

The Wellbriety Movement and Celebrating Families

- **Bringing Back the Culture**
 - **Don Coyhis**
 - **President and founder**
 - **White Bison, Inc**



- **The Way it used to be**



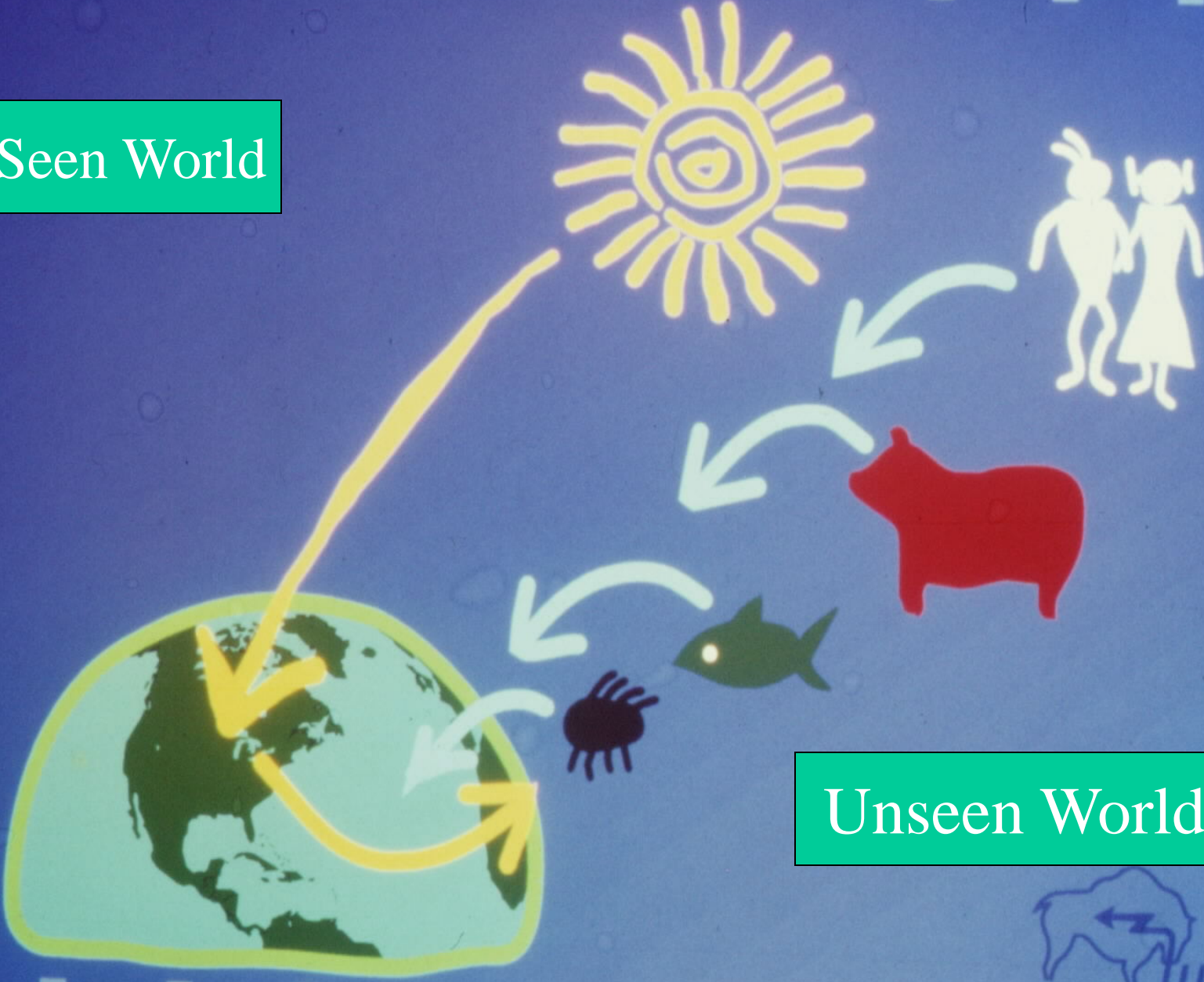
A Long time ago.....

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

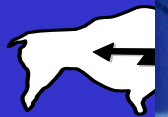
WE.....



Seen World



Unseen World



Vision

Principles

Laws

Values

Traditional Man

Traditional Woman

Traditional Clan Mother

Traditional Elder

Traditional Youth

Traditional Warrior

Traditional Chief

Healing

Spirituality

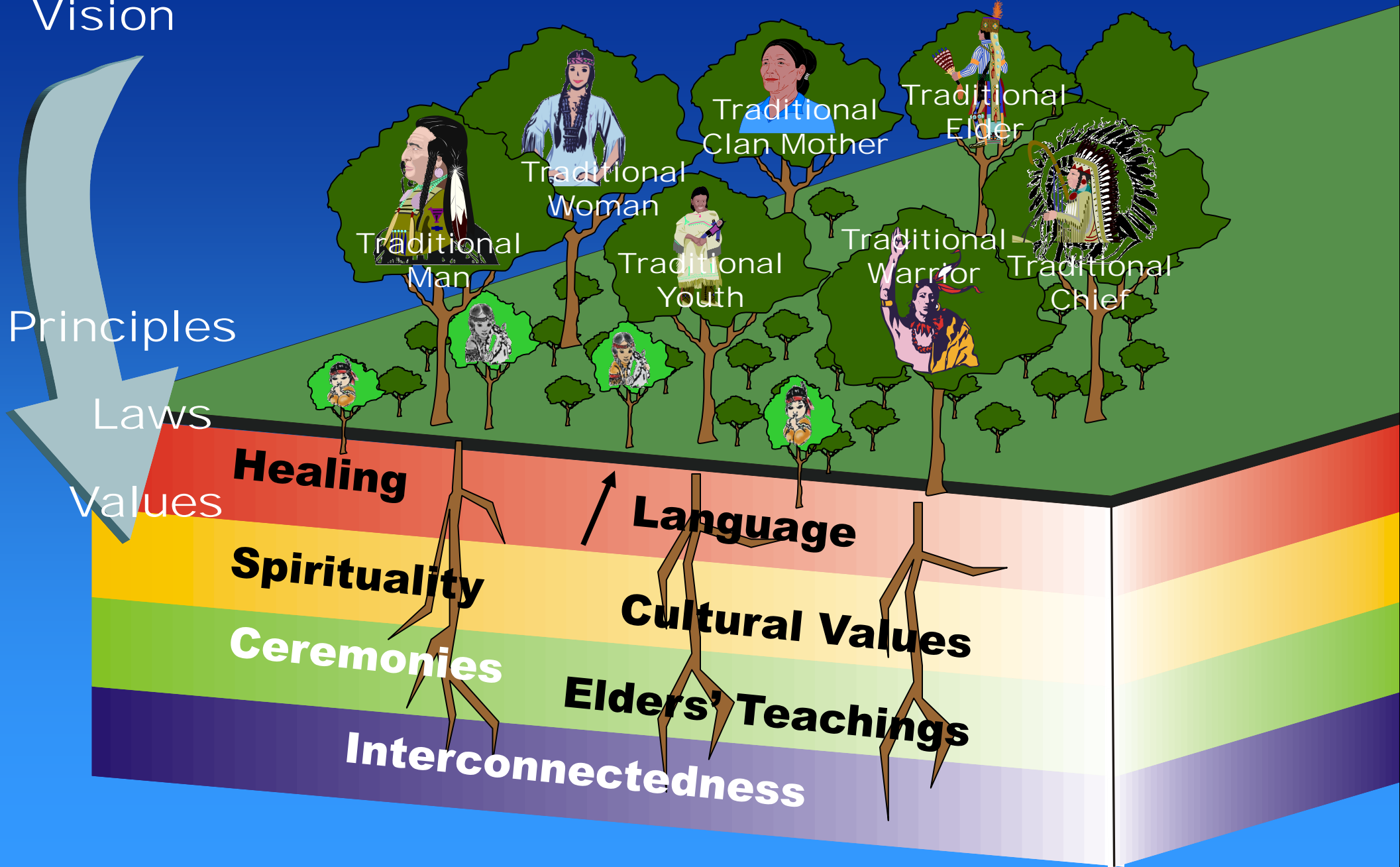
Ceremonies

Interconnectedness

Language

Cultural Values

Elders' Teachings



Seen World

The Source of Native Culture

Unseen World





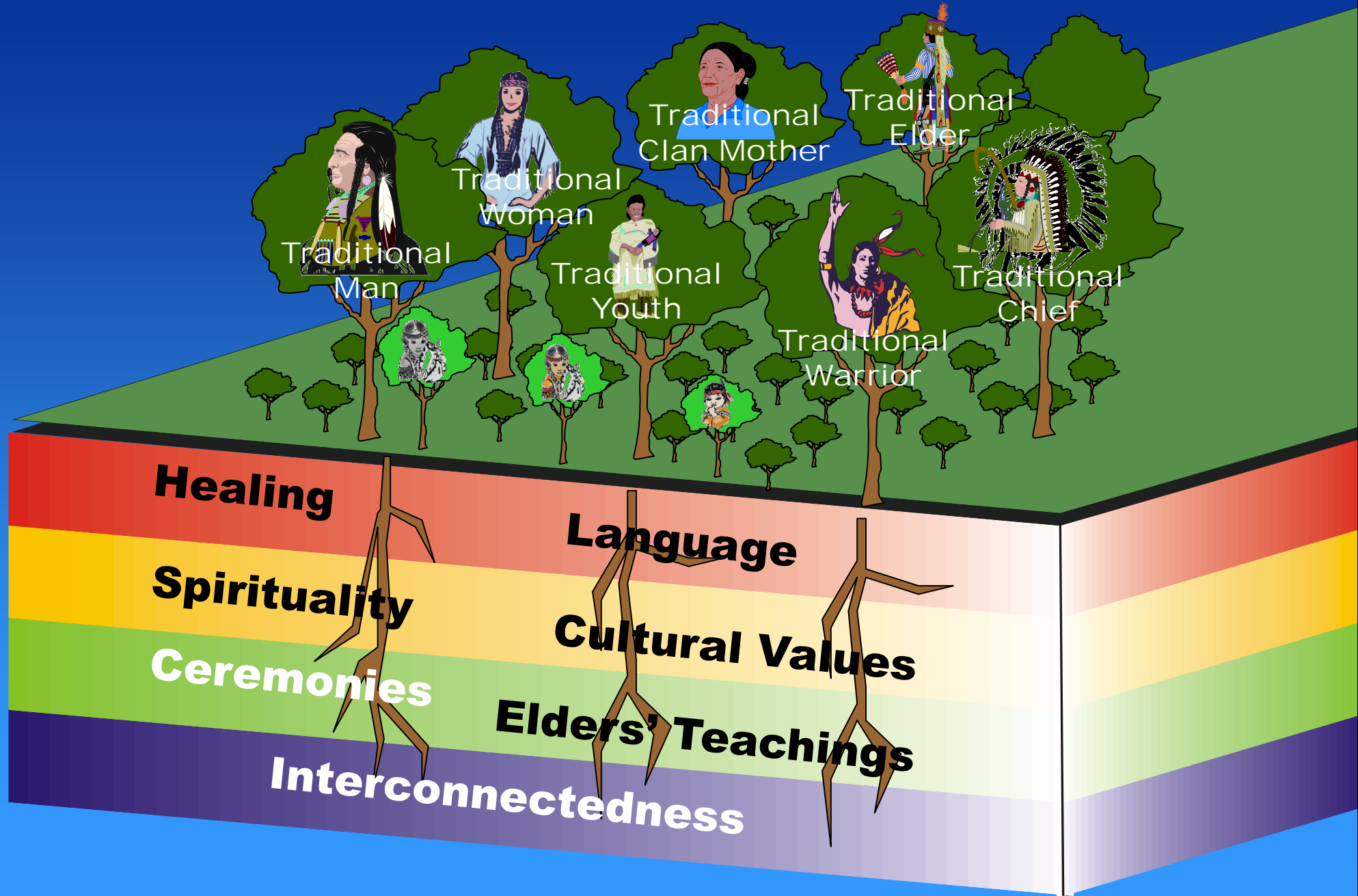
Then.....

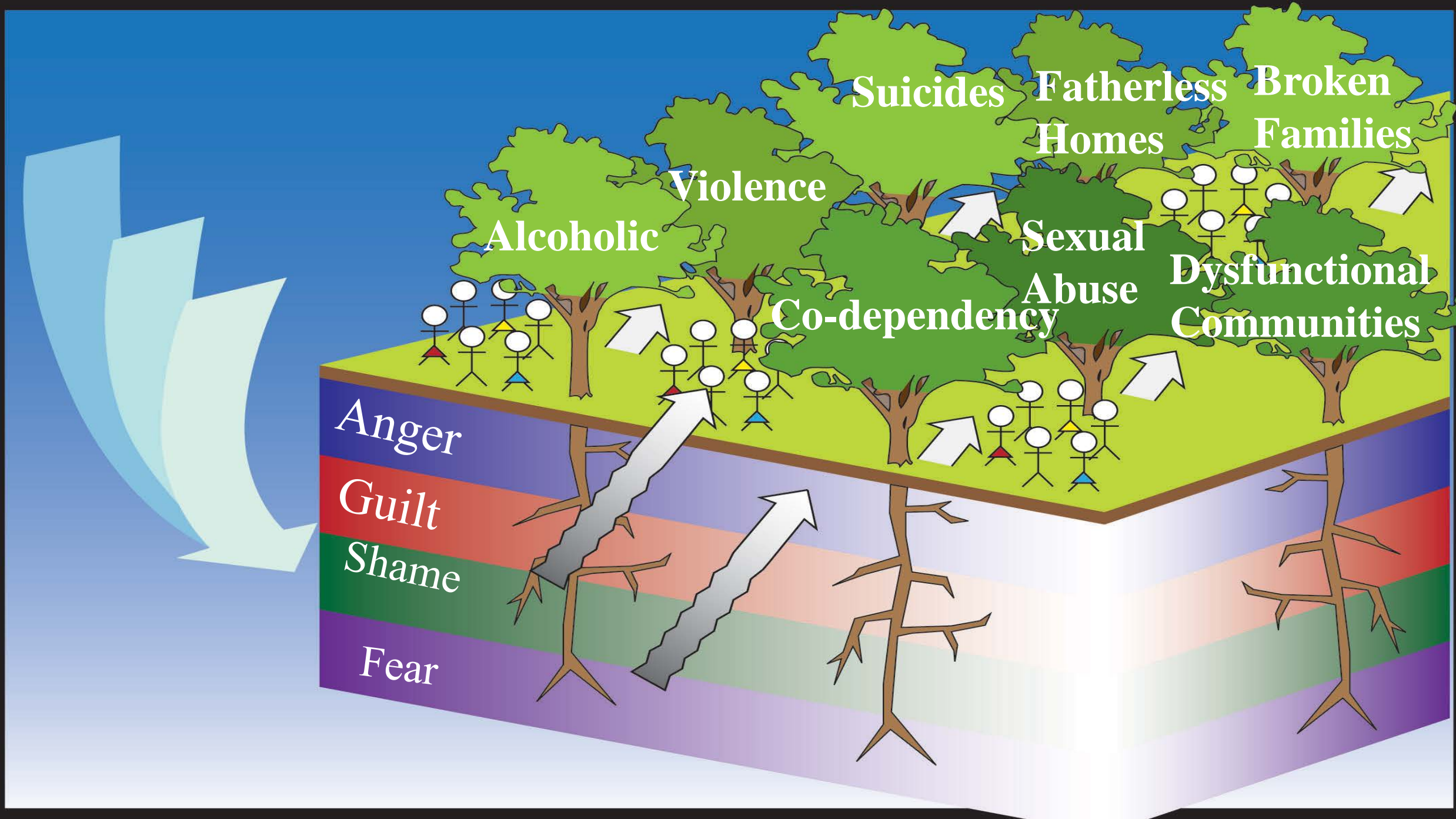
Something

Happened

To us.....



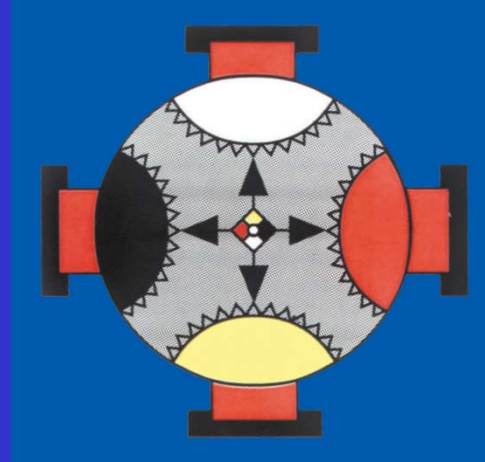






Nations

Communities



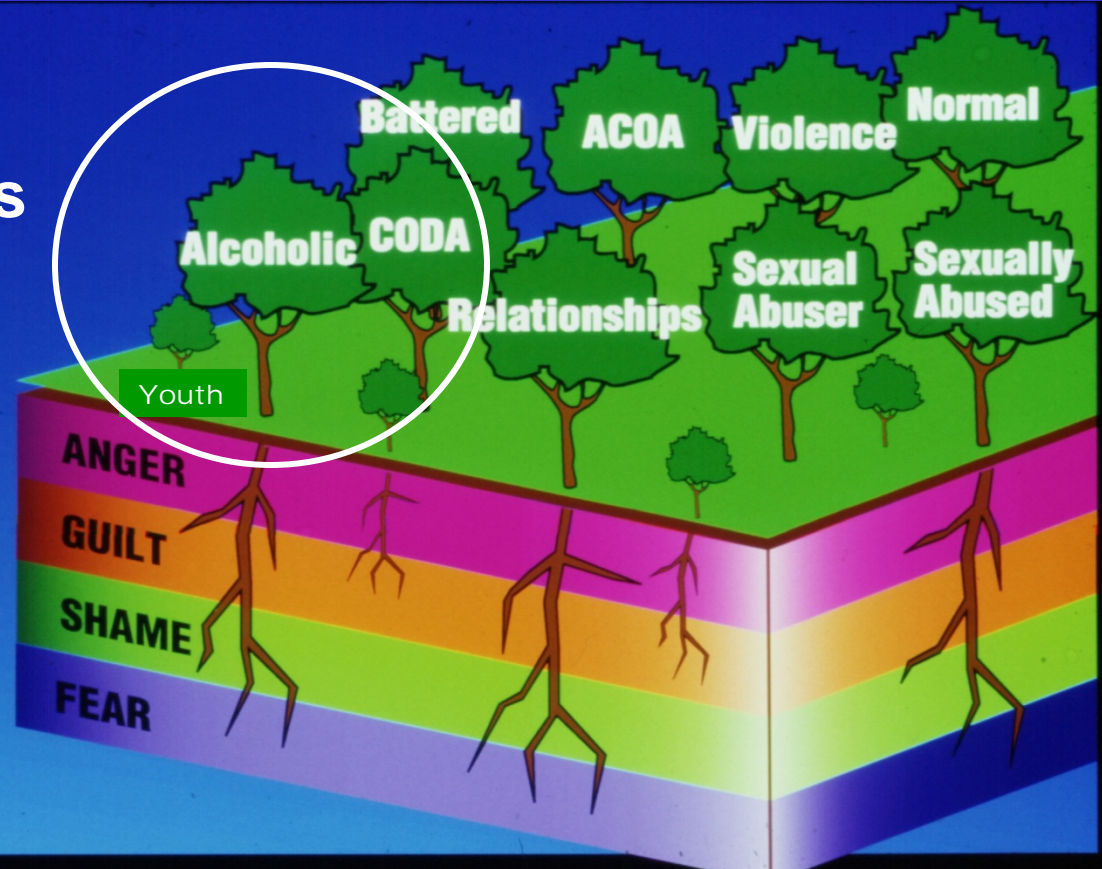
Individuals

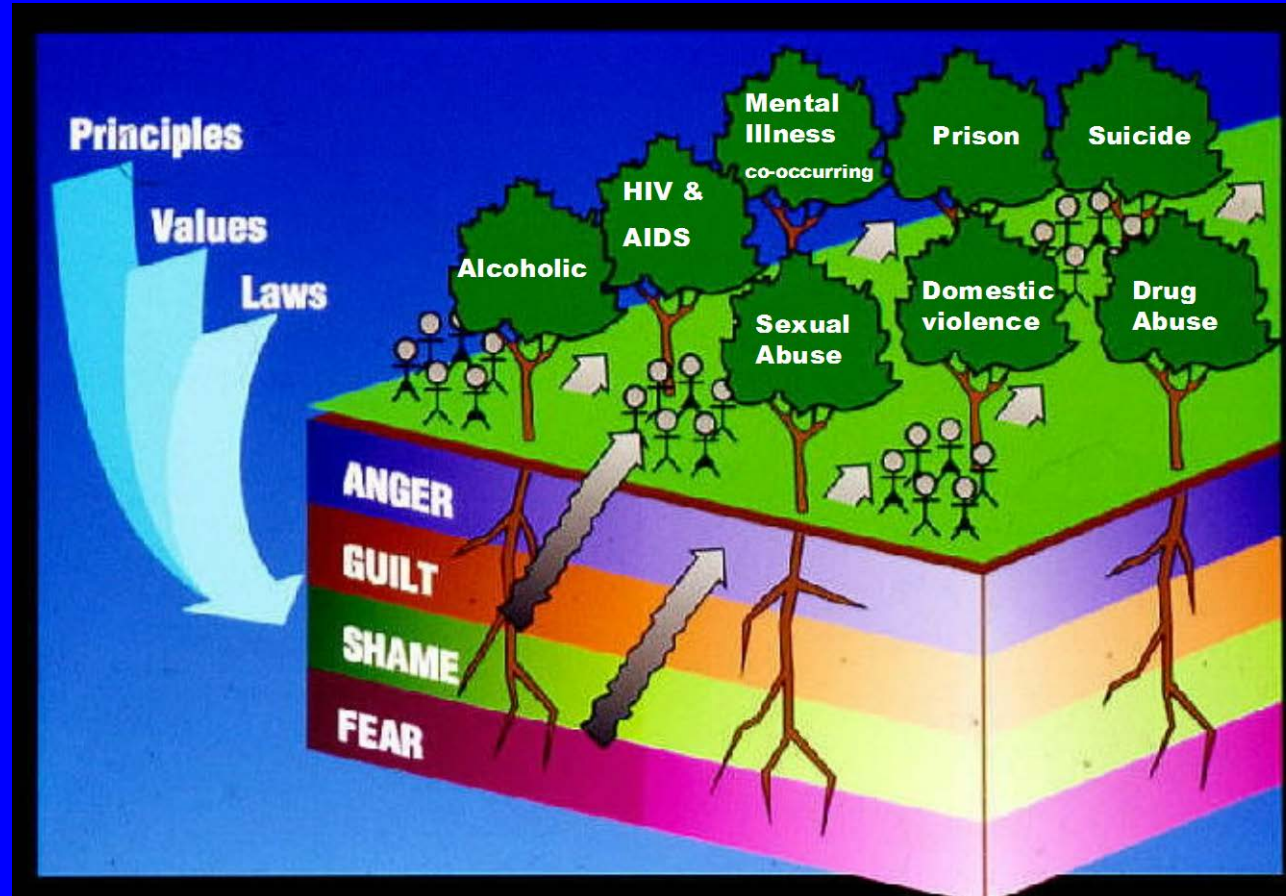
Families

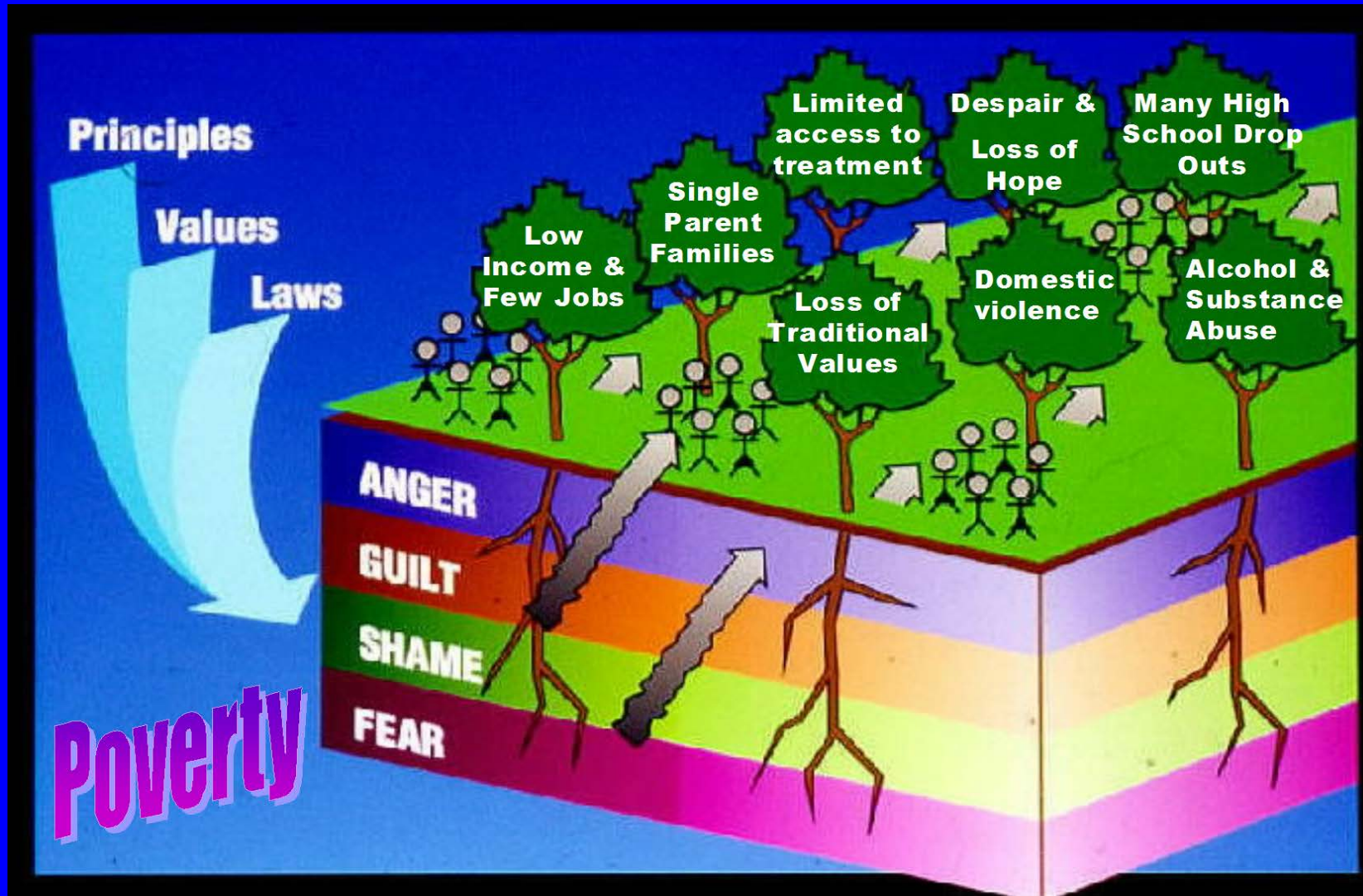


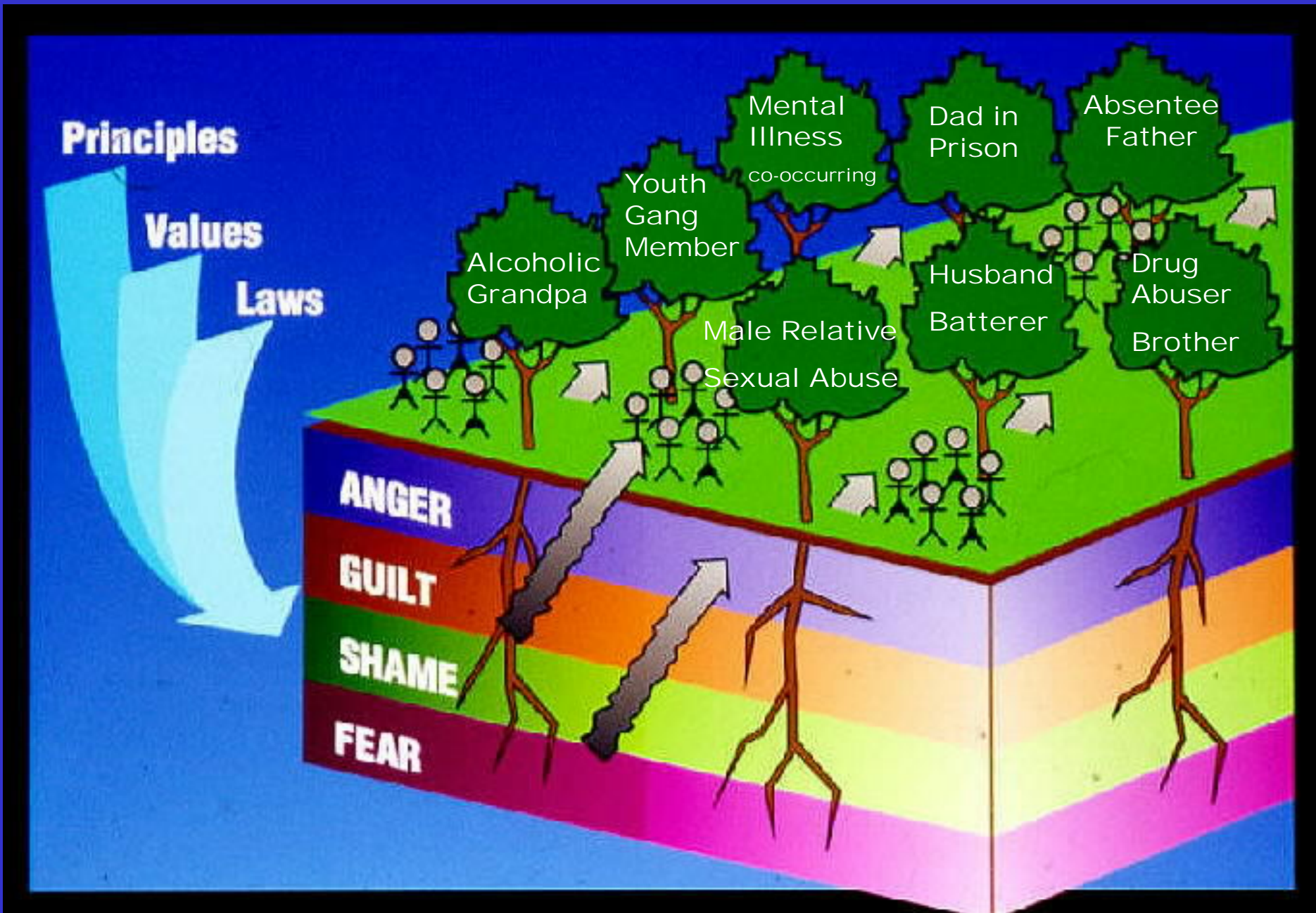
Family Structure....

Families started to fall apart..





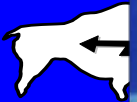


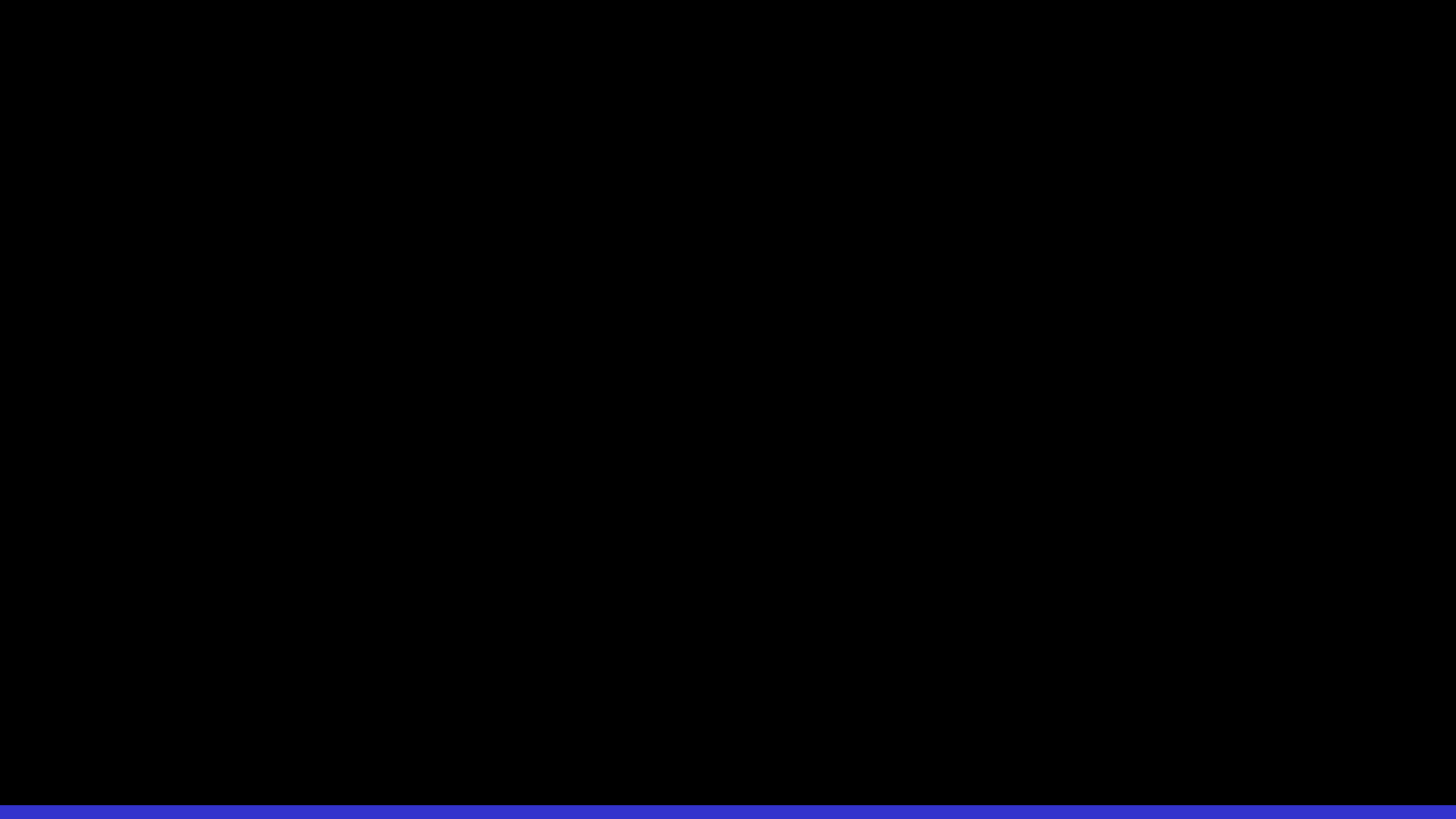


Seen World

How was this done?

Unseen World



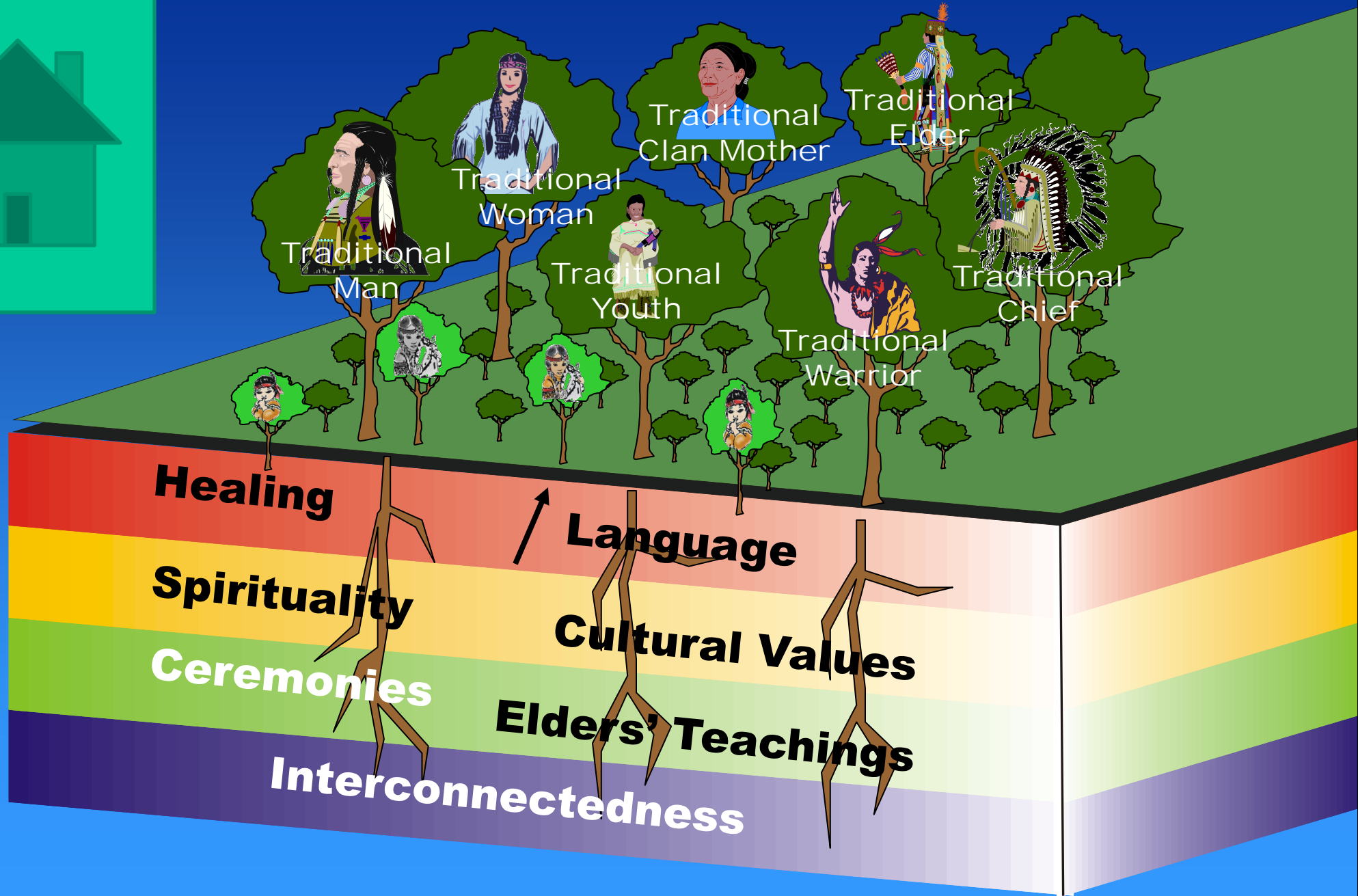


Carlisle Indian School



Model school for the nearly 500 schools set up in the United States to assimilate American Indian and Alaska Native children







Violence

Sexual Abuse

The Boarding Schools

The Mission Schools

The Residential schools

Beatings

Take away
The Lanaguage

Cut your hair

Soap in mouth

No Ceremonies

No Culture

Elders' Teaching

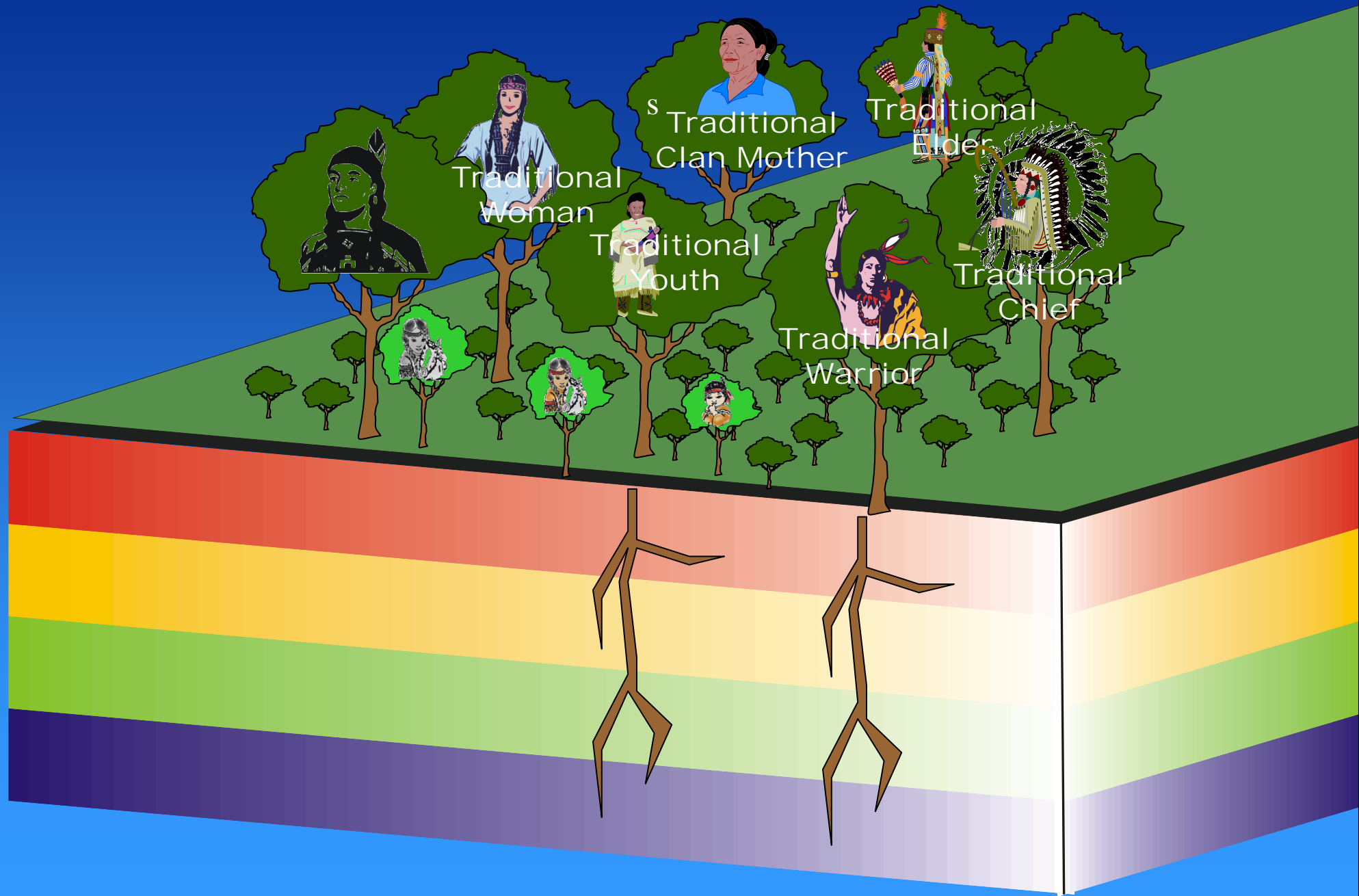
Interco...
stedness

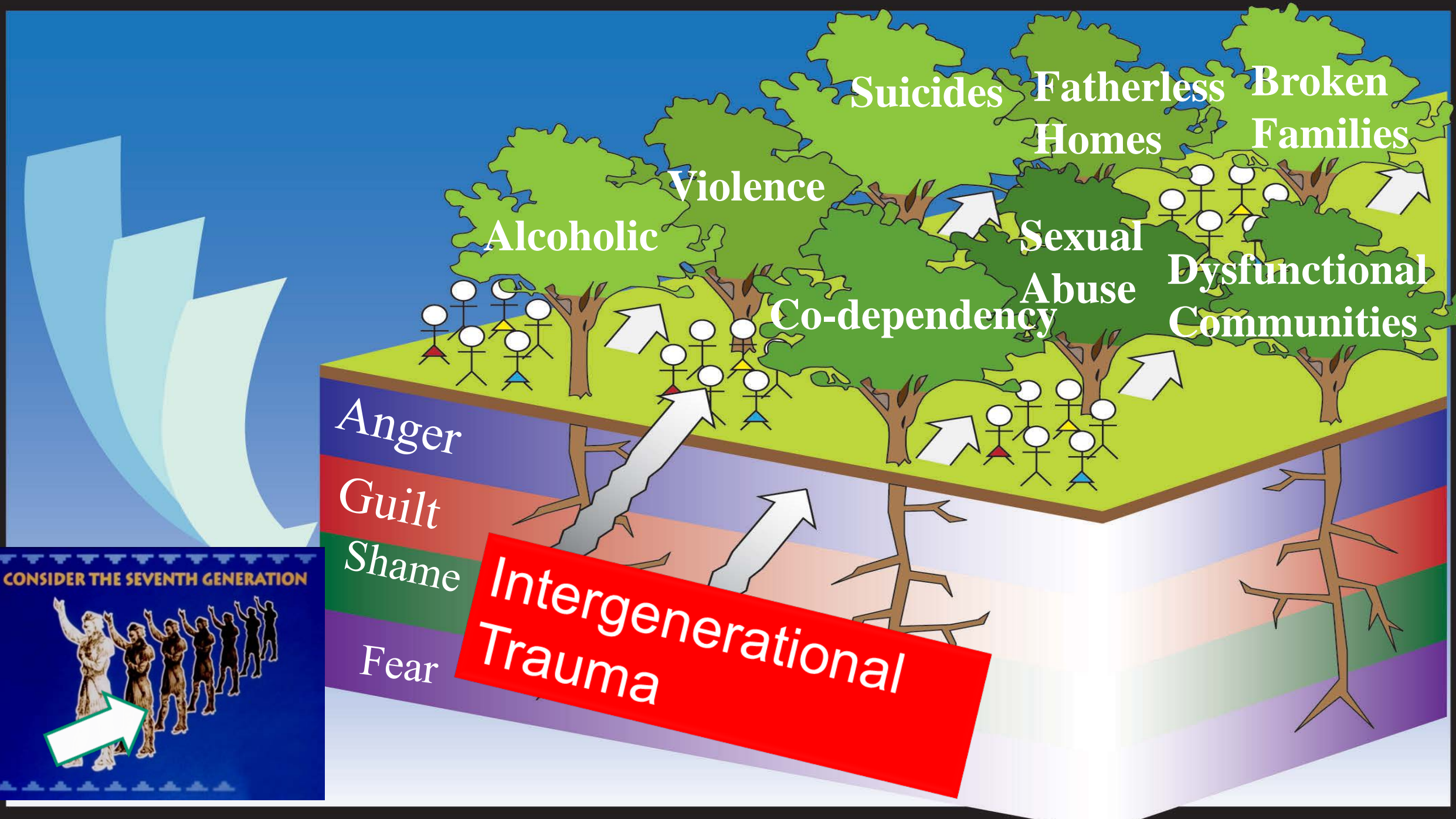
Sexual...
uality

Language

Culture

Sexual...
SS





CONSIDER THE SEVENTH GENERATION



What is historical trauma?

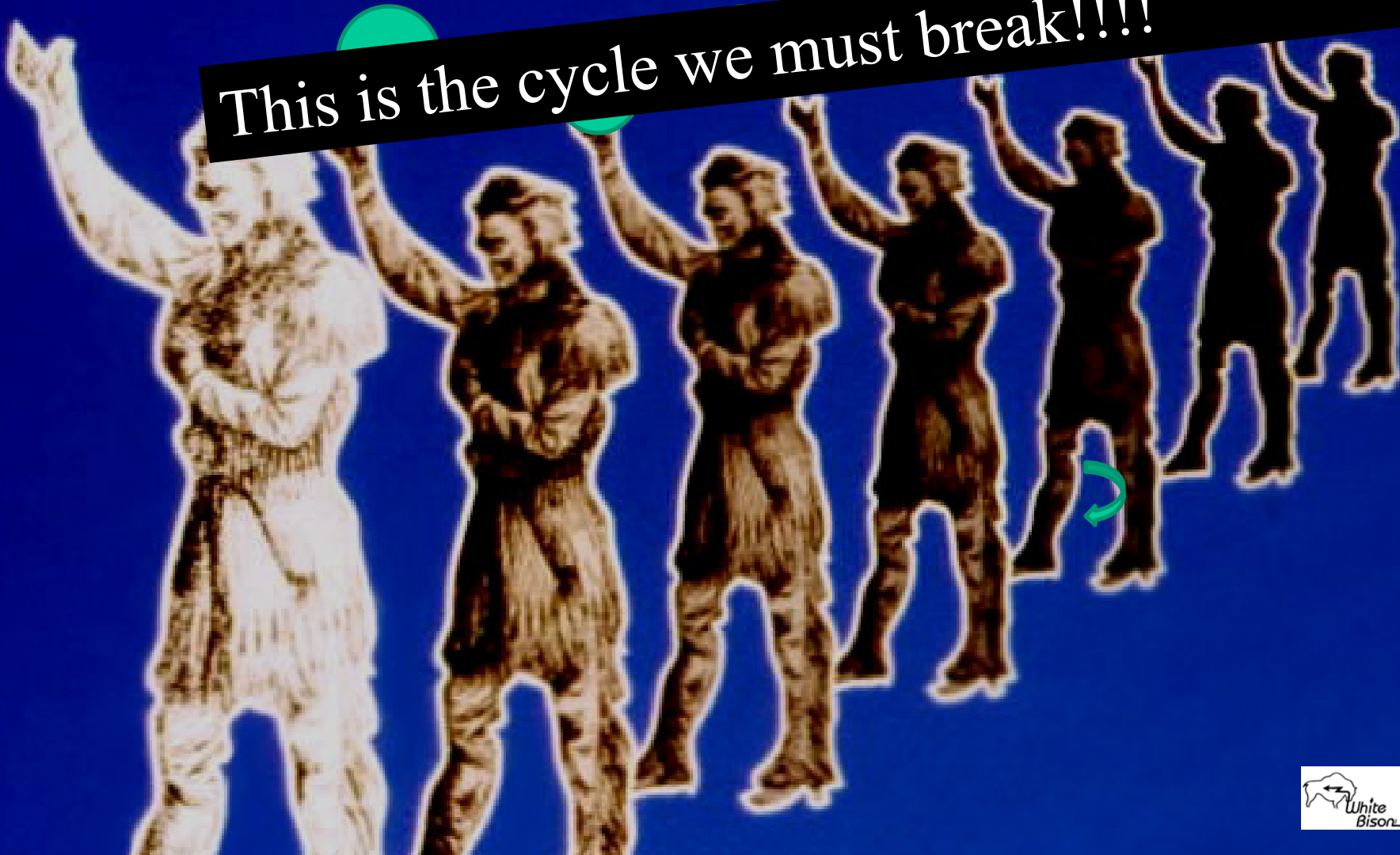
A combination of immense losses and traumatic events that are perpetrated upon an entire culture. For Native Americans, these losses include:

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



CONSIDER THE SEVENTH GENERATION

This is the cycle we must break!!!!



I have heard it said.....

The
Mo
of
Is a
ment has come
Prophecy

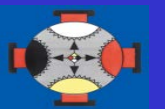
**The Elders
Gathering
1991**





The Wellbriety Movement

What it is!!!!



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



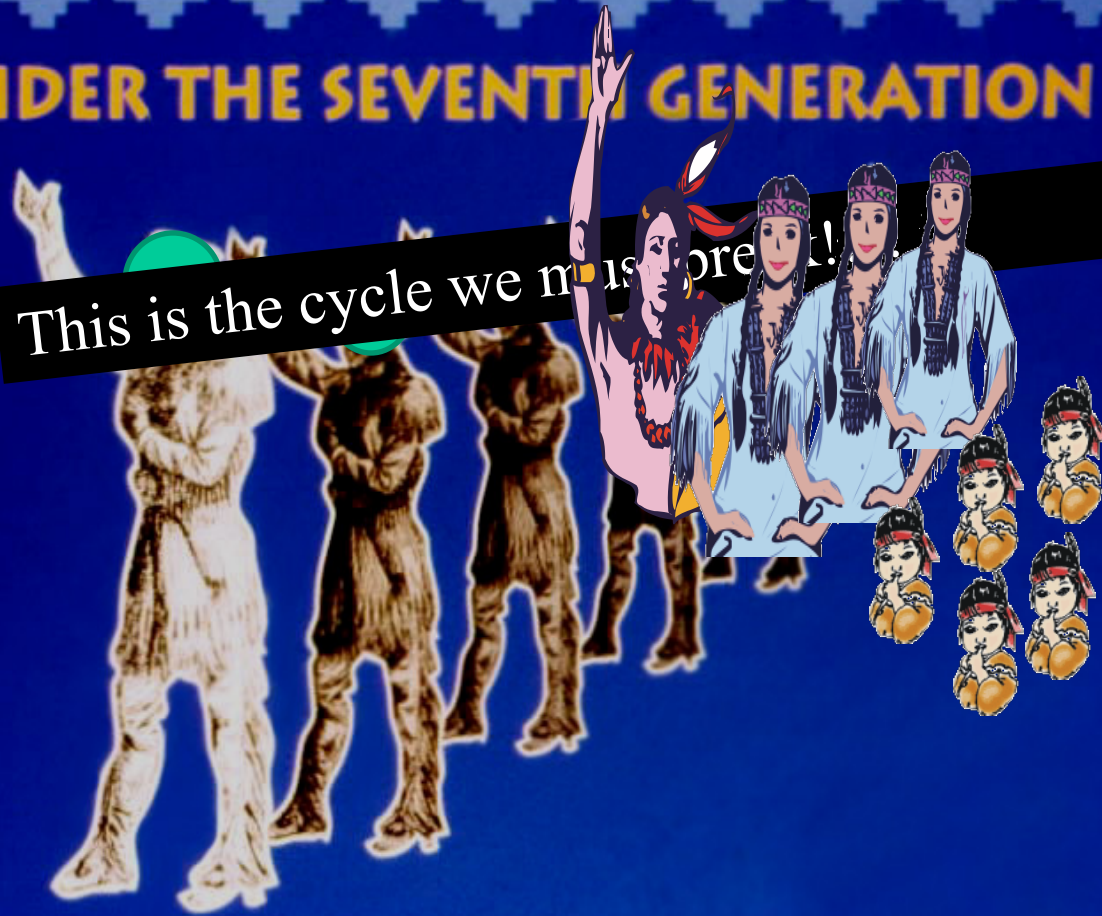
What is intergenerational trauma? Healing?

A combination of immense healing, community training and a return to the ceremonies, spirituality, and the cultural ways of our people by bringing back:

- Culture
- Language
- Land
- People's health emotionally, mentally, physically, spiritually
- Way of life
- Religion
- Family structure by rebuilding it

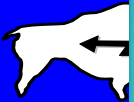
CONSIDER THE SEVENTH GENERATION

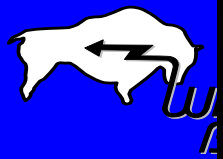
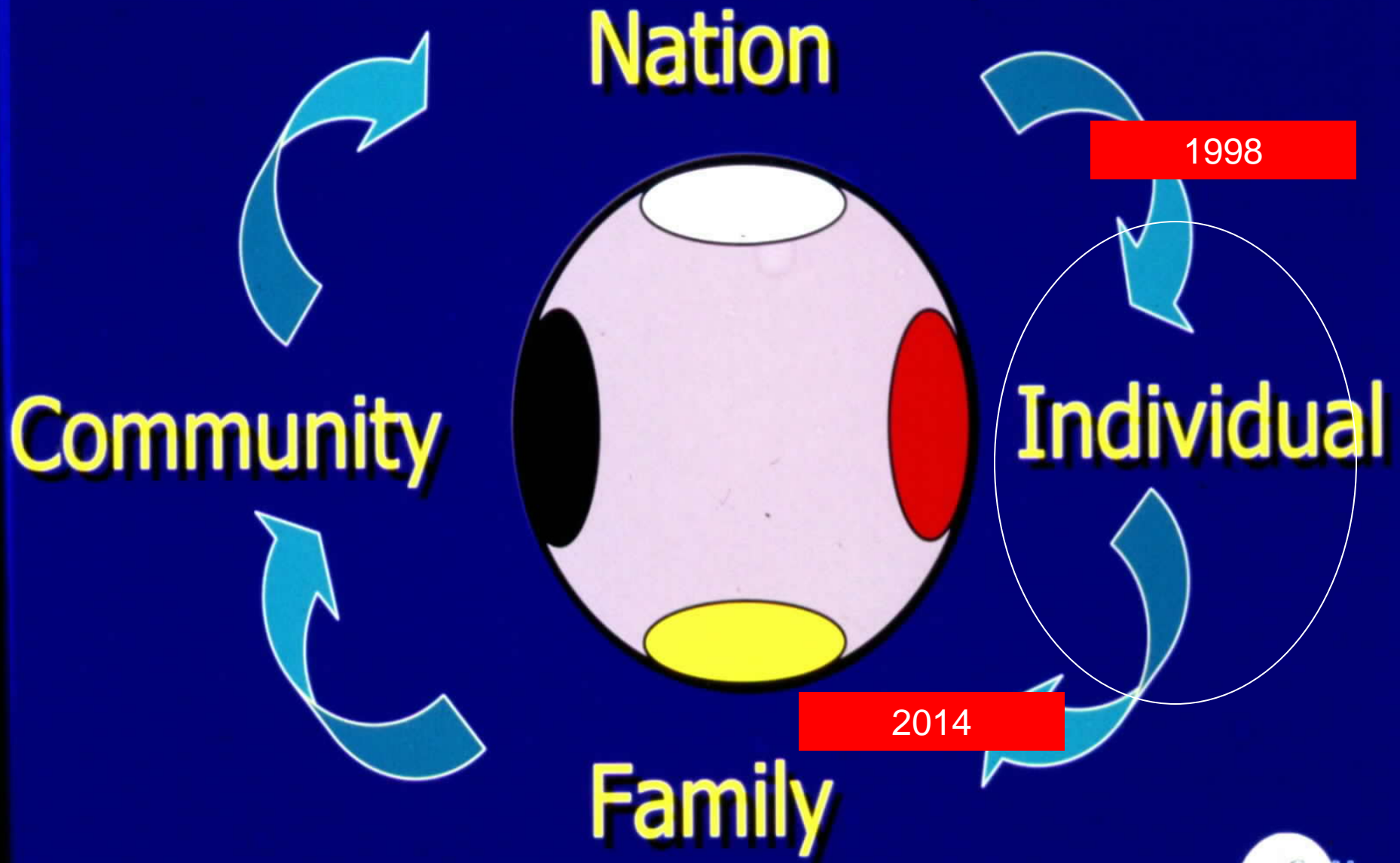
This is the cycle we must prepare!

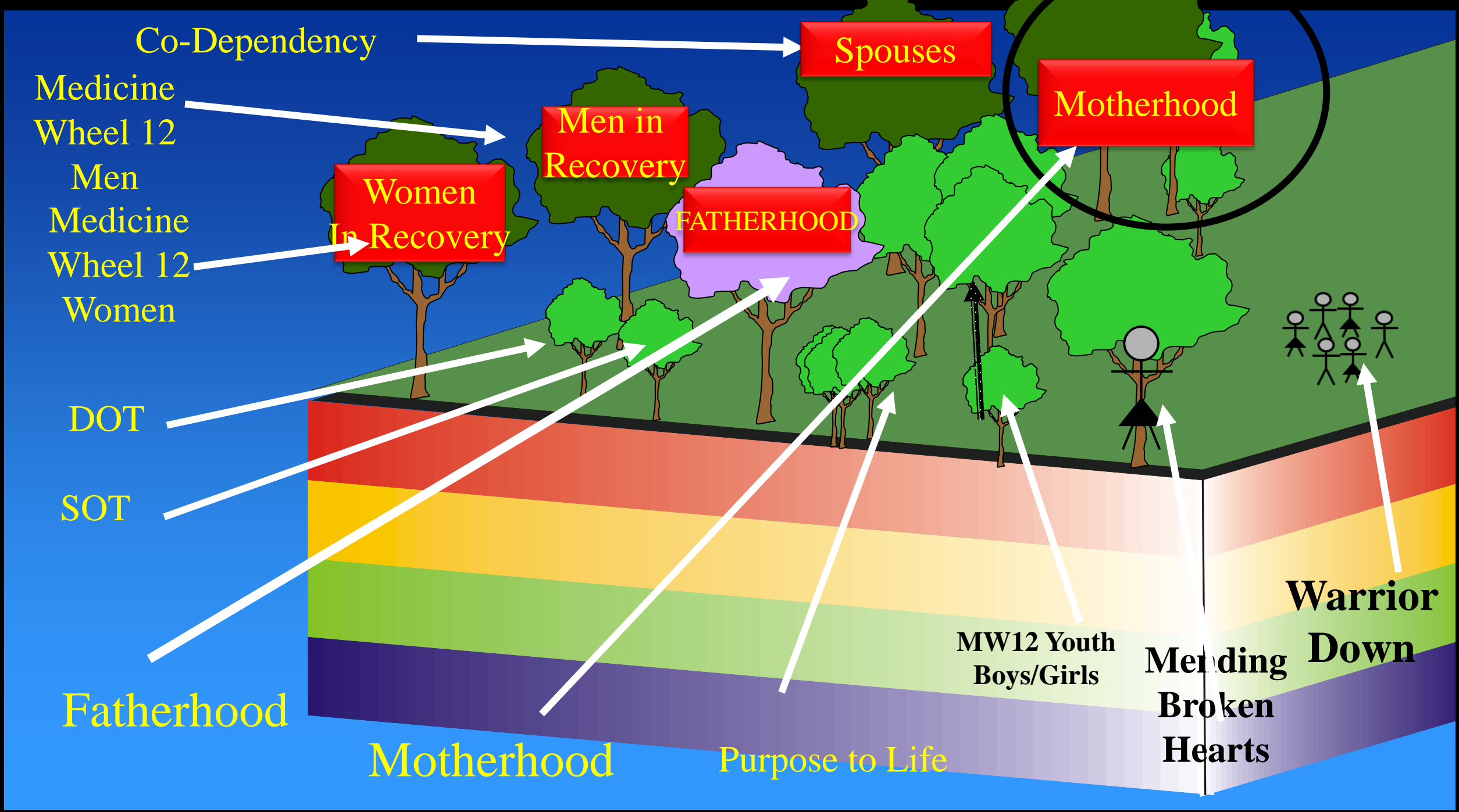


The Four Laws of Change

- ✦ **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.**







Co-Dependency

Spouses

Motherhood

Men in Recovery

Women In Recovery

FATHERHOOD

Medicine Wheel 12 Men Medicine Wheel 12 Women

DOT

SOT

Fatherhood

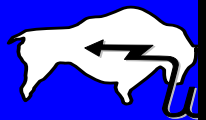
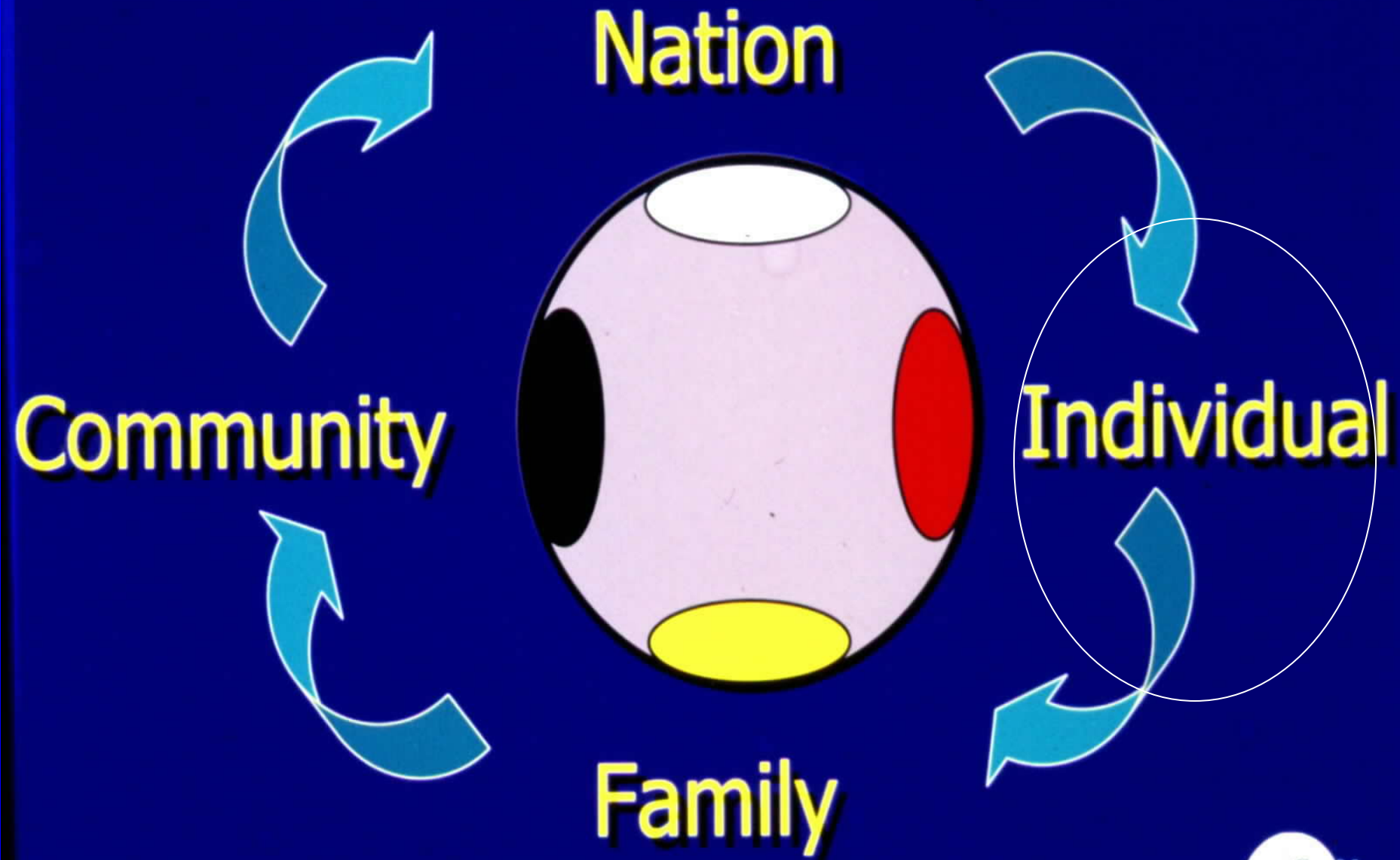
Motherhood

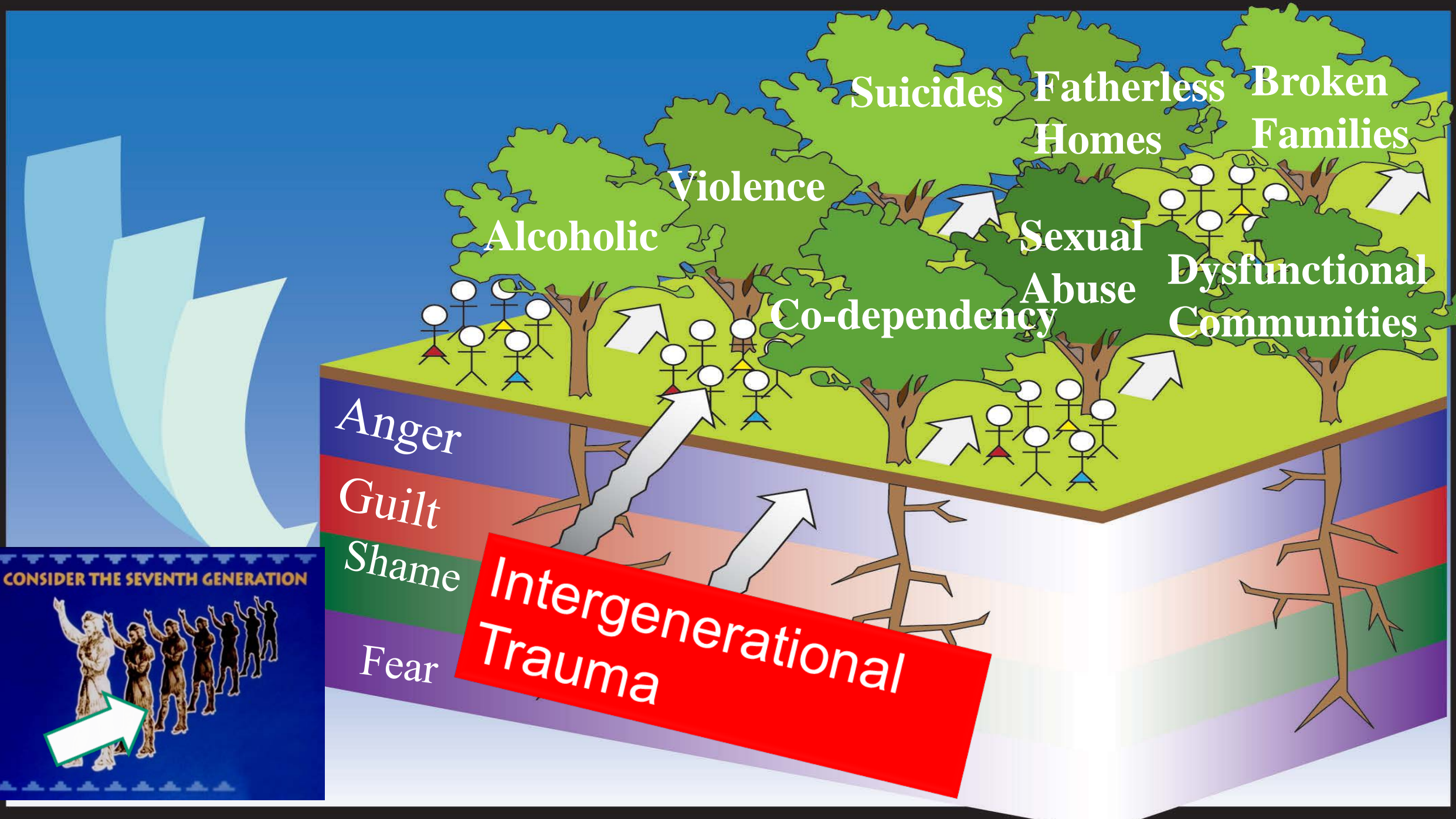
Purpose to Life

MW12 Youth Boys/Girls

Mending Broken Hearts

Warrior Down





Suicides
Fatherless Homes
Broken Families

Violence

Alcoholic

Sexual Abuse

Co-dependency

Dysfunctional Communities

Anger

Guilt

Shame

Fear

Intergenerational Trauma

CONSIDER THE SEVENTH GENERATION

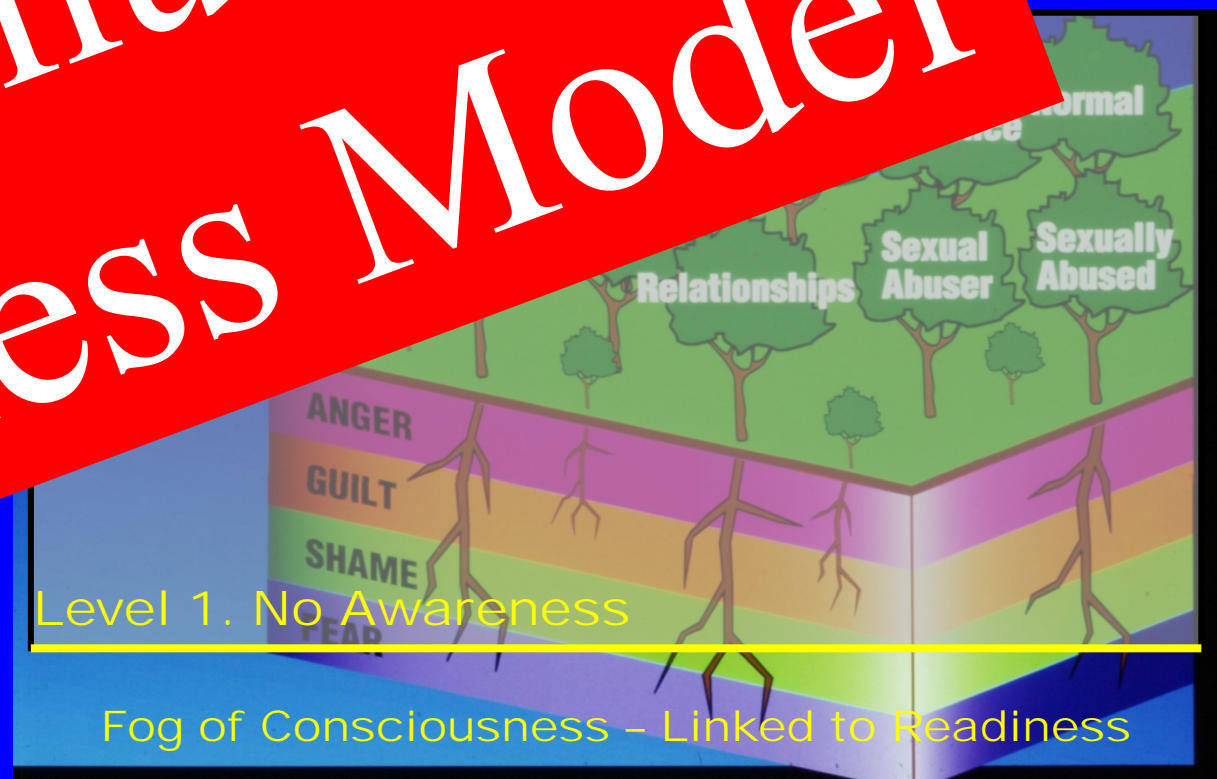


Nine Levels of Readiness for Change

Six Dimensions of Readiness for Change
Each dimension is a "Business."
(1) Community Knowledge
Date:
Issues (Issue)

- 9. High Level
- 8. Community
- 7.
- 6.
- 5.
- 4.
- 3.
- 2. Denial
- 1. No Awareness

Community Readiness Model

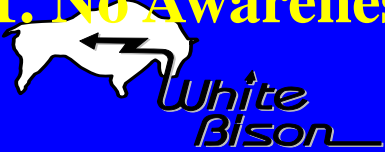
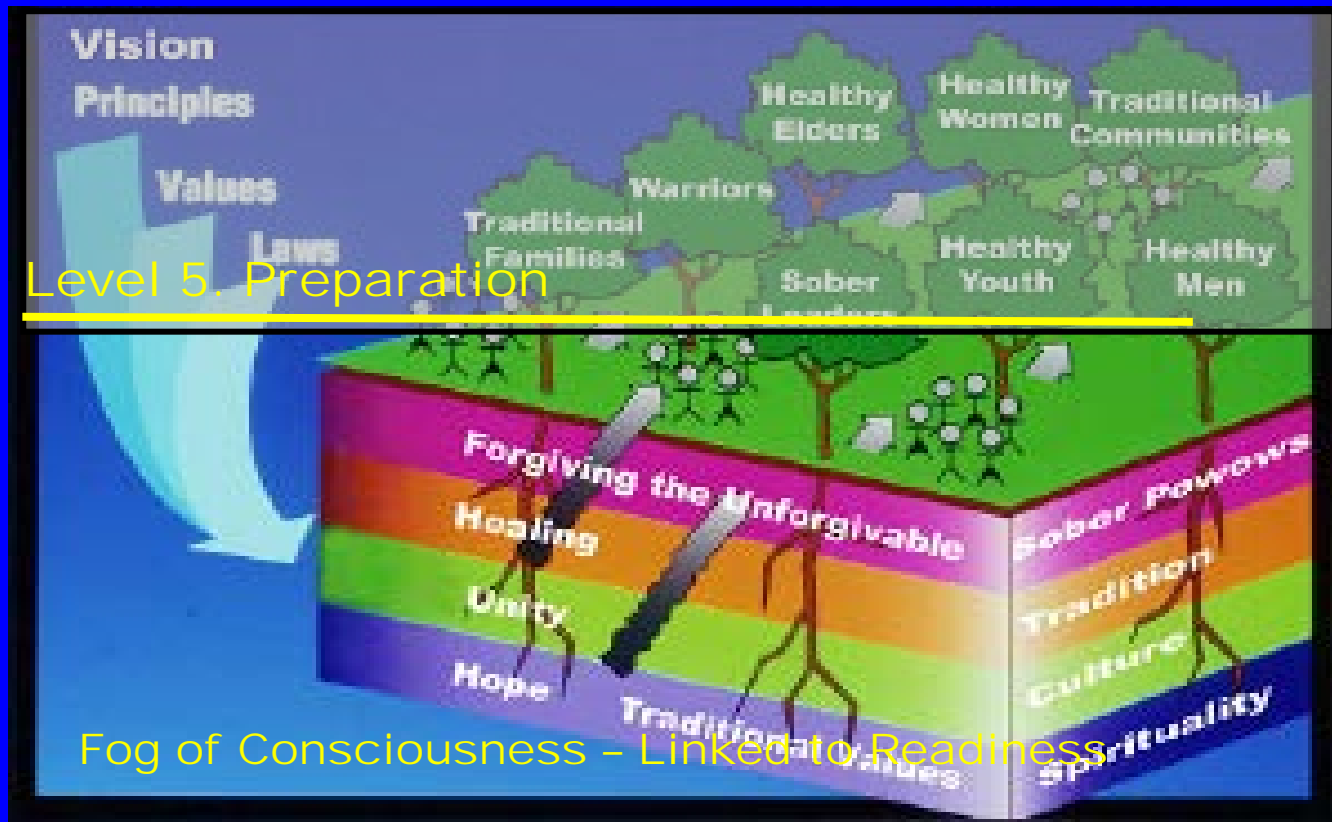


Nine Levels of Readiness for Change

- 9. High Level of Community Ownership
- 8. Confirmation /Expansion
- 7. Stabilization
- 6. Initiation
- 5. Preparation
- 4. Preplanning
- 3. Vague Awareness
- 2. Denial / Resistance
- 1. No Awareness

Six Dimensions:
Each dimension has its own “readiness.”

(1) Community Efforts: (2) Community Knowledge (Efforts):
 (3) Leadership: (4) Community Climate;
 (5) Community Knowledge (Issues); (6) Resources (Issue)



Nine Levels of Readiness for Change

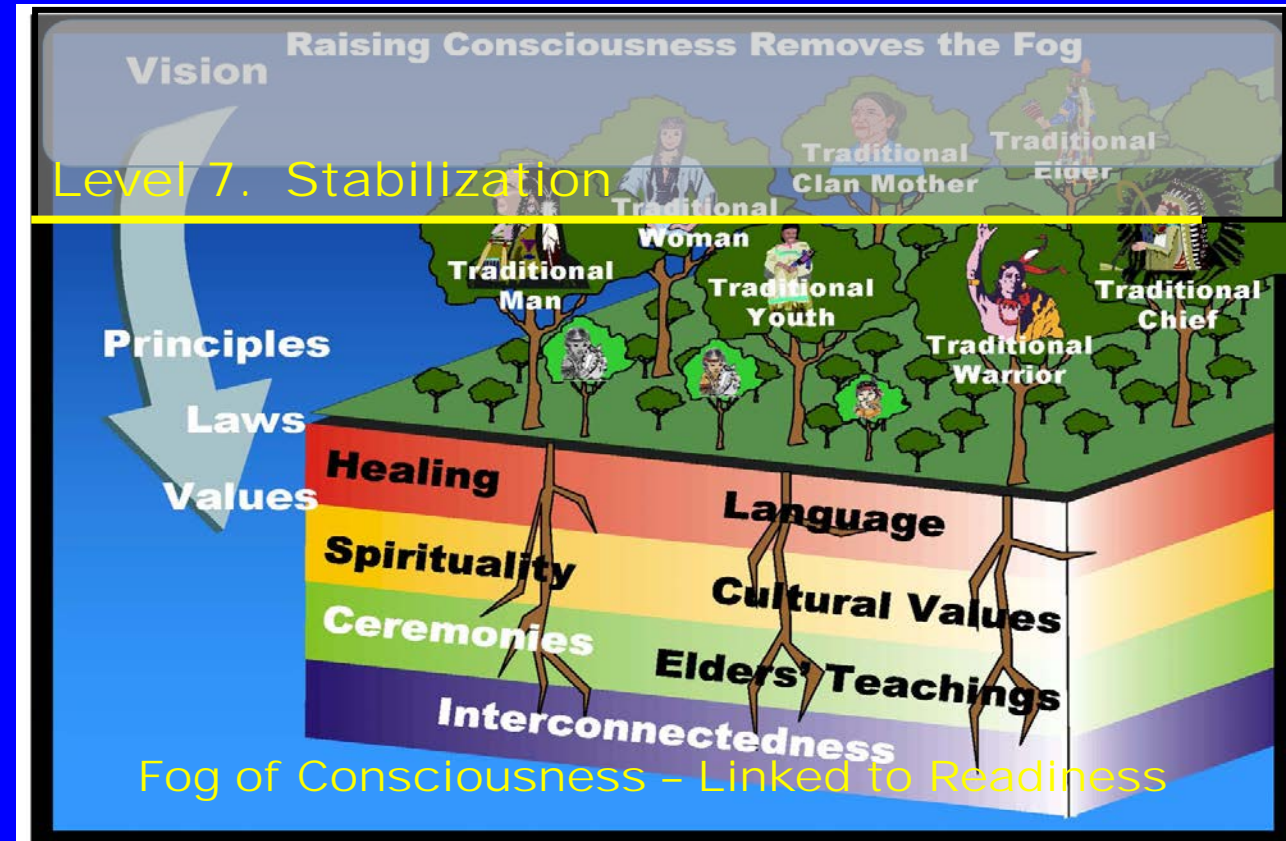
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1. No Awareness



Six Dimensions:

Each dimension has its own "readiness."

- (1) Community Efforts; (2) Community Knowledge (Efforts);
 (3) Leadership; (4) Community Climate;
 (5) Community Knowledge (Issues); (6) Resources (Issue)





**Mending Broken Hearts
Grief Healing coaches
(Professionals)**



Step 1

the

Culture

Battered ACOA Violence Normal

Alcoholic CODA Relationships Sexual Abuser Sexually Abused

ANGER

GUILT

SHAME

Intergenerational Trauma

7 Generations Before

Issues

Pain

Hurt



the

Culture

Battered ACOA Violence Normal

Alcoholic CODA Relationships Sexual Abuser Sexually Abused

ANGER
GUILT
SHAM
FEAR

Celebrating Families
The new platform

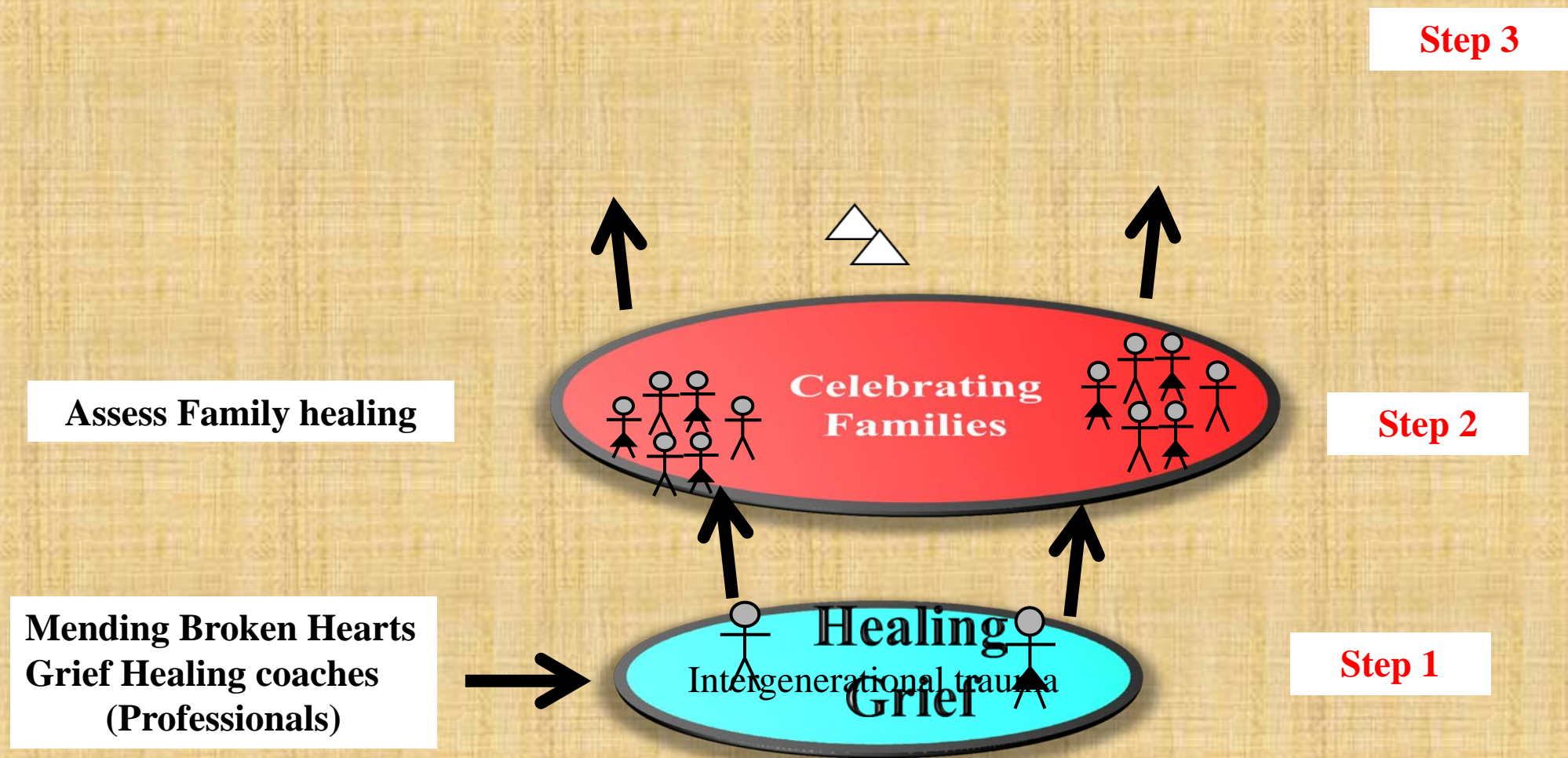
Family in Reovery

Issues

Healing The Hurt

Cycle Of Life





Wellbriety Movement Celebrating Families

IN partnership
With NACOA
and
Wellbriety Training
Institute



“healing families through Culture
Knowledge”



MISSION

TO MAXIMIZE PARTICIPANTS' POTENTIAL TO BE HEALTHY, RESPONSIBLE AND ADDICTION FREE.

GOAL

TO INCREASE PROTECTIVE FACTORS AND DECREASE RISK FACTORS IN PARTICIPANTS' LIVES.

OBJECTIVES

1. TO BREAK THE CYCLE OF ADDICTION IN FAMILIES.
2. TO DECREASE PARTICIPANTS' USE OF ALCOHOL AND OTHER DRUGS BY INCREASING HEALTHY LIVING SKILLS.
3. TO WORK WITH FAMILY TREATMENT COURTS AND OTHER AGENCIES TO HELP INCREASE FAMILY REUNIFICATION.

RESEARCH BASE

1. ADDICTION & BRAIN CHEMISTRY
2. ATTACHMENT
3. TRAUMA
4. DEVELOPMENTAL ASSETS – SEARCH INSTITUTE
5. RISK & PROTECTIVE FACTORS
6. LEARNING DIFFERENCES, FASD, & COGNITIVE DEFICITS

ORIENTATION TO *CF!*

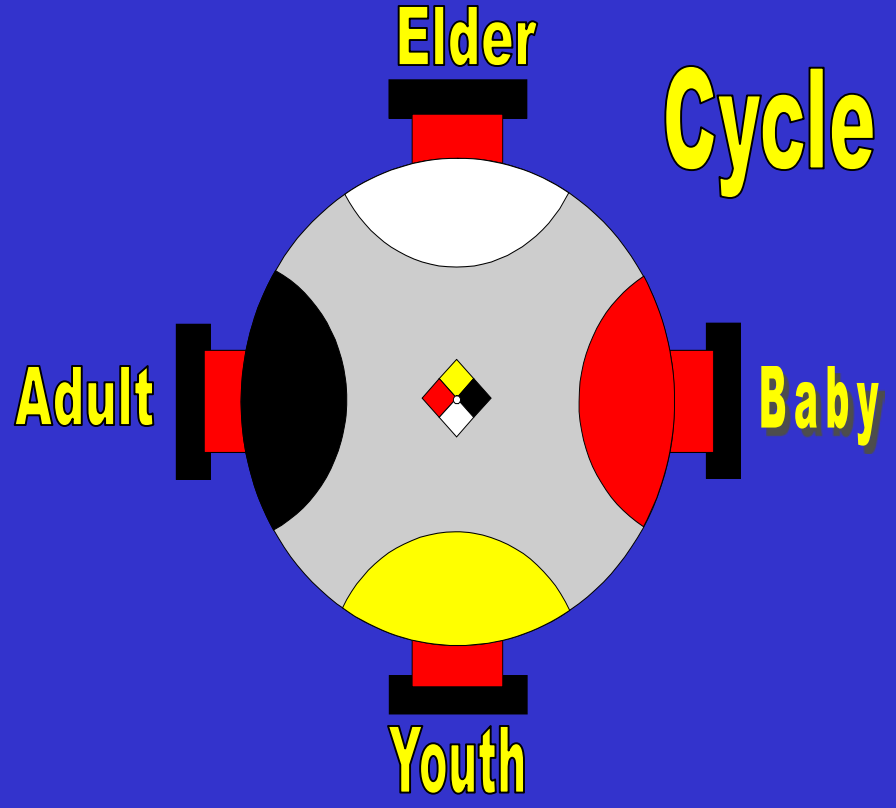
- RESEARCH BASED & FROM THE FIELD
- DEVELOPED BY TEAM FOR COA/As
- GOAL IS BREAKING CYCLE OF ADDICTION IN FAMILIES
- WORKS WITH WHOLE FAMILY
- FOCUS ON SKILL BUILDING
- ADDRESSES ADDICTION IN EVERY SESSION

RISK FACTORS

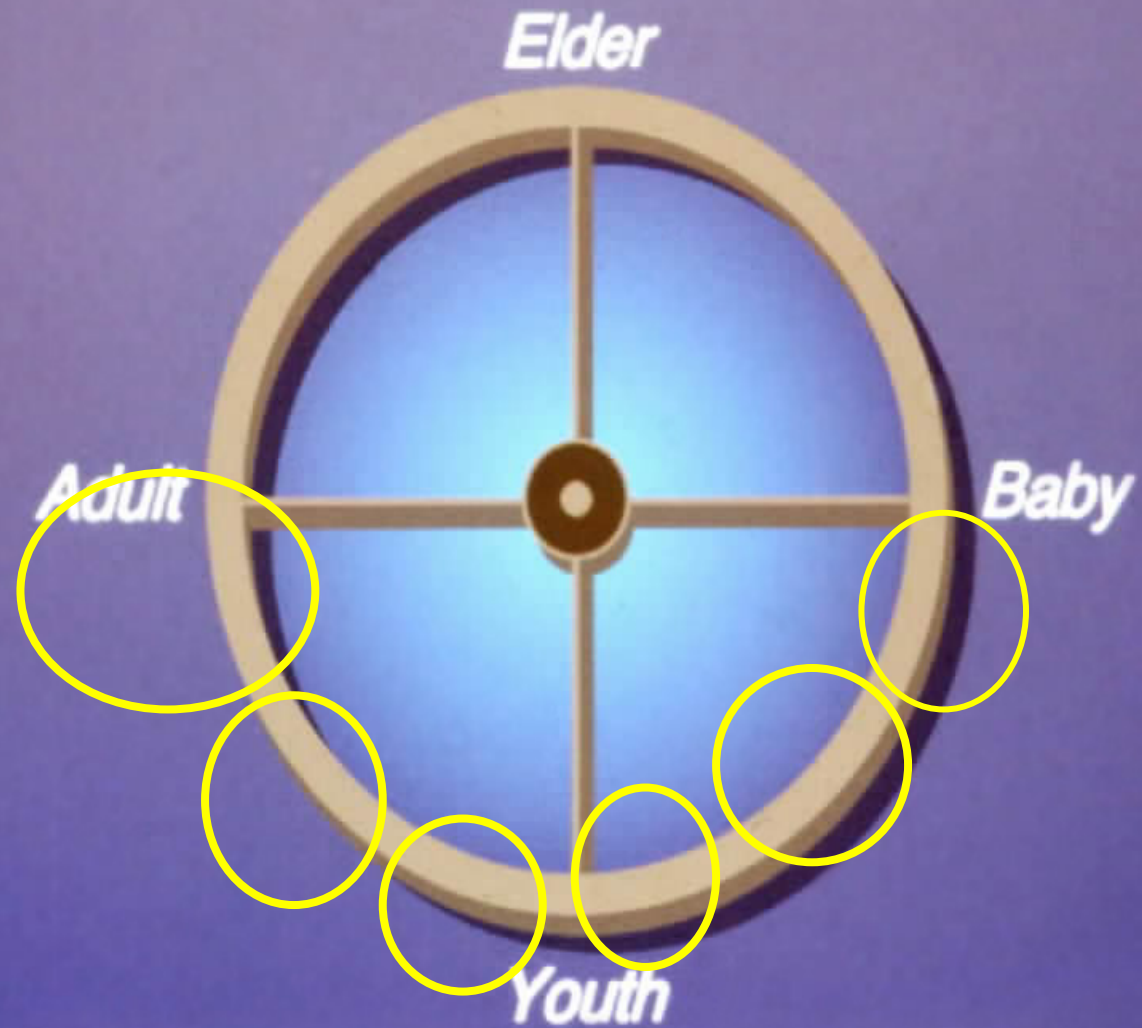
- AVAILABILITY OF ATOD
- FAMILY HISTORY OF ADDICTION – 4X
- PARENTAL USE **OR** POSITIVE ATTITUDE TOWARDS USE
- OTHER PROBLEMS IN THE FAMILY: ABUSE, POVERTY, DOMESTIC VIOLENCE
- BEHAVIOR/LEARNING PROBLEMS
- FRIENDS WHO USE AND THINK IT IS FUN OR “COOL”
- EARLY USE



Cycle of Life

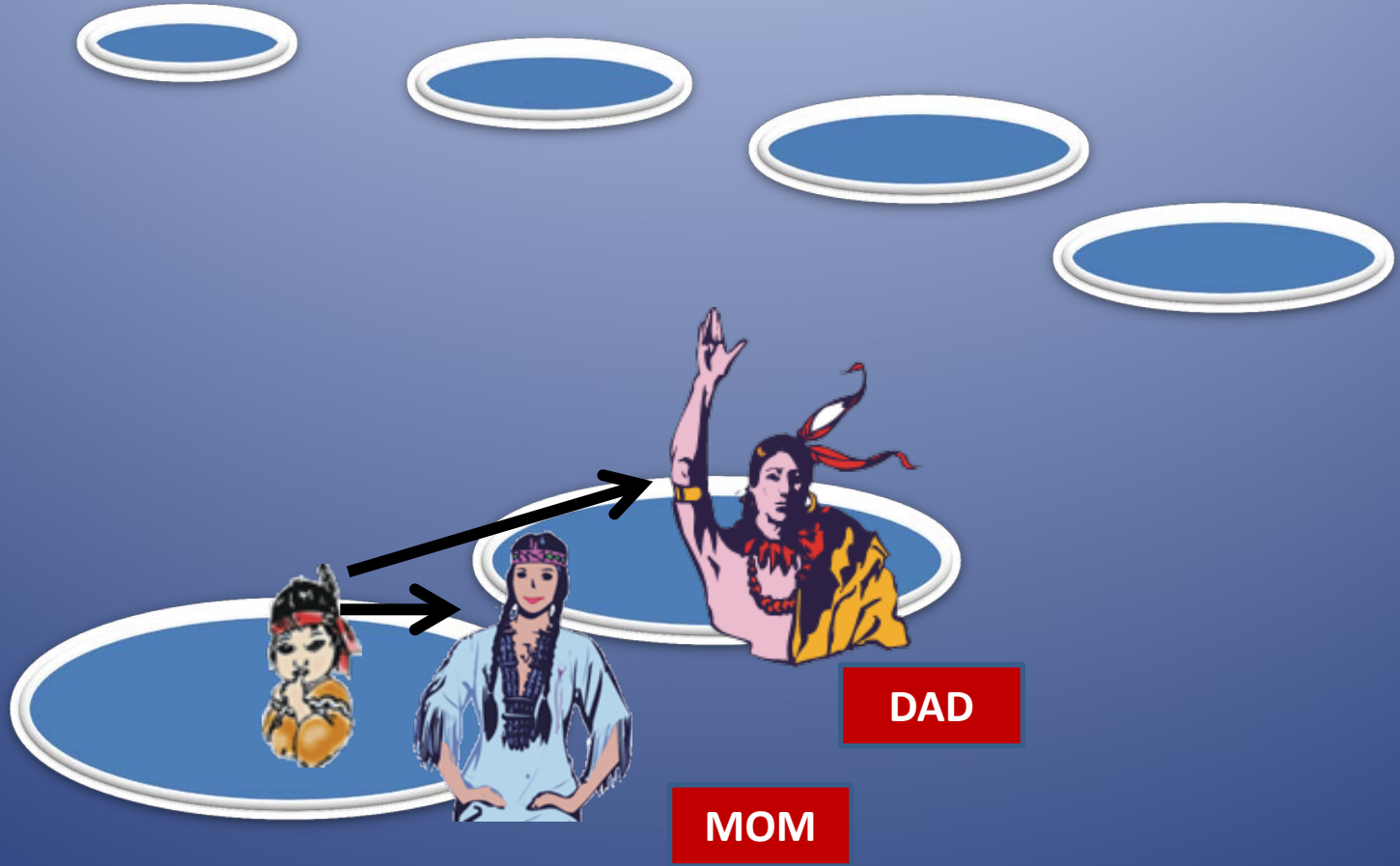


THE MEDICINE WHEEL



Parenting begins long before a baby is born...



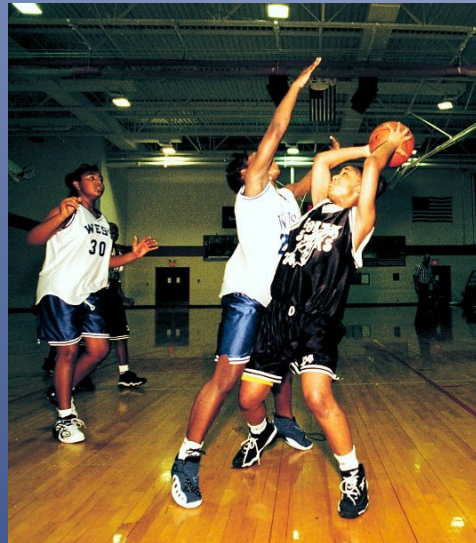


Children from Fatherless Homes...

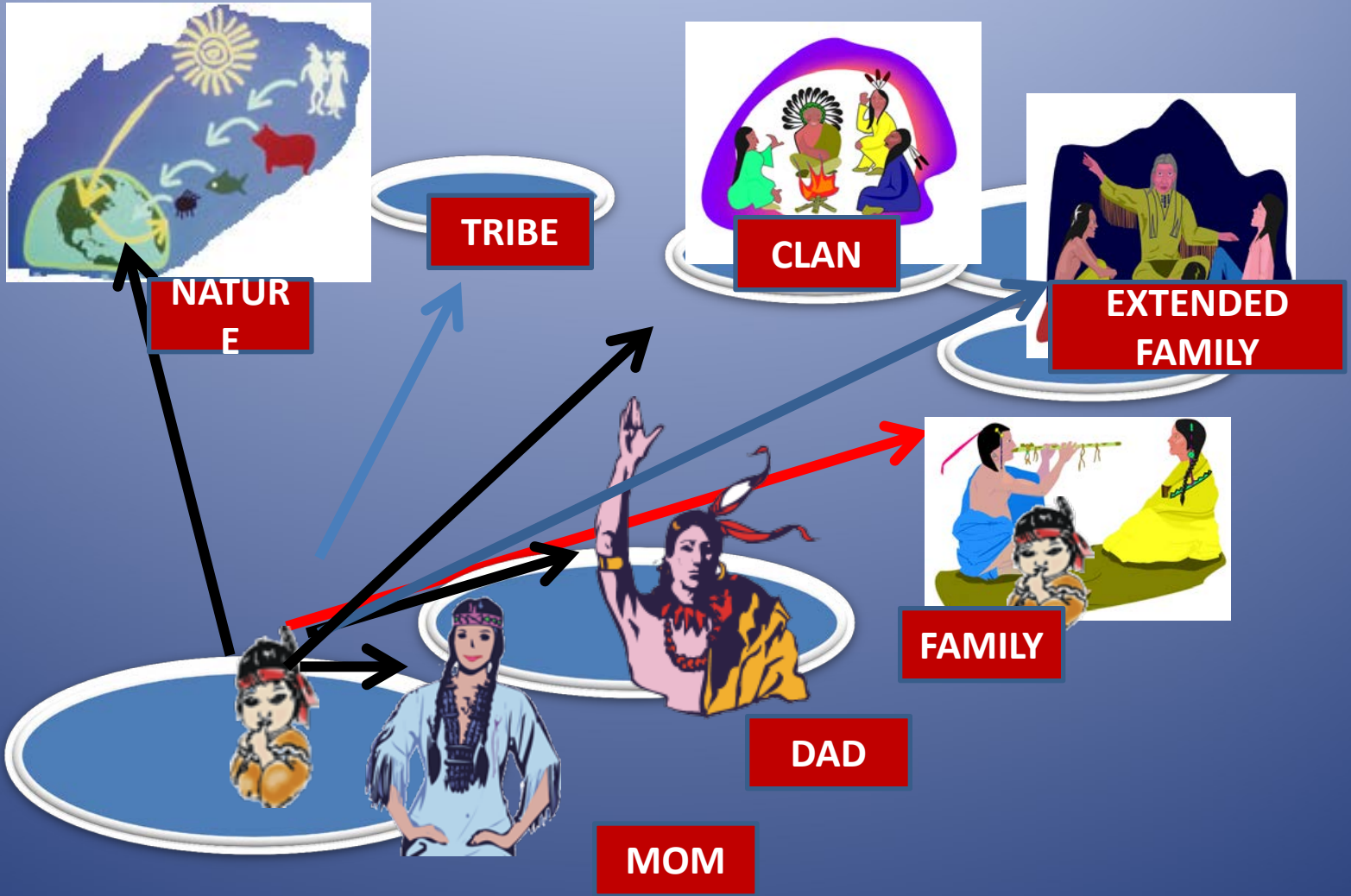
- 5 times more likely to commit suicide.
- 32 times more likely to run away.
- 20 times more likely to have behavioral disorders.
- 14 times more likely to commit rape

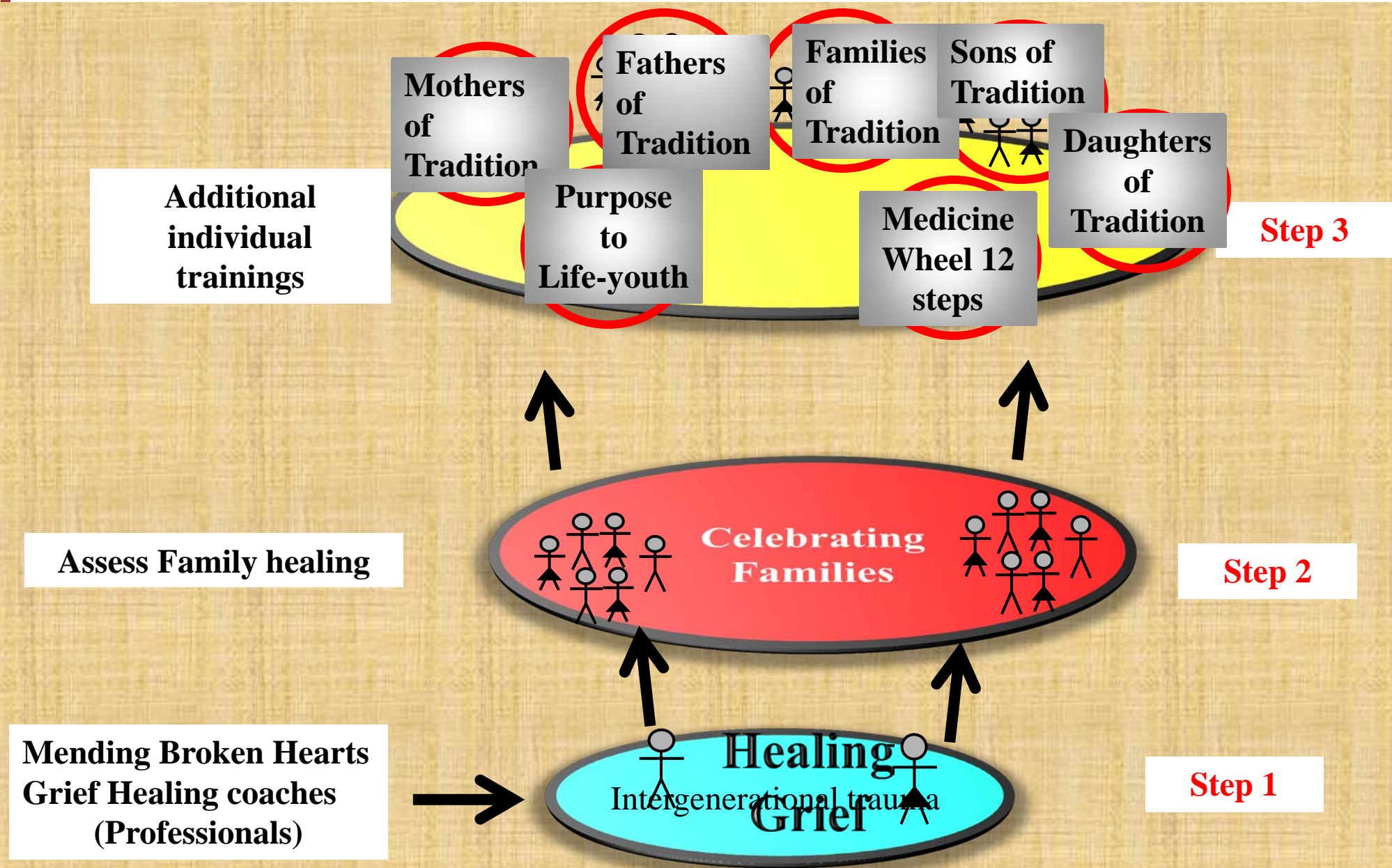


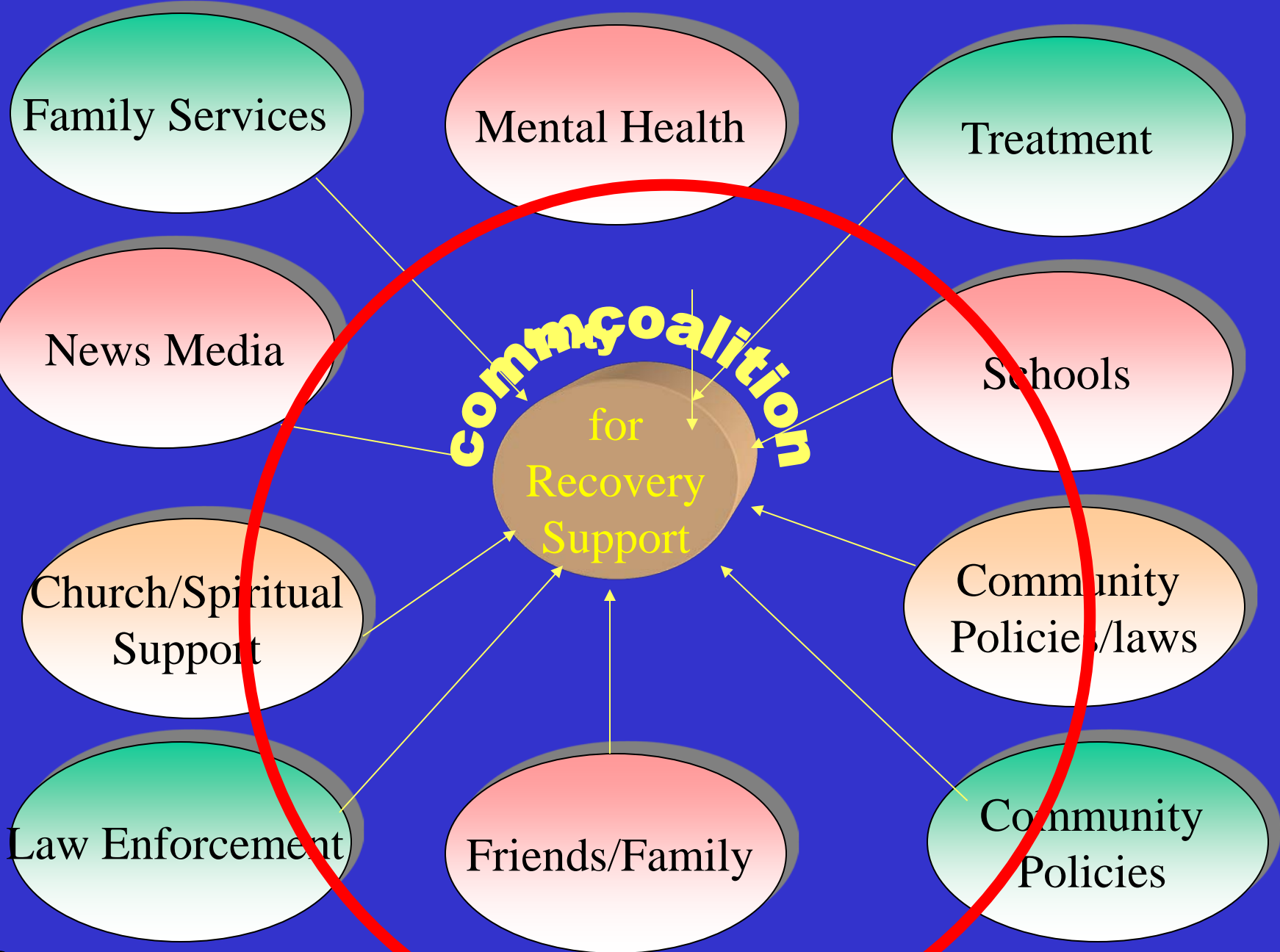
Children from Fatherless Homes...



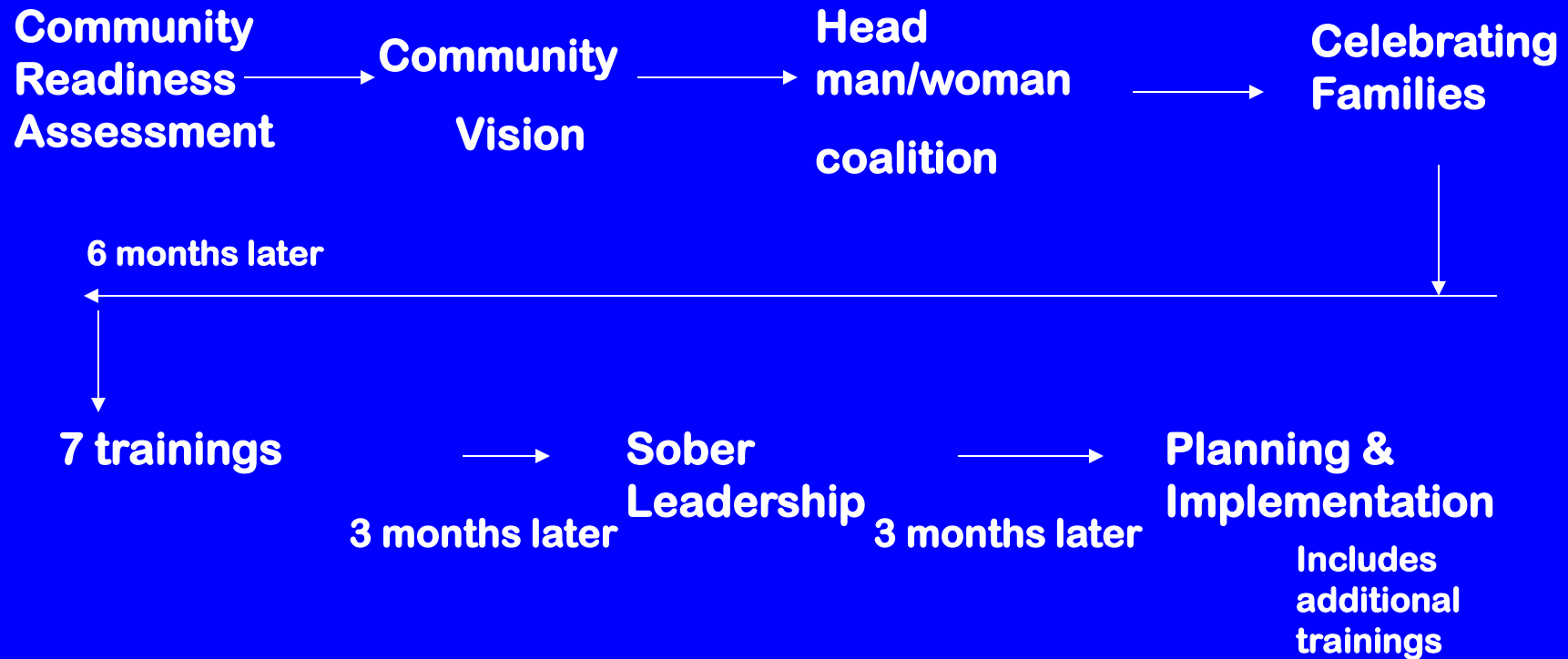
- 9 times more likely to drop out of high school.
- 10 times more likely to abuse chemical substances.
- 9 times more likely to end up in a state-operated institution.
- 20 times more likely to end up in prison







Seven Steps for Systemic Community Development (5)



Wellbriety Movement: 5 Year Strategic Plan for Wellness

Strategy 1
Introduce the concept of Wellness to the community

Strategy 2
Assess Level of Wellness in community (E-M-P-S)
Readiness for change
Social Indicators

Strategy 3
Engage cultural/spiritual systems of the community in the service of wellness

Strategy 4
Equip Community to Act

Strategy 5
Design a community-based, culturally relevant wellness plan

A portion of each strategy is implemented each year of the process moving from individual to family to community to nation

Communication and ongoing evaluation help to sustain efforts

Nurturing Relationships is essential

Many of the tasks continue each year in a little different form

Strategy 6
Implement Community Education

Strategy 7
Evaluate

Building trust is an on-going process

The fifth year brings the plan to a new level of issues in which new challenges will need to be addressed.

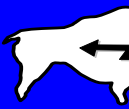
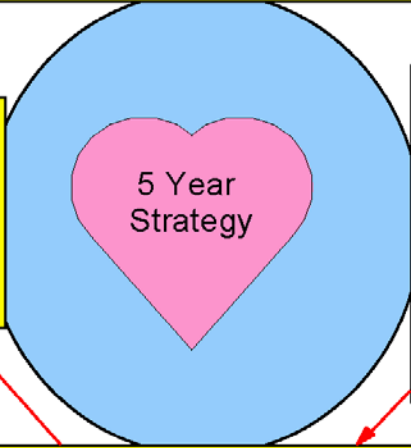
Year 4
(Wintertime)
Continue Education
Recovery Community as change agents
Family circles; Talking Circles in schools, churches
Recovery Community
Review progress and adjust for next cycle

Year 3
(Autumn)
Community Ownership
Environmental support system
Recovery Community leaders
Cultural/spiritual
Schools, Law enf; agencies

Year 2
(Summertime)
Implement the vision
Nurturing relationships
Identifying choices
Creating opportunities
Sharing resources
Measuring milestones
Community education
Pert.Appr; Dept heads & council
Roles for Recovery Community

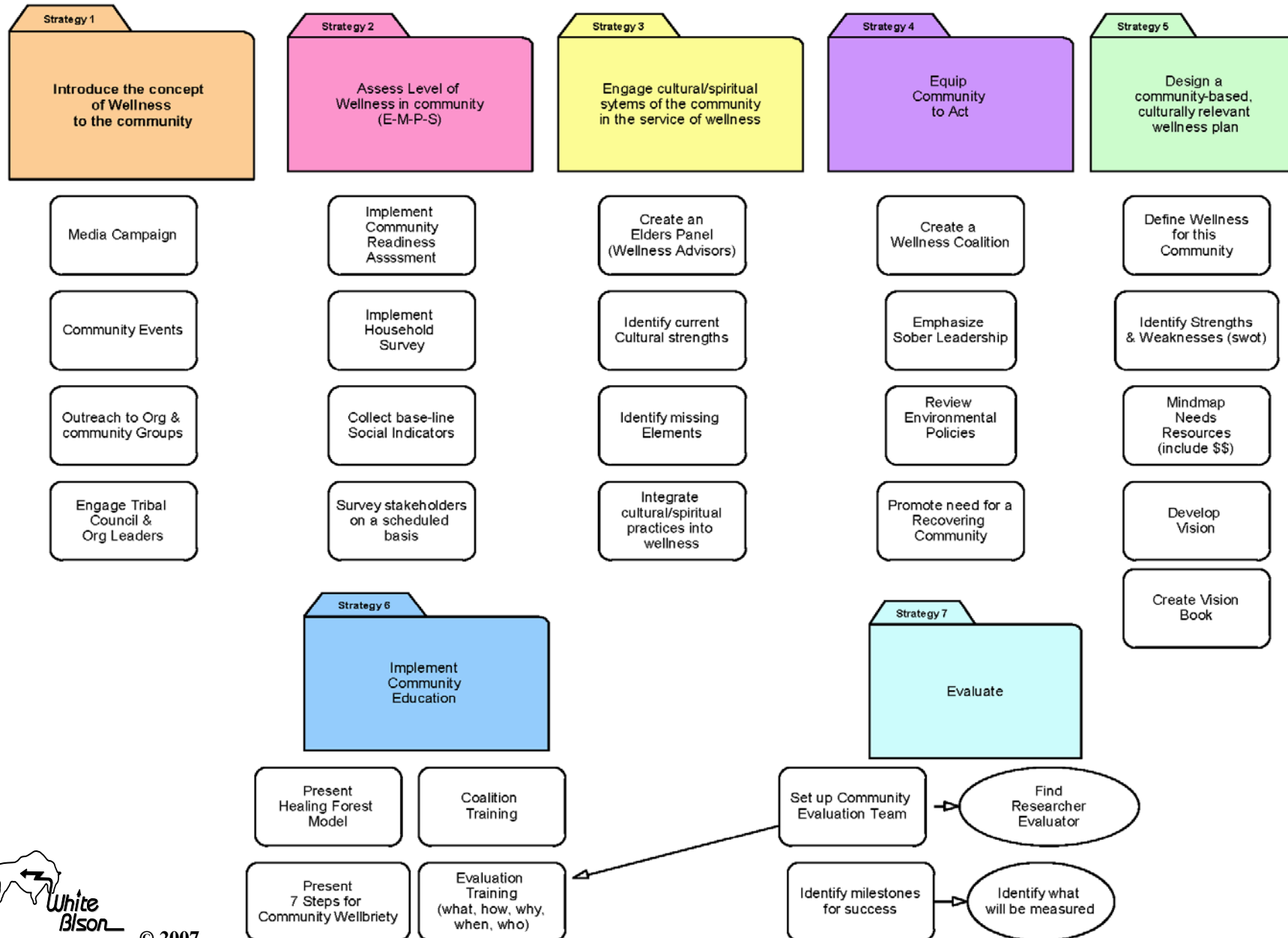
Year 1
(Springtime)
Tasks:
Building relationships
Community Assessment
Defining goals
Creating a vision
Building trust
Creating teams
Providing basic knowledge
Generating commitment
Initiate Recovery Community

Year 5
(Springtime)
New cycle:
Identify SWOT, what's working; what needs development; define new action plan



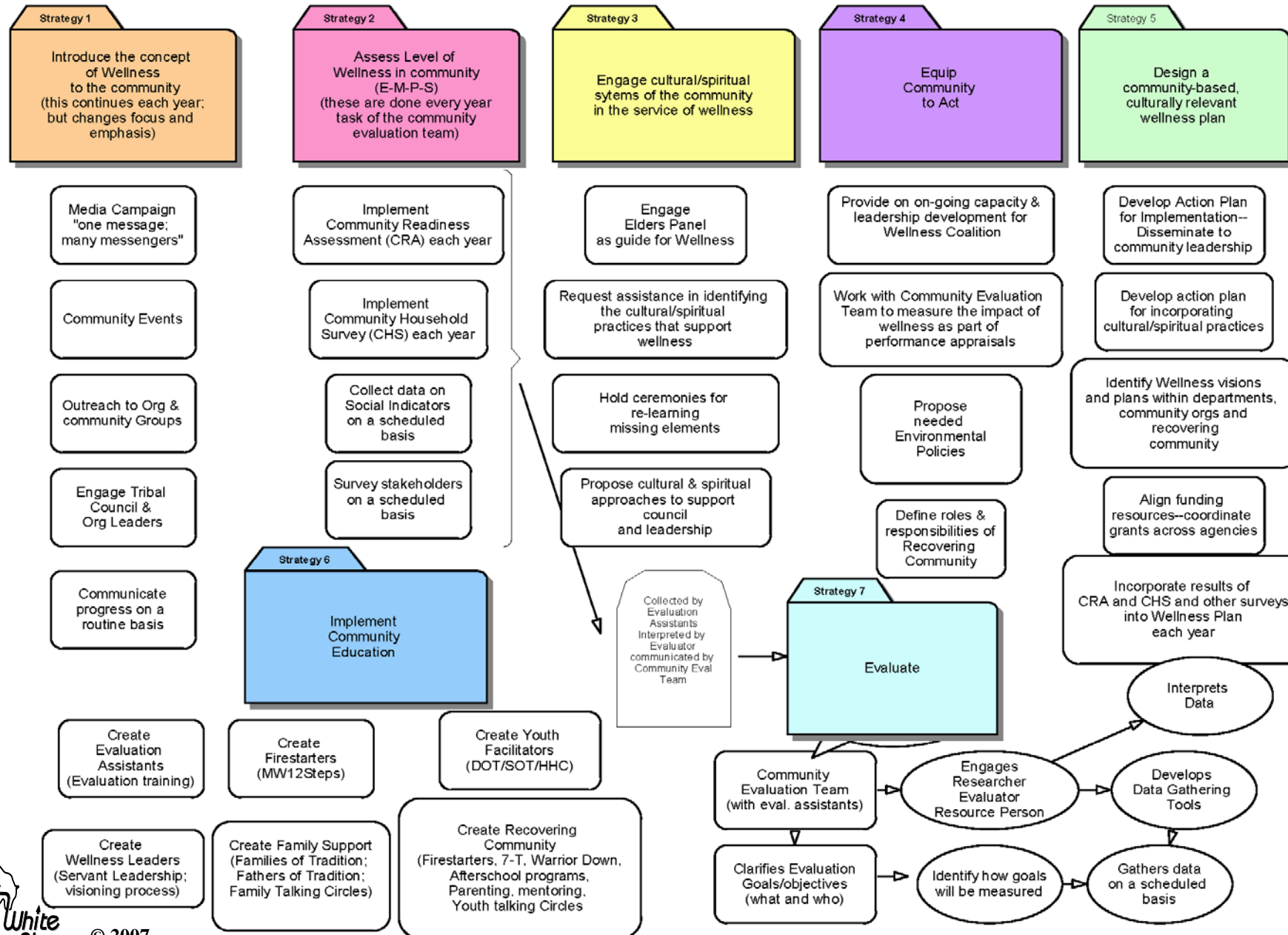
Year 1: Springtime

a new beginning; getting organized; finding our way; defining what works and what doesn't; creating a vision



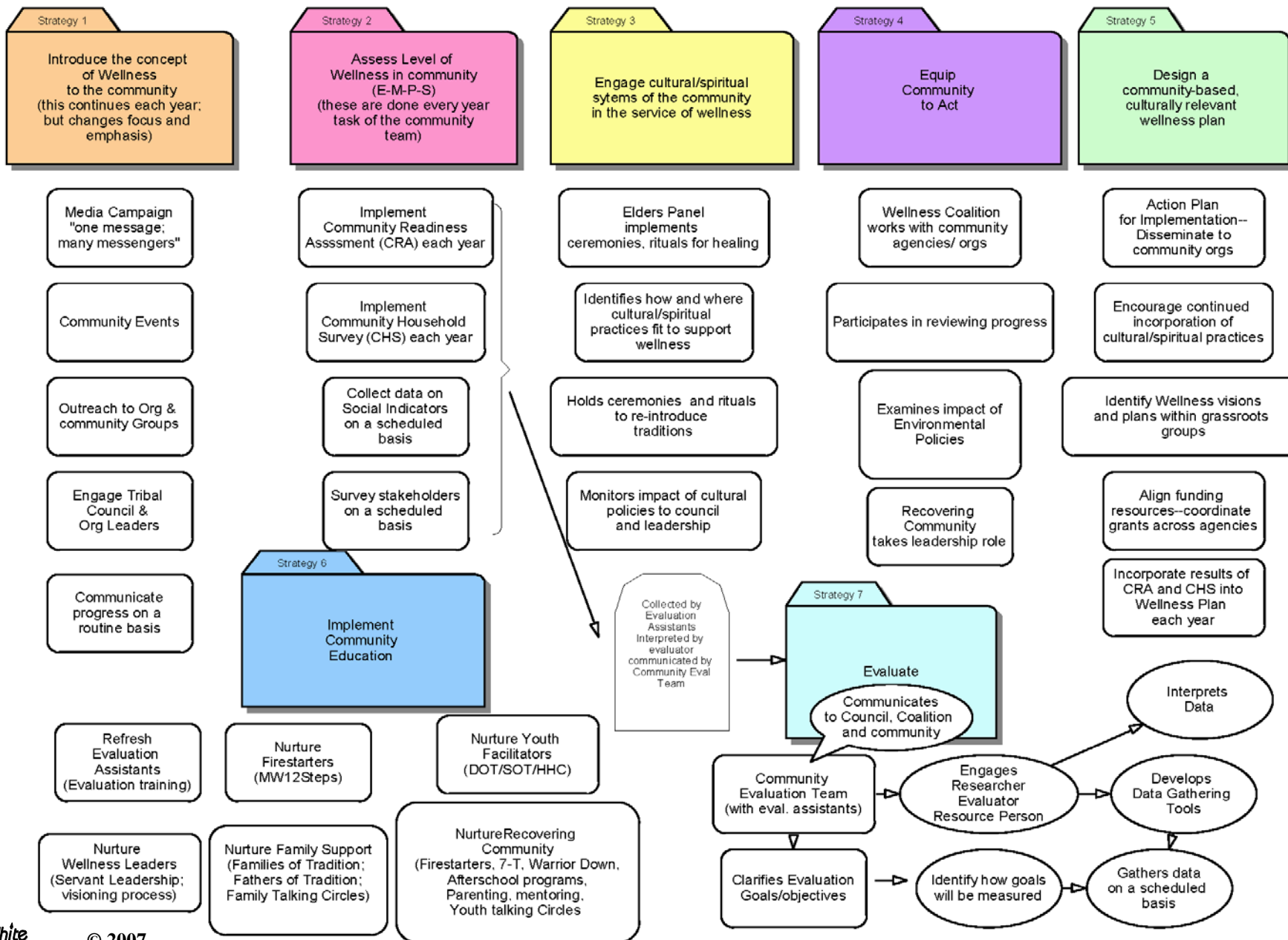
Year 2: Summertime

(choices, opportunities, continue communication; continue data collection; continue education; organize for implementation of plan)



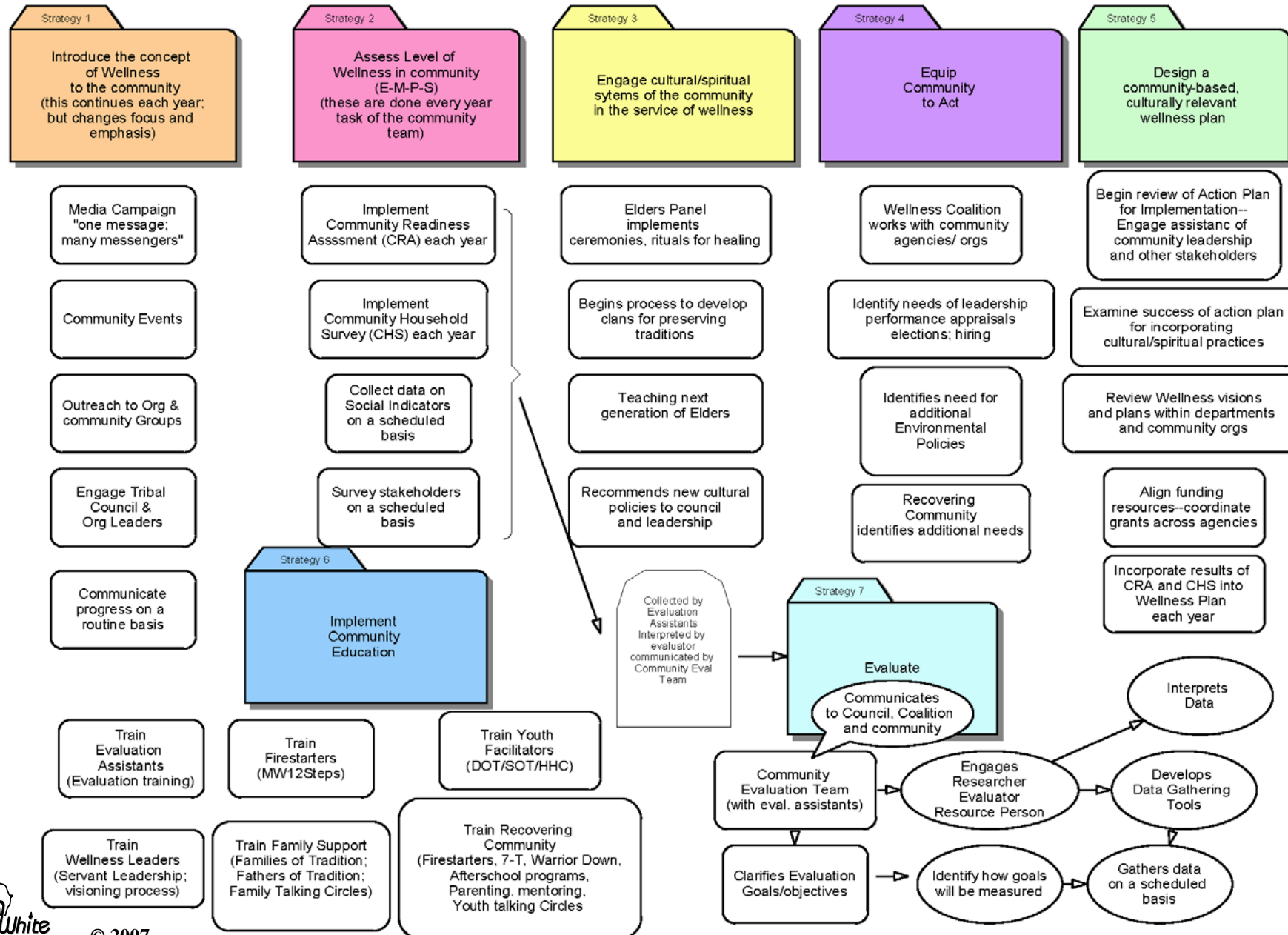
Year 3: Autumn

(leadership, continuation of processes; tweak for new levels of implementation and review)



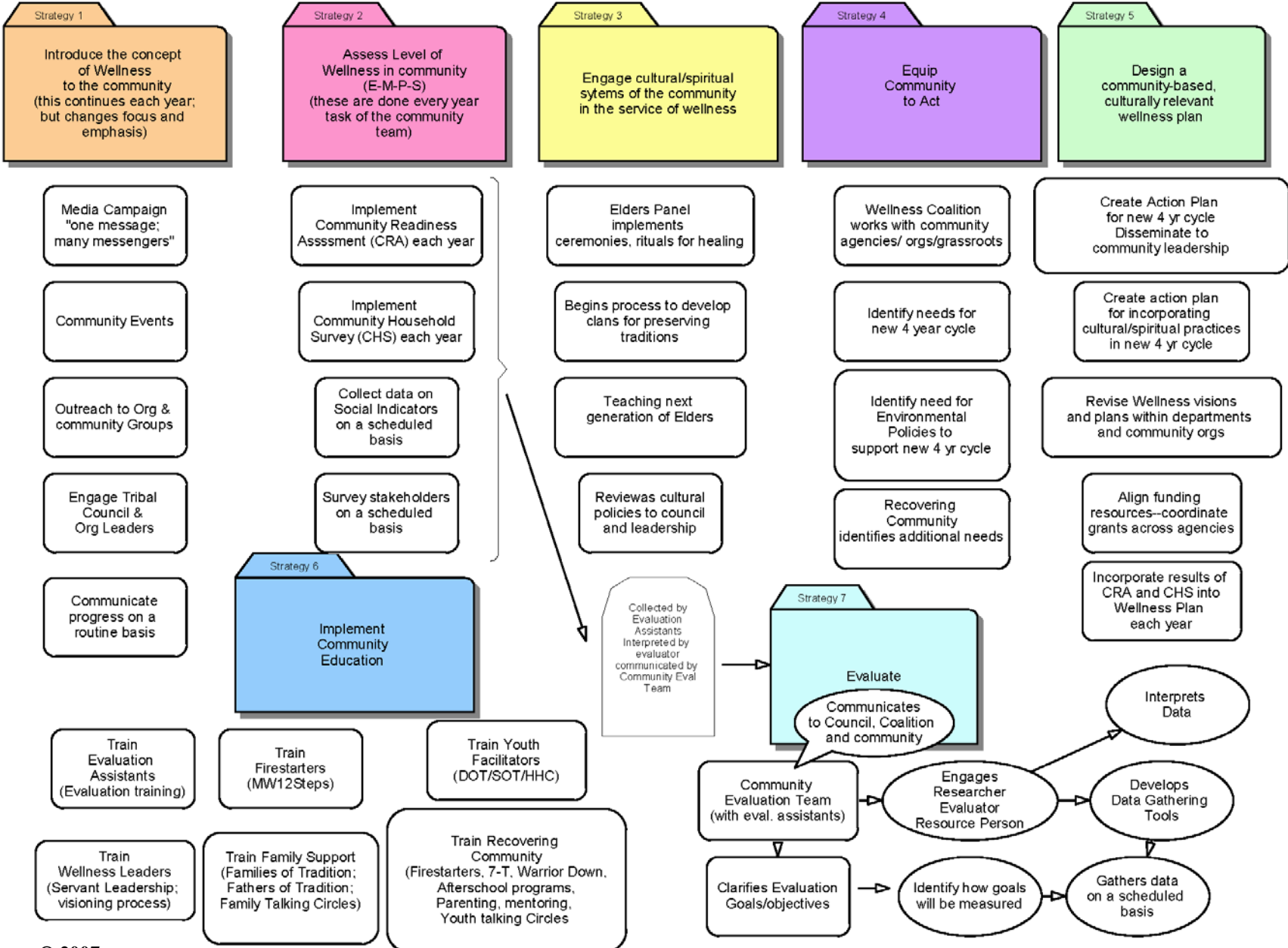
Year 4: Winter

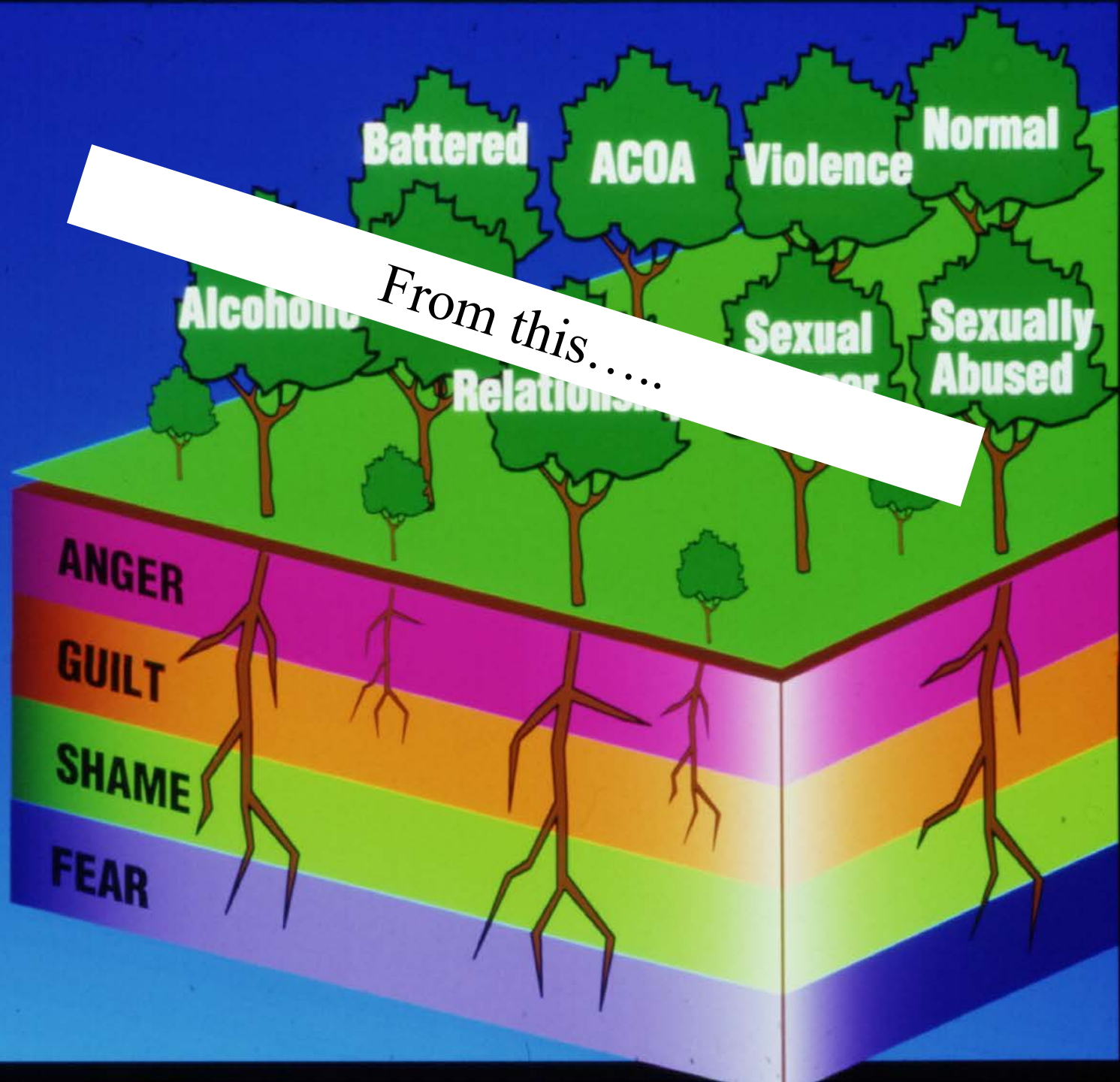
(Review progress; examine integrity of the vision, action plan, evaluation process, milestones)



Year 5: Spring (cycle 2)

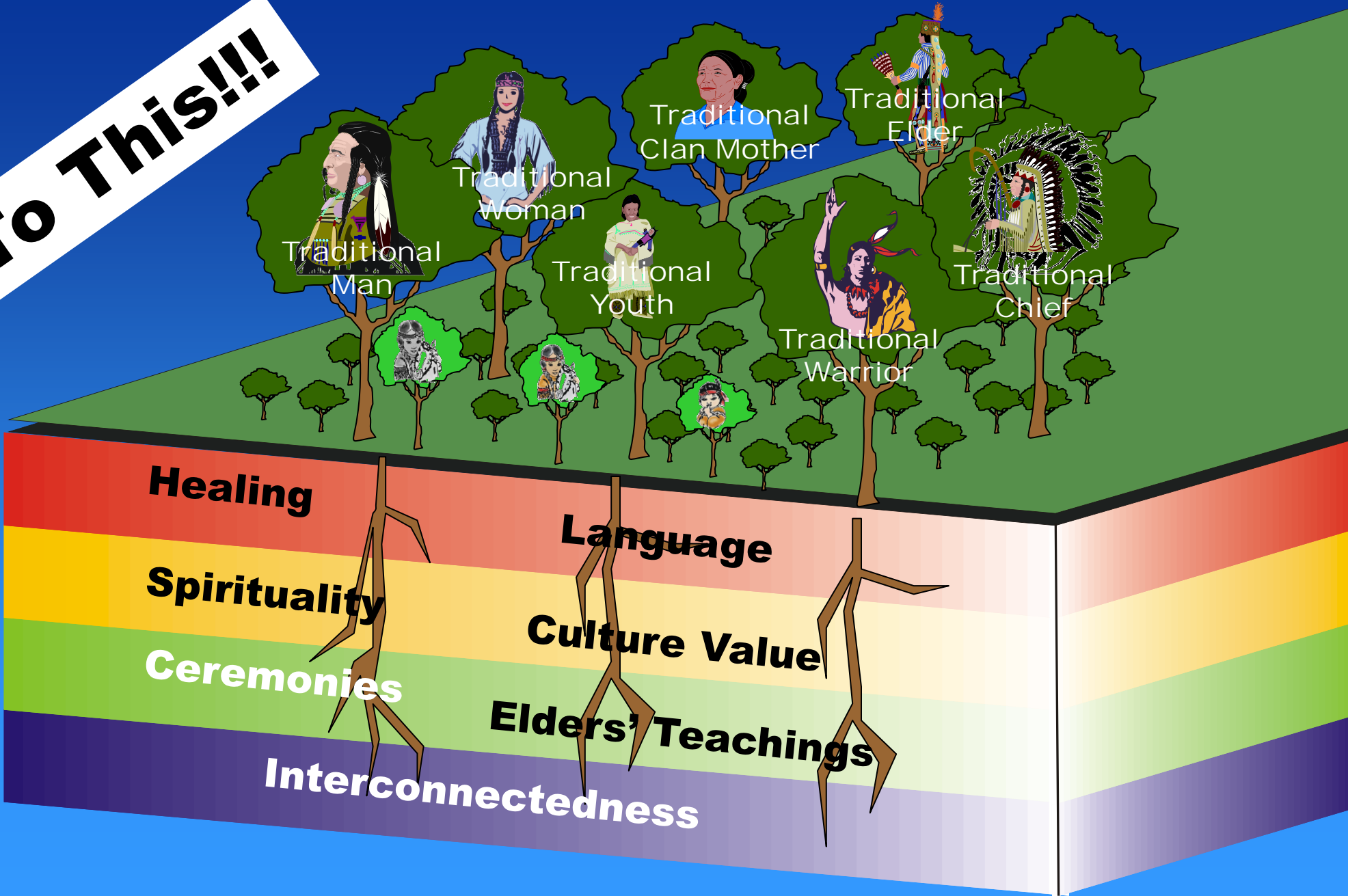
(Examine nature of wellness needs; examine current strengths; revise vision; develop new wellness projects)





From this.....

To This!!!



Traditional Man

Traditional Woman

Traditional Youth

Traditional Clan Mother

Traditional Elder

Traditional Warrior

Traditional Chief

Healing

Language

Spirituality

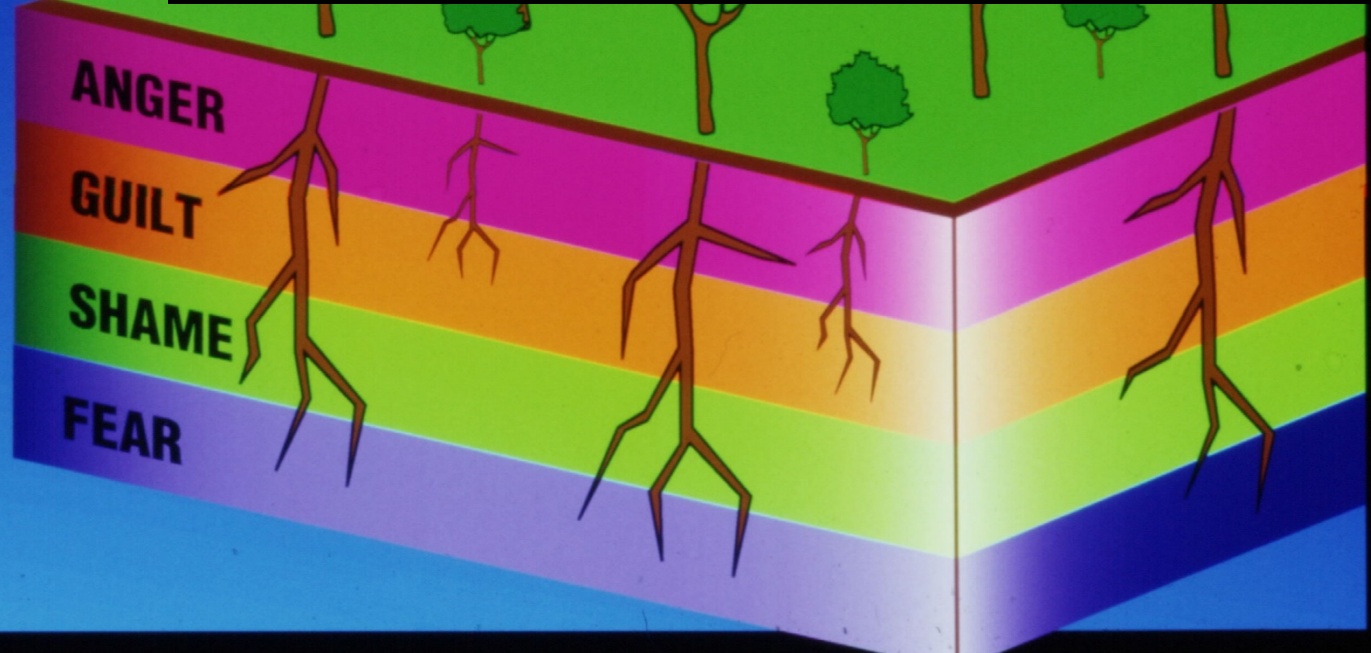
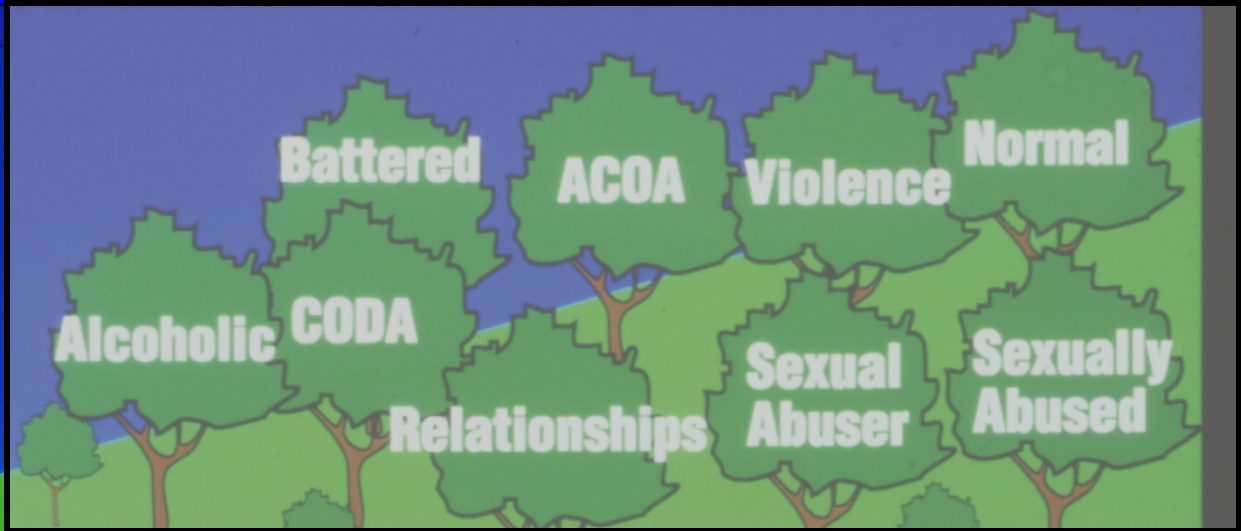
Culture Value

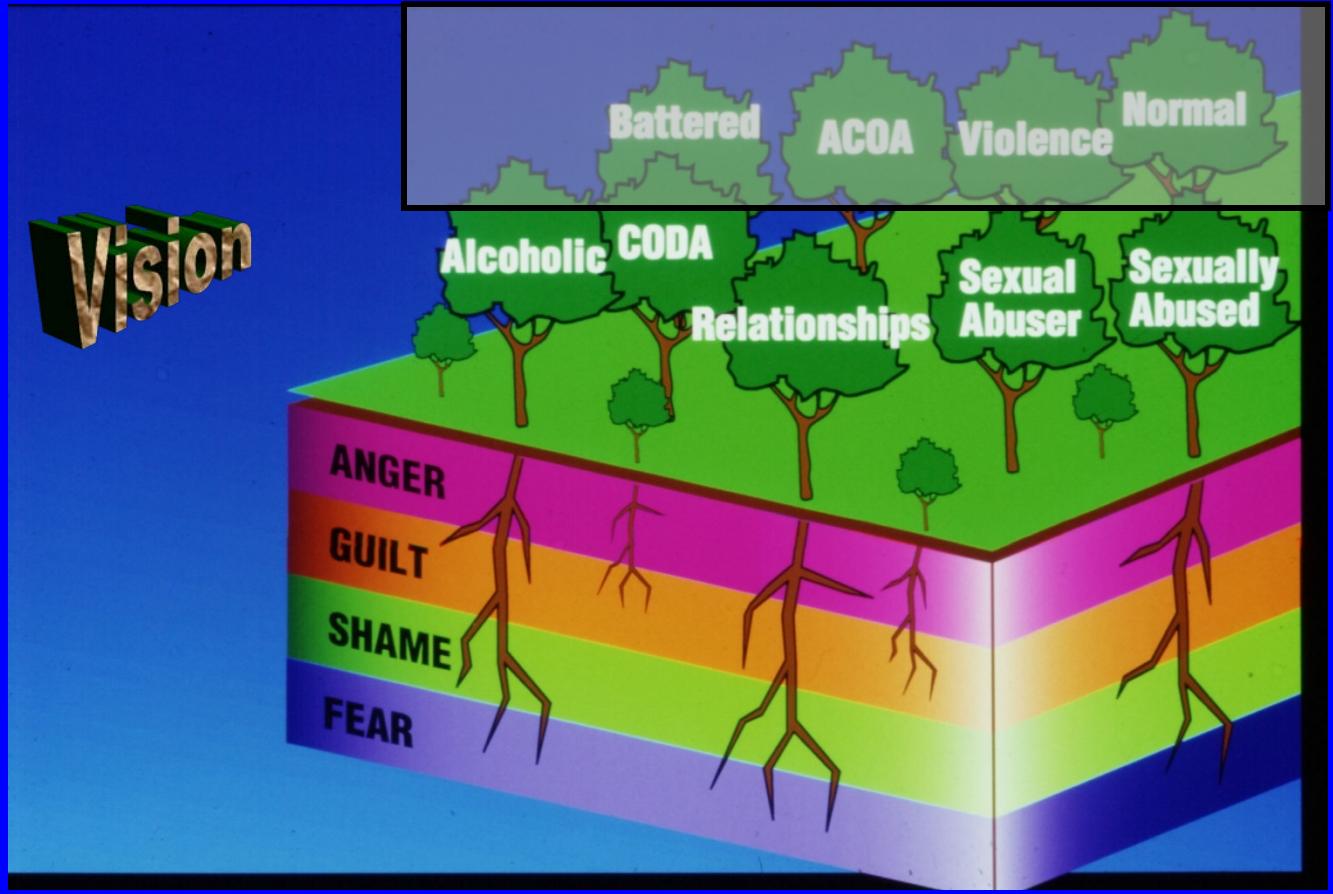
Ceremonies

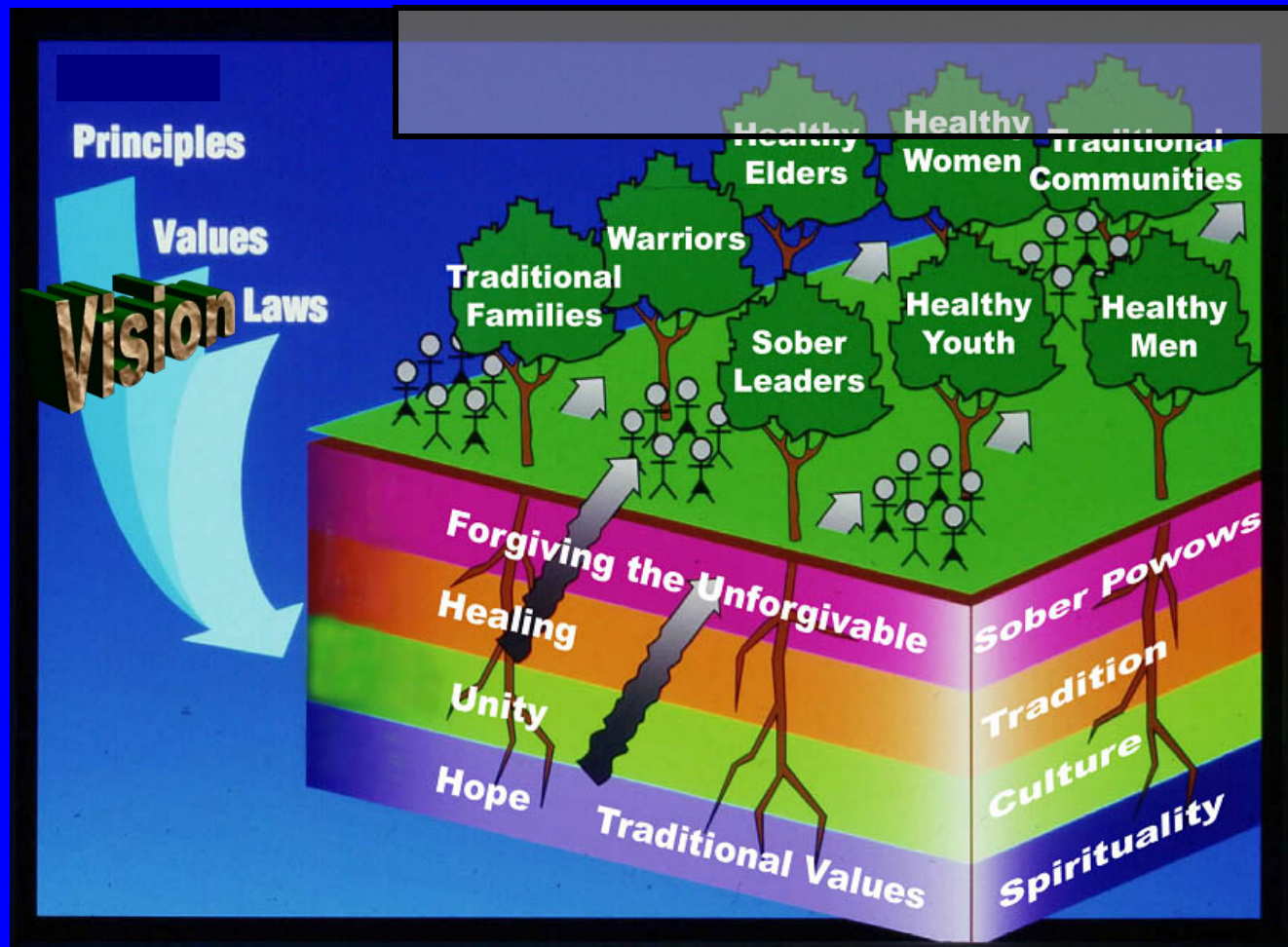
Elders' Teachings

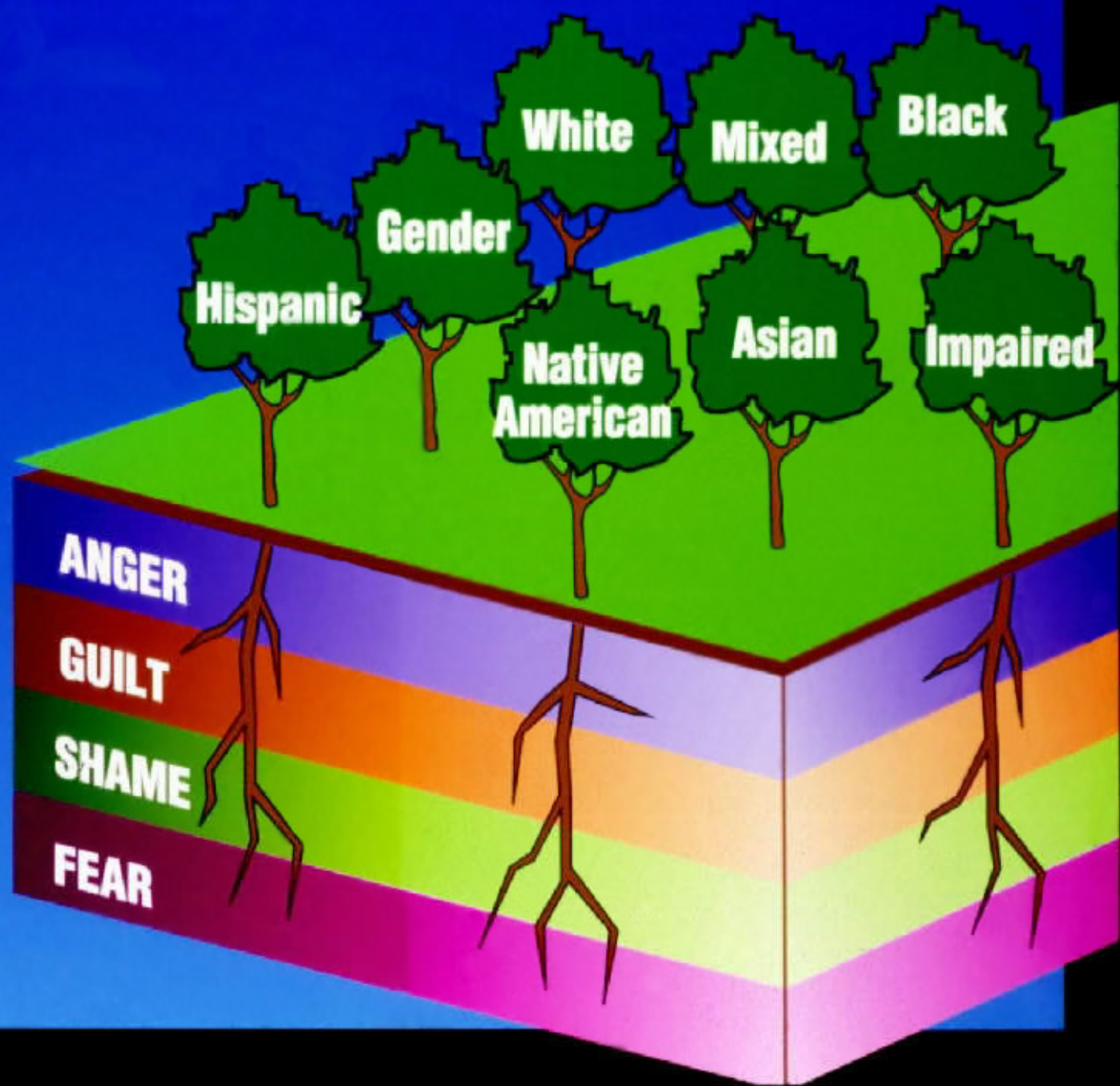
Interconnectedness

Vision

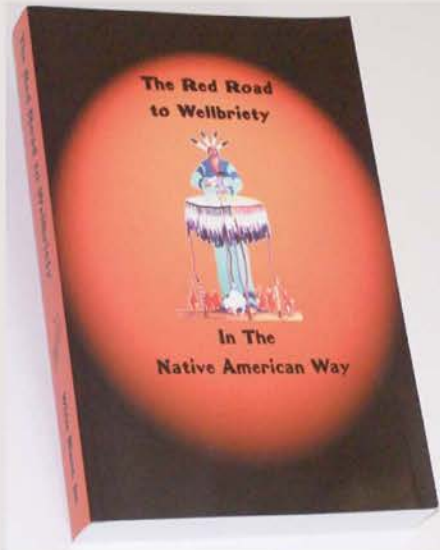




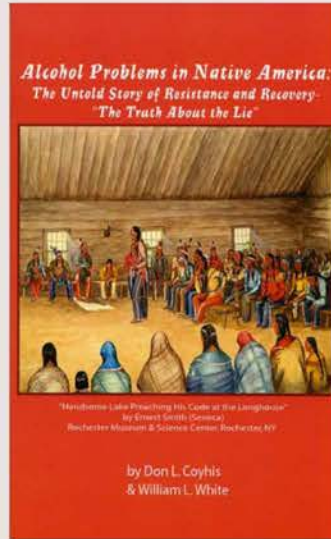




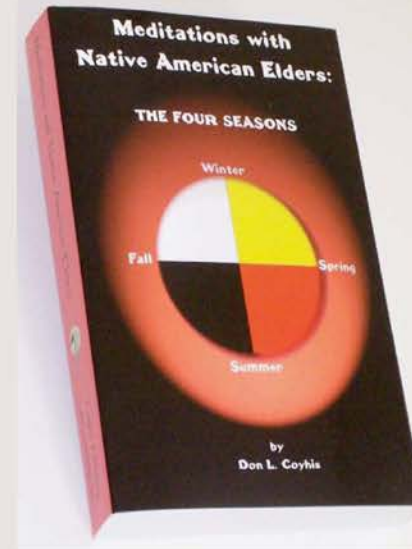
Wellbriety Books



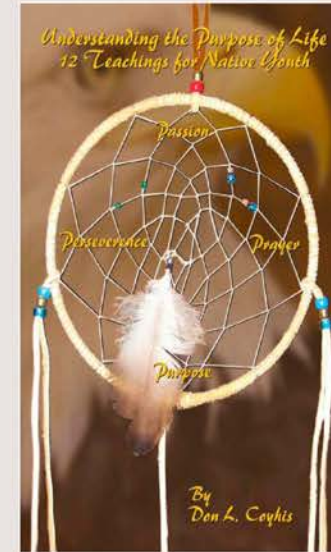
The Red Road to Wellbriety
by White Bison, Inc.
2002



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



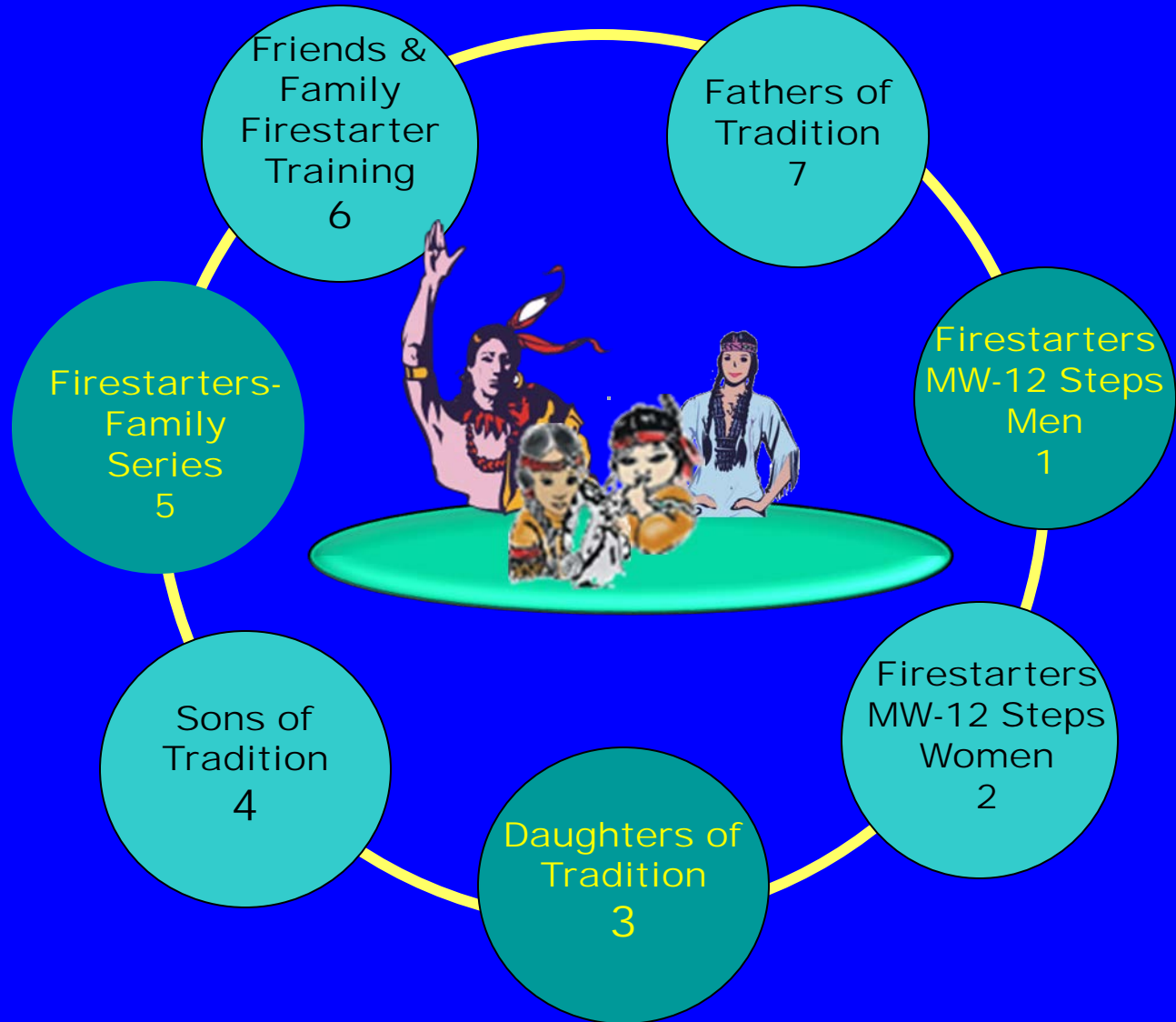
Understanding the Purpose of Life: 12 Teachings for Native Youth
by Don L. Coyhis
2008



Books for your own recovery and wellness journey!

Order online at www.whitebison.org • Order by phone: toll-free 1-866-518-5275 or 719-548-1000





The Seven Trainings

