



# **A Focus on Recovery to Improve Treatment Outcomes for Indigenous People**


Kamilla L. Venner, Ph.D.

University of New Mexico

Center on Alcoholism Substance Abuse &  
Addictions (CASAA)

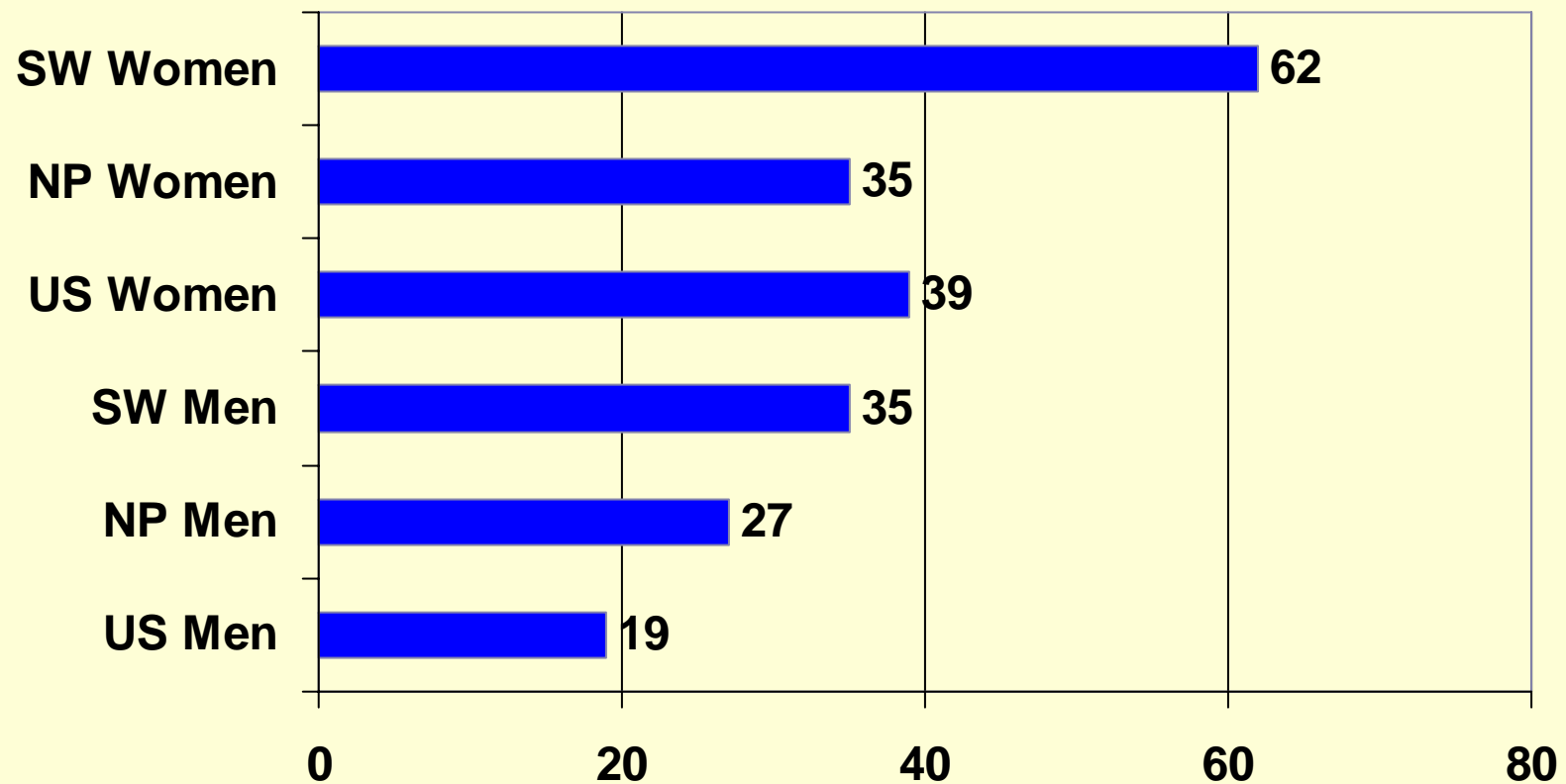


# Census Data

- U.S. (2000)
    - 0.9% report Native American (NA) alone
    - 1.5% report NA alone or in combination
  - NM (2000)
    - 10% report NA alone
    - 10.8% report NA alone or in combination
- 

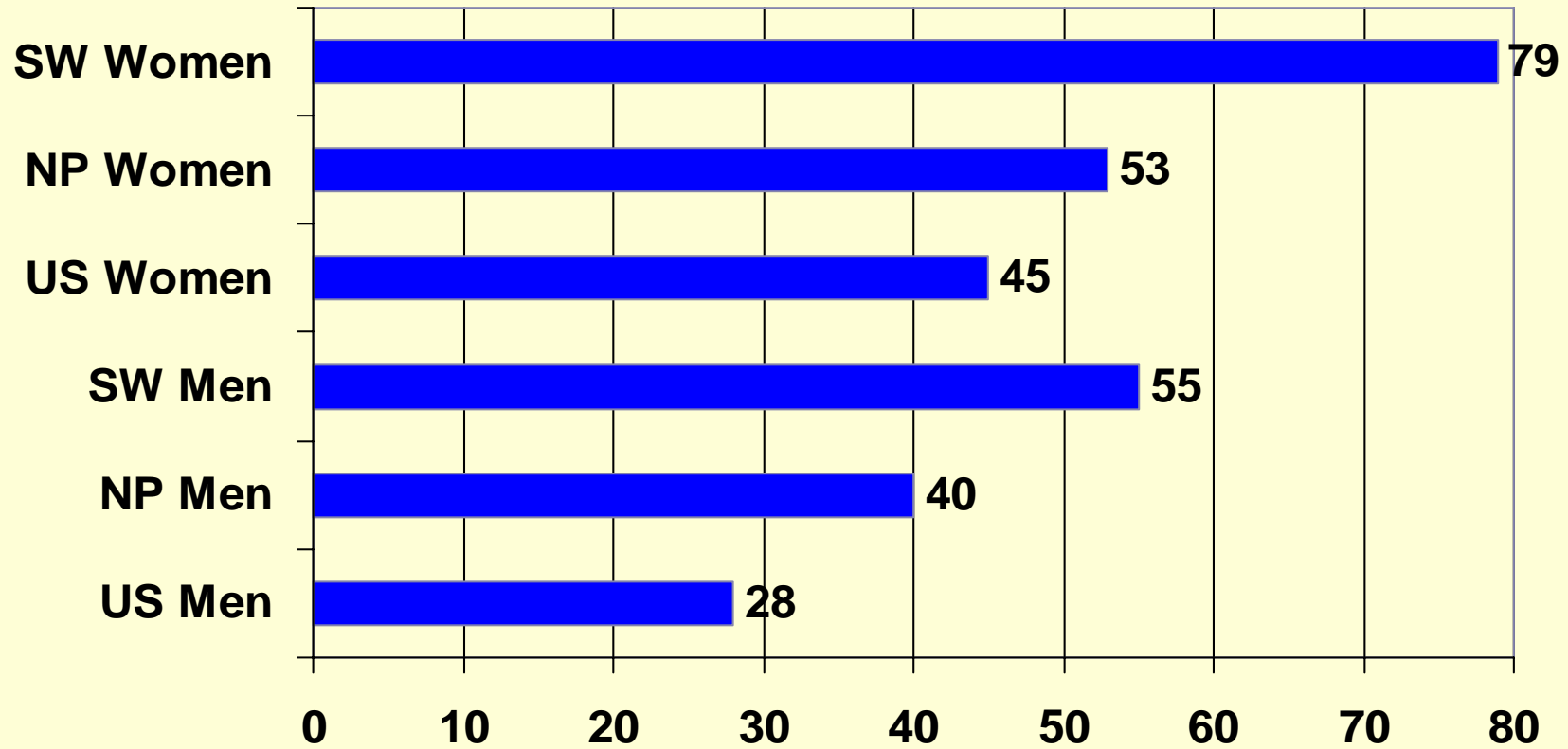
# **% Lifetime Abstainers**

**(Spicer et al., 2003)**



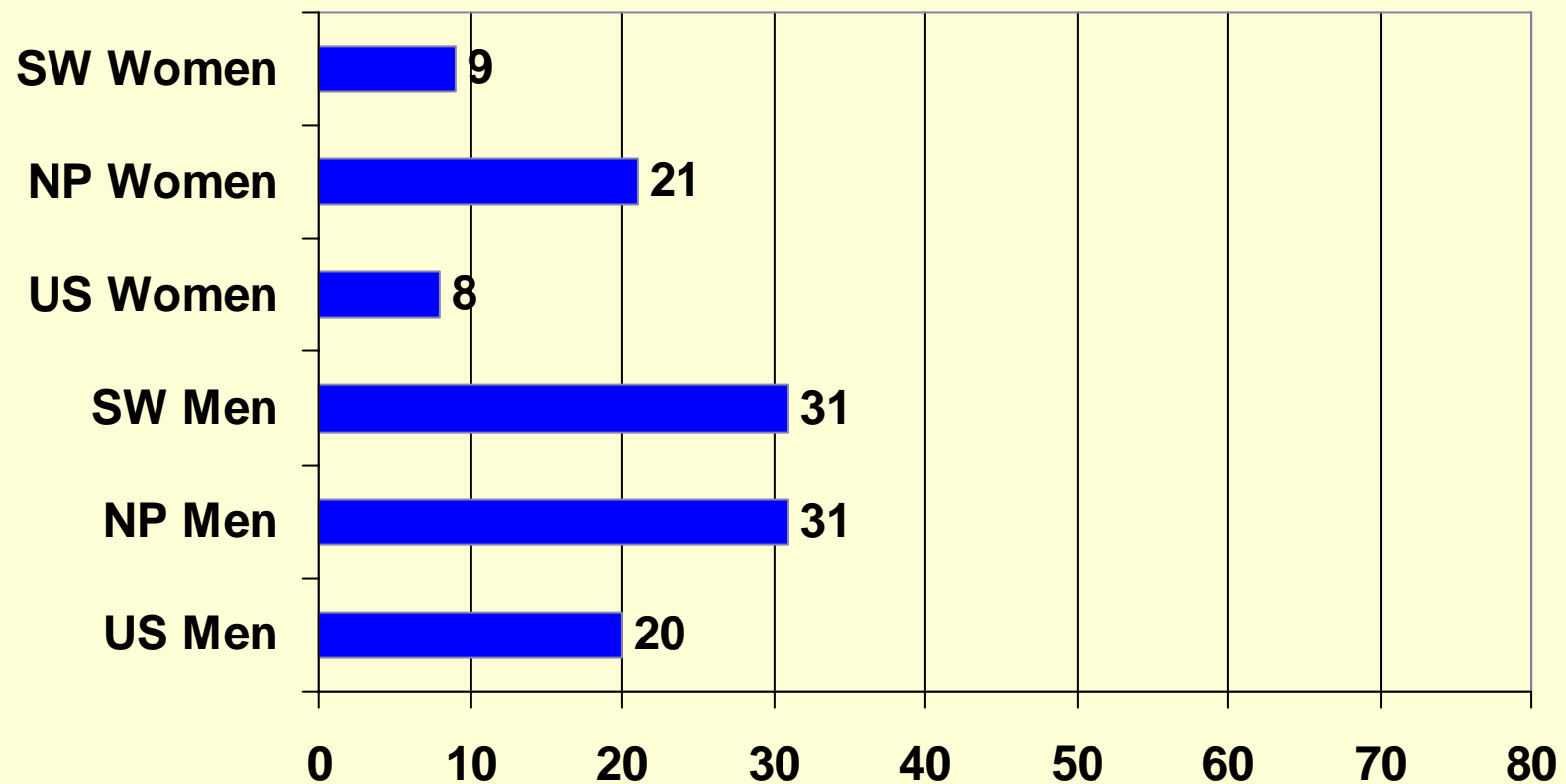
# **% Past Year Abstainers**

**(Spicer et al., 2003)**

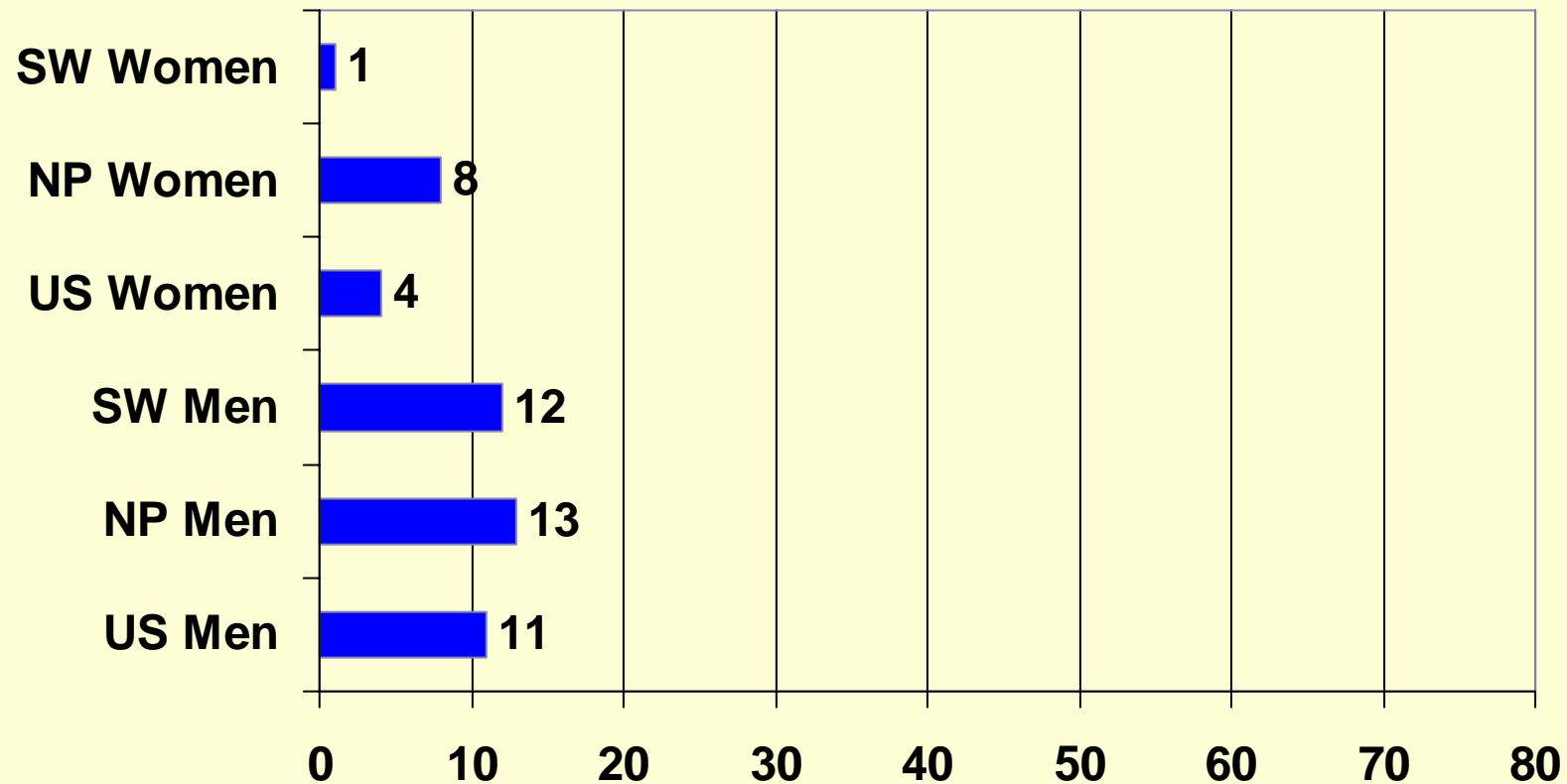


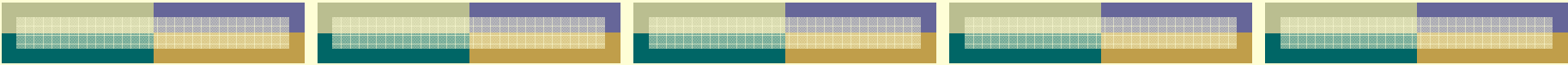
# **% Lifetime Alcohol Dependence**

**(Spicer et al., 2003)**




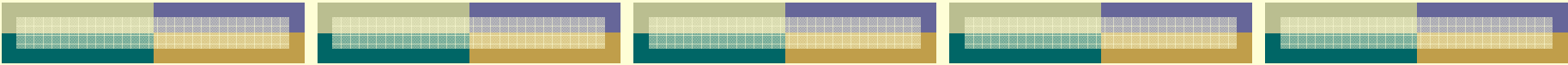
# **% Past Year Alcohol Dependence (Spicer et al., 2003)**






# Gambling Prevalence

- 0.9% – 3.4% lifetime prevalence rates in U.S.
  - 2.8% for NA vs 1.6% rural Minnesota
  - 7.1% for NA vs 2.5% for North Dakota
  - 9.9% for NA veterans vs. 4.3% Hispanic veterans
    - 70% of problem gamblers had substance abuse, anxiety or depression or other psychiatric condition
- 




# Indian Gambling History

- Late 1970's high stakes bingo
  - 1987 US Supreme Court recognized right of Indian tribes to offer gaming on tribal lands
  - 1988 Congress passed Indian Gaming Regulatory Act
  - In California, Indian gaming pays \$120 million in state and local taxes
  - Estimated to have reduced AFDC payments by \$50 million in CA
- 




# Research with Native Americans

- History of poor relationships with researchers
  - Time to develop trust
  - Immersion into native communities
  - Maintaining positive relationships
  - Navigating IRB(s)
  - Mutual gain for researcher and native communities
- 

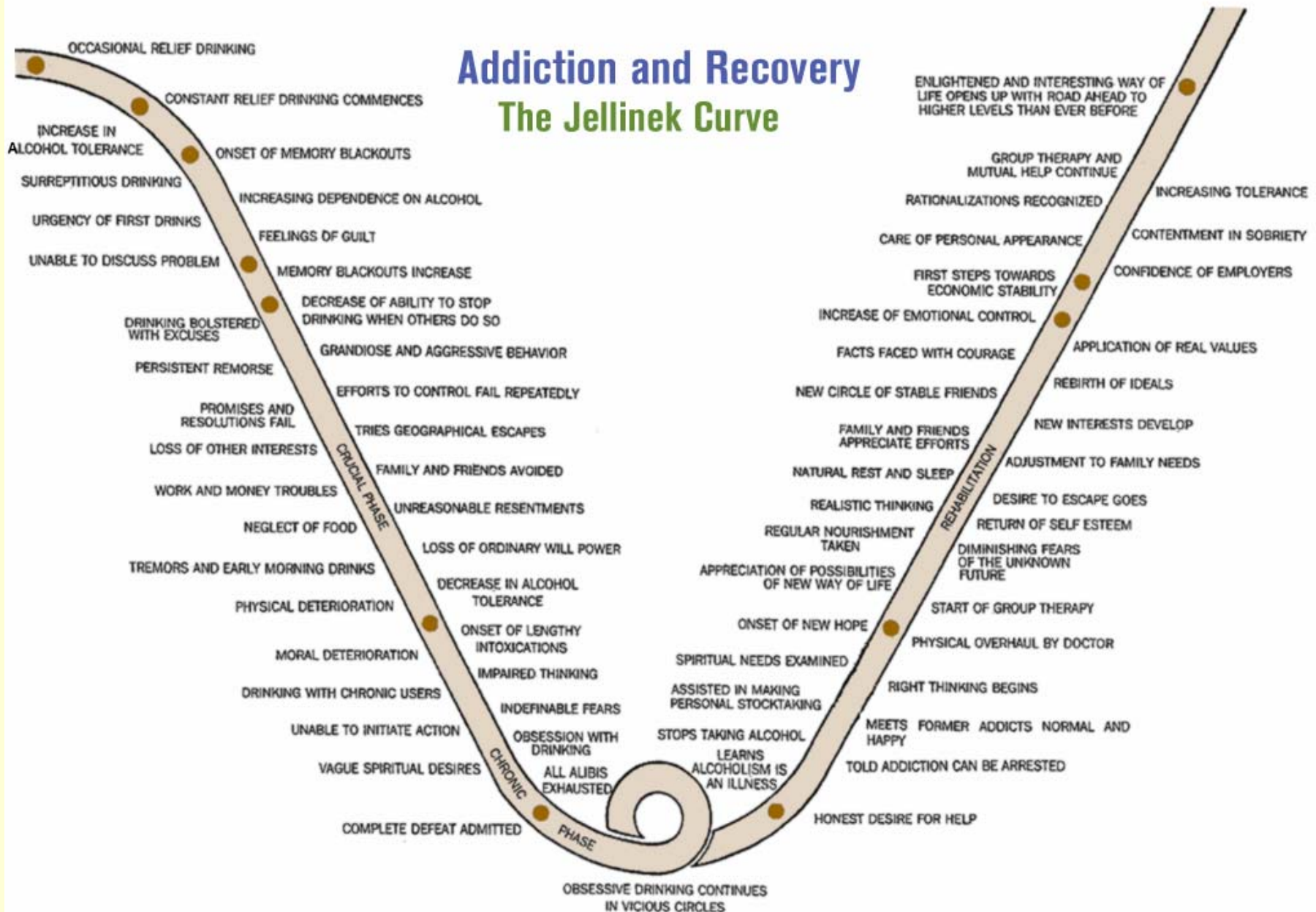


# Overview of Studies

- Validation of addiction concepts
  - Cultural identification in drinking practices
  - New focus on recovery
  - Adapting efficacious treatment
  - Future directions
- 

# Addiction and Recovery

## The Jellinek Curve





# **Development of Alcohol Problems**


## **Venner & Miller (2001)**

- Aim 1: Gain a better understanding of how alcohol problems develop among Navajo
- Aim 2: Test whether Jellinek's 1952 model is applicable to Navajo





# Method

- Recruited 99 Navajo adults
  - Measures
    - Alcohol-Related Behaviors Cardsort: 46 Jellinek items and 9 DSM-III-R dependence criteria
    - Change Efforts Cardsort: 18 efforts
    - Cultural Questionnaire (May, 1982)
- 

# Navajo Sample Demographics


<b>Demographics</b>	<b>Full Sample</b>
Mean Age	38
Mean Education	11
Unemployed	46%
Annual Income	\$7753
Married/Cohab	33%
Acculturation	22

# Navajo Sample Drinking

Alcohol variable	Full Sample	Men	Women
Age at 1 <sup>st</sup> drink	16	15	20
Days drank/60	23	24	22
Drinks/ occasion	23	25	18
Prior detoxes	37	43	25



# Navajo Sample Sequence


- Sequence derived by averaging age of onset for each event
  - Compare sequences using Spearman's rank order correlation coefficient
- 

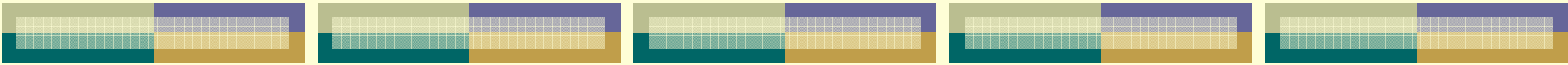
# Similarity among sequences

Sample	Rho	% variance
Navajo men	.48	23
Navajo high acculturation	.48	23
Navajo sample	.41	17
Navajo low acculturation	.27	07
Navajo women	.06	004




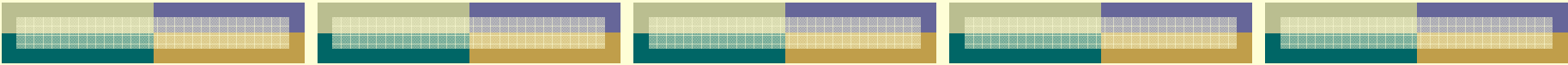
# Venner vs. Jellinek

- Onset earlier for Navajo
    - Losing other interests
    - Binge drinking
    - Decrease in moral standards
    - Vague spiritual desires
  - Onset later for Navajo
    - Increased tolerance
    - Feeling bad often
    - Quitting for a while
  - Similarities
    - Physical withdrawal items
    - first blackout
    - feeling sorry for self
    - moving away
- 




## **Navajo sample conclusions**

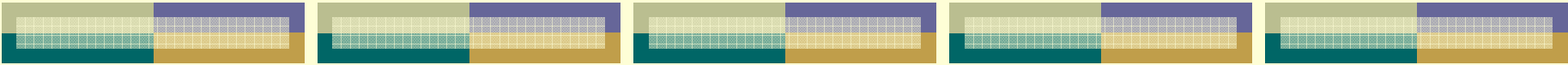

- There were considerable differences between the Navajo sequence and Jellinek's model based on US males
  - Gender differences were substantial
  - Level of cultural identification yielded very different sequences
- 



# **What about a drug sequence?**


**(Walker, Venner, Hill, Meyers & Miller, 2004)**

- 42 men and 5 women
  - 53% White; 38% Hispanic; 9% other
  - Mean age of 31
  - 60% employed
  - 44 Jellinek items translated for drug use
  - Spearman's  $\rho = .35$ ,  $p < .05$ , 12% common variance
- 

- 
- Models developed with predominantly Anglo Males may not perform similarly in other cultures
  - Cultural identification influenced development of alcohol problem
- 




# **Mission Indians: Culture and Drinking Practices**

- Aim 1: To test validity and reliability of a cultural scale
  - Aim 2: To examine how cultural identification is related to drinking practices
- 




# Cultural Identification

- Cultural identification encompasses both ethnic identification and feeling invested in the culture
  - Orthogonal model of cultural identification (Oetting & Beauvais, 1990-91)
- 




# Culture and Alcohol

- Cultural identification is posited to be protective against culturally sanctioned behaviors
  - Bicultural and unicultural identification should be protective against harmful substance involvement
  - However, the findings have been conflicting
- 




# What's missing?

- Previous research examining cultural identification has relied solely on adolescent samples
  - Native American tribes are heterogeneous in terms of drinking practices and prevalence of alcohol disorders
- 




# Mission Indian Drinking

- 74% of Mission Indian children had a mother or father with alcohol dependence
  - Anecdotally, Mission Indians seem to promote heavy drinking
- 



## Specific Aims

- Ensure factor structure and internal consistency of OCIS
  - Higher identification with Native American culture associated with a greater quantity of drinking
  - Higher identification with Anglo American culture associated with a higher frequency of drinking but lower quantity
- 




# Method

## ● Participants

- 389 adults responding to fliers and snowball recruitment
- at least 18 years of age
- self-identified as Native American


## ● Measures

- Demographics
  - Orthogonal Cultural Identification Scale (OCIS, Oetting & Beauvais, 1990-91)
  - Indian Cultural Items
  - Semi-Structured Assessment for the Genetics of Alcoholism (SSAGA, 1994)
- 



# Demographics


<b>Variable</b>	<b>Full Sample</b>
Mean Age	29.9
Mean Ed	11.5
< \$19,999	53%
Never Married	65%



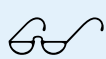


# Cultural Descriptors

<b>Variable</b>	<b>All</b>
Some Comprehension	59%
Live on Reservation	92%
Years lived on Res	22
Activities	6.4
Behaviors	13.5
Ceremonies	3.5



# Drinking


Variable	All
# days/30	6.7
# drinks	7.3
# alc dep symptoms	3.6
Alcohol Dependence	61%
Not drinking	30%
Abstinent  1 year	14%



# **Internal Consistency for Adult NA**

## **(Venner, Wall, Lau & Ehlers, in press)**

<b>Scale</b>	<b>Mean</b>	<b>Alpha</b>
OCIS Native American	2.99	.85
OCIS Anglo American	2.02	.91
OCIS Mexican American	1.71	.89
OCIS African American	1.16	.76
OCIS Asian American	1.12	.85



# Correlational Validity

<b>Mission Indian Cultural Items</b>	<b>OCIS NA r (p)</b>	<b>OCIS Anglo r (p)</b>
Years on Res	.17 (.001)	-.01 (.985)
Age moved off Res	.26 (.006)	.09 (.415)
Days on Res/year	.13 (.018)	-.13 (.027)
Activities	.24 (.001)	-.01 (.967)
Behaviors	.16 (.003)	.02 (.697)
Ceremonies	.25 (.001)	-.01 (.957)

# Factor Analysis of OCIS


Anglo subscale items	Factor I Anglo	Factor II NA
1. Past traditions	<b>.765</b>	.095
2. Future traditions	<b>.841</b>	.070
3. Family live by...	<b>.865</b>	.001
4. You live by...	<b>.893</b>	-.009
5. Family a success	<b>.823</b>	-.021
6. Are you a success	<b>.781</b>	.002
	<b>Eigenvalue</b>	<b>4.17</b>

# Factor Analysis of OCIS

<b>Native American subscale items</b>	<b>Factor I Anglo</b>	<b>Factor II NA</b>
1. Past traditions	-.087	<b>.638</b>
2. Future traditions	.029	<b>.663</b>
3. Family live by...	-.020	<b>.793</b>
4. You live by...	.079	<b>.833</b>
5. Family a success	-.011	<b>.790</b>
6. Are you a success	.177	<b>.774</b>
	<b>Eigenvalue</b>	<b>3.41</b>



# Cultural Identification and Drinking

- Stepwise logistic regression
  - Independent variables
    - NA cultural identity
    - Anglo cultural identity
    - Demographics
  - Dependent variables
    - Low quantity vs. high quantity
    - Abstainers vs. drinkers
    - Drinkers: low quantity vs high quantity
- 

# Quantity of Drinking: Stepwise Logistic Regression


<b>IV</b>	<b><u>B</u></b>	<b><u>SE B</u></b>	<b>Wald</b>	<b>Odds Ratio</b>
OCIS NA	-.37	.18	4.13	.693
Age	-.04	.01	8.19	.965
Gender	-.77	.25	9.43	.462

# Frequency of Drinking: Stepwise Logistic Regression

IV	<u>B</u>	<u>SE B</u>	Wald	Odds Ratio
Age	-.03	.01	4.69	.973
Gender	-.81	.25	10.38	.447
Education	-.17	.08	4.28	.841
Income	.53	.25	4.36	1.692




# Cultural ID Conclusions

- Demographic factors associated with drinking practices
  - Lack of relationships between cultural identification and drinking practices
  - OCIS may be too global to detect relationships with drinking
  - May need better models
- 




# Cultural ID Conclusions continued

- Cultural identification not reliably associated with drinking practices
  - Drinking varies across cultures
  - Cultural identity related to development of alcohol problems
  - New emphasis on recovery among Native Americans using Master's thesis methodology
- 




## **New Positive Focus**

- Rare to focus on positive outcomes in the addictions in general and with Indigenous people in particular.
  - Native American tribes generally have higher prevalence of abstainers than in general U.S. population
  - Focus on positive outcome of recovery
- 




# Rationale

- **Understanding the process of recovery can:**
    - Help modify or create interventions
    - Refute negative stereotypes
    - Provide hope
- 



# **Native American Resolvers**

- **Females more likely to resolve than men (82%, 52%)**
  - **83% resolved alcohol abuse or dependence without formal treatment**
  - **Little research on process of resolving dependence**
- 

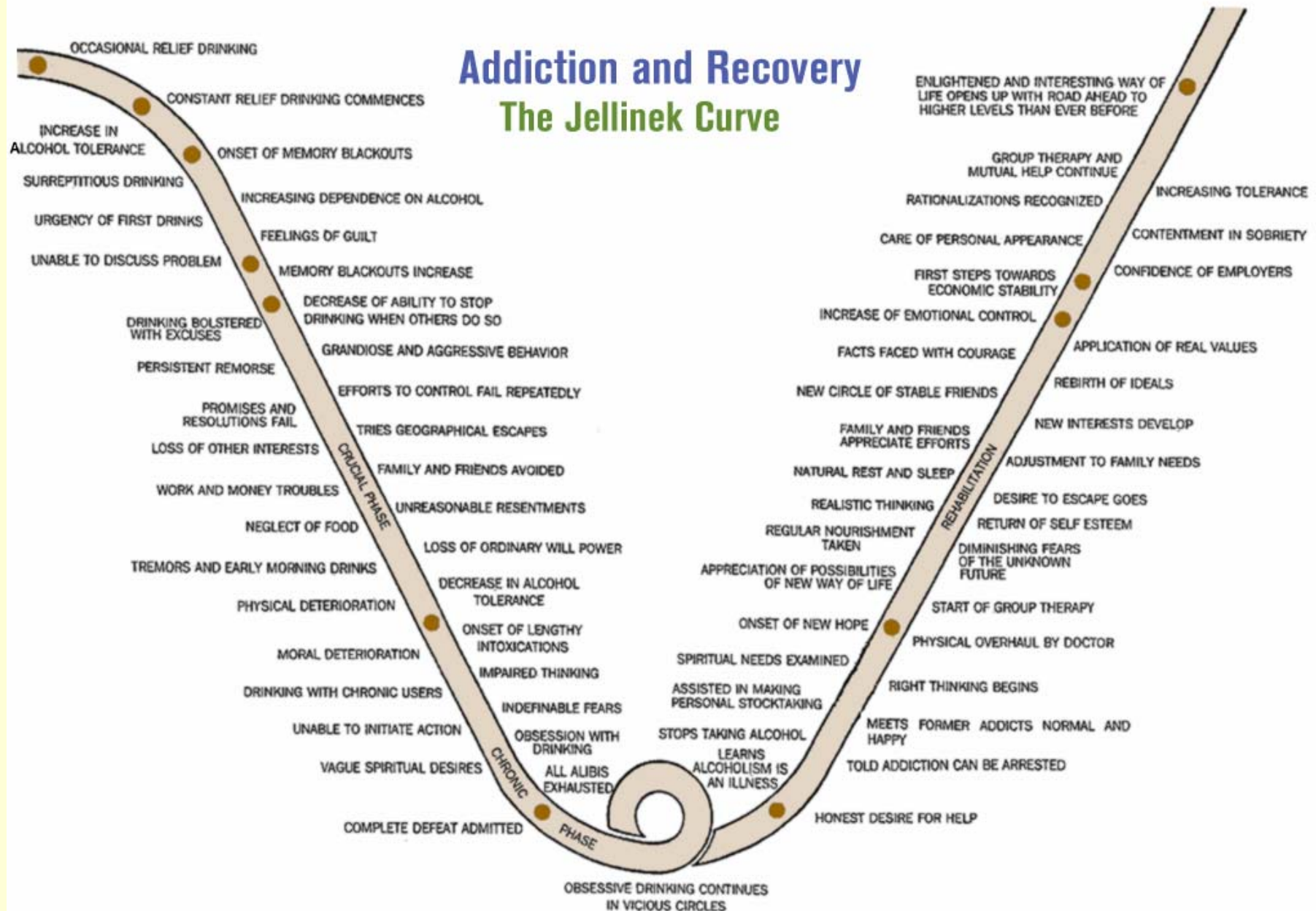


# Reasons for Quitting

- 50% Australian Aboriginals reported Dr's warning
  - Traditional Navajo cited religion or social responsibilities
  - Navajo in border towns reported health reasons
- 


# Addiction and Recovery

## The Jellinek Curve






# Specific Aims

- Identify the natural history of remission
  - Examine the interplay between problem development and remission
  - Question applicability of treatment approaches
- 




# Measures

- Demographic (CASAA)
  - Alcohol-Related Behaviors Cardsort: 46 Jellinek items and 9 DSM-III-R dependence criteria
  - Change Efforts Cardsort: 18 efforts
  - Cultural Questionnaire (May, 1982)
- 



# Recovery Recruitment

- Recruitment efforts:
  - N = 44 (target of 100)
  - Age = 48
  - Education = 14
  - Years abstinence = 10
  - Cultural identity at midpoint between traditional and mainstream cultures
- 



# Earlier Change Efforts

Change Effort	Age
Took medication	25.7
Stopped drinking a few days+	26.8
Cut down	29.0
Realized drinking hurting others	29.0
Promised others you would stop	29.8
Prayed or asked for God's help	30.6
Decided to stop	31.0
Talked with a professional/healer	31.4
Realized drinking hurting you	31.9



# Later Change Efforts

<b>Change Efforts</b>	<b>Age</b>
Avoided drinking places	32.4
Went to AA	32.6
Went to a sweat lodge/religious ceremony	32.6
Avoided heavy drinkers	32.9
Removed alcohol from home	32.9
Stayed in hospital or residential program	33.0
Read a book or other material	33.4
Kept busy	34.6
Hospital or program for detoxification	35.3




# Frequency of Change Efforts

## Least Used


- Prescription drugs
- Detoxification program
- Removing alcohol from home
- Traditional ceremony

## Most Used

- Prayed
  - Realized hurting self and others
  - Decided to stop
- 



# Interplay between problem and change development

- Relationship problems
  - Spiritual desires
  - End of alcohol curve
  - Admitted defeat
  - Promised others to quit
  - Prayed
  - Professional help
  - 12 of 18 change efforts
- 




# Resolved Status Functioning

- Quality of Life

physical	81
psychological	82
social relationships	79
environment	81


- Cultural Identification

ethnic identification	2.8
social affiliation	3.0
mainstream comfort	2.9
perceived discrimination	3.0





# Qualitative Analyses

- Recommendations to other NA who are drinking too much (n = 27)
  - Relate to recommendations from current treatment approaches
  - NA reluctant to pressure others to change
- 



# Alliance Responses

- **Respectful**

- *“Ask if they want help.”*


- **Preserve relationship**

- *“Don’t want them mad at me.”*

- **Collaborative**

- *“Ask what their goals are.”*

- **Value autonomy**

- *“It’s up to them, choice-making.”*
- 



# Behavioral Responses


## ● Extinction

- *“Don’t support their habit.”*

## ● Functional Analysis


- *“Ask what they like about drinking.”*

## ● Self-efficacy

- *“Remind them of their strengths.”*
  - *“(Sobriety) is hard at first, but worth it.”*
- 




# Spiritual Responses

- *“Offer to pray for them”*
  - *“Suggest they go to church”*
  - *“Suggest traditions, talk with elders, sweatlodge ceremonies”*
- 




# Preliminary Conclusions

- Tried average of 13 change efforts before resolving alcohol dependence
  - Change efforts begin during problem development
  - Currently efficacious approaches show promise for use in native communities
- 




# Future Directions

- Examine interrelationship between alcohol development and change efforts
  - Predictive value of change sequences
  - Qualitative analyses regarding recovery efforts
- 



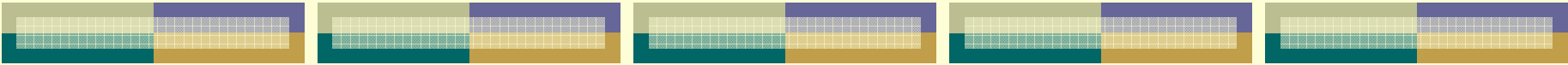
# Near Future Directions

- Qualitative data analyses
  - Compare recovered NA to currently alcohol dependent
  - Examine Social drinkers and lifetime abstainers
  - Adapting CRA or CRAFT for native communities
- 



# Contributors

- William R. Miller
  - Philip A. May
  - Sarah Feldstein, Divya Sreenivas
  - Shannon Garriss, Aaron Price, Doreen Bird
  - NIAAA: K23 AA142 07, U01 AA14926
- 



“If anyone sticks out a hand for assistance, you should reach out there, too... even if that person (relapses). You never know, this could be his (or her) turning point.”

*- Male Participant*

