

Wiidookaage'win

A Facebook program for Supporting Opioid Recovery among American Indian Women
NIDA CTN-0123

Christi Patten, PhD, Mayo Clinic
patten.christi@mayo.edu

CPDD 86th Annual Scientific Meeting, Montreal, CA, 06/17/24



Funding
NIDA-UG1DA040316



Celina Downwind Jubera (Ojibwe)

DISCLOSURES

- *No conflicts of interest to report*

Co-Investigators

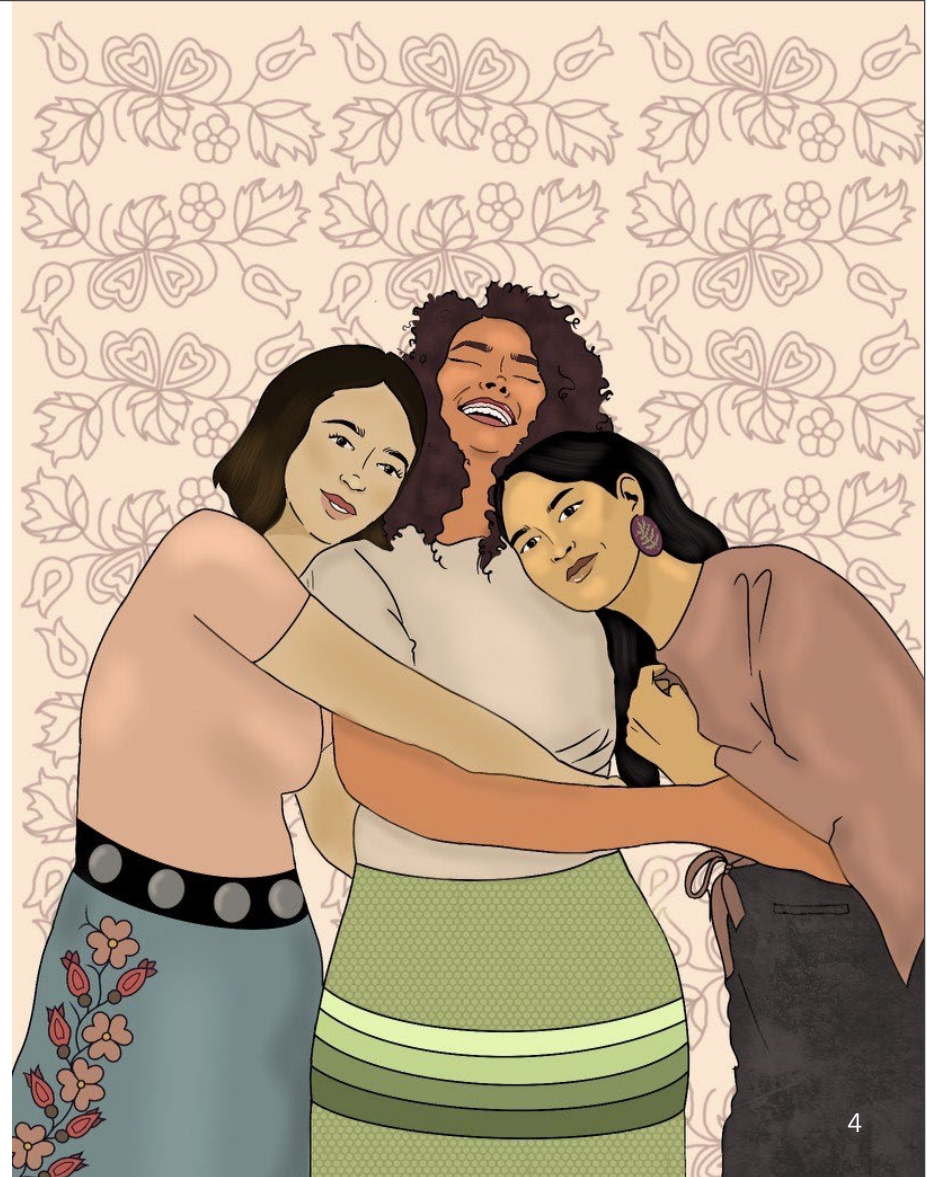
Name	Institution	NIDA CTN Node
Dr. Gavin Bart	Hennepin Healthcare	NorthStar (LI)
Dr. Kamilla Venner (Ahtna Athabascan)	University of New Mexico	Southwest
Dr. Aimee Campbell	Columbia University	Greater New York
Dr. Lisa Marsch	Dartmouth College	Northeast
Dr. Cuong Pham	University of Minnesota	NorthStar

CTN Concept: Pilot Preparatory Study

Developed with partners at the Minnesota Indian Women's Resource Center

Study Aims

- 1.** Develop a private, moderated, 3-month Facebook group intervention tailored to AI/AN women to support opioid recovery using a community-based participatory research approach
- 2.** Evaluate the intervention's feasibility and preliminary effectiveness for opioid abstinence



Study Overview

Community Partnerships

- Community Advisory Committee to develop study protocol & guide study
- Healthy Nations Advisory Board

Aim 1

- Qualitative interviews with 14 AIAN women and 12 interested parties to review proposed Facebook content for cultural relevance and perceived effectiveness
- Refine Facebook content
- Beta-test intervention with 10 AIAN women to assess preliminary feasibility and acceptability

Aim 2

Current pilot RCT (N=60 AIAN women)

 **Antonia Mayo**

April 22 · 🌐

...

Sometimes it can feel like you have so many things going on that you can't handle it. It can be difficult to find the time to slow down and take a pause. The artwork below is called "Quiet Moment of Gratitude" by Metis artist Christi Belcourt. We invite you to take a quiet moment and recognize what you are thankful for.



Intervention

Private, moderated, 3-month Facebook group encourages acceptance and peer-based social support, addressing:

- The role of stress/trauma in substance use
- Evidence-based content
 - Mindfulness-Based Relapse Prevention (MBRP) practices in daily life and high-risk situations to prevent return to use
 - Stress Management and Resiliency Training Program (SMART)
- Online landing page of local cultural and community resources to support recovery
- Videos, Native artwork, photographs, text posts, and poetry
- Focus on positivity, self-care and cultural reconnection

Study Population

Recruited from Native community healthcare clinics and organizations in Mpls/St. Paul area

- ✓ Identifies as an American Indian or Alaska Native woman
- ✓ ≥ 18 years old
- ✓ Resides in Minnesota
- ✓ Meets criteria for opioid use disorder (OUD) based on the DSM-5 Checklist.
- ✓ Reports ≥ 1 month of opioid abstinence based on Timeline Follow Back Interview and self-report (and negative UDS in beta-test and pilot RCT)
- ✓ Current use of medication for OUD (MOUD)
- ✓ Has access to broadband internet on a device and has or willing to create a Facebook account
- ✓ Willing to travel to the Indian Health Board clinic in Minneapolis, MN for UDSs

Qualitative Interviews

Participants

- 14 AIAN women
 - Mean age 36.4 yrs, range 23-48.
 - Mean 6.4 mths opioid recovery, range 1-24
- 12 interested parties (5 men, 7 women)

Intervention Receptivity



Young et al.. 2024. A community-based qualitative approach to developing a Facebook group intervention for Native women to support recovery from opioid use. *American J Health Promotion*, 38(2), 205-218.

Themes based on content analysis

- **Reconnection to culture is important for recovery**

- *"...a lot of women don't think there's hope, that they can't get out of addiction or even stay sober. They have to see a lot of stories like that to see that it is possible. Yes, I like her story. I lost my culture. I wanna be able to practice it again..." (W)*
- *"When I was in active addiction, I too went away from my culture and all the practicing of my tradition, with the medicines. That's what actually helped me stay on the road of recovery...going back to my tradition" (W)*

- **Media and text should resonate with AI/AN culture and strengths**

- *"Tapping into what I call...resilience and brilliance of...our women is very important, being burdened by our traumas...it can feel like a lot together" (IP)*
- *"Anytime there's a feast or anything we give thanks for that food. We give thanks for everything" (W)*

- **Maintain confidentiality and build trust**

- *"That's the biggest issue with any of these types of groups is the trust factor. We can't heal if ...we can't be honest with each other" (IP)*
- *"Leave room for imperfections and authenticity, I think, creates a calming kind of air for people to be a little bit more vulnerable." (IP)*



Content Refinement

Based on interviews and community partner feedback on results:

- Longer videos were added
- More local Native artwork was featured (Christi Belcourt, Marlena Myles, etc.)
- Wording changes to posts, e.g., recognizing triggers vs. responding to triggers
- Challenging topics scheduled toward the middle of the group

Moderator Exchange

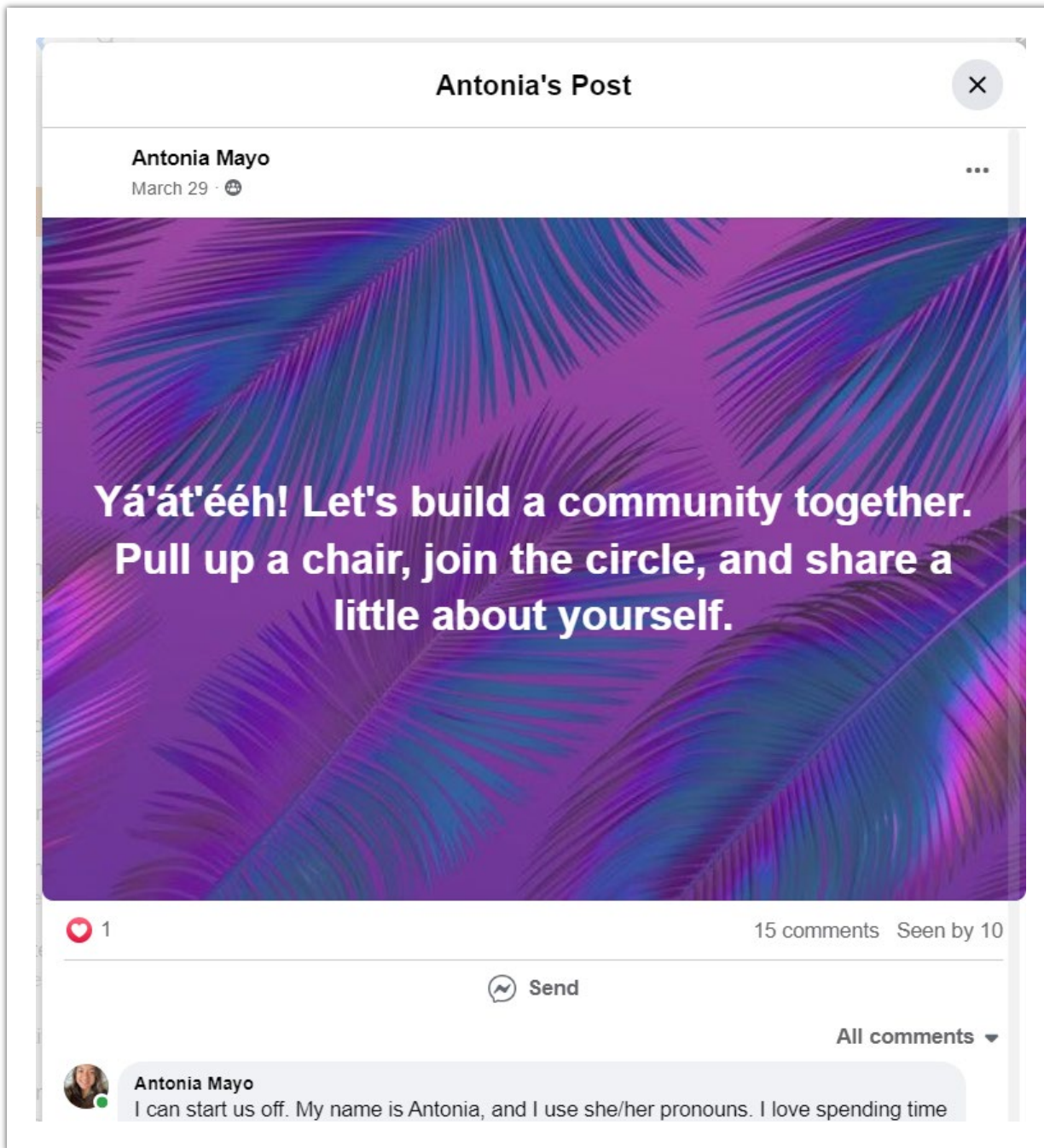
Moderators

- Corinna Sabeque, MPH
(Navajo/Jemez Pueblo)
- Antonia Young, BA
- Two Native Elder
Consultants



Training topics

- Supporting recovery from opioid use
- Culture and gender considerations for delivery of substance use interventions with Native women
- Teaching mindfulness
- Communication skills for health behavior change
- Online community management and moderator principles



30-Day Beta Test

- N=10 AIAN women
 - Mean 42.0 years of age, range 25-62
 - Mean 15.2 months opioid recovery, range 3-60
 - 30% reported other substance use
- Surveys and UDS at baseline and the end of intervention
- Journal, smudge kit

Intervention uptake

- Facebook Analytics

- Overall, participants engaged (viewed, reacted, posted, commented, and/or voted) a median of 33 times (range 12-98)
- 90% commented or reacted at least once
- Engagement trended higher in the last 10 days of the beta-test
- Moderator and participant posts elicited similar engagement

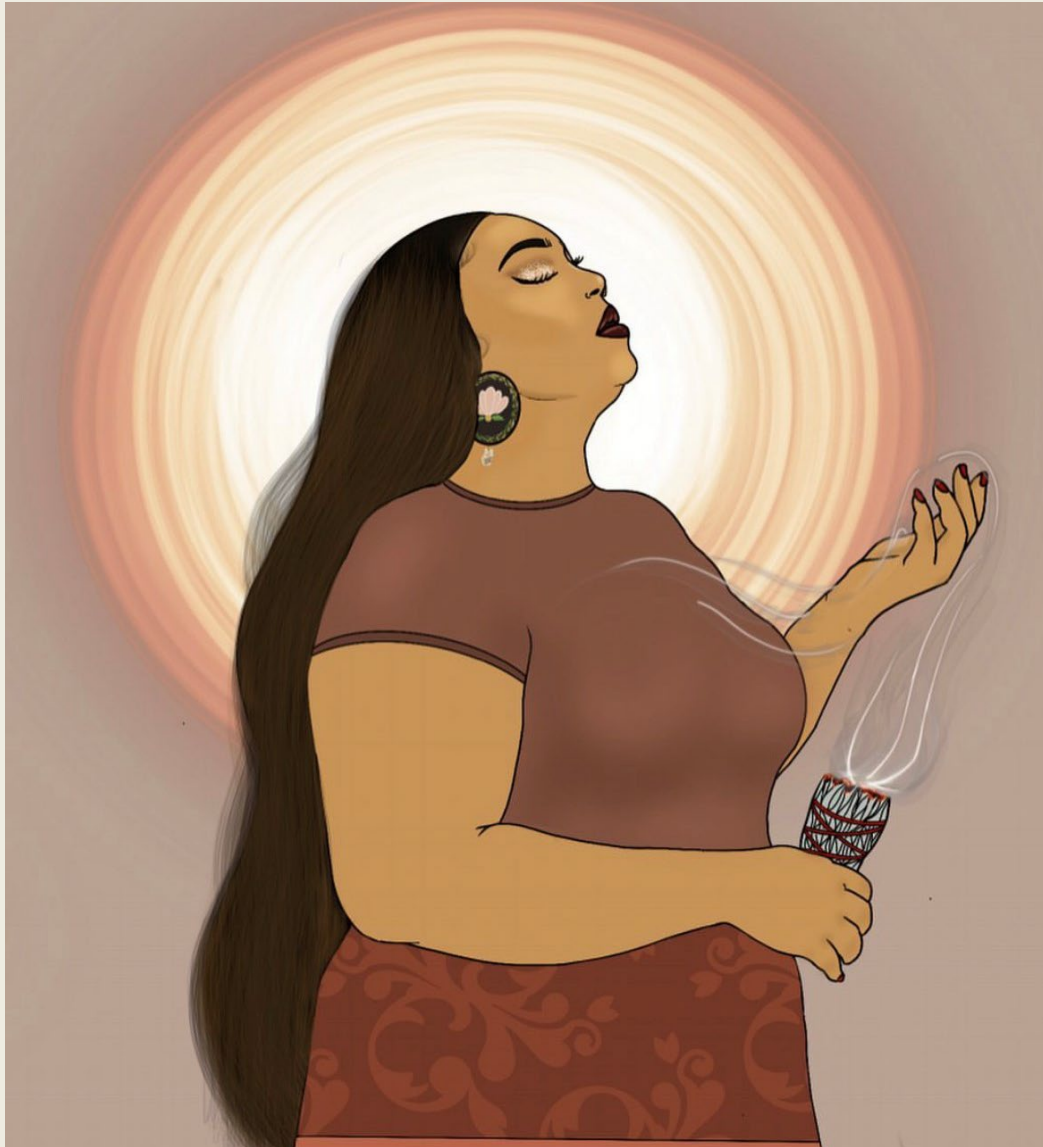
- Most frequently discussed topics

- Managing opioid recovery
- Interconnectedness
- Change

Roche A et al. Wiidookaage'win: Beta-test of a Facebook group intervention for Native women to support opioid use recovery. J Substance Use & Addiction Treatment, 163, 2024, 209396.

Follow-Up Survey (n=9)

- Treatment satisfaction mean score **4.8** \pm 0.18 (range 4.4 – 5.0) **out of 5.0**
- All were interested in being a peer moderator
- *"Felt acknowledged"* seeing others' recovery stories
 - Someone nervous about starting treatment could realize that recovery is more possible than they believe
- Recommended more videos (e.g., personal stories of Native women) and interactive content
- All self-reported opioid abstinence confirmed w/ negative UDS
- All reported maintaining MOUD use



“The Power I Hold” - Celina Downwind-Jubera (Ojibwe)

Community Partner Feedback

- The findings are relevant and impactful for the urban Native community in Minnesota
- Unanimous interest in being a peer moderator speaks to the acceptability of the intervention
- The intervention could be an effective tool for patients who want continued social support as an adjunct to clinic/treatment program
- Caring about each other’s recovery story could improve self-esteem
- Reconnection to culture is an important component of recovery for AI/AN women
- Appeal of study to younger (≤ 24 yrs) women
- Helpful to work with a trusted community partner for conducting the UDS and other assessments



Thank you!

Wiidookaage'win team