Native Americans and Substance Abuse

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Thesis: By analyzing the cultural history of North America’s Native Americans on what causes trauma to lead to substance abuse, human service professionals can apply preventive methods to help clients and future generations.

1. Introduction
2. Cultural Awareness of Native Americans
   1. North America Native American history (Sue, 2019)
   2. Causes of trauma in the past (Good & Hinton, 2018)
   3. Causes of trauma today (Williams & Tracz, 2016)
3. Substance abuse
   1. What is substance abuse? (Moore, Aarons, Davis, & Novins, 2015)
   2. Types of substance abuse (Rieckmann, Moore, Croy, Novins, & Aarons, 2016)
      1. Alcohol (Novins, Croy, Moore, & Rieckmann, 2016)
      2. Other drugs (Novins, Croy, Moore, & Rieckmann, 2016)
   3. Effects of substance abuse (Brockie, Dana-Sacco, Wallen, Wilcox, & Campbell, 2015)
4. Prevention
   1. Education on children (Lowe, Liang, Henson, & Riggs, 2016)
   2. Counseling Approach (Hays & Erford, 2018), (Moore, Aarons, Davis, & Novins, 2015)
5. Religious and Spiritual Application
   1. Why integration of spiritual beliefs are important (Hays & Erford, 2018)
   2. Methods to integrate religion (Adams, Puig, Baggs, & Wolf, 2015)
6. Conclusion

**Abstract**

Substance abuse disproportionately impacts Native Americans’ communities throughout the United States. Native Americans have a unique cultural history that has caused much trauma in the lives of many people within this cultural group. Past trauma still affects the current generation within the Native American cultural group. Counselors must understand why past trauma affects today's generation. When people struggle to overcome traumatic events, they often desire of a “mental escape” and turn toward alcohol or drug substances that they believe will relieve the pain temporarily. Counselors have an essential job of integrating Spiritual belief and using multicultural counseling methods to prevent such substance abuse within the Native American cultural group. Education and multicultural approaches can be beneficial when trying to assist with clients in breaking or preventing the addiction to drugs and alcohol. By analyzing the cultural history of Native Americans on what causes the trauma to lead to substance abuse, human service professionals can apply preventive methods to help clients and future generations.

Keywords: American Indian, evidence-based method, implementation, substance use, integrating, and multicultural counseling

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