

# NATIVE TRANSFORMATIONS in the Pacific Northwest



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*Exploring Coast Salish Strengths  
& Resilience Against Substance Abuse*



# Native Transformations Project I (NTP I)

Explores strengths, protections and resilience against substance abuse in three Coast Salish communities in the Pacific Northwest.

- *Lummi Nation*
- *Swinomish Indian Tribal Community*
- *Upper Skagit Indian Tribe*

# NTP Approach:

- Native Transformations is a community-based participatory research (CBPR) project
- Tribally initiated, directed & controlled
- *NTP Community Action Board (CAB)*  
*guided all aspect of the research*
- NTP listened to 62 adults share their Life History

## NTP CBPR:

*“The NTP CBPR process lifts the people up by recognizing the good in Tribal people and communities. CBPR is a shared practice of learning, building back from prior experience and teachings while moving forward into new places of knowing and understanding.”*

Explanation: I report my personal experience on the CAB



## Community Action Board's Purposes:

- Identify and define the research questions
- Protect Tribe and tribal participants
- Design the research approach
- Develop local methods at each tribal site
- Develop life history interview guide
- Identify patterns and key concepts in the stories
- Interpret stories from Tribal perspectives
- Develop & approve reports & publications

## Preparing CAB Seats at Table

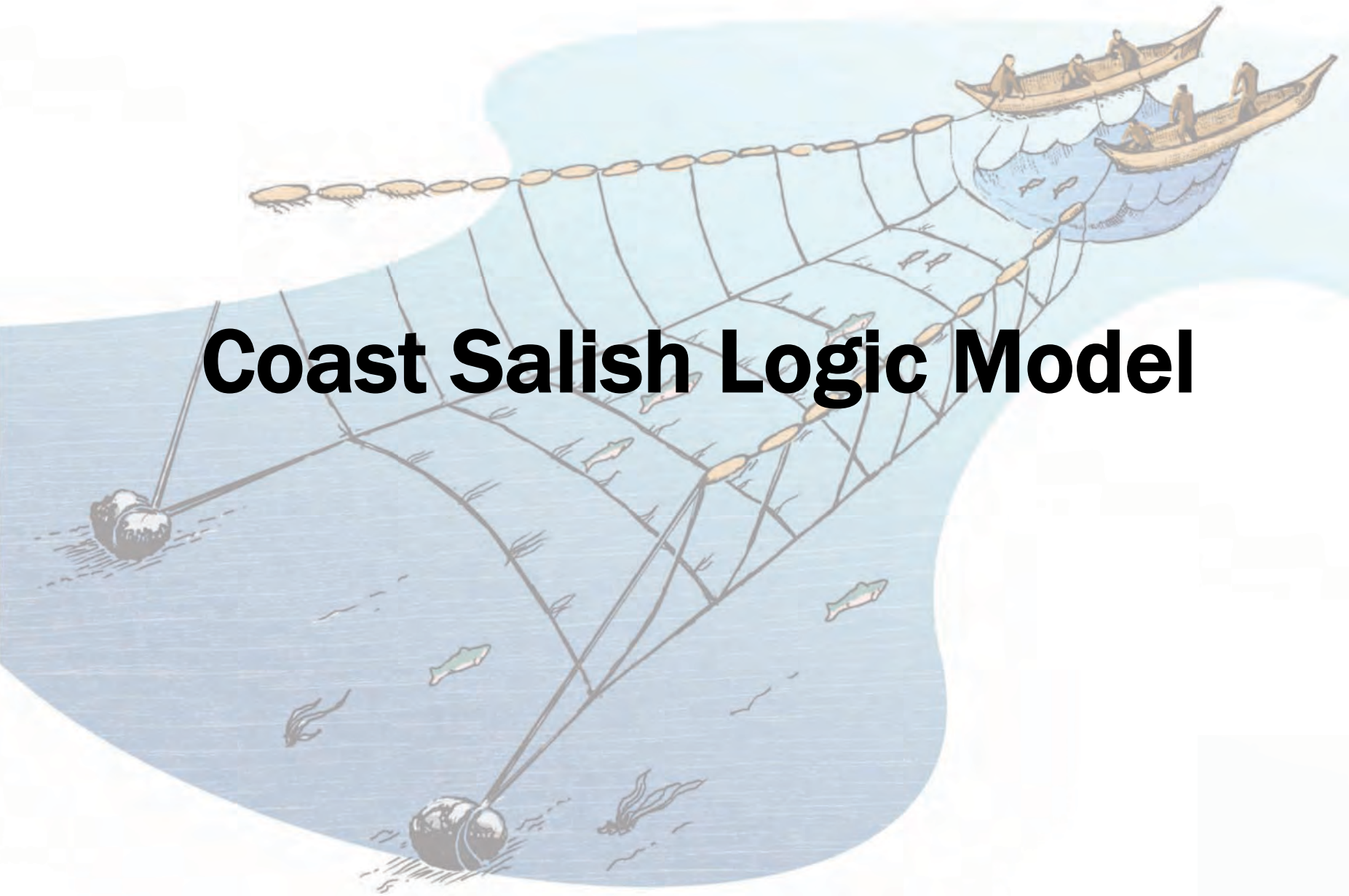
- CAB Members chosen by each tribe
  - Connection & relationship with the Tribe
  - Lived experiences
  - Local experts
- Researchers – Active Listening
- Researchers – Accepted what CAB taught

# CAB Meeting Protocol

- Opening/Closing Prayers
- Speaking from the Heart
- Community/Personal Check-In
- CAB valued the contributions by each member
- Paid attention to meeting flow not written agenda
- Breaking Bread
- Visiting

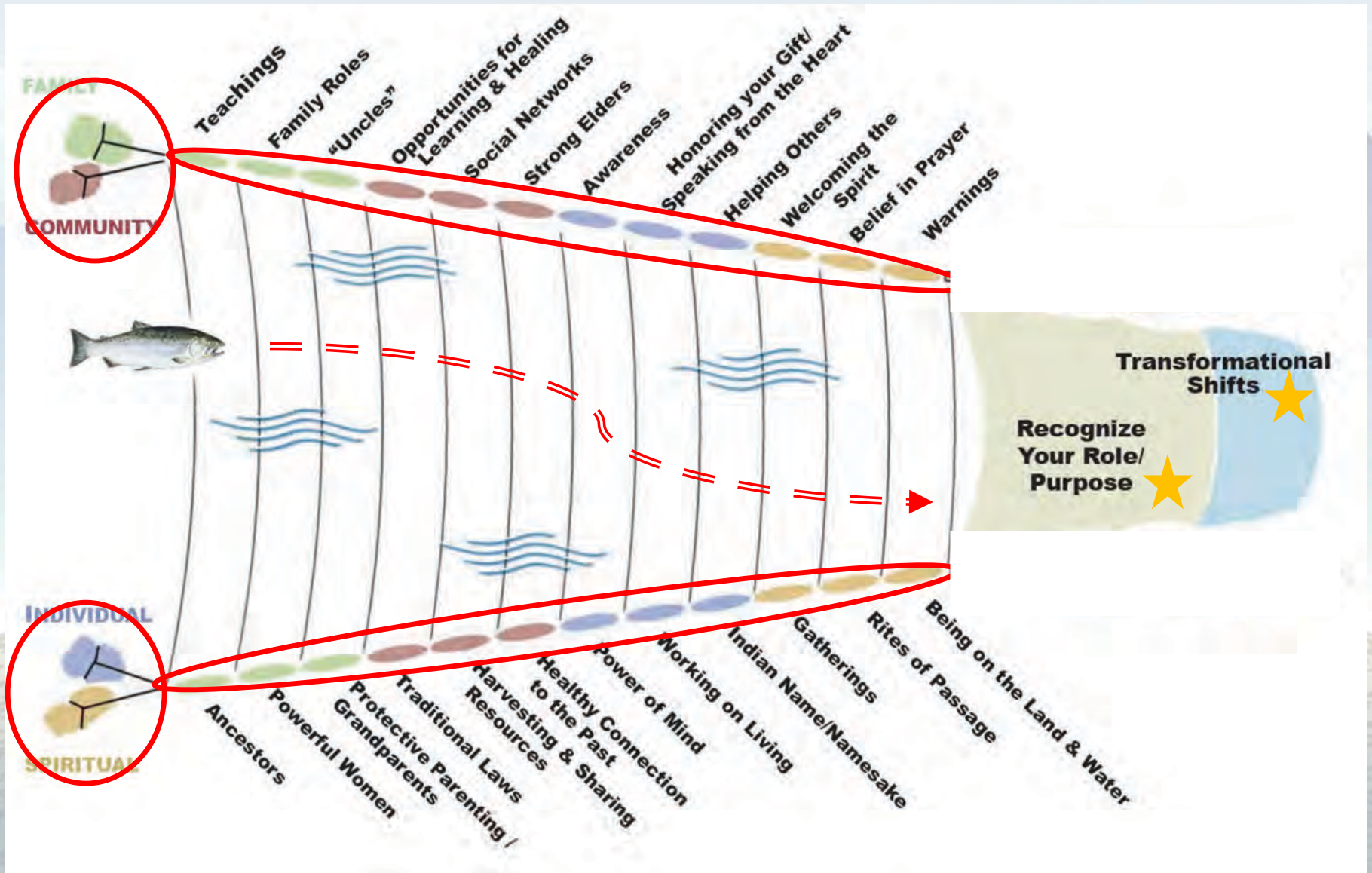


# Coast Salish Logic Model





# Reef Net Wellness Model:



# Journey To Wellness

“Our job is to put our family on the healing path. We do not expect them to find healing immediately, but we hope to put them on the path towards healing. So once they get started then it’s up to them to finish up the process. So many people when they’re hurt, they resist putting themselves on the healing path. So it’s our job to speak that we love and care for them, to say these things that help them understand.”



# *Hy'shqe ne Siam (Thank You Friends & Relatives)* In Recognition of the NTP Regional CAB Swinomish, Upper Skagit & Lummi



Full Reference: Rasmus S, Allen J, Connor W, Freeman W, Skewes M. (2016) *Native Transformations in the Pacific Northwest: A strength-based model of protection against substance use disorder*. American Indian Alaska Native Mental Health Research. 23(3):158-86.