

*"More and more treatment is being steered outside the rehabilitation facilities, and we're going to need a lot more foot soldiers."*

—James Berman, M.D.  
Bryn Mawr Hospital,  
Philadelphia, PA

- In response to the closing of the alcohol and drug treatment unit at Bryn Mawr Hospital outside of Philadelphia, James Berman, M.D., initiated an ambulatory detoxification program that helps people begin the recovery process in an outpatient setting. The program is affiliated with a regional treatment provider, Caron Foundation, which provides the inpatient services to support Dr. Berman's outpatient practice. "More and more treatment is being steered outside the rehabilitation facilities, and we're going to need a lot more foot soldiers," says Dr. Berman, referring to the increasingly important role health care professionals will play in treating addiction, the disease he recognizes as America's number one health problem.

### Additional Resources

American Medical Association  
515 North State Street  
Chicago, IL 60610  
312-464-5000

American Psychiatric Association  
1400 K Street, NW, Third Floor  
Washington, D.C. 20005  
202-682-6000

American Psychological Association  
Office of Substance Abuse Prevention  
750 First Street, NE, Suite 4000  
Washington, D.C. 20002  
202-336-5500

National Association of Alcoholism and Drug Abuse Counselors  
1911 North Fort Myer Drive, Suite 900  
Arlington, VA 22209  
703-741-7686

National Association of Social Workers  
750 First Street, NE, Suite 700  
Washington, D.C. 20002  
202-408-8600

### Getting Involved — Next Steps

- Initiate activities that empower the Native American community. Help develop community programs and organizations for youth that promote healthy, fun, and engaging activities to compete with the lure of alcohol and other drug use.<sup>7</sup>
- Help local health, justice system officials, teachers and other service providers become sensitive to Native American culture and ways to cope with alcohol and drug-related problems. Increase awareness of the need to improve access and utilization of existing health services and research, and to integrate them with traditional methods of healing.<sup>7</sup>
- Become a leader in your community, church, family or tribe in an effort to create and enforce a substance-free atmosphere, especially for Native American youths. Promote sober leadership and reinforce involvement with the community and the family.<sup>4</sup>
- Contact and use local newspapers; radio stations; community events; family festivals, nights and retreats; community speakers; and drug awareness activities to encourage the community to become more aware of the dangers of substance abuse.<sup>5</sup>
- Utilize tribal holidays, pow-wows, schools, tribal colleges and university service units, and American Indian and Alaskan Native Heritage Month in November, as a means of communicating the need for more effective treatment services focused on the Native American culture. These events can not only help to gather community members to discuss key issues related to substance abuse, but can also be used to recruit Native American treatment staff and to sensitize non-Native American staff.
- Study the effectiveness of programs on reservations without severe alcohol and drug problems.

### Successful Programs

- Indian Rehabilitation, Inc., in Phoenix, Arizona, provides residential treatment, transitional housing, outpatient and aftercare services to the Native American community as well as the non-Native population in the region. Aside from

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— Bruce Dixon,  
Outpatient Coordinator  
Ketchikan, AK

staffing the facility with treatment counselors from the surrounding reservations, they also use Native American culture as a tool in helping addicted individuals on the road to recovery. "We use spirituality to help them find their direction," says Larry Osmonson, Outpatient Therapist. The facility also integrates cultural ceremonies to meld the patient's personal spirituality with clinical recovery. For example, the graduation ceremony for clients consists of a talking circle, an Indian tradition that provides a "sacred circle" setting for teaching, listening, learning, and sharing. In addition, this program also works with the Federal Government's Indian Health Services, Arizona's Department of Health Services, the city of Phoenix, numerous housing agencies, and other organizations to provide informational and financial support to Native Americans in need of treatment and other medical and housing services.

- Gateway Center for Human Services is a publicly funded treatment provider serving the population of Ketchikan, Alaska, and nearby Saxman Village, a Native American community. Gateway has found it helpful to include Native American staff among its treatment professionals. "One of the fastest ways to lead Natives into treatment is to have Natives on staff who can draw in people from the community," says Bruce Dixon, Outpatient Coordinator for Gateway. Gateway participated in outreach efforts by helping organize the Saxman Sobriety Potlatch — a community gathering to share food, give gifts, and recognize community members who have helped others. Gateway assisted by promoting, planning, and providing speakers for the event. In addition, Gateway has helped organize the Walk for Sobriety, which took participating pedestrians through downtown Ketchikan.

### Additional Resources

Gateway Center for Human Services  
3050 Fifth Avenue  
Ketchikan, AK 99901  
907-225-4154

Indian Rehabilitation, Inc.  
650 North Second Avenue  
Phoenix, AZ 85003  
602-254-3247