



MCFARLAND RADAR (Relevant Alcohol & Drug Awareness Resources) COALITION

AODA PREVENTION

NEWSLETTER

NOVEMBER 2022

Native American Heritage Month

November is Native American Heritage Month, or as it commonly referred to, American Indian and Alaska Native Heritage Month. This month is a time to celebrate the rich and diverse cultures, traditions, and histories of the Native people. It is also a time to educate the general public about tribes and to raise general awareness about the unique challenges Native people have faced both historically and in the present and the ways in which tribal citizens have worked to conquer these challenges.



History of Native American

In 1914, Red Fox James, a Blackfoot Native, rode horseback from state to state seeking approval for a day to honor Natives. In December of the following year, he presented the endorsements of 24 state governments at the White House. In May of 1916, the governor of New York declared the first "American Indian Day" on record. Several states followed with celebrations held the fourth Friday in September of the same years. In 1986, the U.S. Congress passed a proclamation authorizing "American Indian Week," and in 1990, President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." From 1990 onward, presidential proclamations have been issued annually to celebrate the heritage and culture of Native Americans .

An infographic titled "Did You Know? Native American Facts" with a light blue background and decorative feathers. It features a large blue number "574" and the text "Sovereign Tribal Nations". A definition of "American Indian/Alaskan Native (AI/AN)" is provided in a white speech bubble. A small URL is visible at the bottom left.

Did You Know? | Native American Facts

American Indian/Alaskan Native (AI/AN)
refers to persons belonging to the Indigenous tribes of the continental United States (American Indians) and the Indigenous tribes and villages of Alaska (Alaska Natives).

574
Sovereign Tribal Nations

574 sovereign tribal nations (variously called tribes, nations, bands, pueblos, communities, and Native villages) have a formal

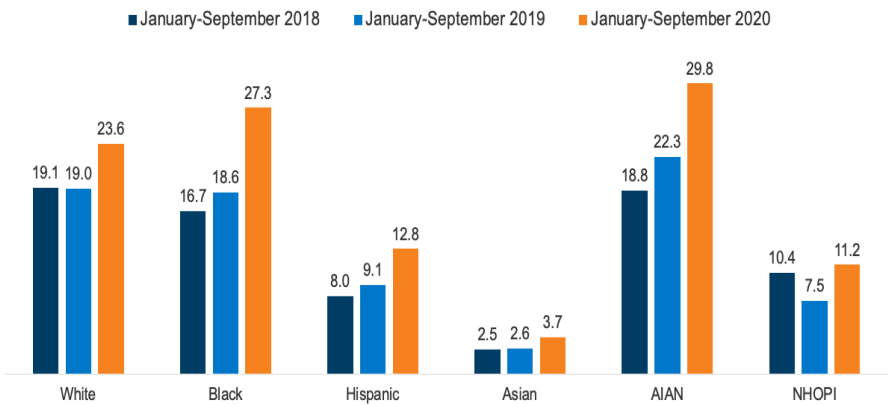
<https://www.bia.gov/programs/indian-affairs/tribes>

Substance Use and Native Americans

It is estimated that there are 5.6 million Native Americans (classified as American Indian and Alaska Native alone or in combination with one or more other races) living in the United States, comprising 1.7% of the total population. While Native Americans account for on a small part of the US population, these people experience much higher rates of substance misuse compared to other racial and ethnic groups. Nearly 25% of Native Americans report binge drinking in the past month and nearly 10% report having an illicit drug use.

Figure 2

Drug Overdose Deaths Per 100,000, by Race/Ethnicity



NOTES: Persons of Hispanic origin may be of any race but are categorized as Hispanic; other groups are non-Hispanic. AIAN refers to American Indian and Alaska Native people. NHOPI refers to Native Hawaiian or Pacific Islanders.
SOURCE: Estimates for 2018 are from CDC National Center for Health Statistics. Multiple Cause of Death 2018-2019 on CDC WONDER Online Database, from: <https://wonder.cdc.gov/mcd-icd10-expanded.html>. Estimates for 2019 and 2020 are based on provisional CDC, National Vital Statistics System data, from: https://www.cdc.gov/nchs/data/health_policy/Provisional-Drug-Overdose-Deaths-Quarter-Demographic-Q32020.pdf. Population estimates from Census Bureau Monthly Population Estimates.

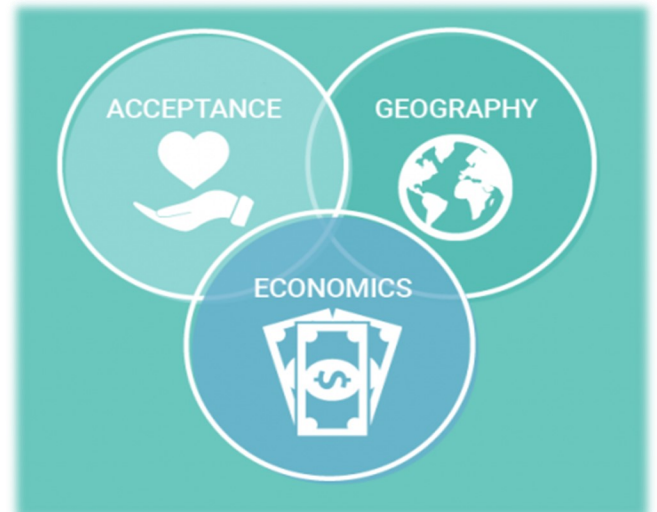
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Alcohol is the most commonly used drug among Native Americans. The rate of past month (35.9%) and past year (54.3%) alcohol use among Native Americans is significantly higher than other ethnic groups. Nearly a quarter of Native Americans report binge drinking in the past month (22.4%). The rate of Native Americans with an alcohol use disorder (7.1%) is higher than that of the total population (5.4%). Moreover, 1 in 6 Native Youth (ages 12-17) have engaged in underage drinking, this is the highest rate of alcohol use of all racial/ethnic groups.

Illicit drug use is also common within these communities. They have some of the highest methamphetamine abuse rates, including past month use at more than 3 times the rate of than any other group. Additionally, they also have the highest marijuana use rate out of any other ethnic group. It should be noted that marijuana is seen as part of some native culture. As of 2019, nearly 54% of American Natives have used marijuana at least once in their lives.

Risk Factors:

- Historical trauma.
- Violence (including high levels of gang violence, domestic violence, and sexual assault).
- Poverty.
- High levels of unemployment.
- Discrimination.
- Racism.
- Lack of health insurance.
- Low levels of attained education.

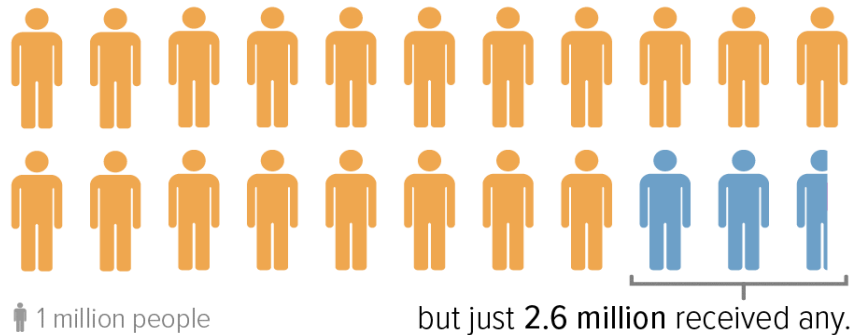


Treatment Gaps

Native Americans are more likely to need alcohol and illicit drug use treatment than persons of any other ethnic group. The Substance Abuse and Mental Health Services Administration reports that 13% of Native Americans need substance use treatment, but only 3.5% actually receive any treatment. Unfortunately, many Native Americans have limited access to substance abuse services due to transportation issues, lack of health insurance, poverty, and a shortage of appropriate treatment options in their communities. Tribal communities may not have naloxone available or people who are trained to administer naloxone. Additionally, there is a lack of education about how to help someone who is overdosing. Documentation of substance misuse, including opioid use disorder and overdose, may also be underestimated if neighboring communities provide emergency medical services and do not identify tribal status in records. This lack of data impacts the ability of tribes to apply for funds to support SUD treatment programs and track their success in implementing these programs.

Most Who Need Treatment for Substance Use Disorders Don't Receive Any

In 2019, 21.6 million people needed treatment...



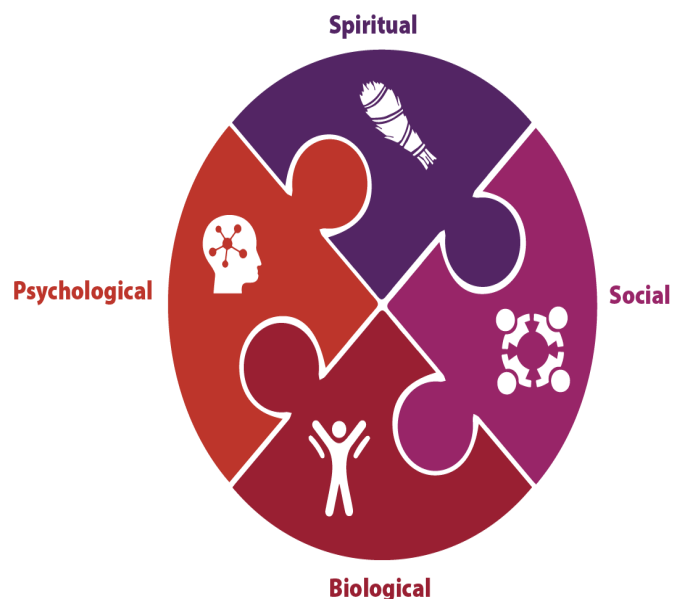
Note: Survey responses were limited to U.S. civilians over the age of 12 not residing in an institution (e.g. prison or nursing home). The survey also excludes people with no fixed address, such as people experiencing unsheltered homelessness. "Receiving treatment" was defined as substance use treatment received within the past year at a hospital, rehabilitation facility, mental health center, emergency room, private doctor's office, prison or jail, or self-help group.

Source: 2019 National Survey on Drug Use and Health

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How to Resolve the Treatment

Some of the disparities in treatment that occur within this population can be resolved through increased availability of culturally sensitive treatment programs. Local adaptations of treatment protocols are needed to address the significant diversity among Native Americans, as there are important differences in the language, culture, and customs of the 573 federally recognized American Indian and Alaska Native tribes and communities. Studies have shown that cultural identity and spirituality are important issues for Native Americans seeking help for substance abuse, and these individuals may experience better outcomes when traditional healing approaches (such as powwows, drum circles, and sweat lodges) are incorporated into treatment programs.



Supporting Native Americans in the Month of November

- Visit a reservation or museum:
 - Some reservations welcome visitors and have even erected museums to educate the wider public about their history and culture.
- Attend or host an educational event:
 - Local institutions and organizations – including libraries, schools and cultural groups – will also host events, ranging from webinars to dance performances
 - If there are no events happening near you, consider hosting one. You don't have to be a Native American to appreciate and share their history and culture with your community.
 - A great way to start is by contacting a nearby reservation, museum, cultural group or academic and ask how you can collaborate. To ensure your event doesn't accidentally disrespect Native communities, run ideas by their community leaders first.
- Read the work of Native American authors
 - A great way to learn about Native American history and culture is to read a book by a Native American author.
 - Tommy Orange, Louise Erdrich, Stephen Graham Jones and Joy Harjo are among the many Native American authors celebrated for their works. Of course, not all their books are historical accounts. Many are fiction, romance and even horror.
- Support native-owned businesses and charities
 - Black Friday is just one day after Thanksgiving. Instead of spending all your money on Amazon, consider spending some at native-owned businesses or even donating to charities.
 - It's a great way to support native communities' economic well-being, as well as contribute to worthwhile social causes.
 - There's a long list of environmental, economic, education, health and rights groups that work to strengthen and empower native communities.
 - Consider making a donation this National Native American Heritage Month.



McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.