



The American Indian/Alaska Native National Resource Center for Substance Abuse Services

FOR THE RED LAKE BAND OF CHIPPEWA

We join Indian Country, and the nation in the expression of sympathy and support. To the individuals, families, community and providers we send the following:

An Indian's Prayer

O Father
 Whose voice I hear in the winds and
 Whose breath gives life to the world,
 Hear me.
 I am a man before you, one of your
 many children.
 I am small and weak.
 I need your strength and wisdom.
 Let me walk in beauty and
 Make my eyes behold the red and
 purple sunsets.
 Make my hands respect the things
 you have made,
 My ears sharp to hear your voice.
 Make me wise so that I may know
 the things
 You have taught my people -
 The lessons you have hidden in
 every leaf and rock.
 I seek strength, Father,
 Not to be superior to my brothers,
 But to be able to fight my worst
 enemy, myself.
 Make me ever ready to come to you
 with clear hands and straight eye,
 so that
 When life fades as the fading sunset
 My spirit may come to you without
 shame.

(Whitecloud, Tom II, M.D. [Association of American Indian Physicians](http://www.aaip.com:80/old/prayer.html), Jan 15, 1997. p1. (Ed's note: Dr. Whitecloud was Chippewa) <http://www.aaip.com:80/old/prayer.html>)

This volume of the newsletter is dedicated to the second avenue of effort to establish Best Practices in Substance Abuse and Mental Health care for American Indians. Specifically, this issue addresses Consensus Panels.

Previous volumes of the newsletter are available for review and download at: ↓

<http://www.oneskycenter.org/newsletters/index.cfm>

Remember:

**Best Practice =
 Evidence Based Practice
 + Indigenous Knowledge**

Second, current projects are summarized to bring readers up to date on Center activities..

CONSENSUS PANELS

Consensus Panels follow **Evidence-Based Practice** in the transfer of knowledge to **Best Practices** regardless of the medical, substance abuse or mental health problem. Evidence-Based Practice is derived from scientifically designed research projects that consistently show evidence of health care improvement for those who receive the test treatment. Often referred to as the *gold standard*, clinical trials are the most arduous of the research methods to establish new evidence based treatments¹.

Evidence-Based Practices, supported by data and scientific literature, have demonstrated effectiveness in controlled environments. However, the world is not a controlled environment. Panels of "experts" called Consensus Panels, review the

scientific evidence available for interventions (prevention and treatment) of various problems. After review of the available data, discussion develops the thinking that advances towards expert opinion. The final stage of transfer to practice is *expert opinion* to recommend interventions for implementation in clinical practice^{1,2}.

The National Institutes of Health (NIH) has a Consensus Development Conference (CDC) Program that was instituted in 1977². NIH supports independent Consensus Panels whose reports and recommendations are distributed to interested agencies, programs and individuals.

Interested readers can log onto the NIH [Guidelines for the Planning and Management of NIH Consensus Development Conferences](#)² website for more details.

In addition, The Royal Society of Canada has [Expert Panels: Manual of Procedures and Guidelines](#), July 2004 available on-line³. The Manual ([Manual of Procedures and Guidelines](#)) and a methods summary ([Methodology](#)) are available for download as .pdf files:

References

¹Drake, et al. 2001. Implementing evidence based practices in routine mental health service settings. *Psychiatric Services*, 52, 179 – 182.

²Guidelines for the Planning and Management of NIH Consensus Development Conferences <http://consensus.nih.gov/about/intro>

³The Royal Society of Canada for Expert Panels: http://www.rsc.ca/print.php?page=expert_panels&lang_id=1&page_id=65

ONE SKY CONSENSUS PANEL UPDATE

In the Winter 2004 Newsletter, One Sky Center's ongoing efforts to identify American Indian and Alaska Native best practice prevention and treatment approaches were discussed. As a first step, a Consensus Panel of academic scientists, community leaders, and traditional healers convened in October 2004. We are currently in the process of assembling the findings from that

meeting into a monograph to distribute widely for review and comment.

The Consensus Panel participants had a number of significant suggestions about what is needed to move closer to the goal of identifying culturally appropriate best practices for American Indians/Alaska Natives. Virtually everyone agreed that the October meeting was a great first step but that additional meetings and discussions are needed. Some specific recommendations offered include: (1) educate funding agencies about the importance of supporting the development of Native practices and culturally sensitive evaluation practices; (2) provide more education to AI/AN communities about evidence-based practices and how to implement them; and (3) learn more from communities about what is currently in use and where they recognize gaps in services.

In response to these recommendations, the Center for Substance Abuse Treatment (CSAT) in partnership with the One Sky Center is hosting a Best Practices Forum in June 2005 at the annual [Nat'l IHS/SAMHSA and Behavioral Health Conference](#), titled *Weaving Visions for a Healthy Future*, in San Diego, California. The goal of the Best Practice Forum is to gather together communities who are interested in learning more about evidence-based practices with those that are currently implementing and evaluating them so that they can learn from one another. Representatives from state and federal funding agencies will also be present to learn more about how they can help support these efforts.

We are excited about this upcoming meeting and look forward to providing progress updates in future newsletters.

NATIONAL HIGHWAY TRAFFIC SAFETY

Through a grant from the National Highway and Traffic Safety Administration (NHTSA), an inventory of **effective driver safety practices** (targeted to Native adolescents and young adults) is being developed. The aims of the project are to

promote sober and safe driving among AI/AN adolescents and young adults and reduce alcohol-related traffic injuries and fatalities in the AI/AN population.

Work accomplished to date includes:

- A list of high schools and colleges with high native student enrollment (defined by the US Department of Education as 25% or more) was compiled.
- Agencies providing driver safety training and programs were contacted.
- High schools and colleges were contacted via mail to gather information on programs they offer and what problems they see in their community.
- Data collection of programs was begun. Approximately 70 programs are listed to date.

Outcomes of this project will include an inventory of effective traffic safety programs targeted to adolescents/young adults in AI/AN communities, available both in hard copy and in the online One Sky Center Native Programs Database. The hard copy will be sent to all high schools and colleges with 25% or greater Indian student enrollment. Ultimately, schools and communities will be able to find programs targeted to their needs, along with contact information to help them set up training.

SAMHSA: COMMUNITY MENTAL HEALTH SERVICES CENTER

One Sky Center received funding from CMHS to develop an **American Indian/Alaska Native Resource Database for Mental Health Prevention Programs**. The funding supports a survey of mental health, co-occurring disorder, and suicide prevention programs and professional consultants in order to create a resource directory for dissemination to schools with substantial AI/AN enrollment.

There are three parallel arms to the project:

- 1) collection of best practice program information;
- 2) collection of information about professional

consultants; and 3) dissemination targeted to school programs. Dissemination to a large, highly relevant target audience is also planned for the San Diego I H S/SAMHSA conference in June, 2005.

We are working through materials on suicide programs developed in connection with our participation in an international suicide prevention project led by I H S. When complete, the CMHS sponsored products will include:

- Mental health prevention programs will be included on the website's Native Programs Directory at <http://www.oneskycenter.org/oscservices/programs/index.cfm>
- Youth suicide prevention programs that meet evidence-based practice standards
- Identify school systems that would benefit from a resource directory of those programs.
- A Directory of Youth Suicide Prevention Programs for AI/AN will be disseminated to school systems with a student population of 50% or greater AI/AN.

Coincidentally, One Sky Center was involved in responding to a suicide cluster and adapted a community assessment form for suicide prevention. A comprehensive report was subsequently prepared that deals with suicide prevention strategies at the community level.

In addition, we are involved with early crises management strategies at Red Lake and continue to contribute to efforts to provide support there and across Indian Country for high risk youth.

CENTER CLEANSING CEREMONY

On January 21, 2005 One Sky Center was honored with a cleansing ceremony for the offices and the building we occupy. The ceremony was conducted by Mr. Phil Archambeau, Cultural Director at the Native American Rehabilitation Association (NARA), accompanied by the NARA drum. Representatives of the Grand Ronde people were on hand in honor of the land upon which the Center sits. Long anticipated, the ceremony

provided the sense of belonging staff sought for their office spaces.

The occasion also offered staff an opportunity to honor others who share building space with the Center. A potluck brunch, focused on foods of one's culture, was well attended and enjoyed by all present, including Dr. Peter Kohler, President of OHSU, various members of the local Native community and other faculty and staff members from across the campus.



Donovan Redtomahawk and Dr. Larry Murillo



The NARA drum



Drs. Peter Kohler and R. Dale Walker



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