American Indian Vocational Rehabilitation Training and Technical Assistance Center (AIVRTTAC)

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AMERICAN INDIAN VOCATIONAL REHABILITATION TRAINING & TECHNICAL ASSISTANCE CENTER

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- Your program name
- List by name everyone who is joining you
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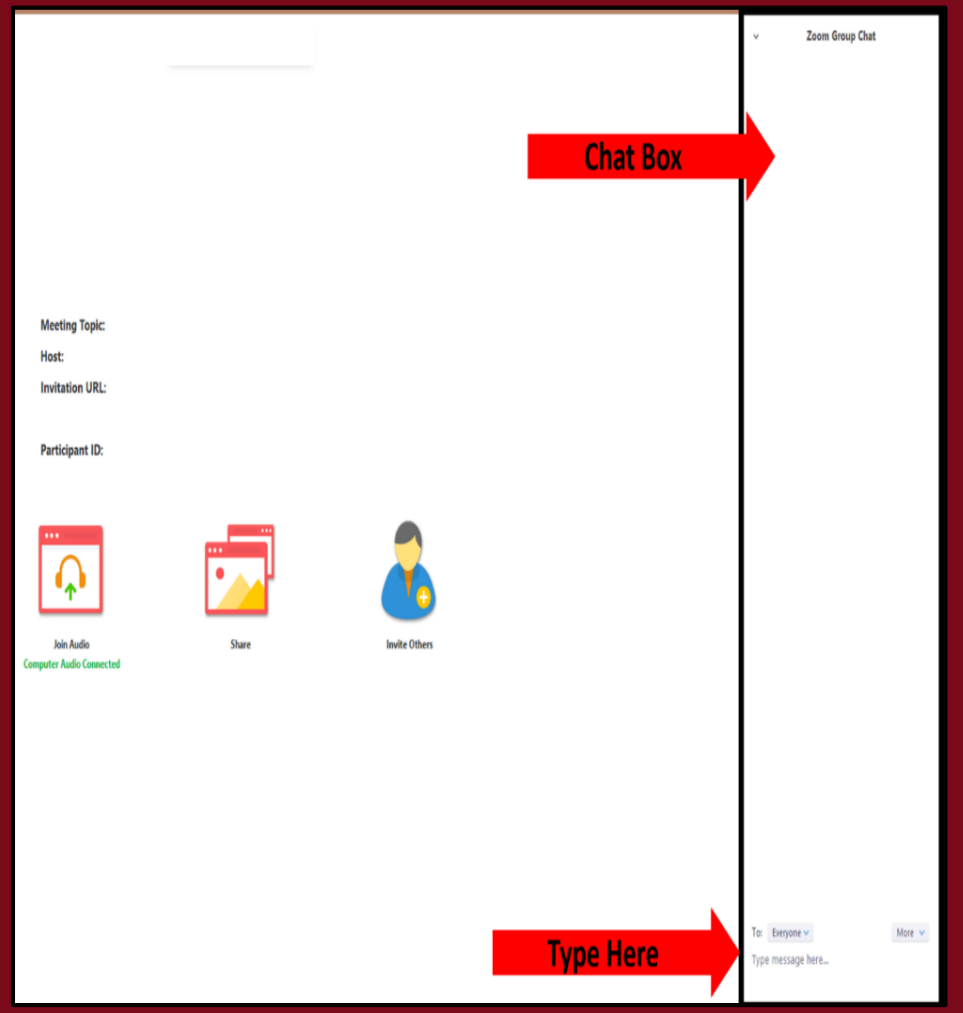
<u>If you are joining by phone use *6 to talk and *9 to raise your hand.</u>



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- Questions, comments, and recommendations are welcome.
- Everyone's experience is valued. Please share and allow time for others to share as well.

Tribal Vocational Rehabilitation (TVR) Services and Mental Health Care: Dual Diagnosis and De-escalation

May 12, 2021

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Webinar Objectives

Obj. 1	Recognize a mental health/mental illness diagnosis
Obj. 2	Determine the best approach to managing a mental health VR case
Obj. 3	Develop strategies for service provision to participants of a mental health case
Obj. 4	Assess the impact of mental health issues in communities

National American Indian and Alaska Native
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Native Center for Behavioral Health

The University of Iowa

Tribal Vocational Rehabilitation (TVR) Services and Mental Health Care

Teresa Brewington

N-AI/AN MHTTC K-12

Sean A Bear

N-AI/AN MHTTC

National American Indian & Alaska Native
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

National American Indian and Alaska Native
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

National American Indian & Alaska Native
PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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SAMHSA
Substance Abuse and Mental Health Services Administration

About the Speakers

TERESA BREWINGTON, MBA, M.Ed

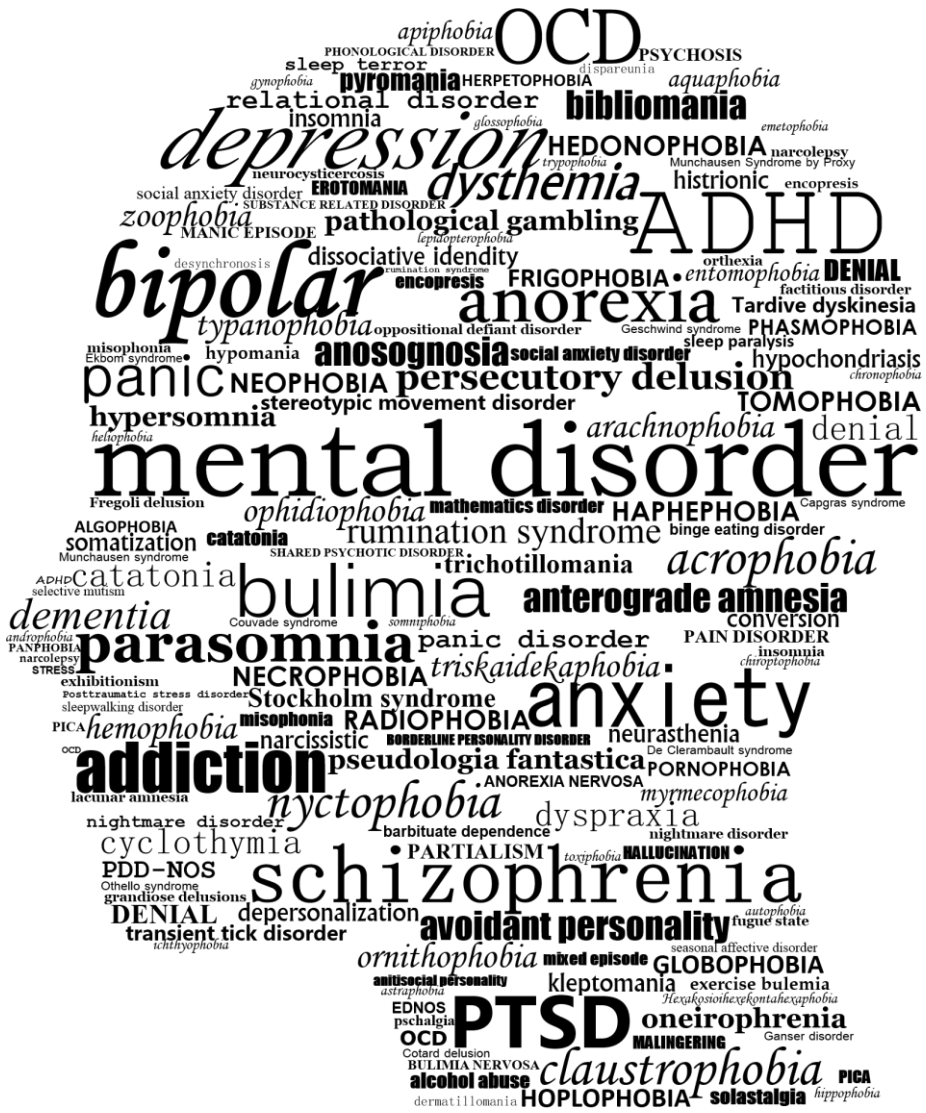
Teresa Brewington is the Program Manager for the National American Indian & Alaska Native Mental Health TTC – K- 12 School Supplement. She is an enrolled member of the Coharie Tribe and a descendent of the Lumbee Tribe. She holds a Master's in Educational Leadership, a Master's in Business Administration, and has 36 credit hours towards a Master's in Counseling. She has held positions as a director at several mental health agencies and worked as a school guidance counselor serving mostly Hispanic/Latino students. She has also served as a foster care agency supervisor, where she worked directly with the Salt River Pima Indian Community placing Native American children in foster homes. Her last position was as the Elementary School Principal for Native children at the Meskwaki Settlement, located in Iowa, where she currently resides.

JAMIE EMANUEL, MS, CRC

Jamie Emanuel (Lumbee Tribe) descendent is a native of Robeson County, North Carolina. She worked with the University of North Carolina-Pembroke, Psychology and Counseling Department. She received a B.A. from UNC-Pembroke in Sociology and a B.S. in Marketing and Communications, as well as her M.S. from Winston-Salem State University in Rehabilitation Counseling, with a focus in rural VR counseling, and holds a Certified Rehabilitation Counselor license. She has worked with the Hopi, Navajo and Apache tribes of Arizona in providing VR services to members through the AZ State VR Services Program as well as the Coharie, Lumbee, Saponi, Eastern Bank of Cherokee and Waccamaw Siouan members through the NC State VR Services Program.

Jamie is a Vocational Rehabilitation Specialist with the University of Northern Arizona's Institute for Human Development Department, within the American Indian Vocational Rehabilitation Training and Technical Assistant Center, where her daily responsibilities include technical support of the 86 American Indian Vocational Rehabilitation Programs funded by the U.S. Department of Education.

What is a Mental Health Diagnosis/Types



Types of Mental Disorders

- Anxiety, depression, mood disorders
- Bipolar disorders
- Personality disorders
- Posttraumatic stress disorders
- Psychotic disorders, including schizophrenia
- Co-occurring disorders

(American Psychiatric Association, 2013)

Serious Mental Illness

- Definition
- Difference between mental illness and Serious Mental Illness (SMI)

(American Psychiatric Association, 2021)

Dual Diagnosis

- Definition
- Dual diagnosis is the condition of suffering from a mental illness and a comorbid substance use disorder.

(Kelley, 2021)

Mental Health Assessment with AI/AN

Cultural knowledge is very important when assessing a participant in order to develop an accurate diagnosis

- Self-identity
- Community or family
- Do not stereotype by tribe, beliefs, practices
- Do not stereotype based on one's own professional/cultural bias
- Medicine, spiritual people, healer of that culture
- Distress

Working with AI/AN diagnosed with SMI

Best Practices

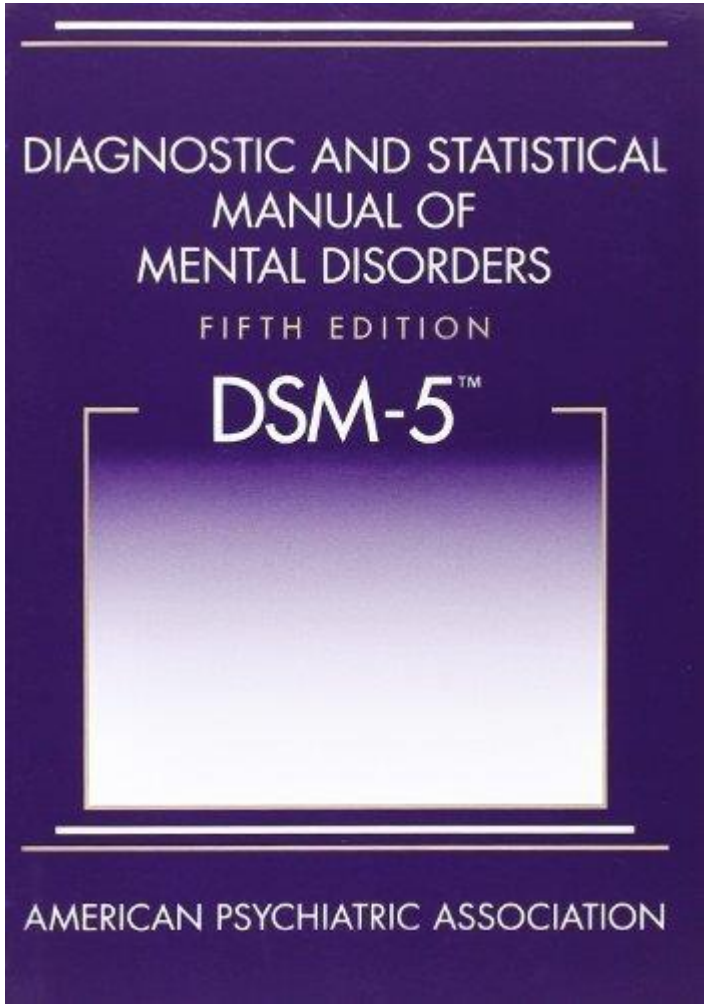
- Do not generalize or stereotype AI/AN tribes
- Meet them where they are
- Stigmatization
- Cultural awareness
- Historical trauma + AI/AN + SMI
- HT/under- or over-diagnosed/misdiagnosed
- Know your client
- Importance of building a positive relationship
- High expectations vs. low expectations
- Discouragement vs. encouragement
- Advocate, consultation, case management
- Cultural Holistic Practices

Native American individuals have historical cause to wonder whether behavioral health service providers will recognize them for who they are, respect them, and offer assistance in walking their life paths. History has taught tribes that it is dangerous to trust outsiders. Their people's lives, the lives of their parents, and Grandparents have been taken or forever altered by outsiders.

Working with AI/AN diagnosed with SMI

- The status quo is not enough
- Natives live in two worlds: the mainstream culture and Native American culture
- Providers must understand the influence of historical trauma
- Integrate traditional ideas and practices into what is often considered the mainstream
- Treatment must be sensitive to Native Americans norms, beliefs, and culture
- Mental illnesses are taboo with Native Americans
- Substance use and domestic violence are both viewed as stereotypical features of Native American life

Euro-American vs. Native American Mental Health



How to serve AI/AN MH participants

- Confidentiality
- Stigmatization (SAMHSA now regards stigma as discrimination)
- Evidence-based with experience-based practices
- Community inclusion of program guidelines and practices
- Remembering the limitations of evidence-based practices

Determining the best approach to managing a mental health VR case

- Caseloads must be approached and managed in a variety of ways
- This depends upon the diagnosis
- Factors including social, economic, physical, and emotional aspects determine how you will manage each case

Holistic Approach

- Participant's ability to work assessment (general practitioner, counselor, etc.)
- Psychological evaluation (a thorough evaluation of diagnosis)
- Self-management (participant's own management of treatment, including therapy, meds, exercise, nutrition, herbs, supplements – all factors of self-care)

Holistic Approach Continued

- Wellness before work (address the whole person, including
  - social factors, not just the disability; spiritual/emotional
  - wellbeing directly effects disability, behaviors, and ability to work)

- Spirituality doesn't always mean religion (self-esteem, hopefulness, happiness, and peace all allow hope for successful outcomes)

- Includes family, caregivers, community members (better understanding of disability, plans, and responsibilities for all increases successful outcomes)

Bio-psychosocial approach

- Team building (VRC, therapist, medical doctor, psychiatrist, instructor, representative)
- Medications/counseling agreement (willingness of participant to address illness and treatment)
- Biological (injuries requiring treatment, meds, etc.)
- Social factors (family history of addiction, abuse, poverty)

Develop strategies for service provision to participants of a mental health case

What we need to know going in:

- Know details when addressing needs, meds, and follow- through with therapy/counseling
- Know that these are different types of cases, much different than general or physical disability caseload
- Know how MH affects a VR case (may be a much longer timeframe and many setbacks due to variety of reasons: participant goes off meds; complex family dynamics; relapse)

How to serve a MH case

- Back to VR basics
- Look at functional limitations of specific MH diagnosis (get out your disability handbook or resource guide)
- Identify impairments (cause)
- Address impediments/roadblocks to employment
- Put services in place to address impairments/accommodations and remove impediments/roadblocks

QUESTIONS

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