

BERNALILLO COUNTY METRO COURT
Urban Native American
Healing to Wellness Court
Changing Lives Through Traditional Healing

Mission Statement

The mission of the Urban Native American Healing to Wellness (HTW) Court Program is to create an atmosphere of healing for self-identified Native Americans through best practices and traditional methods in pursuit of spiritual and physical recovery from alcohol and other substances.



Healing to Wellness Team

- Renee Torres, Judge
- Cayla Sanderson, Program Manager
- Kevin Garcia, Lead Worker
- Arianna Chavarria, Probation Officer
- Vicki Johnston, Case Manager
- Defense Attorney (vacant)
- Caroline Andrews and Jenna Purpura
Assistant District Attorneys
- Tanya Rabinowitz, Treatment Provider
- Elizabeth Gerlach, Treatment Provider
- Jered Lee, Traditional Wellness
Program (TWP) Coordinator
- Chenoa Bah Stillwell-Jensen, Cultural
Care Provider

Team Responsibilities

Involvement and buy-in from all team members is critical

- Sign Confidentiality/HIPAA Agreement
- Attend staffing prior to court sessions
- Communicate via email
- Attend planning sessions and HTW events (feast days, graduations)
- Attend National and State Annual training
- Participate in evaluation and annual review of program

Community/Team Events

- Graduation Ceremonies
- Summer Feast
- Winter Feast
- Family Fun Night
- Quarterly Planning meetings
- Team-building Retreats



Healing To Wellness in an Urban Setting

Challenges

- Cultural diversity of participants
- Funding
- Testing agency barriers
- Turn-over in team members
- Building rapport as a team with Participants
- Learning individual team roles and responsibilities

Strengths

- Referrals to Medication Assisted Treatment (MAT), psychiatric services and inpatient treatment
- Treatment providers on-call 24/7
- Community atmosphere
- Team dynamics
- Cultural awareness/Reconnection
- Positive impact on native community

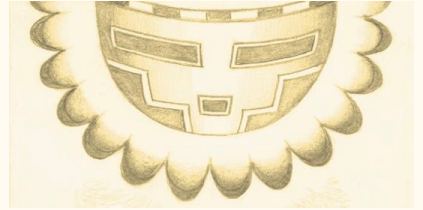
Eligibility & Screening

- Judge or attorney requests a screening for eligibility
- Self-identified Native Americans (proof not required)
- Two (2) to five (5) DWI convictions
- Live within 30 miles of Albuquerque (case by case)
- Reliable transportation (case by case)
- DUI RANT and LSCMI screening

Disqualifying Factors

- True first DWI conviction
- More than 5 DWI convictions
- Pending cases/On probation
- Sentencing agreement
- Violent felony conviction
- Outstanding bench warrant(s)
- Prescription for opiates, benzodiazepines or amphetamines and not willing to titrate off
- Medical cannabis card and not willing to titrate off
- Previous HTW participant within 5 years (case by case)

Role of the Judge



- **Hold participant accountable for violations**
- **Treat participant with respect and show compassion**
- **Encourage and motivate participants using Motivational Interviewing**
- **Engage with and give verbal praise at court sessions**
- **Participate as a member of the HTW Team and provide leadership**
- **Ensure best practices and evidence-based practices are followed**
- **Determine acceptance of participants into HTW and terminations**
- **Plan events and team-building activities**
- **Hold regular planning meetings to review program goals/objectives**

Role of Probation Officer

- **Monitor compliance**
- **Hold participants accountable**
- **Attend Court Hearing/Staffing**
- **Conduct Screenings & Intakes**
- **Prepare Pre-sentence Reports**
- **Meet with participants per phase requirements**
- **Collect drug and alcohol test samples**
- **Problem-solve with team and participants**



Probation Officer Skills for Success

- Building rapport to establish trust
- Praising accomplishments
- Active listening skills/Compassion
- Encouragement
- Assisting with problem-solving
- Acknowledging participant feelings
- Encourage accountability
- Develop action plans for solutions
- Invest in participant success

Challenges

- Emotional investment
 - Tribal criminal records not accessible on NCIC
 - Habitual non-compliance
 - Difficulty building trust
 - Meeting participants' extensive needs
 - On-going resistance to change
 - Stress and burnout
 - Role conflict
(enforcement vs. helping)
-

Treatment Court vs. Standard Probation

- **More meaningful interaction with participants**
- **Knowledge of participants on a personal level**
- **In-depth team support and interaction with team members**
- **Ability to provide more necessary resources**
- **Rehabilitative approach versus incarceration**
- **More Rewarding**

Drug & Alcohol Testing

- Random testing
- Daily call-in by 3:00 p.m.
- Observed testing
- Tested up to 2-3 times/week
- Types of tests:
 - ETG
 - 8-panel
 - Breathalyzer
- Dilutes are invalid and considered non-compliant
- Missed test or interlock violation require a test within 24 hours
- Tampering results in a sanction hearing

Self-help & Community Service Options

Self-Help Options

- Alcoholics/Narcotics Anonymous
- Smart Recovery/Life Ring
- Peer Support
- Traditional Wellness
Groups/Sessions

Community Service Options

- At Court-approved agencies
- Research on Native History
- Interview a tribal elder and report
- Help children w/school work
- Clean-up within own
community/neighborhood

Phase 1

Minimum of 8 Weeks
Must be sober 15-30 days

- Health, Wellness, and Cultural Needs Assessment
- Court: Every 2 weeks
- Probation meetings: 1x/week
- Testing: Daily call-ins/Random
- Treatment: Individual plan
- Mindfulness sessions (8)
- Talking Circle (1)
- Self-help: 2x/week (one TWP)

Phase 2

Minimum of 10 Weeks
Must be sober 30-45 days

- Court: 1x/month
 - Probation meetings: as instructed
 - Treatment per individual plan
 - Self-help: 2x/week (one TWP)
 - Half of community service hours
 - Testing: Daily call-ins/Random
 - Phase change appointment
-

Phase 3

Minimum of 10 Weeks
Must be sober 30-45 days

- Court: 1x/month
- Probation meetings: As instructed
- Testing: Random/Daily call-ins
- Treatment: Individual plan
- Self-help: 2x/week (one TWP)
- Complete community service hours
- Phase change appointment

Phase 4

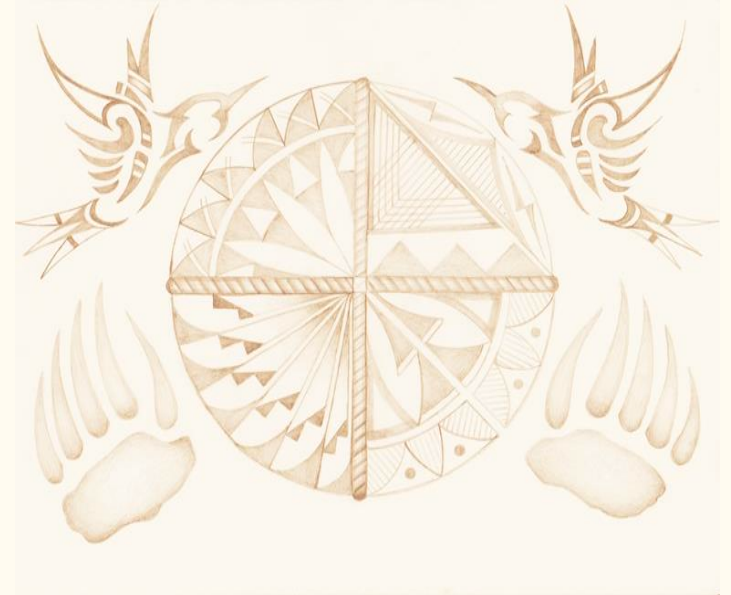
Minimum of 10 Weeks
Must be sober 60 days

- Court: 1x/month
 - Probation meetings: as instructed
 - Testing: Daily call-ins/Random
 - Treatment: Individual plan
 - Self-help: 2x/week (one TWP)
 - Attend MADD Victims Impact Panel
 - Serve mandatory jail time
 - Phase change appointment
-

After Care Phase

Minimum of 14 weeks/Must be Sober 90 Days

- Court: 1x/month
- Probation meetings: As instructed
- Testing: Daily call-ins/Random
- Treatment: Individual plan
- Self-help: 2x/week (one TWP)
- Phase change appointment
- Complete exit interview
- Prepare speech for PO's review
- Attend graduation and give mandatory speech





Incentives

- Name on “All-Star Board” and drawing for a prize
- Judicial praise & acknowledgement
- Words of encouragement
- Phase advancement
- Certificates of Completion for phase transfers
- Gift cards (\$10-\$25)
- Virtual PO appointments



Incentives

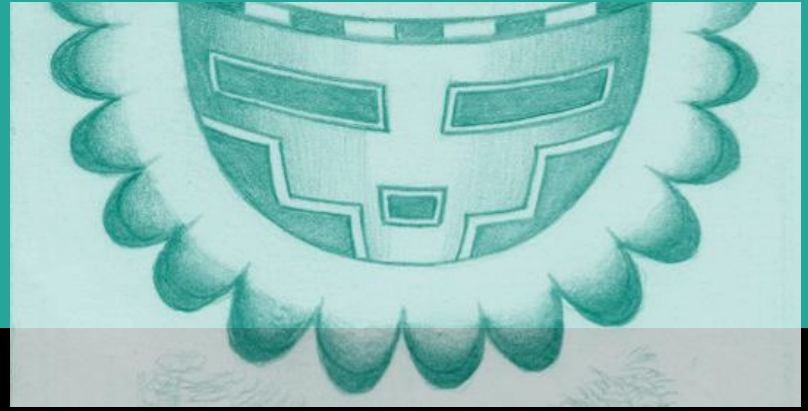
- Approval to attend events
- Travel approval
- Approval to attend traditional activities and ceremonies
- Graduation Certificate, bracelet commemorative coin and name on Graduation Plaque



Possible Sanctions

- Hearing
- Increased testing
- Increased probation reporting
- No weekly credit
- Time management sessions
- Community service
- Papers/presentations
- SCRAM/DIMS phone
- Additional court sessions
- Jail/CCP with turn-in dates





Case Management

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Meeting Participant Needs

Case Management Intake Assessment

Completed within first two weeks of program

- Participant Data
- Immediate Needs
- Health Insurance
- Housing
- Employment
- Education
- Transportation
- Physical Health
- Mental Health
- Substance Use
- Family/Support
- Specialty Court
- Current Treatment
- Client Goals
- Additional Comments/Notes

Recovery Capital

Physical Recovery Capital
focuses on:

- Physical Health
- Health Insurance
- Shelter/Housing
- Access to Transportation
- Clothing
- Food
- Employment
- Financial Stability

Family/Social Recovery Capital
focuses on:

- Peer Support
- Pro-social Activities
- Cultural
Awareness/Reconnection

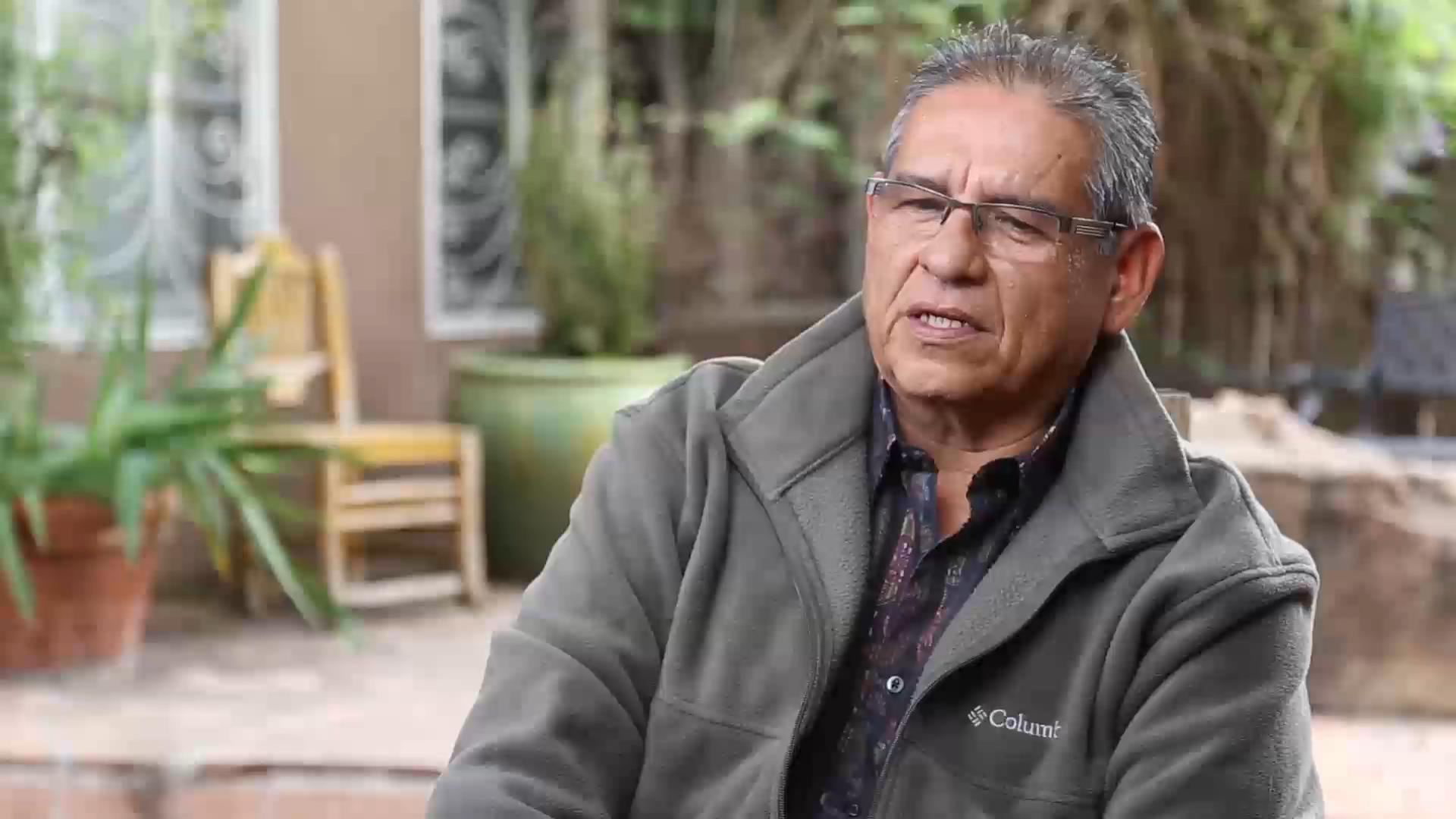
Case Management Services

Referrals to:

- **MATS**
- **Peer Support**
- **Alcohol Monitoring**
- **Inpatient Treatment**
- **Sober Living**
- **Acupuncture**
- **Equine Therapy**

Assistance with:

- **Medicaid Applications**
- **Housing**
- **Transportation**
- **SNAP Benefits**
- **Health Care Appointments**
- **Obtaining I.D. and legal documents**
- **Time Management**
- **Employment assistance**
- **Resume Writing**



Columb



Bernalillo County Metropolitan Court has a four-year contract with First Nations Community Healthsource (FNCH) to provide:

- Substance use treatment
- Native American Specific Treatment (NAST)
- Behavioral health services
- Case management

FNCH provides the following services to the indigenous and indigent community: Medical, Dental, Vision, Behavioral Health, Case Management and Homeless Outreach



Behavioral Health Services

Presentation by: Elizabeth Gerlach, LSAA, BHS treatment provider

What is ASAM?

- **American Society of Addiction Medicine**
- **Not an evidence -based model**
- **ASAM is a Best Practice**
- **Assess level of care based on the 6 Domains**
- **Recommend the least invasive level of care possible**
- **Always assessing for medical safety**
- **Only applies to clients with substance use issues**

Treatment Levels

Level .5 – Prevention

- 12 psychoeducational groups

Level 1

- Most clients at this level
- Assigned to 1-2 weekly groups
- Weekly or bi-weekly individual session

Level 2 – Intensive Outpatient

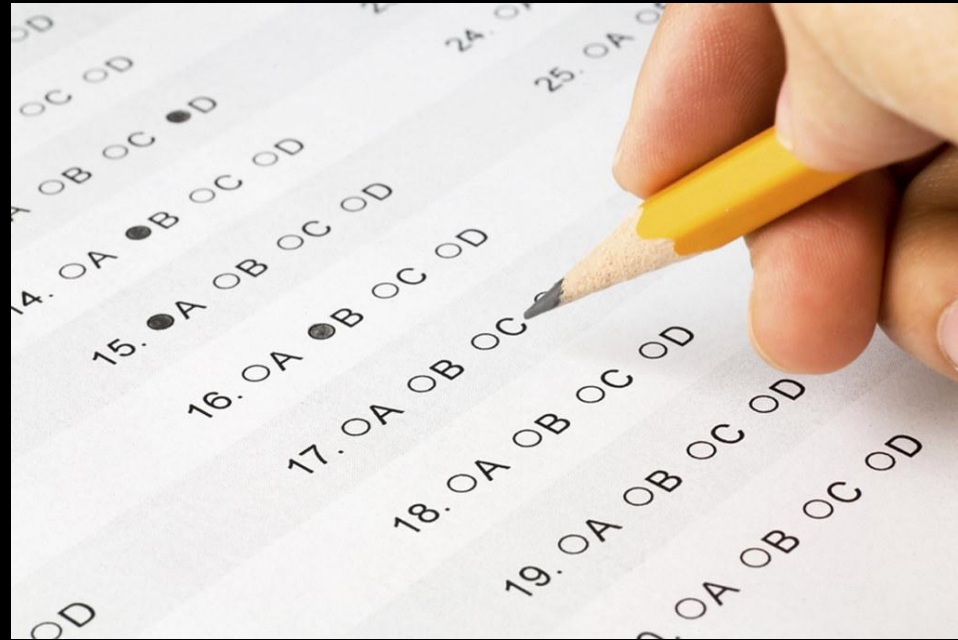
- 9 hours of Group Counseling per week
- Weekly individual counseling

Levels 3-6

- Treatment ranges from partial hospitalization/day treatment to inpatient, detox and acute care

Alcohol Use Disorders Identification Test - AUDIT

- Questionnaire designed to help assess alcohol consumption
- Points out any implications for the person's health and well-being
- 10 questions on alcohol use
- Responses are scored
- Total score prompts feedback and may offer specific advice



The DAST-20

- Drug abuse screening test
- Developed in 1982 by Harvey A. Skinner PhD
- Similar to the MAST
- Like the AUDIT – good validity and reliability across many populations internationally

| DAST-10 Score | Degree of Problems Related to Drug Abuse | Suggested Action |
|---------------|--|------------------------------------|
| 0 | No problems reported | None at this time |
| 1–2 | Low level | Monitor, re-assess at a later date |
| 3–5 | Moderate level | Further investigation |
| 6–8 | Substantial level | Intensive assessment |
| 9–10 | Severe level | Intensive assessment |

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Behavioral Health Group Therapy

Mondays, 7-8pm “H2W Men’s Recovery”
provided by Elizabeth Gerlach, LSAA

Mondays, 7-8pm “H2W Women’s Recovery”
provided by Tanya Rabinowitz, LMFT

Mondays, 5-6pm “Moral Recognition Therapy” (MRT) provided by Tanya Rabinowitz, LMFT

Mondays, 5-6pm “Acudetox” provided by Mr. Greg Wauneka, LPCC

Tuesdays, 12-1pm “Substance Abuse Coping Skills” provided by Tanya Rabinowitz, LMFT

Tuesdays 5-6pm “Mindfulness for Recovery” provided by Elizabeth Gerlach, LSAA & Nandi Baldwin, LPCC

Tuesdays, 6-7pm “Talking Circle/Peer Support” provided by Albertyn Pino, CM, CPSW

Wednesdays, 8:30am-9:30am “Recovery Coping Skills” provided by Tanya Rabinowitz, LMFT

Wednesdays, 7-8pm “Alcoholics Anonymous Meeting”
provided by Felicia

Thursdays, 4-5pm “Co-Ed Seeking Safety”
provided by Nandi Baldwin, LPCC

M,W, TH, 5-8pm, “FNCH’s IOP Group”
Greg Wauneka, LPCC,
Paul Phillips, LMHC,
LSAA, Ms. Elizabeth Gerlach, LSAA

On-Call Crisis Line

- FNCH provides on-call hours Monday through Sunday, from 6:00 p.m. - 8:00 a.m. ***Exclusive to FNCH clients only***
- Each clinician must be on-call once a month for one week.
- Gives clients familiarity with staff who ensure best practices are followed during a crisis





Traditional Wellness Program (TWP)

Presentation by: Jered Lee, Traditional Wellness Program Coordinator

Mission

First Nations Community Healthsource is committed to providing a culturally competent comprehensive health service delivery system, integrating traditional Native American values as a way of enhancing the well being of all individuals residing in Albuquerque and the surrounding areas.



Services Offered

- Cultural Care Support
- Wellness Groups
- Individual 1:1 Support
- Cedar Support
- Self-help Options
- Case Management
- Health and Wellness Assessment

Sessions/Groups

- Food As Medicine
- Healing Arts
- Horse Medicine
- Nature Fitness
- Ceremonial Support
- Individual Wellness Sessions
- Men's Wellness
- Women's Wellness
- Men's Sweat Lodge
- Keres Language Learning
- Dine Language Learning

Schedule of Sessions & Groups

MONDAY

Cultural Enrichment

TUESDAY

**Horse Medicine
Men's Wellness**

WEDNESDAY

**Cedar Wellness
Ceremonial Support
Food As Medicine
Cultural Enrichment**

THURSDAY

**Healing Arts – Beadwork
Keres Language
Navajo Language**

FRIDAY

**Women's Wellness
Men's Sweat Lodge
Nature Fitness**



Traditional Wellness Program Values

Care

Balance

Resilience

Relationships

Respect

Change

Personal Leadership



Cultural Care for Individuals

- **Cultural greeting**
- **Meet the person where they are**
- **Use Cultural Values Reinforcement Approach (CVRA)**
- **Reflective listening and culturally-adapted Motivational Interviewing**
- **Focus on personal strengths**
- **Develop Cultural Care Plan**
- **Focus on identity building, cultural stories and nature-based connections**
- **Provide a Cultural Care Kit (if requested)**



Program Statistics

No of Participants: 44

Pending Entry: 6

Men: 22

Women: 20

LGBTQ+: 2

Ages: 25 to 65

| | New Participants | Graduates | No. Terminated |
|---------|------------------|-----------|----------------|
| FY 2021 | 26 | 22 | 1 |
| FY 2022 | 22 | 21 | 3 |
| FY 2023 | 37 | 14 | 1 |

- **FY 2022-2023 Recidivism Rate: 5.76%**
- **FY 2022-2023 New DWI Arrests: 4.28%**

Graduation Celebration

Graduate receives the following:

- **Certificate of Completion**
- **Name on Graduates Plaque**
- **Commemorative Coin**
- **Inspirational Bracelet**





Positive Participant Outcomes

- Re-build personal relationships
- Gain respect and trust
- Learn life skills
- Gain confidence/self-esteem
- Reconnect with culture
- Learn their native language
- Find a life worth living sober
- Find new purpose
- Regain Child Custody
- Obtain stable housing
- Obtain medical services
- Improve health
- Gain employment/new career
- Earn promotions
- Return to school
- Re-establish driving privileges
- Engage in prosocial activities
- Develop lasting peer relationships
- Build support system
- Awareness of community resources
- Reconnect with traditional arts
- Develop leadership skills
- Become mentors

Accomplishments & Keys to Success

- **Developed monthly orientation**
- **Increased participant numbers**
- **Resumed to in-person**
- **Bronze Level State certification**
- **Established Alumni Group**
- **Peer support opportunities**
- **Became a mentor court**

- **Community-like atmosphere**
- **Caring and compassionate team**
- **Adhering to best practices**
- **Prompt sanction hearings**
- **Case management services**
- **Extensive resources**
- **Options for cultural reconnection**
- **Evolving as needed**

Questions?

Contact Information

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Thank you for your time and attention!

Evaluation

Please take a moment to complete the **D4: Bernalillo County Metro Court Urban Native American Healing to Wellness Court: Changing Lives Through Traditional Healing** session evaluation. Your feedback is greatly appreciated.

If you need a paper copy, please ask for one from a Tribal Law and Policy Institute staff member.

