

SCOPING STUDY OF CULTURALLY RELEVANT ALCOHOL MISUSE
TREATMENT OPTIONS IN ALASKA

By

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Abstract

This project is intended to centralize information on alcohol and substance misuse treatment available in the State of Alaska. This document will be publicly available online for use by interested parties, including court referral agencies, counselors, and people seeking help. The data was collected from multiple websites and is in the process of being sent to the programs listed for verification of contact details, with a request for more details on treatment modalities offered. This resource guide includes a brief description of wellness strategies that are considered culturally relevant to Alaska Native and rural communities. These were findings from interviews conducted with participants in the field of alcohol treatment and individuals with personal experience overcoming alcohol misuse in Alaska. This resource guide includes a brief description of wellness strategies that are considered culturally relevant to Alaska Native and rural communities, based on the population sample for this Master's Research Study.



Alcohol Misuse
Treatment
Options for the
State of Alaska

This resource guide is a living, breathing document designed to centralize information about available alcohol treatment programs serving the state of Alaska. During this study, multiple websites were evaluated, pilot interviews with practitioners conducted, and people involved in recovery networks were consulted to gather this data. The goal of this research project was to research and document the lack of readily available treatment for alcohol and substance misuse in rural and Alaska Native communities. Findings indicate that there are a lack of culturally relevant treatment services, especially given the diversity of Alaska Native populations and cultures within the state. The study also found that the treatment services offered in Alaska vary based on a host of factors, including location, overall budget, ability to bill for certain services, and dedicated staff. It can be concluded that a person seeking treatment services, including those in crisis, individuals released from incarceration due to substance misuse, and others needing support would be hard pressed to find help. Given the nature of intoxication and craving, it cannot be expected that these individuals would make a continued, rigorous attempt at connecting with a treatment program.

This resource guide also includes a list of culturally relevant wellness strategies highlighted by interviewees who were part of the research project titled Scoping Study of Culturally Relevant Alcohol Misuse Treatment Options in Alaska completed Spring 2020. This list is by no means comprehensive, but includes some important, foundational treatment strategies found to be effective in recovering from alcohol misuse and maintaining sobriety. It is my hope that this list will continue to grow and eventually added to the list of evidence-based treatment protocols that are billable for service(s).

The results of the study revealed that in many cases, counselors and staff of treatment programs have little awareness of what other treatment programs are available. The findings also indicate that understaffing in agencies prevents well intentioned providers, who would like to offer creative and culturally relevant treatment strategies, from doing anything beyond offering efficient, evidence-based treatment, play catch up with administrative tasks and other duties that are time-consuming.

| Agency Name | Location | Contact Info | Tx Strategies | Website | Notes |
|--|-----------|--|---------------|---|---|
| Akeela House Recovery Center | Ketchikan | 3050 Fifth Avenue Ketchikan, Alaska 99901 907- 225-4135 | RT | http://www.akeela.us/anchorage/akeela-house/ | <ul style="list-style-type: none"> • 48 bed 3.5 level housing with option to follow with 14 apt transitional housing • level I/II OP for 12-18 weeks - relapse prevention |
| Alaska Addiction Rehabilitation Services, Inc./Nugen's Ranch | Wasilla | 26731 West Point MacKenzie Road; Wasilla, AK 99687 907-376-4534 | RT | http://www.nugensranchak.org/ | |
| Ambler Village Clinic | Ambler | Ambler, AK 99786 907-445-2192 | OP | Maniilaq Association http://www.maniilaq.org | |
| Birchwood Behavioral Health | Anchorage | 1600 O'Malley Road Anchorage, AK 99507 907-349-2222 | | http://www.bbhalaska.com | |
| Buckland Village Clinic | Buckland | Buckland, AK 99727 907-494-2355 | OP | Maniilaq Association http://www.maniilaq.org | |

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| Chanlyut | Anchorage | 3149 Mountain View Anchorage, AK 99501 907-793-362 | IOP, Residential | Cook Inlet Tribal Council http://www.citci.org | 8-month residential work-training program men's sober living house |
| Clitheroe Center | Anchorage | 3600 East 20th Avenue Anchorage, AK 99508 907-276-2898 | OP, IP, RT | The Salvation Army, a California corporation http://www.salvationarmy.org/clitheroe | <ul style="list-style-type: none"> • 42-M 12-F bed level 3.5 RT • Sole 3.3 integrated Co-Occurring/Dual Diagnosis co-ed treatment program in Alaska for substance use and mental health disorders |
| Cook Inlet Council on Alcohol and Drug Abuse | Homer | 1230 Ocean Drive Unit 1 Homer, AK 99635 907-235-8001 | OP | Cook Inlet Council on Alcohol and Drug Abuse http://www.citci.org | |
| Cook Inlet Council on Alcohol and Drug Abuse | Kenai | 10200 Kenai Spur Highway Kenai, AK 99611 907-283-365 | OP | Cook Inlet Council on Alcohol and Drug Abuse http://www.citci.org | |
| Cook Inlet Tribal Council Substance Abuse Services - Matsu | Wasilla | 851 Westpoint Drive Suite 310 Wasilla, AK 99654 907-357-5400 | A&R IOP, OP | Cook Inlet Tribal Council Recovery Services http://www.citci.org | |
| Deering Village Clinic | Deering | Deering, AK 99736 907-363-2327 | OP | Maniilaq Association http://www.maniilaq.org | |

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| Dena A Coy | Anchorage | 907-729-5070 | RT | Southcentral Foundation https://www.southcentralfoundation.com/service/s/behavioral-health/dena-a-coy/ | Women's 3-8 month residential treatment offering option to bring children under 3 |
| Discovery Center | Eagle River | 11901 Business Blvd Suite 204 Eagle River, AK 99577 907-694-5550 | OP, IOP | https://www.discoverycovealaska.com/substance-use-programs/ | <ul style="list-style-type: none"> • Applicants must be AI/AN, or Significant Other of AI/AN provide documentation of tribal enrollment • Access to Recovery funding uninsured or underinsured • include cultural and faith-based services |
| Eastern Aleutian Tribes | Adak, Akutan, Cold Bay, False Pass, King Cove, Nelson Lagoon, Sand Point, Whittier | Multiple locations 907-277-1440 | OP | https://www.eatribes.org/services/behavioral/#SA | <ul style="list-style-type: none"> • community based outpatient treatment • aftercare for residential treatment |
| Ernie Turner Center (ETC) | Chugiak | 30881 Eklutna Lake Road Chugiak, AK 99567 907-688-1750 | RT, TC | Cook Inlet Tribal Council Recovery Services http://www.citci.org | |

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| Fresh Start | Fairbanks | 3504 Industrial Avenue Suite 220 Fairbanks, AK 99701 907-388-3221 | OP, A&R, ADIS | http://www.drugandalcoholfairbanks.vpweb.com | |
| Gastineau Human Services Corporation | Juneau | 5597 Aisek Street Juneau, AK 99801 907-780-3044 | CT, IOP, OP, RT | http://www.ghscorp.org | |
| Gateway to Recovery Enhanced Detoxification | Fairbanks | 650 Younker Court Fairbanks, AK 99701 | IP Detox | Fairbanks Native Association, Inc. http://www.fairbanksnative.org | |
| Genesis Recovery Services, Inc. | Anchorage | 2825 W 42nd Ave Anchorage, AK 99517 907-243-5130 | | https://www.genesisrecovery.org/ | <ul style="list-style-type: none"> • 3.5 with 16M 6W beds • Min 30 day residential |
| Jett Morgan Treatment Svcs | | 400 W. Tudor Road #A-400 Anchorage, Alaska 99503 907-677-7709 | OP A&R | https://www.jettmorgan.com/ | <ul style="list-style-type: none"> • Individual and group counseling • aftercare |
| KAR House | Ketchikan | 3134 Tongass Ave Ketchikan, AK 99901 907-225-3510 | RT | Akeela http://www.akeela.us/ | <ul style="list-style-type: none"> • 3.5 -co-ed 15 beds • 3-6 month RT • modified Therapeutic Community modality of therapy, and services for co-occurring disorders |
| Kiana Village Clinic | Kiana | Kiana, AK 99749 907-475-2206 | OP | Maniilaq Association http://www.maniilaq.org | |

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| Kivalina Village Clinic | Kivalina | Kivalina, AK 99750 907-645-2018 | OP | Maniilaq Association http://www.maniilaq.org | |
| Kobuk Village Clinic | Kobuk | Kobuk, AK 99751 907-948-2199 | OP | Maniilaq Association http://www.maniilaq.org | |
| Mac's and Mary's Place | Sitka | 701 Indian River Rd Sitka, AK 99835 907-747-3636 | Sober Living | Sitka Counseling http://www.scpsak.org | |
| Maniilaq Association | Kotzebue | 733 Second Avenue Frank R. Ferguson Bld Kotzebue, AK 99752 907-442-7640 | OP | http://www.maniilaq.org | |
| Noatak Village Clinic | Noatak | Noatak, AK 99761 907-485-2337 | OP | Maniilaq Association http://www.maniilaq.org | |
| Noorvik Village Clinic | Noorvik | Noorvik, AK 99763 907-636-2177 | OP | Maniilaq Association http://www.maniilaq.org | |
| Point Hope Village Clinic | Point Hope | Point Hope, AK 99766 907-368-2234 | OP | Maniilaq Association http://www.maniilaq.org | |
| Ralph Perdue Center | Fairbanks | 3100 South Cushman Street Fairbanks, AK 99701 907-452-6251 | IOP, OP, RT | Fairbanks Native Association, Inc. http://www.fairbanksnative.org | |
| Recovery Journey Program | Chugiak | 30881 Eklutna Lake Rd Chugiak, AK 99567 907-688-1750 | RT | Cook Inlet Tribal Council https://citci.org/recovery | <ul style="list-style-type: none"> • 3.5 level 16 beds, co-ed • 6+ months • Trauma Informed Care, CBT, MI, Life Skills (employment and |

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| | | | | | training) relapse prevention, alcohol and drug education, and EMDR |
| Renew Your Mind | Anchorage | 123 East Fireweed Ln Suite 212 Anchorage, AK 99503 907-782-5043 | OP | | |
| Restore Incorporated | Fairbanks | 542 Fourth Avenue Suite B101 Fairbanks, AK 99701 866-262-5451 | IOP, OP, RT | http://www.restoreinc.org | |
| Selawik Village Clinic | Selawik | Selawik, AK 99770 Phone: 907-484-2339 | OP | Maniilaq Association http://www.maniilaq.org | |
| Seven Secrets Counseling & Social Skills | North Pole | 2515 Mission Road North Pole, AK 99705 907-488-4561 | OP | http://www.alaskadotsap.com | |
| Shungnak Village Clinic | Shungnak | Shungnak, AK 99773 907-437-2002 | OP | Maniilaq Association http://www.maniilaq.org | |
| Southcentral Foundation Detoxification Center | Anchorage | 4501 Diplomacy Dr Anchorage, AK 99508 907-729-4955 | Detox | Southcentral Foundation http://www.SouthcentralFoundation.com | |

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| Stepping Stones | Anchorage | 260 W. Benson Blvd Anchorage, AK 99503 907-565-1200 | RT | Akeela http://www.akeela.us/ | <ul style="list-style-type: none"> 9-12 mo 3.5 RT for mothers to live with their children |
| Tanana Chiefs Conference Behavioral Health | Tok | Tok, AK Phone: 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Old Minto | Old Minto, AK 907-452-8251 | OP, RT | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Galena | First Street Galena, AK 99741 907-656-1617 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Eagle | Eagle, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Tanacross | Tanacross, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Northway | Northway, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Tetlin | Tetlin, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |

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| Tanana Chiefs Conference Behavioral Health | Minto | Minto, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Nenana | Nenana, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Hughes | Hughes, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Kaltag | Kaltag, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Nulato | Nulato, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Huslia | Huslia, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Allakaket | Allakaket, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |
| Tanana Chiefs Conference Behavioral Health | Koyukuk | Koyukuk, AK 907-452-8251 | IOP, OP | http://www.tananachiefs.org | |

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| Tanana Chiefs Conference Behavioral Health | Ruby | First Street Ruby, AK 99768 907-468-4479 | IOP, OP | http://www.tananachiefs.org | |
| Turning Point, LLC | Fairbanks | 315 Fifth Avenue Fairbanks, AK 99701 907-374-7776 | IOP, OP | http://www.turningpointcounselingservices.com | |
| Women and Children's Center for Inner Healing | Fairbanks | 1027 Evergreen St Fairbanks, AK 99701 907-451-8164 | RT | Fairbanks Native Association, Inc. https://www.fairbanksnative.org/ | |

Culturally Relevant Wellness Strategies

This resource of wellness strategies relevant to Alaska Native communities and individuals in recovery is meant to be a high-level overview with the recognition that different peoples and cultures may express these wellness strategies differently or have a different understanding than what is written. The wellness strategies shared in this document are based on data gathered during a Master's in Rural Development research project by Christine Davenport. The data includes findings gleaned from interviews with alcohol treatment providers and individuals with personal experience in overcoming alcohol misuse. The findings outlined in this resource are some of the salient wellness strategies that emerged and is not meant to be a comprehensive or complete list of all culturally relevant wellness strategies. It is important to note that in AI/AN communities, culture has been a protective factor since time immemorial.

Talking Circles

Following the traditional practice of passing an object such as a talking stick, individuals are offered a space to speak their truth, uninterrupted, and without judgment or input from others in the group. Everyone is allowed open ended time to discuss what they need to in this safe environment. Groups use talking circles to resolve conflict, work toward healing trauma, and respectfully allow the sharing of whatever is on the heart of the speaker.

Smudging

This practice is rooted in AI/AN cultures and involves burning cedar, sweetgrass and/or sage for spiritual cleansing of impurities. The herbs burned and elements of the ceremony differ across regions depending on geographical and cultural factors. Often, ceremonies and talking circles are started with a smudge, with the smell of the burning herbs being described by some as an indication that they are in a safe place. The practice is beneficial for grounding and centering oneself, which is something the participants of the study considered to be foundational in the journey toward healing. To many people across cultures, a circle represents the divine.

Sweat Lodge

The sweat lodge has long been a part of Indigenous spiritual practices for cleansing and healing. The type of structure and individual practices vary across cultures, but there are some common elements, such as rocks and wood, which are considered to have spirits, and herbs. There is a firekeeper who conducts the ceremony and ensures the safety of participants. Sweat lodges are described as womb-like and are considered to be purifying.

Traditional Foods

Food is a vital component of all cultures, and for Indigenous peoples that have traditionally had a spiritual relationship with the land and all living creatures, it is also a protective factor. Many treatment programs and some medical facilities acknowledge the importance of subsistence foods to Alaska Native peoples and provide or allow them to be sent to individuals. Connecting to the earth by nourishing oneself with what it has to offer is a healing, strengthening practice.

Songs/Dancing

Traditional songs tell the oral history and teach lessons in the Alaska Native culture. Songs are usually owned by the clan who create them, as are the dancing. Regalia is created and worn by the individuals based on materials available on their traditional land and usually indicate their origins with either designs or patterns, such as clan crests.

Drumming/Drum circles

Drum circles and drumming are wellness strategies that are implemented across cultures. For many Alaska Natives, they use the hide of animals and wood indigenous to their homeland along with other materials to make drums. They are often decorated with designs that identify or relate to their culture. In Southeast Alaska, form line depictions of clans such as raven or eagle fill the circle of the drum. For larger circles, a table sized drum is used, with everyone in the group using think sticks to drum in unison.

Cultural Artwork

Connecting with culture through art is a wellness strategy used across cultures as well. There is a growing awareness in the therapeutic value in engaging in right brain activities to work through trauma. For individuals overcoming alcohol misuse, being able to connect to something meaningful like traditional art can promote wellness. Many programs bring in culture bearers to share their knowledge on beadwork, drawing, sewing, carving, and other forms of traditional art. Creating something like a medicine pouch, mas, or robe can have a lasting impact on people who complete alcohol treatment.