



**TOR** Tribal Opioid Response

**RESOURCE GUIDE**  
*2022*



Published 2022 by:

National American Indian and Alaska Native ATTC  
Tribal Opioid Response Technical Assistance Center  
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The Tribal Opioid Response (TOR) Training and Technical Assistance (T/TA) program has been provided through the National American Indian and Alaska Native Addiction Technology Transfer Center. We started this program in 2018 and it ended in September 2022, when another provider took over the T/TA program.

Many people have made major contributions to the success of this program. I want to thank **JBS International** for being a major collaborator on this project, and I want to especially thank **Pam Baston, MHA**; **Shirley Cain, JD**, (Red Lake Nation); and **JoAnn Rosen, BA**, for being instrumental in the development of [TOR Grantee Success Stories: Prevention, Treatment, and Recovery Innovations in Native American Communities](#), published in 2021.

In the home office, I want to acknowledge **Jeffrey Ledolter, BS**, who was our first manager of the TOR program, as well as **Matt Ignacio, PhD**, **Meg Schneider, BA**, took over management of the program towards the end, and **Kathy Tomlin, PhD**, (Cheyenne River Sioux Nation) facilitated many of the Care & Share sessions, regional meetings, and webinars we offered through the 4-year period.

Finally, I want to especially thank our Co-Director, **Sean A. Bear, 1st, BA**, (Meskwaki Nation), who provided Native cultural informed, and experienced-based input to the discussion of integration of MOUD and cultural practices. **Steven G. Steine, MA, CADC**, program manager of the National AI/AN ATTC, also made important contributions to the development of the program and this document.

This toolkit is our farewell gift to all our tribal collaborators across the country. We want to give a special thanks to the 2018 – 2022 TOR grantees who shared their experiences, knowledge, ideas, and innovations with us and their peers so that the larger Native community may benefit from their collective wisdom.

Our center also wants to thank our Government Program Officers (GPO), with whom we developed a great working relationship. I want to specifically thank our two first GPOs for the TOR grantees: **Amy Romero, MA**, and **William Longinetti, MS**, for a very good working relationship. Furthermore, we always felt very supported by our ATTC GPO, **Humberto Carvalho, MPH**, and **Alec Thundercloud, MD**, (Ho-Chunk Nation), and director of the Office of Tribal Affairs and Policy. We have also very much enjoyed working with our new GPOs, **Paul Kalchbrenner, JD**, and **Brittany Barber-Alexander, MSW**.

**Anne Helene Skinstad, PsyD, PhD**

Program Director, Tribal Opioid Response T/TA program  
Program Director, National AI/AN ATTC



The National American Indian and Alaska Native Addiction Technology Transfer Center has, together with close to 300 tribal communities in 4 cohorts of grantees collaborated on promoting the adoption of Medication for Opioid Use Disorders (MOUD) and facilitated the integrate of MOUD into culturally informed practices. It has been a great journey for all of us, at times challenging, but I think TOR grantees and our staff have learned a lot on this journey.

One of the first things we learned, not surprisingly, was that our TOR collaborators really preferred to meet with us face-to-face, and we were able to meet with  $\frac{2}{3}$  of the first cohort of grantees in Mystic Lake, MN, in April 2019, in the middle of a snowstorm. This was an eye-opening meeting for all of us, and we understood much better how to support TOR recipients on their journey towards success.

Networking and peer support became very important for most TOR grantees from then on. Therefore, we initiated regular regional meetings to give TOR grantees opportunities to share their experiences, both successes and challenges. The topics for the webinars were developed in collaboration with the Government Program Officers and the TOR recipients themselves. However, the most frequently requested topics in any discussions were always the integration of MOUD into culturally informed practices, as well as reducing the stigma towards tribal members with opioid use disorders (OUD).

In the middle of this exciting journey, the COVID-19 pandemic hit the world, and we needed to switch gears on how to provide training and TA to tribal communities. Staff in the National AI/AN ATTC were all very concerned that we were providing appropriate training and technical assistance for the challenging times we all were experiencing. We decided to make sure we provided support in a decolonizing way by listening to the TOR grantees, rather than coming up with suggestions for what would work in their tribal communities. We decided to offer weekly Listening Sessions to the TOR grantees, and we named these session Care and Share through Challenging Times. These sessions became very important for all of us, and they will continue after the end of the grant program as a listening session for all of our ATTC collaborators. What will not continue are the special webinars, regional meetings, and TA programs we have offered to the TOR grantees so far.

We look forward to our continued work with our colleagues providing prevention, treatment, and recovery OUD Services in tribal communities. Our involvement with the TOR program has been a great journey, and tribal communities have shown us what great work they have been doing in providing treatment and prevention services for tribal members with OUD.

Building trusted relationships is very important in tribal communities, as is acknowledging the great work these communities do across the country. Our parting gift to you all is this TOR resource guide that you can access on our webpage and on other virtual channels. Our webpage with all the resources we have developed will also be accessible to TOR grantees through the National AI/AN ATTC site, <https://attcnetwork.org/native>.

Thank you, and best wishes for your continued success.

Anne Helene Skinstad, PsyD, PhD  
Program Director, National American Indian and Alaska Native ATTC

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## INTRODUCTION

Over the past four years, the staff and consultants responsible for providing training and technical assistance to Tribal Opioid Response grantees have been continually impressed and inspired by the determination, resilience, and creativity of TOR programs across the country. It has been an honor and a privilege to be a part of the TOR grantees' journey.

As of Sept. 29, 2022, we will no longer be providing training or technical assistance to TOR grantees. The resource page we created will remain available to all on the National American Indian and Alaska Native Addiction Technology Transfer website (<https://attcnetwork.org/centers/national-american-indian-and-alaska-native-attc/tor-resource-page>), and we compiled this document of additional resources as a farewell gift to the TOR grantees we've worked with over the years. Thank you for the important work you're doing in your communities, and thank you for allowing us to be a part of it.

NOTE: All of the resources in this document, including requests for printed pocket guides, are provided at no charge. To find more resources, please visit these websites:

National American Indian and Alaska Native ATTC:  
<https://attcnetwork.org/native>

National American Indian and Alaska Native MHTTC:  
<https://mhffcnetwork.org/native>

National American Indian and Alaska Native PTTC:  
<https://pttcnetwork.org/native>

National American Indian and Alaska Native Childhood Trauma TSA, Category II:  
<https://www.nativecenter-tsa.org/>

## ADMINISTRATIVE RESOURCES

The resources in this section may help you with the administrative challenges that any program faces, including budget constraints, data collection and reporting, engaging tribal leaders, and coping with barriers that are beyond your control.



### Managing a Limited Budget: Strategies and Resources for Success

Slides: <https://attcnetwork.org/sites/default/files/2022-08/Limited%20Budgets%20%20Making%20Best%20Of.pdf>



### Indigenous Resiliency: Indigenous Ways of Knowing for Thriving Prevention Programs Workshop series

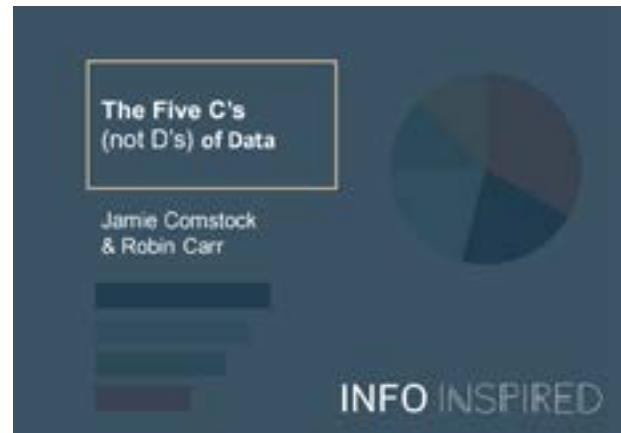
This series explored how to build resilience into everyday thinking and actions so that important activities will thrive even after the funding has diminished. Our framework includes five essential pillars: Internal Support, Resource Development, Partnership Development, Data Collection and Marketing and Outreach. A strong, evidence-based program is the foundation for these pillars.

Slides and recordings: <https://pttcnetwork.org/centers/national-american-indian-alaska-native-pttc/indigenous-resiliency-indigenous-ways-knowing>



The American Medical Association (AMA) and Manatt Health recently released a toolkit to guide states on removing barriers to evidence-based patient care. Download the toolkit: <https://attcnetwork.org/centers/national-american-indian-and-alaska-native-attc/product/state-toolkit-end-nations-drug>

## ADMINISTRATIVE RESOURCES (con't)



In this 90-minute virtual training, participants learned skills to present data in a manner that best resonates with their audience, including how to:

- Choose the most effective chart for their data
- Use color for emphasis and action
- Use data in context for maximum (and realistic) impact
- Reduce clutter so data insights can be easily understood

Slides: <https://pttcnetwork.org/sites/pttc/files/2022-09/PTTC%205C%27s%20Not%20D%27s%20of%20Data%202022%20.pdf>



**Pocket Guide: Engaging Tribal Leaders and Other Tribal Stakeholders for Prevention Efforts**

Web version: <https://pttcnetwork.org/sites/pttc/files/2020-09/web%20version%20-%20Engaging%20tribal%20leaders.pdf>

To order hard copies, email Meg Schneider at [meg-schneider@uiowa.edu](mailto:meg-schneider@uiowa.edu)

## MENTAL HEALTH RESOURCES

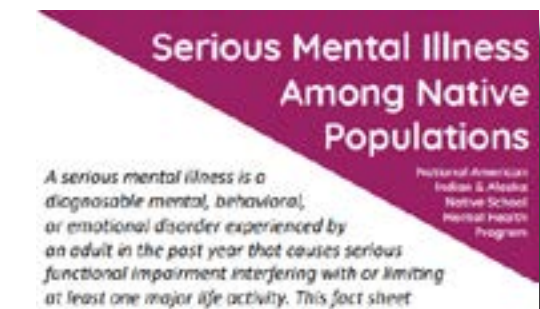
This section includes resources to help with self-care, utilizing Native medicines and ceremonies to promote good mental health, and integrating Western-based practices with Indigenous ways of knowing.



**“Two-Eyed Seeing” - The Synergism between Native Traditions and Western Science**

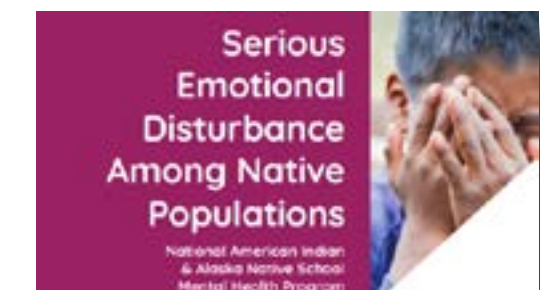
Recording: <https://www.youtube.com/watch?v=BcOuds55Txg>

Slides: [https://mhttcnetwork.org/sites/mhttc/files/2021-11/NA-IAN\\_MHTTC\\_TwoEyedSeeing.pdf](https://mhttcnetwork.org/sites/mhttc/files/2021-11/NA-IAN_MHTTC_TwoEyedSeeing.pdf)



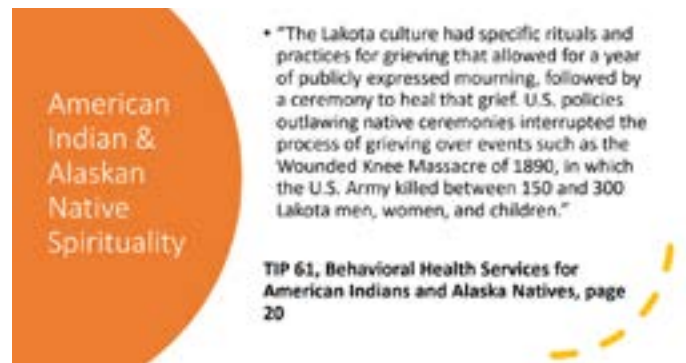
The K-12 Program created fact sheets for both Serious Mental Illness (SMI) and Serious Emotional Disturbance (SED) to educate individuals on the data surrounding SMI and SED in Native populations and to share best practices for working with Native peoples living with SMI and Native children and youth with SED.

Download both fact sheets here: <https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/product/fact-sheets-serious-emotional>





# MENTAL HEALTH RESOURCES (con't)



“The Role of Spirituality” webinar offered insights on how connecting with one’s spirituality is essential for protecting and enhancing mental health.

**Recording:** <https://www.youtube.com/watch?v=bQxYm-Lhly7A>

**Slides:** [https://mhttcnetwork.org/sites/mhttc/files/2021-10/MHTTC\\_AIAN%20Mental%20Health\\_The%20Role%20of%20Spirituality.pdf](https://mhttcnetwork.org/sites/mhttc/files/2021-10/MHTTC_AIAN%20Mental%20Health_The%20Role%20of%20Spirituality.pdf)



**Self-help and Self-care Resources.** This document provides information on self-help and self-care resources for Native Americans and Alaska Natives.

<https://mhttcnetwork.org/sites/mhttc/files/2021-03/NAIAN%20MHTTC%20Self%20Help%20-%20Self%20Care.pdf>



**Motivational Interviewing with Cultural Practices.** This page has multiple slides and recordings of MI training sessions, as well as a downloadable pocket guide for Motivational Interviewing in Native American Communities.

<https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/motivational-interviewing-culturalSelf%20Care.pdf>

To order hard copies of the pocket guide, email Meg Schneider at [meg-schneider@uiowa.edu](mailto:meg-schneider@uiowa.edu)

# PREVENTION RESOURCES

This section includes resources to help create and sustain effective prevention programs, from a detailed table listing prevention programs specifically designed for Indigenous communities to tips on practicing cultural humility.

Title	Evidence-Based, Evidence-Informed, Practice Implications, Culturally-Informed, Best Practice/Innovation	Descriptions	Links
CulturalCard: A Guide to Build Cultural Awareness/ American Indian and Alaska Native (Summary)	Culturally-informed	This guide is intended to serve as a general briefing to enhance cultural competence while providing services to AI/AN communities. The CulturalCardHubs ensure providers recognize the Five Elements of Cultural Competence which include understanding the range of identities that result from the intersection between aspects of different cultures, ability to adapt to individual circumstances and programs to fit the cultural context of the individual, family, or community. Other elements of cultural competence are shared on the CulturalCard as well as facts which help shape myths about AI/AN groups, including the myth that AI/AN have the highest rates of alcoholism. This card also helps understand what sovereignty, cultural customs, spirituality, regional/cultural differences, role of elders, strengths in AI/AN communities, historic trauma, cultural identity, and communication styles. Health and wellness challenges are highlighted with prevention and intervention efforts for each shared including supporting/leveraging strengths of the community resources for individual and family clinical interventions.	CulturalCard: A Guide to Build Cultural Awareness/ American Indian and Alaska Native <a href="https://mhttcnetwork.org/sites/mhttc/files/2021-10/CulturalCard%20AIAN%20Summary.pdf">https://mhttcnetwork.org/sites/mhttc/files/2021-10/CulturalCard%20AIAN%20Summary.pdf</a>

## Native Prevention Repository Table

This table includes the name and description of prevention programs designed specifically to serve AI/AN populations. These Native-specific programs are categorized by population groups, including youth, adults, families, and pregnant women, among others. Prevention categories include substance use, NAS, suicide, violence (including dating and sexual), teen pregnancy, truancy, and a few others. There also is a subset of prevention programs that, although not designed specifically for Native Americans, have a component available for Native Americans and/or were studied in a Native American population.

Also included is a rating system (evidence-based, best/promising practice, contains cultural practice implications, etc). Finally, there are links for each program included in the final column of the table.

Native-specific programs are highlighted in light orange and light blue. The programs that have a component and/or were studied in Native populations are in gray and yellow.

Download the table: <https://pttcnetwork.org/sites/pttc/files/2021-10/Repository%20of%20Native%20American%20Prevention%20programs.pdf>



This pocket guide outlines the importance of using strength-based, instead of deficit-based, approaches in prevention programs for AI/AN communities.

Web version: [https://pttcnetwork.org/sites/pttc/files/2022-01/Strength-based%20vs%20deficit-based.FINAL\\_.pdf](https://pttcnetwork.org/sites/pttc/files/2022-01/Strength-based%20vs%20deficit-based.FINAL_.pdf)

To order hard copies, email Meg Schneider at [meg-schneider@uiowa.edu](mailto:meg-schneider@uiowa.edu)

## PREVENTION RESOURCES (con't)



Pocket Guide: Youth Substance Use Prevention and Awareness in Native Communities

Web version: <https://mhcnetwork.org/sites/mhcnetwork/files/2021-10/Youth%20Subs%20Use%20Prevention%20Card.pdf>

To order hard copies, email Meg Schneider at [meg-schneider@uiowa.edu](mailto:meg-schneider@uiowa.edu)



**Pocket Guide: Culture is Prevention.** Topics include: intervention for Native youth's mental health, substance abuse, suicidality, and practice-based evidence.

Web version: [https://ptcnetwork.org/sites/ptcnetwork/files/2019-06/web%20version%20-%20Culture%20is%20Prevention\\_0.pdf](https://ptcnetwork.org/sites/ptcnetwork/files/2019-06/web%20version%20-%20Culture%20is%20Prevention_0.pdf)

To order hard copies, email Meg Schneider at [meg-schneider@uiowa.edu](mailto:meg-schneider@uiowa.edu)



**Pocket Guide: Connecting Prevention Specialists to Native Communities.** Topics include: cultural connectedness (spiritual activity, cultural identity, and traditional activity), and cultural humility.

Web version: <https://ptcnetwork.org/sites/ptcnetwork/files/2019-05/Connecting%20Prevention%20Specialists%20to%20Native%20Communities-web.pdf>

To order hard copies, email Meg Schneider at [meg-schneider@uiowa.edu](mailto:meg-schneider@uiowa.edu)

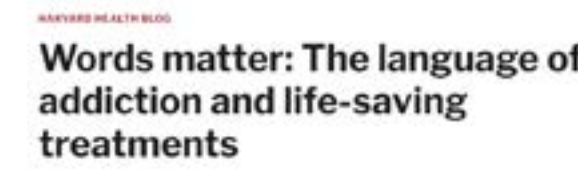
## STIGMA-RELATED RESOURCES

These resources include information on reducing the stigma associated with substance use and mental health disorders and treatment, along with a pocket guide on practicing culturally informed motivational interviewing.

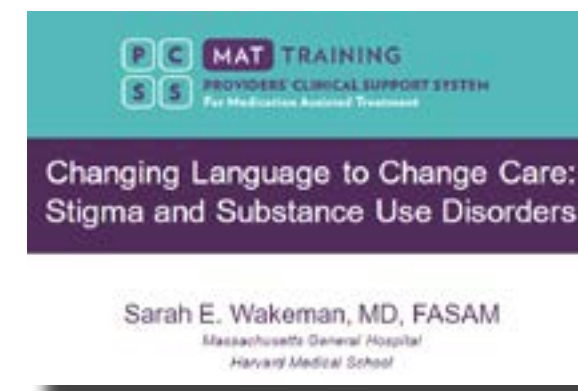


This 2006 paper from the journal *Issues in Mental Health Nursing* has been cited 50 times in other research.

Download the full paper: [https://www.researchgate.net/publication/7484421\\_Stigma\\_of\\_mental\\_illness\\_among\\_American\\_Indian\\_and\\_Alaska\\_Native\\_Nations\\_historical\\_and\\_contemporary\\_perspectives](https://www.researchgate.net/publication/7484421_Stigma_of_mental_illness_among_American_Indian_and_Alaska_Native_Nations_historical_and_contemporary_perspectives)



Read the perspective of Sarah Wakeman, MD, FASAM, medical director of the Mass General Hospital Substance Use Disorder Initiative: <https://www.health.harvard.edu/blog/words-matter-language-addiction-life-saving-treatments-2016081510130>



More from Dr. Wakeman: "Changing Language to Change Care: Stigma and Substance Use Disorders" from the Providers Clinical Support System <https://umkc.app.box.com/s/oja1furw6i434axc055d9mv-jxzss002i>



## STIGMA-RELATED RESOURCES (con't)

### ATTC Messenger April 2018: Destroying Addiction Stigma Once and For All: It's Time!

April 2018  
 Continuing Education Update (New and For All) 22 Pages  
 Registration: \$8.00  
 Director, Continuing Education  
 College of Rehabilitation and Health Sciences  
 Jacksonville University  
 Register has gone live! To learn more about this 22-page, free e-newsletter for professionals in the field for nearly 20 years, featuring numerous profiles of a national group of diverse individuals across the country, click the link below. Today's news and events are free to view online. Messages and digital materials are not downloadable and will only view on the general public.  
 Why despite the abundance of digital, social, and educational technologies, can we not seem to reach our citizens and change public perceptions? What needs to happen to address this? Join us for a free webinar with other national leaders who have created, delivered, or received it.

Read the perspective of Flo Hilliard, MS, director of continuing education at Jackson University College of Rehabilitation and Health Sciences:  
<https://attcnetwork.org/centers/attc-network-coordinating-office/attc-messenger-april-2018-destroying-addiction-stigma-once>



**Pocket Guide: Spirit of Communication: Motivational Interviewing in Native American Communities.** Topics include the OARS approach (Open-ended strategies, Affirmation, Reflective Listening, Summary), the Four Flavors of Ambivalence, and Motivational Interviewing change processes.

Web version: <https://mhffcnetwork.org/centers/national-american-indian-and-alaska-native-mhffc/product/pocket-guide-spirit-communication>

To order hard copies, email Meg Schneider at [meg-schneider@uiowa.edu](mailto:meg-schneider@uiowa.edu)

## TRAUMA-RELATED RESOURCES

Historical, generational, and acute trauma may all be co-occurring issues for those with opioid use disorder. The following resources are from the National American Indian and Alaska Native Childhood Trauma TSA, Category II. You can find additional resources on their website: <https://www.nativecenter-tsa.org/>



**Fact sheet: Trauma and Healing in AI/AN Communities.** Topics include: defining trauma, including PTSD, and how to identify it; healthy ways to heal; and resources for those in crisis.

**Download:** [https://www.nativecenter-tsa.org/files/ugd/e6acf4\\_b6f3697717714641b12ae08adb431054.pdf](https://www.nativecenter-tsa.org/files/ugd/e6acf4_b6f3697717714641b12ae08adb431054.pdf)

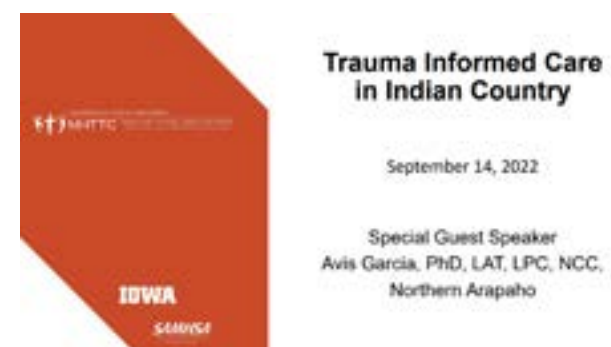


**The Impacts of Trauma in the Brain: A Holistic Behavioral Health Discussion.** Trauma changes the brain by releasing stress hormones and sending a distress signal to the hypothalamus and prompting the "flight or fight" response.

**Recording:** <https://www.youtube.com/watch?v=Knlljiqg1cE>

**Slides:** <https://attcnetwork.org/sites/default/files/2022-07/%20The%20Impacts%20of%20Trauma%20In%20The%20Brain%20Slides.pdf>

**Supplemental handout: Internal Family Systems Overview**

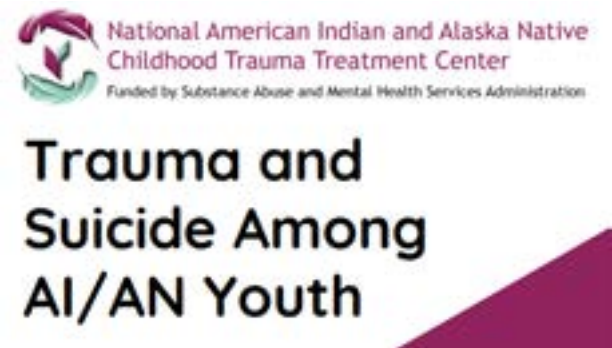


**Trauma-Informed Care in Indian Country.** Learn how trauma can be passed down through generations, how it affects those with SUDs, and how trauma-informed care can help.

**Slides:** <https://mhffcnetwork.org/sites/mhffc/files/2022-09/Trauma%20Informed%20Care%20091222%20Garcia.pdf>

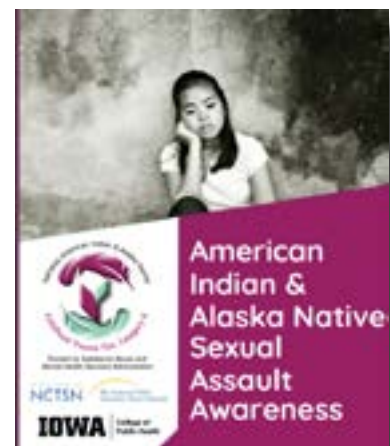


# TRAUMA-RELATED RESOURCES (con't)



**Fact sheet: Trauma and Suicide Among AI/AN Youth.** Topics include: Adverse Childhood Experiences (ACEs), protective factors, and traditional healing practices.

**Download:** [https://www.nativecenter-tsa.org/files/ugd/e6acf4\\_bd20236ee6be41efadaf9c-b9994703e3.pdf](https://www.nativecenter-tsa.org/files/ugd/e6acf4_bd20236ee6be41efadaf9c-b9994703e3.pdf)



**Fact sheet: AI/AN Sexual Assault Awareness.** Topics include: defining sexual assault, how AI/AN people are affected by sexual assault, defining consent, setting boundaries, self-care, and resources for those in crisis.

**Download:** [https://www.nativecenter-tsa.org/files/ugd/4107b1\\_1e5bddb612b04c48ac4ee9a1fbf-8d8a9.pdf](https://www.nativecenter-tsa.org/files/ugd/4107b1_1e5bddb612b04c48ac4ee9a1fbf-8d8a9.pdf)



**Informational video on AI/AN historical and generational trauma. Approx. 4 minutes.**

**Watch:** <https://www.nativecenter-tsa.org/resources>

**“You already possess everything necessary to become great.”**

*- Crow proverb*