



"Our families made strong through balance and support."

# Soboba Tribal Family Services

## November Newsletter

### Meet Our New Tribal Social Worker Lisa Manuel



Lisa Manuel, B.A., received her B.A. degree in Psychology and Health Promotion from Northern Arizona University in Flagstaff, AZ. Previously, Ms. Manuel worked as a Case Manager for Southwest Behavioral Health Services in Flagstaff, AZ. Ms. Manuel was a former Board Member for the

Native Americans for Community Action (NACA) in Flagstaff. She assisted in establishing a clear organizational mission, formed strategic planning to accomplish the mission of NACA, which was "to provide wellness strategies to empower and advocate for Native people and others in need to create a healthy community based on Harmony, Respect, and Indigenous values". Lisa has worked in behavioral health for 5 years. She has worked with individuals who were suffering from poverty, oppression, addiction, and mental illness. She feels it is her duty to help those in need of recovery and address their barriers in society and to find solutions. "I feel it is very important, while working with an individual, to treat them with dignity and respect. It is also important to understand social diversity, oppression, and discrimination with respect to race, ethnicity, sex, sexual orientation, gender identity, political belief, immigration status, age, religion, and mental or physical disability. It is my responsibility to ensure that my clients have access to resources in the community and to ensure they have every opportunity to meet their basic human needs. I believe that my experiences have sensitized me to the issues faced by other ethnic and social minority groups in this country as well as the needs of the Native community. I am an agent of social change. It is my goal that I will use my education to advocate on behalf of what is in the best interest of the Soboba Tribe and its members".

### Storytelling at The Oaks

Monday – November 28, 2016

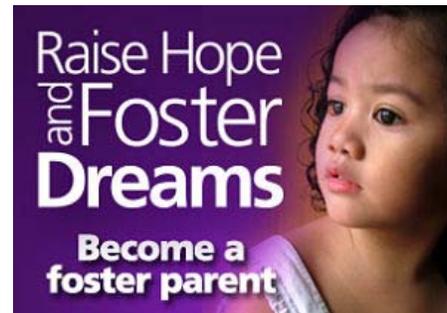
5:00 – 7:00 p.m.

Potluck, Weenie Roast & S'mores

For more information contact  
Carrie Garcia, Cultural Program Manager at  
(951) 487-2329 or [carrieg@soboba-nsn.gov](mailto:carrieg@soboba-nsn.gov)

### The National Tribal Behavioral Health Agenda

Tribal Family Services recently received a draft copy of the Tribal Behavioral Health Agenda. This was a collaborative effort between many Tribes, leaders, organizations, and federal agencies. The idea for this agenda originated from direct discussions with Tribal Leaders around challenges Tribes are facing with behavioral health. It was their passion, vision and dedication that led to the development of the agenda. To obtain an electronic copy of the draft and/or provide comments online, please go to <http://store.samhsa.gov/TBHA/feedback/>. Written comments, using the same format as the online form, may also be submitted via e-mail to [tribalconsultation@samhsa.hhs.gov](mailto:tribalconsultation@samhsa.hhs.gov).



### Interested in Becoming a Foster Parent?

Soboba Tribal Family Services offers trainings and certification for foster and relative caregivers to help address the lack of American Indian foster homes for Soboba children who have been removed from the care of their parents and are unable to reside with relatives.

## Study Debunks Stereotypes of Native Americans & Alcohol

A new study has debunked the longstanding notion that Native Americans struggle more with alcohol addiction compared to other groups of people. The findings show that the drinking rates of Native Americans match those of whites, and in fact, Native Americans are more likely to abstain from alcohol use.

The researchers from the University of Arizona (UA) analyzed data from the National Survey on Drug Use and Health, a study of more than 4,000 Native Americans and 170,000 whites between 2009 and 2013.

They also looked at another nationally representative survey, the Behavioral Risk Factor Surveillance System, administered by the U.S. Centers for Disease Control and Prevention, to measure how often Native Americans and whites engaged in excessive drinking in the past month. Again, they found that drinking rates between the two groups were similar.

About 17 percent of both Native Americans and whites were found to be binge drinkers, and about eight percent of both groups were heavy drinkers. Binge drinking was defined as five or more drinks on one to four days in the past month. Heavy drinking was five or more drinks on five or more days in the past month.

Sixty percent of Native Americans reported no alcohol use in the past month, compared to 43 percent of whites.

“Of course, debunking a stereotype doesn’t mean that alcohol problems don’t exist,” said lead author Dr. James K. Cunningham, Ph.D., a social epidemiologist with the UA Department of Family and Community Medicine and the UA Native American Research and Training Center.

“All major U.S. racial and ethnic groups face problems due to alcohol abuse, and alcohol use within those groups can vary with geographic location, age and gender.



“But falsely stereotyping a group regarding alcohol can have its own unique consequences. For example, some employers might be reluctant to hire individuals from a group that has been stereotyped regarding alcohol. Patients from such a group, possibly wanting to avoid embarrassment, may be reluctant to discuss alcohol-related problems with their doctors,” he said.

Teshia A. Solomon, Ph.D., director of the Native American Research and Training Center noted that comparable rates of alcohol use do not necessarily result in comparable rates of alcohol-related health problems. She explains that Native Americans often have less access to medical care, safe housing, and quality food, which can amplify health problems connected to alcohol.

“Negative stereotyping of groups of people who have less access to health care creates even more health disparities,” said Myra Muramoto, M.D., M.P.H., head of Family and Community Medicine. “Based on a false negative stereotype, some health care providers may inaccurately attribute a presenting health problem to alcohol use and fail to appropriately diagnose and treat the problem.”

The researchers believe that their findings could help change beliefs about Native Americans’ alcohol use.

“It’s our hope that the media — movies, television, newspapers, radio, Internet — will represent Native American alcohol use more accurately,” Cunningham said. “It’s time to let the myths about elevated drinking fade away.”

Their findings are published in the journal *Drug and Alcohol Dependence*.

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### Reference

Pedersen, T. (2016). Study Debunks Stereotypes of Native Americans & Alcohol. *Psych Central*. Retrieved on October 6, 2016, from <http://psychcentral.com/news/2016/02/11/stereotypes-of-native-americans-and-alcohol-debunked/98958.html>