Tribal Harm Reduction

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Biography

Workshop Instructor, Medicine Circle Leader, Speaker and Women’s Native Drum Lead, and Mistress of Ceremony.

Work Experience:
State of California Employment Development Department, Indian Human Resource Center, Southern California American Indian Resource Center, American Indian Apprenticeship Program, Sycuan Inter-Tribal Vocational Rehabilitation Program, Building Iipay Nation Santa Ysabel Tribe, Alpine American Indian Education Chairperson, Harm Reduction Coalition of San Diego, Tribal Liaison, and Founder and Executive Director of Natives in Recovery, Inc.

Education and Certifications:
A.A. Organizational Leadership from National University Firestarter Certification from Wellbriety Institute Alcohol and Drug Certification from Marste College Tribal Vocational Rehabilitation Certification from Northwest Indian College
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Learning Objectives

At the end of this presentation, participants will be able to:

• Define harm reduction in the context of tribal youth communities.
• Learn how to communicate about harm reduction and address concerns of stigma during outreach.
• Identify resources and tools to support harm reduction in tribal communities.
What is Harm Reduction?

• Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs. - National Harm Reduction Coalition

• Harm reduction can be applied to any behaviors that have an impact on individual and community risk.
Why is There a Need for Harm Reduction?

- A realistic, effective response to disease and disproportionate death of marginalized communities
- Challenge to stigma that can alienate people and cause unnecessary death
- Educate people on how to respond to overdose
- Provide the tools and resources to save the lives of our friends and families
- Empower people to help Native youth in community
Keep Your Circle Strong: Know Who is at Risk

An opioid overdose can happen to anyone in your home:

- Chronic health issues: COPD, asthma, sleep apnea, dementia
- Someone prescribed high opioid medicine dosages
- Elders
- Intellectually or physical impairments
- Curious young child and teenage parties
- Someone recently in a drug treatment program or in jail
- An IV drug user
- Uses multiple sedating medications
- History of substance use
Signs of Overdose

In nearly 40% of overdose deaths, someone else was present.

- Pinpoint pupils
- Cold or clammy skin
- Gurgling or Choking noises
- Blue lips or fingers
- Unresponsive or can’t wake up
- Slow or shallow breathing
- Slow heart rate, low blood pressure
Introducing Harm Reduction In Tribal Communities

• We wrote for a grant through the San Diego County's Naloxone Distribution Program
  - Check for Grants and Funding Opportunities.
  - Search out agencies with similar goals to partner.
• Contacted local tribes here in San Diego to see who was interested in hosting a naloxone vending machine that would include fentanyl testing strips
  - Know your Tribal Population.
  - Study Census and Tribal Maps
• We looked at the Urban Population and matched it to high overdose locations
Harm Reduction Efforts & Community Engagement

- Partnered with local Sheriff Departments to hold presentations on Harm Reduction at School Sites, so we could educate as many youth as possible.
- Host information tables at local powwows, gatherings, youth events, and tribal events to hand out information and free naloxone and testing strips.
- Identified what to say to youth and how to connect on their level.
  - Compare Harm Reduction and Zero Tolerance to Safe Sex and Abstinence.
  - Discuss Mental Illness and what meds mixing can do to your body.
CALIFORNIA INDIAN HARM REDUCTION WORKGROUP

Are you interested in learning about harm reduction, and joining a group to address substances across our Native communities in California? Join our new California Indian Harm Reduction Workgroup!

JULY 20TH | 9:30AM – 11AM
CLICK HERE TO ADD ZOOM INVITE TO YOUR CALENDAR

WHAT DOES IT DO?
Bringing together our Native communities across California to build a network of culturally centered harm reduction workers, and create opportunities for community members to begin and receive support for their own local harm reduction efforts.

WHAT IS IT LIKE?
Attend virtual meetings, meet others interested in supporting our communities, learn about harm reduction, and grow as a harm reductionist for your community!

WHO IS INVITED?
Anyone in California, but especially Native community members who want to learn more and connect with others doing harm reduction work like overdose prevention, cultural services, and traditional healing.

Interested? Email to join our mailing list and stay connected:
Leddy@CCUIH.org

CALIFORNIA AREA INDIAN HEALTH SERVICE
Project ECHO®
Questions? Comments?

• What can you do to start something in your area?

• What are some ideas you have to reach as many Native Youth as possible?
Resources

- Read the article on the first three tribes we put Vending Machines on here: https://www.kpbs.org/news/local/2023/04/21/pala-band-of-mission-indians-1st-naloxone-vending-machine-tribal-land
- https://www.samhsa.gov/find-help/harm-reduction
- https://www.hrcsd.org
- https://www.samhsa.gov/tribal-affairs
Presenter Contact Information

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