

Drum Teachings For Success:

Toward Decolonizing Behavioral
Health Services Utilizing
Original Teachings



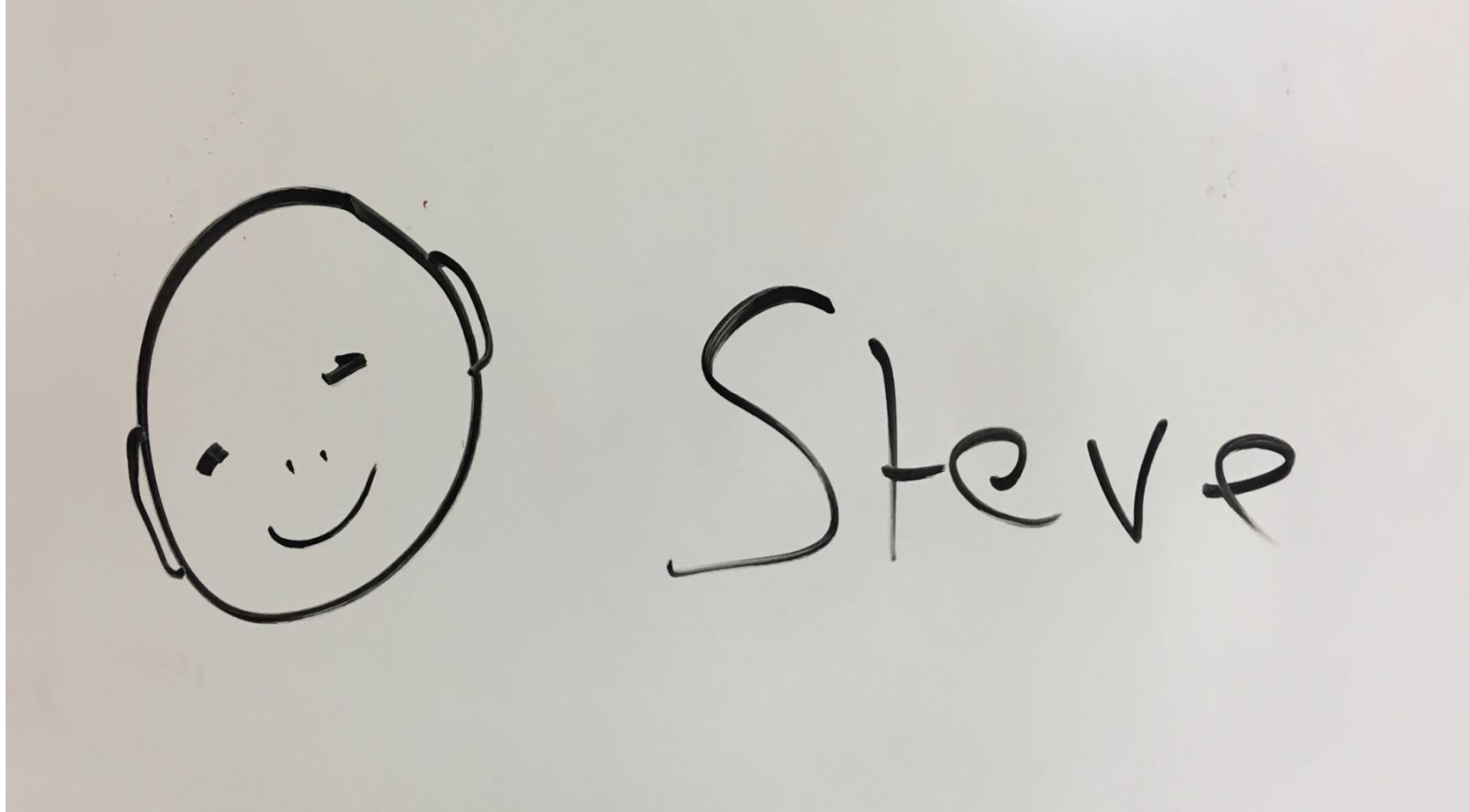
Indian
HEALTH BOARD

COMMUNITY TRADITION WELLNESS

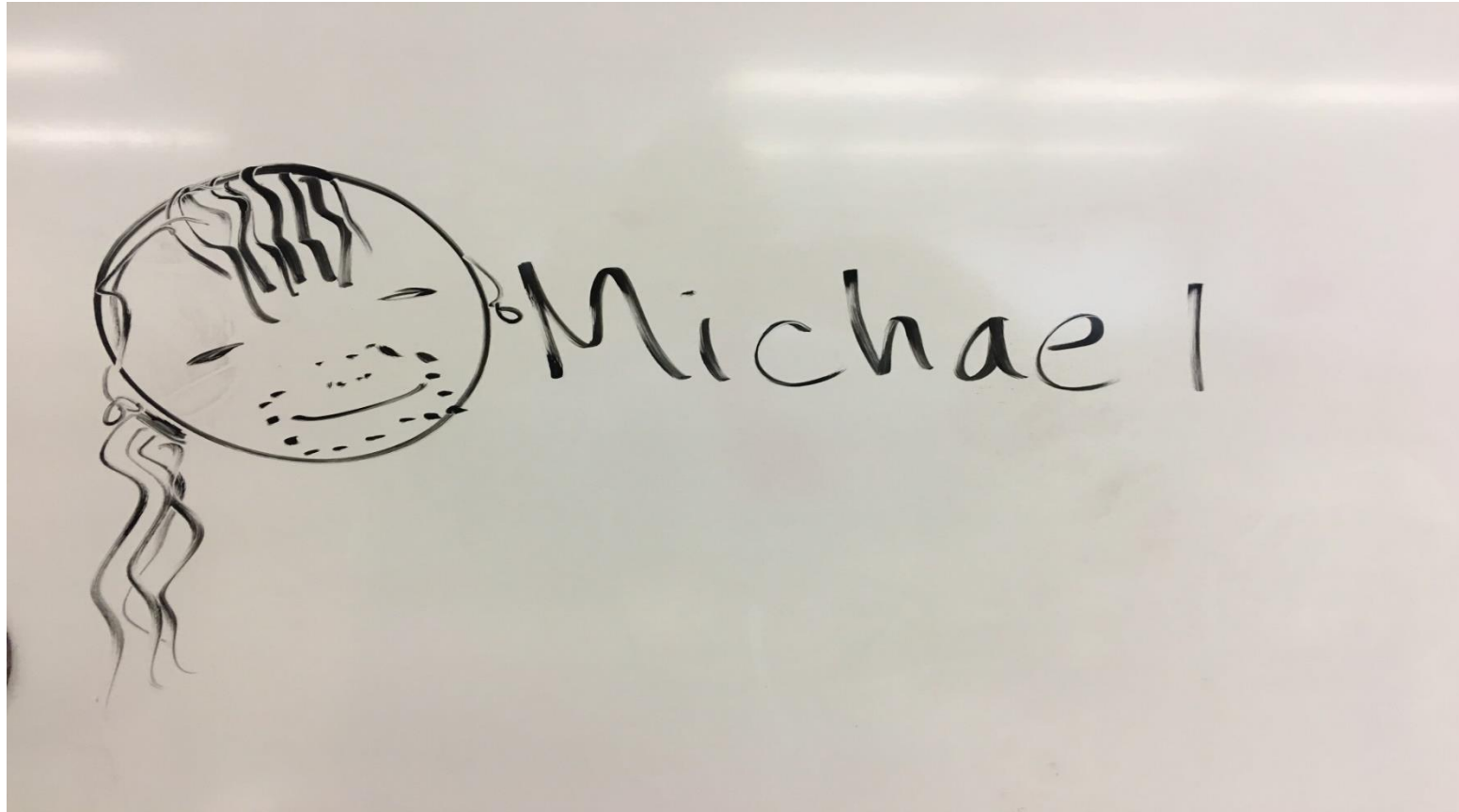
Introductions



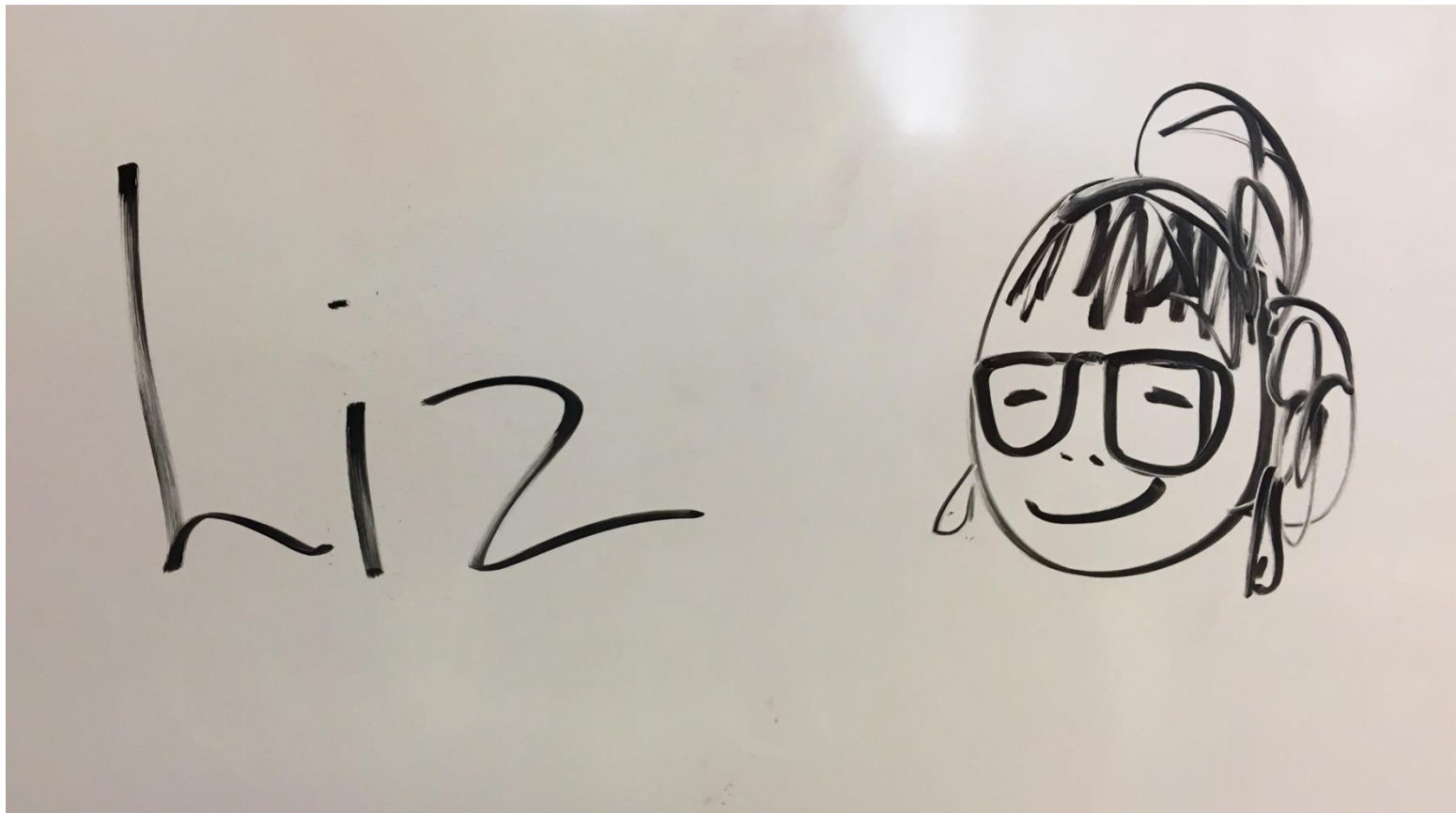
Steve Luzar, MA, LP



Michael Norcross



Liz Zinsli





posted on the Indian
Health Board's Facebook
page.

Please visit:

www.facebook.com/indianhealthboard

for a copy of the
presentation and like our
page.



Learning Objectives:

(1) Identify the teachings and processes used throughout the program that illustrate decolonizing practices and effects.

(2) Discuss the need for original teachings to be incorporated into programming



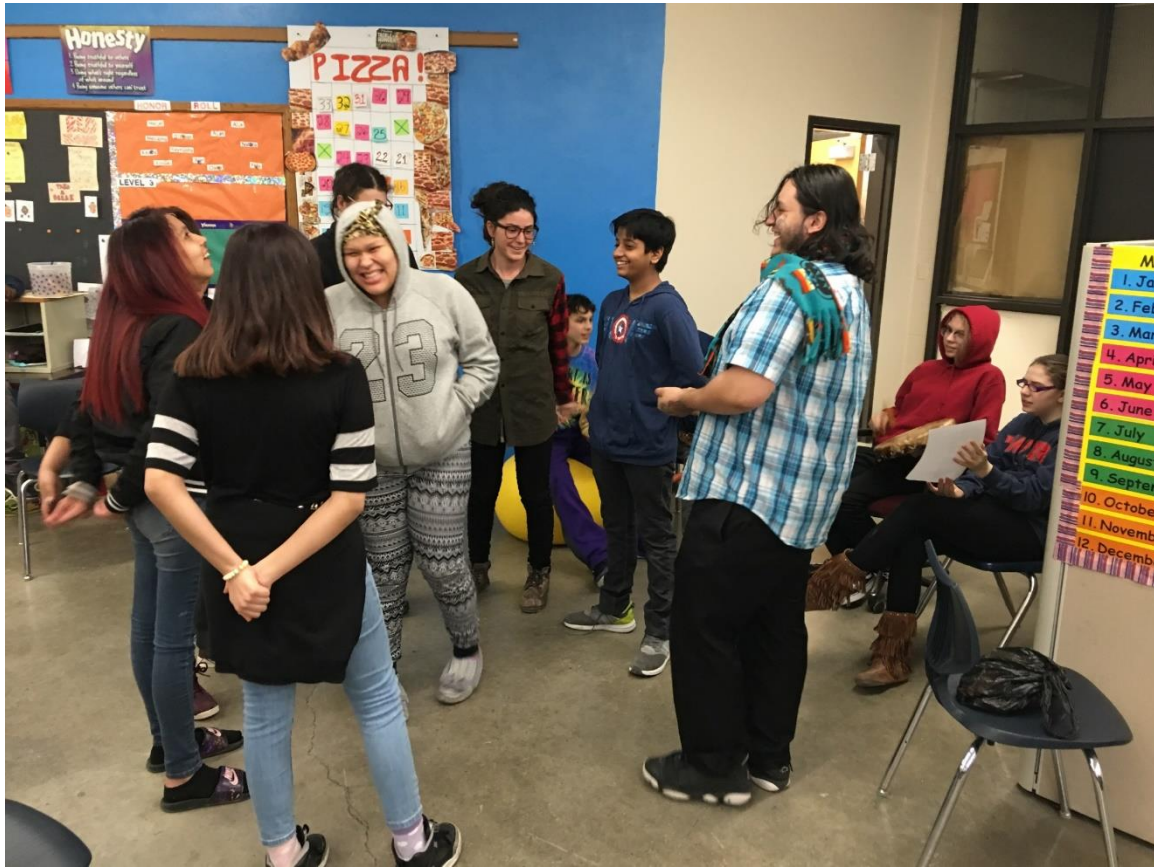
Learning Objectives

(con't):

(3) Describe the benefits (and challenges) of incorporating original teachings into western behavioral health programming.

(4) Demonstrate the positive effects of Native drumming & singing to enhance everyday well-being by engaging workshop





Indian Health Board of Minneapolis

Services offered at IHB:

- Medical Clinic
- Dental Clinic
- Counseling & Support Clinic
- Transportation





Counseling & Support Clinic:

Services Offered by IHB's

Counseling & Support Clinic:

- Counseling Services
- Assessment and Evaluations
- Group Counseling
- Traditional Programs





Goals:

To show how drumming and singing can help us on a physical, mental, emotional and spiritual level heal through cultural practices, language use & revitalization and re-indigenizing current program practices to combat and prevent drug / alcohol abuse, suicide



The NEED:

The great NEED for this type of program:

Drug / alcohol Abuse (Esp. opiates & Methamphetamine) epidemic.

Suicide epidemic.





Understanding tribal communities and the existing social issues is critical in understanding the unique needs of Tribal people in terms of their well-being.



2006 Drug Use / Abuse

Data:

YOUTH

- ◆ American Indian / Alaska Native ----
18.7%
- ◆ Other Youth -----
----- 9.8%

ADULTS

- ◆ American Indian / Alaska Native ----
28.5%
- ◆ Whites -----
----- 22.7%
- ◆ Blacks -----



Suicide:

- Every six and a half days an American Indian child or teen commits suicide (National Children's Defense funds, 2011).
- Highest rate of suicide in 15 to 24 age group (CDC, 2004).



Suicide (con't):

Among racial / ethnic populations, the greatest increases were observed among American Indian / Alaska Natives (AI / ANs) (65.2%, from 11.2 (1999) to 18.5 (2010))

Compared to:



Suicide Epidemic:

What makes this statistic
EPIDEMIC is that the White
(European American) population
in the United States is 72.4 %,
while the Native American /
American Indian population in
the United States is 0.9 %.



High Rates of M.H.

concerns:

According to Maria Yellow Horse Brave Heart in 2005, historical trauma is linked to the high rates of alcoholism, suicidal behavior, violence, depression, health problems, and attachment & bonding issues, within family systems.

Chronic stressful environments consist of historical and current high rates of poverty, violence,



Stressful Environments:

Dr. Spero Manson (PhD) from Colorado University School of Public Health states that “the environments in which most Indian people live is more stressful than any other environment in the US.” (2000).



**To complicate
matters further:**



Multiple Addictions:

Alcohol

Gambling

Caffeine

Relationships

Computer

- Video Games
- Internet

Others?

Drugs

Nicotine

Foods

Sex



Multiple Diseases:

Diabetes

HTN

DM Complications

STD's

Heart

Cancers

FASD

Dental

Tuberculosis

Others?



Multiple Mental Health

Issues:

Trauma

Abuses

Neglect

Grief / Loss

Anxiety

Anger

Others?

Depression

PTSD from:

Boarding School

Military

Sexual Violence

Physical Violence



Ethnic Issues:

Ethnic Identity

Ethnic Self-Esteem

Racial Discrimination

Inter- / Intra-Tribal Conflicts

Others?



Multiple Addictions, Diseases, Mental Health and Cultural Issues

ADDICTIONS

- ◆ Alcohol
- ◆ Drugs
- ◆ Gambling
- ◆ Nicotine
- ◆ Relationships
- ◆ Caffeine
- ◆ Sex
- ◆ Foods
- ◆ Computer
- ◆ Other

DISEASES

- ◆ Diabetes
- ◆ DM
- ◆ Heart Complications
- ◆ FASD
- ◆ Cancers
- ◆ Other
- ◆ HTN
- ◆ STD's
- ◆ Dental

MENTAL HEALTH

- ◆ Trauma
 - Abuses
 - Neglect
- ◆ Depression
 - ◆ PTSD
 - Boarding
- School
 - ◆ Grief / Loss
 - ◆ Anxiety
 - ◆ Anger / Violence
- ◆ Military
- ◆ Sexual
- ◆ Other

CULTURAL ISSUES

- ◆ Ethnic Identity
- ◆ Ethnic Self-Esteem
- ◆ Racial Discrimination
- ◆ Inter- / Intra-Tribal Conflicts
- ◆ Other



We haven't even considered the effects of...

- Accidents
- Crime
- Poverty & homelessness
- Greater prevalence & severity of issues
- Much less access to treatment



Current strategies to address these issues in Indian Country appear to be not working.

We need something different.

The Drum Teachings for Success program incorporates original teachings into the services that we deliver because western therapeutic practices appear not to be working.





DRUM TEACHINGS FOR SUCCESS



Drum Teachings for Success:

- Relatively new hand drum making / drumming & singing program for Native American boys and girls to the age of 24 years old.
- Currently in its fourth (4th) round of programs and will be offered every quarter (every three months) for the foreseeable future.
- The program is always held at IHB on Tuesday after school &



Drum Teachings for

Success:

- This program has also been held at other locations, including schools, youth programs and anywhere else where there is a Native community.
- Is completely free to the participants.
- Program participants don't need any experience, but must have an



Drum Teachings for Success:

- The drum / singing groups are 8 - 10 consecutive 1 to 1 ½ hour sessions.
- At the end of each round of programming, there is a feast to celebrate the participants and their drumming & singing.
- The participants get up and drum / sing at the feasts.



Other Culture-Based

Interventions:

Utilized with the Drum Teachings for Success program:

- Story telling
- Talking circle
- Smudging
- Traditional Elders
- Herbal remedies
- Traditional activities





The importance of the Drum:

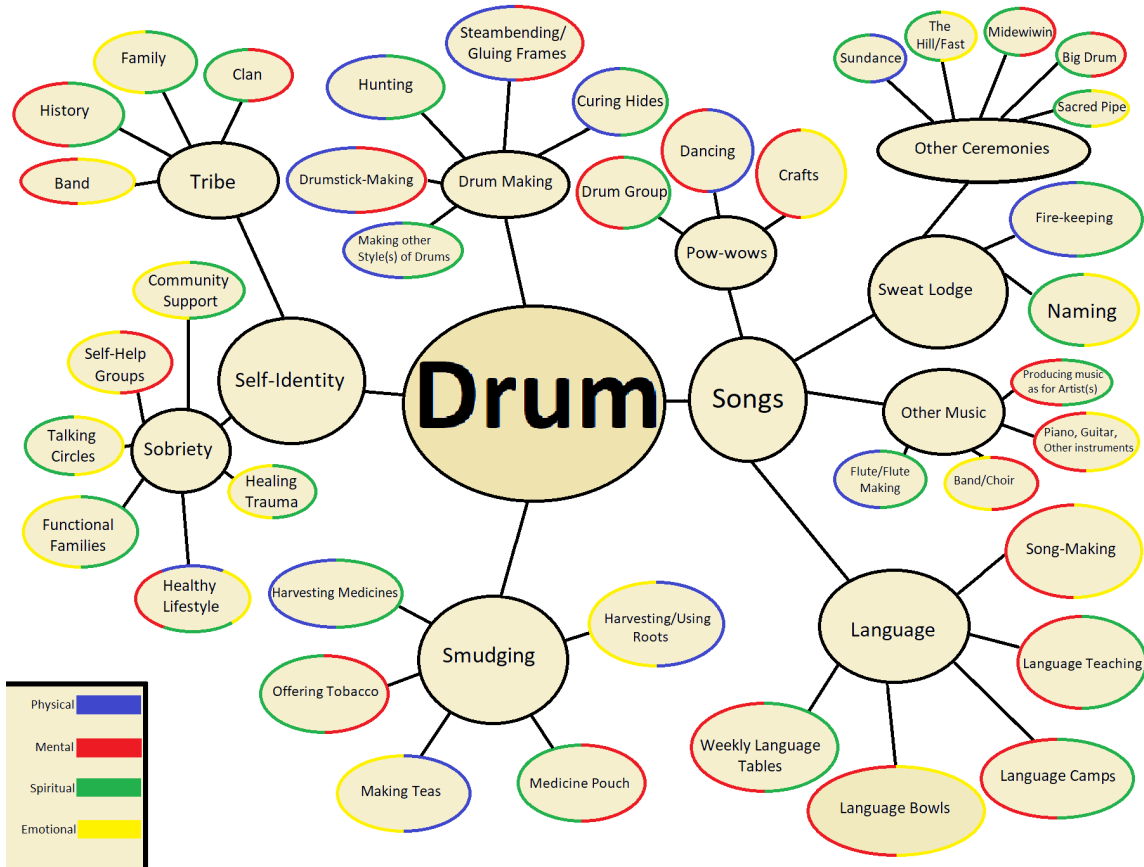
- Teaching & Caretaking of the Drum
- Language Incorporation into the songs and its importance
- Identity / Cultural Preservation
- Combatting Assimilation Policies
- Acquiring a Higher Power / Spirituality / Enlightenment
- Healing past and current traumas by turning to the drum



The Importance of the Songs:

- Different songs for different Purposes Who / What / Where / When / Why
- The different types of Songs.
- The Body of a song (the Lead, a Push-up and the Tail)



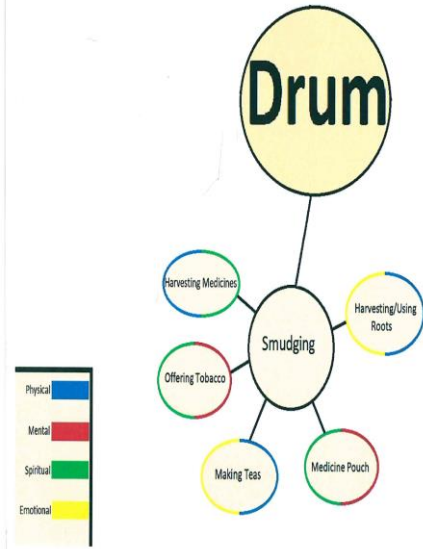


Drum



Physical	Blue
Mental	Red
Spiritual	Green
Emotional	Yellow



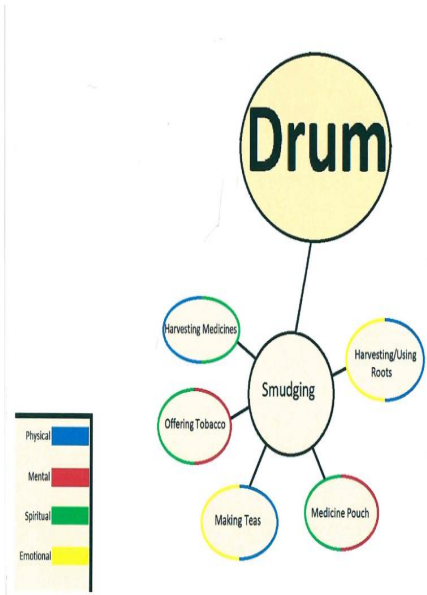


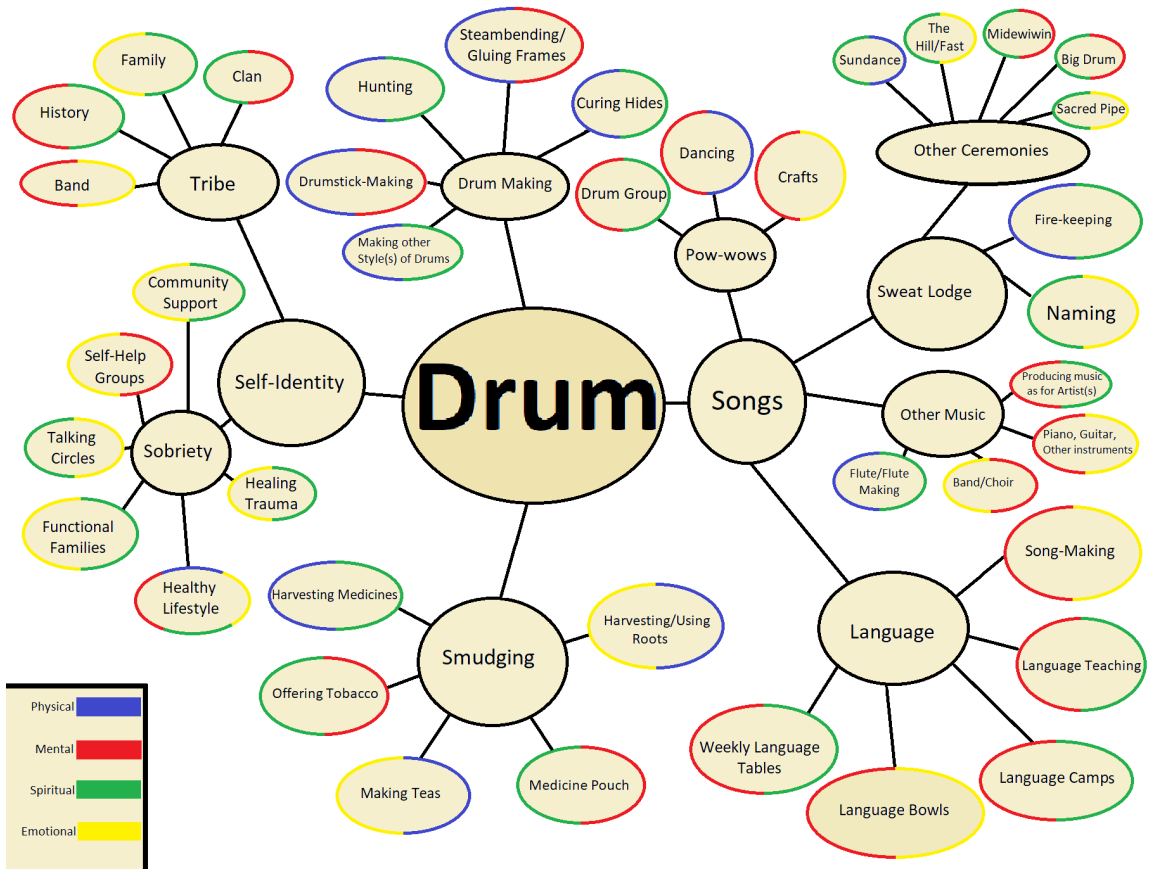
Drum



- Physical
- Mental
- Emotional
- Spiritual







Physical	Blue
Mental	Red
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Emotional	Yellow



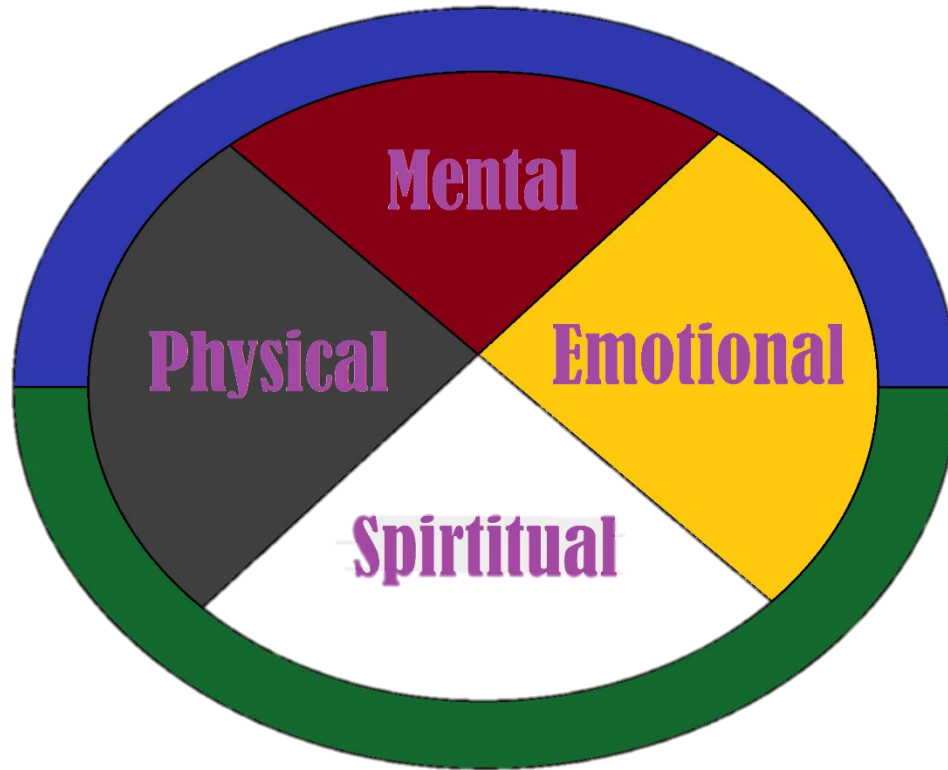


Video:

- Michael / Liz:
- George



Benefits of Drumming:



Physical Benefits of

Drumming:

- Drumming reduces blood pressure, stress and boosts your immune system making for a longer, healthier life.
- Drumming induces deep relaxation. In one study, blood samples from participants who participated



Physical Benefits of

Drumming:

- Studies with elementary and middle school aged boys diagnosed with ADHD showed that a course of 20 minute treatment sessions with rhythmic beats yielded results much similar to the effects of medications. This can be a non-invasive treatment method



Physical Benefits of

Drumming:

- Also, the fast beats increase the boys concentration and they consistently performed better on IQ tests and were better sending behavioral and social skills - similar to a medication regimen.
- These studies were continued over several months with the children making lasting gains on



Physical Benefits of

Drumming:

- Long term drum therapy has the potential to rebuild neurological damage.
- Drumming can help reconnect disrupted neural connections, help repair lesions and help to heal the damaged brain.
- With the potential of drastically improving the



Physical Benefits of

Drumming:

- Listening to drum music has the potential to produce intense emotional states that can produce measurable changes in brain chemistry like dopamine in the striatal system of the brain.
- Drumming can produce a greater tolerance of pain - which





Mental Benefits of

Drumming:

- Practitioners of meditation release alpha waves when they achieve a deep meditative state. Drumming can produce the same alpha waves after a period of time producing a deeper self-awareness and promoting more insight and creativity.



Mental Benefits of

Drumming:

- Drumming grounds us in the present moment. It's about timing and coordination, both of which force participants to be in the present moment.
- Learning newer songs and beats exercises your ability to learn new things in other areas of your life.





Emotional Benefits of Drumming:

- Drumming releases endorphins & enkephalins in the human brain that cause feelings of happiness, euphoria and feelings of well-being. Drumming may be a good way to help treat depression.
- Drumming can help people express and address emotional issues. The physical stimulation of drumming can also removes



Emotional Benefits of

Drumming:

- Group drumming creates a sense of community and a powerful shared experience. It has been used as a successful team building experience to teach groups to work together, to listen to each other, and to achieve common goals. Group drumming discourages isolation, and self-centeredness, and



Emotional Benefits of Drumming:

- Drumming can increase the levels of Oxytocin (a hormone involved with empathy, trust and relationship building) which leads to the idea that this behavior is evolutionarily adaptive because it promotes group cohesion among members of a



Emotional Benefits of

Drumming:

- Drumming helps to release negative feelings and emotional trauma. Drum therapy has successfully been used with patients and others suffering from emotional traumas including Post Traumatic Stress Disorder.
- You can release pain and trauma by putting your feelings into a





Spiritual Benefits of Drumming:

- Drumming helps us connect to the natural rhythms all around us. Rhythm is all around us though we are often unaware of it. The sun, moon, and the seasons follow regular rhythms. Our bodies have natural rhythms and rule us,



Spiritual Benefits of

Drumming:

- Recent scientific 'string' theories even suggest that on a subatomic level, the smallest particle of the universe, that which makes up all things, is nothing more than tiny vibrating 'strings' and that their vibration, or rhythm, is what makes things what they are. Under this theory, everything is rhythm literally. Drumming connects us to



Spiritual Benefits of Drumming:

- Drumming provides a path by which we may access a higher power. Drumming produces a sense of spirituality, connectedness and community, integrating body, mind and spirit. By allowing participants to achieve a more relaxed, meditative mental state, drumming allows people to enter states of higher



Spiritual Benefits of Drumming:

- Drumming can coordinate the brain's two hemispheres and synchronize the lower (non-verbal) and frontal (language & reasoning) areas of the brain, which can lead to feelings of greater understanding and insight.



Spiritual Benefits of Drumming:

- Also, this synchronization of the lower part and the frontal cortex can help children affected by trauma. Children affected by trauma operate out of the lower part of the brain and drumming can stimulate the frontal cortex to help them move away from



Spiritual Benefits of Drumming:

- To get yourself right and healthy you can align your chakras and meditate while drumming and do breathing exercises and anything of that nature to help you focus before sending prayers to the creator.



Other Benefits of Drumming:

- Drumming is just a great reason to gather with other people, to share in a common experience, and to do something enjoyable.
- Drumming is a universal language. It transcends gender, race, age, and nationality.
- Nearly every culture on earth has some form of drumming tradition.





Why is any of this important?

We believe that the Drumming and singing we do through this program is treatment for combatting and preventing drug / alcohol abuse and suicidality, as well as, increase one's connection to culture through cultural practices, language use & revitalization and re-indigenizing of current program practices and can help us on a physical, mental,



Why is any of this important?

- We have been collecting Pre- and Post- Program Information on participants:
 - overall sense of well-being,
 - suicidality, and
 - Connection to their culture.
- The results look promising.



Results:

- The present-self & future-self sub-scales (the perceived positive qualities of self and actions taken to secure a positive future) **INCREASED** for both males (0.1% to 0.2%) and females (3.1% to 11.6%) and was statistically significant ($p=0.03$).



Results (con't):

- Utilizing the Strengths & Difficulties Questionnaire (SDQ), females had a SIGNIFICANT IMPROVEMENT in their "Total Difficulty" and their sense of immediate mental & emotional health.



Overall Findings:

- The Drum Teachings for Success program has a stronger positive impact on females compared to males.
- Males also increased, but not as much.





Focus Groups:

- Group members strongly felt that there was a sense of community from attending the drum groups and was a welcoming supportive environment to foster “Unity in the Community.” Participants felt that they were coming together for a healthy & positive reason.
- All participants that responded to the question said that it had a positive effect on their mental



Focus Groups (con't):

- The groups helped participants to remember to practice their traditions, use tobacco, use language, and helped to keep healthy focus in life (for example: not to use drugs because they are now caring for a drum).
- The program helps to incorporate culture & traditions in a real way and helps encourage the individual to participate in cultural activities, go to elders and family to get more



Final comments:

As of today:

- We are currently in the middle of the fourth (4th) series of weekly programs and we have six (6) groups currently going.
- We have made over two hundred and seventy (270) hand drums.
- Over eighteen hundred (1,800) people (total encounters) have participated with the program and include: not only the participants, mothers /



Final comments:

Future Plans:

- Expanding program at different sites within the Mpls / St. Paul Native Community.
- Always keeping some groups at IHB.
- Serving more young people through drum making / drumming & singing.
- There are plans for a Festival this fall. Where we will gather all of the participants from the past year to come and participate in a walk, drum &





[SONG]

Thank You Song:

Michael & Liz:

Explain the Type of Song.

Explain the song's words and meaning.



Tunkasina Wophida Ye`do
Anpetu Kinde` Wakhan Ye`do
Mitakuye` Ob Mazani Kte`do
Wophida Ye`do

Toonk-Ah-Shee-Nah Woh-Pee-Dah-Yay-Doh
Om-Pay-Too Keen-Day Wah-Kah-Yay-Doh
Mee-Tah-Coo-Yay Oh Mah-Zah-Neek-Tay-Doh
Woh-Pee-Dah-Yay-Doh

Grandfather I am Thankful
This Day is Sacred
With My Relatives I am living
I am Thankful



**Friend do it this way - that is, whatever you do in life,
do the very best you can with both your heart and mind.
And if you do it that way, the Power Of The Universe will
come to your assistance, if your heart and mind are in Unity.
When one sits in the Hoop Of The People, one must be responsible
Because all Of Creation is related. And the hurt of one is the hurt
of all. And the honor of one is the honor of all. And whatever we
do affects everything in the universe. If you do it that way - that is,
if you truly join your heart and mind as One - whatever you ask for,
that's the Way It's Going To Be.**

- Passed down from White Buffalo Calf Woman



IHB will be presenting a shorter version of this presentation, as well as, providing a more interactive drumming experience at a lunch session sometime during the conference.

Please come and share this wonderful experience with us.

IHB Drum Teaching for Success Program
Staff



**MI-GWITCH!
PIDAMAYADO!
THANK YOU!**



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QUESTIONS?



























































