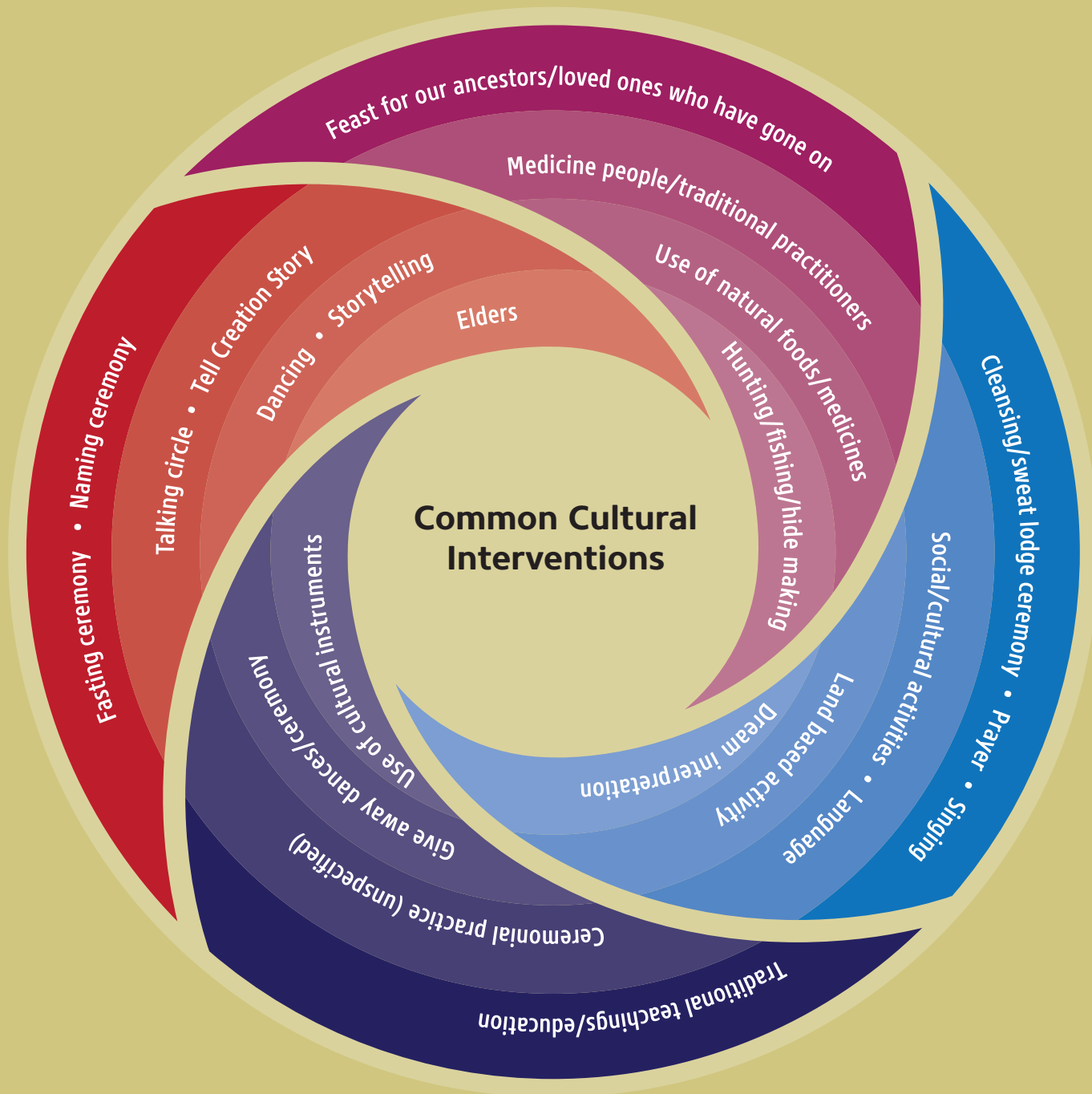


## Common Cultural Interventions

## Common Cultural Interventions



It is said that what the Great Spirit gave to his/her children to live in this physical world in a good way, was given forever. This means that the answer to addressing substance use issues exists within Indigenous culture.

Culture is the facilitator of spiritual expression. One's spirit desires to live life to the fullest. A connection to spirit is essential and primary to wellbeing. Cultural interventions are therefore essential to wellness. Cultural interventions such as ceremonies attend to the whole person, while other interventions may have more specific focus. Cultural interventions are facilitated by individuals who have sanctioning of their skills and knowledge in culture because they live the culture and have been recognized by both the cultural teachers/community and the Spirit to lead or facilitate a certain cultural activity.

However, some cultural interventions, generally those that are not ceremonial, do not require this level of expertise. An example is the use of sacred

medicines for smudge, although this differs across cultures. All cultural interventions require a level of cultural competency that is in compliance with the culture of the people on that land. Critically important is to know that there is not "one" culture because culture is defined by the land, language and nation of people. Treatment centres offer culture through their treatment programs based on the culture of the people where the treatment centre is located. Clients participating in the treatment programs may experience cultural interventions different from their own culture. Cultural interventions then become an introduction to culture and are always facilitated with an encouragement to clients to "go home and find their own way".

CULTURAL INTERVENTIONS SPECIFIC TO MY COMMUNITY INCLUDE:

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Elder Jim Dumont, National Native Addictions Partnership Foundation, Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment Project - University of Saskatchewan. (2014). *Common Cultural Interventions*©.Muskoday, Saskatchewan: Author. Canadian Institutes of Health Research, Funding Reference Number AHI-120535.