Cultural Based Interventions For The Prevention of Substance Use/Abuse Among Native American Youth Who Are Pre-Teen/Early Adolescents

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ACKNOWLEDGEMENTS
Youth must become a focus:

Who are you?

Where are you?

Where are you going?
• Compared with the national average for adolescents aged 12 to 17, American Indian or Alaska Native adolescents had higher rates of past month cigarette use (16.8 vs. 10.2 percent), marijuana use (13.8 vs. 6.9 percent), and nonmedical use of prescription-type drugs (6.1 vs. 3.3 percent)

• The higher rates of substance use among American Indian or Alaska Native adolescents compared with national averages also were generally found among males, females, and across age groups

• Among adolescents aged 15 to 17, the rate of nonmedical use of prescription-type drugs in the past month among American Indians or Alaska Natives was higher than the national average (8.5 vs. 4.4 percent)

_The National Survey on Drug Use and Health (NSDUH)._
Substance Abuse Among Younger Children Ages 10-12
How do American Indian 4-6 graders drug use compare to non-Indian use?

• American Indian youth in the fourth to sixth grades are experiencing the same social and environmental pressures that affect older adolescents.

• American Indian youth have a greater level of social interaction with older youth than non-Indian youth.

• Larger amount contact with older siblings, cousins, uncles, and aunts.

• By age 11, American Indian youth are more likely, compared with all other racial and ethnic groups, to have initiated substance use and to be on the path to lifelong substance abuse.

• Important to include all family members, including extended families, in prevention activities.

• It should be made clear to older adolescents that their behaviors have a powerful influence on their younger siblings and their friends.
Social, Psychological and Economic Stressors: Highly correlated with substance abuse among Native Americans

Causes:
- Historical Trauma
- Forced Removals
- Boarding Schools
- Destabilization of Families
- Economic Disadvantages
- Etc.
“Loss of culture has been the primary cause of many of Native American’s existing social problems, especially those associated with alcohol … methods to measure Native American cultural beliefs and values have not been well developed”.

Fred Beauvais, PhD
Derived from the Native group being studied
Native in general
Non-Native
Native Self-Reliance Questionnaire

24 – Item Likert Scale

Test-retest reliability coefficient alpha of .92

NATIVE SELF-RELIANCE QUESTIONNAIRE

Please use the following number scale to respond to statements 1 -24. Circle the number in the appropriate column to indicate your degree of

5 – strongly agree;  4-agree;  3-unsure  2-disagree  1-strongly disagree
10 - week group counseling session conducted in the traditional talking circle format
“Intertribal Talking Circle for the Prevention of Substance Use Among Native Youth.” The National Institute of Drug Abuse; National Institute on Alcohol Abuse and Alcoholism R01 DA035143-01

“Community Partnership to Affect Substance Abuse Among Native Youth.” The National Institute of Drug Abuse R01 DA021714-01

“Brief Intervention for Substance Using Native Youth.” The National Institute of Drug Abuse R01 DA029779-01

“Testing a Substance Abuse Prevention Among 10-12 Year Old Keetoowah-Cherokee Youth.” The National Institute of Drug Abuse R34 DA029724-01

“Talking Circle for the Prevention of HIV/AIDS Among Native Youth.” The Association of Nurses in AIDS Care Bio Tech Research Grant

“Teen Intervention Project – Cherokee (TIP-C).” National Institute on Alcohol Abuse and Alcoholism (NIH). Minority Supplement to R01 AA10246-05S1 Wagner


“Cherokee Self-Reliance”; “Native Self-Reliance”. Substance Abuse Mental Health Service Administration (USDHHS) & National Institute of Mental Health via the Ethnic Minority Fellowship Program at the Amer. Nurses Assoc.
Talking Circle Intervention

“Evaluates the difference in Native self-reliance, substance abuse, stress, and at-risk health behaviors for Native adolescents and early adolescents who receive the culturally grounded intervention and those who receive standard substance abuse education”
Comparison of Native Self-Reliance Scores Between Group and Across Time
Comparison of Substance Use Scores Between Groups and Across Time
Stress

1 = pre-intervention
2 = immediate post
3 = 90-day post

Estimated Marginal Means of MEASURE_
Comparison of Stress Scores Between Groups and Across Time
Testing A Virtual Talking Circle

Intertribal Talking Circle for the Prevention of Substance Abuse Among Native Youth Ages 10-12 Years

(Choctaw Nation of OK, Lumbee Tribe in NC, Ojibwe/Chippewa Tribes of MN)

National Institute on Drug Abuse; National Institute on Alcohol Abuse & Alcoholism R01 RDA035143-01

Talking Circle Intervention
WHAT’ NEXT?

Talking Circle as “Yarning” for the prevention of substance abuse among Australian Aboriginal youth.

Adapting and testing the Talking Circle for the prevention of obesity among Indigenous global communities.

Expanding the Native Self-Reliance model for use among an Urban Native American population.
Wa Do!

Thank you!