

FINDINGS:

- Culture is prevention
- Substance abuse affects everyone
- We can all play a role to promote health in our community
- Red Lake is resilient

INSIDE
THIS ISSUE:

Cultural Activities	2
Family	2
School	3
Community	3
Prevention	3
Risk & Protective Factors	4

Protective Factors

Culture is Prevention

There is great beauty in the traditions and philosophies of our Tribe. Understanding and appreciating the beauty within and around us is a great beginning to our wellness. Providing prayers for all those close to us and sending thanks to our Creator can bring us to a deep inner peace. When we achieve that inner peace, we no longer need to hide under the influence of alcohol or drugs.

We need to demonstrate the importance of appreciating and keeping our bodies well; it is called a Holistic Approach. We need to be well in mind, body and spirit. We need to feel good about ourselves before we can feel good about others - we need to love ourselves be-

fore we can love others. We need to lead by example, bringing our traditions and the beauty of our language back into our daily lives. Our children can learn from the lessons we have taught, so they do not have to endure the difficulties that we have seen. Most im-

portantly, we need to take care of each other.

According to the 2011 Red Lake Adult Health Survey, a majority adults from Little Rock, Ponemah, Red Lake, and Redby agree their culture helps them stay sober.

Sixty-nine percent of 2012 Community Readiness Survey respondents indicated that they agreed/strongly agreed that commitment to cultural heritage can prevent substance use problems. Almost one-third of respondents (27.9%) were quite or very willing to volunteer some of their time to a prevention program.



Red Lake Epi Workgroup

So what is "Epi" anyway? Epi is short for epidemiology, the study of health in populations.

Red Lake's Epi Workgroup was formed in 2007 to gather information on substance use in Red Lake and its impact on the community. Workgroup members represent Red Lake Chemical

Health, Division of Rehabilitation Services, Family & Children's Services, MFIP Employment Services, Indian & Free Prevention/Treatment, and youth groups.

Data on alcohol, tobacco, and drug use, negative consequences related to use, and risk and protective factors are gathered by

the workgroup from both Red Lake and Minnesota sources to help guide prevention efforts. Data help community leaders determine the biggest community problems related to substance use, and to identify strategies for addressing those problems.

Cultural Activities



Bass Busters

“I experimented when I was young. After I got older I grew up a lot and had kids. Therefore I wanted to be a positive role model for my family. I changed my lifestyle.”

Participation in positive social, community, and cultural activities can protect community members from alcohol and marijuana use, depression, and anxiety. Similarly, volunteering and participation in spiritual activities are also protective.

Red Lake Chemical Health provides a number of opportu-

nities for community members to participate in cultural activities, including:

- Powwows
- Round Dance Social
- Seasonal Cultural Camps: Hunting Camp, Sugar Bush, Berry Camp, Wild Rice Camp

- Bass Busters and the Fishing Derby

Call Red Lake Chemical Health if you are interested in getting involved: 218-679-3995.

Family

Family is the most important protective factor for individuals. All of the gifts of life – birds, plants, animal beings, water beings, people and all creation are family. All beings and elements hold their own spirit. We have an extended family understanding – all who are close to us are family.

Caregiver support, bonding, and involvement, as well as positive involvement with other adults, can prevent problem drinking, drug use, anxiety disorders, emotional distress, suicidal thoughts and attempts.

Among youth who reported past month alcohol use, Red Lake youth were **less likely** than Beltrami youth, all American Indian youth in Minnesota, and all Minnesota youth to report that they got alcohol from their parents (2010 Minnesota Student Survey—MSS). Also, most Red Lake students report that their parents or guardians would disapprove of them drinking.—see graph (2010 MSS).

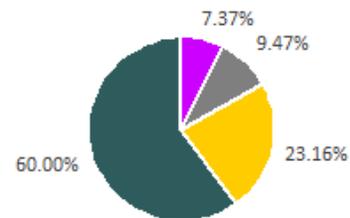
Red Lake youth who can talk to their parents about problems they are having are less likely to report alcohol use or feelings of hopelessness and discouragement: 28% of youth who said they can talk to their mother about problems reported past month drinking. This compares to 42% of youth who say they can't talk to their mother about problems (2010 MSS).

In 2012, 52% of Red Lake Adult Health Survey respondents reported that family members discourage them from drinking, 17% said that friends discourage them from drinking, and 30% reported

that both friends and family discourage them from drinking. Most adults responding to the survey reported that they discourage youth, family and friends from drinking.

As a sign of the importance Red Lake places on youth, a Native Children's Bill of Rights was recently passed. Also, the Red Lake Chemical Health Pregnant Women and Families outpatient program (also open to fathers) teaches parenting skills. Participants build cradle boards and a doll to put in the cradle board which teaches patience.

Red Lake Students' Belief in How Their Parents/Guardians Would Feel About Them Drinking



■ Approve ■ Not care at all ■ Disapprove ■ Strongly disapprove

School

Success in academics and supportive school staff both protect youth against substance use and suicidal ideation.

The Red Cliff Wellness School Curriculum is taught to Red Lake youth in grades kindergarten through fifth grade. Red Cliff is a substance abuse prevention intervention based in Native American tradition and culture.

Red Lake Chemical Health also sponsors a youth conference each year. In 2013, 336 people participated in the 2-day event featuring



actor Chaske Spenser. Youth selected conference topics, which included substance use, suicide, bullying, teen pregnancy, and domestic abuse.

Thirty-eight percent of Red Lake youth report that they like school quite a bit, and over half say that most if not all teachers show re-

spect for the students (2010 MSS).

One quarter of Red Lake youth report participating in school sports every day. One third of Red Lake youth say they participate in tutoring, homework help, or other academic programs at least once per month.

“I want the younger generation to stop and think about the choices they are making.”

Community

The whole community can play a role in preventing substance use and abuse. The vast majority of survey respondents agreed/strongly agreed that individuals/family members (90%) and communities/schools (85%) need to be more active in dealing with substance use problems (2012 Community Readiness Survey—CRS).

Ninety-eight percent of community members surveyed felt it was never okay for parents to offer alcohol to teenagers (other than their own children), and 93% of respondents indicated that it was never okay for parents to offer alcohol to their own children (2012 CRS).

Red Lake Chemical Health sponsors multiple community-level pre-

vention activities. One prevention activity is the annual Drug & Gang Summit; another is the Men’s Basketball League.

In 2013, 200 people attended the Drug & Gang Summit. The theme, “Helping the Family and Community” featured keynote speakers David Parnell and Rick Moldenhauer.

Prevention

Red Lake Chemical Health sponsors several prevention efforts through the Red Lake Block Grant and the Minnesota Block Grant.

Bii-Zin-Dah-De-Dah (Listening to One Another) Project is a family based alcohol and drug prevention program for 5th to 8th graders based on Ojibwe culture. The program builds strong families by addressing help seeking and giving, anger management, problem solving, and refusal skills/monitoring.

Two youth programs, Red Lake Summer Youth and the Red Lake Youth Council, uphold the mission of fostering the spiritual, mental, physical, and social development of Red Lake Nation youth and developing future tribal leaders through direct involvement with youth. Summer Youth are hired for a 10 week period to follow a cultural prevention program in which they learn about culture, community, and the effects of alcohol, tobacco,

and other drugs. To find out more, contact: Marilyn Mountain at 218-679-3321.

Participation in positive social activities protects against substance use and promotes positive mental health. Red Lake Chemical Health sponsors a coed softball league: from June through August: one league is open to boys and girls age 8 to 11 and another is open to those age 12 to 17.



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- Charlene Defoe, Supervisor, 218-679-3392

Red Lake Alcohol Rehabilitation Program (prevention)

- Karen Barrett, Supervisor, 218-679-3392

Indian & Free Prevention/Treatment Program (prevention/treatment referral)

- Marilyn Mountain, Supervisor, 218-679-3321

Pregnant Woman and Families Program (treatment)

- Shelley English, Supervisor, 218-679-3331

Red Lake Group Home (treatment)

- Elwyn Jourdain Jr., Supervisor, 218-679-3868

Red Lake Treatment Center & Halfway House (treatment)

- Doug Jourdain, Supervisor, 218-679-3387

Ponemah Outpatient (prevention & treatment)

- Larry Stillday, Supervisor, 218-554-7401

Risk & Protective Factors

Unlike risk factors, which increase the likelihood of problem outcomes, protective factors are characteristics that *lower* the likelihood of problem outcomes, or that reduce the negative impact of a risk factor.

Some risk and protective factors are associated with multiple outcomes—use of alcohol and drugs, depression, anxiety, and suicidal thoughts. The more we can do to increase protective factors, the healthier our community will be.

Some protective factors shared between substance use and mental health are:

- Culture and participation in cultural activities
- Participation in positive social activities

- Support and nurturing from family and mentors
- School and community connectedness
- Success in academics
- Spirituality/religiosity
- Self-esteem
- Social support

Communities can take steps to reduce risk factors, such as restricting access to alcohol or increasing awareness about the dangers of misusing prescription drugs.

However, communities can also take steps to increase and enhance protective factors. Such steps might include providing concrete supports to families in times of need, creating and promoting opportunities to partici-

pate in community, school, and club activities, or creating compassionate schools.

While it may not be possible to completely remove all risk from communities and families, we can all do our part to promote protective factors.

