



**UCLA**

**MICUNAY**

MOTIVATIONAL INTERVIEWING AND CULTURE  
FOR URBAN NATIVE AMERICAN YOUTH

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**2017 IRINAH Meeting**

# MICUNAY Advisory Board and Consultants

## MICUNAY Advisory Board

- Carrie Johnson, Ph.D. (Dakota Sioux)
- Benjamin Hale (Navajo)
- George Funmaker (Ho-Chunk/Dakota)
- Mary Trimble Norris (Oglala Lakota)
- Janet King (Lumbee)
- Kurt Schweigman (Oglala Lakota)

## Consultants

- Kamilla Venner, Ph.D. (Athabaskan)
- Dale Walker, M.D. (Cherokee)

# Background

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- Rates of alcohol and drug use among American Indian/Alaska Native (AI/AN) youth are high.
- Approximately 70% of AI/ANs reside in urban areas (US Census, 2010).
- Evidence-based alcohol and drug prevention programs specifically developed for urban AI/AN youth are limited.
- Alcohol and drug prevention programs are needed which integrate evidenced-based treatments (EBTs), such as Motivational Interviewing (MI), with AI/AN cultural activities.

# MICUNAY Aims

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- **Aim 1.** Conduct focus groups and brief surveys with urban AI/AN communities to design MICUNAY, a substance use prevention program for AI/AN youth that integrates MI and AI/AN traditional activities
- **Aim 2.** Compare AI/AN youth who receive only Community Wellness Gathering (CWG) (n=100) to AI/AN youth who receive the CWG plus MICUNAY (n=100) across two urban areas in California. Compare outcomes at 3- and 6-month follow-ups



# Research Activities Conducted in First Year of Our Grant

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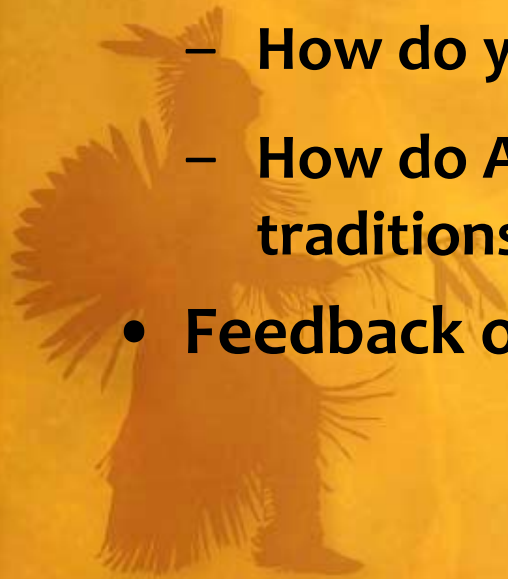
- Focus groups in southern and northern California with:
  - Adolescents, ages 14-18 (5 groups)
  - Parents (2 groups)
  - MICUNAY Community Advisory Boards
  - Providers (2 groups)



# Focus Group Questions

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- Drug and alcohol use among urban youth
- Cultural identity questions:
  - What does AI/AN tradition mean to you?
  - How connected do you feel to AI/AN identity and traditions?
  - How do your AI/AN friends feel about AI/AN identity?
  - How do AI/AN youth feel about AI/AN identity and traditions?
- Feedback on MI materials and cultural activities



# **Focus group findings: Challenges Urban AI/AN Youth Face**

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- **Cultural identity issues**
- **Violence and harassment**
- **Cultural disconnection in urban setting**
- **Family relationships**
- **Substance use**
- **Discrimination**



# AI/AN Identity

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- Youth concepts of Native identity are diverse
- Urban AI/AN youth are interested in learning more about their culture as they felt there not many opportunities to learn about it
- Urban AI/AN youth expressed interest in “urbanizing” handouts and materials
- Multi-cultural issues exist among urban AI/AN youth
- Confronting stereotypes were cited as being commonly experienced.



# Cultural Activities Chosen

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- The 3 cultural activities chosen for MICUNAY
  - Bead making
  - Cooking
  - Prayer and sage ceremony
- The final 3 were chosen due high interest levels and feasibility issues
- Many other cultural activities were also mentioned by AI/AN urban youth



# MICUNAY

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# MICUNAY Conceptual Model



# Publications to date

- Dickerson DL, Brown RA, Johnson CL, Schweigman K, D'Amico EJ. Integrating motivational interviewing and traditional healing to address alcohol and drug use among urban American Indian/Alaska Native youth. *Journal of Substance Abuse Treatment* 2016; 65:26-35.
- Brown RA, Dickerson DL, D'Amico EJ. Cultural identity among urban American Indian/Alaska Native youth: Implications for alcohol and drug use. *Prevention Science*. 2016 Jul 23. [Epub ahead of print].



# Clinical Trial Accomplishments

- Have clinical trial sites in northern, central, and southern California.
- To date, 185 participants have taken the baseline survey: 51% female, mean age 15.75.
- There is extensive tribal diversity among these AI/AN urban youth with over 70 tribes represented in our study.
- As of April, 2017 we have randomized and baselined 115 youth to MICUNAY plus CWG and 70 youth to CWG only.
- Currently analyzing baseline data and are working on papers focusing on describing the overall population, cultural identity factors, and discrimination.
- Currently accumulating all outcome data for analyses in Year 5.

# Conclusions and Next Steps

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- **MICUNAY represents a community-informed, integrated approach developed for urban AI/AN youth**
- **Field data suggest high youth enthusiasm for program incorporating AI/AN themes and practices**
- **Will conduct a randomized controlled clinical trial to assess benefits of MICUNAY with a total of 200 urban AI/AN youth**
- **Will examine changes in alcohol and drug use, cultural identity, spirituality, physical and mental health indices over 6 months post-intervention**

# Contact Info

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