Listening to our Community: Cultural Innovations for Recovery in Community-based Learning Environments

ALPHA Summit 2020

Jennifer K. Brown, Jaedon P. Avey, Tiffany Guinn, Maggie Napoleon, Aliassa Shane, Kyle Newman, Charlene Apok, Susan B. Trinidad, Dennis Donovan

65,000 Voices
Vision
A Native Community that enjoys physical, mental, emotional and spiritual wellness

Mission
Working together with the Native Community to achieve wellness through health and related services
Goals

Shared Responsibility
Commitment to Quality
Family Wellness
Introductions

Jennifer Brown
Researcher

Jaedon Avey
Principal Investigator

Tiffany Guinn
Evaluator

Maggie Napoleon
FWWI Team Member

Aliassa Shane
Researcher
SCF offers a wide variety of substance use treatment and intervention programs, including Primary Care, Four Directions Outpatient Treatment Center, Quyana Clubhouse, and SCF Detox.

The Anchorage Native Primary Care Center Behavioral Health Clinic is located at 4320 Diplomacy Drive, Suite 1500.

Behavioral Health Fireweed is located in the Fireweed Mountains Building at 4341 Tudor Centre Drive.
What are Learning Circles?

- Learning circles are opportunities for people to connect and build relationships through a variety of wellness activities.
- They are a core part of upholding Southcentral Foundation’s mission of working together with the Native Community to achieve physical, mental, emotional, and spiritual wellness.
- Learning circles bring small groups of people with similar needs together to talk, share story, and learn from each other.
What is CIRCLE?
Cultural Innovations for Recovery in Community-Based Learning Environments

- For various reasons, many who could benefit from alcohol treatment services do not engage.
- Especially pressing issue in rural communities (access to services, privacy concerns) or waitlist-gaps between services.
- CIRCLE will develop and pilot test a culturally adapted smartphone/tablet app inspired by the Community Reinforcement Approach that offers self-management and peer support.
Aims

Aim 1: Identify stakeholder needs and preferences regarding use of an online learning circle tool to support self-management and peer-support for alcohol misuse through interviews and focus groups.

Aim 2: Adapt a secure technology platform to provide culturally appropriate and acceptable self-management and peer-support for rural and urban AN/AI adults seeking support for alcohol misuse.

Aim 3: Test the acceptability, feasibility, and measurable effects of a culturally-adapted online learning circle tool to reduce alcohol misuse and related harms using self-report data.
Timeline

Planning
- Establish Partnerships
- Feedback on Design

App Adaptation
- Develop Adaptation
- Adapt and Verify Content

SA3: App Test
- Recruitment and Data Collection
- Analyze Results

SA1: Preferences
- Conduct Interviews
- Analyze Results

SA2: Pre-Pilot
- Cognitive Interviews
- Finalize App to Test
Aim 1 Interviews (n=32)

24 Customer Owners:

- Gender: 54% Female
- Age: 21-34 (n=6), 35-54 (n=8), 55+ (n=10)
- Residence: 71% Urban
- 50% have ever received treatment for alcohol
- 66% feel their own alcohol use is “not a problem”
- 63% reported low alcohol problems in the past 3 months (Low Problems, < 8 on Short Inventory of Problems)

8 Providers:

- Gender: 50% Female
- Age: 35-44 (median)
- Years experience: 20+ (median category)
- Years at SCF: 5-9 (median category)
Preliminary Aim 1 Results

Desired Features

- Large user base, stable vendor support, survey question administration, private messaging, customizable features, emergency referral, confidential
- Administrative functions such as ability to track personal progress in multiple ways, medication and appointment reminders.
- GIS features - finding nearby resources, avoiding triggers; relapse support.
- Clinician and counselor involvement. Goal setting tools, calendar, journal tool, affirmations and inspiration.
## Preliminary Aim 1 Results

<table>
<thead>
<tr>
<th>Desired Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local in-person meetings, activities (including Learning Circles offered by FWWI and SCF in general)</td>
</tr>
<tr>
<td>Referral resources, such as phone numbers and URL’s for social services, behavioral health, treatment, suicide hotlines, etc.</td>
</tr>
<tr>
<td>Educational content (e.g., what constitutes a drink, the recovery process, self-management methods)</td>
</tr>
<tr>
<td>Job search and employment prep resources</td>
</tr>
<tr>
<td>Personal testimonials from Alaska Native and American Indian people</td>
</tr>
</tbody>
</table>
Culturally resonant content, such as imagery, greetings, storytelling, music, quotes, and teachings.

Look & feel needs to be friendly, brief (not wordy), reference cultural values (humor), natural colors with seasonal changes, personalization or region specific capacity. No use of stereotypical elements.

Language should not be condescending, triggering, or shaming. App should not link to social media.

Clinician engagement is optional for those wish to do so.

Should be able to use on multiple platforms. Ideally usable in areas with limited internet. Hope is cellular data charges won’t be too expensive.
# App Re-evaluation

<table>
<thead>
<tr>
<th>Domain of Comparison</th>
<th>Vendor A</th>
<th>Connections by A-CHESS</th>
<th>Favor</th>
</tr>
</thead>
</table>
| **Cost**             | • Lower starting and continuing cost  
                      • Cost of modifications is unclear  
                      | • High initial set up cost and yearly cost  
                      • Cost is inclusive  | Vendor A |
| **Peer Network**     | • Large peer network including customer-owners  
                      • AIAN peer support for SCF users is a subgroup  
                      | • Peer network is internal to SCF only  
                      • More control of content and interaction  | Tie |
| **User Features**    | • Simple, more welcoming to sober-curious population  
                      • Requires internet or network data access to use  
                      | • Many, comprehensive, desirable feature  
                      • Requires internet or network data access to use  | Connections |
| **Admin Features**   | • Limited features, but willing to share raw data  
                      • Adaptation limited  | • Customize surveys  
                      • Greater control of adaptation and content  
                      • Experience customizing content for other populations  | Connections |
| **Empirical data**   | • Strong, flexible, partner  
                      • Future plans for research  | • Lots of empirical support  
                      • Effective for treatment  | Connections |
| **Appearance**       | • Similar to Facebook, familiar  
                      • Not welcoming app name  | • Welcoming name  
                      • Attractive and welcoming appearance  | Connections |
Connections

Patients in Recovery need Connections

COUNSELOR
PEER SPECIALIST
RECOVERY COACH

MOTIVATIONS, TOOLS & PLAN

PEERS

MEDICATION & APPOINTMENT REMINDERS
## Planned App Adaptations

<table>
<thead>
<tr>
<th>Deletions</th>
<th>Changes</th>
<th>Additions</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Pre-populated content that is inconsistent with FWWI or SCF philosophy</td>
<td>• Complementing retained affirmations with additional culturally meaningful ones</td>
<td>• Culturally relevant elements and psycho-education materials from FWWI materials or other clinical experience</td>
</tr>
<tr>
<td></td>
<td>• Expectations for App Participation</td>
<td>• Expectations for App Participation</td>
</tr>
</tbody>
</table>
Next Steps – Adaptation!

- Complete thorough review of pre-loaded app content, deleting where indicated
- Create and load additional content, as needed
- Work with A-CHESS to adapt app, where necessary
- Finalize measurement plan
- Prepare for app deployment
- Late Spring 2020 – Conduct Pre-Pilot
Questions?
Thank You!

Qaĝaasakung  
Aleut

Quyanaa  
Alutiiq

Quyanaq  
Inupiaq

Awa'ahdah  
Eyak

Mahsi'  
Gwich’in Athabascan

Igamsiqanaghalek  
Siberian Yupik

Háw'aa  
Haida

Quyana  
Yup’ik

T’oyaxsm  
Tsimshian

Gunalchéesh  
Tlingit

Tsin'aen  
Ahtna Athabascan

Chin’an  
Dena’ina Athabascan