



the Catawba Nation

Office of Tribal Government

996 Avenue of the Nations • Rock Hill, SC 29730

p: (803) 366-4792 • f: (803) 327-4853 • e: info@catawba.com

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Contact:

Tylee.Anderson@Catawba.com

CATAWBA NATION OPENS FIRST INTENSIVE OUTPATIENT PROGRAM

ROCK HILL - The Catawba Nation Department of Behavioral Health is proud to announce its first ever Intensive Outpatient Program, which began last month. The Intensive Outpatient Program runs 3 days a week for 12 weeks and intended for Catawba Citizens. The program offers relapse prevention, wellness recovery action planning, substance use disorder and co-occurring behavioral health treatment, Peer support, as well as culturally specific programming like cultural immersion.

Behavioral Health Coordinator, Ericka Pursley, said some of the cultural immersion aspects of the program include foraging for natural medicines, traditional art such as pottery, preparing and cooking traditional meals, learning the history of the foods, as well as traditional drum assisted therapy. "Each session opens with a traditional smudging to help set our intent," said Pursley.

"We took a survey from Catawba Citizens to understand what their needs were in the community. This program was something the people wanted," Pursley said. "This program comes at no cost to the citizens, and we will help assist them with transportation to reduce barriers to treatment, and we will help assist them to find transitional housing so citizens can easily step- down from in-patient programs to this one. We want to meet our citizens needs at every level of care."

The licensed and accredited curriculum for the Intensive Outpatient Program is led by a counselor who is a certified addiction specialist. Each person can self-refer or be referred by an outside entity. Once enrolled, the citizen is individually assessed, and goes through random drug screening protocols. The program is free to any adult tribal citizen or adult in a tribal household.

Hailey Wade, Director of Catawba Nation Behavioral Health, said what sets this Intensive Outpatient Program apart is the cultural appropriate programs. "Our mission is to provide people with these services to meet their immediate needs, in a way that's culturally sensitive and Catawba specific. We have had a lot of good feedback about the cultural portion of our program. The cultural portion of the program helps individuals get back to the basics of what it means to be Native American."

Wade added, there is a peer support aspect to the program. "A peer support specialist is present at every session, where they can connect and encourage participants throughout the 12-weeks."

Pursley and Wade said they hope to provide opportunity for participants to become peer support specialist and join them in the work they do to make positive changes in the community.