

# Recovery Rooted in Culture

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Trail of Tears National Historic Trail  
National Trails System

Factors that contribute to the increased risk of Substance Misuse and Mental Health Issues among Native Americans:

- Historical trauma.
- Violence (including high levels of gang violence, domestic violence, and sexual assault).
- Poverty.
- High levels of unemployment.
- Discrimination.
- Racism.
- Lack of health insurance.
- Low levels of attained education.

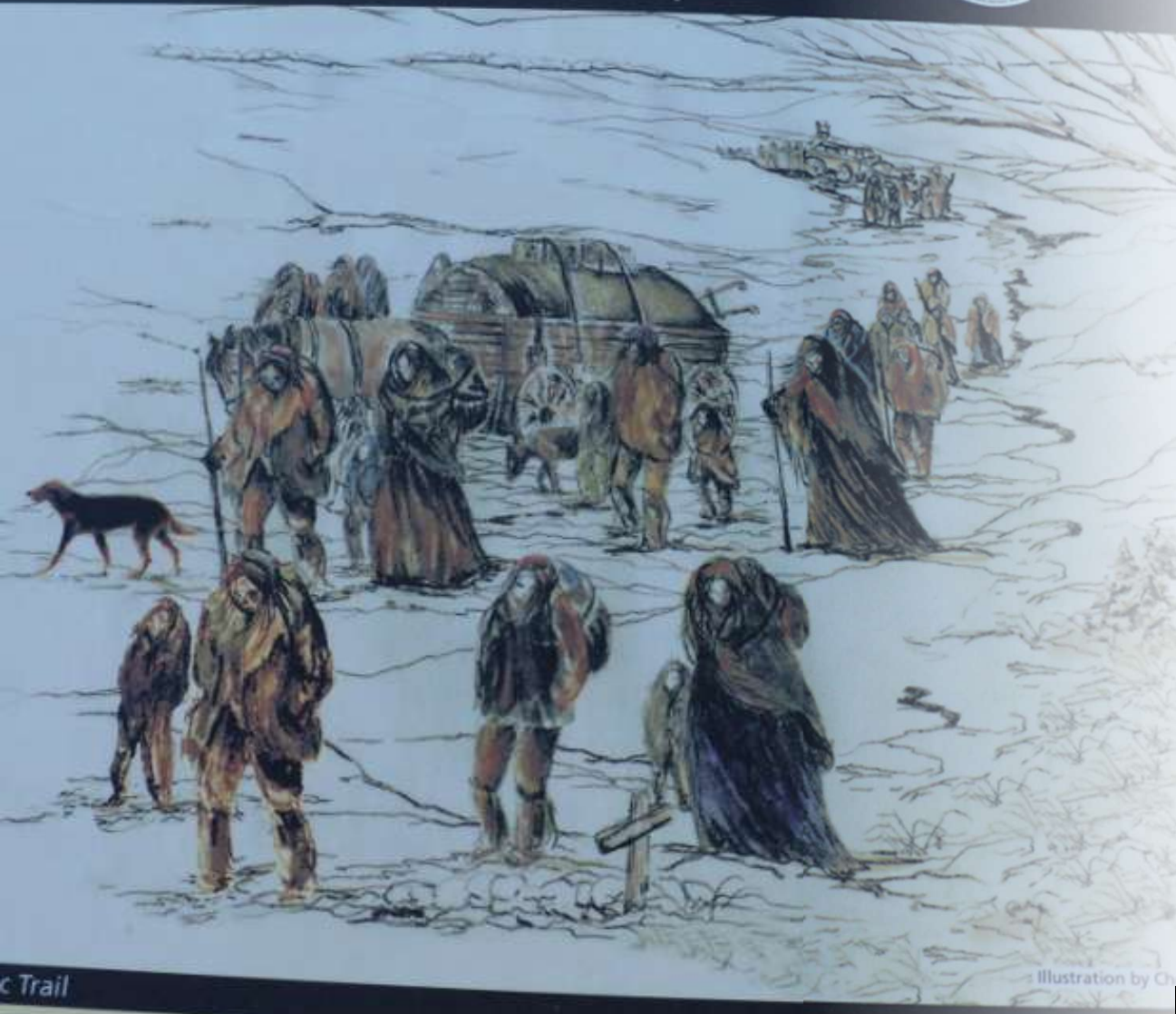


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- **Consequences of Substance Abuse**
- High dropout rates
- DV/violence
- Chronic health issues
- Suicidal behavior
- High rates of drug/alcohol-related incarcerations

## Number of Drug Overdose Deaths by Intent in South Carolina

2020	2021	2022	2023
1734	2168	2296	2157
1652	2077	2204	2062
70	71	78	77

Total

Unintentional

Suicide

# Trauma and substance use disorders

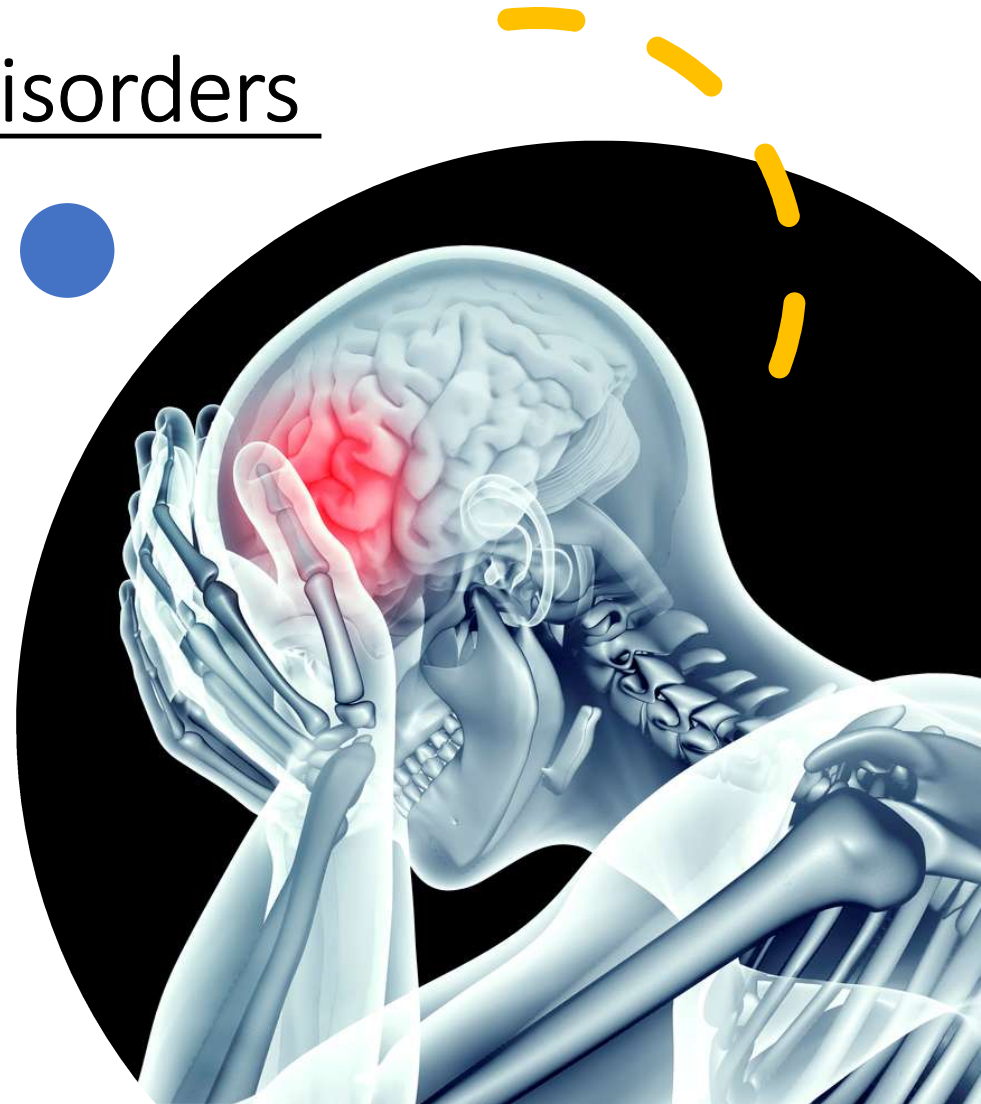
Self-Medication Theory

Brain Changes

Mental Health Impact

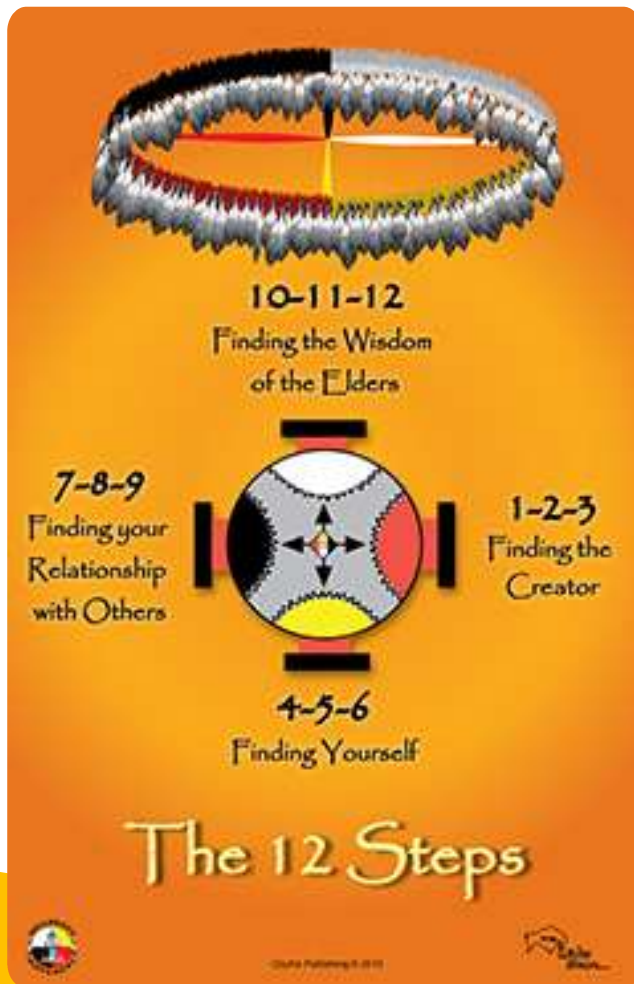
Childhood Adversity

Reciprocal Relationship

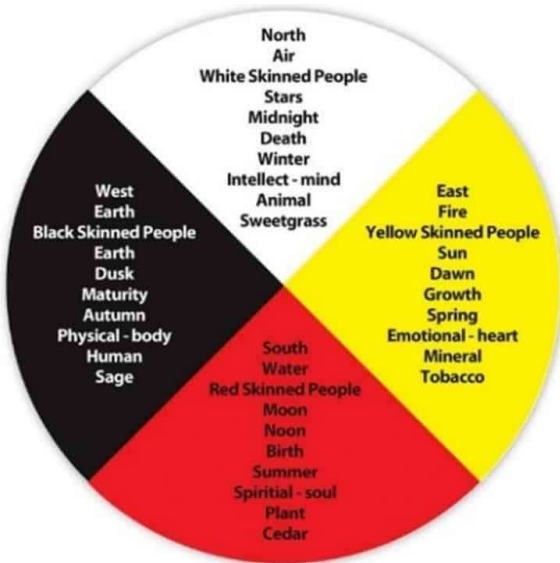


# Recovery the Native American Way

- Holistic approach to healing from addiction that deeply incorporates traditional Native American cultural practices, spirituality, community support, and ceremonies.



## Key aspects of Native American recovery:



### The Medicine Wheel:

A symbolic representation of the four directions (East, South, West, North) used to understand balance and interconnectedness in life, often utilized in healing ceremonies to address different aspects of oneself.

### Talking Circles:

A group discussion where everyone has the opportunity to share their experiences and perspectives in a respectful and supportive environment. (use of talking stick)

### Ceremonies:

Traditional rituals like sweat lodges, vision quests, and pipe ceremonies to connect with spirituality and promote healing.

### Community Support:

Strong emphasis on the role of family, tribe, and community in the recovery process.

### Addressing Historical Trauma:

Recognizing and working through the impacts of colonization and cultural disruption on addiction rates.

### Connection to Nature:

Spending time outdoors and engaging with the natural world as a way to foster healing and grounding (sacred fires, canoeing, gardening)

### Traditional Cultural Practices:

Pottery, drumming/dancing, beadwork, basket making, story telling, etc.



## What Types of Programs/Treatment Services Are Available?

- Stabilization
- Inpatient Treatment
- Outpatient Treatment
- Catawba Nation Intensive Outpatient Program
- Life Skills Training
- Individual Counseling
- Family Education and Counseling Services
- Cultural/Ceremonial Support (smudging, sweat lodge, drum assisted therapy, language, cultural arts)



## HARM REDUCTION MEASURES

Overdose Training  
Narcan Distribution  
Fentanyl/Xylazine Test Strips  
Harm Reduction Kits  
Harm Reduction Vending Machine  
Peer Programs  
Community Education



# Behavioral Health's Newest Harm Reduction Initiative



Division of Health & Human Services

## HARM REDUCTION VENDING MACHINE



### WHAT IS HARM REDUCTION?

Harm Reduction is a broad term that applies to policies, programs, and practices that aim to minimize the health, social, and economic consequences of substance abuse. This harm reduction approach is designed to meet individuals where they are, whether they're struggling with substance use or facing other challenges

### WHAT DOES THIS DO FOR OUR COMMUNITY?

Harm Reduction Vending Machines reduce the spread of infectious diseases, prevent overdose deaths, promote safer drug use, and provide vital resources to vulnerable populations. This approach focuses on improving overall health and safety in the community while respecting individual dignity and offering critical support, as well as respecting the privacy of the individual needing the items.

### HOW DID WE GET THIS VENDING MACHINE?

The Carolinas CARE Partnership has donated a vending machine to the Catawba Nation to support our efforts in combating substance use disorder on the Reservation and to save lives. This harm reduction vending machine will be available to our citizens 24/7. It will be closely monitored and managed by the Behavioral Health Department and the Catawba Nation Tribal Police Department (CNTPD) to ensure





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