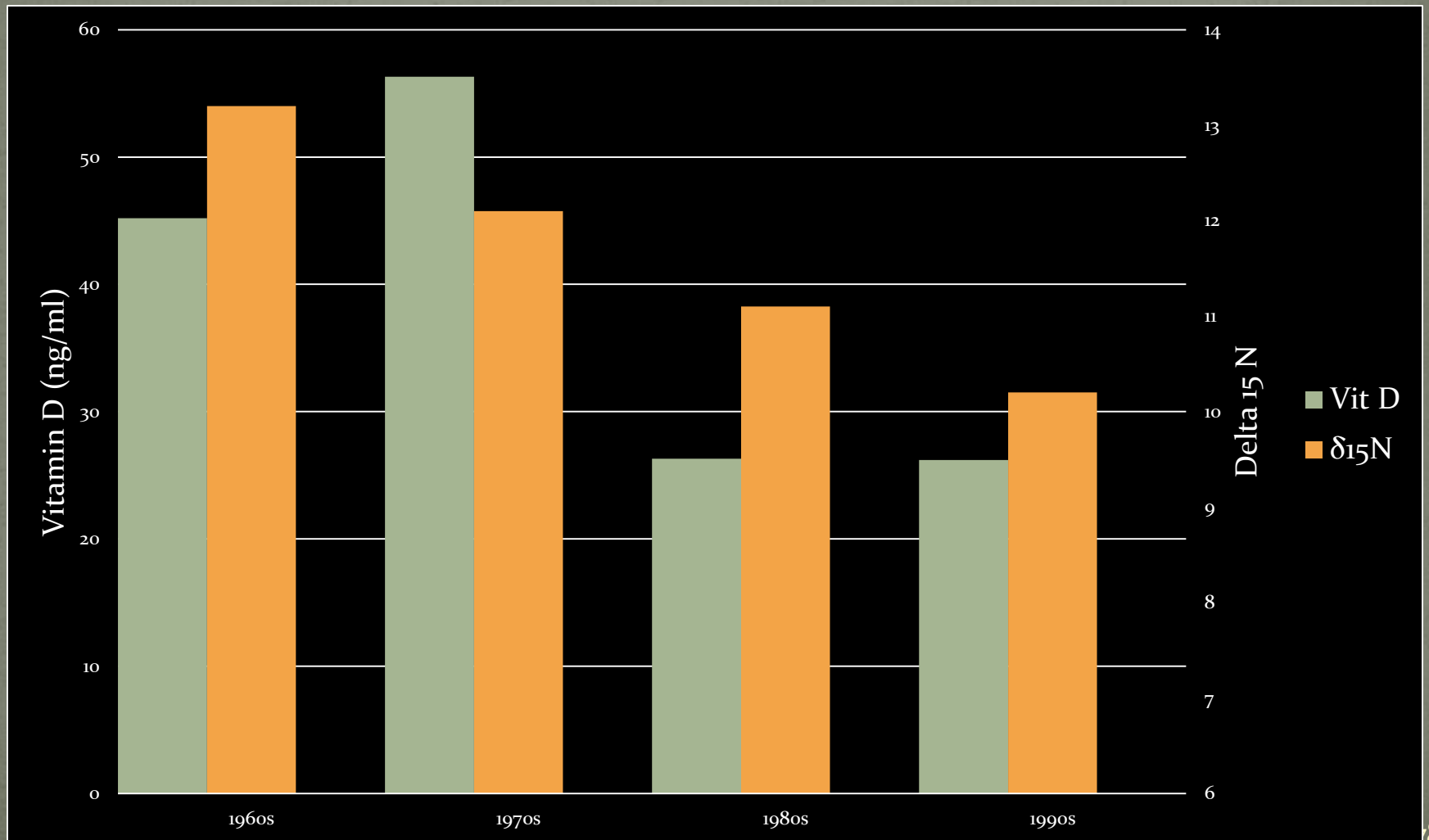
Stable isotope ratios

Arctic health

Circumpolar health

O'Brien, D.M., Thummel, K.E., Bulkow, L.R., Wang, Z., Corbin, B., Klejka, J., Hopkins, S.E., Boyer, B.B., Hennessy, T.W. and Singleton, R. (2016) 'Declines in traditional marine food intake and vitamin D levels from the 1960s to present in young Alaska Native women', *Public Health Nutrition*, , pp. 1–8. doi: 10.1017/S1368980016001853.

Serum Vitamin D and $\delta^{15}\text{N}$ values, YK Women, 1960s to 1990s



Rural Alaska

Village addiction recovery program focuses on subsistence skills

✍ Author: Avery Lill, KDLG ⓘ Updated: July 30, 2017 📅 Published July 30, 2017



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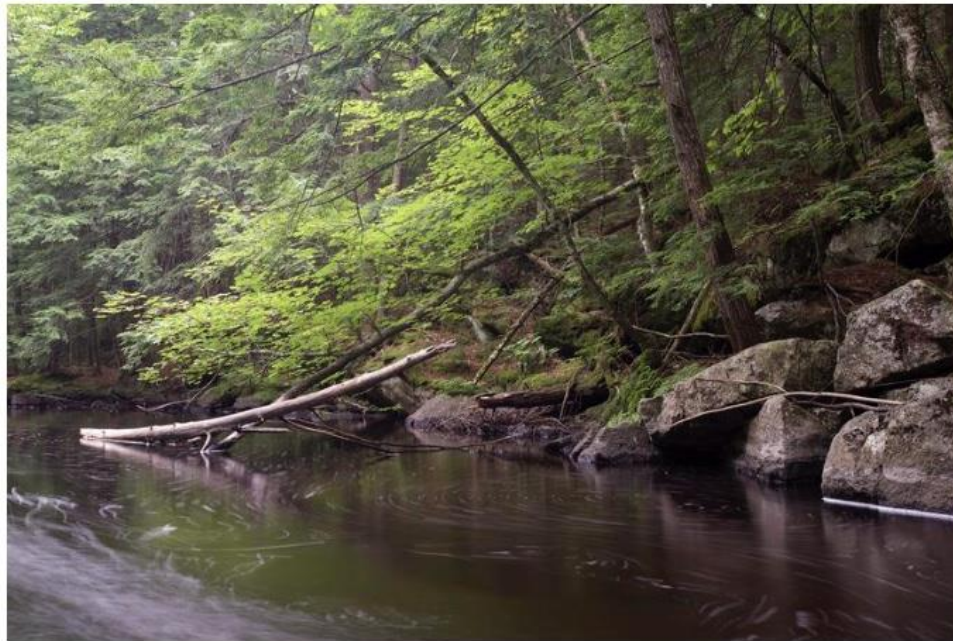
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Research: Wilderness Therapy For Teens Is More Effective, Less Expensive Than Traditional Treatments

By JASON MOON • SEP 24, 2019

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COURTESY T. BURDETTE

[New research](https://www.nhpr.org/post/research-wilderness-therapy-teens-more-effective-less-expensive-traditional-treatments?fbclid=IwAR2KEIsxSCFduNu6EksjWOBtnfG4xPXVIGcne6F5BoKoRkFhaDIZDAIQF34#stream/o) from the University of New Hampshire shows wilderness therapy is

<https://www.nhpr.org/post/research-wilderness-therapy-teens-more-effective-less-expensive-traditional-treatments?fbclid=IwAR2KEIsxSCFduNu6EksjWOBtnfG4xPXVIGcne6F5BoKoRkFhaDIZDAIQF34#stream/o>



Alaska Crossings

WWW.SEALASKA.CROSSINGS.INFO



Now accepting applications for 2018!

Alaska Crossings is a program of the Southeast Alaska Regional Health Consortium (SEARHC), a non-profit consortium serving the health interests of the residents of Southeast Alaska.



Raven's Way (Yéil Jeeyáx)

Raven's Way is a residential treatment program for Alaskan youth. Based in Sitka, our nationally accredited program combines conventional substance abuse treatment, adventure-based therapy, and Native cultural activities.

Our Approach

Raven's Way students receive the tools necessary to choose a healthy, substance-free lifestyle. We focus on developing physical, emotional, mental, and spiritual strengths, as well as communication and problem-solving skills. As a voluntary program, with an average length of stay from 82-120 days, participants must be willing to engage themselves in an intensive, substance-free treatment program.

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- **After Hours**

- CAIHC: 451-6682 or 800-478-6682

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[TCC](#) > [Health](#) > [Behavioral Health](#) > [Old Minto Family Recovery Camp](#)

Old Minto Family Recovery Camp

The Old Minto Family Recovery Camp is an Athabascan alternative to substance abuse treatment; a place to begin healing in a traditional setting.

It is our belief that for Alaska Natives today, alcohol and drug use became a toxic way of coping with a loss of traditional Native values, cultural patterns, identities, relationships, and unresolved trauma.

By using Native culture and traditional values as our foundation, our goal is to help people help themselves as they heal from trauma, choose healthy lifestyles and overcome substance use. Our intent is to provide families and individuals with the skills that will help them live healthy and substance free lifestyles within their own communities.

The program is designed for Alaska Native families, but **we welcome all individuals**. We encourage self-referrals and accept referrals from the Office of Children Services, Probation/Parole, Mental Health/Alcohol Programs, Tribal Courts, FASAP, public defenders, and the court system.

Open Enrollment

OMFRC has moved from a cohort style treatment facility to open enrollment, which means clients will go into camp when a bed is available.

In order to receive the next available bed space at the camp:

- All the necessary paperwork must be turned in
- Application and assessment has been approved by the clinical and administrative supervisors.

You will then be given a date that you will go into treatment. All potential clients who have completed the process will be put on a list in the order by which the paperwork and approval was

MENU ↓

ANNOUNCEMENTS (MORE)

Voices for Justice Annual
ANJC Fundraiser is Oct. 16
OCTOBER 4, 2018

Partners Make New ETC
Possible
JULY 31, 2018

New Ernie Turner Center
Opens Near Eklutna Village
JULY 30, 2018

Ivan Encelewski Elected
New Chair of CITC Board of
Directors
JUNE 27, 2018

See CITC News Features



New Ernie Turner Center Opens Near Eklutna Village

JULY 30, 2018

State-of-the-art facility to use a therapeutic "Village of Care" model and serve as hub for recovery support between Anchorage and Mat-Su Valley services





Igiugig residents take on 6-week traditional food challenge as a health experiment

Every month in 2017 they have taken their weight, blood pressure, blood sugar and heart rate. They will compare the results from before and after the challenge.

ADN.COM

GOOD FOR THE ENVIRONMENT

I



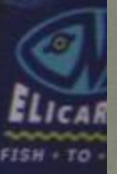
PIK
(REAL)

SALMON

HARD WORK

EAT

EAT NEQ'PIK!



EAT

IN

LOCAL ECONOMY

HEALTHY

THANKFUL

RES









**I WILL EAT
MOOSEMEAT
IN A BOAT,
WITH A GOAT,
IN THE RAIN,
ON A TRAIN,
IN A BOX,
WITH A FOX,
IN A HOUSE, WITH A MOUSE,
HERE OR THERE.
I WILL EAT MOOSEMEAT
ANYWHERE!**

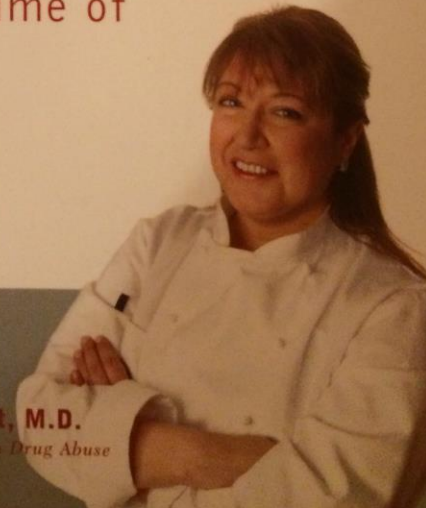
The Essential Guide to
Eating and Cooking for a Healthy
and Successful Recovery

The Sober Kitchen

Recipes and Advice
for a Lifetime of
Sobriety

Liz Scott

Foreword by Robert L. DuPont, M.D.
Founding Director, National Institute on Drug Abuse



EATING FOR RECOVERY

THE ESSENTIAL NUTRITION PLAN
TO REVERSE THE PHYSICAL DAMAGE
OF ALCOHOLISM



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The Gut's Microbiome Changes Rapidly with Diet

A new study finds that populations of bacteria in the gut are highly sensitive to the food we digest

By Rachel Feltman | December 14, 2013

You are what you eat, and so are the bacteria that live in your gut.

Microbiologists have known for some time that different diets create different gut flora, but previous research has focused on mice instead of humans, leaving the actual relationship between our food and our stomach bacteria unclear. A new study, published Wednesday in *Nature*, indicates that these changes can happen incredibly



More from Scientific American

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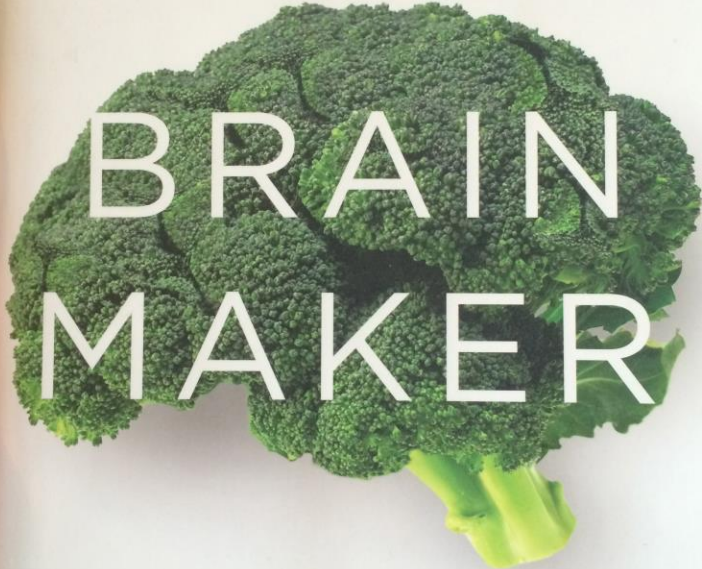
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DAVID PERLMUTTER, MD

WITH KRISTIN LOBERG

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**GOOD
GUT**

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LONG-TERM HEALTH

Justin Sonnenburg *and*
Erica Sonnenburg, PhDs

Foreword by Dr. Andrew Weil



WISDOM TRADITIONS
-COUNSELING SERVICES, LLC-



Thrive Opiate Detox Protocol

This protocol was designed by Drs. Laing and O'Connell to help reduce cravings and symptoms of detox, restore depleted nutrients, increase daily resilience, support the liver and give balance to your life.

Emotional Support

Meditation or mindfulness: to create balance and put *money* in your *self-control bank*

If you are new to meditation (or not), here are some great apps to check out: Apps offer structure, timers, prompts, and insight

1. Insight timer: Guided and timer/music options (a lot to choose from). Free
2. Calm: wide variety of guided meditations, good for sleep. Free
3. 10% Happier: good for beginners who can't fathom doing meditation. Free trial then \$100/year
4. Headspace: Guided meditation and selected programs, good for beginners and advanced



Thrive Alcohol Detox Protocol

This protocol was designed by Drs. Laing and O'Connell to help reduce cravings and symptoms of detox, restore depleted nutrients, increase daily resilience, support the liver and give balance to your life.

It is designed to be used in conjunction with the Alaska Wisdom Recovery Program.

Emotional Support

Meditation or mindfulness: to create balance and put *money* in your *self-control bank*

If you are new to meditation (or not), here are some great apps to check out: Apps offer structure, timers, prompts, and insight

1. Insight timer: Guided and timer/music options (a lot to choose from). Free
2. Calm: wide variety of guided meditations, good for sleep. Free

Opiate Detox Protocol

- Psycho-Emotional-Spiritual Support
 - *Meditation or mindfulness*
 - *Prayer or other spiritual practice*
 - *Breathing techniques*
 - *Energy Psychology Practices: EFT*
 - *Ceremony/Cultural Practices*
- Movement/Daily Physical Activity
- Sleep/Sleep hygiene
- Nutrition/IV Therapy
- Detoxification
- Acupuncture (NADA Protocol)
- Supplement Protocol



Choosing the right tool...

Pipe Wrench vs. Torque Wrench



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Old Town Clinic

Current patients of Old Town Clinic may use **Extended Hours** and **Urgent Care** services at 727 West Burnside, Portland. **Extended Hours & Urgent Care Hours have changed!** Monday through Friday, 4 to 8 p.m.; Saturday, 1 to 5 p.m.; Closed on all major holidays. Call 503-228-4533 to make an appointment.

Services

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[Peer Support](#)

Health & Recovery

[CCC Recovery Center](#)

[Community Engagement Program](#)

Transformative Care

Supportive Housing

Direct access to housing which supports lifestyle change.

Legitimate income for self-sufficiency

Attainment of income through employment or accessing benefits.

Homelessness

Addictions
Mental Illness
Chronic Health Problems
Trauma
Lack of Insurance
Unemployment
Criminality

Integrated Healthcare

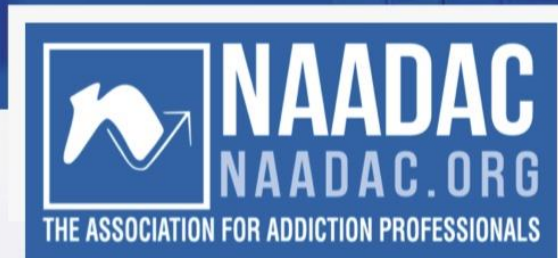
Services highly effective in engaging people who are often alienated from mainstream systems.

Positive Peer Relationships

Relationships that nurture & support personal trans-formation and recovery.

Using NADA Ear Acupuncture Protocol in Addiction Treatment

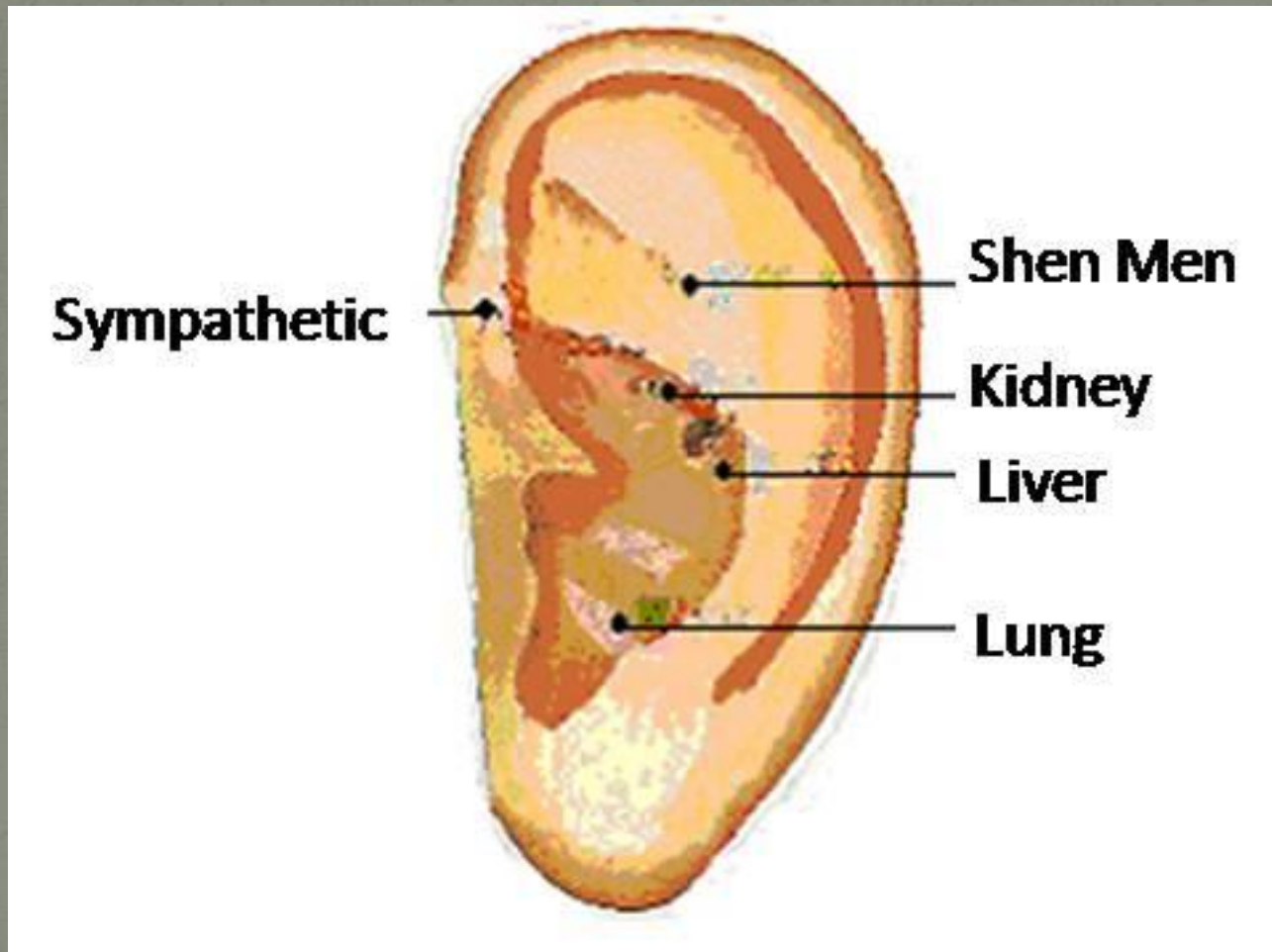
Libby Stuyt, MD




December 5, 2018

<https://www.naadac.org/acupuncture-addiction-treatment-webinar>

NADA Acupuncture Points



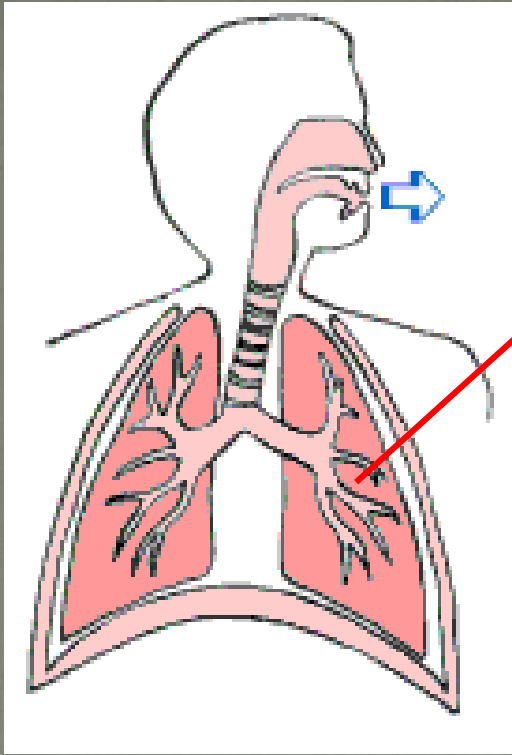
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National
Acupuncture
Detoxification
Association

ear acupuncture for addictions, stress and trauma

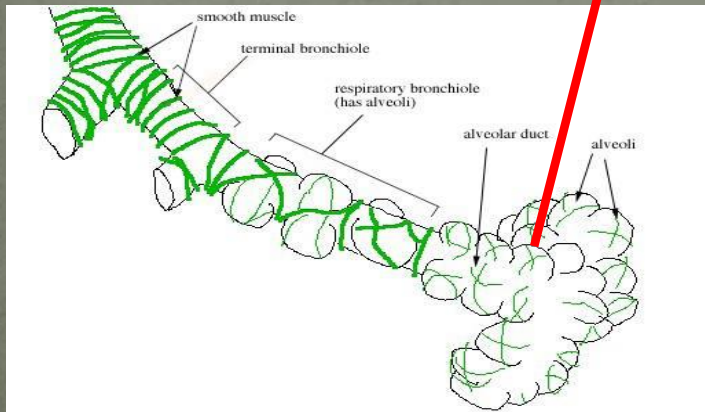
www.acudetox.com



Expiration: stretch receptors in pulmonary tissue stimulates vagus nerve (parasympathetic)

Prolonged expiratory phase: further enhancement of parasympathetic inhibitory tone

Examples: yogic breathing, chanting, singing, diaphragmatic breathing.



Auricular Acupuncture :: Smoking Cessation

[Am J Public Health](#), 2002 Oct;92(10):1642-7.

Auricular acupuncture, education, and smoking cessation: a randomized, sham-controlled trial.

[Bier ID¹](#), [Wilson J](#), [Studt P](#), [Shakleton M](#).

⊕ Author information

Abstract

OBJECTIVES: This study examined the effect of acupuncture alone and in combination with education on smoking cessation and cigarette consumption.

METHODS: We prospectively studied 141 adults in a quasi-factorial design using acupuncture, sham acupuncture, and education.

RESULTS: All groups showed significant reductions in smoking and posttreatment cigarette consumption, with the combined acupuncture-education group showing the greatest effect from treatment. The trend continued in follow-up; however, significant differences were not maintained. Greater pack-year history (i.e. the number of years smoking multiplied by baseline number of cigarettes smoked per year, divided by 20 cigarettes per pack) negatively correlated with treatment effect. Trend analysis suggested 20 pack-years as the cutoff point for this correlation.

CONCLUSIONS: Acupuncture and education, alone and in combination, significantly reduce smoking; however, combined they show a significantly greater effect, as seen in subjects with a greater pack-year history.



The Northwest Indian Treatment Center Native Plant Nutrition Project



Medicine Wheel Garden





Herbal Tea Dispensary



Traditional Foods Garden



Food Harvest



Wild Berry Garden





Red huckleberry

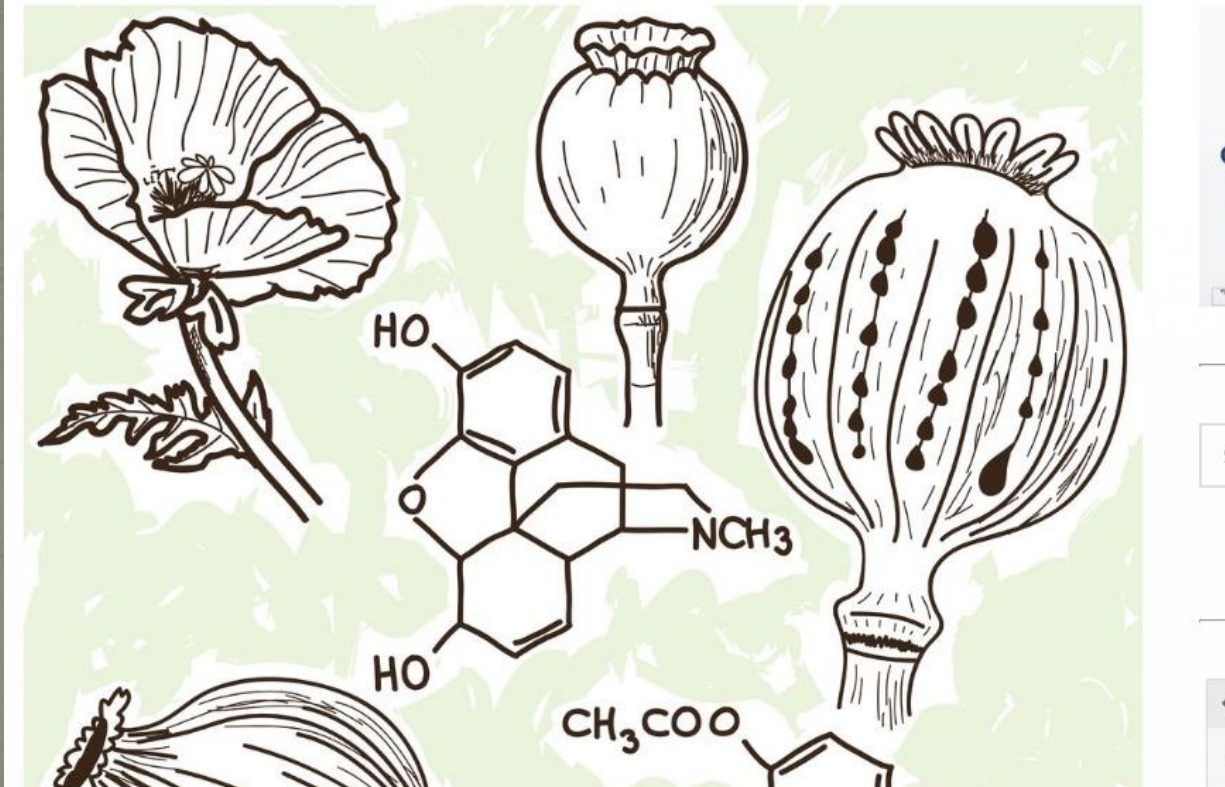


Mountain Huckleberry



Evergreen Huckleberry

OPIATE ADDICTION: PATHOPHYSIOLOGY AND HERBAL INTERVENTIONS



<https://ndnr.com/autoimmuneallergy-medicine/opiate-addiction/>

Table 1. Plants Containing Opiates or Other Molecules That Bind Opiate Receptors

These botanicals that bind opiate receptors can help reduce opiate withdrawal symptoms and can be part of long-term maintenance protocols for heroin and prescription opiate addiction:

Actaea racemosa – Black cohosh (formerly *Cimicifuga racemosa*) is a poppy family plant that is commonly used as a nervine, hormone regulator in menopausal complaints, and for nervous and musculoskeletal hypersensitivity in anxiety states and fibromyalgia. *Actaea* extracts have been shown to bind mu-opiate receptors, thereby affecting hormones and nerve sensitivity.²

***Corydalis* species** – This poppy family genus is discussed in detail in this document

Eschscholtzia californica – The California poppy is also discussed in detail in this document

Maytenus rigida – The stem bark may bind opiate receptors and provide analgesia, based on the evidence that its effects are blocked by the opiate antagonist, naloxone²

Mitrigyna speciosa – Kratom contains the opiate agonist, mitragynine

Papaver somniferum and other *Papaver* species

Parastrephia lepidophylla – This aster family plant from Chile is a folkloric analgesic believed to have activity at opiate receptors²

Trifolium pretense – This is not commonly thought of by herbalists or naturopathic physicians as a nervine, sedative, or source of opiate, but *Trifolium* indeed binds mu- and delta-opiate receptors, the mu receptors with a very high affinity. This may be another mechanism, besides the isoflavones, whereby *Trifolium* helps control menopausal symptoms due to the regulating effects opiate pathways have on temperature, mood, and hormones.²



J Clin Pharm Ther. 2001 Oct;26(5):369-73.

Passionflower in the treatment of opiates withdrawal: a double-blind randomized controlled trial.

Akhondzadeh S¹, Kashani L, Mobaseri M, Hosseini SH, Nikzad S, Khani M.

+ Author information

Abstract

OBJECTIVE: Clonidine-based therapies have been utilized as the main protocol for opiate detoxification for several years. However, detoxification with clonidine has its limitations, including lack of efficacy for mental symptoms. Accumulating evidence shows the efficacy of *Passiflora incarnata* extract in the management of anxiety. In our continuing study of traditional medicines, which have neurotropic effects, this plant had an anxiolytic effect, which may be used as an adjuvant agent in the detoxification of opiates by clonidine. We present the results of a double-blind randomized controlled trial of clonidine plus passiflora extract vs. clonidine plus placebo in the outpatient detoxification of 65 opiates addicts.

METHODS: A total of 65 opiates addicts were assigned randomly to treatment with passiflora extract plus clonidine tablet or clonidine tablet plus placebo drop during a 14-day double-blind clinical trial. All patients met the DSM IV criteria for opioid dependence. The fixed daily dose was 60 drops of passiflora extract and a maximum daily dose of 0.8 mg of clonidine administered in three divided doses. The severity of the opiate withdrawal syndrome was measured on days 0, 1, 2, 3, 4, 7 and 14 using the Short Opiate Withdrawal Scale (SOWS).

CONCLUSION: Both protocols were equally effective in treating the physical symptoms of withdrawal syndromes. However, the passiflora plus clonidine group showed a significant superiority over clonidine alone in the management of mental symptoms. These results suggested that passiflora extract may be an effective adjuvant agent in the management of opiate withdrawal. However, a larger study to confirm our results is warranted.

PMID: 11679027 [PubMed - indexed for MEDLINE]

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Emotional Freedom Technique

Brain-body healing movement: Acupressure Point for Anxiety & Panic



Source: Capacitar International, Dr. Linda Chamberlain
Photo by Laura Norton-Cruz

Brain-body healing movement: Accupressure Point for Anxiety & Panic



Source: Capacitar International, Dr. Linda Chamberlain
Photo by Laura Norton-Care

One of San Francisco's toughest schools transformed by the power of meditation

<https://www.youtube.com/watch?v=NwMZQj1zciA>



Solution: Belly Breathing



Solution: a peace place/safe place in every classroom



Trainer!2018





Expressions



Happy



Sad



Angry



Excited



Shy

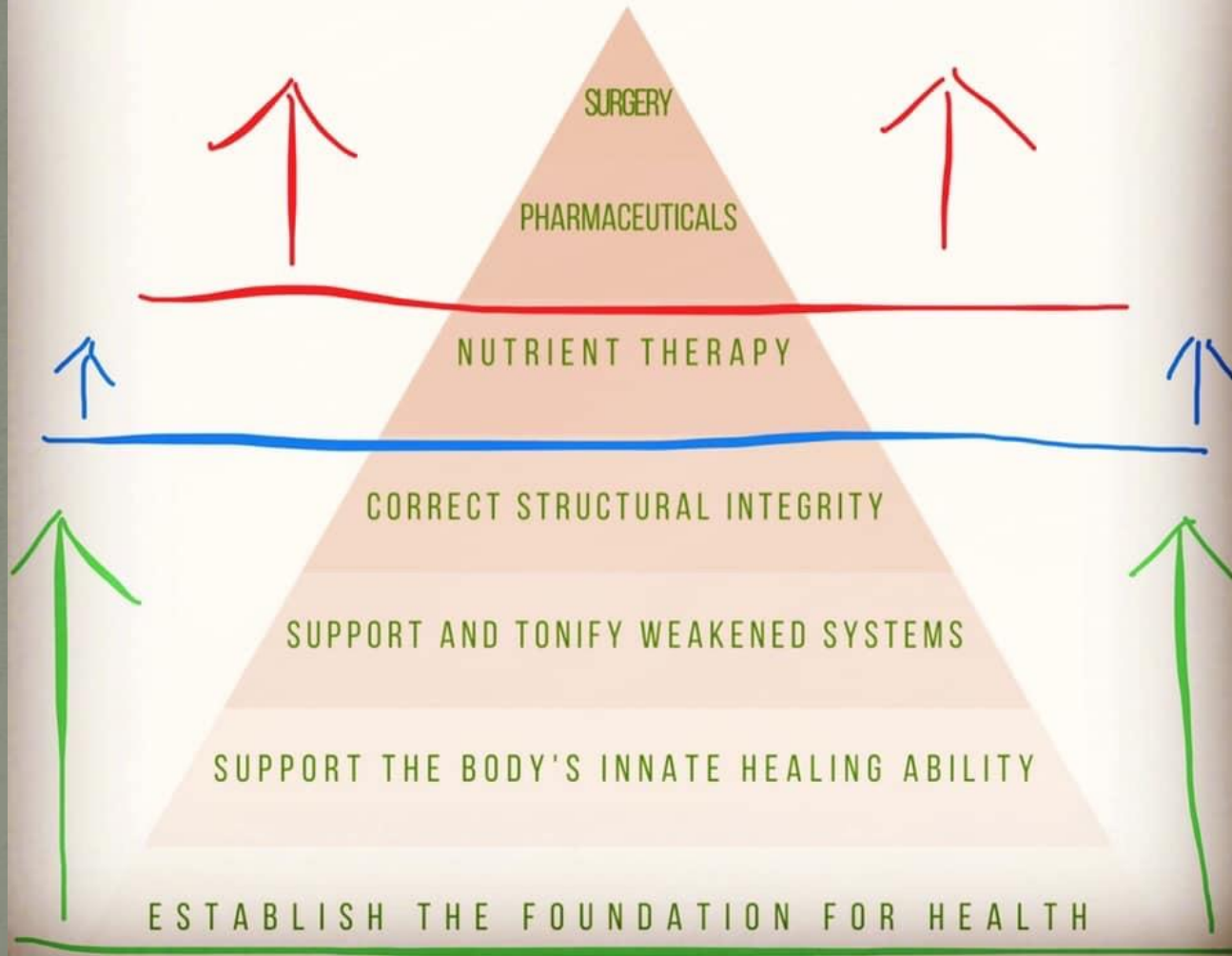


Shy

Humpty's cousins are invited to a party but they need a plan to get over the castle wall. By sharing their feelings and working together, they find a happy solution.

Illustrations by Pat Bidwell

THE THERAPEUTIC ORDER



BUSINESS

Opioid-Maker Charged With Fraud In Marketing Drug As Less Prone To Abuse

April 10, 2019 · 12:04 AM ET

BRIAN MANN

FROM **ncpr** north
country
public
radio



Eamon Queeeney/The Washington Post/Getty Images

Federal prosecutors late Tuesday charged British drugmaker Indivior with felony fraud and conspiracy for its marketing of opioid products including Suboxone. The company allegedly created a "nationwide scheme" in the U.S. designed to convince doctors and government insurance providers that Indivior's patented opioid

Suboxone \neq Insulin



Harm Reduction => "Cure"

Our goal=>

Cure

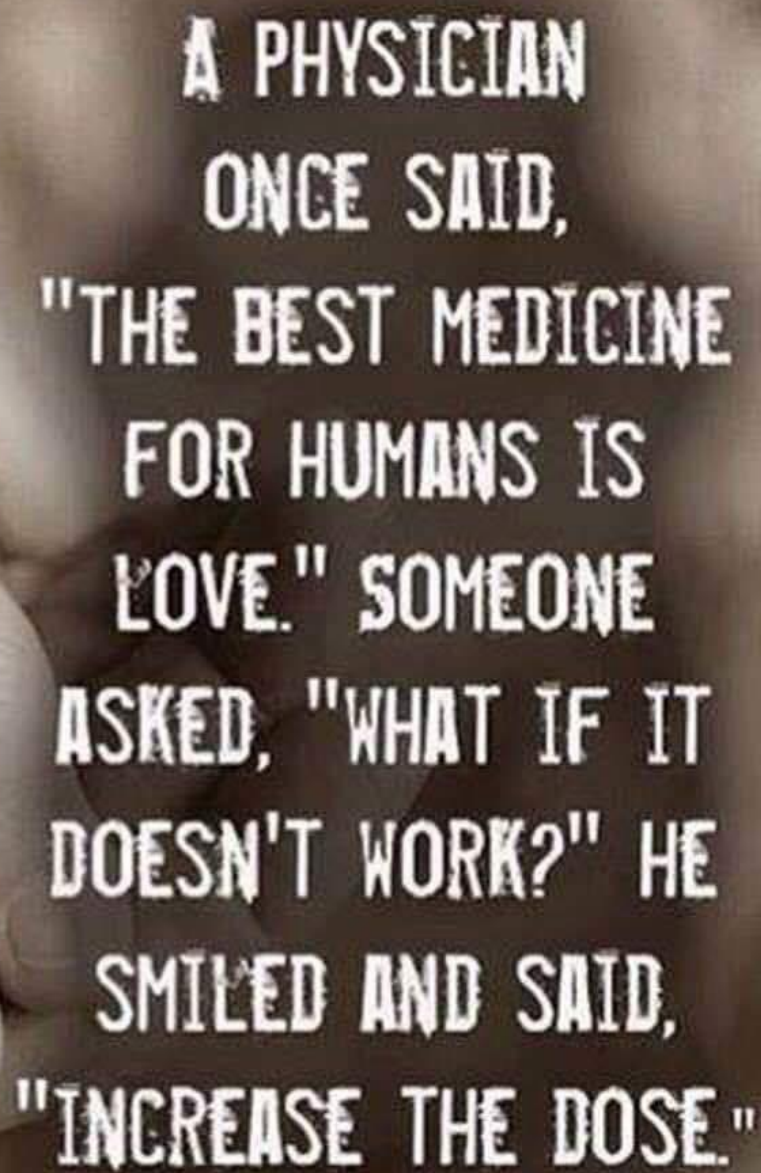
Well-being



[https://www.history.com/
news/asteroid-trio-gives-
earth-a-close-shave](https://www.history.com/news/asteroid-trio-gives-earth-a-close-shave)



[https://imgbin.com/png/q2uwT42t/
whack-a-mole-png](https://imgbin.com/png/q2uwT42t/whack-a-mole-png)



A PHYSICIAN
ONCE SAID,
"THE BEST MEDICINE
FOR HUMANS IS
LOVE." SOMEONE
ASKED, "WHAT IF IT
DOESN'T WORK?" HE
SMILED AND SAID,
"INCREASE THE DOSE."



i

UNDERTHEBLUEDOOR.ORG

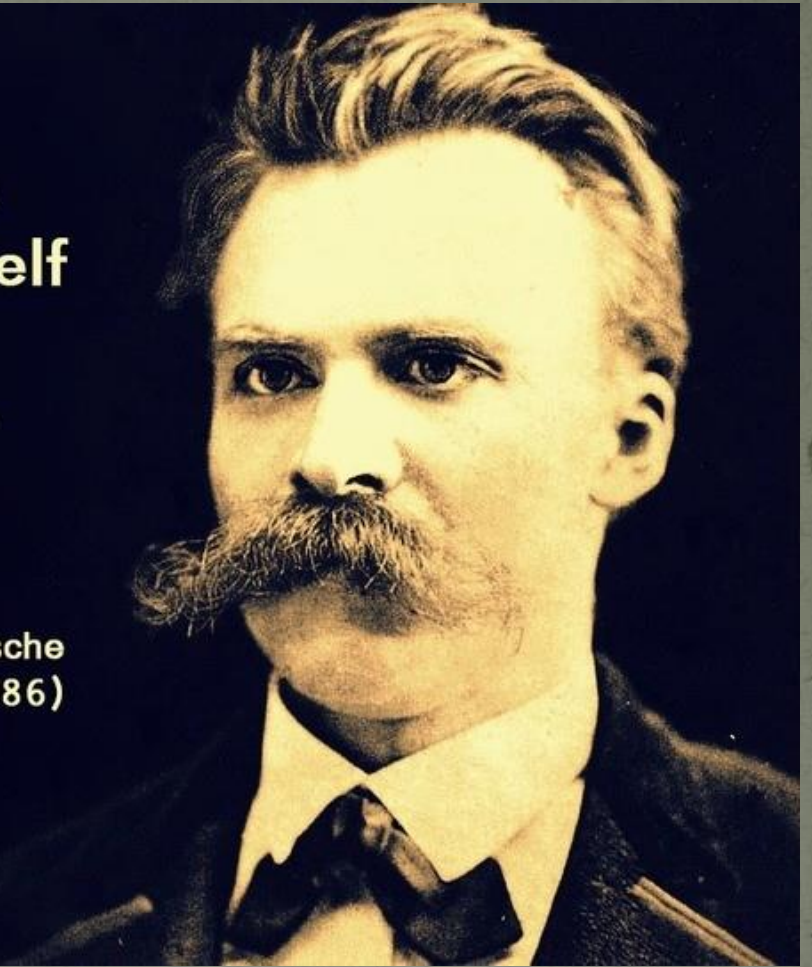
**The Rwandan prescription for Depression:
Sun, drum, dance, community. "We had a...**

<https://underthebluedoor.org/2014/08/18/the-rwandan-prescription-for-depression-sun-drum-dance-community-we-had-a-lot-of-trouble-with-western-mental-health-workers-who-came-here-immediately-after-the-genocide-and-we-had-to-ask-some/>

- “We had a lot of trouble with western mental health workers who came here immediately after the genocide and we had to ask some of them to leave. They came and their practice did not involve being outside in the sun where you begin to feel better, there was no music or drumming to get your blood flowing again, there was no sense that everyone had taken the day off so that the entire community could come together to try to lift you up and bring you back to joy, there was no acknowledgement of the depression as something invasive and external that could actually be cast out again. Instead they would take people one at a time into these dingy little rooms and have them sit around for an hour or so and talk about bad things that had happened to them. We had to ask them to leave.” ~A Rwandan talking to a western writer, Andrew Solomon, about his experience with western mental health and depression.”

**"He who fights with monsters
should look to it that he himself
does not become a monster.
And when you gaze long into
an abyss the abyss also
gazes into you."**

**-Friedrich Nietzsche
Beyond Good & Evil (1886)**



<https://funnyjunk.com/channel/trump/Mindwarp/eoRoLrb/28>

Your Mask First





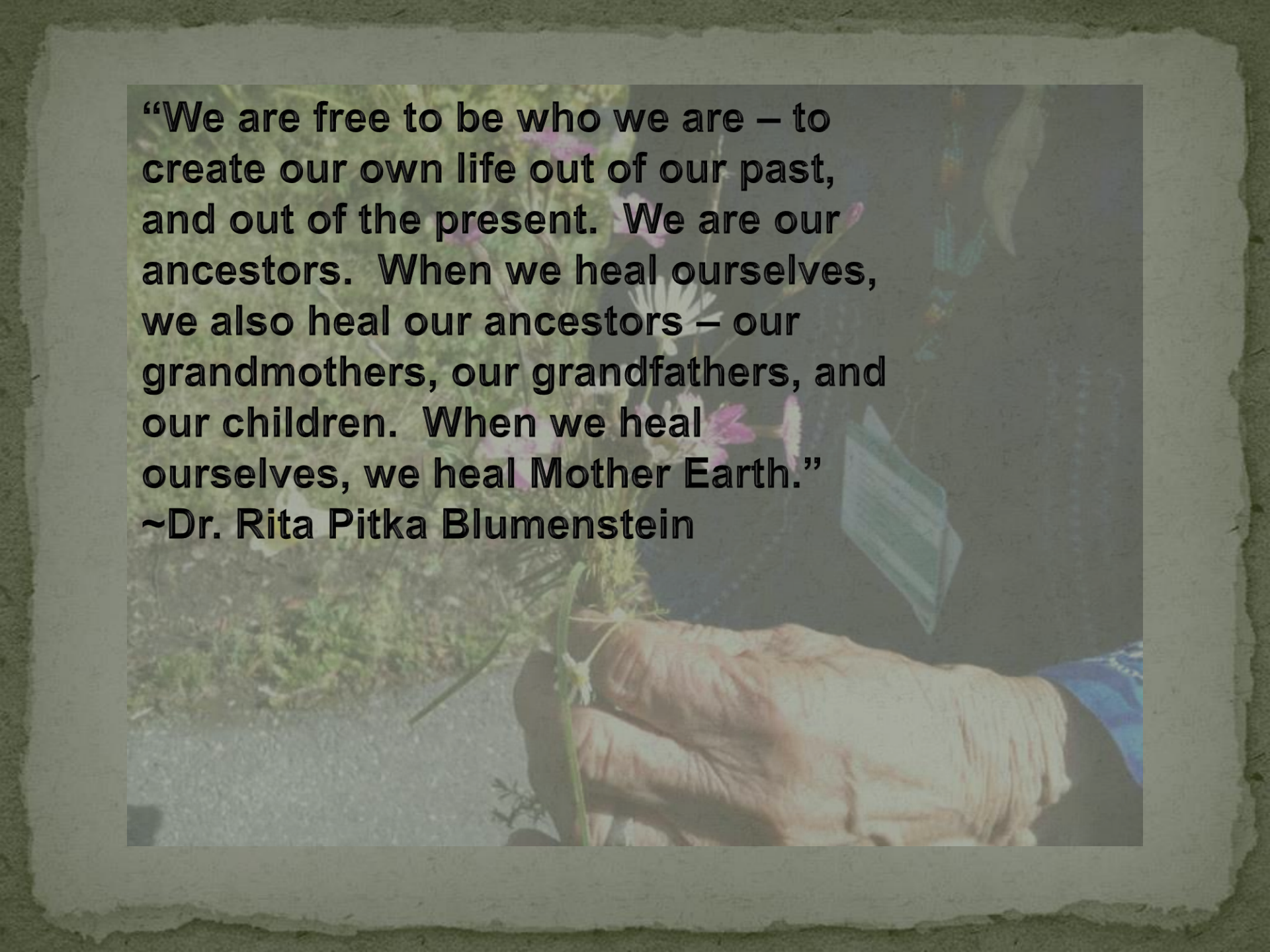
“steering” the body...



- Small changes make a HUGE difference



**The doctor of the future will give no medicine,
But will interest his patient in the care of the human frame,
In diet, and in the cause
And prevention
Of disease.
THOMAS EDISON**

A photograph of a hand holding a bouquet of flowers, with a translucent text box overlaid on the image. The hand is wrapped in white bandages, and the bouquet includes pink and white flowers. The background is a blurred outdoor setting with greenery and a blue object.

“We are free to be who we are – to create our own life out of our past, and out of the present. We are our ancestors. When we heal ourselves, we also heal our ancestors – our grandmothers, our grandfathers, and our children. When we heal ourselves, we heal Mother Earth.”

~Dr. Rita Pitka Blumenstein

Let us be the
ancestors our
descendants will
thank.

Winona Laduke





Dr. Gary Ferguson, ND
Healthy Communities Consultant
natureway@mac.com
www.drgaryferguson.com

MAASEE DA AASAKUNG
DUYANA TSIN MAHSI GUNALCH ESHQA AASAKUNG TSINAEN MAASEE
BAASEE MAHSI QUYANA QUYANA
HAWAA QUYANA QUYANA
DOGEDINH GUNALCHÉESH
HAWAA chihah qaâ aasakung maasi waydankoo baasee DA AASAKUNG H WAA WAYDANKOO
DOGEDINH gunalchéesh TSINEE BAASEE MAHSI
DOGEDINH DOGEDINH MAHSI MAHSI maasee GUNALCHÉESH QUYANA HAWAA tsinaeh
tsinaeh QA AASAKUNG
chihah QUYANA QWAYDANKOO
H WAA maasee baasee QAâ AASAKUNG CHINAN
WAYDANKOO QUYANA TSINEE QUYANA maasive TSINAEN QUYANA



gracias cảm ơn bạn धन्यवाद 고맙습니다
شكرا جزيلًا salamat благодарю вас 谢谢
Dziękuję Ci **Thank** ευχαριστώ
quyana tack **you!** አመሰግናለሁ
धन्यवाद danke asante grazie
hík'wu? merci תודה obrigado ขอบคุณ
ありがとうございました спасиби mahalo



Northwest (HHS Region 10)

ATTC

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

