Decolonizing Public Health in Recovery Services

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CITC: What We Do

- Tribal nonprofit organization
- Serve Alaska Native and American Indian people in Cook Inlet Region.
- Connect Alaska Native people to their potential through 5 core service areas
- A breadth of innovative and impactful programming that empowers Our People.
Our Mission

- “To work in partnership with Our People to develop opportunities that fulfill Our endless potential.”

Our Values

- we are interdependent
- we are resilient
- we are accountable
- we are respectful
- we are humorous
Learning Objectives

• Learning Objective 1: By the end of the presentation, attendees will be able to understand the benefits of integrating culture as standard practice of healthcare.
• Learning Objective 2: By the end of the presentation, attendees will be able to identify the importance of implementation of Culture Peer support in the alcohol and drug recovery journey.
• Learning Objective 3: By the end of the presentation, attendees will be able to know how to implement cultural foods for residential recovery services.

Benefits of Integrating Culture as Standard Practice in Healthcare

• Connection to cultural and healing
• Implement real life healthy alternatives to drugs and alcohol
• Building community with others
Culture Peer Support

Cultural peers
Cultural room
Cultural groups

Culture Peers

• Come as you are!
• 1st contact when people come to Recovery Services.
• It’s not about paperwork it is about meeting the person where they are at and letting them know we are here to help.
Cultural Room

- A safe place to just be!
- Share stories
- Bead or sew
- Alaska Native and American Indian library for reading
- Red Road to Wellbriety
- Meeting our participants where they are at in their lives.

Cultural Groups

- Provide Cultural activities to our participants that are engaging in treatment
- Talking Circles
- Smudging
- Wellbriety Meetings
- Red Road to Wellbriety

Outreach
Beading
- Mindful Meditation
- Coping Skills
- Skill building
- Sustaining and learning cultural activities

Smudging
- Sage, Cedar, Sweetgrass
- Cleansing space and spirits
Harvesting Cultural Foods

- Hooligan fishing
- Ice fishing
- Berry picking
- Picking beach greens
- Dip-netting

Gathering

- We share the importance of gathering our native foods. We have gathered cranberries, blueberries, dandelion flowers.
- Teach how to clean and process berries into jams and jellies.
- We share the medicinal value of the berries.
- We share where you can find different berries around Alaska.
- Berries are used throughout the year.
Wild Cranberries

Hooligan Fishing
### Processing Foods that are Gathered

- Brining/Smoking fish
- Canning fish
- Drying fish
- Freezing berries
- Making jam
- Moose roadkill list for meat
- Accept donations from the community

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**Dandelion Jelly**
Canned Salmon

Salmon Caviar
Birch Bark Tapping

Teas
Herbs

Implementing Cultural Foods for Residential Recovery Services

- Cultural foods
- Harvesting cultural foods
- Processing foods that are gathered
- Sharing Cultural foods with ETC to promote healthy socializing and continuum of care
- Focus on Nutrition as it relates to recovery
Cultural Foods

Smoked Salmon and Potatoes in Kelp Broth

- Charred Cabbage, Potatoes, smoked Sockeye, Seaweed Broth, Pickled Kelp

- Seaweed is full of B vitamins that are essential for brain functionality also great for recovering damaged cells.
- High in antioxidants and vitamins as well!
Fish Head Soup

Fried Hooligan with Pickled Kelp and Zucchini
Sunflower Tart with Rosehip Puree and Berries

Braised Pulled Venison w/ Berry Saged BBQ sauce
Blue Corn Polenta, Roasted Corn and Jalapeno Puree with Dungenous Crab and Smoked Salmon Caviar

Salmon and Clam Potato Soup

Ingredients
5-6 Gold Fingerling Potatoes
5-6 Purple Fingerling Potatoes
1 piece Duck Foie Gras- you may also just use duck fat
1 clove Garlic
1 T Sour Cream
1c Milk or any Nut Milk
1 TBS Roasted Pine Nuts
4 pieces of Sockeye filleted
1lb Manilla Clams
Questions

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