

MENTAL HEALTH AND
SUBSTANCE ABUSE
SERVICES FOR
AMERICAN INDIAN
AND ALASKA NATIVES
IN OKLAHOMA

*Frequently Asked
Questions*



*“Mental health
and substance
abuse issues
are illnesses,
diagnosable
and treatable
and people do
recover!”*

Mental Health and Substance Abuse Services for AI/AN's in Oklahoma

Frequently Asked Questions

Introduction

The purpose of this information is to provide you with a list of tribal mental health and substance abuse services. Since services are set up to meet people's individual needs and services change often, it is best to check with the service provider for up-to-date information.

Treatment Works

Newer medications and treatment methods have significantly increased recovery success rates for Oklahomans with mental or addictive disorders, allowing them to stay in their communities, where they can continue to hold down jobs, maintain relationships, and live fulfilling lives. The most important thing to remember is that treatment works and that by taking the initial steps to seek help, you are on your way to making positive changes in your life.

Helpful Links to Services

1. How to Find Services

Here are some useful links to try:

- Oklahoma Tribal Behavioral Health Resource Guide
- [ODMHSAS Community Mental Health Centers Locator](#)
- [SAMHSA Treatment Center Locator](#)
- [Oklahoma Area Indian Health Services Health Facilities](#)

Other resources in your community to try:

- Ask members of your family
- Look in the yellow pages of the phone book under "Mental Health", "Substance Abuse", "Counseling Services" or "Behavioral Health"
- If it's an emergency, go to the local emergency room
- Call 2-1-1 for the easy to use system for information and referral services
- Community Behavioral Health Services
- [Veterans Affairs Medical Centers](#)
- School counselors
- Faith Based counseling centers
- Local support groups, such as [Alcoholic Anonymous](#), [Narcotics Anonymous](#), hospice services, grief support, etc

2. What to Expect When Seeking Services

Treatment is a process that occurs over time

There are many services offered by tribes, the state and others. Sometimes they have waiting lists because a lot of people need them. It may be helpful to contact several providers in your area to find the shortest waiting list. Finding a provider may take time, but it will be helpful to contact several providers in your area in case there is a waiting list.

Everyone deserves to have services regardless of their ability to pay. Learn more about payment options:

Insurance: If you have insurance, call the number on your card to find out what service providers are in your network and what services they will cover. If you have health insurance and use a tribal facility, you probably won't pay the co-pay.

If you don't have insurance, there are other options: You can try:

Tribal health care facilities offer services to American Indians at no cost. The "Tribal Behavioral Health Resource Guide" will list the types of services tribes provide, as well as eligibility and other rules.

- Community Mental Health Centers provide services to people who earn less than 200% of the poverty guidelines. These services will be free or there may be a small co-pay or sliding scale.
- You may be eligible for SoonerCare (Medicaid). You can call SoonerCare at 800-987-7767 for help applying on the phone, or you can go to their webpage, www.mysooneercare.org
- You may be eligible for Insure Oklahoma, an affordable insurance plan for people of Oklahoma. Behavioral health services are a covered benefit. You can call 888-365-3742 or apply online at www.insureoklahoma.org.
- You may be eligible for health coverage through the Health Market exchange. For more information, go to www.healthcare.gov

3. Questions You May Be Asked

Be prepared to answer a general list of questions to determine the best services that meet your need. These questions may be asked during the initial contact and during the face-to-face intake process. The individual in need of treatment must make the initial contact.

General Questions:

- Why are you seeking services? Type of service needed?
- Have you received mental health and/or substance abuse services in the past? If so, when, where and for what reason? (*Providers need to know what services you have had previously in order to know what has been tried and what has worked or not worked previously. They will ask you to sign a release so they can access your previous records.*)
- What is your diagnosis and what medication are you currently taking?
- What is your income and the number of individuals in your household?

Questions You May be Asked by a Tribal Program:

- What is your tribal affiliation?
- Where are you from?
- Who were your grandparents, parents, etc.?
- Do you attend church or other spiritual ceremonies?
- Did you attend boarding school or did your children attend?
- Do you have other kinds of insurance?

4. Types of Treatment

A. Mental Health Treatment

- Inpatient Services

Notice: It is a good idea to engage in outpatient services in your community until a bed is available for inpatient treatment. Once you complete inpatient treatment, you can continue with outpatient services.

- Outpatient Services
- Long-term Residential

B. Substance Abuse Treatment

- Residential Treatment
- Sober Living
- Outpatient Services
- Medication Assisted Treatment: Sometimes medications are involved in your treatment.

C. Culturally Based Treatment Overview

Many tribal programs offer a treatment component that is culturally sensitive and allows for positive personal, spiritual growth and healing

- Cultural and spiritual values of American Indian families should be respected and nurtured in treatment.
- American Indians seeking treatment may ask for an American Indian counselor who understands the culture, if one is available. Preference such as this should always be respected and accommodated, if possible.
- Medicine men, church ministers, and other spiritual leaders should be invited to be a part of the treatment plan whenever culturally appropriate and desired by the family.
- Expressive forms of therapy such as art therapy, music therapy and experiential interventions may be offered, particularly when working with children and adolescents.
- Group therapy, family therapy and the use of healing or talking circles are also encouraged when working with American Indian families.
- Narrative therapy and other story-telling methods can be particularly effective and culturally sensitive.
- Often treatment can be done outside your work schedule.
- [SAMHSA American Indian Culture Card](#)

5. Family and Community Support

- Community involvement and extended families continue to be a great source of support. If you chose to include family members and others in your community to be involved in your treatment, it is important to sign a release of information form to give the providers permission to do so. Most American Indian families are extended and often include, extended family such as aunts, uncles, cousins and in some cases, clan ship
- There are various support groups in Oklahoma that may be beneficial in helping you through your treatment. There are others that have similar experiences and are willing to share their story and encourage you along your journey.
- Community-based healing practices, talking circles and other tribally-driven initiatives are also available to provide support.