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# SOCIETY OF INDIAN PSYCHOLOGISTS NEWSLETTER

Volume 1, No. 3

Fall 1988

Official Publication
Society of Indian Psychologists

#### **EDITOR**

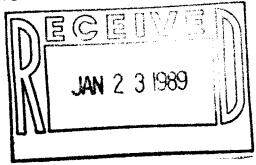
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- NANACOA FORMED
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## STATEMENT OF AIMS AND OBJECTIVES

I be aims and purposes of the Society of Indian Psychologists includes but is not limited to the operation of a national body organized for non-profit, charitable, and professional purposes; to provide an organization for Indian and Native peoples who are vitally concerned with improving the mental well-being of their people; to create, through an exchange of skills, expertise and experiences, opportunities for career development, positive inter-and intra-personal relationships, and general personal enhancement of Indian and Native peoples; to encourage all Indian and Native peoples to become involved in improving the quality of their lives.

# SOCIETY OF INDIAN PSYCHOLOGISTS EXECUTIVE COMMITTEE (1988-1989)

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Newsletter

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### **MEMBERSHIP**

Anyone wishing to join the Society of Indian Psychologists should contact the president for application forms and further information about the association.

### **EDITOR'S NOTES**

With this issue of the Newsletter we inaugurate a new step in what has been the continued, although sometimes slow, development of the Society of Indian Psychologists as a dynamic voice in the field of American Indian and Alaskan Native mental health. The meeting of the Society this past August at the American Psychological Association Convention in Atlanta, Georgia was encouraging, stimulating and challenging. A major focus of the meeting was the Newsletter. Hopes were expressed that it can serve the same supportive. informative and stimulating function that the yearly Society meetings serve for those able to attend. As editor, I realize both the importance of the Newsletter and the immensity of the task at hand. As a starting point, the present issue is devoted to testimony on community-based mental health services presented before the Senate Select Committee on Indian Affairs. We are all too familiar with the problems so eloquently detailed by Teresa LaFromboise in the May 1988 issue of the American Psychologist. It is difficult to maintain the cohesive and unified front that all of the testimony addresses as essential to progress. It is our hope that this Newsletter can facilitate this cohesiveness by providing a forum (a place for exchange of ideas, opinions, experiences, etc.). Future issues are planned to address training, child abuse, and the elderly. In this whole endeavor, YOU ARE ESSENTIAL. The information you provide (comments, suggestions, ideas, experiences, as well as announcements and news items) is the lifeblood of the newsletter, and ultimately of the Society. Let us hear from you.

# APA Leadership Meets With Presidents of Four Minority Psychological Associations.

### by Candace Fleming

At a breakfast meeting during the 1988 annual convention of the American Psychological Association in Atlanta, APA President Ray Fowler and Past President Bonnie Strickland and the leadership of the four ethnic minority psychological associations met to begin a dialogue about vital issues of mutual interest. Theresa LaFromboise and Candace Fleming represented the Society of Indian Psychologists and the other associations present were: The Association of Black Psychologists, the National Hispanic Psychological Association, and the Asian American Psychological Association.

A stated message was that the leadership of APA respects and encourages the integrity and autonomy of the minority associations and that initiating

communication lines among the five associations is very important and long overdue.

The representatives from the minority associations discussed the size, history, membership demographics and some current concerns of each of their organizations. The very fact of the existence of these organizations means that they are serving a constituency that APA has not served well in the past and whose special needs APA may not be capable of serving. A clearly stated hope was that APA would support our efforts in concrete and helpful ways, and the minority associations could be likewise beneficial to APA.

Some specific suggestions for APA's support included contribution to scholarship funds, participation in the National Convention of Ethnic Minority Psychologists (proposed by the Board of Ethnic Minority Affairs, APA), support for the role ethnic minority associations play and for their issues, a dues structure that would encourage wider participation for minorities, encouragement for a heightened sensitivity to ethnic bias in reviewing articles for publications, help in attracting members, and aid in the recruitment of minority students into programs in psychology.

An outcome of this historic meeting was the proposal to form a Presidents Council that would be composed of all the psychological association presidents. This Council could meet annually to share information and generate ideas for problem solving. Each association could take turns serving as host for this meeting. Another outcome was that each president agreed to write a letter every six months describing what their respective organizations were doing of mutual interest.

Theresa and Candace invite the SIP membership to write to either of them with your opinions about the Presidents Council and specific issues that you wish to be communicated to the other associations.

### SIP ANNUAL BUSINESS MEETING REPORT

The annual business meeting of the Society of Indian Psychologists was held during the APA Convention in Atlanta in August. President Theresa La-Fromboise welcomed the twelve SIP members who attended: Connie Hunt (Denver, CO); Dan Foster (Rochester, MN): Duff Gerrish (St. Ignatius, MT); Art Blue (Brandon, Manitoba); Glenn Humphrey (New York, NY); Deborah Holmes (Oklahoma City, OK); Sandra Bennett (Norman, OK); Mary Borkhuis (Jamestown, ND); Diane J. Willis (Oklahoma City, OK); Delores Bigfoot (Norman, OK); and Candace Fleming (Denver, CO). Other SIP members-attending the convention in Atlanta were: Joe Pine (Sepulveda, CA); Deborah Jones-Saumty (Oklahoma City, OK); Larry French (Concord, NH); and Gyda Swaney (Missoula, MT).

Dee Bigfoot gave the treasurer's report: Expenditures were mostly related to the two issues of the Newsletter published this past year (\$250.00 per issue). Dues brought in very little revenue and the current balance was approximately \$500.00. The Winter 1989 issue of the Newsletter will contain a SIP application form and dues statement.

In a discussion of the overarching aim of SIP to become an important force in improving the mental health of American Indian and Alaska Native peoples, the idea was offered to create a joint SIP-APA task force. In concert with other entities concerned with the psychological well-being of underrepresented groups, SIP could effectively highlight the roles that psychologists can have in addressing the specialized needs and strengths of Indian and Native communities. The action plan developed at the meeting was to ask Theresa and Candace to present these ideas in the following morning meeting with the leadership of APA and the other ethnic minority psychological associations.

A major part of the meeting was devoted to the Newsletter which is the principle way that SIP'S mission and goals can be addressed within the SIP membership. Editor Glenn Humphrey has conveyed our great appreciation to Bob Annis and Barry Corenblum, Brandon University, Brandon, Manitoba who have done the layout and printing this past year. Through creative brainstorming, the group adopted a revitalized schedule of publication which each of the four issues per year are to highlight specific Indian mental health themes. The selected themes for the coming year are: The congressional Hearings on Improving the Mental Health of American Indians and Alaska Natives; Child Abuse in Indian and Native Communities; and Indian and Native Elderly.

At the close of the meeting, Candace Fleming, President-Elect, expressed deep appreciation of Theresa's leadership of SIP during the past three years. Theresa's contributions have been numerous and we greatly appreciate her dedication to the mission of the society.

The executive committee is excited about the talent, wisdom, and enthusiasm that exists within the current SIP membership. We invite your active participation in this growing and vital organization.

#### The 1988-89 Executive Committee

President:

Candace Fleming

Past President:

Theresa LaFromboise
Delores Bigfoot

Secretary/Treasurer: Newsletter Editor:

Glenn Humphrey

Newsletter Distribution:

Sandra Bennett

# SOCIETY OF INDIAN PSYCHOLOGISTS FINANCIAL STATEMENT JAN. 88 - SEPT. 88.

# Submitted D. Subia Bigfoot 10-4-88

Date 1-1 *	Entry Beg Bal	Credit	Debit	<b>Balance</b> 1161.51
1-26	Word Proc. for: (mailing label)	45.00		1116.51
2-1	Newsletter (postage & printing)	127.35		989.16
3-8	Newsletter (postage & printing)	145.84		843.32
3-8	postage	2.20		841.12
5-1	mailing labels reimburse T. LaFromboise	7.80 99.72		733.60
<b>6-1</b>	membership fee mailing labels		20.00 10.00	763.60
8-15	Newsletter (postage & printing)	292.00		471.60
- 40 - 24	TOTALS:	719.91	30.00	
979.0 979.0	BALANCE			471.60

# UNITED STATES SENATE SELECT COMMITTEE ON INDIAN AFFAIRS

Tesitimony on a Community-Based Mental Health Initiative for Indian People

The following text presents the recommendations made by each of three Indian scholars who have been actively involved in the design and delivery of mental health services to Indian people. In each case their recommendations were preceded by eloquent testimony and literature reviews, but, for the sake of brevity only the actual specific recommendations they made are presented here. For a full report, readers may contact individual authors or the United States Senate Select Committee on Indian Affairs, Washington, DC 20510-6450

# Testimony of the American Psychological Association offered by Diane J. Willis, Ph.D.

Diane J. Willis Ph.D., is Director of Psychological Services at the Child Study Center in the Department of Pediatrics, University of Oklahoma Health Sciences Center. She is of Kiowa descent and a voting member of the Kiowa Tribe in Oklahoma. Her practice includes assessment and/or treatment of children and families, including Indians, who have developmental problems or who are the victims of child abuse. Dr. Willis has been and continues to be a consultant to various tribes on a variety of issues, particularly on child abuse assessment, prevention, and treatment.

#### **RECOMMEDATIONS:**

- 1. In existing Community Health Centers located in areas with large Indian populations, designate at least two or three positions to Indian providers with degrees in clinical, counseling, school or developmental psychology. Provide challenge grants to Centers to target services to the American Indian.
- 2. Provide retraining and/or intensive practicum training under qualified supervisors to those mental health technicians already employed by tribes. Funds would be needed to design and implement such programs.
- 3. Tighten up the ICW Act and let the tribes know that the government is serious about preventing child abuse and protecting children. Child abuse, especially neglect, is the most destructive and insidious 'killer' of the spirit of young Indian children that exists.
- 4. Initiate and provide support for prevention curricula in the schools, parenting education courses for the tribes, and provide monies for good, affordable Day Care.
- 5. Within the IHS target more mental health positions, especially child mental health so that psychologists will be hired to provide services to children and their families.
- 6. Improve educational standards and provide scholarships at the masters and doctoral level in clinical/counseling psychology. Provide preceptorship monies for existing mental health technicians and incentive monies at training sites so that mental health technicians can receive additional supervised training under doctoral level psychologists or other Mental Health specialists. Training sites would have to meet certain qualifications.
- 7. Provide research monies. We need to adapt or develop alcohol, drug, and abuse prevention programs for use at the elementary or high school level for students living on reservation lands or in urban areas, and educational

programs for parents need to be developed. We need to research tough issues such as ways to increase utilization of mental health services or the efficacy of certain treatment programs for Indian children and their parents. We need to study the process of health decision-making among Indian adolescents and why they seem to lack efficient decision-making skills. We need to study ways to develop programs to enhance the Indian child's language skills or his/her science and math skills. The problems of cultural bias in testing of Indian school children who are having academic problems needs to be remedied and we need to learn how to get around these biases to better understand the strengths as well as the problem areas in the learning style of Indian children.

8. Encourage Indian Health Service to continue to promote, indeed, take a leadership role in psychologists prescribing psychotropic medications as they are currently doing.

# Testimony of The National Association for Native American Children of Alcoholics offered by JoAnn Kauffman, M.P.H.

JoAnn Kauffman is an enrolled member of the Nez Perce Tribe of Idaho. She is the Executive Director of the Seattle Indian Health Board, a board member of the American Indian Health Care Association and a founding board member of the National Association for Native American Children of Alcoholics. Ms. Kauffman holds a Masters degree in Public Health Administration and has been directly involved in the delivery of health and mental health services to Indian communities since 1972, when she first directed the American Indian Mental Health New Careers Training Program in Minneapolis, Minnesota.

#### **RECOMMENDATIONS:**

- 1. That a multidisciplinary comprehensive community-based mental health initiative be undertaken by this committee and that the Indian Health Service and BIA be directed to participate with Indian communities on this initiative.
- 2. That this Committee adopt a definition of community mental health which is not restricted to the clinical model and one which promotes wellness and incorporates the notion of physical, spiritual, mental and emotional balance.
- 3. That this Committee investigate the effects of multi-generational cultural oppression, alcoholism, domestic violence, and family dysfunction as it relates to the status of Indian mental health today.
- 4. That this mental health initiative assess in particular the needs of the following groups:

- a. Child sexual abuse: individual and family mental health care for the victim, perpetrator and family members.
- b. Adult children of alcoholics: education, information, support groups and individual therapy for adult children of alcoholics to begin recovery and help break the cycle of addiction.
- c. Young children of alcoholics: education and information campaign for children living in alcoholic homes to provide support and therapy.
- d. Elderly: support for the unique needs of Indian elderly in dealing with alcoholism and early mortality of family members.
- e. Dual diagnosis: provide case management services for individuals with both chemical addictions and mental illnesses to assure appropriate care.
- f. AIDS: to provide individual counseling and support groups for Indians with AIDS, for their family members and others who must deal with the inevitable losses around this disease.

# Testimony of United National Indian Tribal Youth, Inc. (UNITY) offered by Vivian Juan.

Vivian Juan is of the Tohono O'odham Nation, formerly Papago, from Sells, Arizona. She presently serves on the Board of Trustees of United National Indian Tribal Youth, Inc. (UNITY), a national youth organization serving the social, spiritual, physical, and emotional needs of American Indian and Alaska Native youth. United National Indian Tribal Youth, Inc. (UNITY) is a national, non-profit organization designed to develop leadership, promote self-sufficiency, and instill cultural pride among American Indian and Alaska Native youth.

#### **RECOMMENDATIONS:**

- 1. To actively support the formation of Tribal Youth Councils across Indian Country over the short term. Over the long term to provide seed funds to enable them to carry out their goals the solutions they come up with after going through their own process of determining what their problems are.
- 2. To promote a UNITY national network of Tribal Youth Councils which would result in a collective national voice for American Indian and Alaska Native youth.
- 3. To ensure that Indian youth have a voice at every level from the local to the national and that they be represented at all Congressional and other hearings which affect their future and well being.
- 4. To help UNITY establish the Institute for Leadership Training for American Indian and Alaska Native Youth to put in place a permanent mechanism for

- the long term training for Indian youth such as monthly seminars and conferences on an ongoing basis.
- 5. To support or create a way to make a quick and positive impact on Indian country right now through organizing all Indian athletic teams, such as basketball, that could travel to the various reservations and also conduct clinics for local youth. By example, these teams would help build self-esteem and encourage youth to avoid alcohol and drug use. It would obtain pledges from the local youth to not abuse alcohol, drugs and other substances. This would also have an impact upon encouraging the youth to strive harder both on and off the courts and fields. This would also serve to encourage local youth to earn spots on varsity teams.

# NATIONAL ASSOCIATION OF NATIVE AMERICAN CHILDREN OF ALCOHOLICS

Contact: Joann Kauffman NANACOA Chairman c/o Seattle Indian Health Board P/O Box 3364 Seattle, Washington 98104

Over seventy Indian people from thirty different tribes, concerned about the multigenerational effects of alcoholism and drugs on Indian families and Indian communities organized on March 1, 1988 the "National Association of Native American Children of Alcoholics" for the purpose of providing information and support to Indian children of dysfunctional families. The Native Americans were participants in the 4th Annual National Convention on Children of Alcoholics meeting in New Orleans, Louisiana.

In a powerful and moving presentation before the NACOA membership banquet, the Indian group announced the creation of the new national Indian organization. The Indian group shared their philosophy behind the organization "...Our coming together is a living memorial to our elders. The time has come to acknowledge who we are. The time has come to put away the negative influence of drugs and alcohol and to bring along our richness as a people ...".

It was pointed out by the Indian group that the acronym of their organization NANACOA had significant meaning also. In Pottawami "NANA" means mother. In English "NANA" means grandmother. In the Shahaptian language of many Northwest Tribes "NANA" means big sister, and the Blackfeet language "NACOA" means my son. The National Association of Native American

Children of Alcoholics formed this union for "All Our Relations".

An Interim Board of Directors elected to plan and carry forward the mission of the national association listed the following as their immediate objectives:

- Establish a National mailing list of Indian children of Alcoholics.
- Seek a relationship with the National Association for Children of Alcoholics.
- Develop COA information and make it available to Indian Communities.
- Plan a National Conference for Indian children of alcoholics in 1989.
- Notify national policy makers about the needs of Indian Children of Alcoholics.

Get together again to complete the incorporation process at a meeting in June 1988 to be hosted by the Flathead Tribes.

• Officers elected were:

JoAnn Kaufman, Chairman, Nez Perce, Seattle, WA; Candace Fleming, Vice Chairman, Kickapoo/Oneida/Cherokee, Denver CO; Pam James, Treasurer, Colville, Shelton, WA; Toni Williams, Secretary, Arapaho, Versailles, NY; Ed Barnhart, Sargent at Arms, Seattle, WA.

Indian people from all over the country are excited that finally there is an effort to look at the effects on Indian people growing up in an environment of alcoholism, drugs, and violence or other dysfunctions.

#### NANACOA PHILOSOPHY STATEMENT

We choose to come together recognizing that the paths to healing and wholeness come from our faith in our Creator. Our hearts are grateful for the gifts of Mother Earth and our Creator: gifts such as the two-leggeds, the four-leggeds, the winged ones, the elements of air, fire, water, and stone. It is our responsibility to show respect to all these gifts through active nurturance and care of Mother Earth, ourselves, our children, our children to come, and our belief in our Creator.

At this time, we acknowledge the gifts of those elders who have gone on before us. Their gifts to us are their dreams, visions, ceremonies, songs, and prayers. Their prayers are being answered now in our lives. We are returning to that part of the circle where balance among all parts of the Creation is respected and achieved.

We choose to continue their vision: to learn our traditional values and apply them in new ways so that we will recapture the spiritual energy of our elders and pass it on to those who will follow us. Our coming together is a Living Memorial to our elders. The time has come to acknowledge who we are. The time has come to put away the negative influence of drugs and alcohol and to bring along our richness as a people, in memory of our elders.

# REVIEWERS FOR JOURNAL MANUSCRIPTS WANTED

If you are interested in reviewing manuscripts for APA Journals, the APA Publications and Communications Board would like to invite your participation. Manuscript reviewers are vital to the publication process. As a reviewer, you would gain valuable experience in publishing. The P&C Board is particularly interested in encouraging women and ethnic minority men and women to participate more in this process.

If you are interested in reviewing manuscripts, please write to Leslie Cameron at the address below. Please note the following important points:

- To be selected as a reviewer, you must have published articles in peerreviewed journals. The experience of publication provides a reviewer with the basis for preparing a thorough, objective evaluative review.
- To select the appropriate reviewers for each manuscript, the editor needs detailed information. Please include with your letter your vita. In your letter, please identify which APA Journal you are interested in and describe your area of expertise. Be as specific as possible. For example, "social psychology" is not sufficient you would need to specify "social cognition" or "attitude change" as well.
- Reviewing a manuscript takes time. If you are selected to review a manuscript, be prepared to invest the necessary time to evaluate the manuscript thoroughly.

Write to Leslie Cameron, Journals Office, APA, 1400 N. Uhle Street, Arlington, Virginia 22201.

### **SCHOLARSHIPS**

### Five College Fellowship Program for Minority Scholars

Located in western Massachusetts, the Five College Consortium is comprised of Amherst, Hampshire, Mount Holyoke and Smith Colleges and the University of Massachusetts.

The Five College Fellowship Program brings to the Five Colleges minority graduate students who have completed all requirements for the Ph.D. except the dissertation. The program's purposes are to: provide a supportive environment for the Fellow to complete the dissertation; encourage interest in teaching as a career; acquaint the Fellow with the Five Colleges. Each Fellow will be hosted within a particular department or program at one of the five colleges. (Fellows at Smith College will hold a Mendenhall Fellowship.)

The one-year fellowship includes a stipend, office space, computer support, library privileges and housing or housing assistance. Although the primary goal is completion of the dissertation, each Fellow will also have many opportunities to experience working with students and faculty colleagues on the host campus as well as with those at the other colleges.

Date of Fellowship: September 1, 1989 - May 31, 1990

(non-renewable)

Stipend: \$20,000

Application deadline: February 1, 1989

Awards will be announced by May 15, 1989

For further information and application materials contact:

Lorna Patterson
Five College Fellowship Program Committee
Five Colleges, Incorporated, P.O. Box 740
Amherst, MA 01004
(413) 256-8316

# Postdoctoral Research Fellowship Program For Ethnic Minorities

This program, now in its fourth year, offers one year fellowships (with the possibility of renewal for up to three years) for minority candidates who are in underrepresented fields and who show promise for tenure track appointments in the Berkeley campus. We expect the application deadline for this program to be mid-January, 1989. Suitable candidates in clinical and/or community psychology should write to us or apply directly to:

Chancellor's Ethnic Minority Fellowship Program
University of California, Berkeley
Chancellor's Office
200 California Hall
Berkeley, CA 94720

### PROGRAMMES OF INTEREST

### American Indian Psychology Training Project at Utah State University Logan, Utah

The USU Psychology Department is offering the American Indian Psychology Training Project for Summer Quarter. This project will provide school psychology training to qualified American Indian graduate students. It provides training in counseling and psychological evaluation from a broad theoretical base. The School Psychology program specialization is designed to prepare students for entry level positions in school systems, public, BIA or Tribal. The Project Director is Dr. Damian McShane. For further information contact:

Dr. Carolyn Barcus Utah State University Psychology Department, UMC 2810, Logan, Utah 84322, (801) 750-1465

## **JOB ANNOUNCEMENTS**

# Assistant Professor in Behavioral Neuroscience/Learning.

A regular, tenure track appointment at the assistant professor level beginning September, 1989. Candidates must be able to establish a strong research program and must have a strong commitment to undergraduate instruction. Supervision of both graduate and undergraduate research will be expected. Teaching responsibilities will include an undergraduate laboratory course in learning as well as both graduate and undergraduate courses in learning theory. Dartmouth College is an equal opportunity employer with an affirmtive action plan. Women and members of minority groups are encouraged to apply. Send a letter of application and vita, and have at least three letters of recommendation sent by January 1, 1989, to: Chair, Search Committee, Department of Psychology, Dartmouth College, Hanover, NH 03755.

### **Clinical Psychologist Postitions Available**

Billings Area Indian Health Service; open continuous announcement; direct hire; moving expenses; Ph.D. from APA approved program (or other with certification on a case-by-case basis of transcript and clinical experience); civil service and Commissioned Corps appointments available; civil service salary, GS 11/12/13 (1987 starting salaries GS 11, \$27,716; GS 12, \$33, 218; GS 13, \$39,501); those interested in Commissioned Corp will be provided with a salary/benefits breakdown. The program is clinic based with emphasis on developing community supports and integrating cultural values as well as providing direct clinical services. Vacancy inquiries to Mr. Donald Madconald, Personnel Specialist, (406) 657-6904; program inquiries to Ms. Margene Tower, Area Mental Health Officer, (406) 657-6346; resumes may be mailed to Ms. Carol Krieger, Personnel Specialist, Billings Area Indian Health Service, P.O. 2143, Billings, Montana 59103.

#### **NEWSLETTER PRODUCTION**

The Society of Indian Psychologists Newsletter is the official publication of the Society of Indian Psychologists, and is published four times per year.

The Newsletter is mailed to all members of the Society of Indian Psychologists. For membership information write to:

Candace Fleming
University of Colorado Health Sciences Center
Dept of Psychology, 4200 E. 9th Ave. #C249
Denver, CO 80262.

Articles, announcements, letters to the editor, etc., should be typewritten and double-spaced. Send to:

Glenn W. Humphrey 135 W. 31st Street, Box 11 New York, NY 10001.

Deadlines are: October 1 for the Fall (November) issue, January 1 for the Winter (February) issue, April 1 for the Spring (May) issue, and July 1 for the Summer (August) issue

#### **INFORUM**

News and items you would like to share with other members of SIP are most welcome. The Newsletter relies very heavily on our association members to contribute items for publication. It is only with the active support of our members that the Newsletter can be an important source of news. Please contribute items concerning your publications, on-going research, promotions, transfer, calls for ideas or help offers, etc., for the inforum section of the Newsletter. These will be published as received. Other contributions, such as articles, letters to the editor, announcements of conferences, etc., are also most welcome and should be sent to:

Glenn W. Humphrey 135 W. 31 Street, Box 11 New York, NY 10001

127-345

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Flathead Mental Health Program 26 Round Ruth Road Ronan, MT 53864 Guida Swaney