

- Increased emphasis on coordination with other reservation agencies

The Spirit Lake Nation Recovery and Wellness Program model was considerably revised in 1997 to incorporate data from community input. The solution-focused model adopted addresses the first community concern, i.e., the individual’s disbelief that he or she can quit drinking, and to some extent, inclusion of Native American culture. The program’s family support groups and family involvement address the second issue. Funds are required to meet the concerns regarding training, expansion of program capacity, and greater incorporation of Native American culture, including traditional medicine, ceremonies, and healers.

As the program increases in length, from two to three to a projected four weeks, evaluation data will be collected at each point to assess whether or not the anticipated greater attrition occurs and if it is offset by lower recidivism among those who complete the program. The inpatient program is followed by eight weeks of enrollment in a support group. Due to the relatively low literacy rate of many clients and a common difficulty in articulating concerns, the program combines a discussion section with an activity session using videos, guest speakers, and group activities. The current program is summarized in Table 1. Sessions incorporating Native American culture are shown in bold. A session on spirituality has been added, using the priest from the local Catholic church. However, many tribal members also espouse traditional Native American spirituality, which may or may not be addressed on Day 10 of the program.

Modifications to Treatment Program

While quantitative outcome data have only recently been gathered, the program staff are continually looking for methods of improvement. Multiple sources suggest a more culturally integrated model as a possibility to increase program completion and decrease recidivism. It was also concluded that tribal entities should play a role in developing and implementing services that target tribal populations, particularly to ensure that materials and strategies are culturally appropriate and relevant. It was further agreed that the family unit was, and should be, the appropriate focus for substance abuse programs targeting Native Americans.

Although hampered by funding and other seemingly insurmountable challenges, the Spirit Lake Nation Recovery and Wellness Program continues to provide the Spirit Lake Nation with the best treatment service that current resources will support. Members of the program staff are committed to eliminating the debilitating effects of substance abuse in the Spirit Lake Nation. With the assistance provided by the Center for Substance Abuse Treatment (CSAT), they are determined to make their goals a reality. *(Submitted by Ed Brownshield and Shirley Belley)*

WHAT'S NEW?

Program Will Test Feasibility of Providing Incentives to Ex-Felons Who Successfully Undergo Substance Abuse Treatment

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT) today announced the availability of funds to test the feasibility of new programs to help nonviolent, substance-abusing felons recover from addiction, provide restitution to victims and the community, and become more fully functioning citizens.

Cooperative agreements funded through the “Program Rehabilitation and Restitution” will study the effectiveness of multisystem programs for certain nonviolent, substance-abusing ex-felons. CSAT expects to make \$2 million available to support two awards to create programs that will improve treatment retention and outcomes, reduce nonviolent criminal activity, reduce victimization, and reduce the stigma of nonviolent criminal activity due to past substance abuse by increasing the number and percentage of individuals who have their nonviolent records sealed. Program designs are expected to build on related programs such as drug courts, community courts, alternative sentencing, restorative justice programs, or Treatment Alternatives to Safer Communities (TASC).

DAY	DISCUSSION TOPIC	ACTIVITY
1	Dynamics of Addiction	(VIDEO) Effects of Alcohol on the Mind
2	Effects of Alcohol on the Mind & Body	(VIDEO) Effects of Alcohol on the Body
3	Communication Styles	(VIDEO) For the Honor of All - Part I
4	Defense Mechanisms	Group Discussion - Denial
5	Problem Solving	(VIDEO) For the Honor of All - Part II
6	Grief Process	(VIDEO) For the Honor of All - Part III
7	Domestic Violence (Guest Speaker, DV Prog.)	(VIDEO) Domestic Violence
8	Gambling Addiction	Guest Speaker, Gambling Video
9	Spirituality	Guest Speaker, Seven Dolors Church
10	Relapse, the Process, Triggers	Activity Determined by Individual Group Members' Interest
11	Individual Assignments Based on Client Needs	Solution-focused Exercises
12	Family Day	Discussion with Families of Rules, Roles, and Priorities