

# Making a Transformation (MAT) Conference 2024



# Breakout 1D: Health Equity and Culturally Responsive Care

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# Mewuk (People) Culturally Responsive Care & Health Equity



# Overview

1. Describe three (3) culturally-informed practices used in a tribal health setting.
2. Specify three (3) strategies your organization could implement to reduce racial disparities to access to substance use treatment

# Historical knowledge or Worldview

Since the beginning: From my Mewuk perspective

1 <sup>st</sup> Event	2 <sup>nd</sup> Event	3 <sup>rd</sup> Event	4 <sup>th</sup> Event	5 <sup>th</sup> Event	6 <sup>th</sup> Event
Koton:on (longtime ago)	People learned from Halito (Open forest) via animals (relatives) and nature	Gold Rush 1848	Boarding Schools (removal of youth from homelands)	Children coming back home	Healing through use of traditional practices, and modern movements (MAT, DARTNA, Red Road to Wellbriety)
Animals occupied walito (earth), then people were created, and animals became their present-day form.	Traditions began to be passed down generation to generation, via Tunuka, kikua	By 1853 population of ~250K came seeking fortune.	Sherman (Riverside, CA) founded 1903-present Stewart (Carson City, NV) founded 1890-1980	Lack of cultural knowledge (language, songs, ceremonial dance, medicines, land, stories/history)	Big times, Pow-wows, language nests, talking circle, GONA, Traditional ceremonies, etc.

# Mewu:ya SUD Outpatient part of the TMWIHC BH

**Significance of Mewuk (indigenous people) and responsiveness to health care and healing.**

- **Why is it important to have specific treatment focused on a racial group or culture or in specific for AI/AN?**

a. identification, increased insight, building trust, restoration of missing knowledge, community life ways, forgiveness, blending traditional with modern resources.

- **Benefits of traditional use of healing practices?**

a. Promotes healing in all/most areas of life, guided through spiritual/traditional teachings, allows all voices to be heard, character building, use of social gatherings and ceremony. Sharing, Respect, and Honor.

## **Your story is important!**

- **What does healing mean to you?**
- In order to heal you must first acknowledge the hurts.



# **Offerings by Mewu:ya SUD Outpatient Program and Behavioral Health**

**Red Road to Wellbriety groups**

**Drumming Circle (DARTNA)**

**Cultural Crafts Group**

**Monthly Sweat Lodge Ceremony**

**Youth group on Rancheria (Art Therapy)**

**Presentations in the community about Mewuk  
culture, herbal medicine, and story telling.**





# Red Road to Wellbriety

The Red Road is a path to healing for all people that utilizes Traditional native culture as the framework for healing through use of the 12-step as adapted from Alcoholic Anonymous.

Utilizes 12-steps as woven through circle, and cycles. Demonstrates interconnectedness via medicine wheel teachings, shows respect & honor to mother nature, and to the seen and unseen worlds that co-exist.

Offers path to healing from intergenerational & historic trauma and gives insight to those struggling or lost seeking a better life for themselves, family, community and nation.



# Medicine Wheel Teachings

- To come into harmony, one would be looking into the natural laws that all life and death abide by (emotional, mental, physical, and spiritual balance)
- Acknowledgement of cycles or circles and their cyclic nature.
- Interconnectedness to inner-self with outer world.
- No one relative is higher up or lower than another, creating a path to respect and honor for self and family (onik:uchi – our relatives).
- Coming into or restoring balance and acknowledges when self or community is out of balance.



# Drum-Assisted Recovery Therapy for Native Americans (DARTNA)

- Shows evidence of improving sense of self, overall wellness, and learning or relearning the sacred nature of drumming.
- Ceremony helps to aid in one's own ability to come into harmony and balance with walito (earth's place)
- DARTNA was created for AI/AN who suffer from Substance use disorders
- All are welcome to drumming circle (community drum group), regardless of race, gender, religion, or age.
- Food is served after drumming circle ceremony to honor traditional ways.
- All are equal when sitting in a circle!





# Cultural Crafts

- Aiding in finding strength, calmness, and self-efficacy through practicing in social gathering.
- Open to all ideas that the individuals or group want to do when spending time together weekly.
- Addresses the anti-social aspects of addiction with developing interpersonal skills through arts and crafts in a group setting.
- People from all walks of life come together to share and support one another through open discussions.
- Not only about creating but teaching the time old tradition of giving and receiving.



# Chap:uya Multiple people sweating

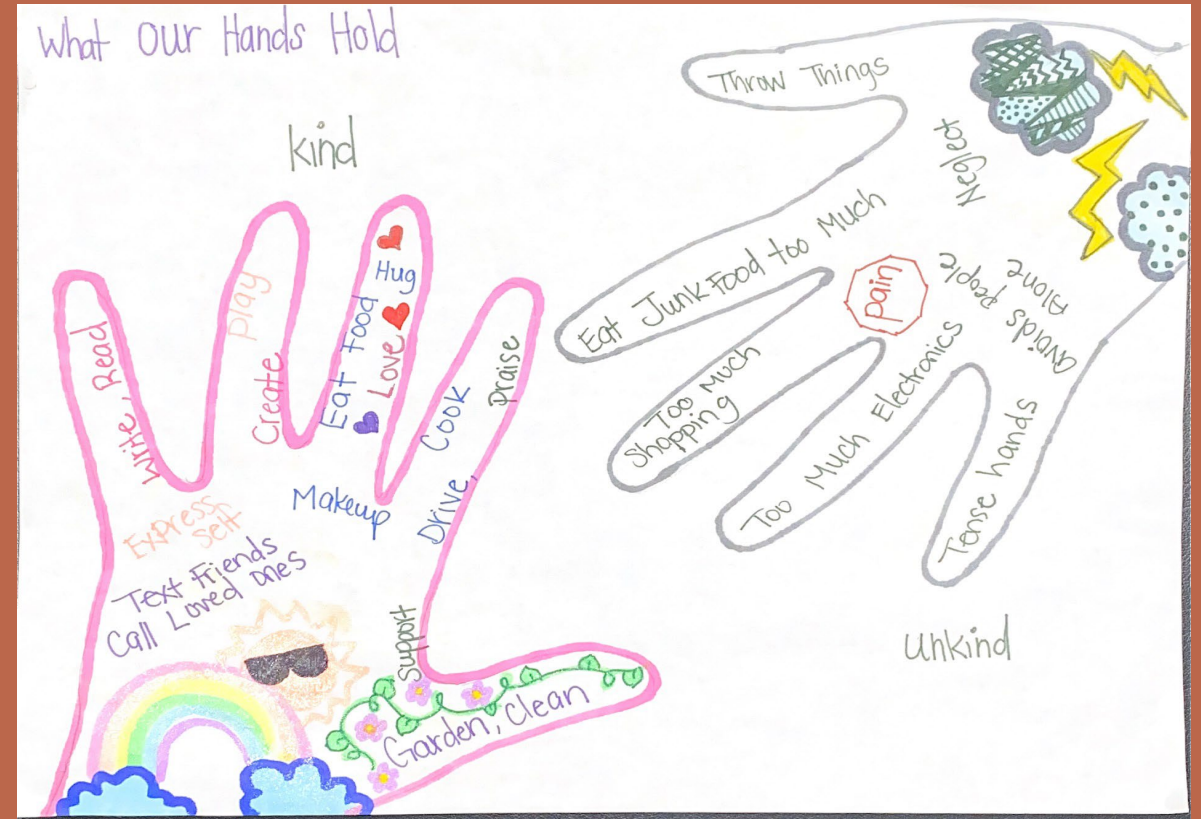
- Ceremony that brings healing through purification of body and spirit. Allowing mental and emotional wellness, gain awareness and clarity.
- Our healing journey takes place through connecting with mother earth and the universe (Equinox/Solstices and lunar) cycles.
- Helps gain understanding of place/role (humility) and purpose (Guidance) through prayer, and meditation.
- Clears a path to creator, and spirit helpers, and brings harmony to spirit and support from relatives.
- Open to community allowing all a place to have ceremony and bring balance through connection with natural laws.
- Adopted sweat lodge ceremony from other tribes which involves the pouring of water on hot rocks (Grandfather's) which has been used for close to 2 decades on Tuolumne Rancheria to assist with healing.
- Honor's medicine wheel teachings and the sacred # of 4 which represents cyclic teachings from the natural world.

★ Old way of Chap:uya involved sweating in a semi-subterranean lodge with thatched roof where heat was produced via burning of wood sticks (dry sweat lodge). Which was only attended by males (hunting, dance).



# • Youth group

- Play therapy: sand tray, storytelling, puppets, creative drawing, etc...
- Nature walks with youth, and discussing dangers of vaping, social media, and substance use, and promoting interest in ceremony.

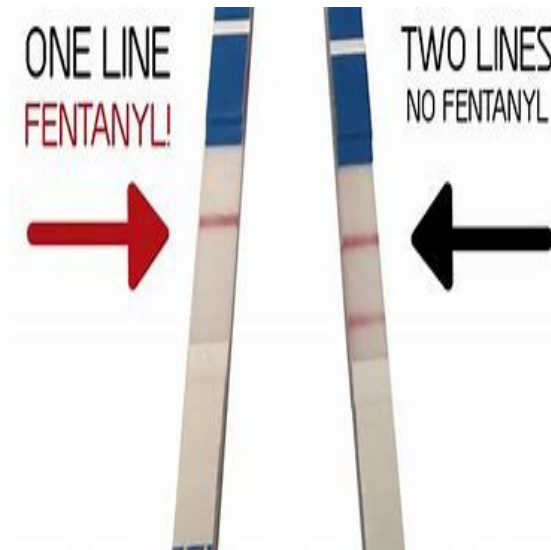


# Medications for Addiction Treatment

Opioid - Partial Agonist



Naloxone HCl Nasal Spray - Antagonist





A photograph of a person in a brown sweater and light-colored pants walking through a room. The room has a polished floor and wooden paneling on the walls. Several blue chairs with black frames are arranged in a circle on the floor. The lighting is soft, creating a calm atmosphere.

# Don't forget the Counseling!

- Groups offer support, empathy, advocacy, a safe space to heal. Grant funding and Drug Medi-Cal help to support those in need.
- Gain skills through traditional counseling modalities (cognitive behavioral therapy (CBT), Client Centered therapy, Motivational Interviewing (MI/MET), and traditional cultural practices and newer 12-step models of treatment.
- Individual counseling services give individuals space to speak openly and honestly without fear of judgement, offering assessment, treatment planning, crisis intervention, support, referral and more
- Peer specialist on staff (lived experience)
- Your story/life is valuable - you are needed and loved!





# T.M.W.I.H.C. OUTREACH Program

## The Support you deserve!

- The T.M.W.I.H.C. Outreach program will help current, and future patients enroll in and maintain insurance coverage through Medi-Cal, Covered California, Medicare, and other Insurance programs. Our outreach services will help facilitate access to quality healthcare and affordable insurance.
- The Tuolumne Me-Wuk Indian Health Center's goal is to treat every patient with a "Whole Person Care" approach, addressing social needs as well as physical and mental health issues.

# Conclusion

Understanding the benefits of diversity!

1. Cultural practices offered...Red Road to Wellbriety, Cultural Crafting group, DARTNA (Drumming Circle), Sweat Lodge Ceremonies, Men & Women's groups.
2. Community and blending each others' strengths and limitations through understanding, empathy, acceptance, courage, willingness, sacrifice.

THANGI KAMU  
SHOKETITON  
NETOK HIEMI

THANK YOU ALL  
FOR ATTENDING  
TODAY





# Resources

**List the resources you used for your research:**

- **White Bison Medicine & Wheel Teachings, and Red Road to Wellbriety**
- **DARTNA authors: Daniel L. Dickeson, D.O., M.P.H., Inupiaq and Anthony Robichaud CADC-II, Confederacy of Nova Scotia Metis**
- **Many elders locally and spoken with me and provided many teaching to help me on my path as a helper.**



# Health Equity and Culturally Responsive Care

*Bridging Gaps in Healthcare by Building a Culture of Belonging and Empowerment!*



**We all have a fair and  
just opportunity to be  
as healthy as possible.**



# What do we know?

Health disparities result from multiple factors, including:

Poverty

Environmental threats

Inadequate access to health care

Individual and behavioral factors

Educational inequalities





# What is Culturally Responsive Care?







# How do We Promote Health Equity

- **Policy Changes:** Advocating for policies that improve access to care for underserved populations.
- **Education and Training:** Programs to educate healthcare providers on cultural competence and sensitivity.
- **Community Engagement:** Collaborating with community leaders to tailor healthcare services to community needs.



If you  
cannot  
offer  
**EMPATHY,**  
offer  
**GRACE**  
instead.

**Questions?**

