



TRADITIONS OVER ADDICTIONS: REDUCING ALCOHOL MISUSE AMONG THE ALABAMA- COUSHATTA TRIBE OF TEXAS

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BACKGROUND INFORMATION

Alabama-Coushatta Tribe of Texas

- Located in East Texas - Livingston, TX
 - 90 miles north of Houston
- Approx. 1,433 enrolled members
 - 649 living on reservation
 - 789 living off-reservation



INDICATORS OF NEED

2015 Community Health Assessment (n=122):

- 23% of the tribal community stated they consumed alcohol anywhere from once a month to 3 to 4 times a week. (n=79 no; n=26; yes)
- 80 out of 110 Individuals Indicated that substance abuse prevention was a health behavior that the tribal community needed more Information about.
- Key Informant Interviews noted that alcohol & drug abuse are problems most affecting the community, along with the need for programs to address the problem.



WEHATILKAMO KOLIKALOCHI PROGRAM



PROPOSED APPROACH

Goal of Wehatilkamo Kolikalohchi Program

- Increase prevention activities to reduce excessive alcohol consumption & promote positive health behaviors among the Alabama-Coushatta Tribal citizens who are 26 years and older, and their families
 - Incorporate cultural & traditional values through various activities.



PROPOSED APPROACH

Objectives

Based on:

- Education
- Cultural Awareness
- Training & capacity building

Long-term objectives

- 25% of A/C Tribal Citizens, age 26 +, will have participated in culturally focused substance abuse prevention programming.
- Implementation of peer-to-peer alcohol misuse programs to reduce excessive alcohol consumption.



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PREVENTION & RECOVERY THROUGH CULTURE

Alabamu - Koasati Traditional Culture

Activities

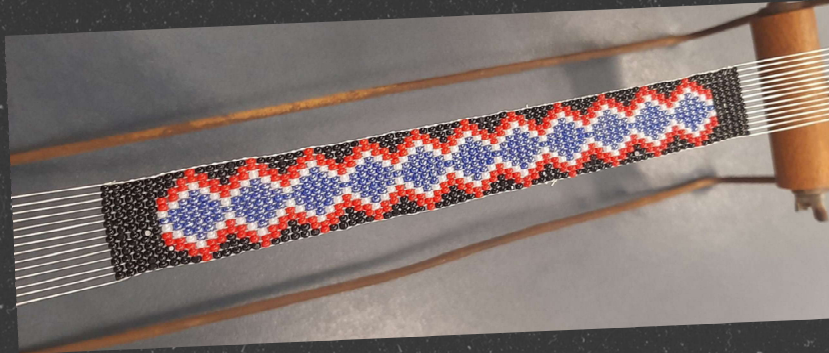
- Pine needle baskets
- Moccasin making

Modern Day

- Applique bags
- Ribbon skirts
- Beading (earrings, hats, wristlets, keychains)
- Star quilts



PREVENTION & RECOVERY THROUGH CULTURE



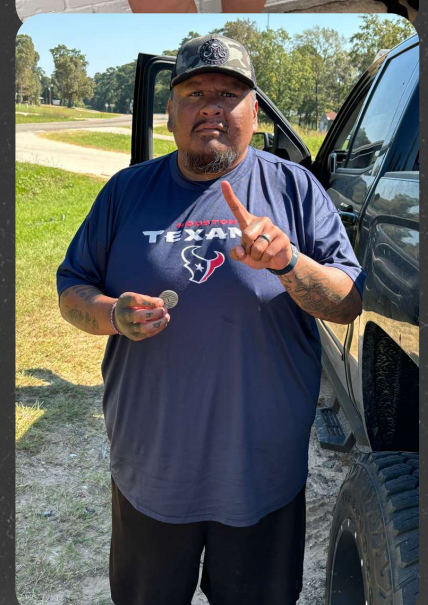
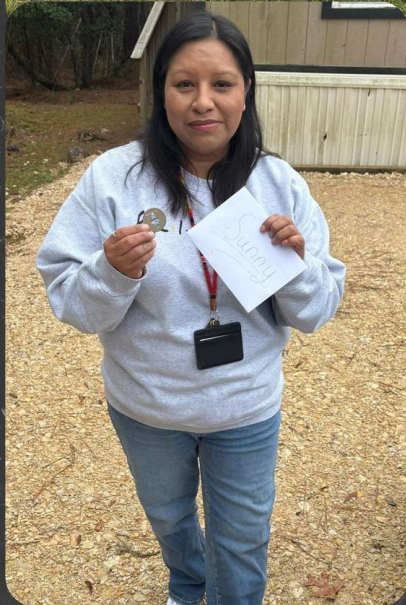
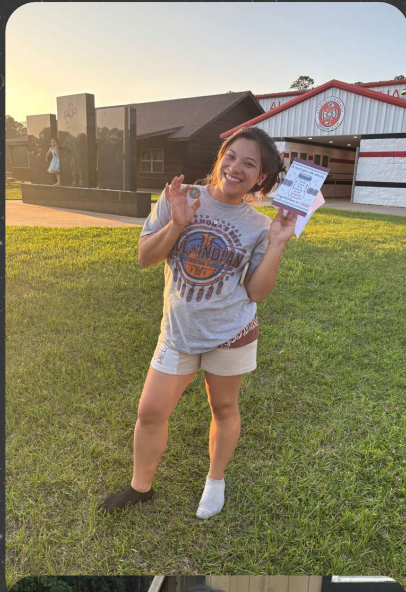


**THE ROAD
TO..**

**THE ROAD TO
RECOVERY ISN'T
ALWAYS STRAIGHT
BUT...**

The image features a dark gray background with four stylized, jagged borders in the corners. Each border is composed of three parallel lines in red, white, and black, creating a sharp, geometric pattern.

**RECOVERY IS POSSIBLE
& IT'S HAPPENING!!**



RECOVERY IS POSSIBLE & IT'S HAPPENING!!!

- Hini Lamutki - The Straight Road
 - Wellbriety / Talking circles
- Peer support
 - Family & community support
- Behavioral Health



RECOVERY IS POSSIBLE THROUGH..

**Hini Lamutki - The Straight Road
Wellbriety**



HINI LAMUTKI - THE STRAIGHT ROAD

**SOBRIETY
TALKING CIRCLE**

Medicine Wheel/12- Steps Program/ Wellbriety

Monday Evenings

Beginning @ 6PM

RECOVERY IS POSSIBLE THROUGH..

Peer Support

- Never alone
 - Family & community support
- Sharing own journey
- Sharing resources
- “We can have fun without
Involving alcohol or drugs”



**“A SOBER LIFE IS NOT A
BORING LIFE”**

RECOVERY IS POSSIBLE THROUGH..

Behavioral & Mental Health

- Life happens
 - Day 1 or 1 day
- “Take It One Day at a Time”

“you are”
NOT ALONE
“in this”

IT'S OKAY
to not be
OKAY

It's okay
to have
BAD DAYS

KEY PROJECT SUCCESSES

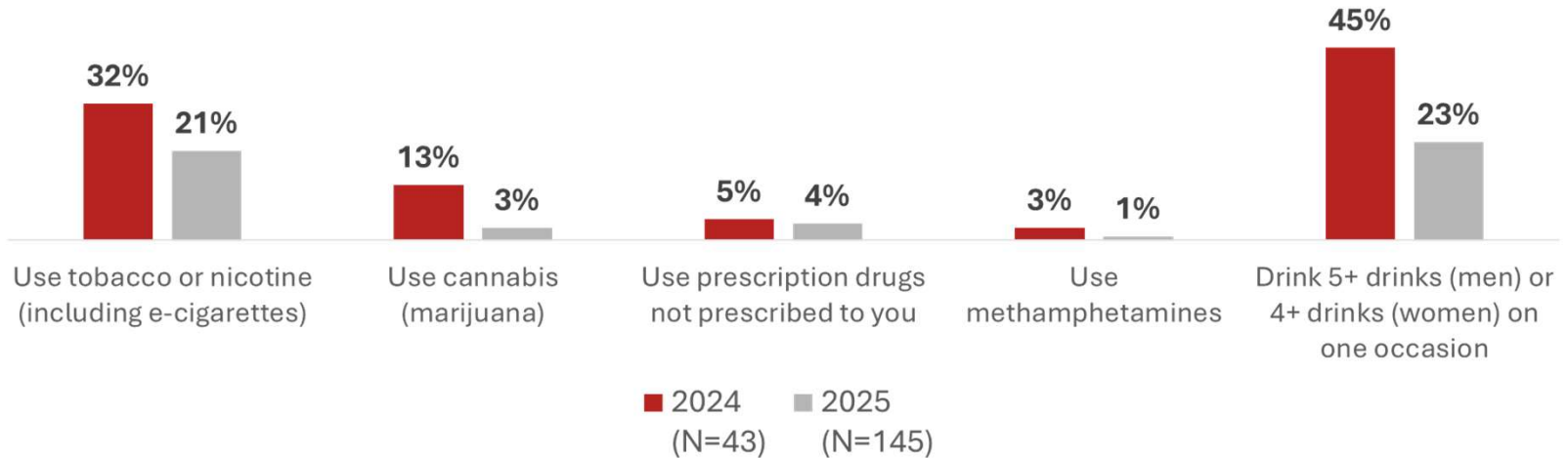
- Past 30-day Substance Use
 - Perceived Risk
 - Mental Health
 - Talking Circle Highlights
 - Culture Class Highlights
-
- Preliminary findings are based on community and participant feedback collected through the project period:
 - Annual Community Survey
 - Talking Circles Survey
 - Culture Class Survey



KEY PROJECT SUCCESSES

Past 30-day Substance Use

Past 30-day use decreased for all substances from 2024 to 2025, with the greatest difference in binge drinking



KEY PROJECT SUCCESSES

Perceived Risk

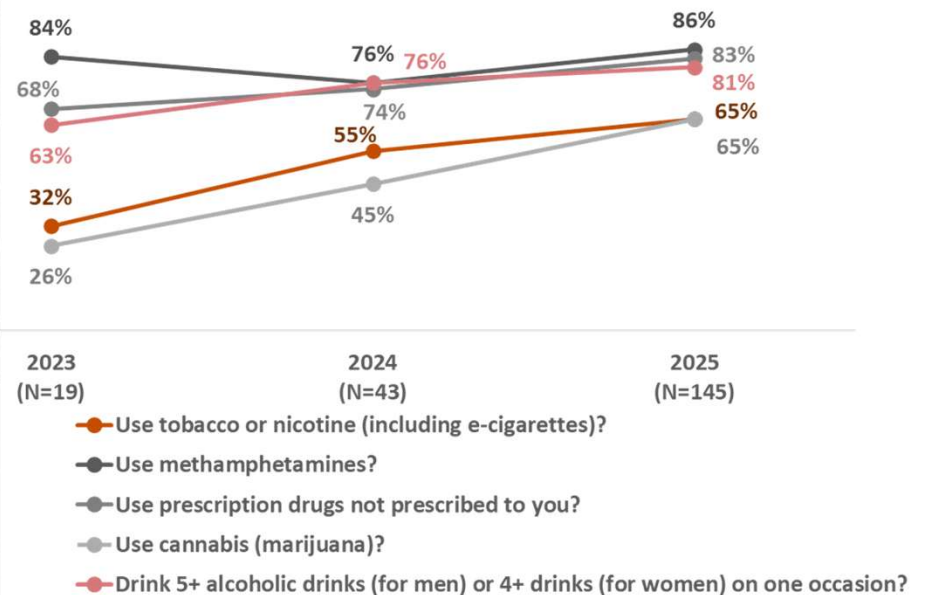
Perceived harm increased from 2023 to 2025

(Fewer respondents believed these behaviors carry little or no risk)

- Tobacco/Nicotine 32% → 65%
- Methamphetamine 84% → 86%
- Prescription Drug Misuse 68% → 83%
- Cannabis 26% → 65%
- Binge Drinking 63% → 81%

More community members seem to be recognizing the dangers associated with substance use.

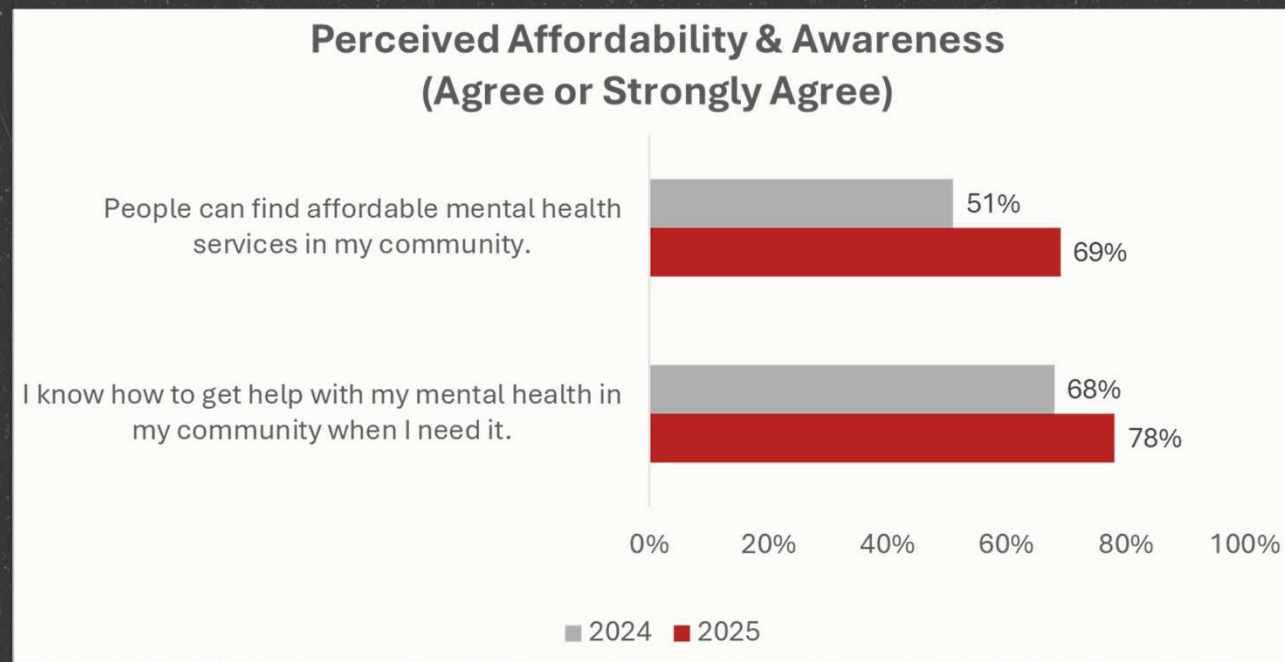
"How much do you think people risk harming themselves (physically or in other ways) when they..." (Great/ Moderate risk only)



KEY PROJECT SUCCESSES

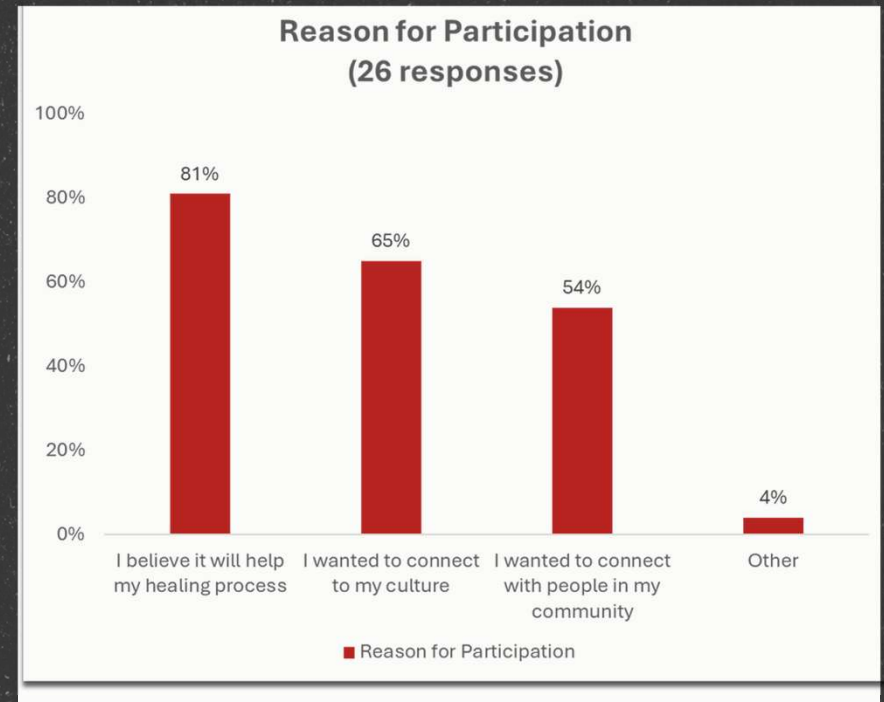
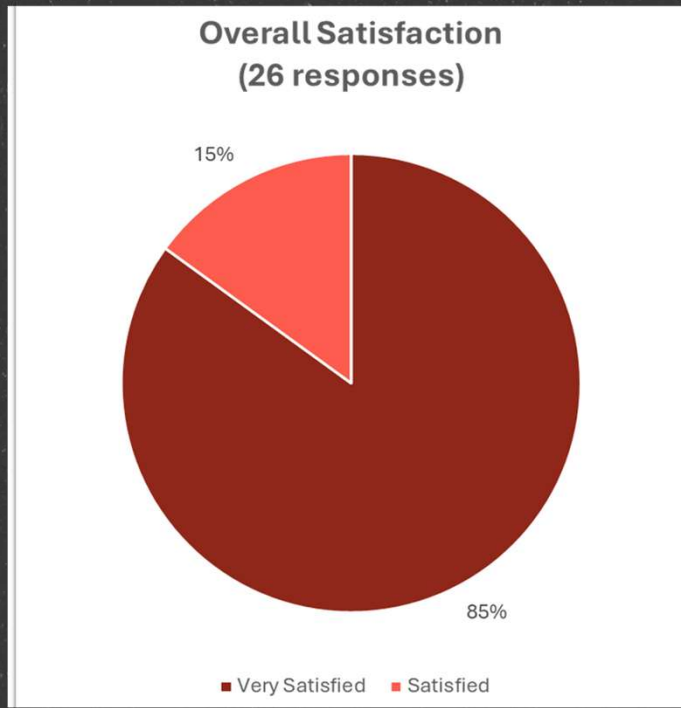
Mental Health

In 2025, more respondents agreed that affordable mental health services could be found in their community and that they knew how to get mental health support when they need it.



KEY PROJECT SUCCESSES

Talking Circle Highlights

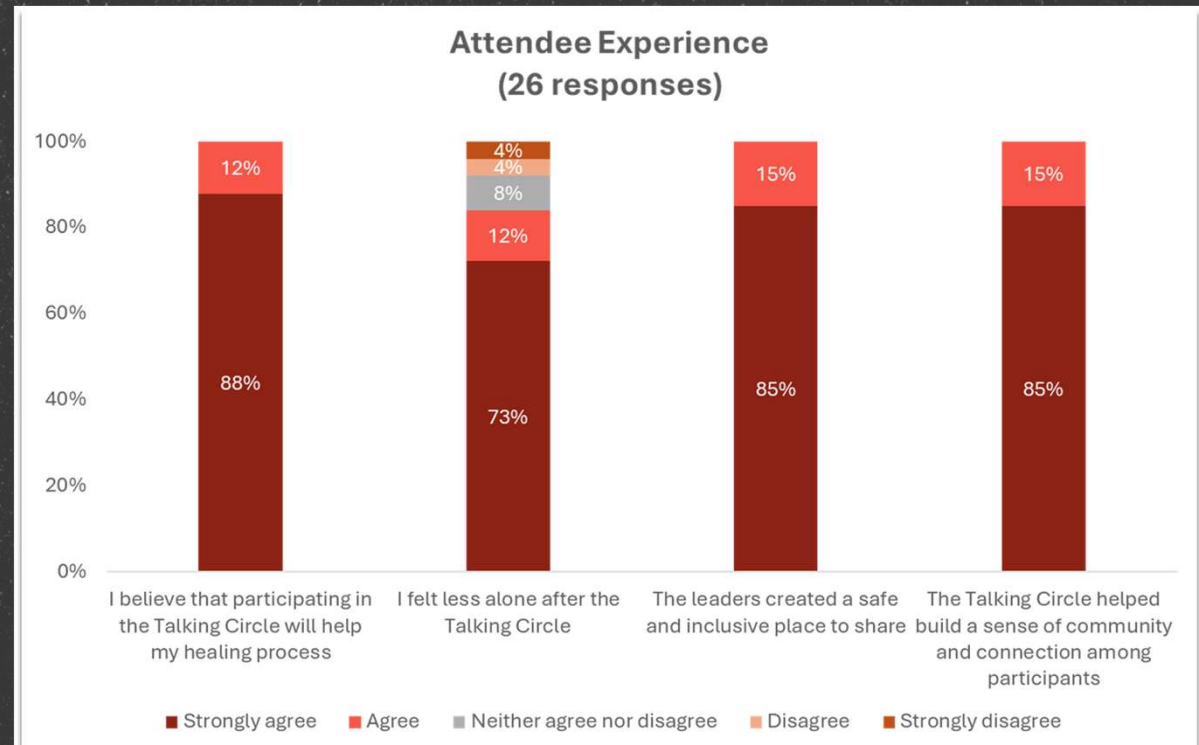


KEY PROJECT SUCCESSES

Talking Circle Highlights Cont'd

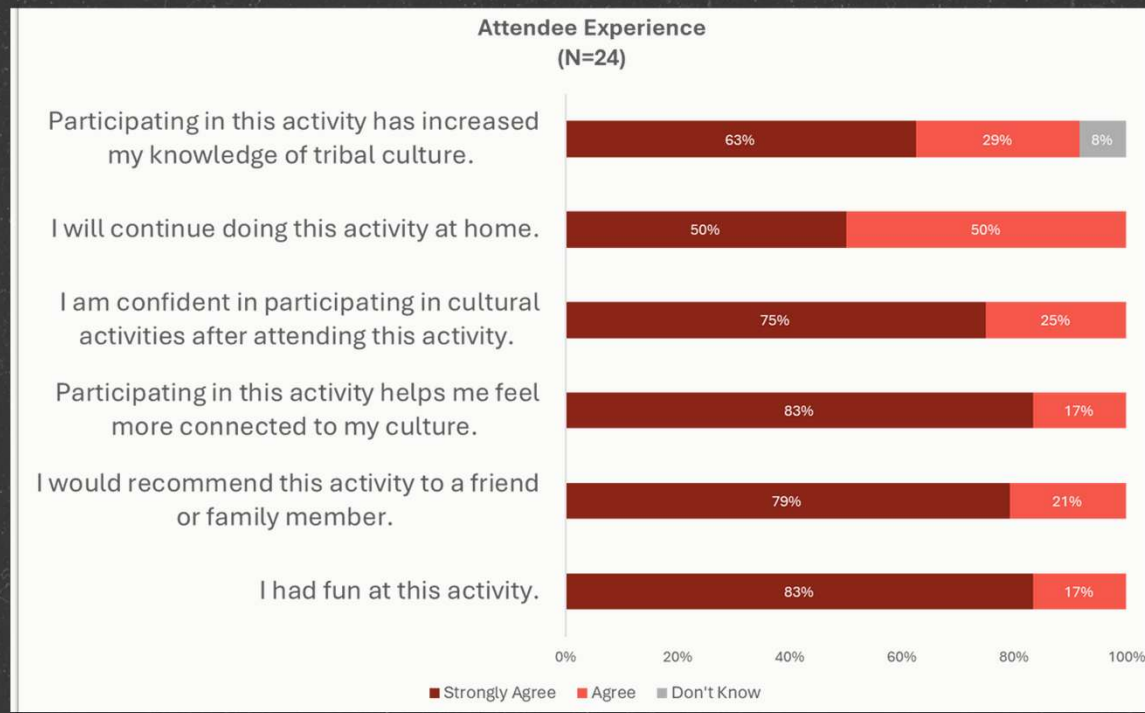
100% of respondents reported:

- The belief that participating would help their healing process
- The Talking Circle helped build a sense of community/connection
- Leaders created a safe/inclusive place to share.



KEY PROJECT SUCCESSES

Culture Class Highlights



Attendees also had a positive experience with culture classes, reporting that the activity helped them increase their knowledge and feel more connected to their tribal culture.

KEY PROJECT SUCSESSES

Culture Class Highlights Cont'd

Respondent feedback about their favorite part of the activities:

Learning New Skills

- “I’ve always wanted to learn to bead. Thank you for this class.”

Cultural Connection

- “Getting to do traditional things amongst my tribal people.”

Social Connection & Camaraderie

- “I liked the interaction with the other community members in the class and the laughs and just seeing each other make something beautiful.”

Supportive & Comfortable Environment

- “The environment was very comforting, and everyone was willing to help each other.”

LESSONS LEARNED, KEY TAKEAWAYS, UNEXPECTED OUTCOMES

- Negative Nancy's
- Things don't always go as planned
- Life happens
- You can't help people who do not want the help
- Slow progress is better than no progress

KEEP
MOVING
FORWARD



WHAT WE HOPE TO SEE CONTINUE

- More turning to recovery
- Increase in peer support specialists





T-SHIRT TIME!!

Trivia Questions



What is the name of our program?

****Bonus: If you can say the full title in
Alabamu language****

Answer:

**WKP or Wehatilkamo
Kolikahochi Program**

**What is the name of our Wellbriety /
Talking Circle?**

Answer:

Hini Lamutki / The Straight Road

QUESTIONS??



Aliilamoolo /

Aliilamo

THANK YOU!

