ACMHA Summit

Healthy Behavior:

Literacy and Activation the Gateway to the future of Health

Wellbriety, Selfcare, and Activation

Don Coyhis, Founder, White bison
NATIVE AMERICAN PROGRAMS

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

Applying your own Culture to all programs

Eagle's Vision

Well-being of the Community

Change Program

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Mission statement

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

The Red Road to Wellbriety
In The Native American Way
by White Bison, Inc.
2002

Alcohol Problems in Native America: The United Story of Resistance and Recovery: The Truth About The Lie
by Don L. Coyhis & William L. White
2006

Meditations with Native American Elders: The Four Seasons
Winter
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

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A Long time ago ......

• Before the coming of the light skins ......

WE ........
The Source of Native Culture
Then……

Something

Happened

To us…….
Sexual Abuser

Traditional Woman

Traditional Clan Mother

Traditional Warrior

Traditional Man

Traditional Youth

Traditional Elder

Traditional Chief

Traditional Clan Mother

Traditional Man

Traditional Warrior

Traditional Elders’ Teachings

Interconnectedness

Ceremonies

Spirituality

Language

Cultural Values

Healing
Family Structure....

Families started to fall apart..
How was this done?
The four directions of human development

- Physical
- Mental
- Emotional
- Spiritual
The Natural Order

The Creator’s Guidance → Will → Thinking → Actions → Results

↓

Habits

↓

Character

↓

Destiny

White Bison, Inc.
The UnNatural order

→ Thinking → Actions → Results
Carlisle Indian School

Model school for the nearly 500 schools set up in the United States to assimilate American Indian and Alaska Native children
The Boarding School Era
Hurt People....

Hurt People!!!
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)
This is the cycle we must break!!!!
I have heard it said.....

More powerful than the march of mighty armies is an idea whose time has come. The Healing Time is here!! The Fulfillment of Prophecy.

The Elders Gathering 1991
This is the cycle we must prepare!
What is historical trauma?

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

What is intergenerational Healing?
WHITE
BLACK
YELLOW
RED

White Bison, Inc.
Fire
White
Yellow
Air
Red
Land
Water
Black

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The Eagle Has Landed.

The Healing Time would begin!!
THE TIME FOR UNITY
MENDING THE HOOP
THE TIME FOR UNITY

THE HOOP OF NATIONS
Gifts of the Sacred Hoop

Forgiving the Unforgivable

Unity

Healing

Hope
The Wellbriety movement
Introduced to Indian country

[Map showing 100 communities in healing]
Sacred Hoop Journey I:
Healing the Nations Tribal Colleges

Sacred Hoop Journey II:
Wiping of the Tears

Sacred Hoop Journey III:
Healing Native Women and Children

Sacred Hoop Journey IV:
Healing Native Men and Children
Carrying the Message

The Healing time is here
Recovery is possible
The solution is within the community
The elders teachings are coming back
What happened to us
The Wellbriety Movement is here
The “Movement” is a live force Consisting of large numbers of Our people interconnected with a focus working on wellness. One message carried by many messengers....”we are in Healing”
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
The Red Road to Wellbriety
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…
The Community is the…

➢ Therapist
➢ Counselor
➢ Healer
➢ Culture
Recovery has Many Paths

- Sweat Lodge
- Native American Church
- AA
- NA
- Sun Dance
- Church
- Treatment

???????
We believe this is our current condition...
Alcoholic
HIV &
AIDS
Mental 
Illness
co-occurring
Prison Suicide
Domestic 
violenceSexual 
Abuse
Drug 
Abuse
We can heal our communities

Traditional Man
Traditional Woman
Traditional Youth
Traditional Clan Mother
Traditional Warrior
Traditional Chief
Traditional Elder

Healing
Spirituality
Ceremonies
Elders’ Teachings
Interconnectedness

Culture Value
Language
Culture

Intergenerational Trauma

7 Generations Before

Hurt

Issues

Pain

Anger

Guilt

Shame

Normal

Alcoholic CODA

Sexual Abuser

Sexually Abused

Battered ACOA Violence
• The Wellbriety Training Institute
• Located in Colorado Springs
Intergenerational trauma

Mending Broken Hearts
Grief Healing coaches
(Professionals)

Step 1
Start grief Healing groups

Step 2
Start 7 Trainings process

Step 3
Purpose to Life-youth

Mothers of Tradition
Fathers of Tradition
Families of Tradition
Sons of Tradition
Daughters of Tradition

Medicine Wheel 12 steps
Medicine Wheel and 12 steps

The Family and the Youth

Culture, Ceremony, Spirituality, recovery

Battered, ACOA, Violence, Normal, Sexual Abuser, Sexually Abused
Wellbriety Movement
Celebrating Families

IN partnership With NACOA and Wellbriety Training Institute

“healing families through Culture Knowledge”
Women in Wellbriety Movement
Women in Wellbriety

Circles of 100
Wellbriety Movement for Prisons
Wellbriety Movement for Native Women in Prisons
Seven Steps for Community Change

**Step 1:** Community Readiness Survey (6mo intervals) Monitor Fog

**Step 2:** Community Visioning & Vision Book
- Youth; Family
- Community leadership

**Step 3:** Mobilize Community with Champions
- Head Man
- Head Woman

**Step 4:** Create Circles with Foundation Trainings
- MW/12Steps
- MBH & Boarding Schools
- CEL

**Step 5:** Begin Implementing Community Vision—Set Milestones and evaluate—ongoing

**Step 6:** Engage Community with Seven Trainings
- Co-Dep Families
- Sons
- Daughters
- Mothers
- Fathers
- Warrior Down

**Step 7:** Sober Leadership Influence leaders, local policy, norms, values—Messaging and Voting

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Year 1: Springtime

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

Strategy 1
Introduce the concept of Wellness to the community
- Media Campaign
- Community Events
- Outreach to Org & community Groups
- Engage Tribal Council & Org Leaders

Strategy 2
Assess Level of Wellness in community (E-M-P-S)
- Implement Community Readiness Assessment
- Implement Household Survey
- Collect base-line Social Indicators
- Survey stakeholders on a scheduled basis

Strategy 3
Engage cultural/spiritual systems of the community in the service of wellness
- Create an Elders Panel (Wellness Advisors)
- Identify current Cultural strengths
- Identify missing Elements
- Integrate cultural/spiritual practices into wellness

Strategy 4
Equip Community to Act
- Create a Wellness Coalition
- Emphasize Sober Leadership
- Review Environmental Policies
- Integrate cultural/spiritual practices into wellness

Strategy 5
Design a community-based, culturally relevant wellness plan
- Define Wellness for this Community
- Identify Strengths & Weaknesses (swot)
- Mindmap Needs Resources (include $$$)
- Develop Vision
- Create Vision Book

Strategy 6
Implement Community Education
- Present Healing Forest Model
- Coalition Training
- Set up Community Evaluation Team
- Find Researcher Evaluator

Strategy 7
Evaluate
- Present 7 Steps for Community Wellness
- Evaluation Training (what, how, why, when, who)
- Identify milestones for success
- Identify what will be measured
Year 2: Summertime
(Choices, opportunities, continue communication; continue data collection; continue education; organize for implementation of plan)

Strategy 1
- Introduce the concept of Wellness to the community (this continues each year; but changes focus and emphasis)
  - Media Campaign "one message, many messengers"
  - Community Events
  - Outreach to Org & community Groups
  - Engage Tribal Council & Org Leaders
  - Communicate progress on a routine basis

Strategy 2
- Assess Level of Wellness in community (E-MAP-S) (these are done every year task of the community evaluation team)
  - Implement Community Readiness Assessment (CRA) each year
  - Implement Community Household Survey (CHS) each year

Strategy 3
- Engage cultural/spiritual systems of the community in the service of wellness
  - Engage Elders Panel as guide for Wellness

Strategy 4
- Equip Community to Act
  - Request assistance in identifying the cultural/spiritual practices that support wellness
  - Hold ceremonies for re-learning missing elements
  - Propose cultural & spiritual approaches to support council and leadership

Strategy 5
- Design a community-based, culturally relevant wellness plan
  - Provide on-going capacity & leadership development for Wellness Coalition
  - Develop action plan for incorporating cultural/spiritual practices
  - Identify Wellness visions and plans within departments, community orgs and recovering community
  - Develop Action Plan for Implementation= Disseminate to community leadership
  - Develop action plan for incorporating cultural/spiritual practices
  - Align funding resources- coordinate grants across agencies

Strategy 6
- Implement Community Education

Strategy 7
- Evaluate
  - Collect data on Social Indicators on a scheduled basis
  - Survey stakeholders on a scheduled basis
  - Create Evaluation Assistants (Evaluation training)
  - Create Firestarters (MW129 steps)
  - Create Youth Facilitators (DOT/SOT/HHC)
  - Create Wellness Leaders (Servant Leadership; visioning process)
  - Create Family Support (Families of Tradition: Parents of Tradition; Family Talking Circles)
  - Create Recovering Community (Firestarters, 7-T, Warrior Down, Afterschool programs, Parenting, mentoring, Youth talking Circles)
  - Create Community Evaluation Team (with eval assistants)
  - Engages Researcher Evaluator Resource Person
  - Clarifies Evaluation Goals/objectives (what and who)
  - Identify how goals will be measured
  - Develops Data Gathering Tools
  - Identifies and data on a scheduled basis
  - Develops Data Gathering Tools
  - Gathers data on a scheduled basis
Year 3: Autumn
(Leadership, continuation of processes; tweak for new levels of implementation and review)

**Strategy 1:** Introduce the concept of Wellness to the community (this continues each year; but changes focus and emphasis)
- Media Campaign: "one message: many messengers"
- Community Events
- Outreach to Org & community Groups
- Engage Tribal Council & Org Leaders
- Communicate progress on a routine basis

**Strategy 2:** Assess Level of Wellness in community (E-MAP) (these are done every year, task of the community team)
- Implement Community Readiness Assessment (CRA) each year
- Implement Community Household Survey (CHS) each year
- Collect data on Social Indicators on a scheduled basis
- Survey stakeholders on a scheduled basis

**Strategy 3:** Engage cultural/spiritual systems of the community in the service of wellness
- Elders Panel implements ceremonies, rituals for healing
- Identifies how and where cultural/spiritual practices fit to support wellness
- Holds ceremonies and rituals to re-introduce traditions

**Strategy 4:** Equip Community to Act
- Wellness Coalition works with community agencies/ orgs
- Participates in reviewing progress
- Examines impact of Environmental Policies
- Recovering Community takes leadership role

**Strategy 5:** Design a community-based, culturally relevant wellness plan
- Action Plan for Implementation: Disseminate to community orgs
- Encourage continued incorporation of cultural/spiritual practices
- Identify Wellness visions and plans within grassroots groups
- Align funding resources: coordinate grants across agencies
- Incorporate results of CRA and CHS into Wellness Plan each year

**Strategy 6:** Implement Community Education

**Strategy 7:** Evaluate
- Communicates to Council, Coalition, and community
- Interprets Data
- Develops Data Gathering Tools
- Clarifies Evaluation Goals/objectives
- Identify how goals will be measured
- Gathers data on a scheduled basis

**Strategies:**
- Elaborate on each strategy for Year 3, focusing on implementation and review.

**Programs:**
- Refresh Evaluation Assistants (Evaluation training)
- Nurture Firestarters (MW129eps)
- Nurture Youth Facilitators (DOT/SOT/HHC)
- Nurture/Recovering Community (Firestarters, 7-T, Warrior Down, Afterschool programs, Parenting, mentoring, Youth talking Circles)
- Nurture Family Support (Families of Tradition: Fathers of Tradition, Family Talking Circles)
The 2009 Wellbriety Journey for Forgiveness

Grief Recovery Circles
Release documentary
Apology from Obama
Elders mentoring Elders
Healing the healers
Truth and Forgiveness Comm
Intergenerational healing gatherings
THE MEDICINE WHEEL

Elder, Baby, Adult, Youth

Diagram showing a circle divided into sections labeled Elder, Baby, Adult, and Youth.
6 SEASONS X 4 = 24 YEARS

ELDER

BABY

ADULT

YOUTH
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
Youths from Fatherless Homes Represent…

- 63% of youth suicides
- 90% of all homeless and runaway children
- 85% of all children who exhibit behavioral disorders
- 80% of all rapists motivated with displaced anger
Youths from Fatherless Homes represent...

- 71% of all high school drop outs
- 75% of all adolescent patients in chemical abuse centers
- 70% of juveniles in state-operated institutions
- 85% of all youths sitting in prisons
No Identity forms