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We Do Work That Matters

CCJBH Substance Use Recovery Awareness Campaign

Week 3: Introduction to California Indian Country and Substance Use Awareness



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President/Founder

Founded in 1990, Kauffman & Associates, Inc. (KAI) is an American Indian and woman-owned management consulting firm dedicated to improving the lives of vulnerable populations and enhancing the reach and effectiveness of social sector organizations.

With a Native-experienced staff of 79, including a team of seasoned Tribal Behavioral Health Advisors, KAI delivers innovative solutions for Tribal, state, federal, and regional governments; associations; foundations; and private-sector businesses.

*Since 1990, we've been driven by a desire to create **positive benefits** and **lasting change** for underserved communities."*

—Jo Ann Kauffman

California Tribal and Urban Indian Populations

- California has largest population of Native people in United States, home to 723,225 American Indians of sole and mixed race (2010 U.S. Census)
- Nearly 90% live in urban areas (2010 U.S. Census)
- California has 10 urban Indian population centers
- California also home to more tribes than other state except Alaska; California is home to:
 - 109 federally recognized tribes
 - 100 separate reservations or rancherias
- Great diversity of tribes and languages

California Tribal Strengths

- Indigenous cultures as foundation wellness and behavioral health approaches
- Culture and language key to effective messaging and engagement

Source: DHCS TMAT Project



Culturally Centered

Culture is both the foundation and expression of our wellness. At CCUIH, we respond to the health needs of the communities we serve through a commitment to solutions that are empowered by the diverse and sophisticated cultural fabric of our Urban Indian communities.

Engaging California Tribes and Urban Indian Communities

- Federally recognized tribes are sovereign and self-governing nations (nations within the U.S. nation)
- CalHHS Tribal Consultation Policy: Facilitate effective government-to-government consultation between the CalHHS and sovereign California federally-recognized tribes to:
 - 1) encourage **tribes to provide meaningful input** into the development of regulations, rules and policies that may affect tribal communities, and
 - 2) promote **opportunities for state departments to learn from tribal program experience** and results to inform program operations and policy development statewide and in non-tribal populations.

California Tribal Disparities



- Highest increase in age-adjusted suicide rates from 2011 to 2020
- Largest increase in student depression, anxiety, suicidal ideation, and meeting criteria for one or more mental health problems, including substance misuse
- Access to crisis care constrained by insufficient health insurance coverage or poor access to crisis care on tribal lands

Source: CalHHS BH Crisis Continuum

Native People and Incarceration Disproportionality

- 2003 report released by the MacArthur Foundation's [Safety and Justice Challenge](#) reveals a significant overrepresentation of Native American people in the U.S. prison system. According to the report, Native American people are incarcerated 38 percent over the national average and are overrepresented in the prison populations of 19 states compared to other races and ethnicities. [Source: The Crime Report](#)
- Some areas of federally recognized tribal land — including the Fort Mojave Reservation and Big Valley Rancheria — have imprisonment rates more than five times the imprisonment rate of Los Angeles. [Source: Prison Policy](#)



Medicine Lake – Modoc National Forest

Shared Learning



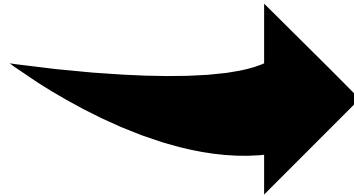
- *Examine the impacts of our shared experiences*
- *Infrastructure and Resources to exploring considerations of Indigenous client engagement*
- *Considerations for care and healing that cultural collaboration care brings*
- *Learn about the foundational considerations of care joined with your professional skill sets*
- *Supporting Justice-Involved Individuals*

The Impacts of Trauma on a People

Trauma is insidious and preys vulnerable of our people.

300+ years Natives experienced ongoing trauma,

- Extermination,
- Genocide,
- Multiple waves of violence



Increased Risk of Victimization

- Impoverished
- Houseless
- Mental health conditions
- Substance use
- Developmental disabilities
- Generational risks = compounding effects

Though in 2024, we are living and resilient with the effects of this continuing trauma as it affects our people.



Intergenerational Trauma Responsiveness among Native Americans

Military
Attacks
Hunting
People

Missionary
Period

Boarding
School
Era

Removal
of Children

Removal
of Culture

Substance
Use

Appropriation
of sacred
lands and
traditions

Disruptions
of Tribal
rights to
protect
communities



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The effects of historical trauma among Native Americans can be manifested in many ways including:

- A breakdown of traditional Native family values
- Alcohol and other substance abuse
- Depression and suicidality
- Anxiety
- Child abuse/neglect /domestic violence
- Posttraumatic stress disorder
- General loss of meaning and sense of hope
- Internalized oppression, self-hatred
- Obsessive thinking/compulsive behavior
- Anger/rigid negativity



Trauma's impact is very broad as it touches many life domains while increasing risk of vulnerabilities such as:

- Mental health challenges
- Posttraumatic stress disorder
- Depression
- Excessive hostility
- Generalized anxiety
- Substance abuse
- Physical health challenges
- Interpersonal struggles
- Eating disorders
- Suicides and self-harm behaviors

Trauma responses touch many areas of life that are not obviously or readily connected with the experience of trauma itself.



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Trauma affects how people approach potentially helpful relationships

- Not surprisingly, individuals with histories of abuse are often reluctant to engage in, or quickly drop out of, many services.
- Being vigilant and suspicious are often important and thoroughly understandable self-protective mechanisms in coping with trauma exposure.
- These same ways of coping may make it more difficult for survivors to feel the safety and trust necessary to accept helpful relationships.



Trauma Impact is Deep and Life-shaping

Trauma can fundamentally alter family-life, especially for those families who have faced repeated and prolonged abuse.

Families may come to see themselves as fundamentally flawed and to perceive the world as a pervasively dangerous place.

Trauma may shape a person's way of being in the world; it can deflate the spirit and trample the soul.



Changing the Narrative

**How do we
change this
narrative of
trauma
response?**



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Intentional Community Resilience is foundational

Well-being, responsive community through the integration of three key disciplines:

- Positive (affirmative psychology)
- Ecological or Systems Approaches
- Intentional Practice (implementation science)



Developing a Community of Care

- Community and spiritual ways of healing trauma
- Incorporation of participants into a community of care/healing
- Treatment services to address the effects of trauma
- Addiction treatment as a foundation of care



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Engaging Native Partnerships

- Kauffman and Associates, Inc.
- California Rural Indian Health Board (CRIHB)
- California Consortium for Urban Indian Health (CCUIH)
- Native Dads Network (NDN)

Other Tribal and Urban Indian Stakeholders

- ✓ Tribal CCMUs
- ✓ Tribal Behavioral Health
- ✓ Tribal Housing
- ✓ Tribal Elders and Tribal Youth



For More Information

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