Applying Cultural Competence and Cultural Anchoring to Opioid Overdose Prevention

Overdose Data to Action
Peer-to-Peer Learning Coordinator
Learning Objectives

- Define cultural competence and specifically cultural anchoring
- Describe the connection between cultural anchoring and opioid overdose prevention strategies
- Identify a strategy and method for the application of cultural anchoring in opioid overdose prevention drawing on experiences and expertise from peers
Our Panel

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This webinar series is brought to you by the University of Hawai‘i at Mānoa Myron B. Thompson School of Social Work and funded by the CDC Overdose Data to Action Project through the Hawai‘i State Department of Health.
"High-Quality, Culturally Anchored Opioid Prevention Programs provide viable solutions to improving systems of care and preventing health disparities in native communities related to opioid misuse."

- High quality Culturally Anchored Prevention Programs are founded on the honoring of long-term, culturally-framed relationships.
- When high quality Culturally Anchored Prevention Programs carefully honor relationships, they promote a sense of belonging.
- When belonging is established, systems of care improve.
- When systems improve, health disparities in communities are alleviated.
Nā Limahana o Lonopūhā
NATIVE HAWAIIAN HEALTH CONSORTIUM
E ola koa.
Live like a koa tree.
Live a long time, like a koa tree in the forest.

WIWO‘OLE
FEARLESSNESS

Photo © Hui Ku Maoli Ola LLC
MOʻOKŪʻAUHAU
• Understanding my TRUTH
• Self Disclosure of non-tangible life experience
• Life Experience
• Connection to Place
• Connection to Culture
• Value of Community
Value of Truth
Weaving Engagement

COLLABORATION

AGENTs FOR SUPPORT “CHANGE”

TEAMWORK

PARTNERSHIP

- Collaboration
- Planning
- Share
- Performance
- Teamwork
- Synergy
- Success
Your organization is culturally relevant if what you do and how you do it is relevant to multicultural audiences.

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Anchoring Beliefs

[Cultural] Competence
- ability to understand, communicate with and effectively interact with people and being aware of one's own world view that develops positive attitudes and gains knowledge of different practices and world views.

[Cultural] Proficiency
- lens for examining one's work and one's relationships.
- policies and practices in an organization or the values and behavior of an individual, that enable the person or institution to engage effectively with people and groups who are different from them.

[Cultural] Humility
- humble and respectful attitude toward individuals of other cultures that pushes one to challenge their own cultural biases, realize they cannot possibly know everything about other cultures.
SHARI LYNN  MEd, CSAC, CCS, CPS, CCJP, NCAC-II, CTS, SAP, CSAPA, ICADC

Director, Ka Hale Pōmaikaʻi
Lau ‘ōlena, lau pālulu.

‘Ōlena leaf, leaf that protects.
Data Should Reflect the Impact that Cultural Wisdom Has on Outcomes

Educating health care professionals about cultural and social determinants of the wellness in the communities they serve, along with innovative ways to address addiction, will contribute to greater effectiveness in improving the care of those they seek to heal.

Expanding cultural humility and competency within one’s own community can enhance prevention and reduce chronic misuse of opioids and other drugs.

Casting A Wider Net is Nothing to Fear
Native Hawaiians alone comprise 43% of the State’s prison population; nearly all have or have had a Substance Use Disorder.

Although other communities across the continental United States struggle with opioid misuse, Hawaiʻi leads the country with the majority of all admissions to treatment having a methamphetamine addiction.
Hawaiian communities continue to flourish while maintaining their unique cultural values, perspectives, practices and aspirations.

- Despite the higher drug-related harms and overdose risk among Native Hawaiians it is important to remember and recognize our resiliency within communities.

- Generational adherence to cultural wisdom can be leveraged to reduce the adverse impact of opioid and other drug misuse.
Stepping Into A Cultural Way of Thinking

**Goal:** To prevent opioid and other drug-related harms and overdose risk

**Strategy:**

- Infusion of cultural anchoring into the daily practice of prescribers
- Ensuring cultural humility among providers, health systems, and payers to reduce unsafe exposure to opioids (or other drugs) and treat addiction relevantly.
Naupaka’s Story: A father’s addiction. His PCP prescribes opioids to help him sleep when he is too high on Methamphetamine. Addicted to both drugs, Naupaka lost his home, wife, children and job. On his island there are no residential treatment centers and MAT is unavailable. He had to rely on Native Cultural Wisdom to climb out of the dark abyss. He weeps at being on the mountain top once again.

Q:
What happens in rural communities with high concentrations of Native Hawaiians can be an example for other communities with indigenous populations?
Kua: A Young Teen’s Experience

Following an outpatient surgery for a minor foot fracture he was given an opioid Rx of 30 tabs. He told his doctor that he did not think he needed any pain medication. His custodial grandparent asked why more than the "7 day only" supply was being given, considering that he had a scheduled check up in a week. The doctor was not willing to adjust the Rx or engage in the cultural custom of building trust by ‘talking-story’.

Although Kua had attempted suicide with his father’s opioids in the past, he was never asked about his history of drug use, suicide attempts or ideation, nor was his extended family’s history of any SUD ever explored.

Had the medical team been skilled with a sense of cultural humility these areas would have made a difference in the amount of opioid medication they prescribed.

In reality, the majority of this child's adult family members are all active opioid abusers, unable to quit, all stemming from an original Rx for minor pain initiated more than 10 years ago. Without Kupuna intervention, Kua would have the drugs they want, a means to overdose if he becomes suicidal, and an opportunity to sell unused pills at $10.00 each.
In both stories, cultural anchoring with reliance on Kūpuna (wise elders) instilled traditional wisdom played the largest part in healing: spiritually, emotionally, and physically.

Naupaka now faces the challenging task of self-advocacy as he tries to educate his doctor about his addiction and hard-earned recovery. He knows he can find his way home because his culture holds his place for him.

Kua returned to reliance on his Kūpuna for guidance, support and traditional plant-based medicine to help his fracture heal. He uses the ‘ōlena in ways taught for generations to strengthen his immune system to avoid infection. He knows from hearing it his whole life, that 90% of healing is work done by the soul. He is making positive life affirming choices that honor his Hawaiian values. Today he prays and seeks his healing as a blessing without western pain medication.
It is important for patients and providers to discuss the risks of opioids, consider alternative therapies, and, if prescribing opioids is appropriate, the provider should offer fewer prescriptions for fewer days and at lower dosages.
PŪPŪKAHI I HOLOMUA
Unite in order to progress!

ʻILAU HOE
Paddle together!
Honor Place

Focus on Social Determinants of Health

Led by Community

Appreciate Ancestral Languages & Wisdom

Investment, Integrity, and Intentionality
Modeling Peer-to-Peer Exchange
Question & Answer
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ALOHA

PO‘E HAWAI‘I
Ua lehulehu a manomano ka ‘ikena a ka Hawai‘i

PACIFIC HEALTH ANALYTICS COLLABORATIVE
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Koa
acacia koa
endemic to all Hawaiian islands except Ni‘ihau and Kaho‘olawe

The largest of native forest trees, with light-gray bark, crescent-shaped leaves, and small white flowers.

‘Ōlena
curcuma longa
found on all Hawaiian islands except Kaho‘olawe, secure

Also called turmeric this plant is a kind of ginger distributed from India into Polynesia, widely used as a spice.
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INTERPROFESSIONAL PRACTICE MODELS FOR OPIOID OVERDOSE PREVENTION

August 4, 2020
11:00 am – 12:00 pm HST
5:00 pm – 6:00 pm EST