

White Bison

Native American Approaches to Healing

Presents

Wellbriety Movement

NAADAC Annual Conference

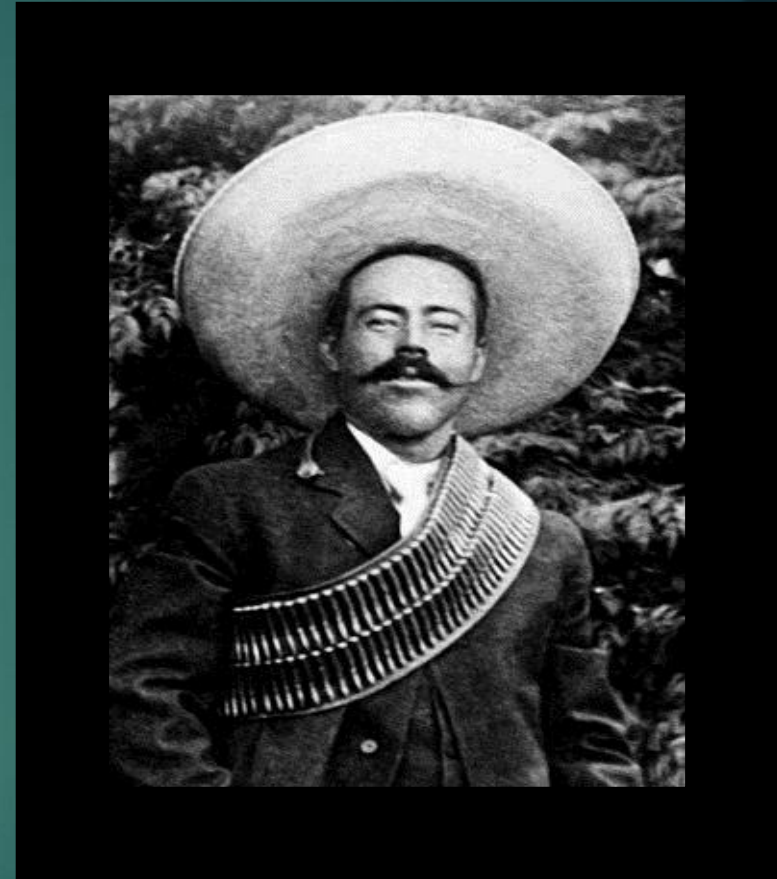
PRESENTED BY J. CARLOS RIVERA
EXECUTIVE DIRECTOR AT WHITE BISON







Pomo Indian



Latino



Los Guilicos Youth Detention Center





NATIVE AMERICAN PROGRAMS

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

Eagles view of the
Wellbriety Community
Change Program

Applying your own
Culture.....to all programs.....



White
Bison

Mission statement

A sustainable grassroots Wellbriety Movement that provides culturally based healing for the next seven generations of Indigenous people.

Indigenous people:
healing for the next seven generations of
Movement that provides culturally based
A sustainable grassroots Wellbriety

A Long time ago.....

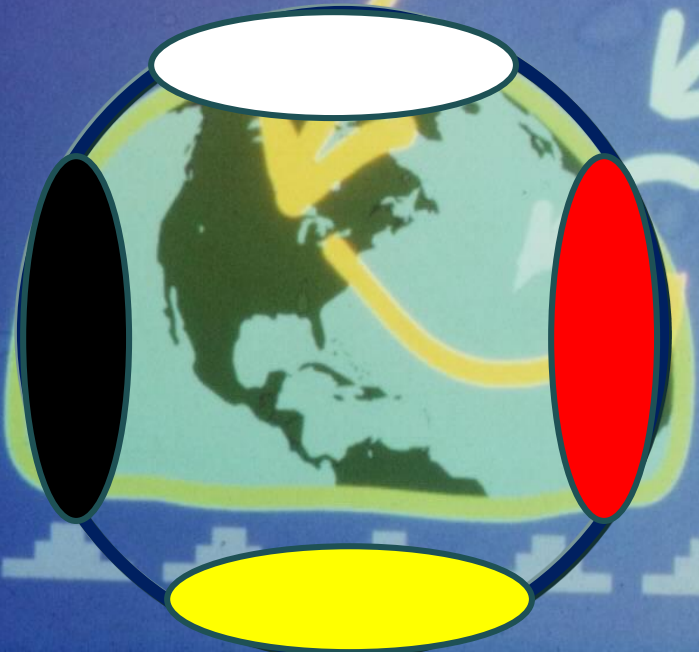
- ▶ Before you were born.
When our Elders lived.

WE.....

Seen World

The Source of Native Culture

Unseen World



Vision

Principles

Laws

Values



Healing

Spirituality

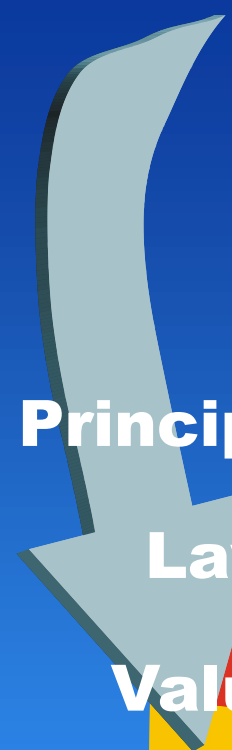
Ceremonies


Interconnectedness

Language

Cultural Values

Elders' Teachings



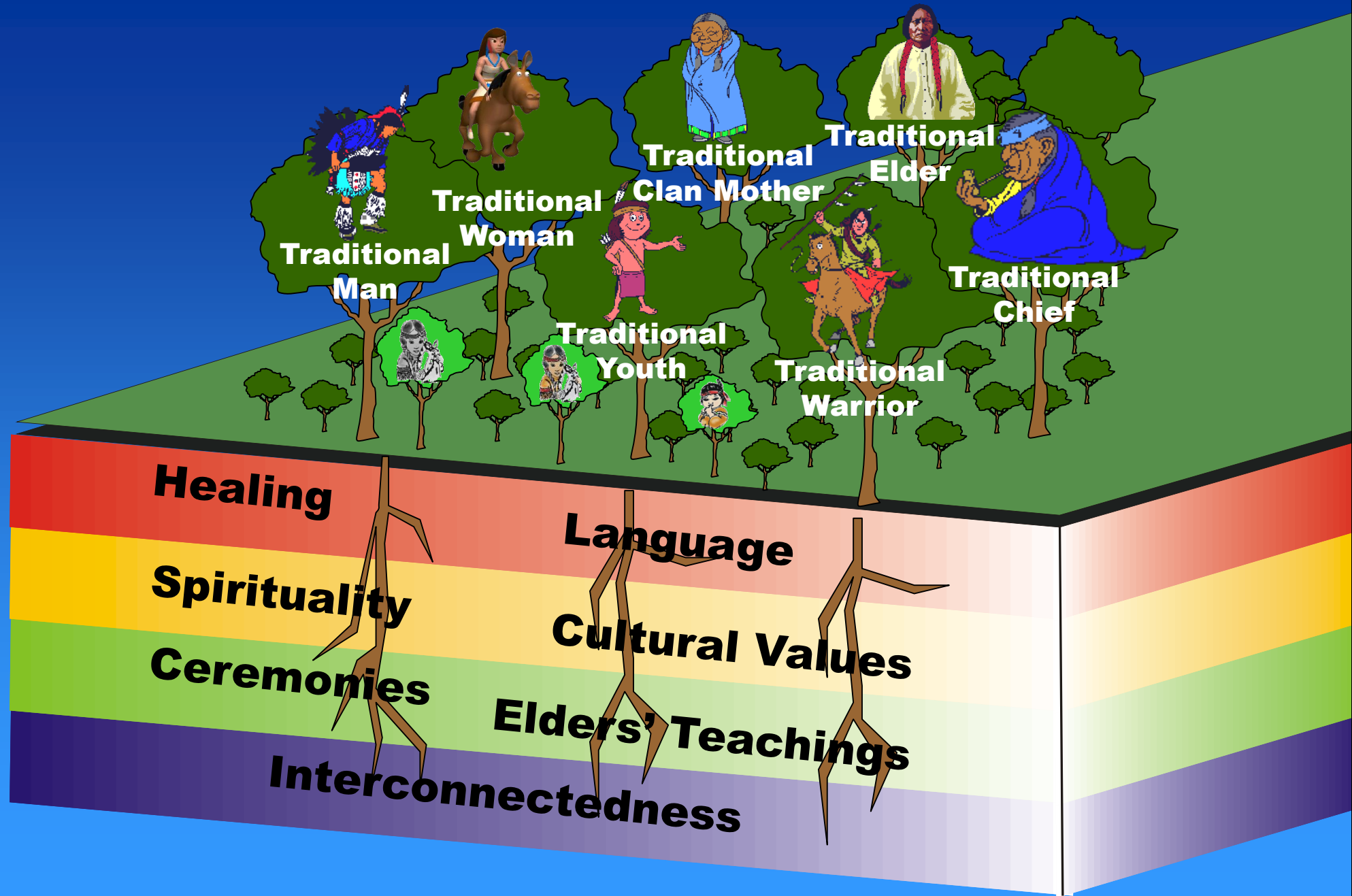


Grown men can learn from very little children for the hearts of little children are pure. Therefore, the Great Spirit may show to them many things which older people miss.

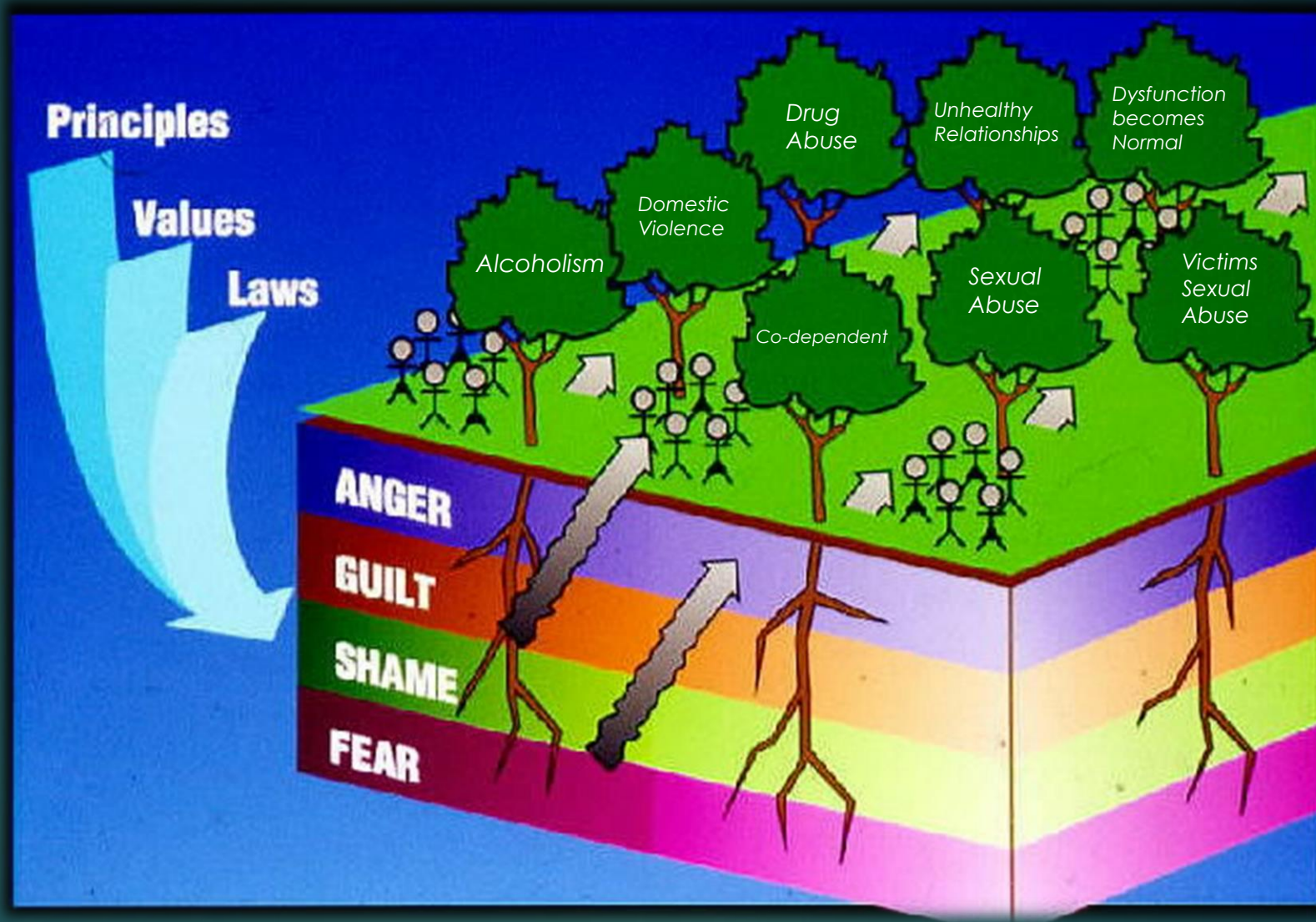
BLACK ELK



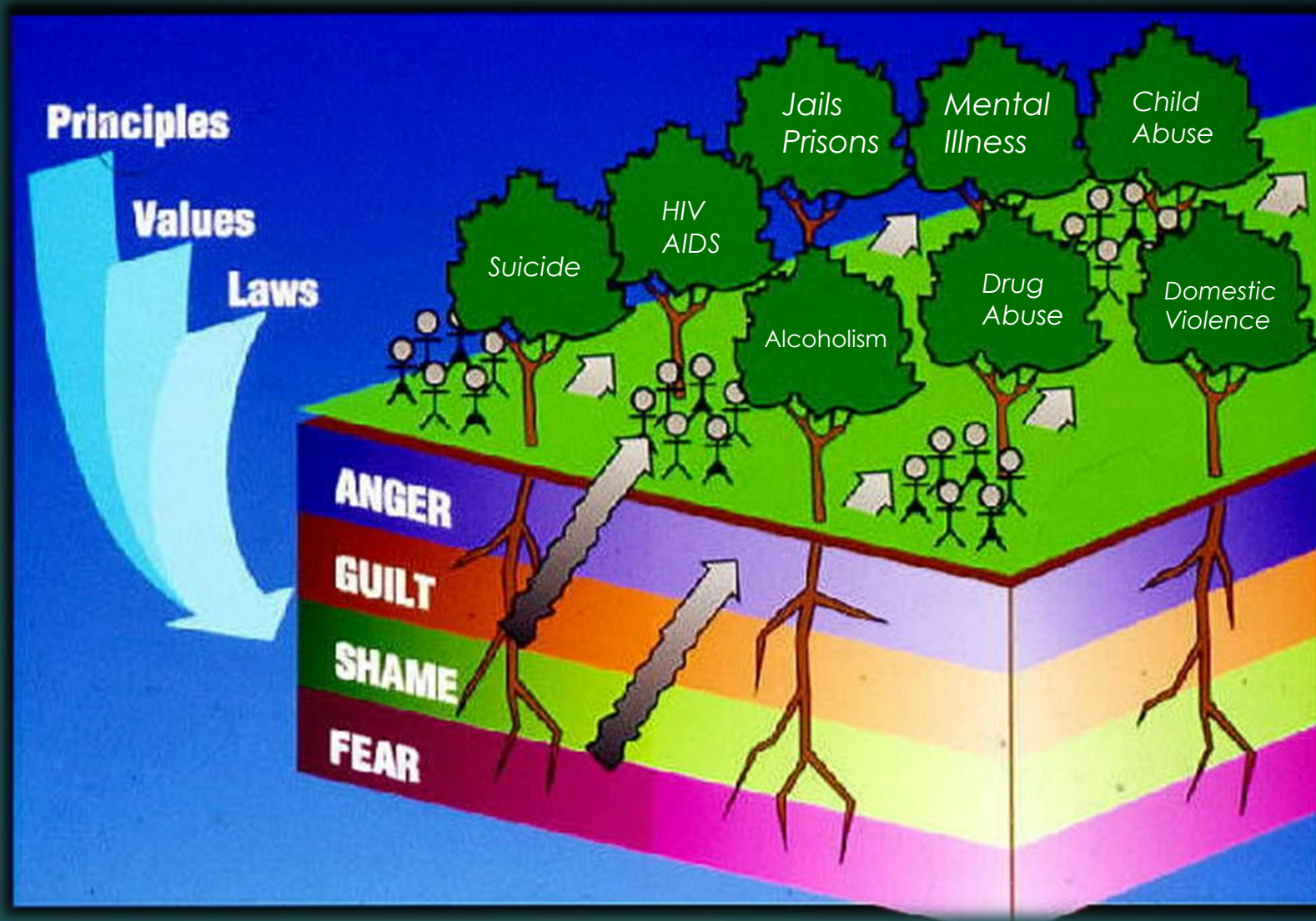
Then.....
Something
Happened
To us.....



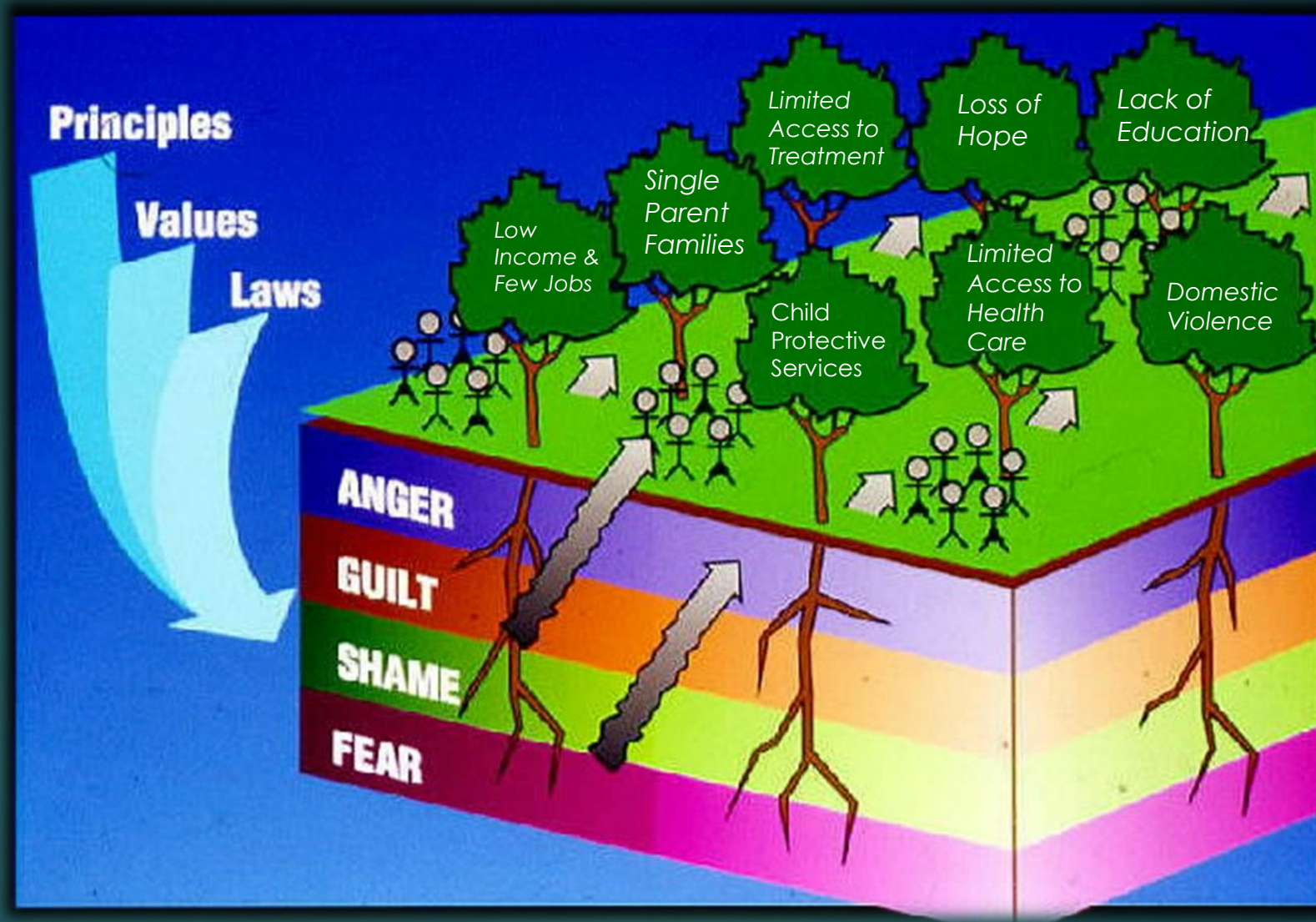
Effects of Historical Trauma



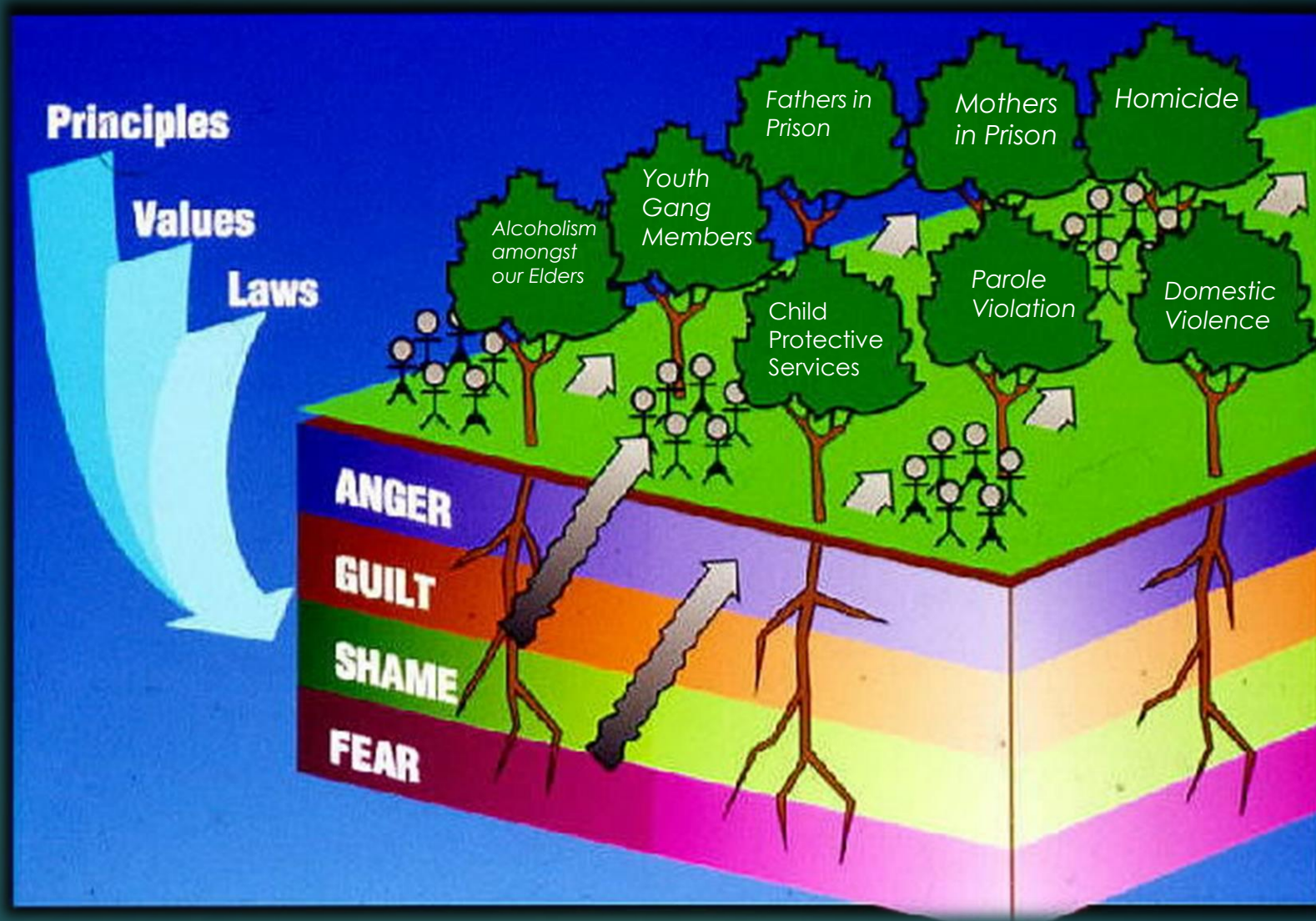
Effects of Historical Trauma



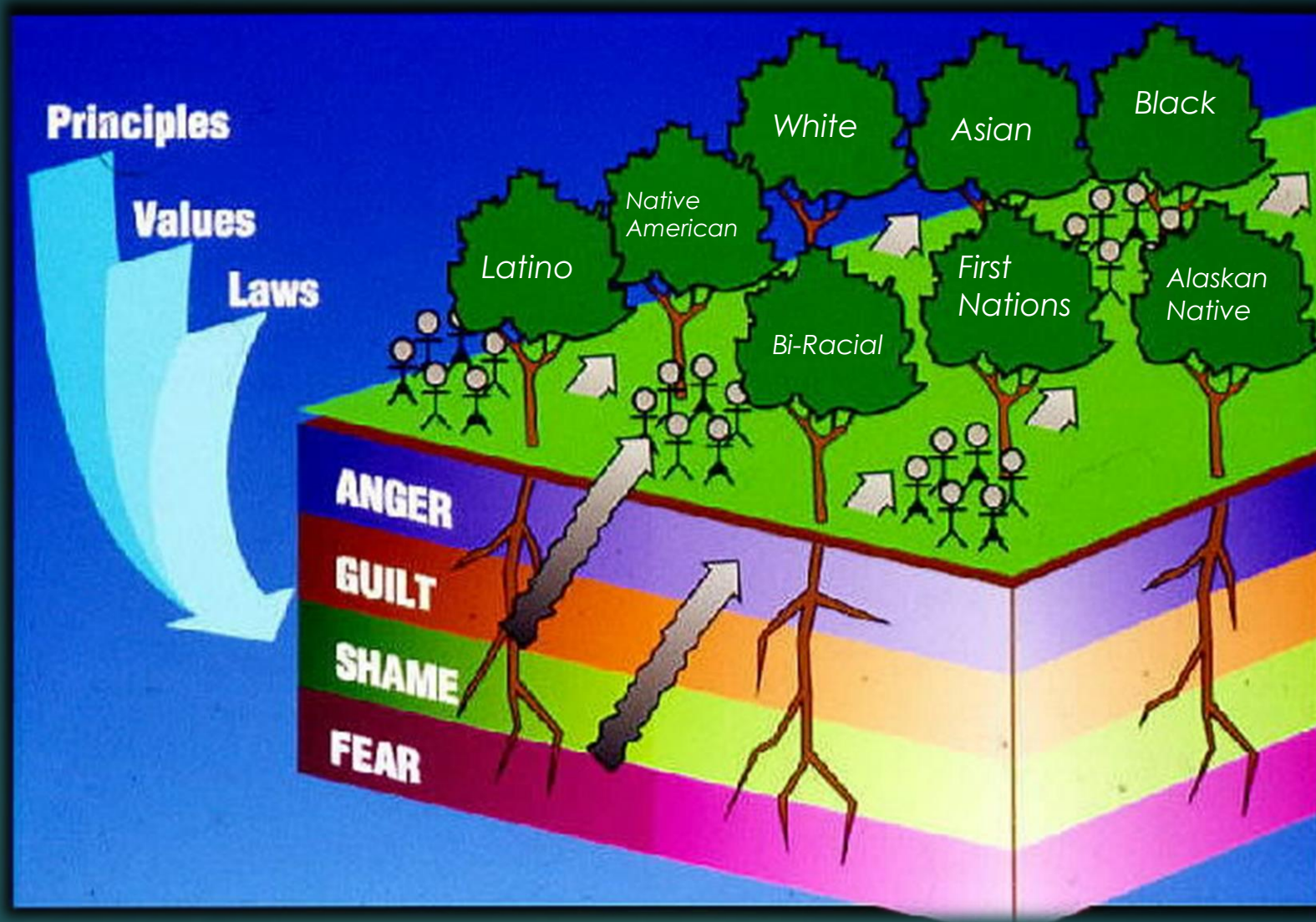
Effects of Poverty

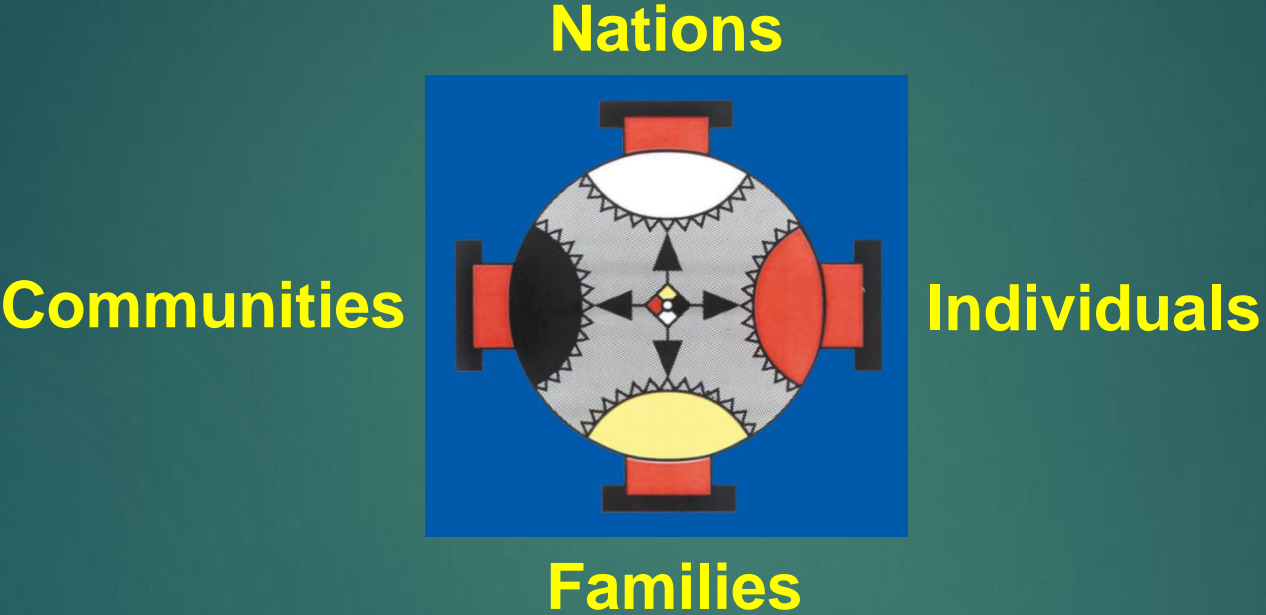


Effects of Historical Trauma



Universal Effects of Trauma





Exercise

Activity, Part 1

- ▶ Each participant will get 6 index cards.
- ▶ Write the following on the top of the cards:
 - ▶ Card 1: Belief System
 - ▶ Card 2: Values
 - ▶ Card 3: Lifestyle
 - ▶ Card 4: Identity
 - ▶ Card 5: Family Members
 - ▶ Card 6: Most Prized Possession

Activity, Part 2

- ▶ Write a brief description on each of the cards relating to the heading.
- ▶ Think about the heading and what it means to you and to your life.

Activity, Part 3

- ▶ Now hold up the Card 1 and read it to the group.
- ▶ How do you feel reading it and sharing the meaning of your belief system?

Activity, Part 4

- ▶ Hold Card 1 in front of you. I will come and take it away. I have been sent by the United States Government to accomplish a government plan. I have been given the Authority to accomplish this task by any means necessary, which includes Incarceration and/or death.
- ▶ From this day forward you will not be able to use, mention or make any references to your belief system. If you do and its found out, you will face severe legal penalties!

Activity, Part 4 cont.

- ▶ Laws were enacted to prevent Indians from gathering together. No more than two Indians can be seen together at a time. All Indian ceremonies were outlawed and it was mandatory for the savages and unchristian to attend religious services and schools to be indoctrinated.

Activity, Part 5

- ▶ Think of the meaning and feelings you have in regards to the next cards.
- ▶ Now hold the remaining cards in front of you. I will come and take a card away from you. You will give it freely! From this day forward you will no longer have these lifeways, the way that is natural for you. You will have to adjust to a new of being, seeing, feeling, relating and expressing yourself.

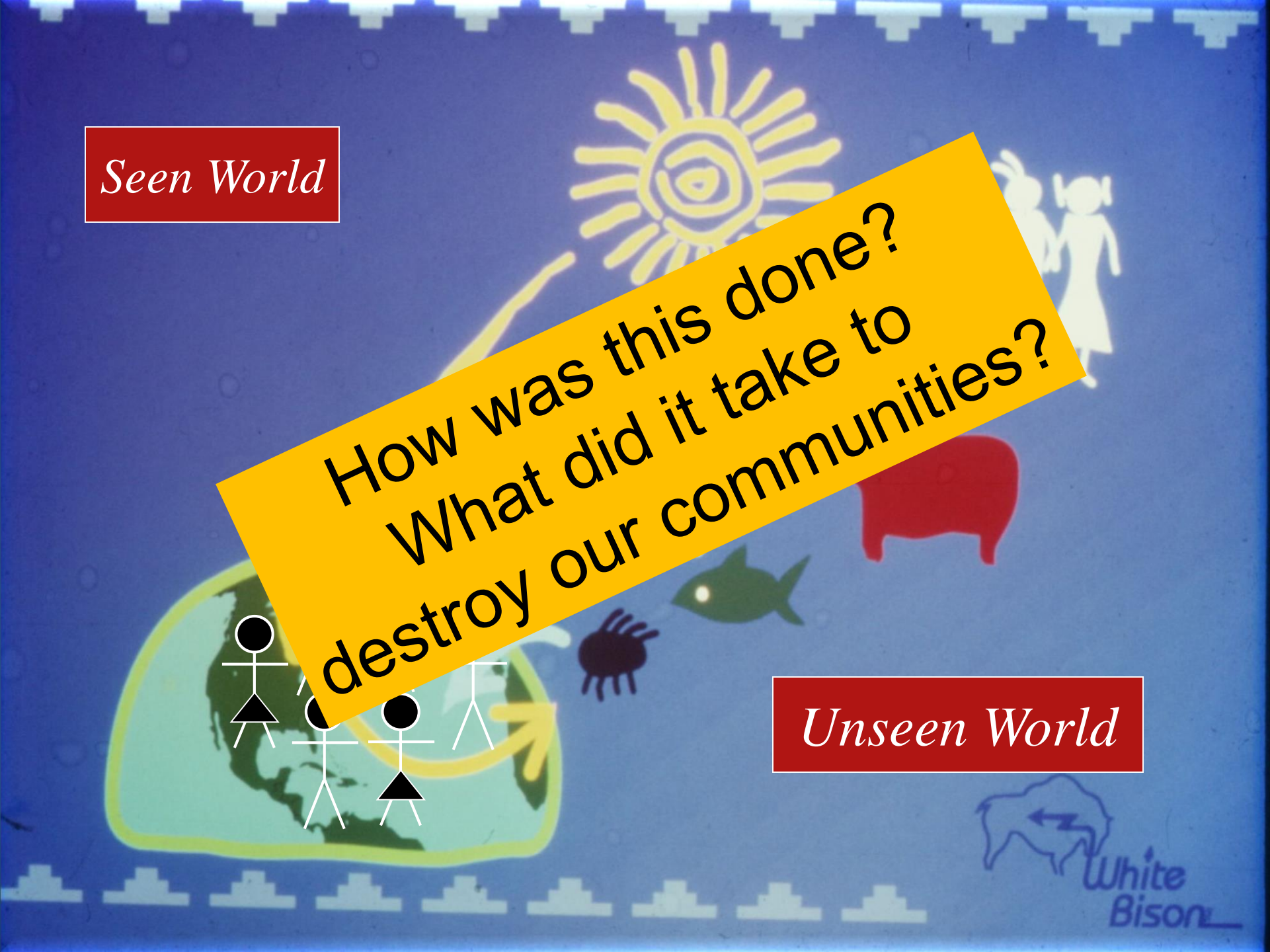
Activity, Part 5 con.

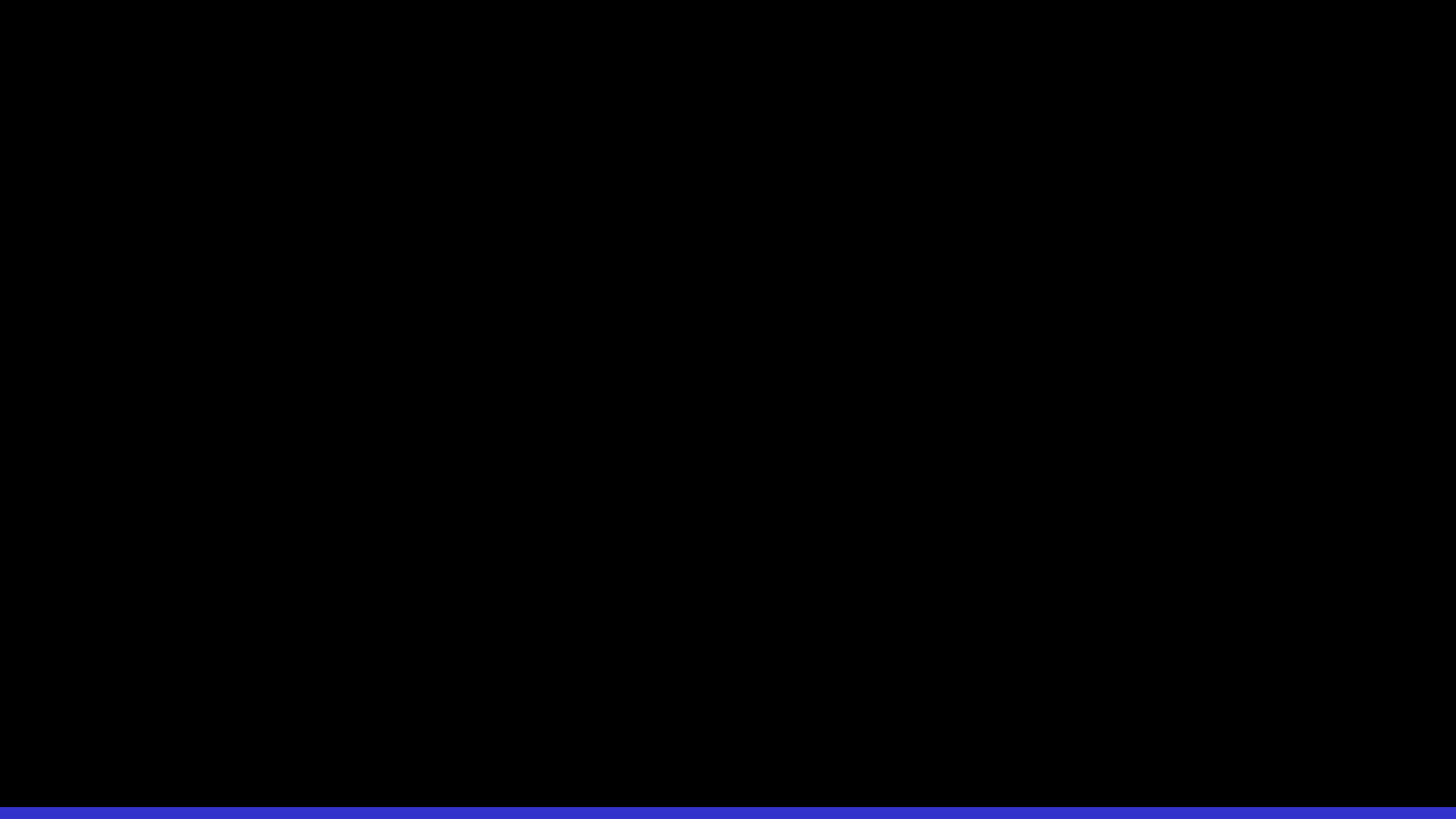
- ▶ I will take each life-away from you (card) and you have no choice. You will be seen as uncivilized, a savage, a heathen, a renegade, imprisoned if you resist. One method we will use is to divide and conquer, we will have your people/family turn against you.
- ▶ Tribal people have a consciousness of belonging to each other, therefore if your people turned against you that was an ultimate rejection and a devastating manner of being discounted as a human being and a tribal member.
- ▶ Divide and conquer mentality is utilized for instilling power and control by the oppressors.

Seen World

How was this done?
What did it take to
destroy our communities?

Unseen World






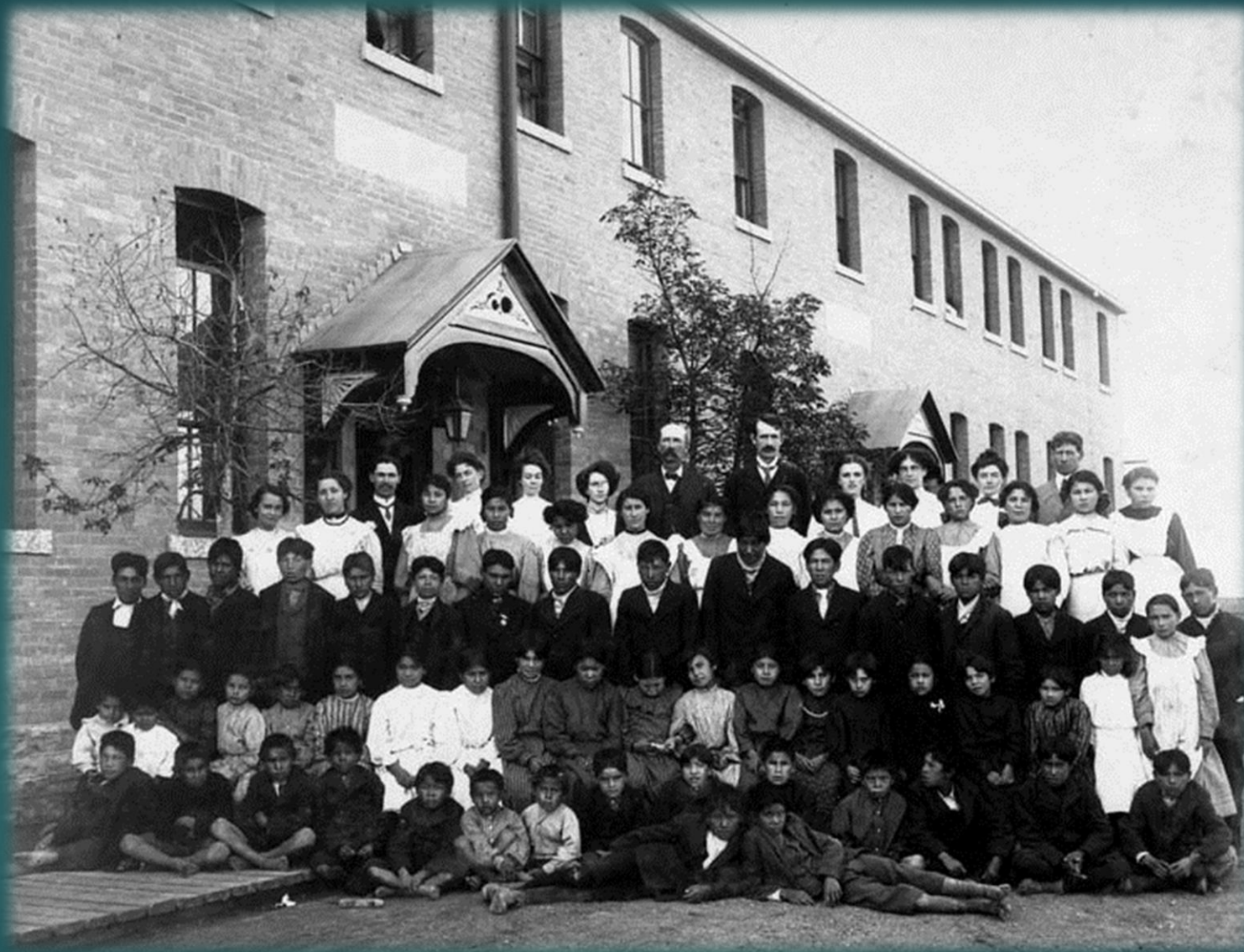
Carlisle Indian School



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

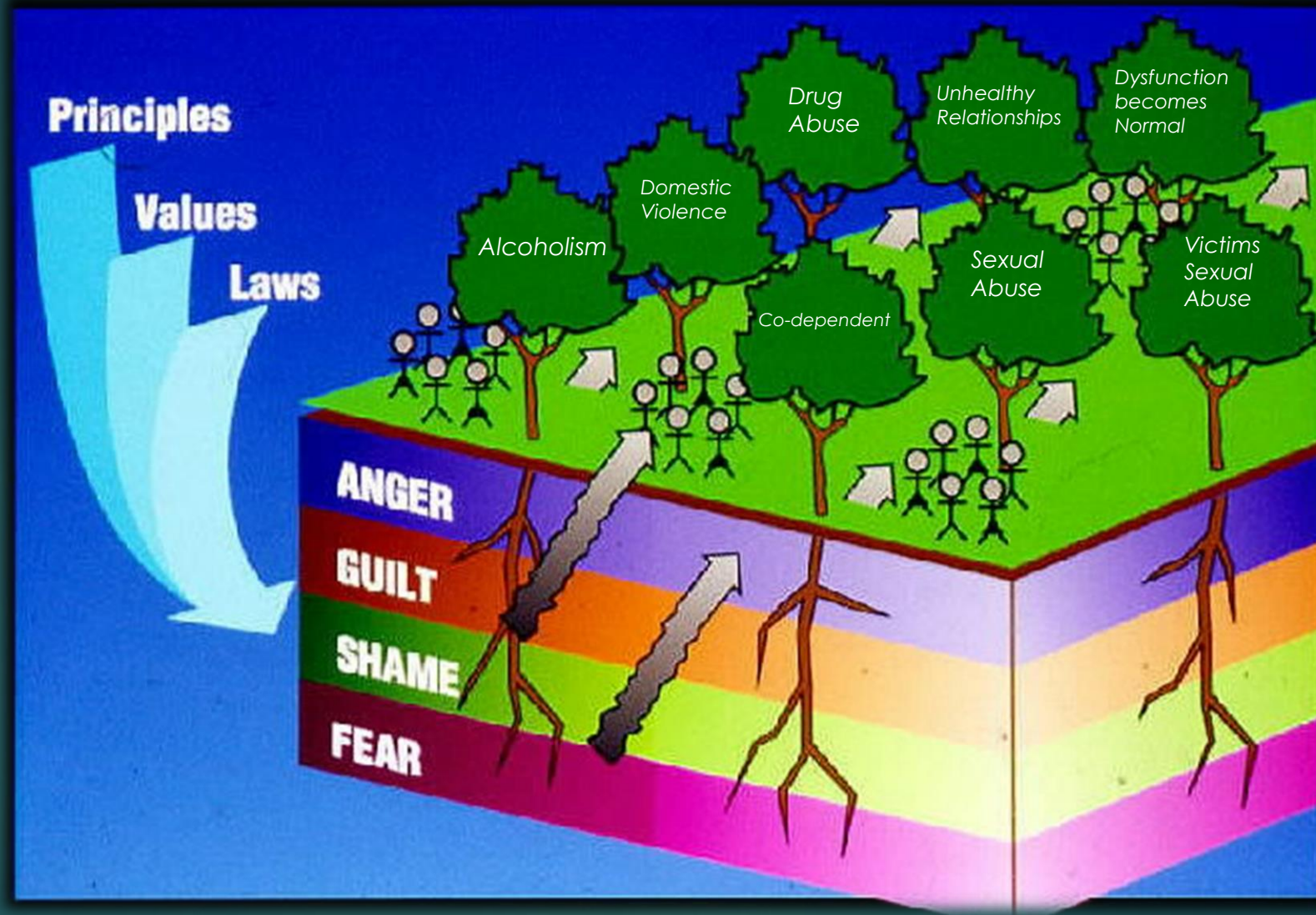


Residential schools in Canada were based on the Carlisle Indian Industrial School model founded in 1879 by Lieutenant Richard Henry Pratt in Carlisle, Pennsylvania.

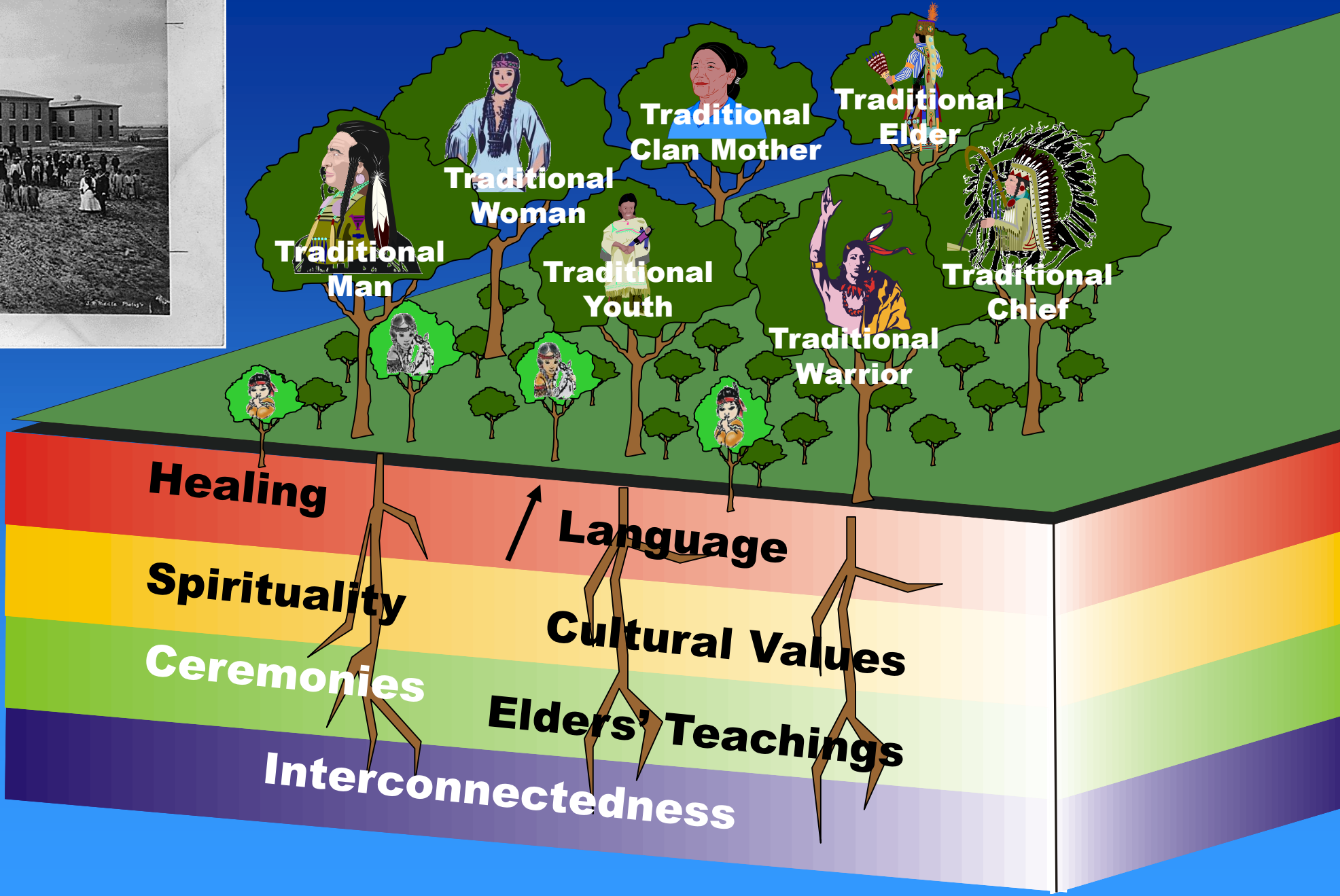


Residential School Regina Saskatchewan 1908

Family Structure....



Families started to fall apart..





Violence

Sexual Abuse

The Boarding Institutions

The Mission Institutions

The Residential Institutions

Healing

Quality

Take away

Language

Interco

stedness

No teachings

Sexual abuse

Cut your hair

Soap in mouth

No Ceremonies

No Culture

Elders' Teaching

Cult

Sexual abuse

stedness




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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.

How do we know about intergenerational/historical trauma?

From research on Holocaust survivors,

1. Japanese-Americans who were placed in internment camps,
2. African Americans (slavery),
3. Central American refugees and
4. now more recent studies on Native American people.

How does trauma get passed down through generations?

People adapt to traumatic experiences by

1. developing defense mechanisms and coping skills that often can be detrimental.
2. for Native people enduring immense losses, grief and post traumatic stress became a way of living.
3. people began to believe that feeling numb, being angry, acting self-destructively, and feeling hopeless was a normal way to be in the world.

Other unfortunate consequences of trauma include:

- not believing you have a future,
- difficulties in relationships
- distrust of the outside world.
- This is passed down through direct parent-child interactions.
- and also through interactions with extended family and the community.



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.



Hurt People....

Hurt People!!!



Healed People

Heal People!!!!

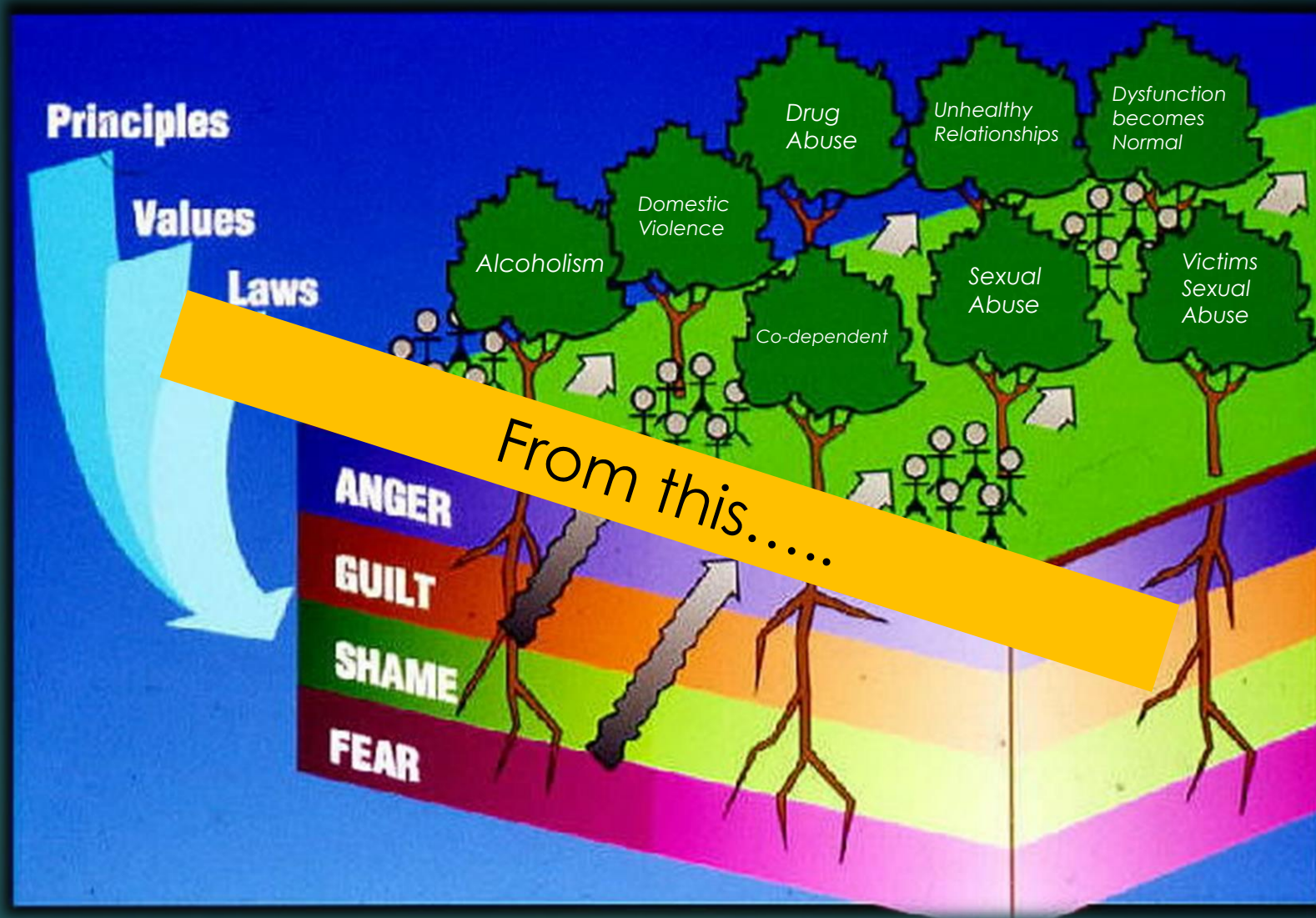
CONSIDER THE SEVENTH GENERATION



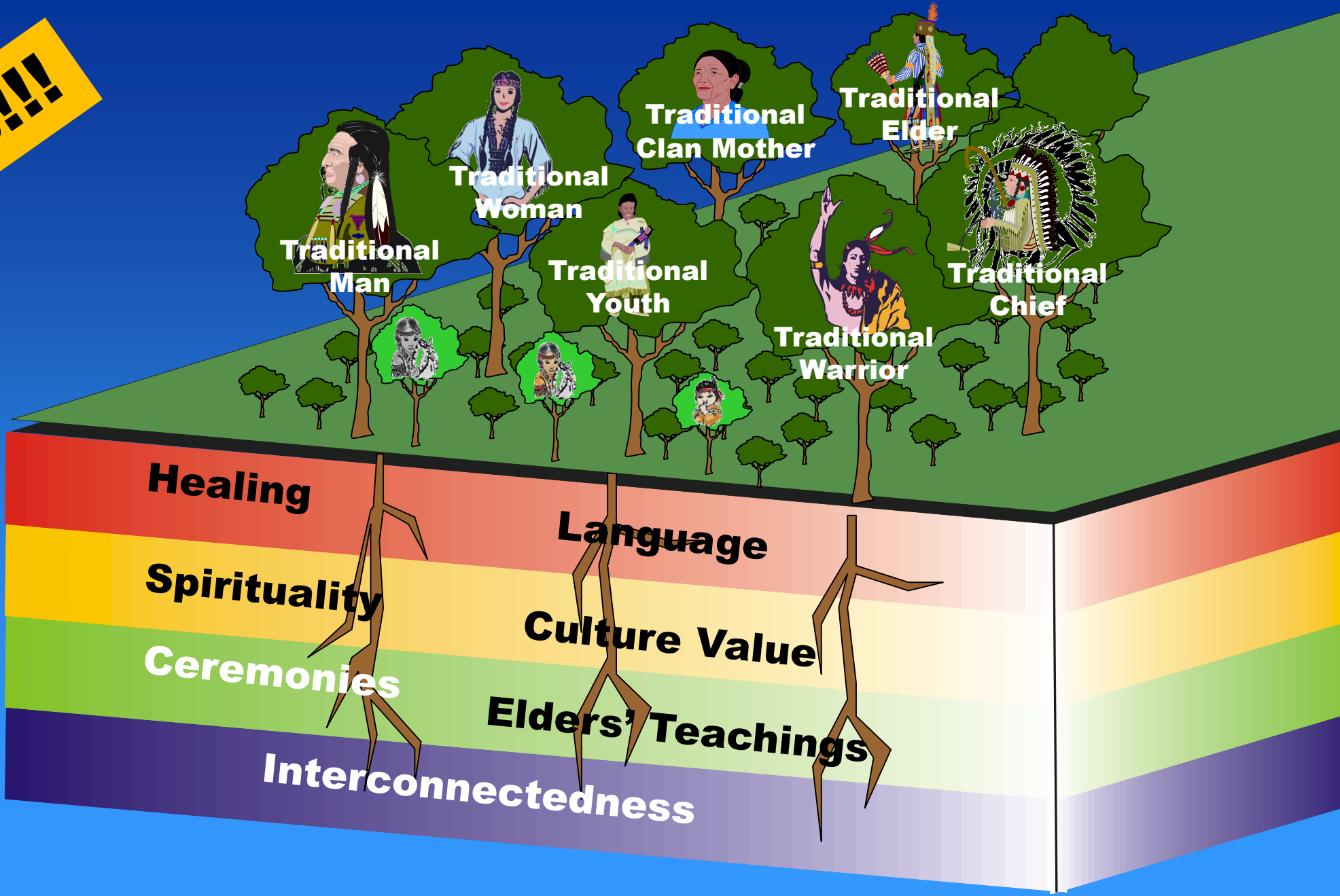
The Descendants
Of the Boarding
Schools!!!

This is the cycle we must break!!!!

Effects of Historical Trauma



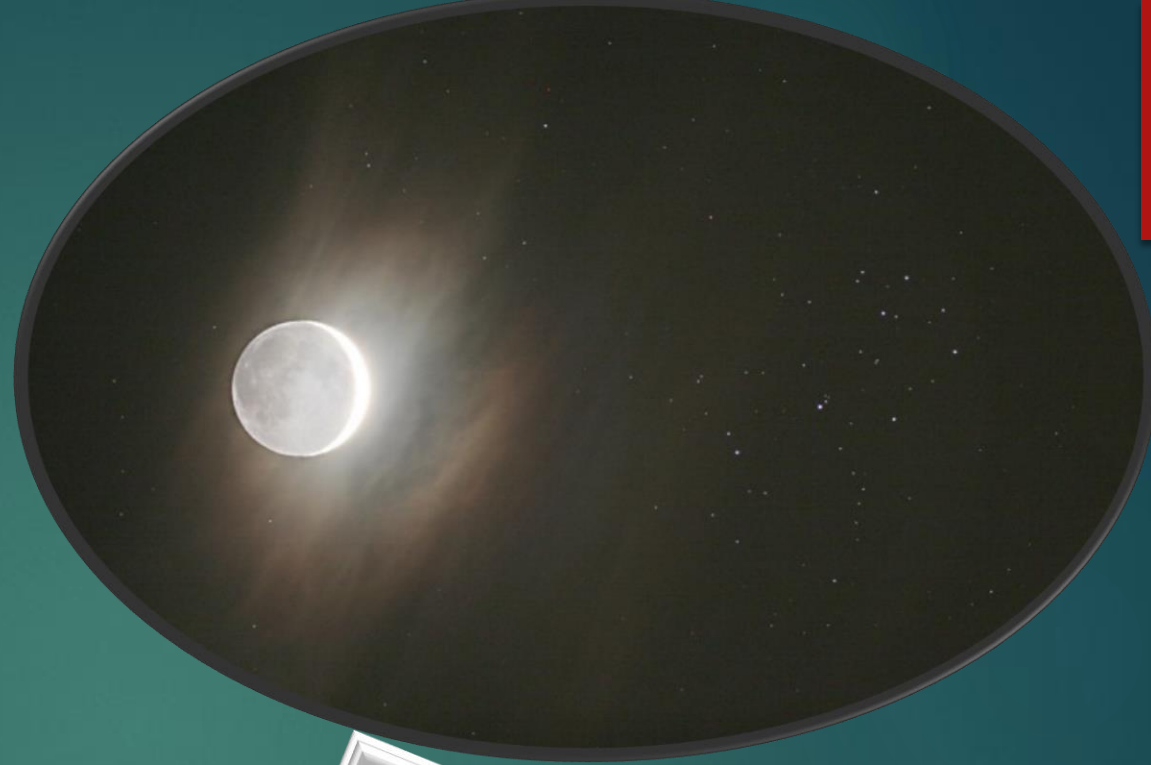
To This!!!



I have heard it said.....

More Than
**The Elders
Gathering
1991**
ment
prophecy

The
Eagle
Has
Landed..



The Healing
Time would
begin!!

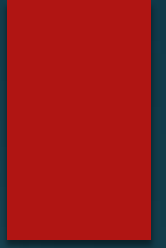




The Women
will begin to
sing.....







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



▶ Cultural Teachings

- ▶ Four Laws of Change and the Healing Forest Model
- ▶ Teachings of the Medicine Wheel
- ▶ Cycle of Life Teachings
- ▶ Culture is Prevention
- ▶ The Circle is the Healer
- ▶ Two Thought Systems & the Thought Process
- ▶ Spirit and Intent

Wellbriety: a sober lifestyle that is balanced emotionally, mentally, physically, and spiritually.



Congruency:
is an agreement or
harmony; compatibility.



Cultural Congruency

- **To conduct professional work in ways that the members of a cultural group recognize as appropriate among themselves**
- **Engage with community and accept cultural differences in an open and genuine manner**

The honor of one is the honor of all...

Green, J. 1982



Cultural Congruency

- **Demonstrates the beliefs, values, and assumptions of the community**
- **Enables community members to become the owners of the process or the product**
- **Is recognizable to the community as having a “good fit”**

*What works for the people of the buffalo
may not work for the people of the whale.*



Gifts of the Sacred Hoop



Forgiving the Unforgivable

Unity

Healing

Hope

1999



**Sacred Hoop
Journey I:
Healing the
Nations Tribal
Colleges**

2000



**Sacred Hoop
Journey II:
Wiping of the
Tears**

2002



**Sacred Hoop
Journey III:
Healing Native
Women and
Children**



2003



**Sacred Hoop
Journey IV:
Healing Native Men
and Children**

2009

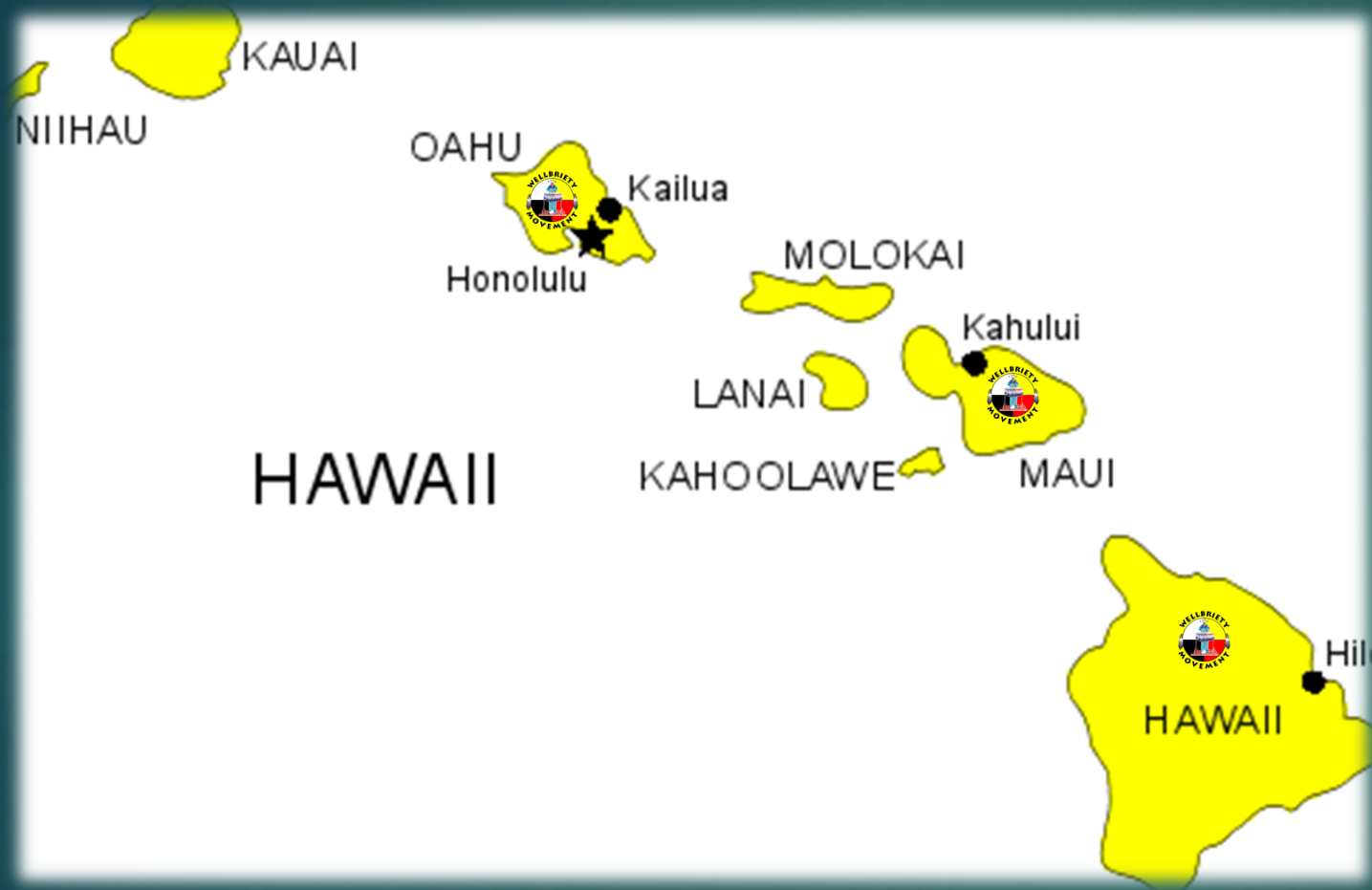


**Sacred Hoop
Journey V:
Journey of
Forgiveness**



CANADA





H A W A I I



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MEXICO



Wellbriety Movement Celebrating Families!

IN partnership
With NACOA
and
Wellbriety Training
Institute



**“healing families through Culture
Knowledge”**



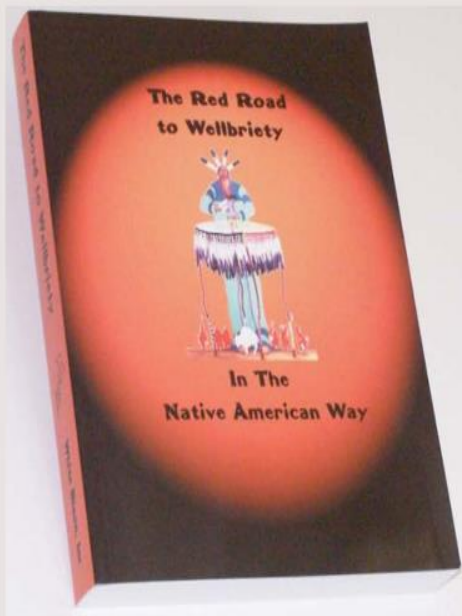




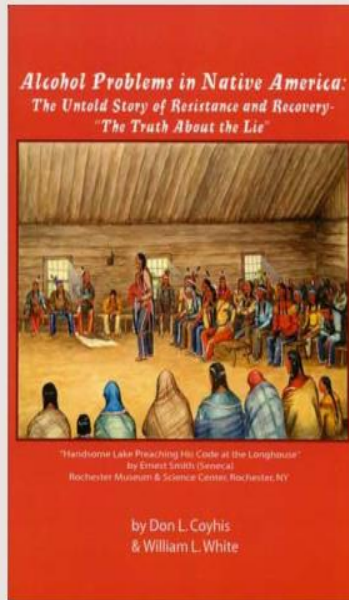


The Seven Trainings

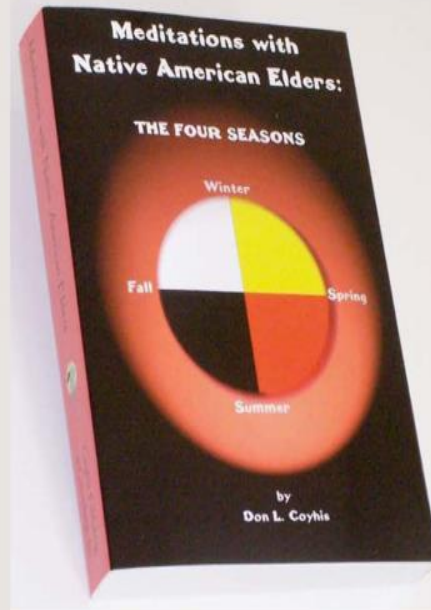
Wellbriety Books



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!

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