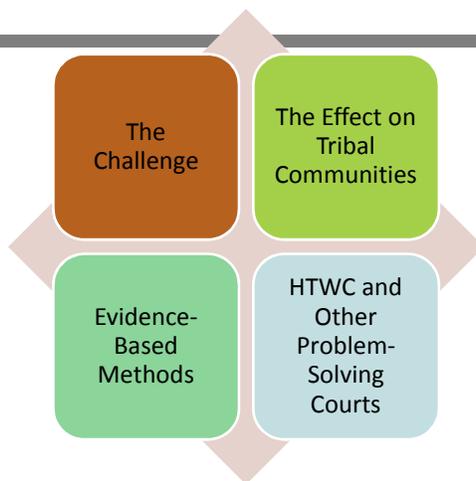


Tackling Methamphetamine with Healing to Wellness Courts

Sarah Reckess, Senior Associate
Tribal Justice Exchange, Center for Court Innovation
September 12, 2013

Center for Court Innovation

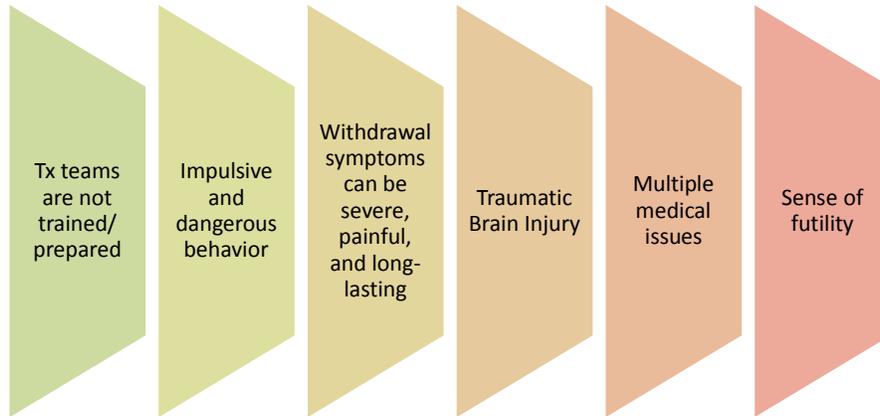
Overview



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Challenges of MA



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Treatment teams

- ▶ MUST understand the drug itself and the damage it causes
- ▶ Requires a significant level of competency/ training

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Impulsive and dangerous behavior

“Superman”

Risky sexual behavior

Psychosis during and after use



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Withdrawal Symptoms

- Cognitive impairment
- Severe depression
- Heart palpitations
- Hallucinations
- Chronic fatigue
- Insomnia
- Paranoia
- Tremors



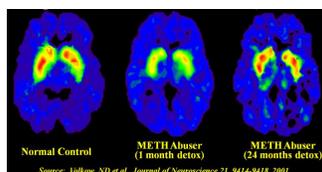
You need medical collaboration!

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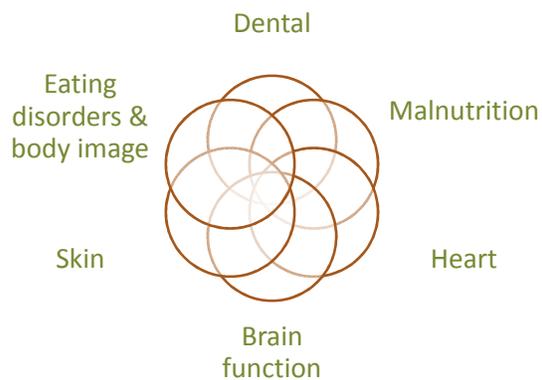
Traumatic Brain Injury

- ❑ Meth is neuro-toxic: it kills brain cells
- ❑ Can mirror TBI or PTSD
- ❑ Ongoing paranoia due to dramatic changes in brain chemistry
- ❑ Currently no medications to reduce psychiatric symptoms



Recovery of Brain Function with Prolonged Abstinence

Multiple medical issues



Many physical illnesses emerge during recovery

Sense of futility

“Nobody ever recovers”

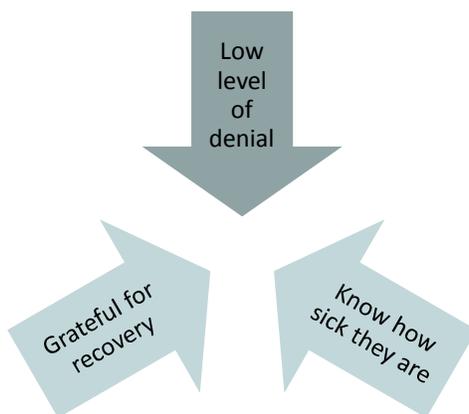
- Anhedonia
- Withdrawal is too painful
- “I’m not brave enough”

“Why is everyone getting better but me?”

- Meth users recover slower than others
- Mixed treatment groups can be demoralizing



It’s not all bad

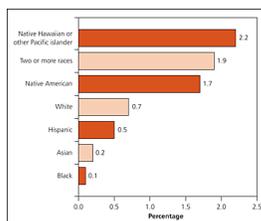


Meth on Tribal Land: Supply and Demand

Accessible

Rural settings and limited law enforcement

High rate of use



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Meth on Tribal Land: Public Safety

74% of Tribal LE site meth as greatest drug threat in community

Highest level of purity/ lowest cost since 2005

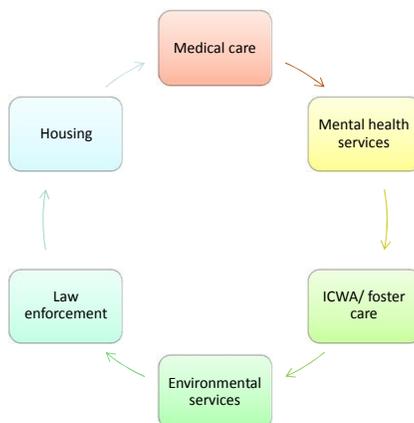
Direct link to increased crime and social issues

Drug cartel targets

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Meth on Tribal Land: Resource Drain



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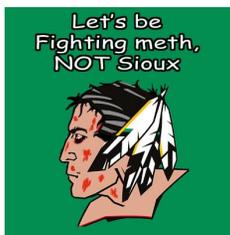
Meth on Tribal Land: Treatment and Recovery

Recovery rates

- As low as 3%

Young, female

- Primary drug of abuse 3x more often than men



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Meth on Tribal Land: Cultural & Educational Responses

- ❑ Burning down meth houses to clean spirit
- ❑ Mandatory employee training
- ❑ Banishment
- ❑ Education
- ❑ Collaboration
- ❑ Hotlines
- ❑ Media Campaigns



Coeur D'Alene Tribal Police Dept. "Not Even Once."

How can problem-solving courts address meth specifically?



Effective Practices for Meth

Accountability	<ul style="list-style-type: none">• Graduated sanctions & incentives• UAs
Encouragement	<ul style="list-style-type: none">• Advocate and facilitate medical & psychiatric care
Engagement	<ul style="list-style-type: none">• Highly intensive supervision by court, police, probation• Schedule and structure free time
Patience	<ul style="list-style-type: none">• Addiction will do anything to remain active.• Addicts need <u>repetition</u>; Repeat EVERYTHING!

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Effective practices: Sanctions and Incentives

Healing in this area of the brain does not appear to take place.

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Effective treatment is KEY!

Evidence-based tx

18+ months!

MA-specific

Behavior modification

Intensive case management

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Effective Treatment: Evidence-based

Matrix

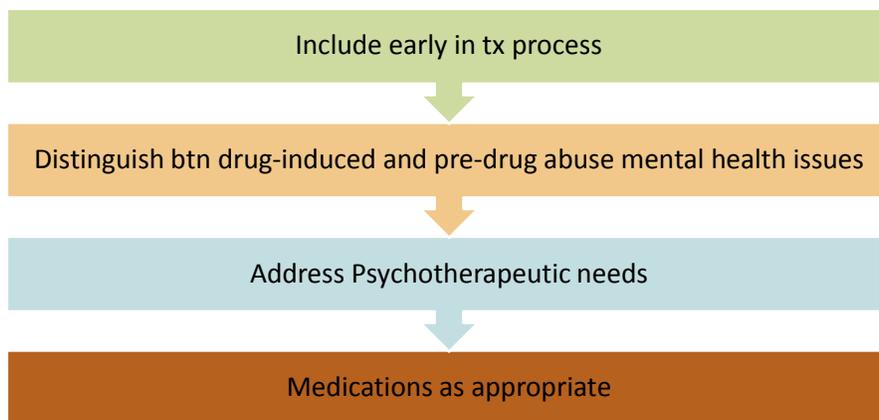
Cognitive-Behavioral Therapy

Community Reenforcement Approach

Contingency Management

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Intensive Case Management: Mental Health Services



Intensive Case Management: Medical Collaboration

Medical issues often emerge during recovery

- Always treat for **malnutrition, vitamin deficiency, depression, memory deficits**
- Screen for Hepatitis, HIV, sexual assault, infections of various types

Additional Strategies

- ❑ Mentors or alumni supports
- ❑ Structured social activities and daily calendar
- ❑ Family wrap-around services
- ❑ Employment
- ❑ Physical exercise, brain exercise
- ❑ After care

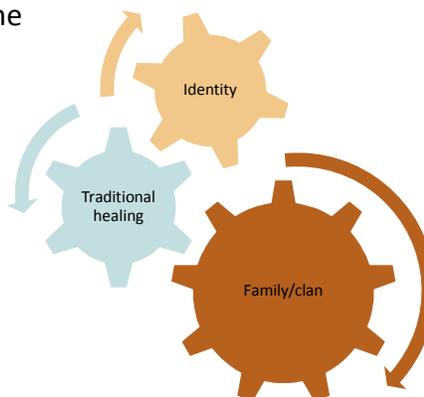


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Methods for addressing MA in HTWC

Tailor court program to the Native community and address:



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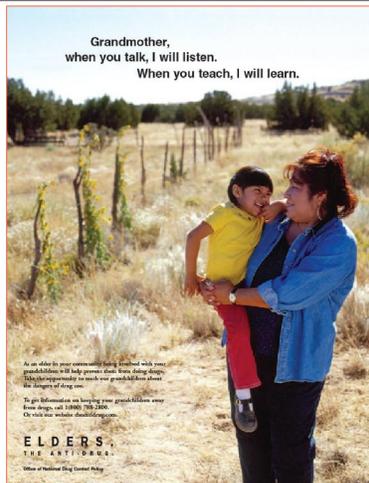
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Family/ Clan: “Poverty is being without relatives”

Reconnecting the “sick” person with the family and community is central to the healing process

Research shows that American Indians are less likely to identify clan or family as a stressor

Treatment programs that allow the whole family to address their addiction together



Family/ Clan: How should the court respond?



Court must be responsive to the important role family and clan play in healing

Opportunities for family to observe court, interact with staff

Some judges order the whole family into tx, attend educational workshops on meth

Elder panels from defendant’s clan

Supervised visitation of children or nieces/nephews

Traditional Healing: Integration in the court process

Innovative court sanctions and incentives

- Elder mentoring
- Beading and regalia making
- Outdoor activities (gathering sage or wild rice, spearfishing, hunting)

Immersion in trad'l healing practices

- Indigenous roots/ tea
- Healing ceremonies (sweats, pipe, drumming, naming)

Collaboration btn trad'l healers and "Western" medicine/ mental health services

- Sioux San Behavioral Health Services Matrix Model

Traditional Healing: Does it work?

Studies show that AI respond to trad'l healers treating psychological distress, substance abuse, physical health and PTSD.

"Western" system of medicine is used to address physical symptoms; Trad'l medicine tends to address the circumstances from which symptoms arose.

Identity: Positive identity/ psychological wellness

- ❑ PERCS Identifiers
 - Political
 - Ethnic
 - Racial
 - Cultural
 - Spiritual
- ❑ Enculturation
- ❑ Historical trauma programs



Next Steps? Questions?

Thank You!

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