

Resources

- GLITEC
- People
- Networking
- Elders, spiritual knowledge
- CHPs, reports
- Online resources

Succeed or fail?

- Writing grants
- Talking w/o action (F)
- Narcan – no reporting (F)
- ↓ overdoses (S)

Insights


- All facing same problems
- There is hope
- Elder wisdom is needed
- Weaknesses are opportunities
- Its complex
- Ability to connect w/ Native way of living (keynote)

Application

- Indigenizing case noting – relatives
- Culture is professional
- Apply to SMART goals + objectives
- Collaboration
- Formulating questions on surveys
- SWOT @ powwows
- Cross-sector collaboration
- Connect w/ other programs

- Police, EMT, Fire
- Advocacy

What are the strengths of your community's current programs to address substance use and mental health?

- Knowledge + experience
- Abundance of resources
 - Navigating resources to see what fits – navigators (MN Care/Badger care)
- Individualized plans
- Specialized care
- Multiple paths to healing/wellness/recovery
- Peer support specialists
- Transportation
- Virtual options for healing (telehealth)
- Block scheduling
- Grants management training
- Ceremonies
- Youth education + training
- Hands on activities (beading, ribbon, skirts, hand drum, talking circus, etc.)
- Relationship building
- Distribute Narcan & trainings
- TOR Program
- Supportive leadership team ❤️
- Everyone comes together: TEAMWORK
- Ingenuity
- Refer people to clinical & traditional healers
- Traditional talking  and able to provide mental health services

- Invited to schools to do trainings on substance use, mental health, bullying
- Radio show segment on resources in the community

- Embracing culture as prevention!!!

- Marketing messages on mental health + substance use prevention
- Having certified peer support specialists!
- Allowed to Indigenize provider notes
- Culture is professional
- Having local recovery homes – caring for your people at home, not somewhere else
- Reconnecting our youth to their identity

What are the weaknesses of your community's current programs to address substance use and mental health?

- Staffing – financial (lower pay), burnout, professional staff, cost of living, billing + coding
- Requirements to get into treatment
- Waitlists for behavioral health services
- Transportation – distance to treatment centers
- Availability of treatment facilities
- Lack of/limited grassroots organizations presence
- Not everyone doing the same thing – ball dropping
- Tracking – coding, track clients -> helping the way we think we are?
- Working across different sectors (police, medical, etc.)
 - Different perspective
- Backwards
- Funding
- Miscommunication or disconnect in organizational politics
- Rules, regs, statutes – vary by jurisdictions, states
- Wraparound services
- Lack of provider (specially Tribal)
- Fragmented funding
- Programs are siloed
- High employee turnover, burnout, not enough \$\$\$
- Housing
- Misconceptions by non-Native facilities + support programs
- Limited services for non-enrolled members
- Jail is accessible 😞

- Adapted diverse recovery methods to fit our needs
- Hard to get people to collaborate
- Need to increase Tribal leadership awareness
- Need timely connection to services
- Need Elder support + support for family
- Need continued awareness

What are the opportunities of your community's current programs to address substance use and mental health?

- Better collaboration w/ available opportunities
- Develop relationships w/ community partners
- Secure more funding
- Sobriety potlucks
- More community events
- More meeting + trainings
- Continue momentum/keep going
- Be action oriented
- Recruiting more staff
- Self-care implementation – address burnout
- Spread word about current programs
- Opportunity to collaborate
- Access to \$ through grants
- More direct community participation
- Opportunity to focus more on prevention
- Opportunity to network
- Create career opportunities for the younger generation 😊
- Weaknesses are opportunities!!!

What are the threats or challenges of your communities current programs to address substance use and mental health?

- Culture can create a barrier
 - Judgement
- Stigma
- Window of opportunity for those needing care
- Staff overburdened see gaps + try to fill them
- Working w/ a transient population
- Age limits for services
- Funding – always need more
- Turnover
- Tribal politics
- Federal response for Tribes
- Misuse of funding (Title VI)
- Culturally tailored care
- Understanding sovereignty
- Funding
- Policies/Federal + state regulations
- Stigma regarding substance use + mental health
- Historical ~trauma~
- Change in Tribal government
- Lateral oppression
- Lack of community buy-in
- Continued evolution of substances
- Lack of connection to culture + roots