

OFFICE OF JUVENILE JUSTICE
AND DELINQUENCY PREVENTION

2021 TRIBAL YOUTH VIRTUAL NATIONAL CONFERENCE

Strengthening Resilience, Promoting Healing, Restoring Culture



**SHAPING BRIGHTER FUTURES WITH
AMERICAN INDIAN, ALASKA NATIVE YOUTH
AND TRIBAL COMMUNITIES**

MARCH 29 - APRIL 2



2021 OJJDP Tribal Youth National Conference

A Continuum of Connectedness:

Strategies and Considerations for the Development and Implementation of Tribal Youth Substance Use Reduction Initiatives

Thursday, April 1, 2021

12:00pm AKT/ 1pm PT/ 2pm MT/ 3pm CT/ 4pm ET

Session Facilitators:

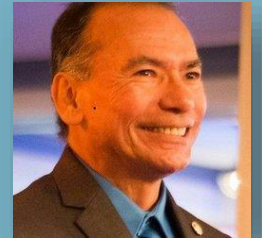
**Kristina Pacheco, Gerry RainingBird,
Leon Leader Charge & Anna Clough
Tribal Law and Policy Institute**

Opening in a Good Way



Today's Facilitators

- **Kristina Pacheco, Wellness Courts Specialist, Tribal Law and Policy Institute**
- **Gerry RainingBird, Training and Technical Assistance Specialist, Tribal Youth Resource Center**
- **Leon Leader Charge, Training and Technical Assistance Specialist, Tribal Youth Resource Center**
- **Session Moderator: Anna Clough, Co-Director, Lead for Tribal Juvenile Healing to Wellness Courts, Tribal Youth Resource Center**



Session Objectives

- Review current data on drugs, alcohol, and trends impacting American Indian/Alaska Native (AI/AN) youth
- Discuss the need for early intervention, prevention, and diversion-based programs to support Tribal youth
- Consider research and training to support the development of youth-focused substance use reduction initiatives in Tribal communities



Impact of Drugs

- **Many misused drugs can alter a person's thinking and judgment, leading to health risks, including addiction, drugged driving and infectious disease.¹**
- **Most drugs could potentially harm an unborn baby; and cause pregnancy related issues or negative effects.²**

1. National Institute on Drug Abuse, Community Abused Drugs,
https://www.drugabuse.gov/sites/default/files/commonly_abused_drugs.pdf

2. Id.

Commonly Abused Drugs

Alcohol	Kratom	Rohypnol (Flunitrazepam)
Ayahuasca	LSD	Salvia
Central Nervous System Depressants	Marijuana	Steroids (Anabolic)
DMT	MDMA (Ecstasy/Molly)	Synthetic Cannabinoids
GHB	Methamphetamine	Synthetic Cathinones (“Bath Salts”)
Hallucinogens	Over-the-Counter-Medicines Dextromethorphan (DXM)	Tobacco
Heroin	PCP	
Inhalants	Prescription Opioids	
Ketamine	Prescription Stimulants	
Khat	Psilocybin	

1. National Institute on Drug Abuse, Community Abused Drugs, https://www.drugabuse.gov/sites/default/files/commonly_abused_drugs.pdf



Alcohol

- **People drink to socialize, celebrate and relax. Alcohol often has a strong effect and throughout history, people have struggled to understand and manage alcohol's power.¹**
- **Alcohol's impact varies from person to person, depending on a variety of factors, including:²**
 - **How much a person drinks**
 - **How often they drink**
 - **Age**
 - **Health Status**
 - **Family History**

1. National Institute on Drug Abuse, Community Abused Drugs, https://www.drugabuse.gov/sites/default/files/commonly_abused_drugs.pdf
2. Id.



Considerations for Youth

- **CDC Youth Risk Behavior Survey (2017): 14% of high school students reported that they have used an illicit drug.**
- **The earlier the age of initiation of drug and alcohol use, the higher the likelihood of developing a SUD later in life. Multiple factors impact adolescent substance misuse, including: Parental substance use behavior, peer influences, media messaging/marketing, availability, and other environmental and cultural factors.²**

1. Youth Risk Behavior Survey, Centers for Disease Control, <https://www.cdc.gov/healthyouth/data/yrbs/pdf/trendsreport.pdf#page=24>

2. Rural Health Information Hub, Considerations for Adolescents, <https://www.ruralhealthinfo.org/toolkits/substance-abuse/4/population-considerations/adolescents>



Why do Youth Use/Try Drugs?

There are many reasons that youth use substances.¹

- Desire for new experiences
- Attempt to deal with problems
- Perform better in school
- Peer Pressure
- Natural tendencies to seek new experiences and take risks

1. NIDA, Principles of Adolescent Substance Use Disorder Treatment: A Research Based Guide, at 3.

Drug Use and its Risks

- **Teen drug use can be part of a pattern of risky behavior including unsafe sex, driving while intoxicated, and other hazardous unsupervised activities.¹**
- **May also result in serious social/health risks and lifelong consequences**
 - **School failure**
 - **Problems with family and other relationships**
 - **Loss of interest in normal healthy activities**
 - **Impaired memory**
 - **Increased risk of contracting an infectious disease via risky sexual behavior or sharing contaminated injection equipment**
 - **Mental health problems- including SUD of varying severity**
 - **Risk of overdose death**

1. NIDA, Principles of Adolescent Substance Use Disorder Treatment: A Research Based Guide, at 4 .

The Bigger Picture

- **Monitoring the Future 2020**
 - **National Survey of almost 12,000 8th, 10th, and 12th Graders**
 - **Vaping nicotine roughly doubled for all grade levels**
 - **Marijuana use remained steady**
 - **Gradual decline of alcohol use for all grade levels**
 - **Increase of inhalant use among 8th graders**

Native American Populations

- Alcohol and marijuana continue to be the drugs of choice among Native youth
- National Institutes of Health January 2021, Methamphetamine overdose deaths sharply rise nation wide.¹
- NIDA 8 year analysis of methamphetamine deaths across all racial and ethnic groups- Native Americans had highest death rates overall.

1. <https://www.nih.gov/news-events/news-releases/methamphetamine-overdose-deaths-rise-sharply-nationwide>

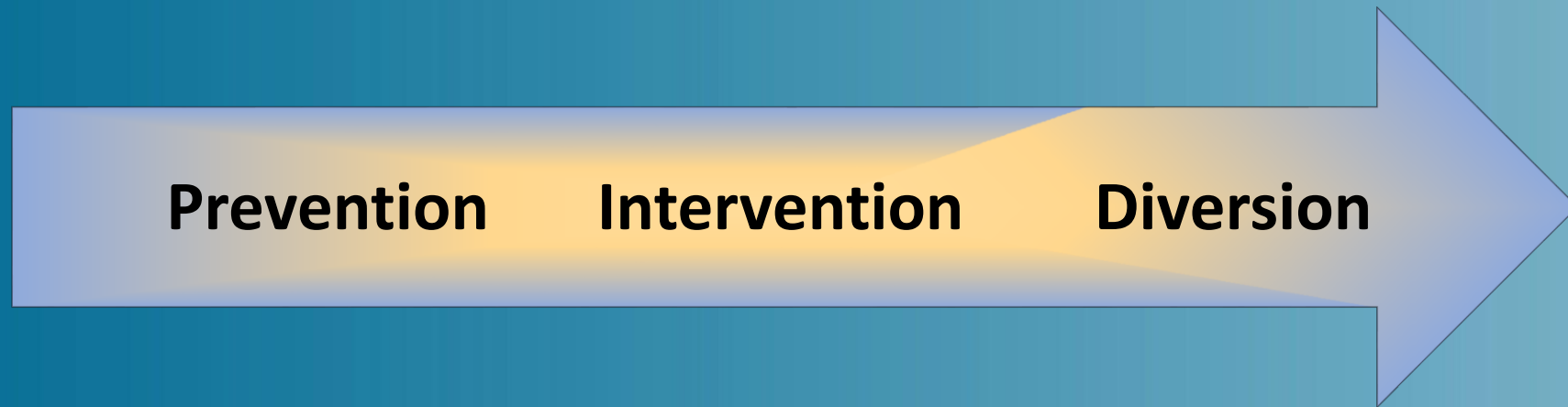
AI/AN and Youth Considerations

- **2018 National Survey on Drug Use and Health: AI/AN**
 - **Frequent marijuana use associated with opioid misuse, heavy alcohol use, and depression in youth 12-17 and young adults 18-25.¹**
 - **Co-occurring substance use and mental disorders are common.**
 - **There is a need to develop more culturally relevant prevention and intervention approaches.**

1. SAMHSA, 2018 National Survey on Drug Use and Health: AI/Ans, https://www.samhsa.gov/data/sites/default/files/reports/rpt23246/1_AIAN_2020_01_14_508.pdf



Supporting Youth Along the Continuum



Community-Led Prevention

- Early intervention through Tribal Youth Program initiatives
- Focus on connectedness, culture, and community-oriented strategies



Community-Led Prevention

- Build upon protective factors and youth-led strategic planning frameworks.
- Acknowledgment of local community values.



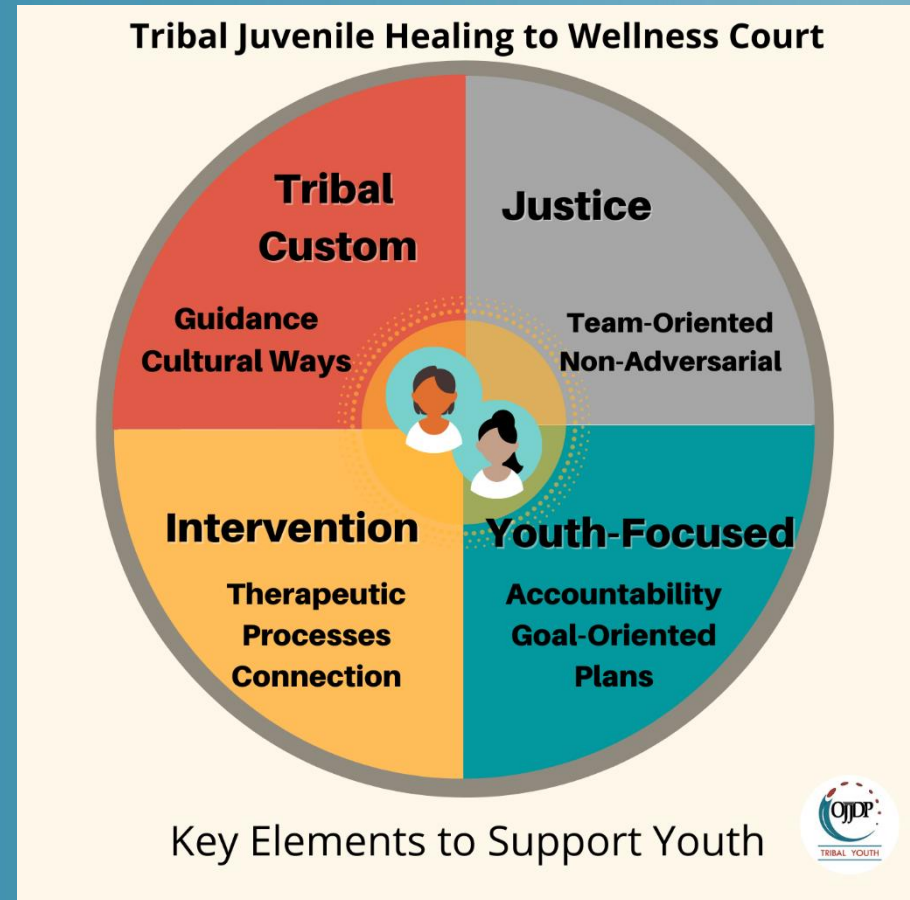
Example Programs/Initiatives

- Engage tribal youth in early intervention and prevention programs that are school or community-based
 - Programs that embrace culture, incorporation of traditional tribal teachings, delinquency prevention activities and learning opportunities to support substance use reduction
 - Allow youth leaders to engage peers in substance use reduction initiatives through peer engagement and community outreach
 - Range of program services and opportunities based on locally available resources, partnerships, and collaboration



Intervention and Diversion

- Implementation of court-based programs to support Tribal youth
- Diversion programs (treatment/crisis management)
- Tribal Juvenile Healing to Wellness Courts



Sustaining Program Success Along the Continuum

Tribal Community-Based Participatory Research

- Development of collaborative and community-based participatory research
- Support capacity building through tribally-led research initiatives
- Culturally-specific intervention and assessment
- Promote program efficacy and sustainability

Addressing Challenges to Support Program Initiatives

- Building trust
- Involvement of community stakeholders
- Supporting the mission long-term (sustainability)
- Evaluation/program improvement
- Training/program support

Engage Further

Continued Learning Series from the Tribal Youth Resource Center

Prevention and Intervention: 2-part learning series

Gerry RainingBird and Leon Leader Charge

(Spring 2021)

Tribal Juvenile Healing to Wellness Courts: 2-part learning series

Kristina Pacheco, Lori Vallejos, and Anna Clough

Developing Effective Program Processes to Support Youth Treatment in the Tribal Juvenile Healing to Wellness Court

(Spring 2021)



Discussion



THE TRIBAL YOUTH RESOURCE CENTER

www.TribalYouth.org



Envisioning a future
where Indigenous youth
thrive through traditional
lifeways.



The Tribal Youth Resource Center is a part of the [Tribal Law and Policy Institute](#) and is supported by Grant #2018-MU-MU-K001 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Dept. of Justice.

1

OJJDP

*Enhancing safety.
Ensuring accountability.
Empowering youth.*

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Session Evaluation

Please remember to fill out the workshop evaluation.

Workshop Information:

Thursday, April 1, 2021

12:00pm AKT/ 1pm PT/ 2pm MT/ 3pm
CT/ 4pm ET

Session D4: A Continuum of
Connectedness



Closing in a Good Way





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