

NATIVE TRANSFORMATIONS in the Pacific Northwest



*Bill Freeman with
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Native Transformations Project II
NWIC Center for Health
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*Exploring Coast Salish Strengths
& Resilience Against Substance Abuse*

(Bill)) Hy'shqe siam -

Thank you, respected teachers

Community Institutional Review Board (IRB) members

\ Sam Deloria, Lisa Preston, Kathleen Alexis, many others

Native IRB leaders

Francine Gachupin, Dave Oreiro, Barbara Juarez, Heather Larsen, &c.

IRB staffs

Helen McGough, Moira Keane, Ada Sue Selwitz, Shannon Sowards, &c.

Participants in research projects

Researchers who walk their talk

Tessa Evans-Campbell, Jaime Donatuto, Stacy Rasmus, Francine Gachupin, Deana Around Him, &c.

Wife Carolyn Robbins, who keeps me honest about CBPR

Father who instilled in me the values of CBPR

Community to Research: Path 1

- *1997 Northwest Washington Indian Health Board*
 - Upper Skagit, Swinomish, Samish, Nooksack, Lummi
- *Partners: NWWIHB & NWIC Center for Health*
 - 2008, Tribes set priorities
 - Substance abuse high priority
 - Tribes decided research projects
 - **(Tribally Engaged and Controlled Research)**
- *2009 NWIC CH received NARCH 5 funding*

Community to Research: Path 2

- *1997s – Yupik people ask Dr. G. Mohatt, University of Alaska Fairbanks (UAF) to research strengths & resilience in confronting alcoholism*
- *People Awakening Project 1999-2004 (Mohatt, PI)*
 - Mohatt GV, Rasmus SM, Thomas L, Allen J, Hazel K, Hensel C. "Tied together like a woven hat:" Protective pathways to Alaska native sobriety. Harm Reduct J. 2004 Nov 17;1(1):10.
 - **(Trially Engaged and Controlled Research)**
- *NWIC, NARCH 5, 2009-2014 (K. Jefferson, PI)*
- *UAF & NWIC, 2012-2015, Native Transformations in the Pacific Northwest (Dr. S. Rasmus, PI)*

Sources of Strength

- ❖ FAMILY
- ❖ COMMUNITY
- ❖ INDIVIDUAL
- ❖ SPIRITUAL



Community Protective Factors

- Opportunities for Learning and Healing
- Social Connections
- Strong Elders
- Traditional Laws
- Harvesting & Sharing Resources
- Healthy Connections to the Past

Traditional Laws:

“It’s important that we continue to carry out these traditional laws. And they said if we talk long enough we can find out how we’re all related...we can all tie ourselves together...when there’s something that happens in this community, it’s part of our family. So we act appropriately.”

Individual Protective Factors

- Awareness
- Working on Living
- Helping Others
- Honoring your Gift/Speaking from the Heart
- Power of Mind
- Indian Names/Being a Namesake

Honoring your Gift/Speaking from the Heart:

“So within the community, everybody’s got a gift and we’re taught that you need to honor that gift. If you don’t use it, the Creator’s going to take that gift away. Whether it’s your voice, or speaking from the heart, or whether you’re a cook or a hunter, those are gifts that God gave you to help your people.”

Research to Action: Journeys to Wellness

- Three Native Connections Grants **based on NTP**
 - Lummi Indian Business Council – Lummi Nation
 - Northwest Indian College
 - Northwest Washington Indian Health Board
 - Lummi Nation, Swinomish Indian Tribal Community, Upper Skagit

Native Connections Project

- Service grant
- Strengths based youth prevention services & activities
- Increase strengths, and protections through youth wellness and connection
- Youth ages 10 to 24

Native Connections Projects Vision:

*“Our vision is to create safe passage for our youth as they grow up and come of age in our communities and connect them to the protective factors in our culture that allow us together to be **Coast Salish Strong.**”*



Native Connections Events & Activities



“Walking With Our Ancestors”



Orcas Island 2018 Youth Trip



Hy'shqe ne Siam (Thank you Friends)!

Questions or Comments?

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