



## Healing of the canoe: Preliminary results of a culturally grounded intervention to prevent substance abuse and promote tribal identity for native youth in two Pacific Northwest tribes

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### Information

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### See This Resource

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This article describes a culturally grounded social skills intervention to promote increased cultural belonging and prevent substance abuse among tribal youth using the Canoe Journey as a metaphor for life. It was associated with increased hope, optimism, and self-efficacy and with reduced substance use, as well as with higher levels of cultural identity and knowledge about alcohol and drugs among high school-age tribal youth.

### Links within this resource

[1] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4374439/pdf/nihms672510.pdf>

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