

CEHDL 3rd Annual Conference

Building Culturally Competent Programs

The Wellbriety Movement



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NATIVE AMERICAN PROGRAMS

Culturally based tools for changing
individuals, families, communities
and nations



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White Bison's Mission

**One Hundred
Native Communities
in Healing By
2010**



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100 Eagle feathers were sent from communities across the United States and Canada – and assembled into the Sacred Hoop



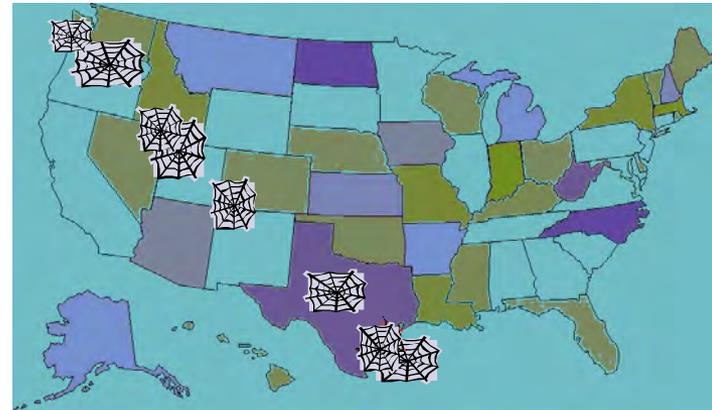
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Community In Wellbriety

A community is eligible for the Wellbriety Drum when the following have been accomplished:

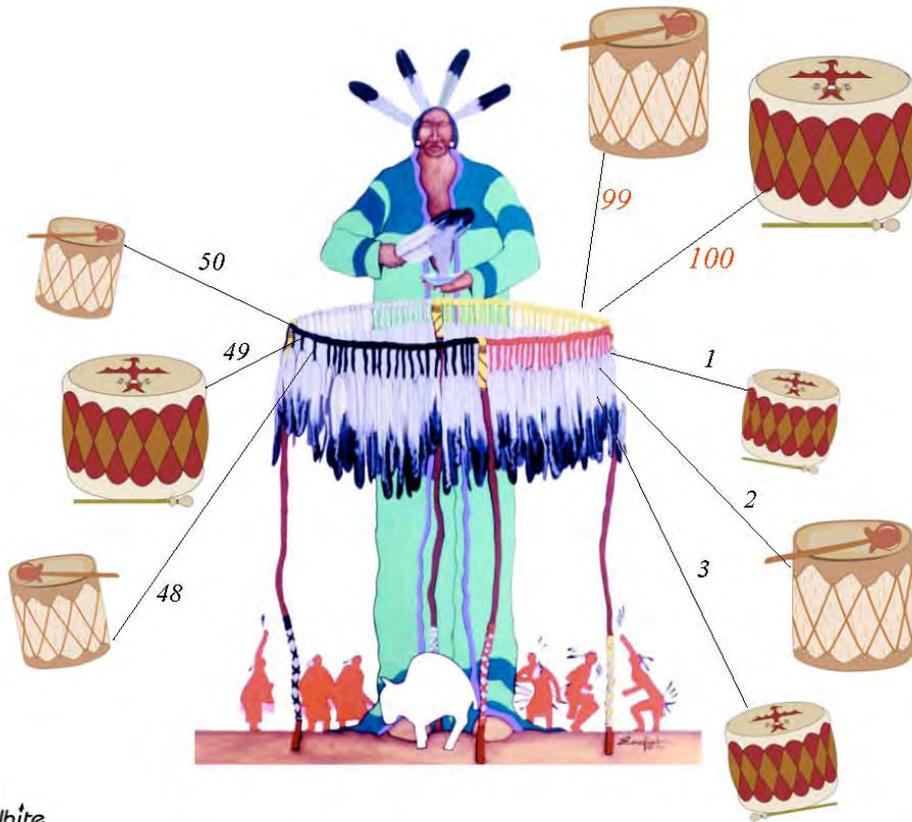
- Firestarter Training
- Seven Trainings
- Coalition Training
- Create the Vision book



Communities in Wellbriety



100 Feathers • 100 Communities • 100 Drums



*Become one of 100 communities in healing
By 2010!*



Wellbriety Drum

Vision:

- 100 communities in Wellbriety by 2010
- Each of the 100 will receive a Wellbriety Drum
- A Gathering of the Drums will take place



Wellbriety Means



- Sober lifestyles
- Wellness—balance (mental, physical, spiritual, emotional)
- Connected to principles, values, and Natural Laws
- Walking the Red Road
- You must create a Healing Forest



How it used to be.....

A long time ago....

Before you were born..

When our Elders were young...

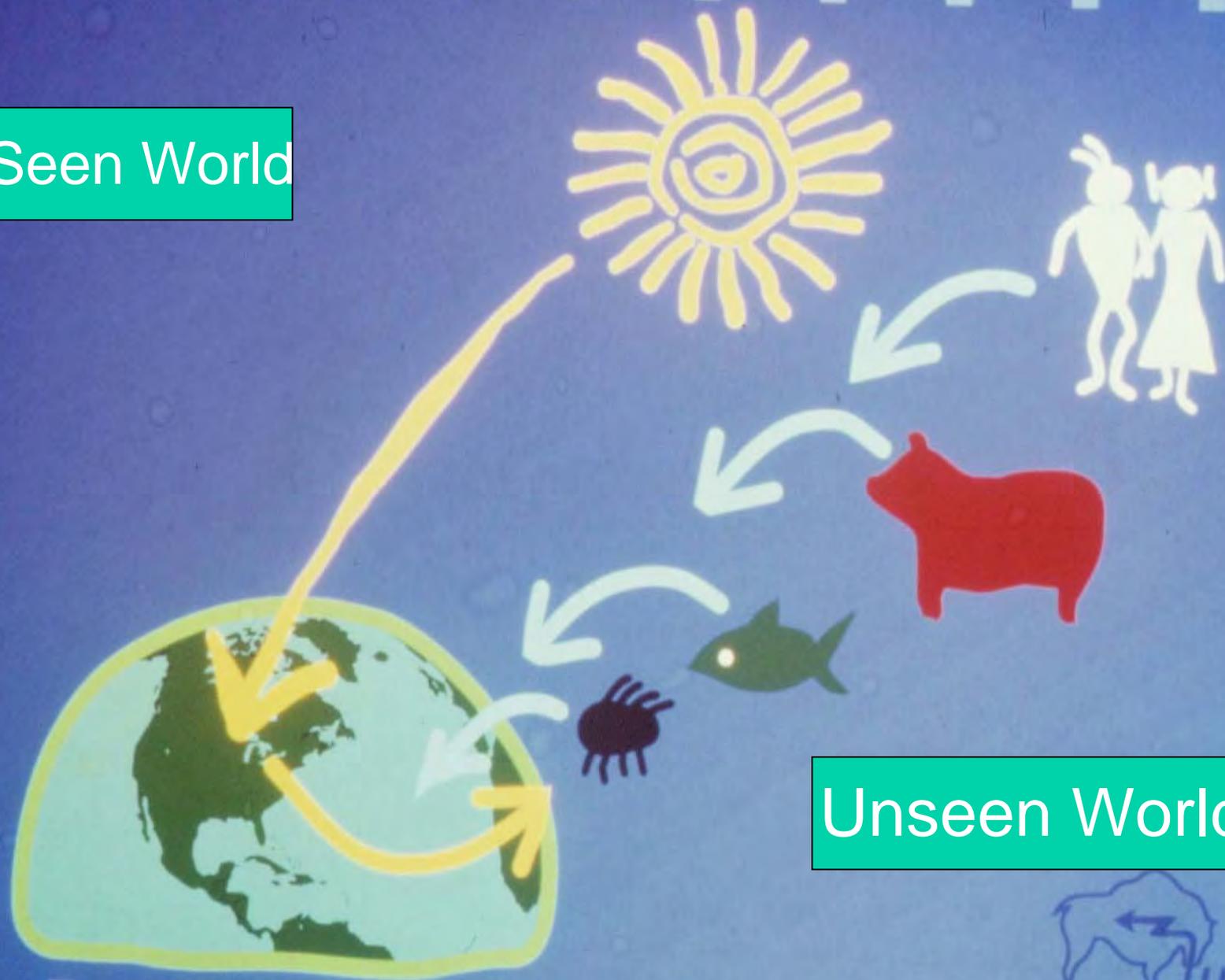


- Before the coming of the
of the light skins.....

WE.....



Seen World



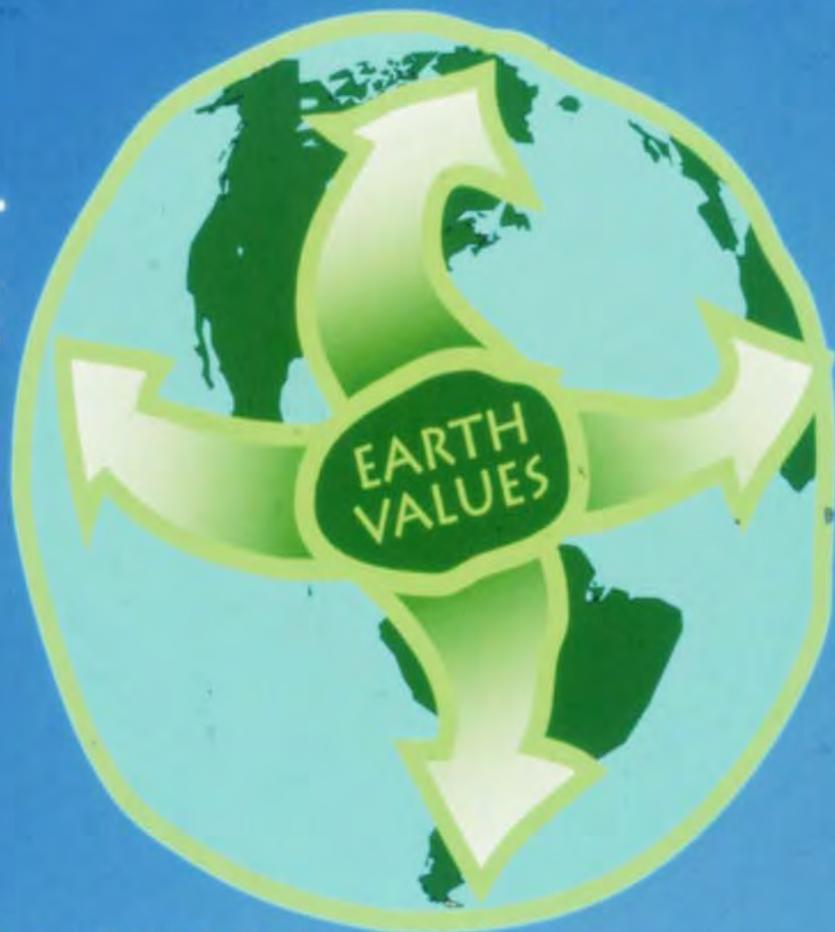
Unseen World



ICE PEOPLE

DESERT
PEOPLE

WATER
PEOPLE



MOUNTAIN PEOPLE

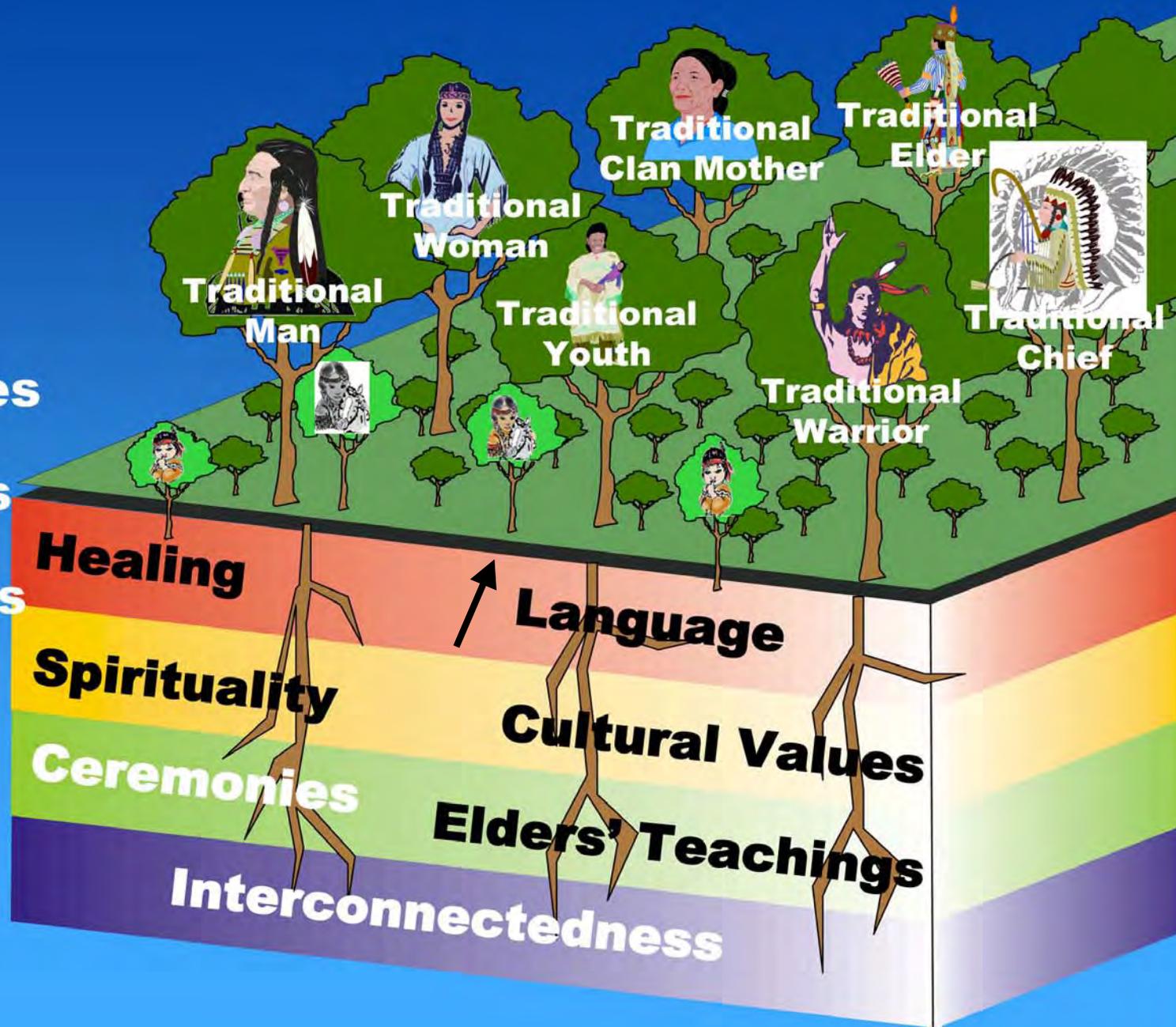


Vision

Principles

Laws

Values



Healing

Spirituality

Ceremonies

Interconnectedness

Language

Cultural Values

Elders' Teachings

Traditional Man

Traditional Woman

Traditional Youth

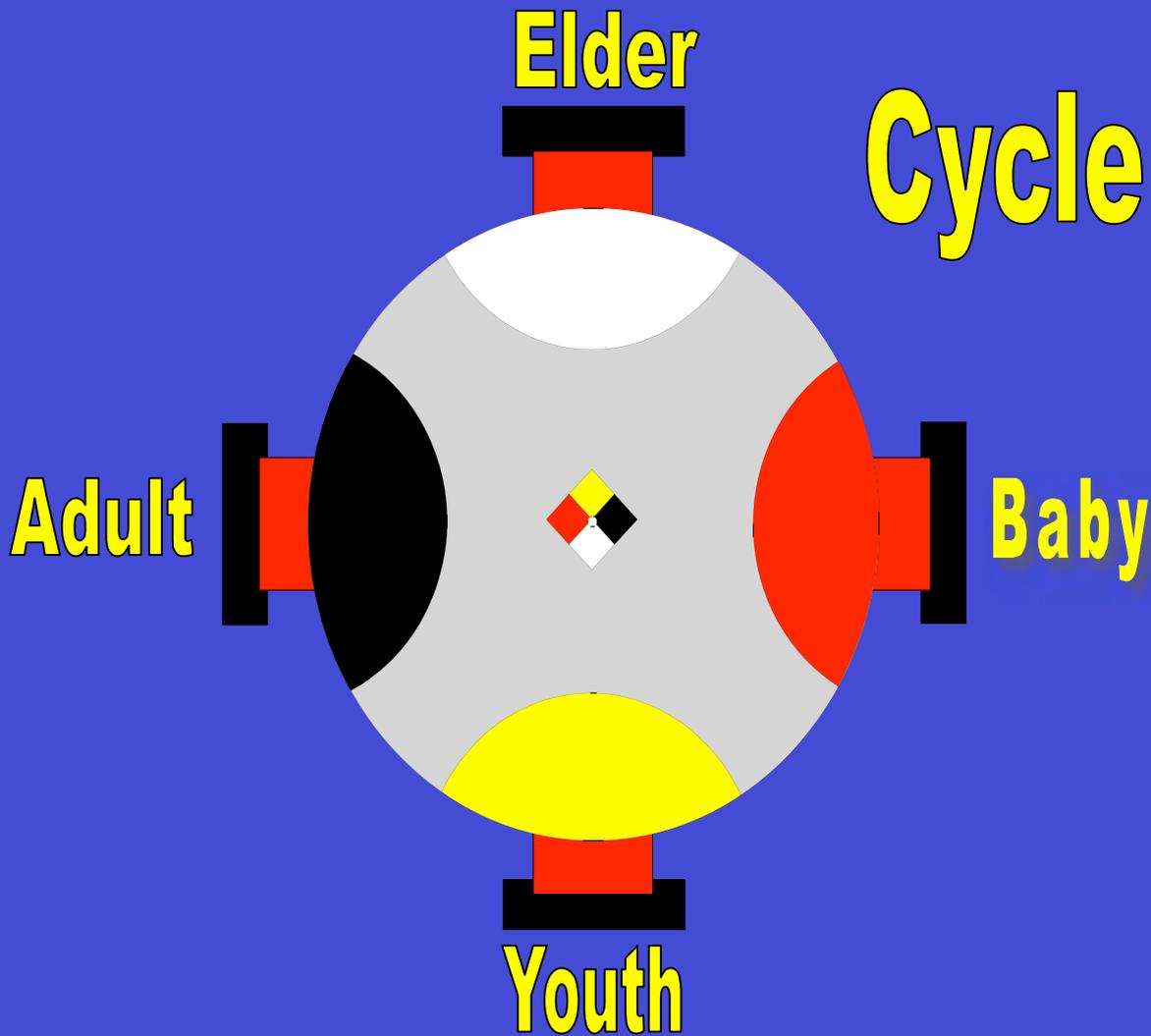
Traditional Clan Mother

Traditional Elder

Traditional Warrior

Traditional Chief

Cycle of Life





Then.....

Something

Happened

To us.....

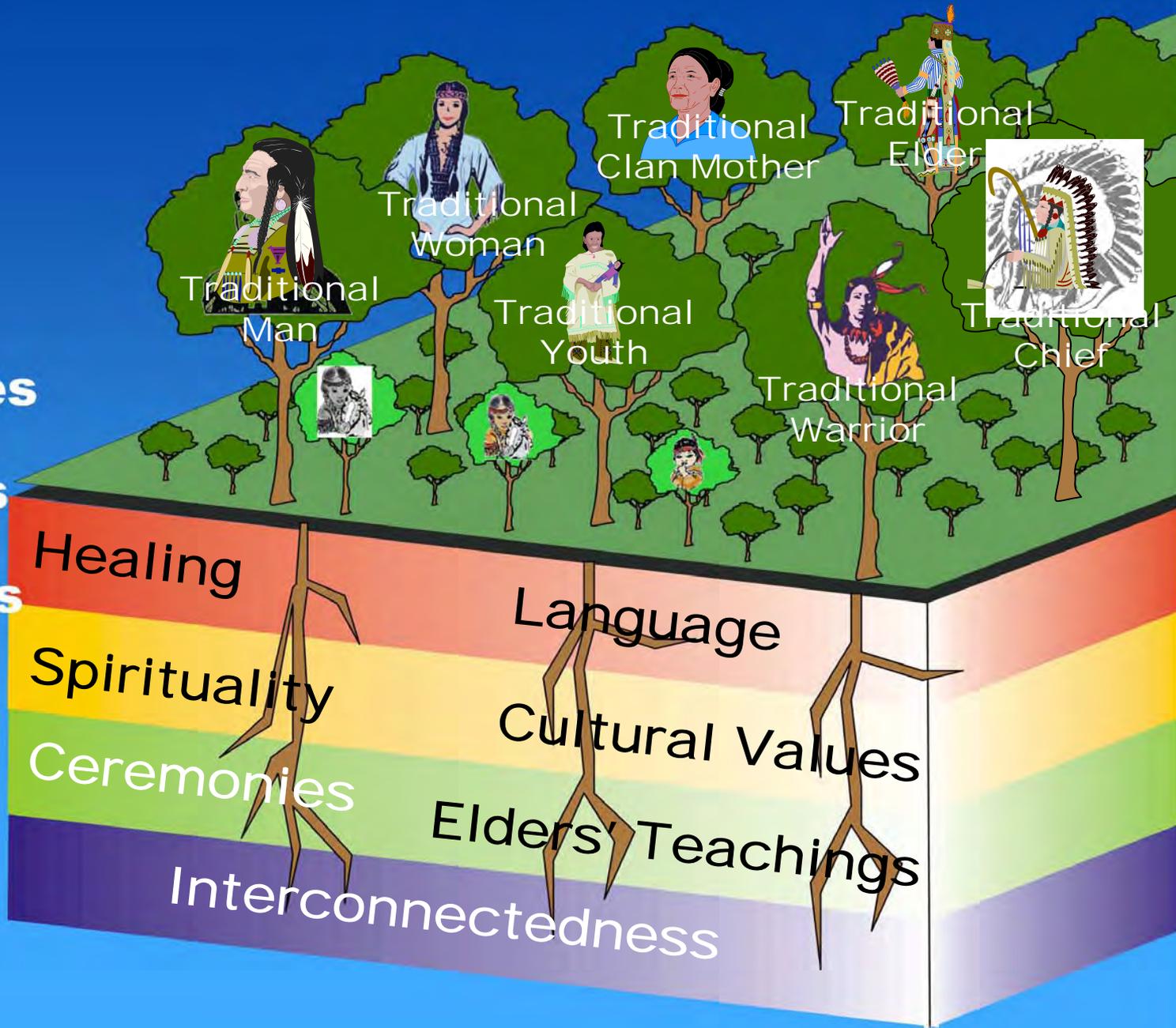


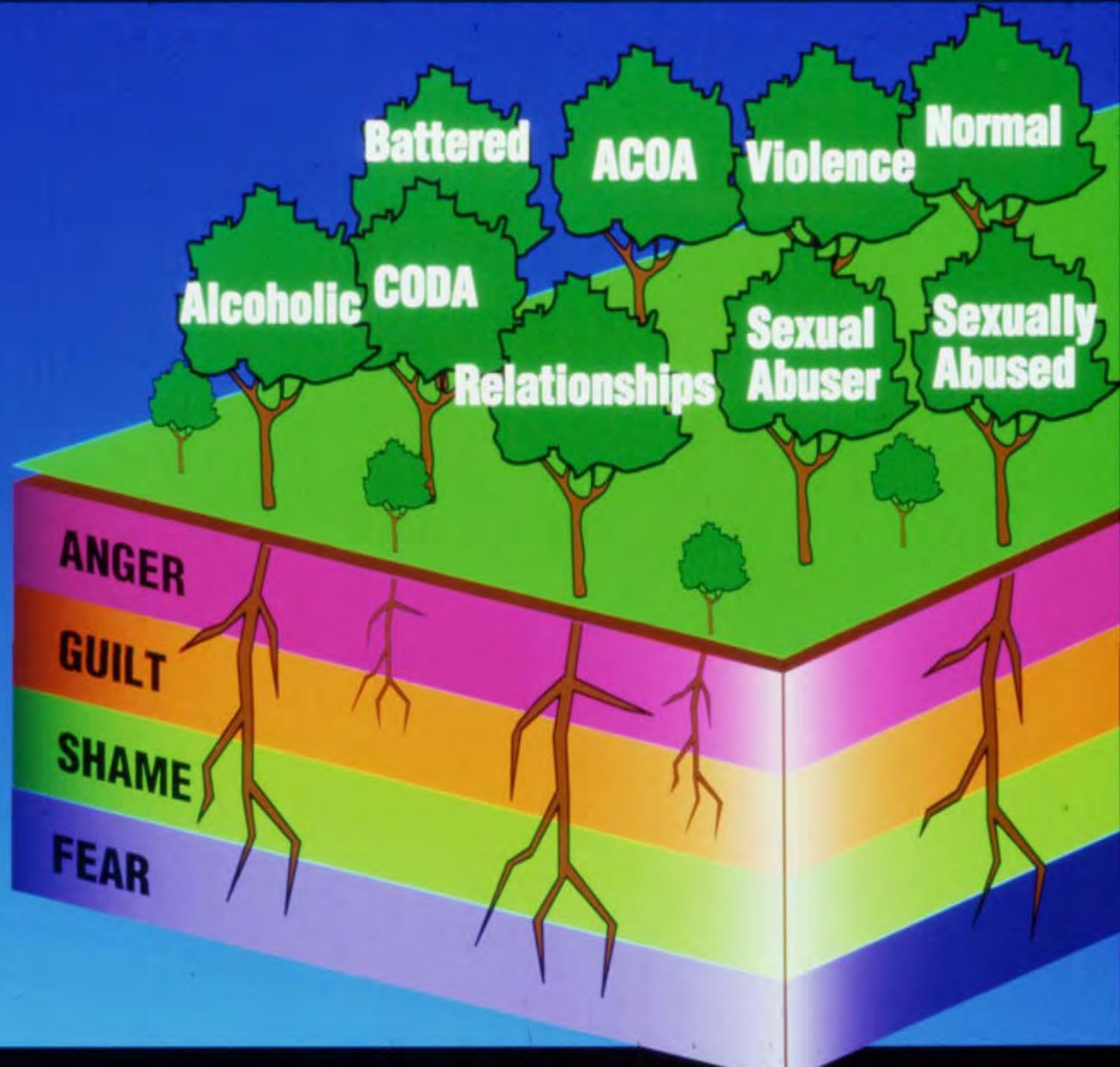
Vision

Principles

Laws

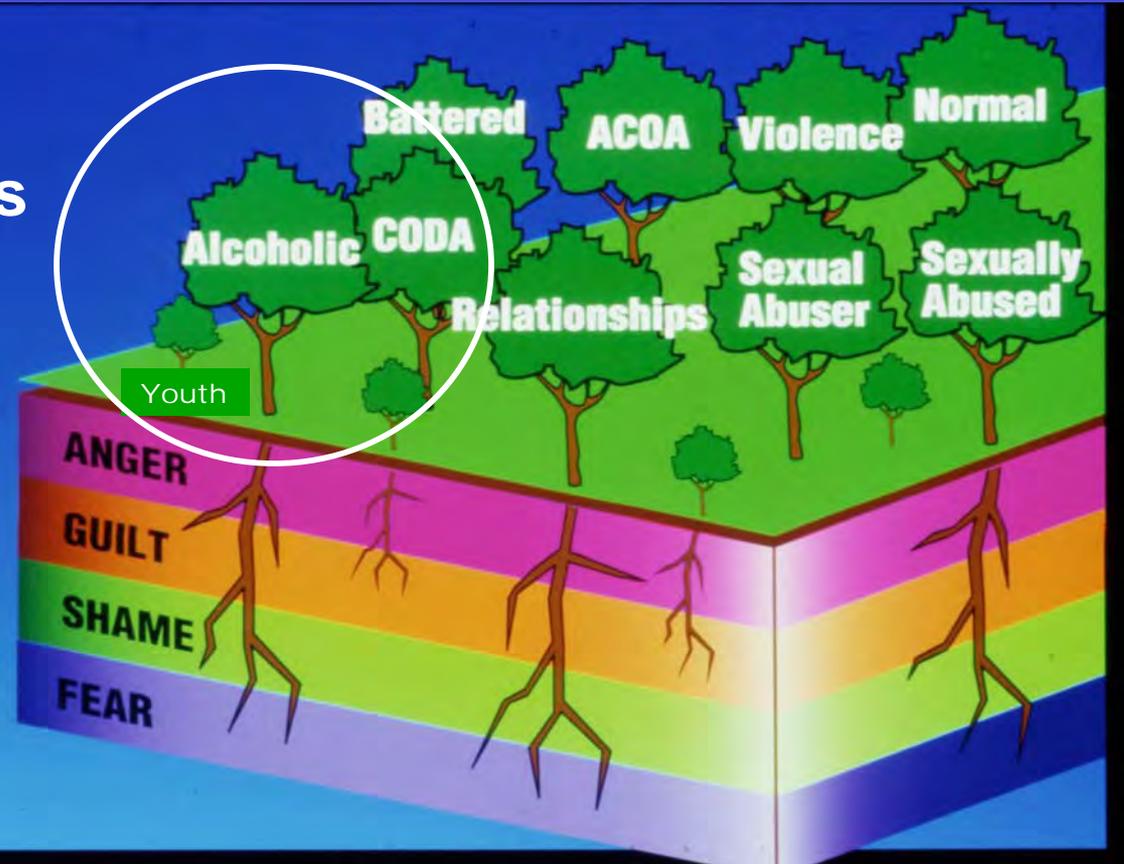
Values





Families of Tradition

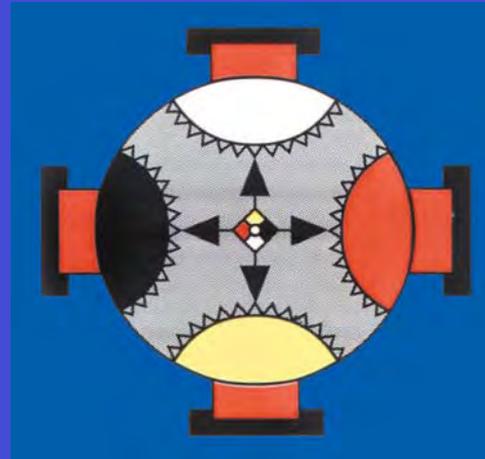
Families started to fall apart..





Nations

Communities



Individuals

Families

First the individual must heal, then the family can begin healing; then the community can start to heal; and then the nation can heal.

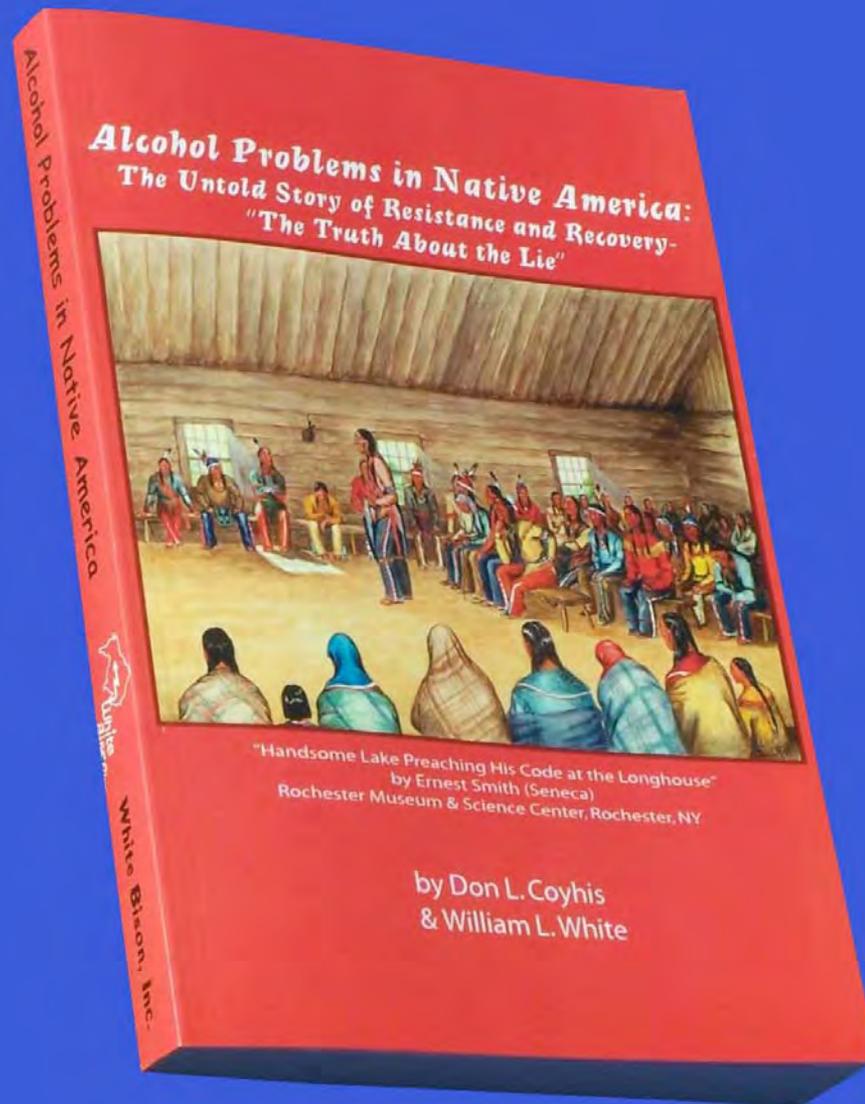


What is historical trauma?

A combination of immense losses and traumatic events that are perpetrated upon an entire culture. For Native Americans, these losses include:

- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Religion
- Family structure (forced into boarding schools)

250 million indigenous people died after contact with the Europeans. By 1920, 99% of the Native American population was wiped out.



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Often 2-3 generations pass before the most challenging symptoms of trauma show up in individuals, families and communities.

Cultures go through a grief process similar to an individual, except through the generations.

Other unfortunate consequences of trauma include

- not believing you have a future
- difficulties in relationships
- a distrust of the outside world.

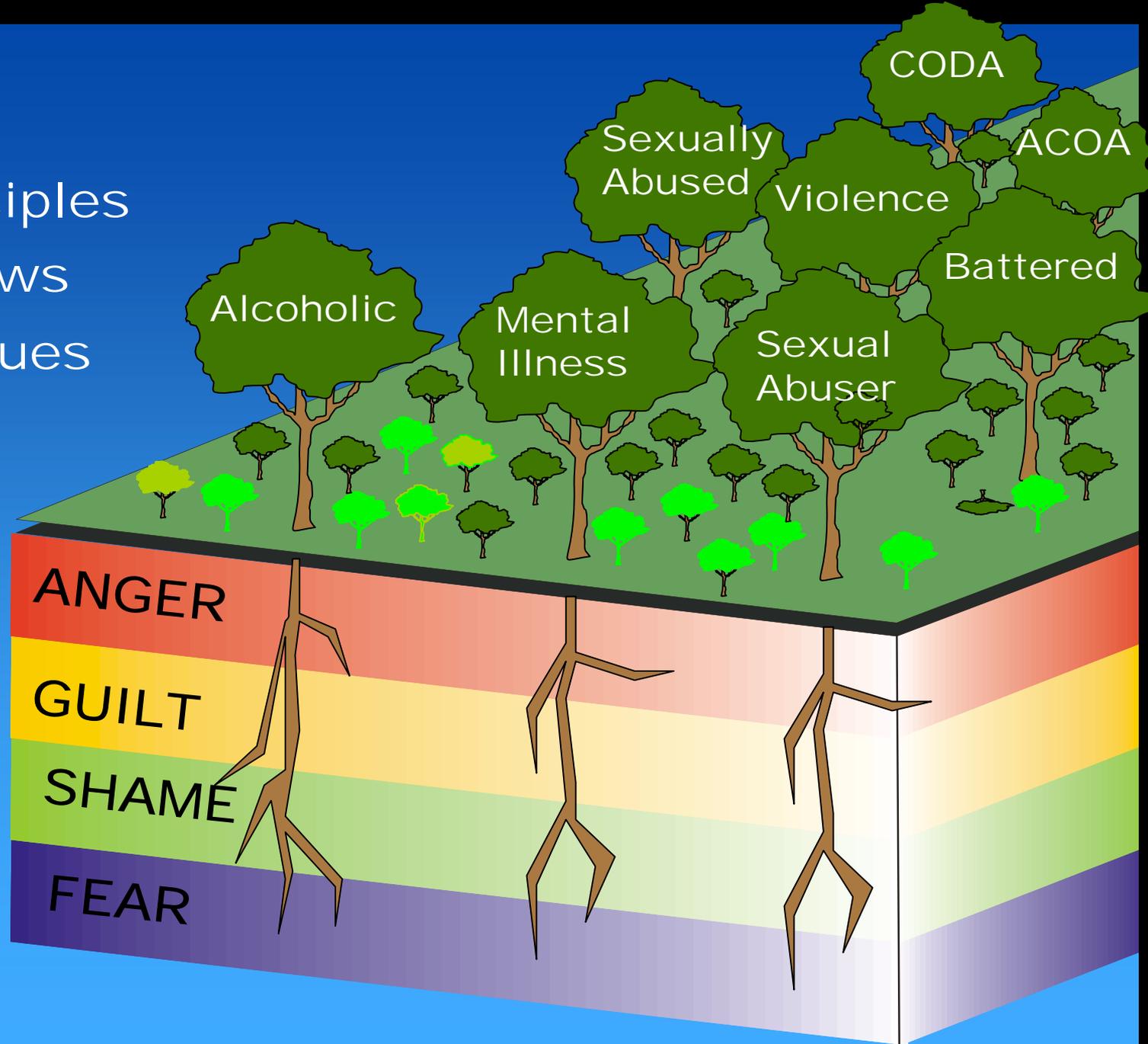
This is passed down through direct parent-child interactions and also through interactions with extended family and the community.

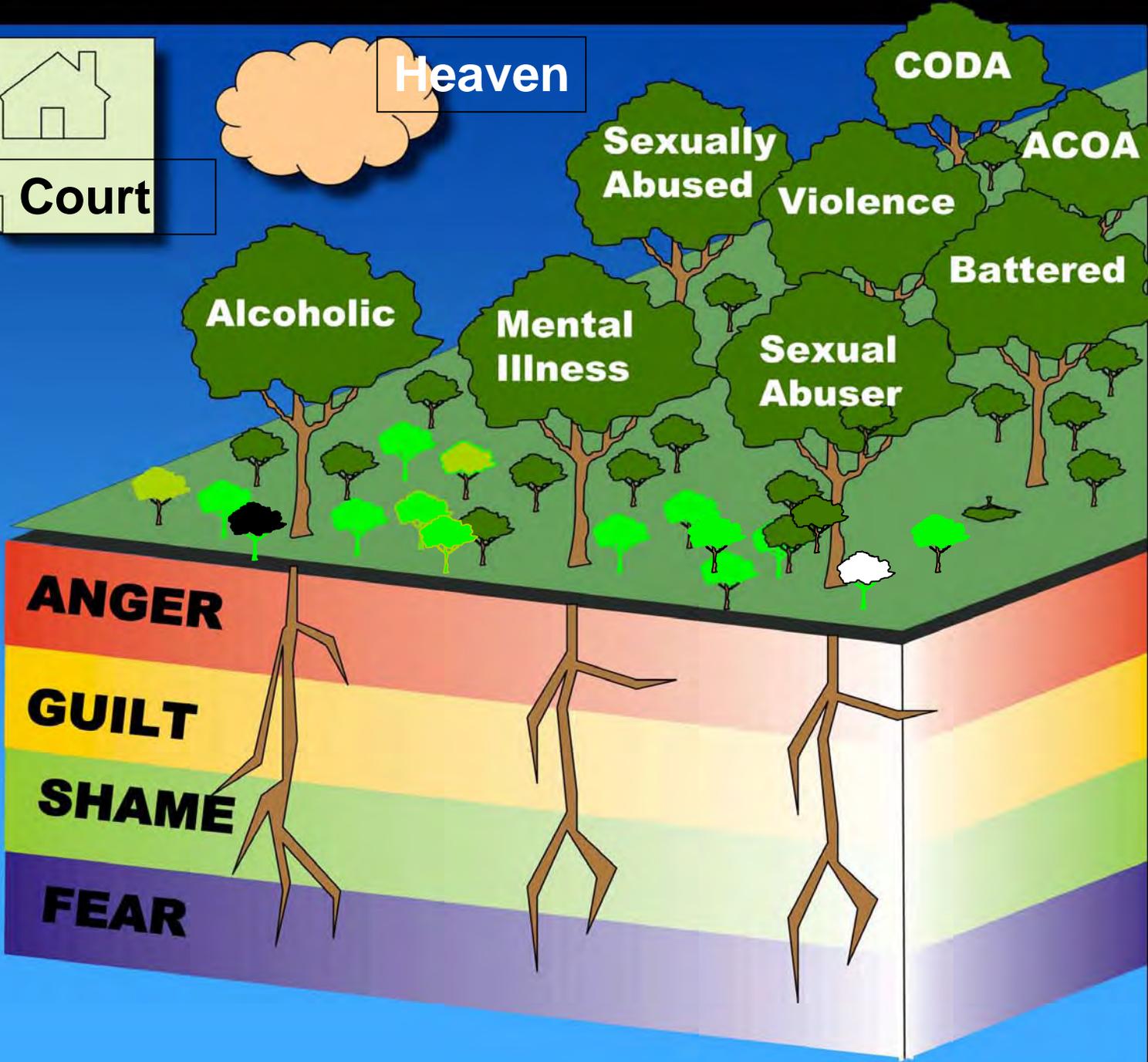
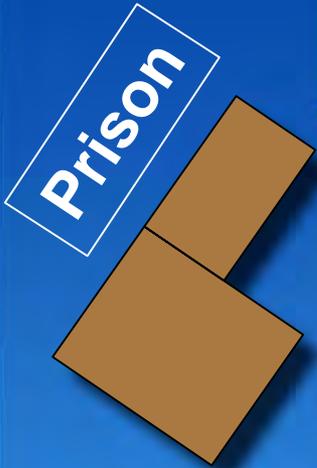
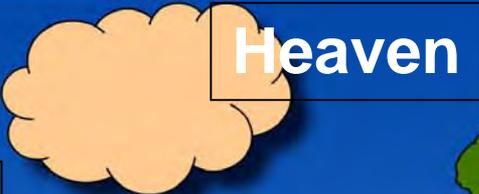
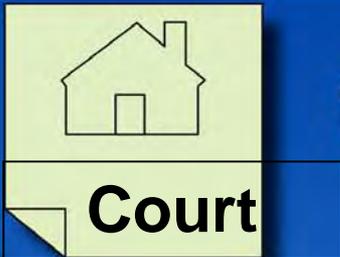
Vision

Principles

Laws

Values





So.....what do we do now?

- So what do we do now?
- So what do we do now?
 - So what do we do now?
 - So what do we do now?
 - So what do we do now?

The Year ---1991---

The Elders
Gathering

We Believe.....

- The solutions resides within each community
 - Interconnectedness – it takes everyone to heal the community
 - Healing will take place through application of cultural and spiritual knowledge
- Healing of our Native Community is entirely possible!!



We believe

- Alcohol is a symptom....not the cause
- Meth is a symptom..... not the cause
- Domestic Violence is
- A symptom.....not the cause

- To ‘heal a community’ ...it needs to deal
with the cause!



Our Elders say.....

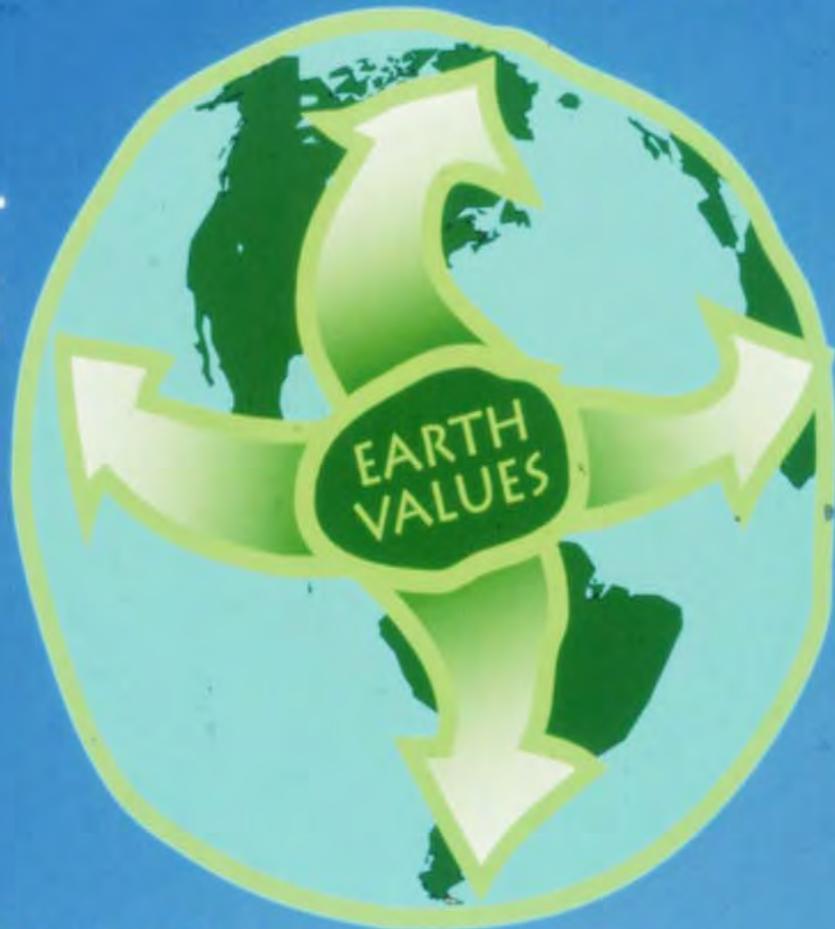
Our
Culture is
Prevention!!!



White
Bison

ICE PEOPLE

DESERT
PEOPLE



WATER
PEOPLE

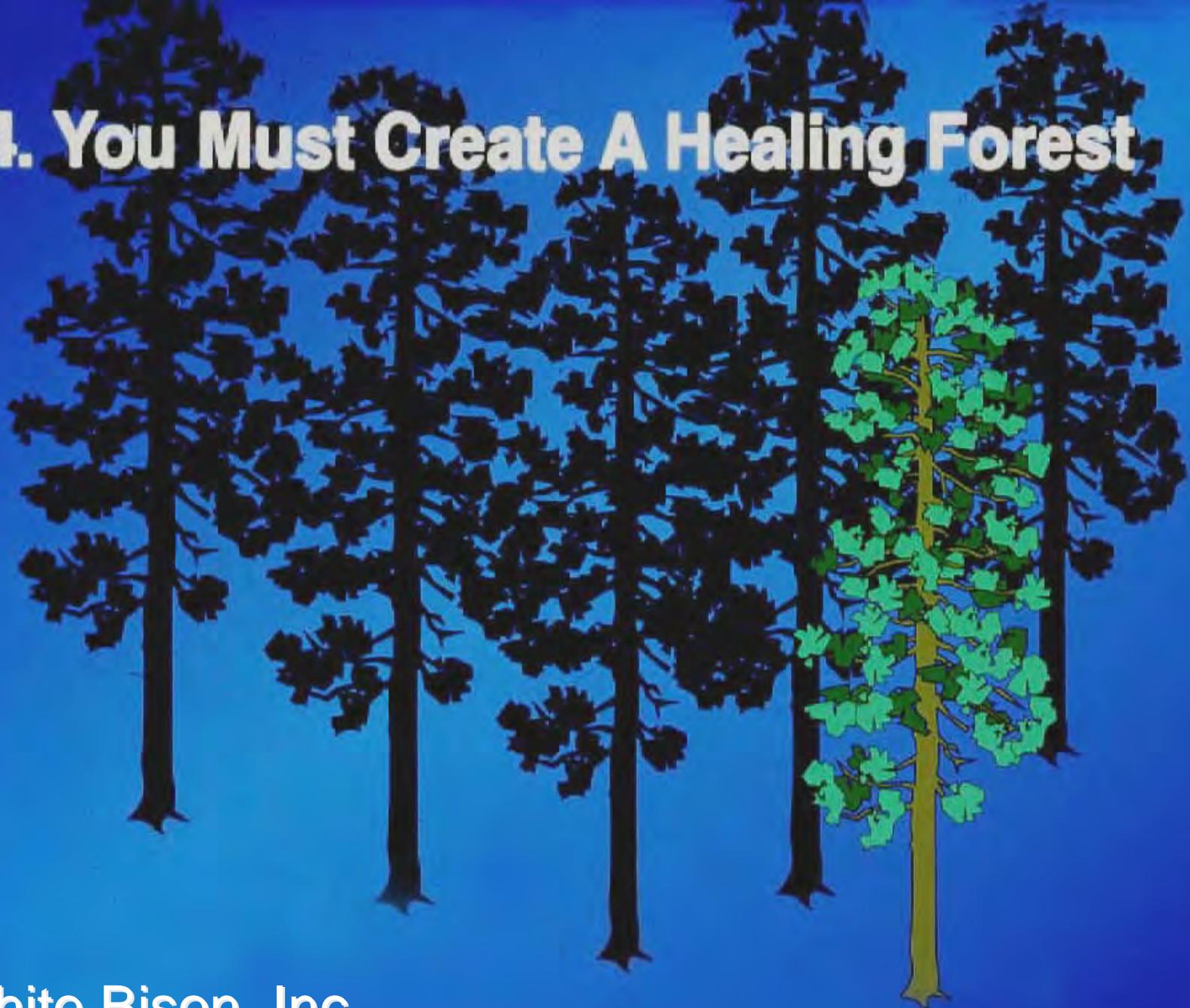
MOUNTAIN PEOPLE



The Four Laws of Change

- ✦ **Change is from within.**
- ✦ **In order for development to occur it must be preceded by a vision.**
- ✦ **A great learning must occur.**
- ✦ **You must create a healing forest.**

4. You Must Create A Healing Forest

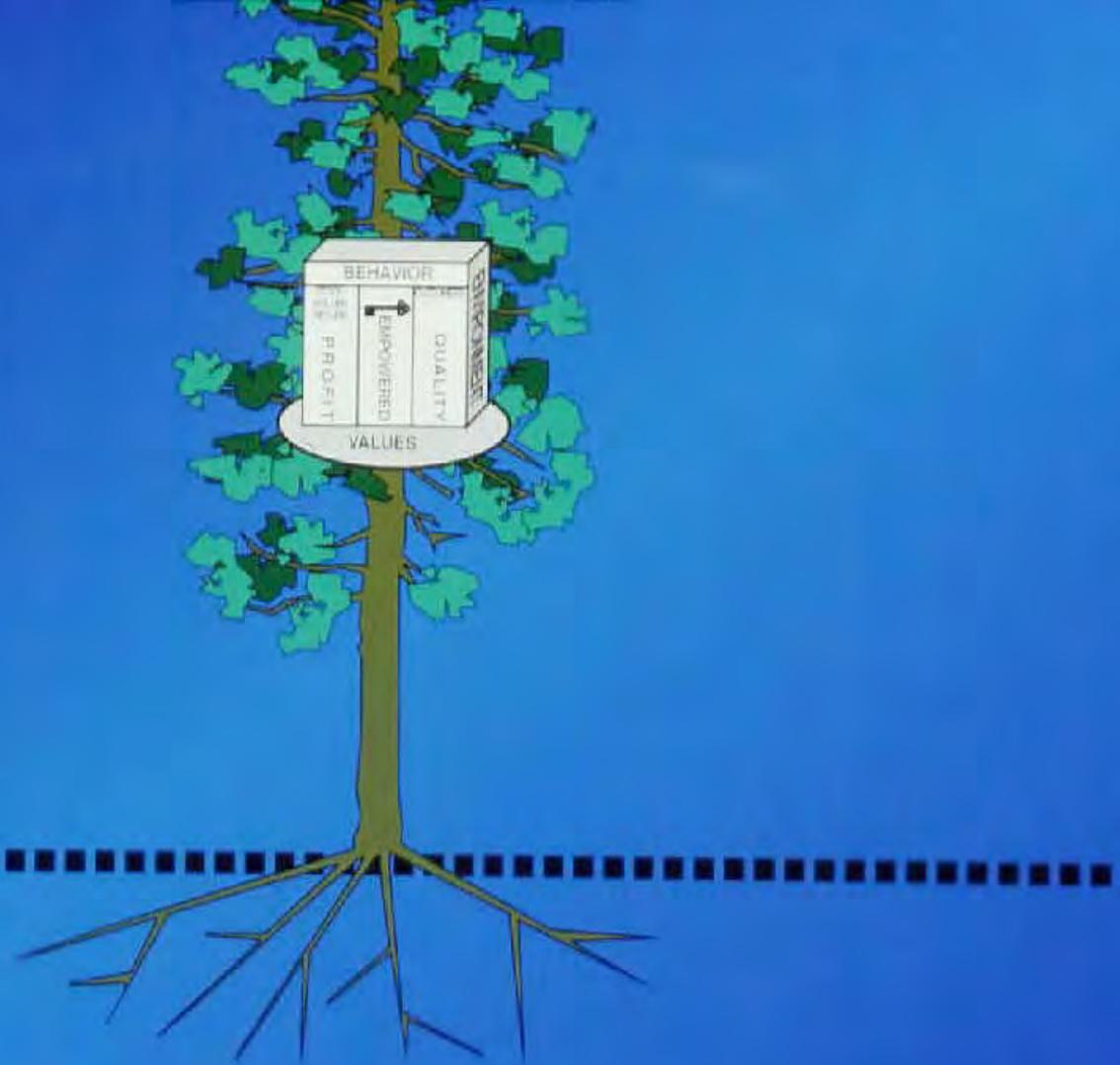


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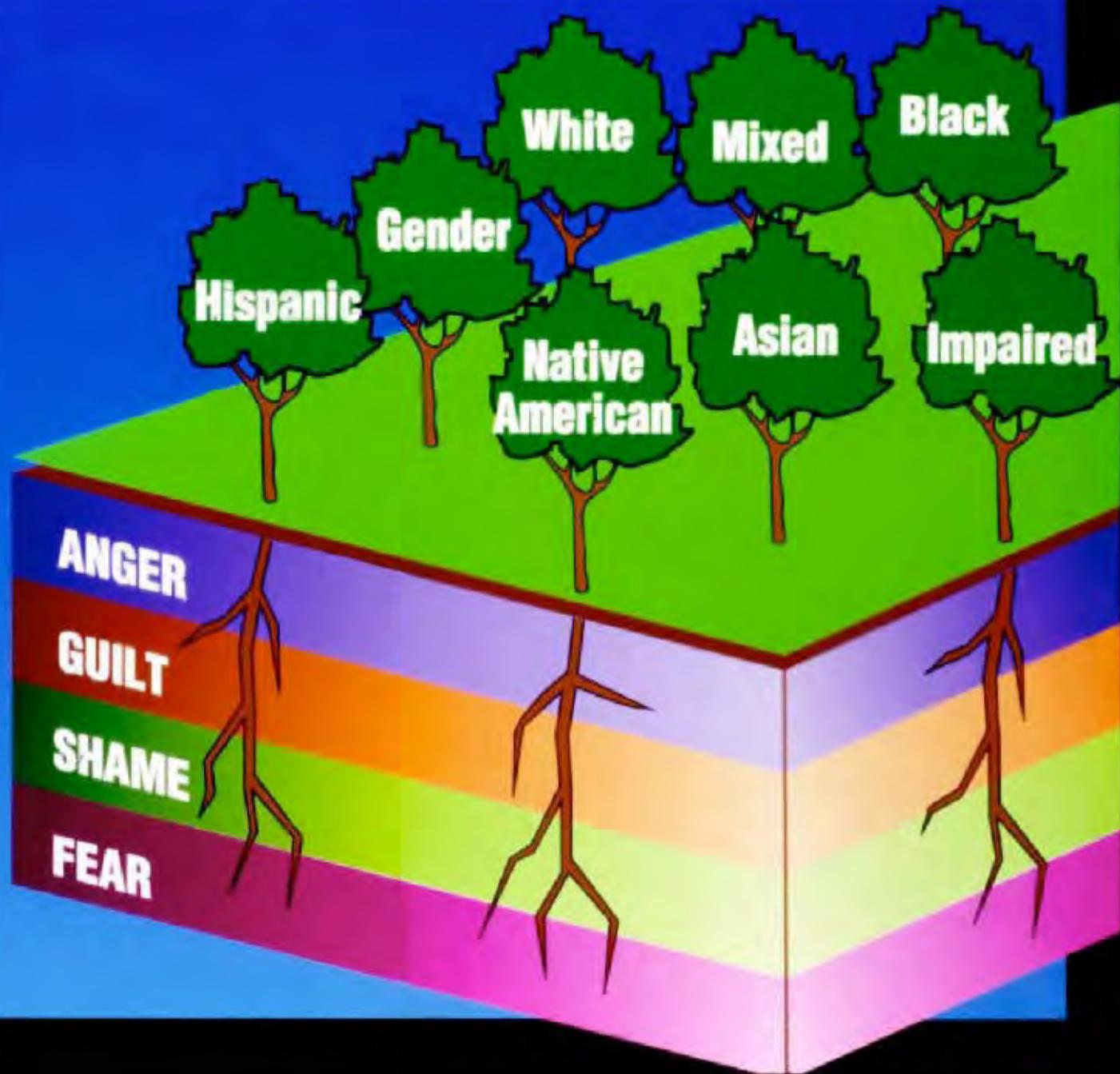
The Healing Forest Model

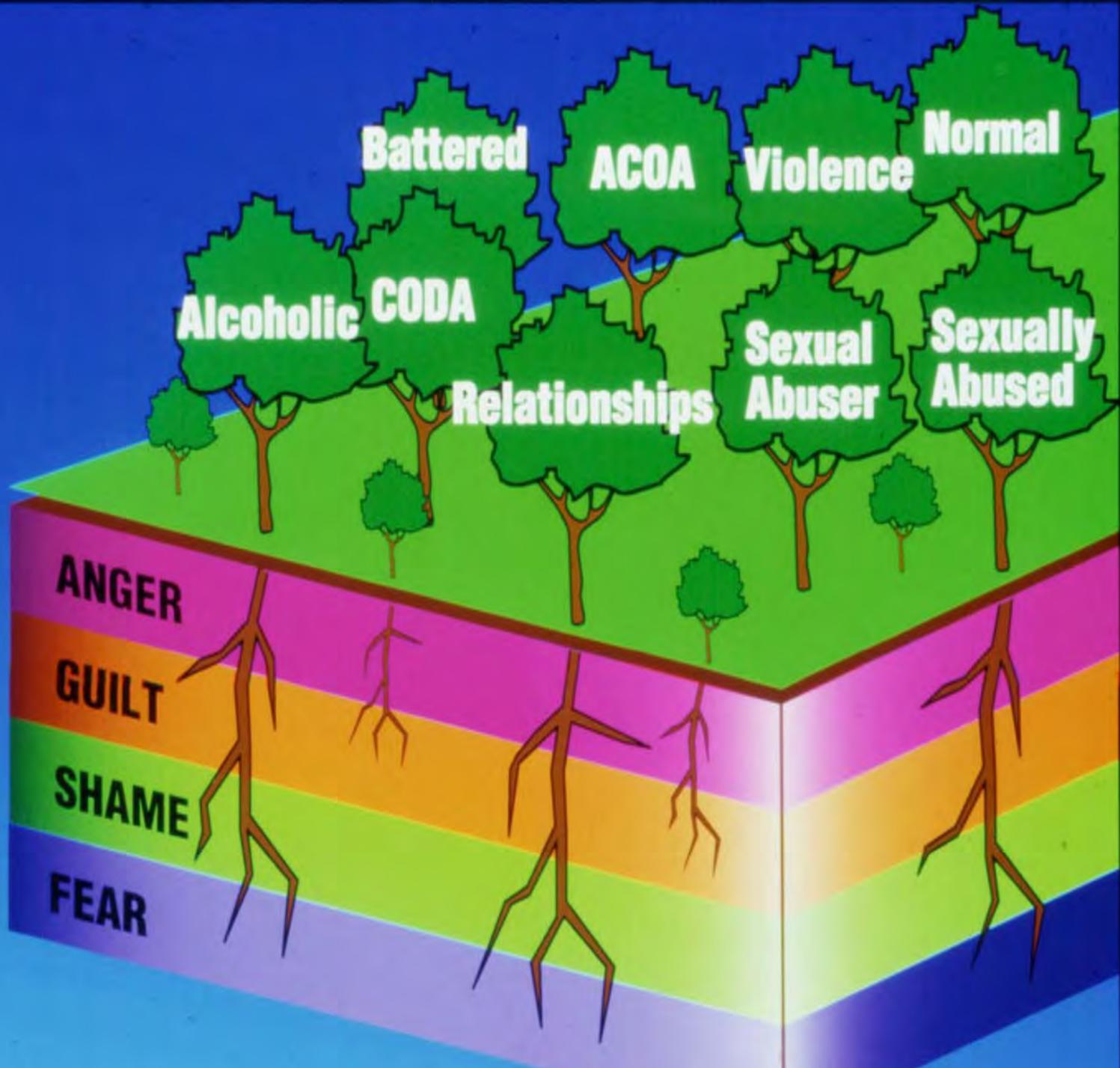
Seen World

Unseen World

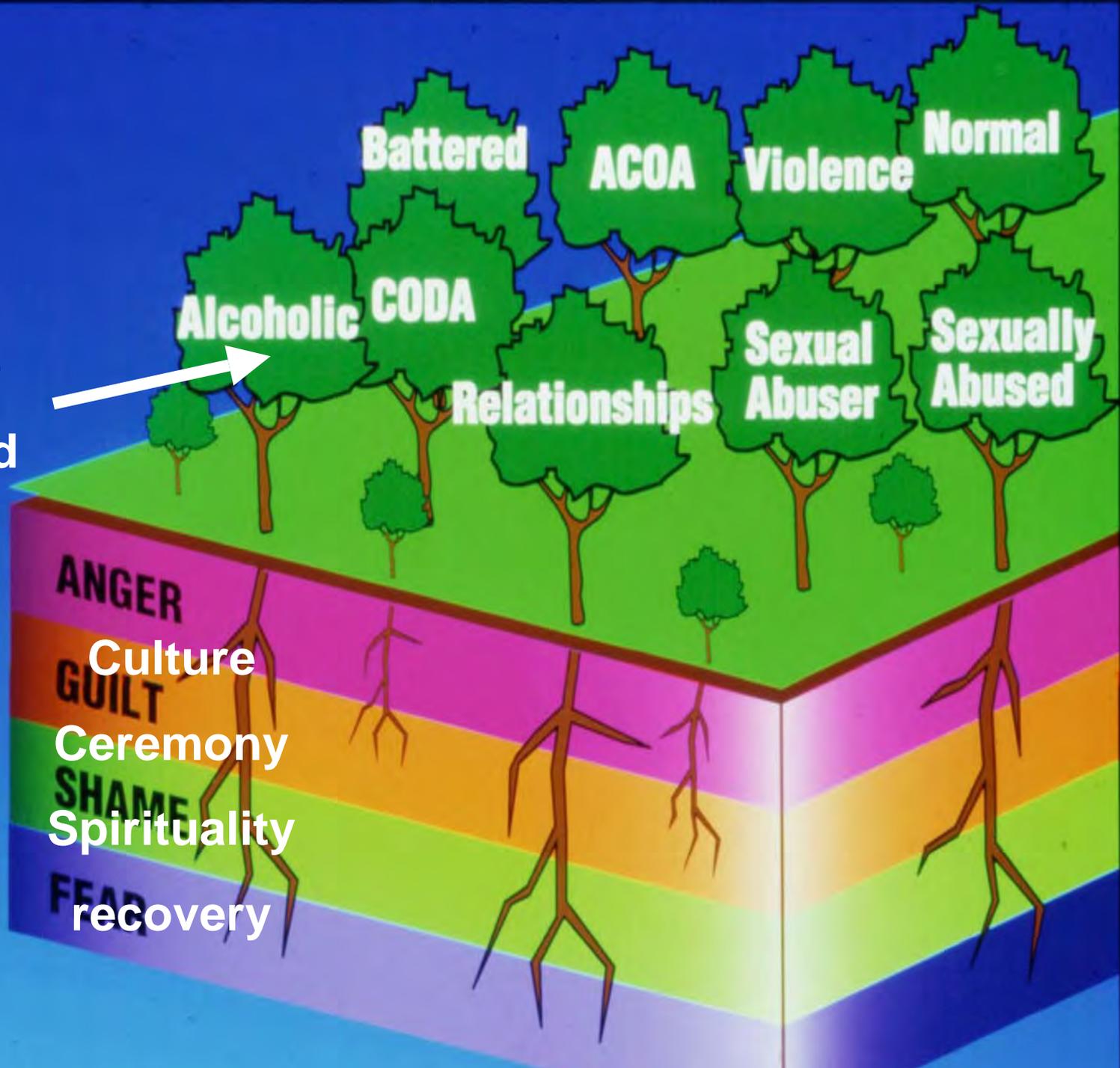


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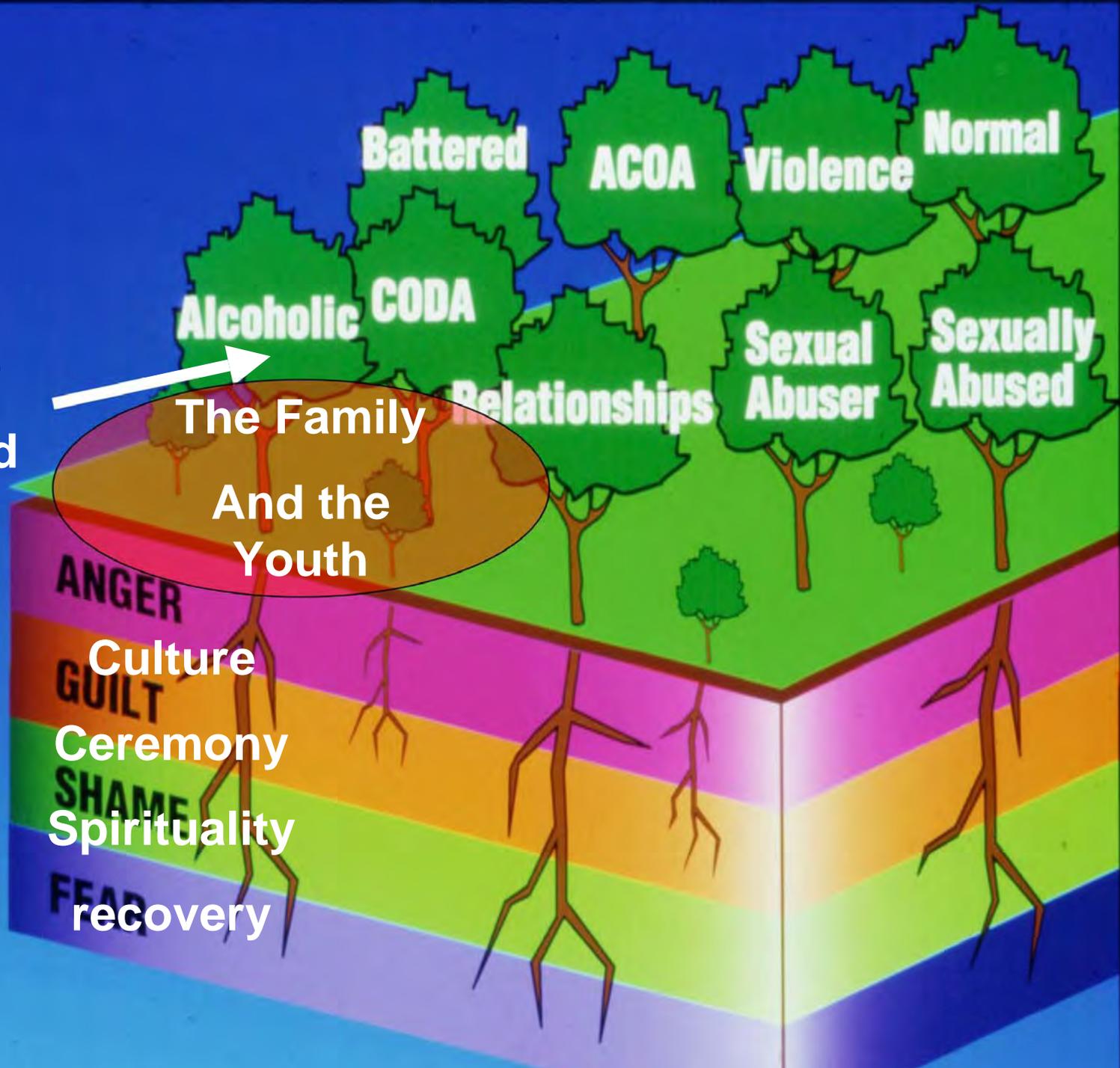




Medicine
Wheel and
12 steps



Medicine
Wheel and
12 steps



Wellbriety Movement



Firestarter
Groups expand
to 7 Trainings





The Seven Trainings



CO-Dependency



Spouses

Men in Recovery

Women In Recovery

Family Recovery

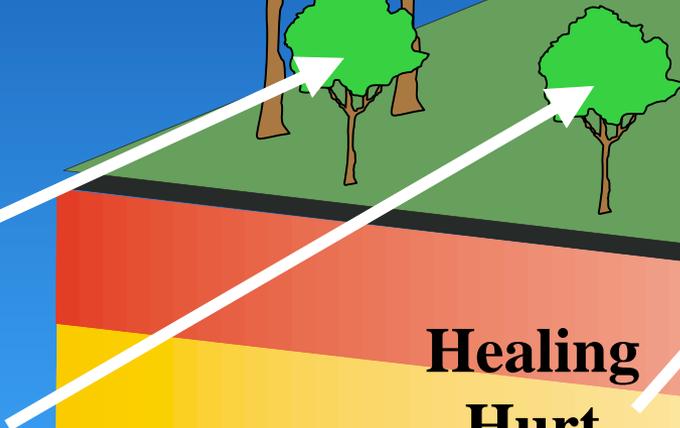
Medicine Wheel 12 Men



DOT



SOT



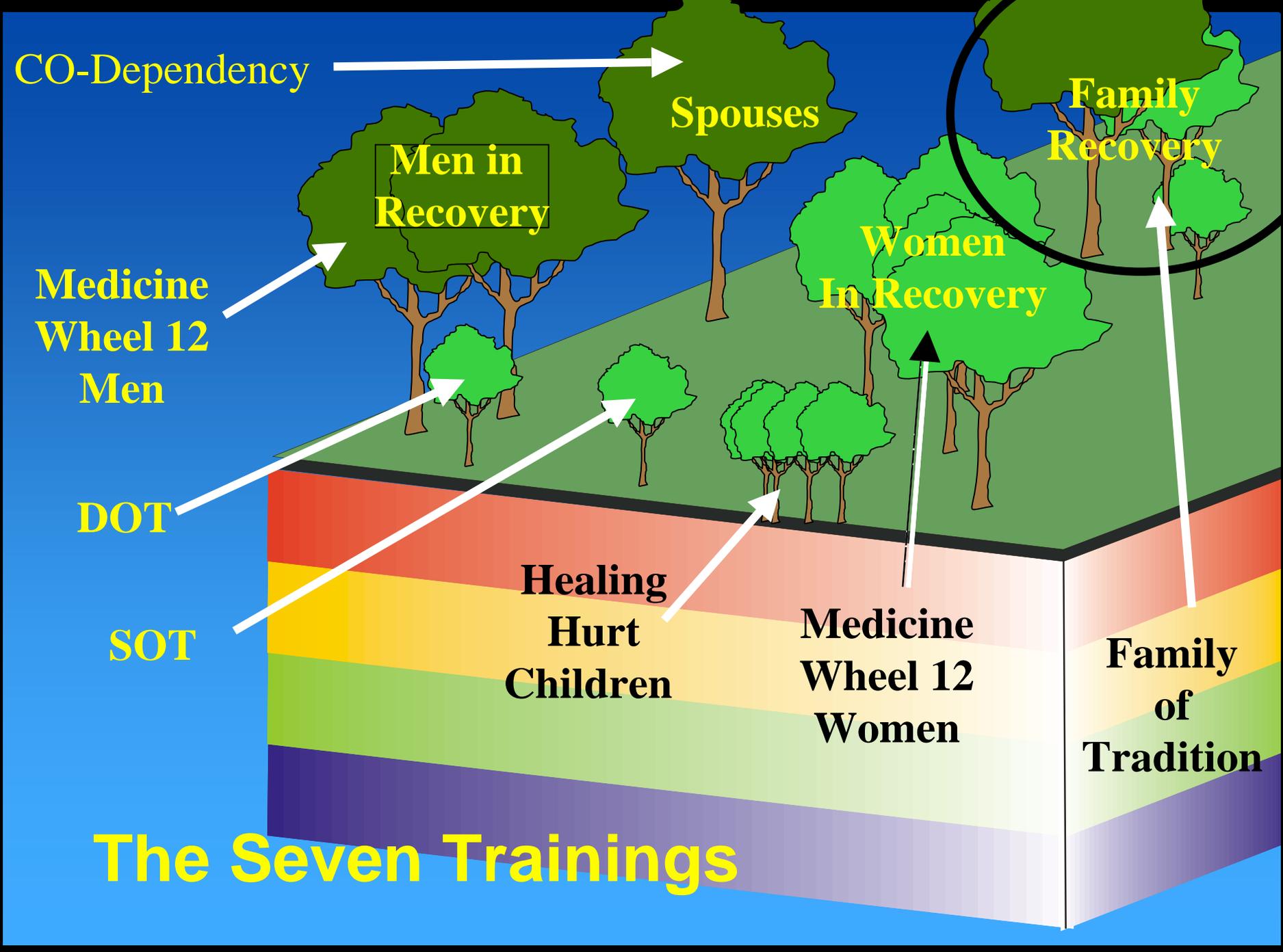
Healing Hurt Children

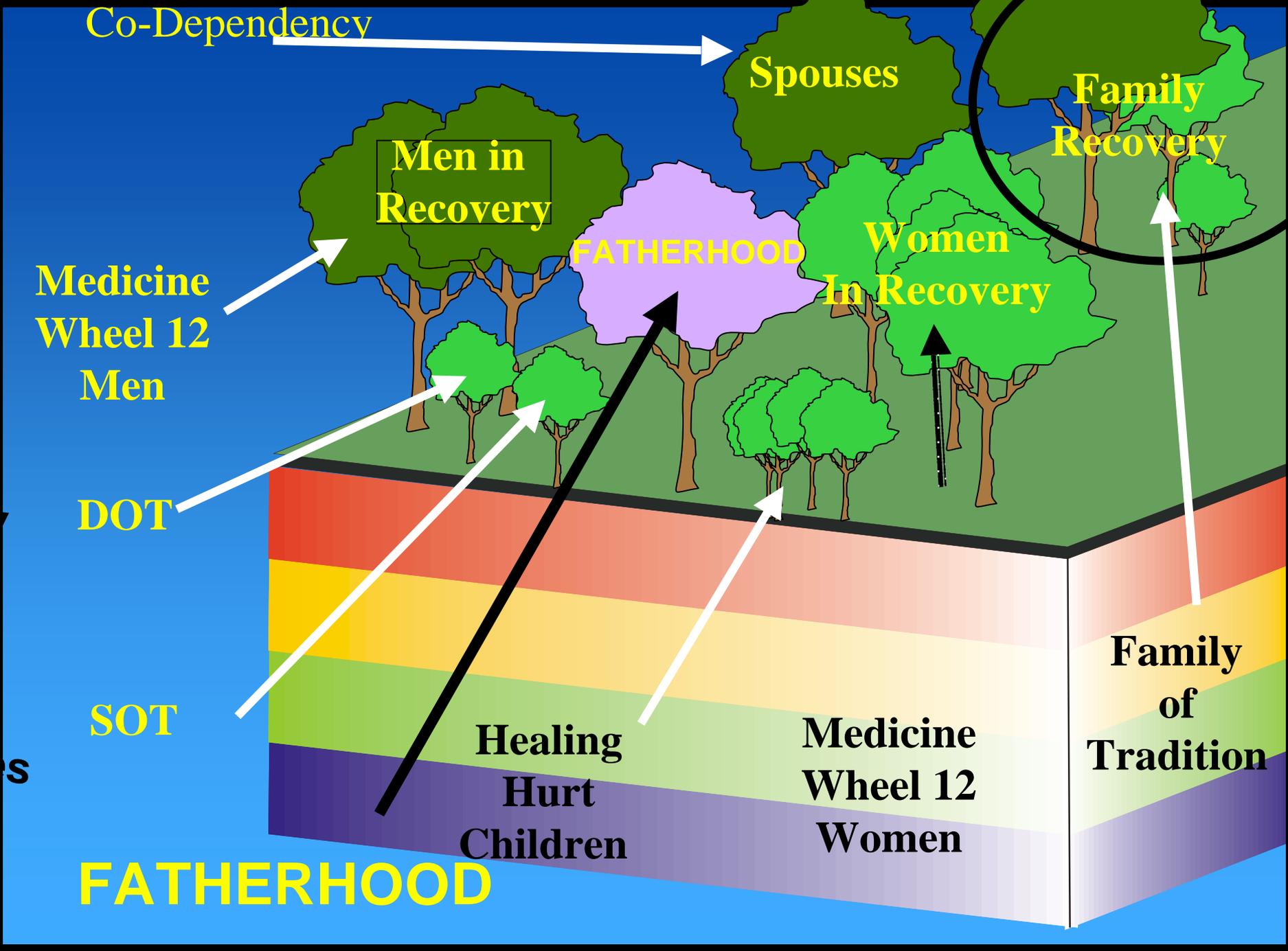
Medicine Wheel 12 Women

Family of Tradition



The Seven Trainings





CODA

Spouses

Family Recovery

Men in Recovery

FATHERHOOD

Women In Recovery

MW 12 Steps Male Youth

Medicine Wheel 12 Men

DOT

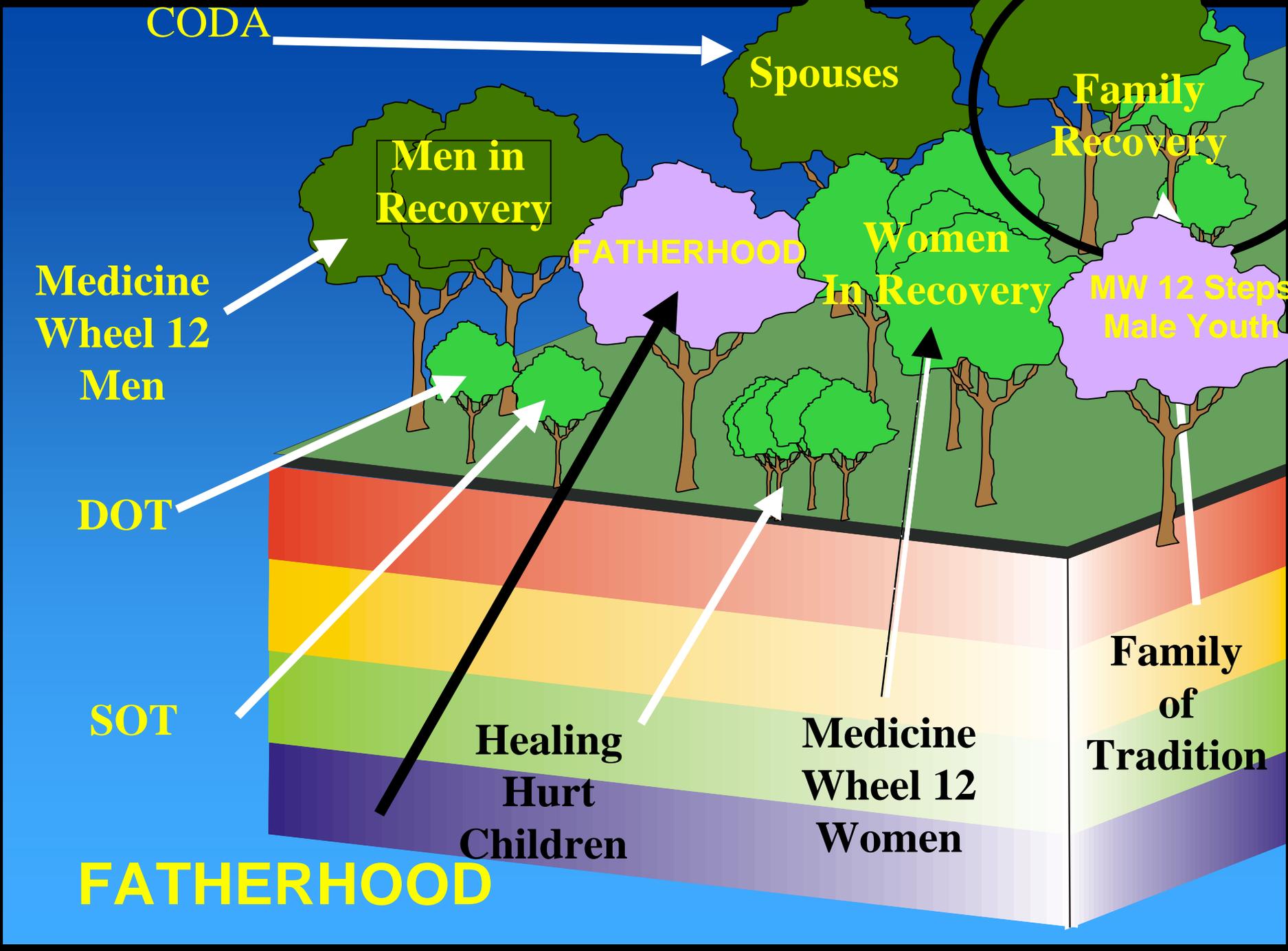
SOT

Family of Tradition

Healing Hurt Children

Medicine Wheel 12 Women

FATHERHOOD



WELLBRIETY MOVEMENT FOR PRISONS





Warrior Down



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Circles of Recovery: Support for Reducing Recidivism



MW12 Steps in
the prisons



MW12 Steps in
halfway houses and
pre-release centers



MW12 Steps in home
communities



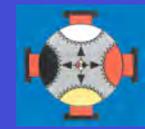
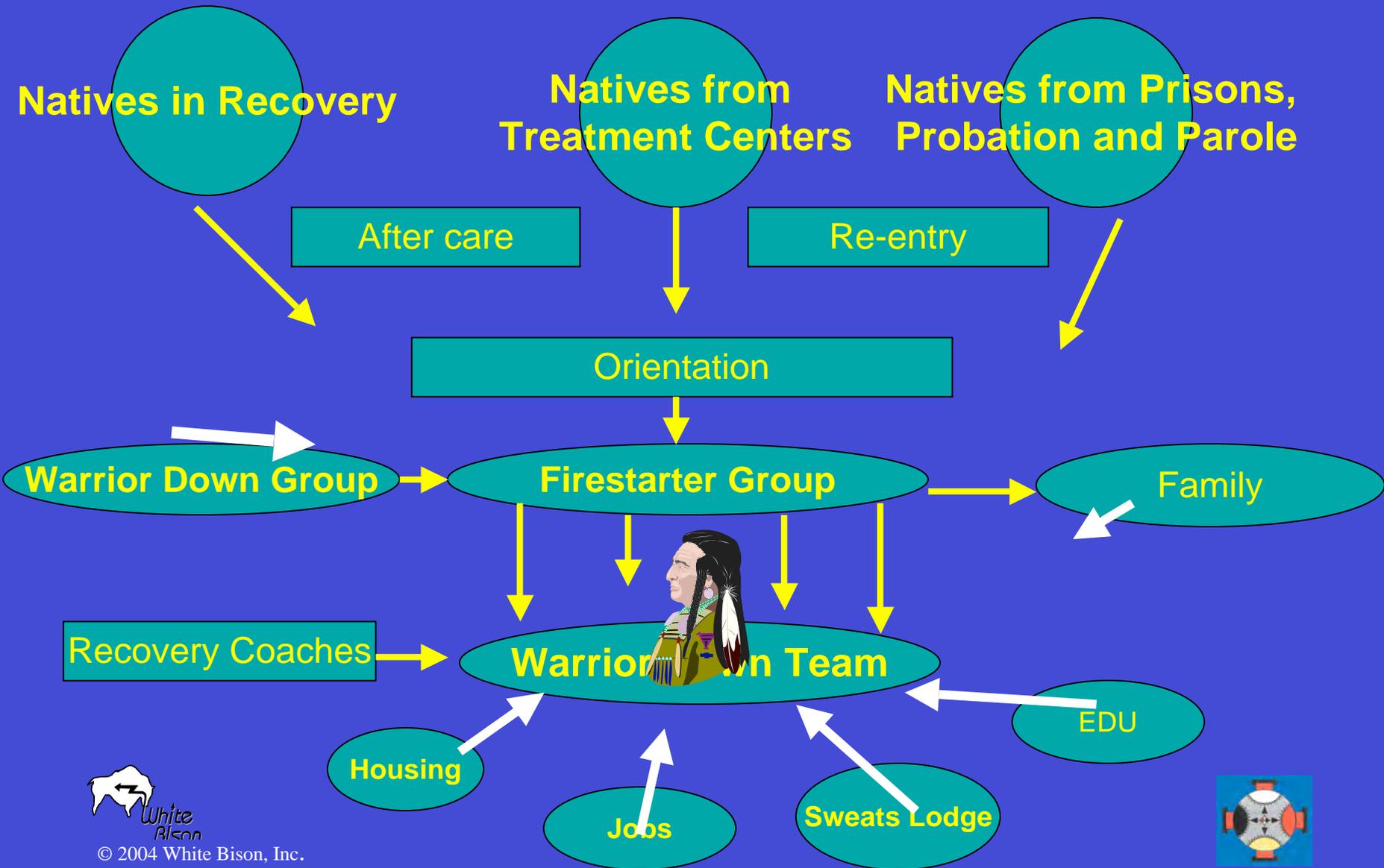
Wellbriety for Prisons
1-866-461-9194

www.whitebison.org

1-877-871-1495



Warrior Down

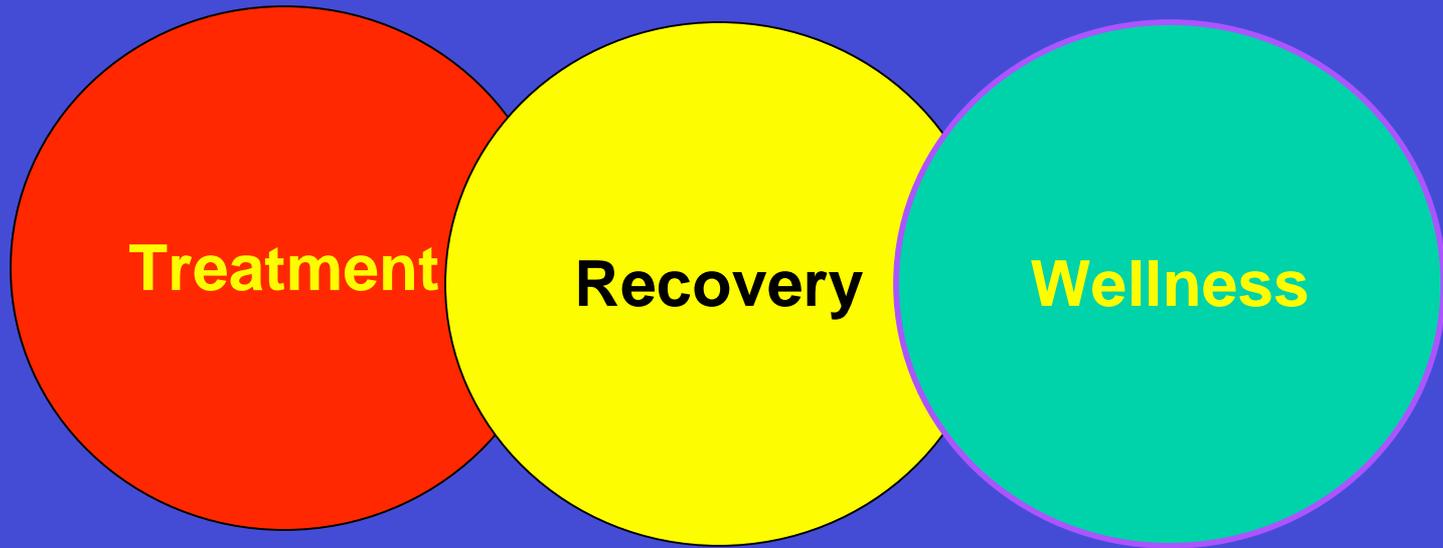


CONSIDER THE SEVENTH GENERATION



Restoring our Culture

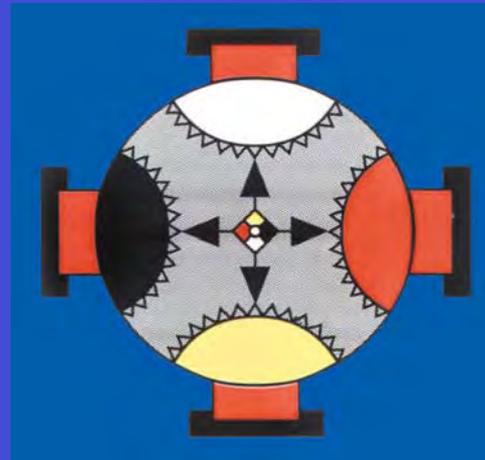
- Culture
- Language
- Land
- People
- Way of life
- Religion
- Family structure





Nations

Communities

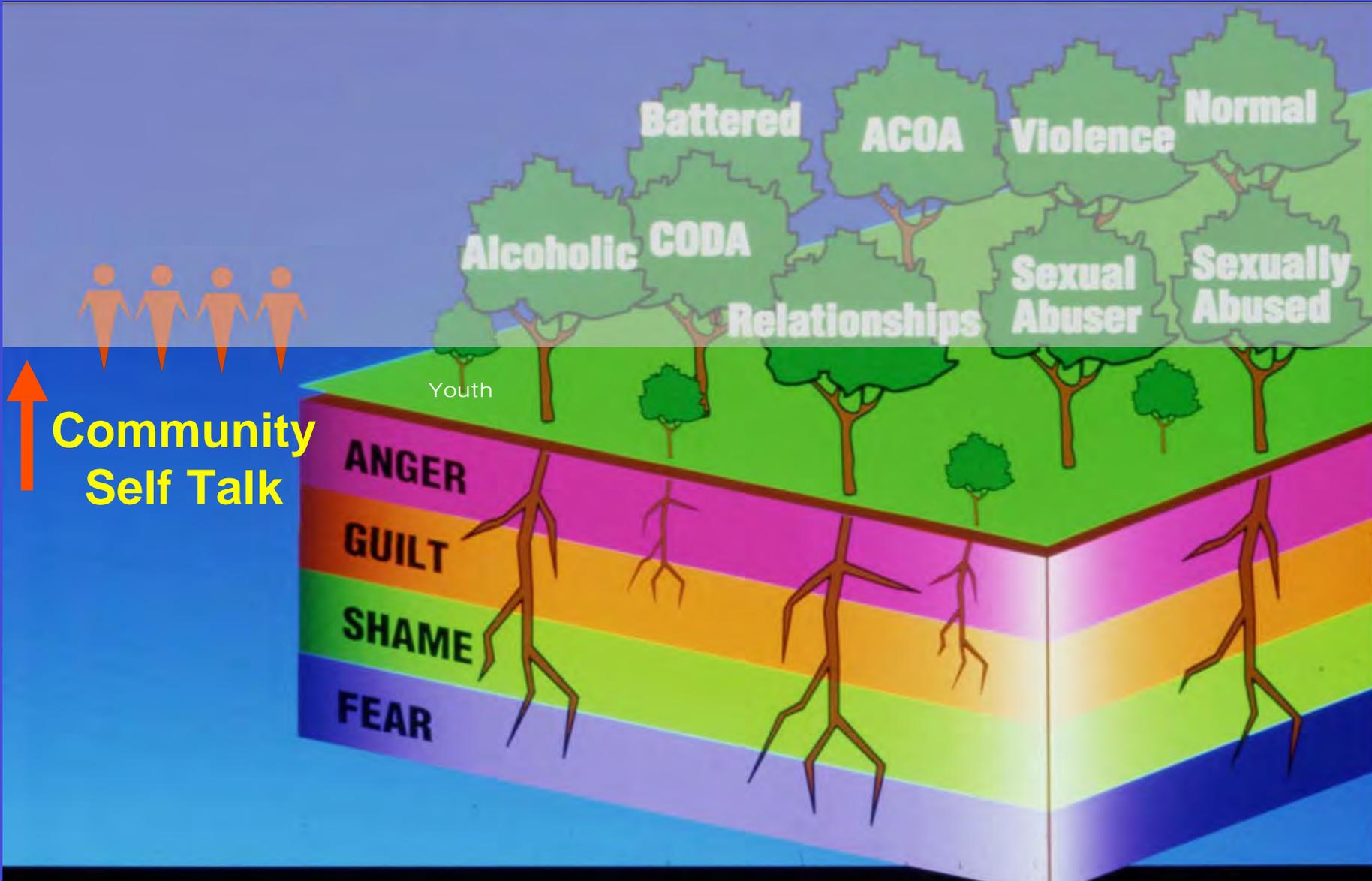


Individuals

Families

First the individual must heal, then the family can begin healing; then the community can start to heal; and then the nation can heal.



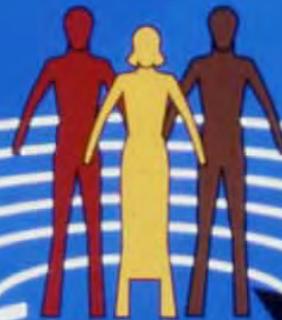


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Healing Forest Flow of Change

Core Group



Change
(Seen World)

Learning
(Unseen World)

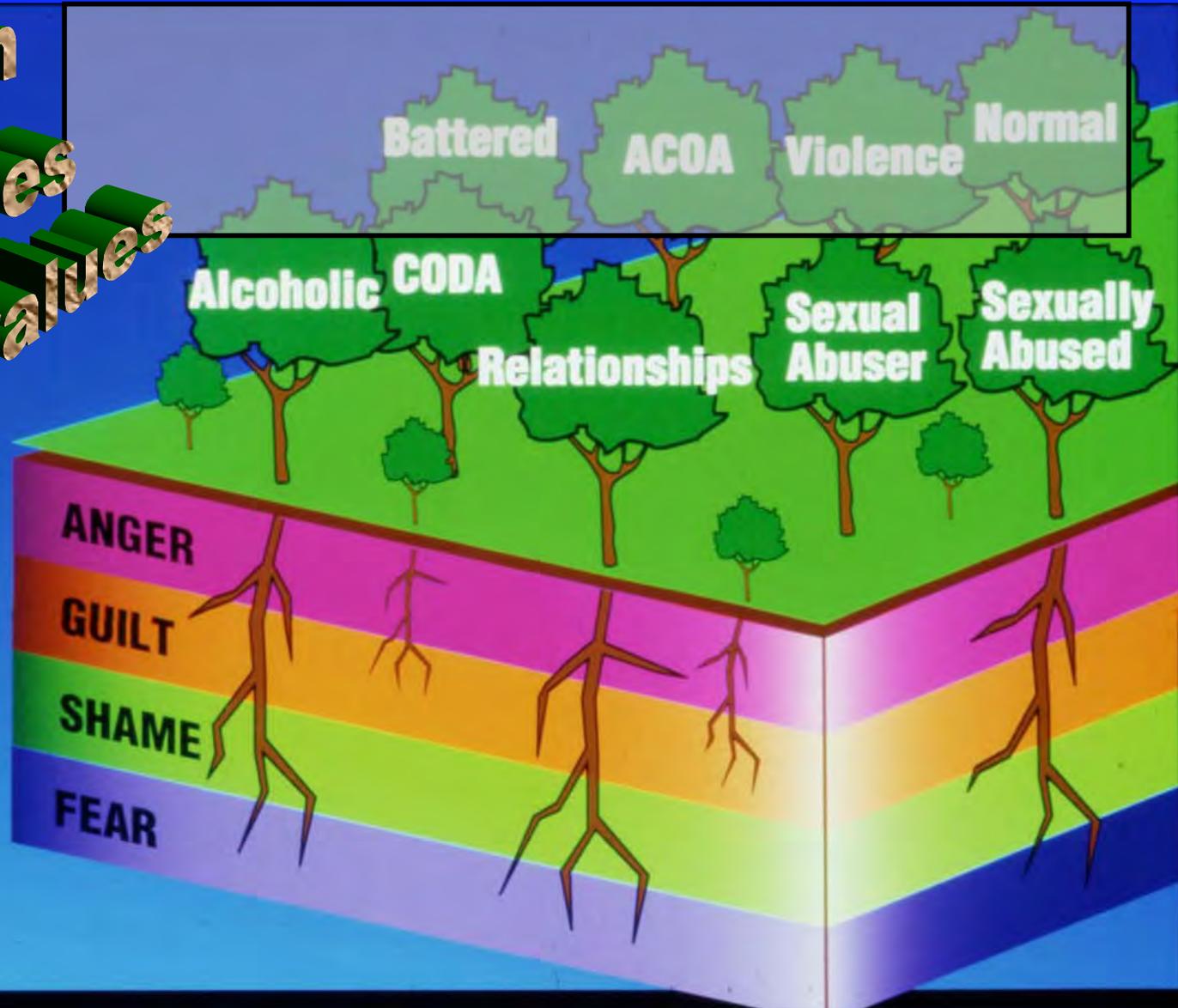
Feedback System



White Bison, Inc.

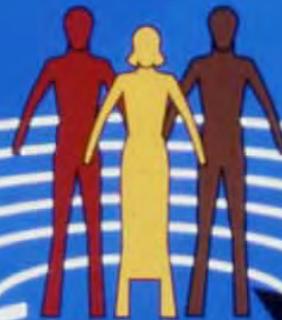


Vision
Principles
Laws and Values



Healing Forest Flow of Change

Core Group



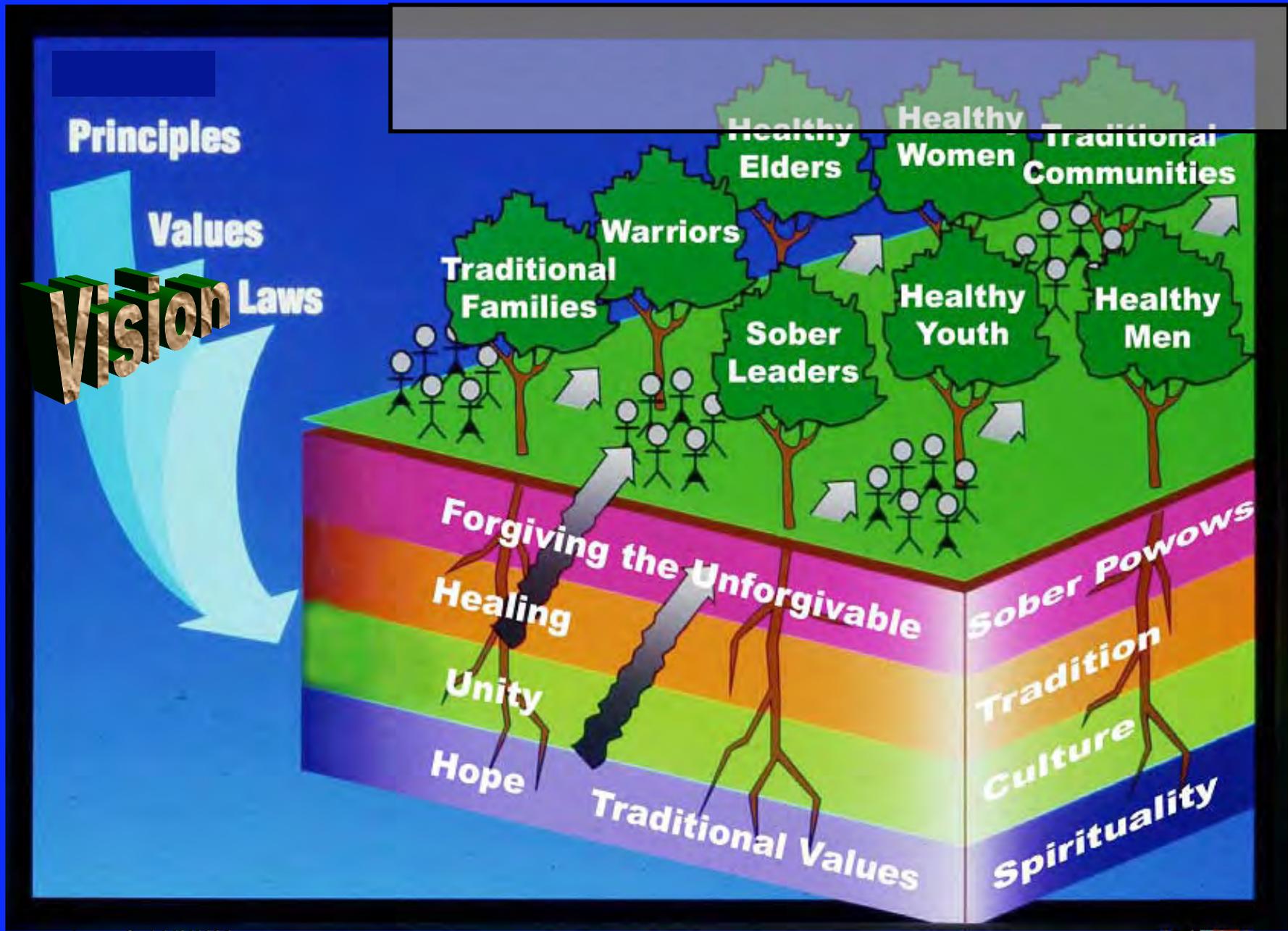
Change
(Seen World)

Learning
(Unseen World)

Feedback System



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Principles

Values

Laws

Vision

Forgiving the Unforgivable

Healing

Unity

Hope

Traditional Values

Sober Powows

Tradition

Culture

Spirituality

Traditional Families

Warriors

Sober Leaders

Healthy Youth

Healthy Men

Healthy Elders

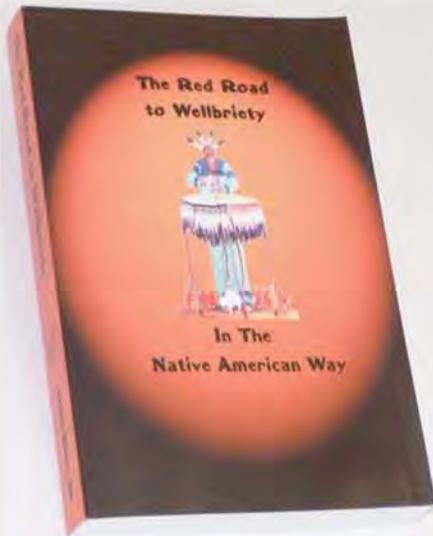
Healthy Women

Traditional Communities

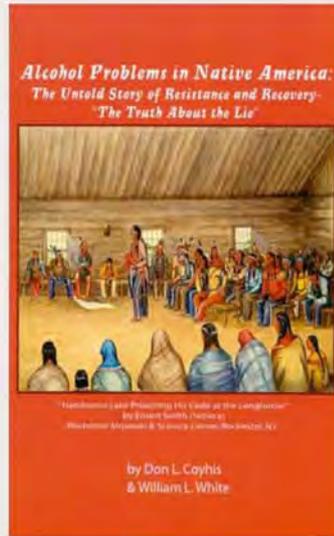
The Wellness Movement

The
Healing
Has
Begun!!!

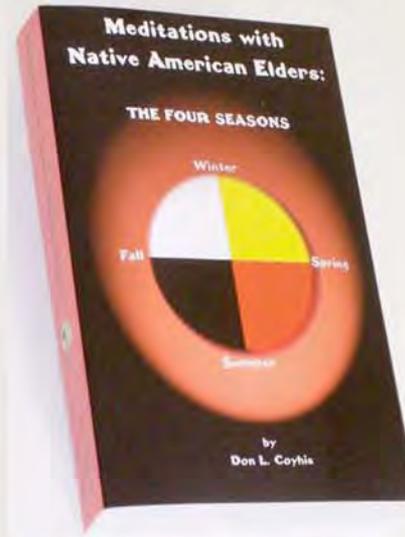
Wellbriety Books



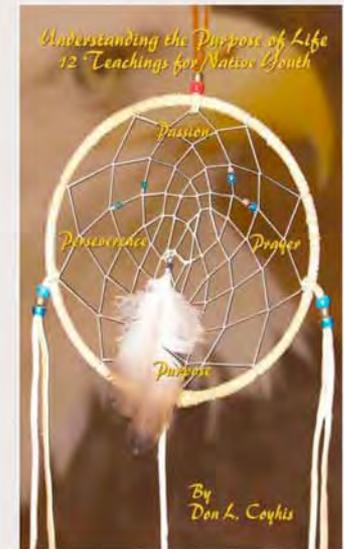
The Red Road to Wellbriety
by White Bison, Inc.
2002



Alcohol Problems in Native America
by Don L. Coyhis & William L. White
2006



Meditations with Native American Elders: The Four Seasons
by Don L. Coyhis
2007



Understanding the Purpose of Life: 12 Teachings for Native Youth
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2008



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CONSIDER THE SEVENTH GENERATION

