

EXAMINING THE WELLBRIETY MOVEMENT AND PEER RECOVERY SUPPORT SERVICES WITHIN NATIVE AMERICAN CULTURES

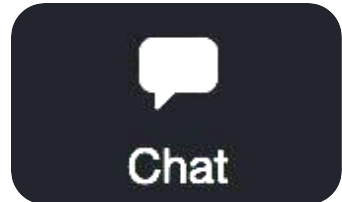
June 5, 2023

2 PM EST

Zoom Webinar Technical Overview



Enter your questions into the Q&A box.



Watch the Chat for messages from the webinar organizers.



Click to view subtitles or a real-time transcript of the webinar.

Post-Webinar Information

- A recording of this webinar will be available in the coming weeks at [COSSAP Media Resources](#).
- Please complete the brief evaluation at the conclusion of this webinar.
- A certificate of attendance will be sent to attendees within 3 weeks.



Learning Objectives

- Summarize the Wellbriety Movement's guiding philosophies surrounding substance use and recovery, co-occurring disorders, and trauma
- Describe how the Warrior Down Program offers recovery support, aims to prevent recidivism, and provides referrals for those re-entering the community from treatment or incarceration
- Identify challenges around building culturally inclusive practices within PRSS and the potential impacts of cultural exclusion on recovery
- Apply considerations for incorporating Native American traditions within PRSS



This project was supported by Grant No. 2019-AR-BX-K061 and 2019-MU-BX-K031 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



The National Criminal Justice Training Center (NCJTC) of Fox Valley Technical College is a Bureau of Justice Assistance funded tribal training and technical assistance (TTA) provider. NCJTC provides customized TTA focused on implementing system-wide, community-based and culturally driven strategies to address alcohol and substance misuse. TTA opportunities include specialized onsite and virtual training, webinars, conferences, onsite meeting facilitation, peer exchange opportunities, community planning, grant implementation support and more. TTA is available to Coordinated Tribal Assistance Solicitation-Purpose Area 3 grantees, tribal Comprehensive Opioid, Stimulant and Substance Abuse Program grantees, and other tribal communities.





Altarum is the Training and Technical Assistance Center on Peer Recovery Support Services funded through the Bureau of Justice Assistance's Comprehensive Opioid, Stimulant, and Substance Abuse Program. Altarum believes that peer-based services are vital to the continuum of care for individuals impacted by the opioid epidemic. Altarum works with organizations and systems as they implement best practices and promising approaches related to PRSS. Altarum supports federal, state, and local governments, as well as national and community-based organizations, to build a system of care that focuses on recovery, active involvement of consumers and their families, and multiple services to best meet individual needs and to strengthen and improve the health of communities.



Kateri Coyhis, Mohican Nation, is the Executive Director of White Bison in Colorado Springs, CO. White Bison, Inc., is an American Indian non-profit 501(c)(3) corporation dedicated to creating and sustaining a grassroots Wellbriety Movement that provides culturally based healing to the next seven generations of Indigenous People. Kateri serves the Wellbriety Movement by providing community presentations to bring awareness to the programs White Bison offers for individual, family, and community healing. She has been providing training, delivering a variety of presentations, and offering technical assistance for over 20 years. She is also a Board Member for the National Association for Children of Addiction.

Kateri is co-author for a chapter in *Radical Psychology: Multicultural and Social Justice Decolonization Initiatives* (2018). Kateri received her Master of Public Administration degree from the University of Colorado at Colorado Springs in 2022.



Mission Statement

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



Wellbriety Is...



- Sober lifestyles
- Wellness—balance (mental, physical, spiritual, emotional)
- Individuals, families, communities, nations
- Connected to principles, values, and Natural Laws that help guide Wellbriety programs
- Walking the Red Road
- Creating a Healing Forest
- All-Inclusive



Gifts of the Sacred Hoop

Forgiving the Unforgivable

Unity



Hope

Healing



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**

The Hoop has traveled over 200,000 miles



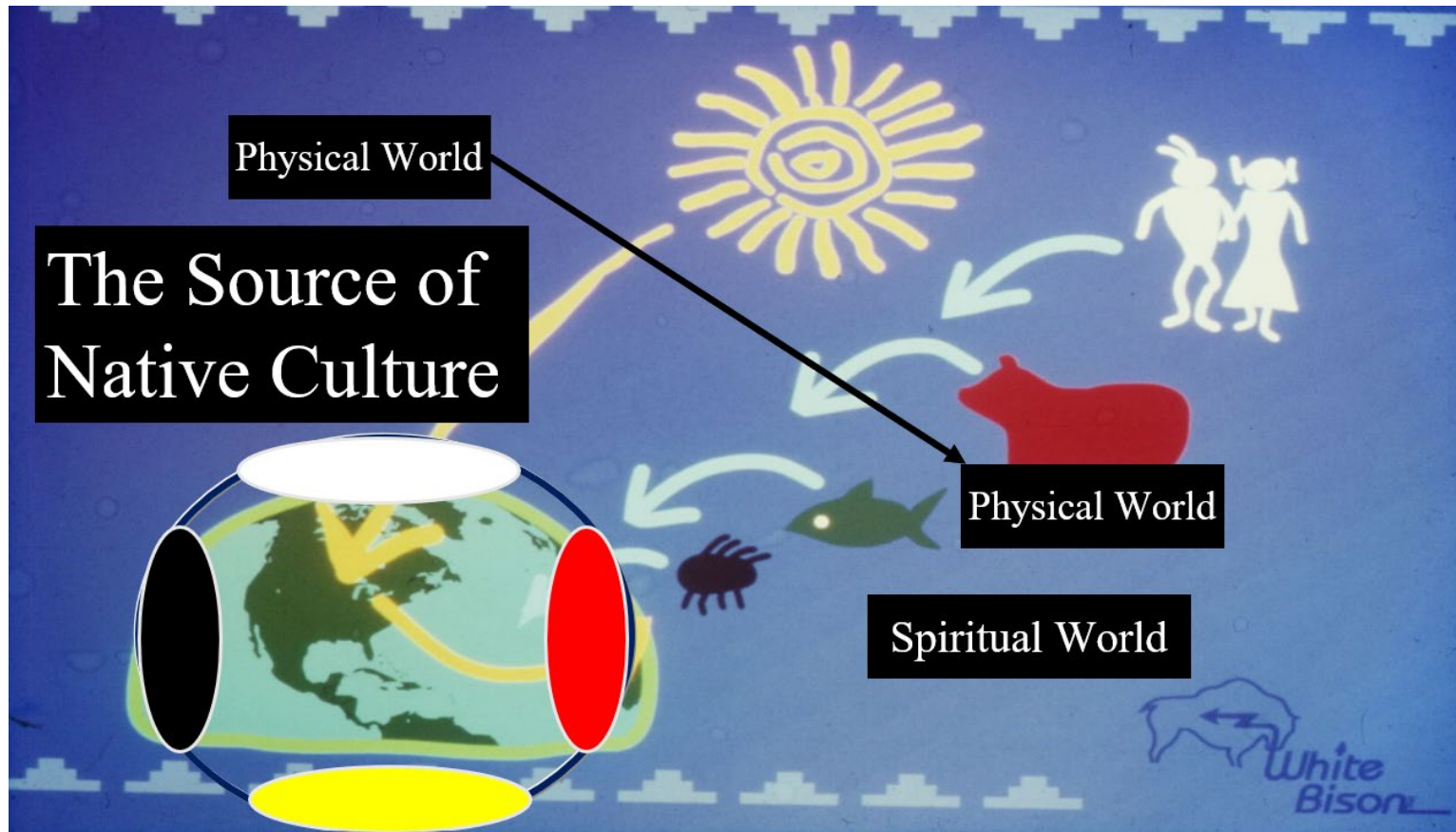
We were to take this hoop to the people



Carrying the Message

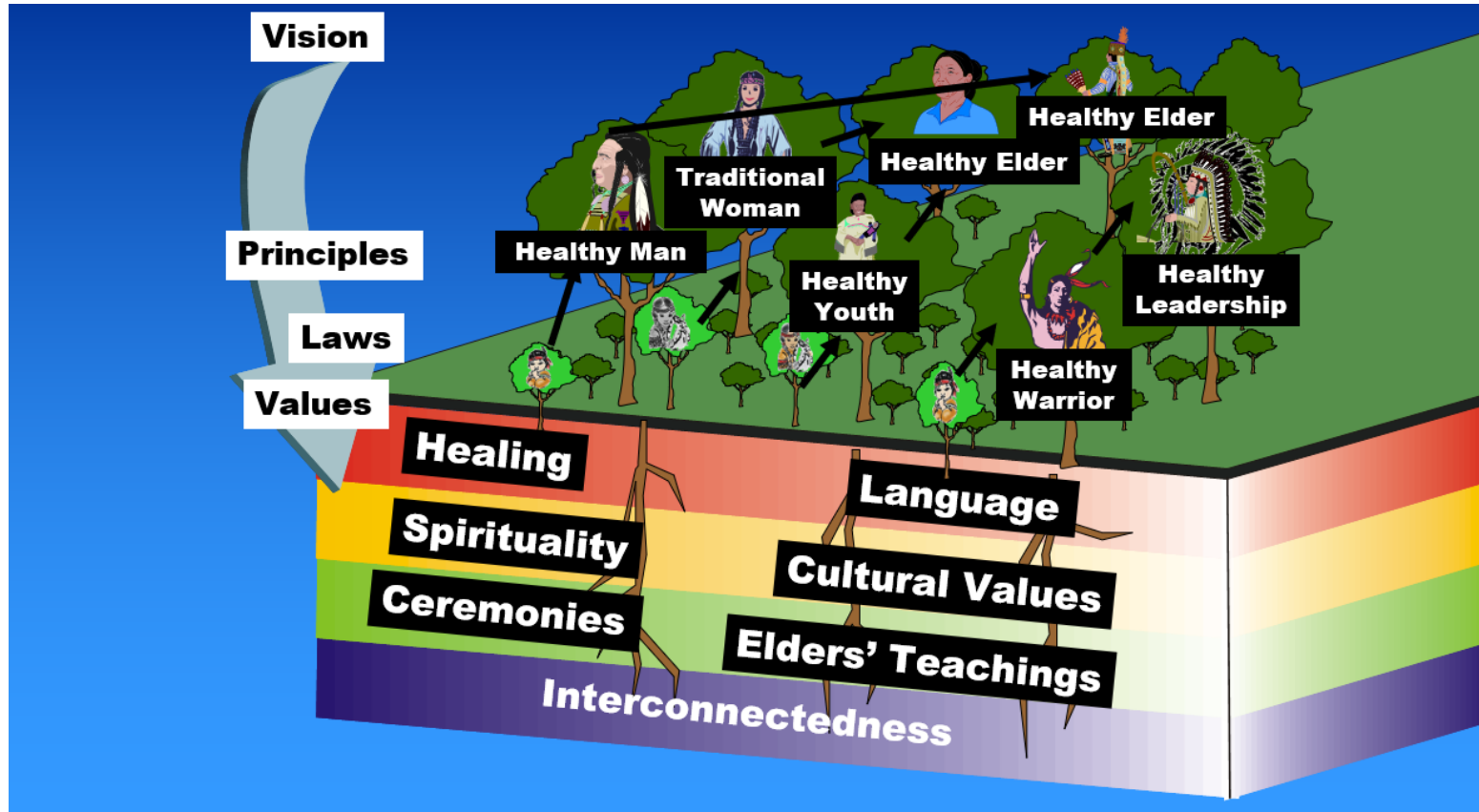
- The Healing time is here
- Recovery is possible
- The solution is within the community
- The Elders teachings are coming back
- Understand connection between past, present and future
- The Wellbriety Movement is here





Alt text: This image represents the earth. A stylized sun shines on the earth, which has white, black, red, and yellow colors surrounding it, representing the human race. There are humans, cattle, fish, and insects, all of which have a place. The text reads: “The Source of Native Culture,” “Physical World,” and “Spiritual World”. There is a connection between the physical and spiritual world, as well as to everything else in the picture.

From the teachings of the elders, there is a physical world that you can see and a spiritual world that you cannot see, and both are connected. The people, the animals, the fish— we are all interconnected.

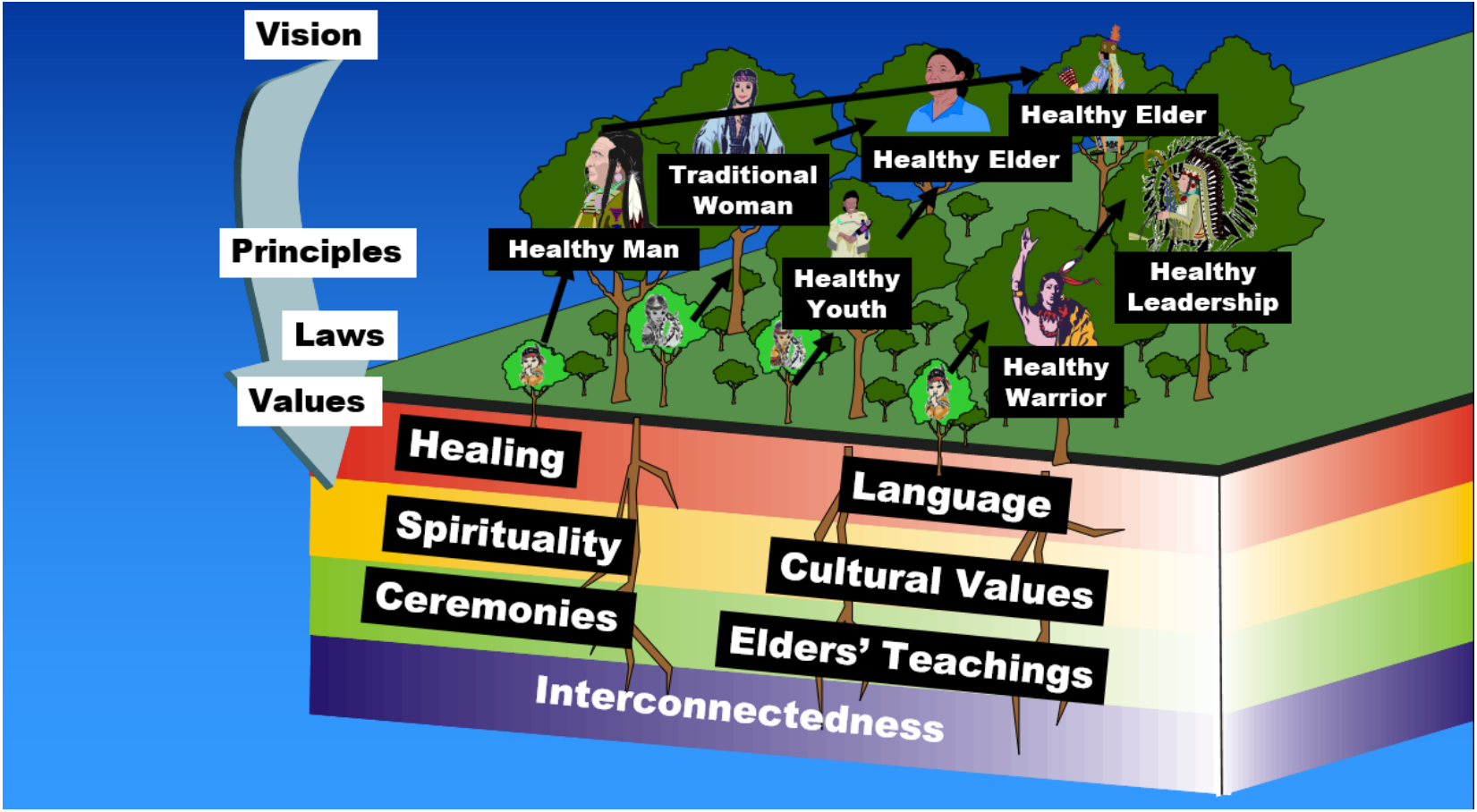


Alt text: On a blue background is a cross section of the earth. The layers from bottom to top are purple, green, yellow, and red. The purple layer contains the word “Interconnectedness,” the green “Ceremonies” and “Elders’ Teachings,” yellow “Spirituality” and “Cultural Values,” red “Healing” and “Language”. There is an arrow coming from above with the words “Vision,” “Principles,” “Laws,” and “Values” pointing at the layers below the surface. On the surface are many trees. The small trees contain images of Native babies, which are pointing to larger trees containing images labelled “Healthy Man,” “Traditional Woman,” “Healthy Youth,” and “Healthy Warrior”. Those images point to trees with images labelled “Healthy Elder” and “Healthy Leadership”. The values on the bottom have roots shooting through them, showing that the people on top are supported by the values underneath.

Then.....

Something Happened To Us.....



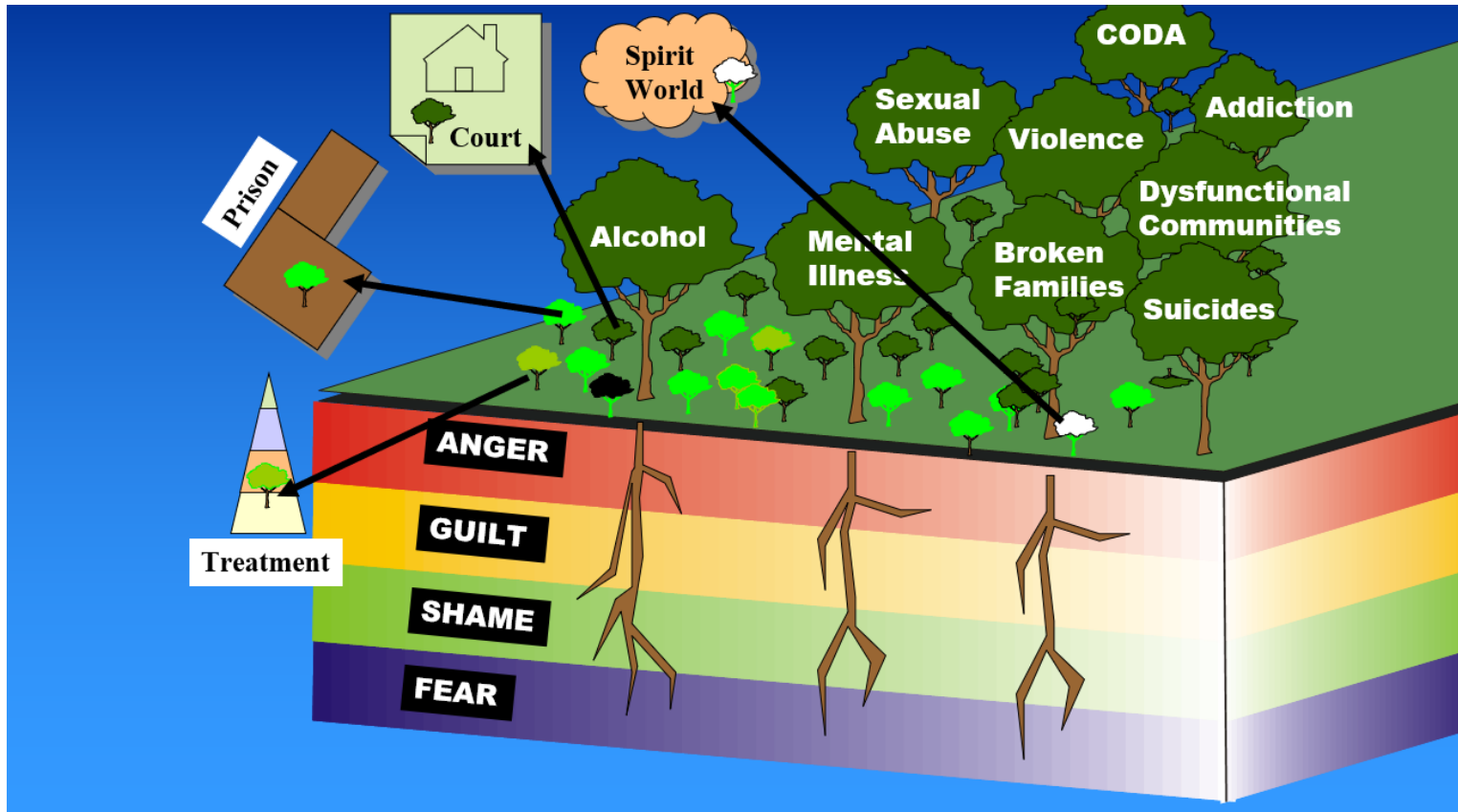


This is the same image that was shown two slides previously. Alt text: On a blue background is a cross section of the earth. The layers from bottom to top are purple, green, yellow, and red. The purple layer contains the word “Interconnectedness,” the green “Ceremonies” and “Elders’ Teachings,” yellow “Spirituality” and “Cultural Values,” red “Healing” and “Language”. There is an arrow coming from above with the words “Vision,” “Principles,” “Laws,” and “Values” pointing at the layers below the surface. On the surface are many trees. The small trees contain images of Native babies, which are pointing to larger trees containing images labelled “Healthy Man,” “Traditional Woman,” “Healthy Youth,” and “Healthy Warrior”. Those images point to trees with images labelled “Healthy Elder” and “Healthy Leadership”. The values on the bottom have roots shooting through them, showing that the people on top are supported by the values underneath.



Alt text: In contrast to the previous image, the composition of the layers of the earth and the trees have changed. The layers now read, from bottom to top, “Fear,” “Shame,” “Guilt,” and “Anger”. The trees on top, with roots going through the topsoil, say the following: Violence, Prescription Drugs, Heroin, Child Abuse, FAS, Meth, Sexual Abuse, Missing/Murdered Women, Mental Illness, Fentanyl, Suicide, Alcoholic. The caption says “Dangerous enemies have invaded our camps! This is our current condition...now... it’s more than just alcohol!”

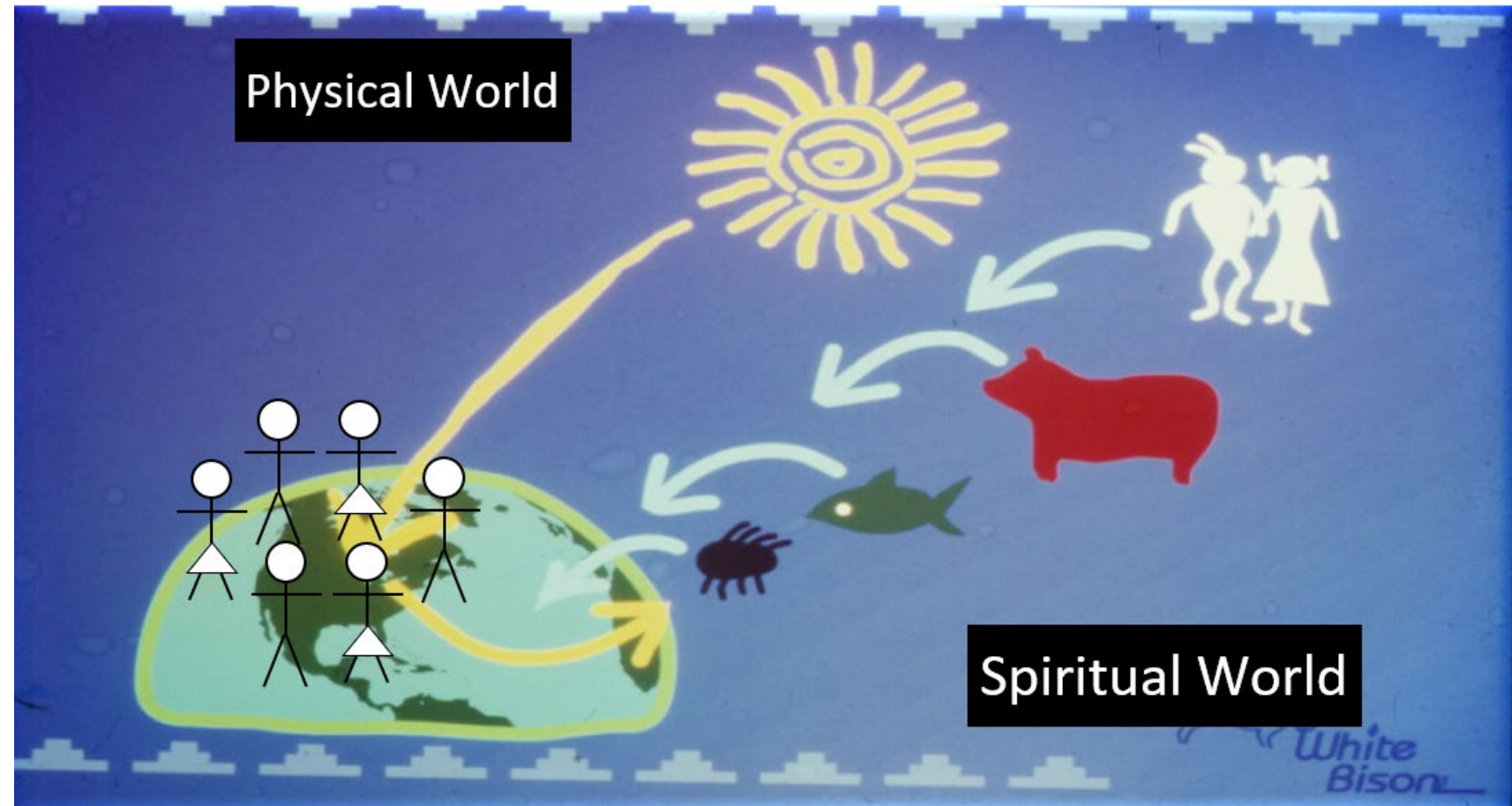
How it is today



Alt text: The cross-section of the earth reads “Fear, Anger, Shame, and Guilt.” Instead of healthy youths who become healthy adults and healthy elders, the trees now read “Alcohol, Mental Illness, Broken Families, Suicides, Dysfunctional Communities, Violence, Sexual Abuse, CODA, Addiction”. Four of the little trees have gone to four other places: Treatment, Prison, Court, and the Spirit World.

What did it take to
destroy our
communities?

The world in which
you live, you did not
create!





CONTENT WARNING

- Notify staff if you need someone to talk to
- It is ok to step outside of the space
- Uncomfortable conversations are important



BJA's



Comprehensive
Opioid, Stimulant,
and Substance Abuse

Program

Carlisle Indian School

1879



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



Historical Trauma

A combination of immense losses and traumatic events that are perpetrated upon an entire culture.

For Indigenous communities, these losses include:

- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Spirituality
- Family structure (forced into boarding/mission/residential/seminary schools)



Common findings from studies on intergenerational/historical trauma - how people from traumatized cultures coped with their experiences:

- Impulse to protect children from the horror – people become silent and never talk about what happened
- Lack of trust – don't look for attachments
- Reject own background and identify with another group as a form of protection for the self because to identify with your own group may be viewed as threatening or dangerous
- Fight back and protest
- People began believing feeling numb, being angry, acting self-destructively, and feeling hopeless was a normal way to be in the world
- Passed down through direct parent-child interactions and through interactions with extended family and the community
- Studies have found that trauma changes the epigenetic discourse of the DNA

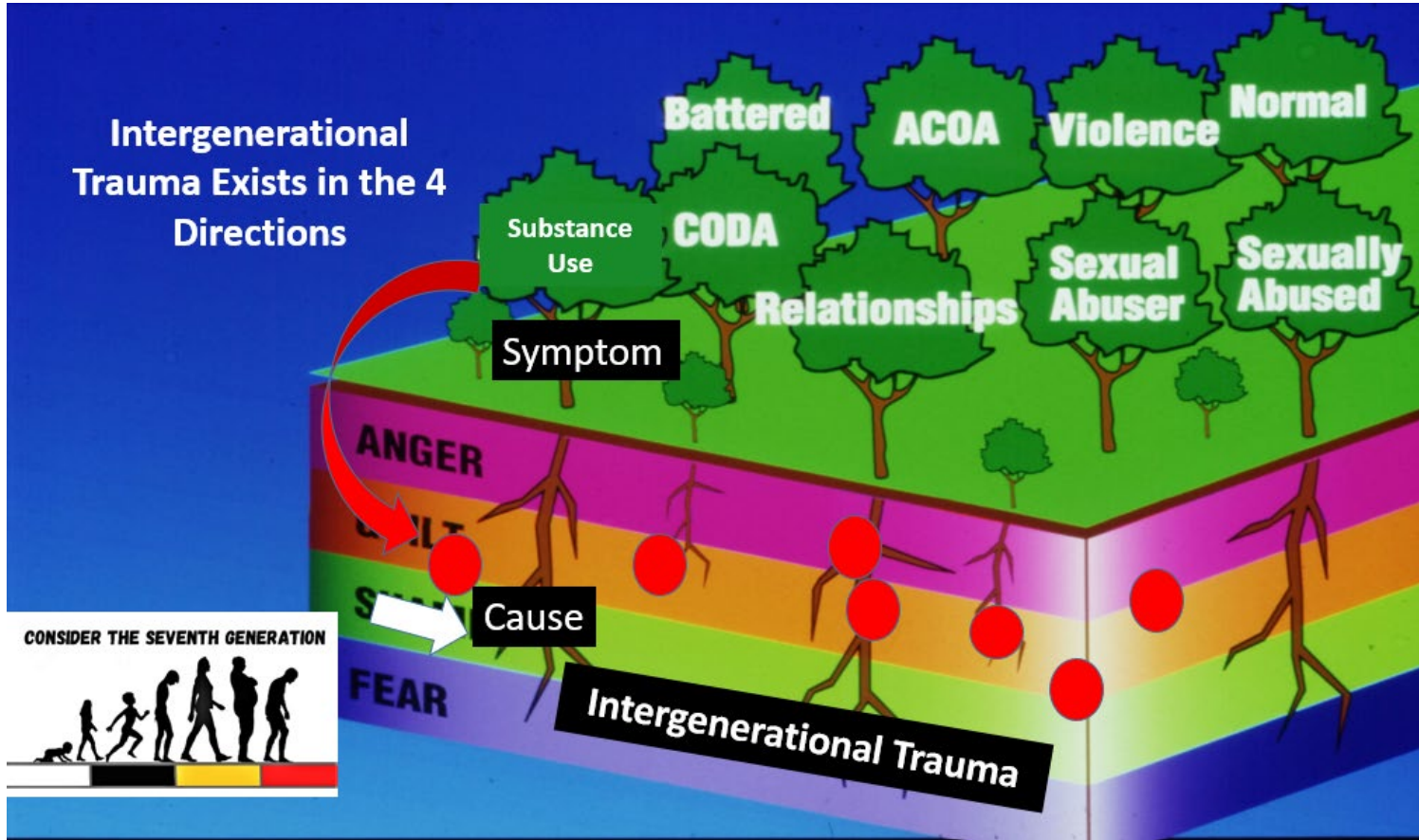


What complicates the healing process?

- An inability to mourn – not knowing what happened to your family and loved ones (Relocations, family separations)
- Lack of political power – feeling unable to change things, so why bother?
- No sense of hope for the future
- Lack of acknowledgement of trauma by the dominant culture fuels powerlessness and helplessness.



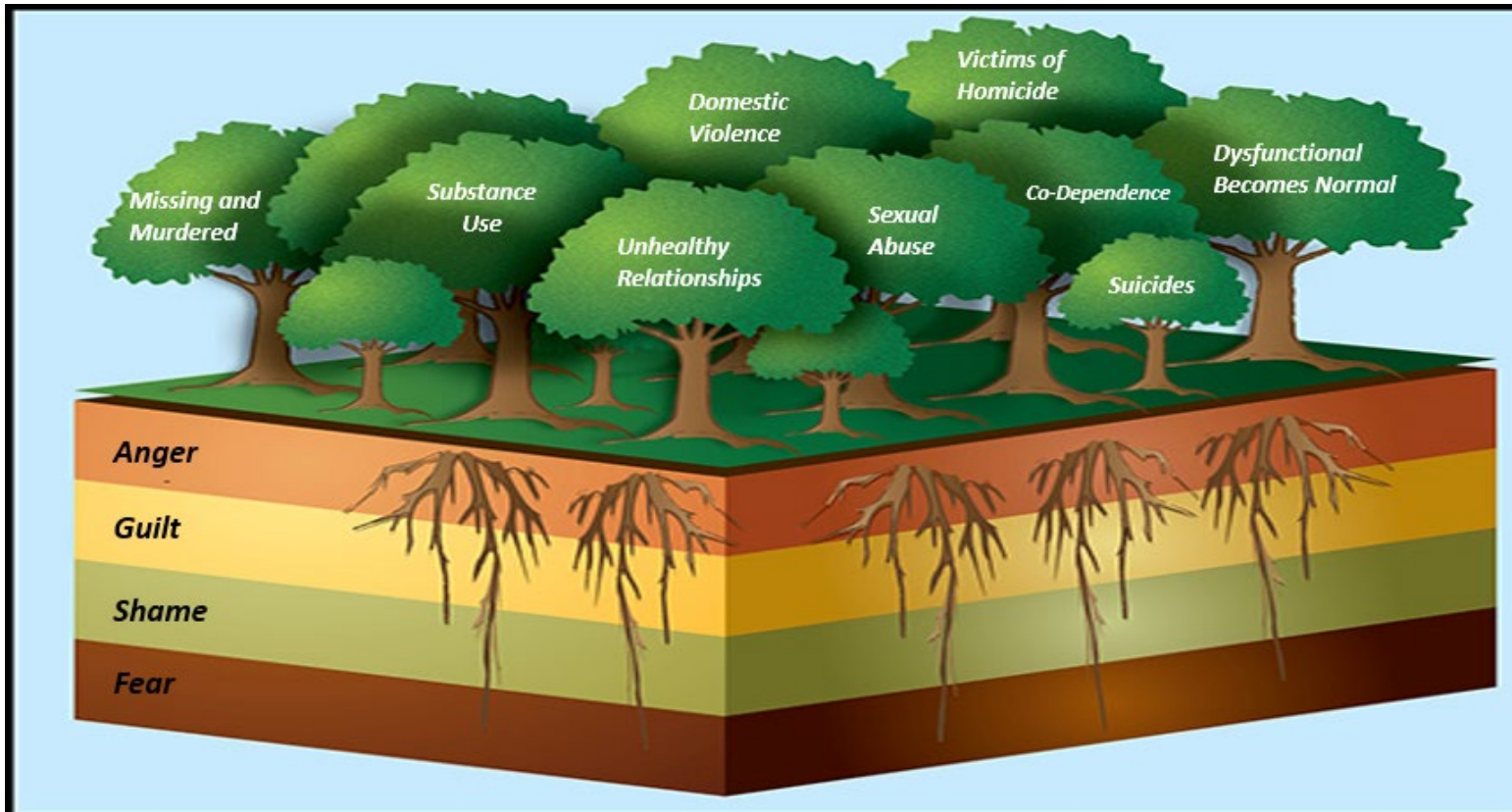
We must understand the connectedness between trauma and current social issues and Family Healing!!



Alt text: The title reads “Intergenerational Trauma Exists in the Four Directions”. The cross-section of earth again reads “Fear, Shame, Guilt, Anger”. The trees read “Substance use, CODA, Relationships, Sexual Abuser, Sexually Abused, Normal, Violence, ACOA, Battered”. A label on the tree reads “Symptom”. The roots in the cross-section read “Cause”. There is another label in the roots reading “Intergenerational Trauma”. To the left is a logo that reads “Consider the seventh generation”. On the bottom are the four colors, white, black, yellow, and red, that represent all of humanity. There are seven figures, and in order, they are a baby, a toddler, a child, an adolescent, a young adult, an older adult, and an elder.

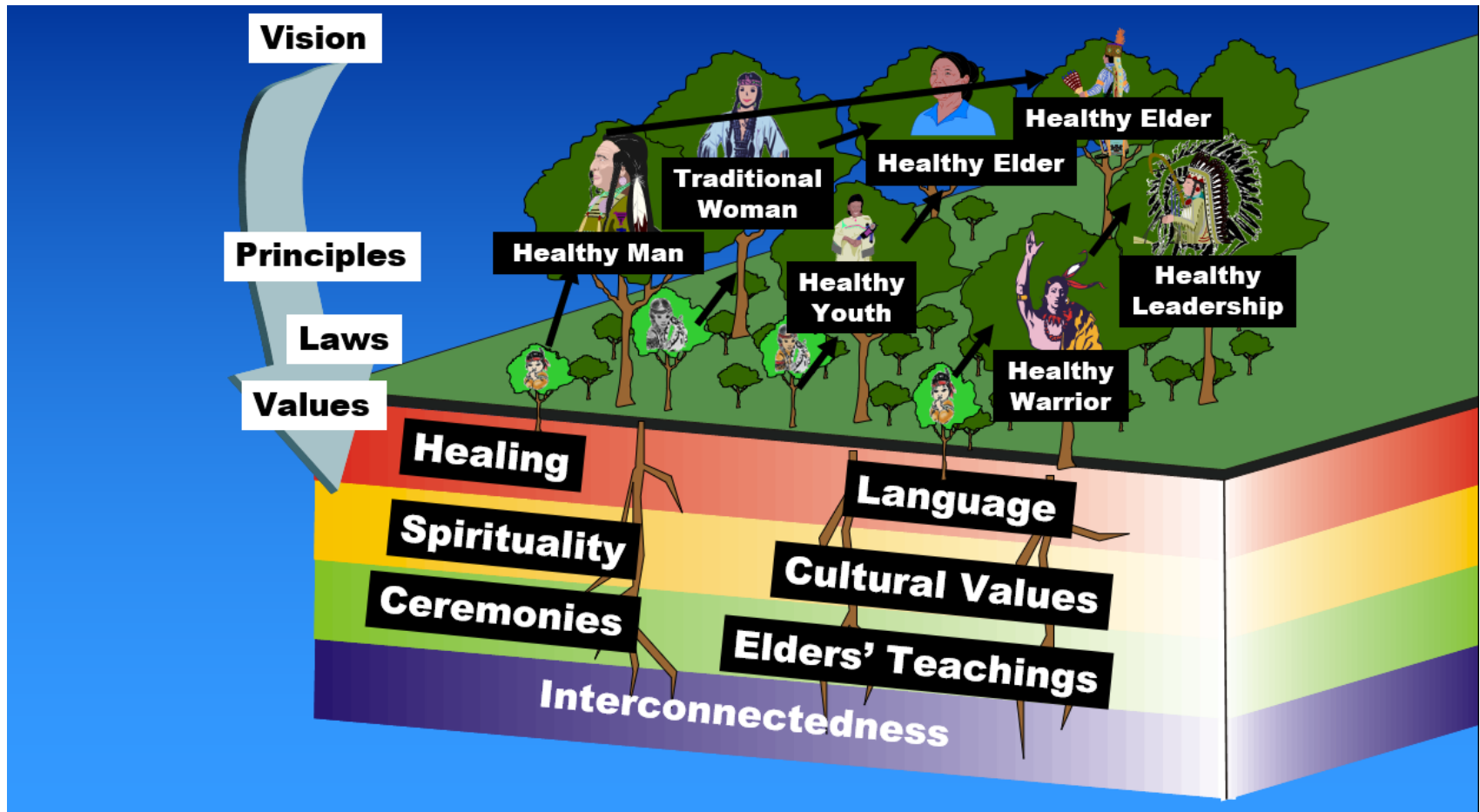
This is our Current Condition....it's more than just alcohol

Can this be changed? Is it possible to go from this...



Alt text: The same cross-section of earth that reads “Anger, Guilt, Shame, Fear” with roots reaching into it. The trees read “Missing and murdered, Substance Use, Unhealthy relationships, Sexual Abuse, Domestic Violence, Victims of Homicide, Co-dependence, Suicides, Dysfunctional Becomes Normal”.

Back To This!!!



Alt text: The photo of how it should be. On a blue background is a cross section of the earth. The layers from bottom to top are purple, green, yellow, and red. The purple layer contains the word “Interconnectedness,” the green “Ceremonies” and “Elders’ Teachings,” yellow “Spirituality” and “Cultural Values,” red “Healing” and “Language”. There is an arrow coming from above with the words “Vision,” “Principles,” “Laws,” and “Values” pointing at the layers below the surface. On the surface are many trees. The small trees contain images of Native babies, which are pointing to larger trees containing images labelled “Healthy Man,” “Traditional Woman,” “Healthy Youth,” and “Healthy Warrior”. Those images point to trees with images labelled “Healthy Elder” and “Healthy Leadership”. The values on the bottom have roots shooting through them, showing that the people on top are supported by the values underneath.

Change Formula

- **$A + B + C = \text{Willingness to Change}$**
- **A = Vision**
- **B = Dissatisfaction with the old**
- **C = Practical first steps**

We can't keep doing what we're doing, keep saying what we're saying and expect different RESULTS!!

Are you sick and tired of being sick and tired?



The Process for Implementing Change: The Four Laws of Change

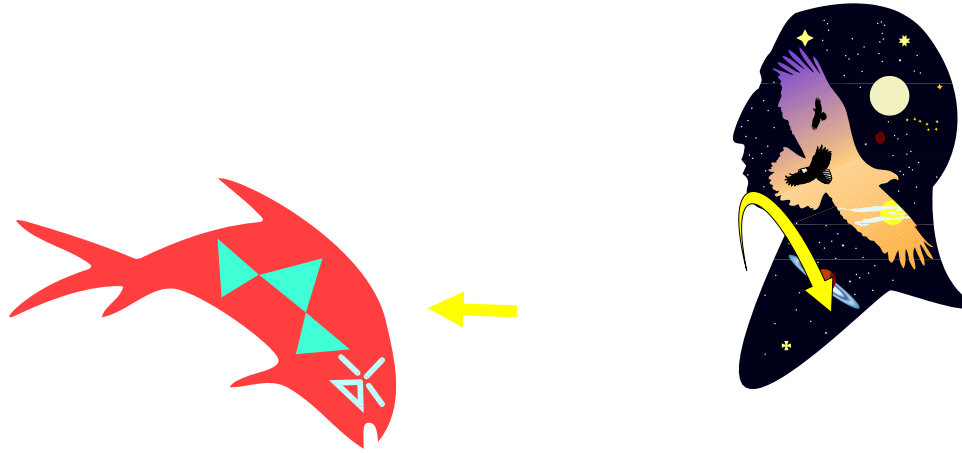
- **Change is from within.**
- **In order for development to occur, it must be preceded by a Vision.**
- **A great learning must occur.**
- **You must create a healing forest.**



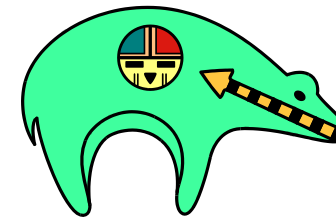
Change is from within

All Permanent and **Lasting Change...**

**Starts on the inside, then works its way
out!!!!!!**



*Inside every creature is
the innate knowledge of
how it is to conduct itself.*

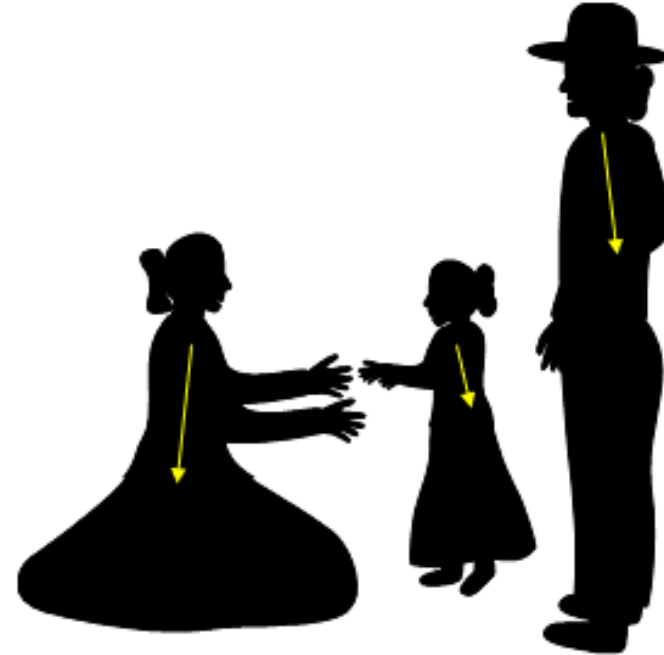


They KNOW what to do..... They do it naturally!





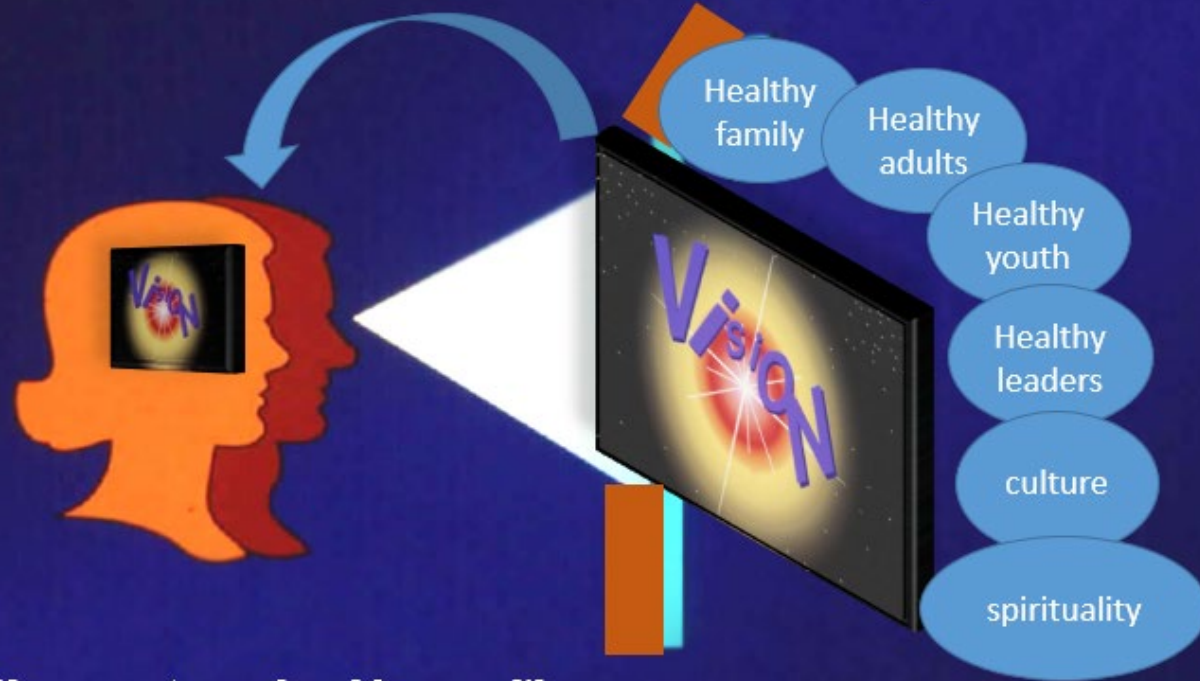
*Inside every human being
is the innate knowledge of
your own wellbeing.*



You KNOW what to do..... You have the CHOICE to do it!



2. No Vision - No Development

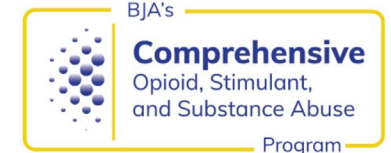
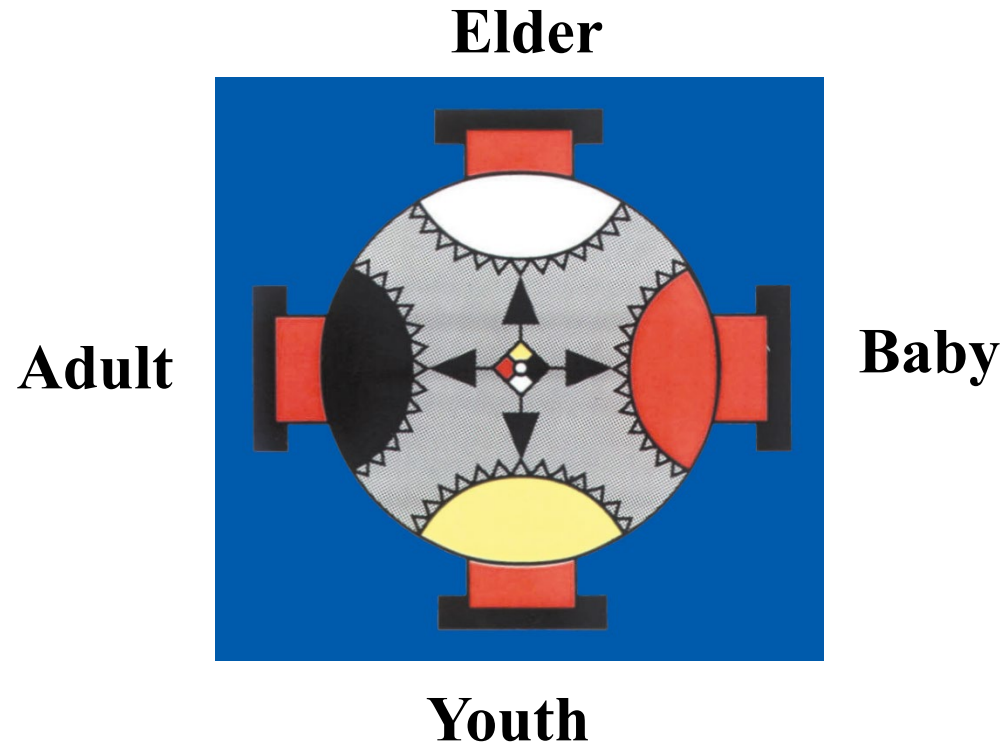


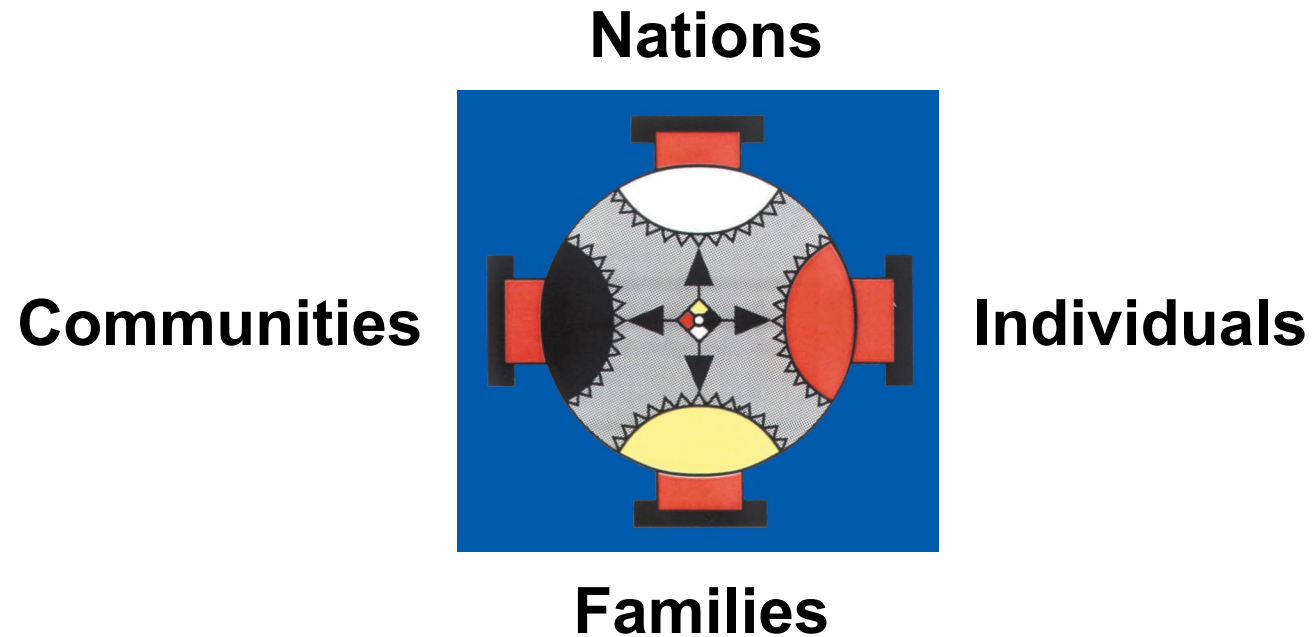
You move toward and become like that which you think about.

Alt text: Silhouettes of two people looking at a TV that says “Vision”. An arrow is pointing from the TV to the people, who have the image from the TV in their minds. There are bubbles around the TV that say “Healthy family, healthy adults, healthy youth, healthy leaders, culture, spirituality”. The title says “No vision, no development” and a caption says “You move toward and become like that which you think about”.

Law #3:

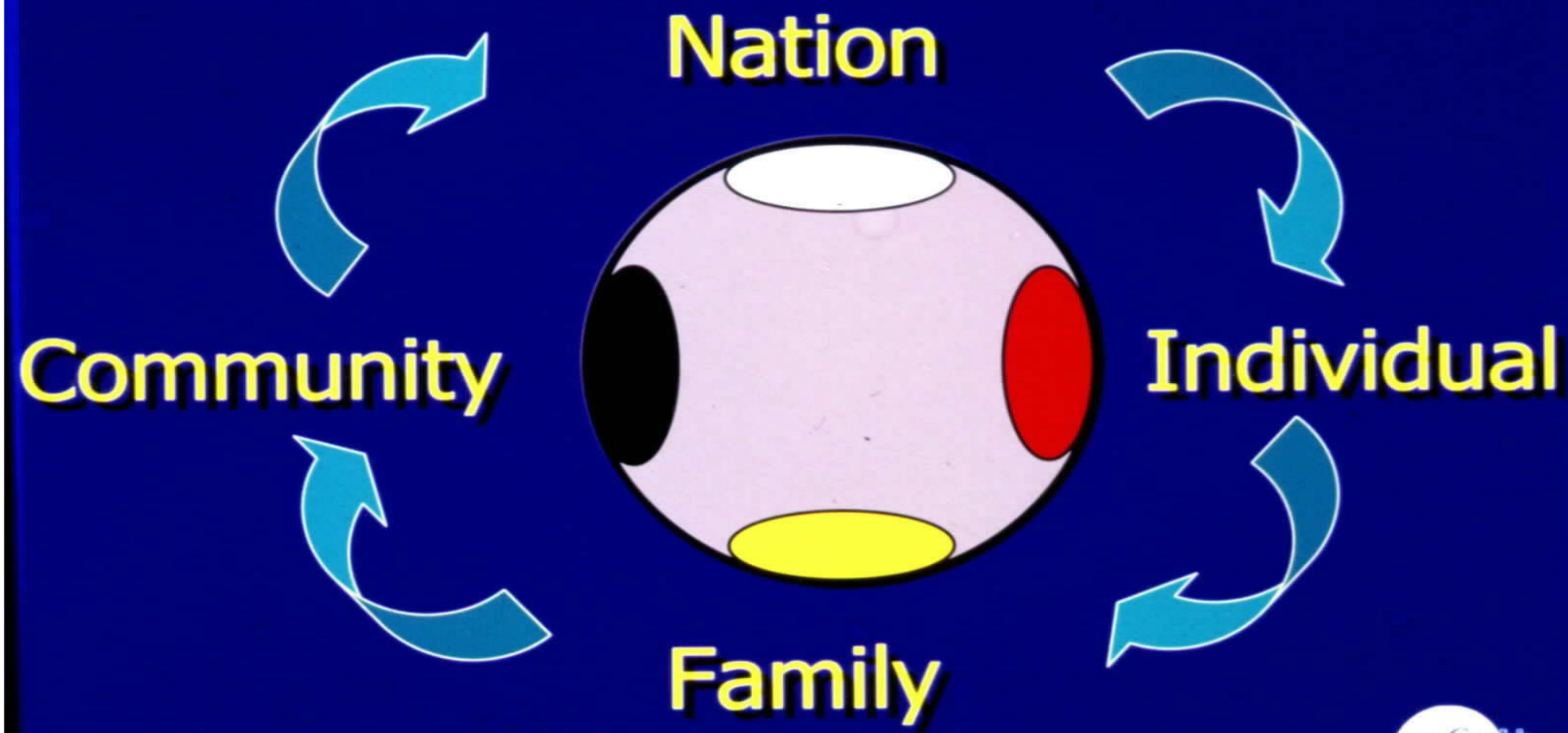
A Great Learning Must Occur





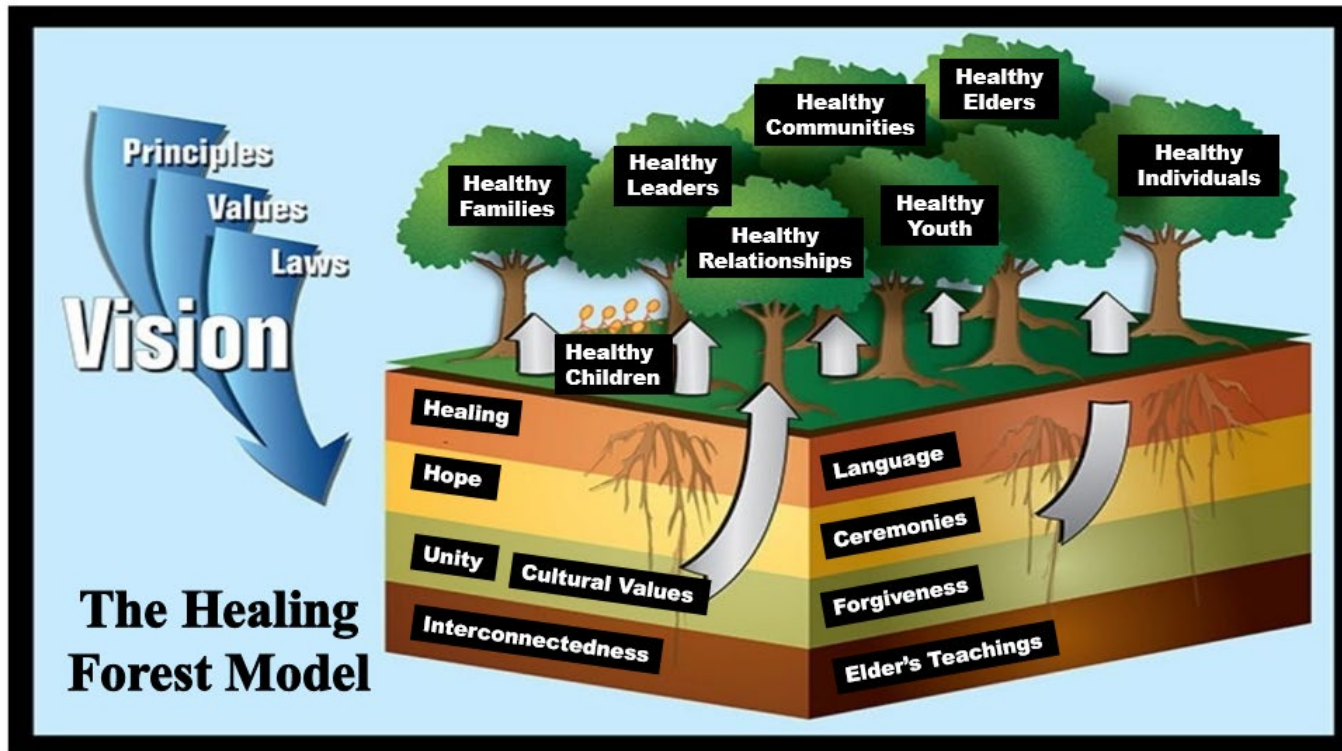
First the individual must heal, then the family can begin healing; then the community can start to heal; and then the nation can heal.





4. You Must Create A Healing Forest





The Healing Forest Model. There is an arrow pointing to the earth cross-section that says Vision: Principles, Values, Laws. The cross-sections say Healing, Hope, Unity, Cultural Values, Interconnectedness, Language, Ceremonies, Forgiveness, Elder's Teachings. Arrows point up to the trees, which say "Healthy families, healthy leaders, healthy communities, healthy elders, healthy individuals, healthy youth, healthy relationships, healthy children".

So Now What Do We Do?

“History does not dictate personal or collective destiny.” -William White



What is Intergenerational Healing?

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

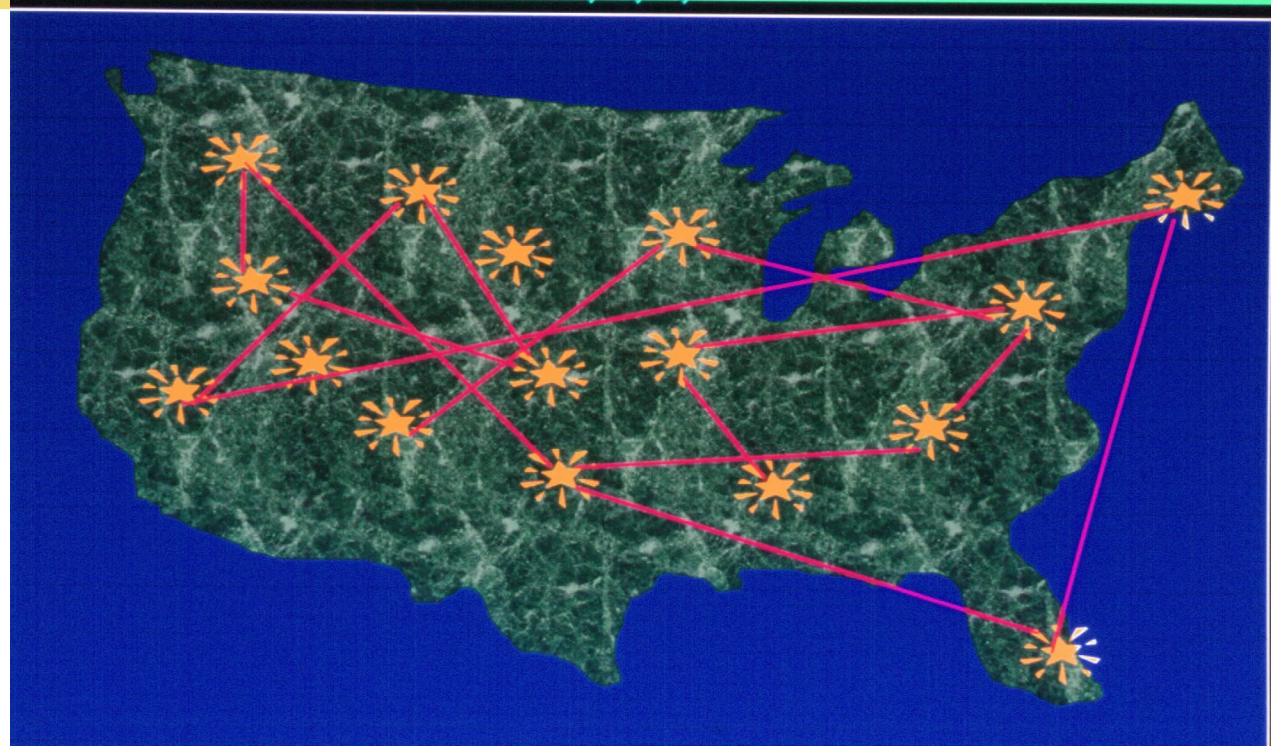
- Culture
- Stories
- Spirituality
- Language
- Rebuild the family structure
- Restoring balance emotionally, mentally, physically, spiritually



Pathways to Healing from Intergenerational Trauma

- Heal ourselves (Change starts from within)
- Facilitate recovery efforts
- Creating healing spaces in your community
- Address issues around shame
- Restore pride in cultural heritage and identity
- Practice forgiveness
- Include everyone in the healing process
- Help create a Healing Forest
- Implementing Culturally-Based Approaches at all levels of healing





The “Wellbriety Movement” was introduced in 1998. It is a live force consisting of large numbers of people interconnected with a focus working on wellness. One message carried by many messengers.... we are in a time of Healing.



Family services, news media, church/spiritual support, law enforcement, friends/family, peer recovery support, community policies/laws, schools, treatment, mental health are all in circles pointing to a circle that says Community Coalition for Recovery Support. The title is One Message, Many Messengers. The caption reads: It takes an entire village... Bringing people to the circle... the opposite of addiction is connection!



A Community Must Change Together



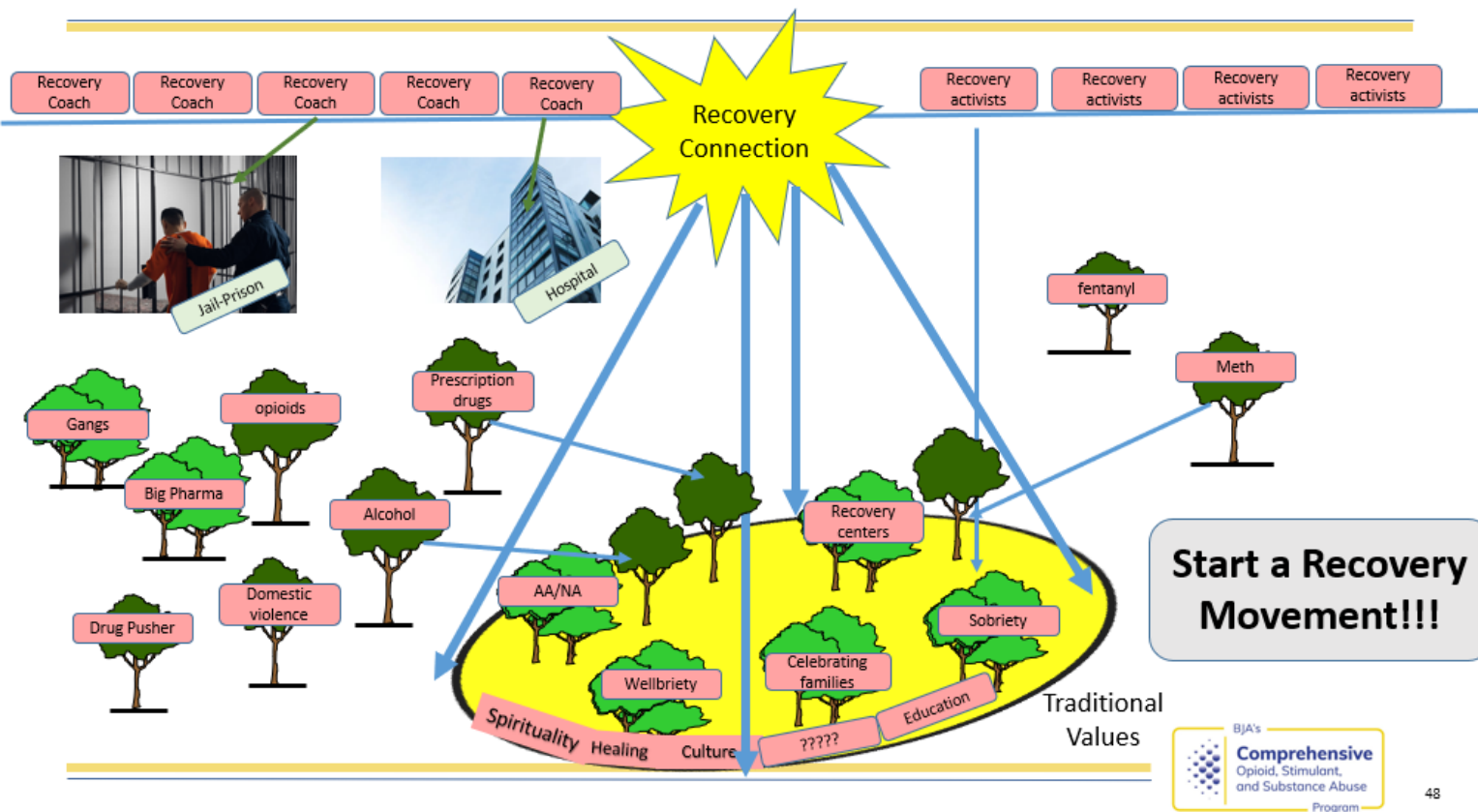
Purpose & Objectives:

- Get everyone working toward the same Vision and Goal
- Motivate people to participate
- Develop the skills and knowledge through training and education
- Reclaim and Implement cultural values and tradition
- Create a supportive environment to sustain the changes



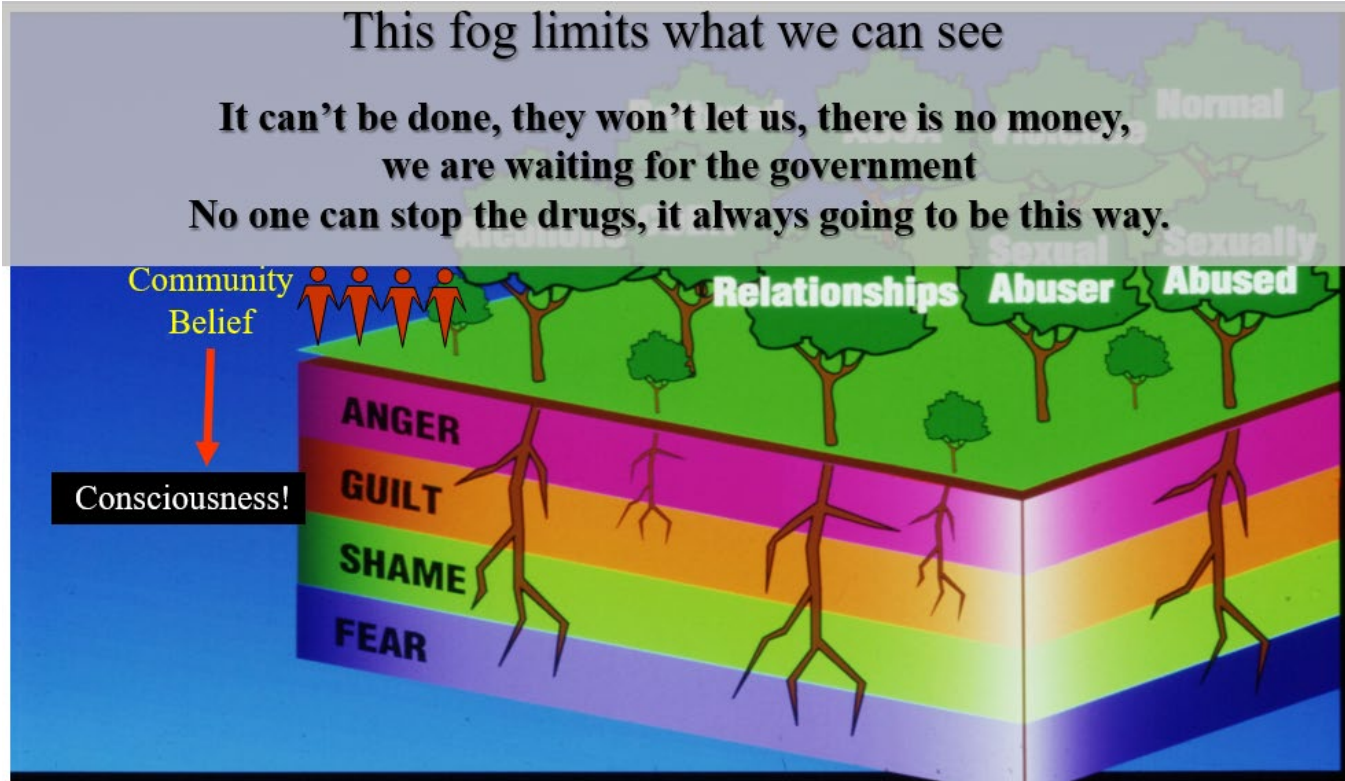
When you change the way you look
at things.... The things you look at
change. The healing approach..



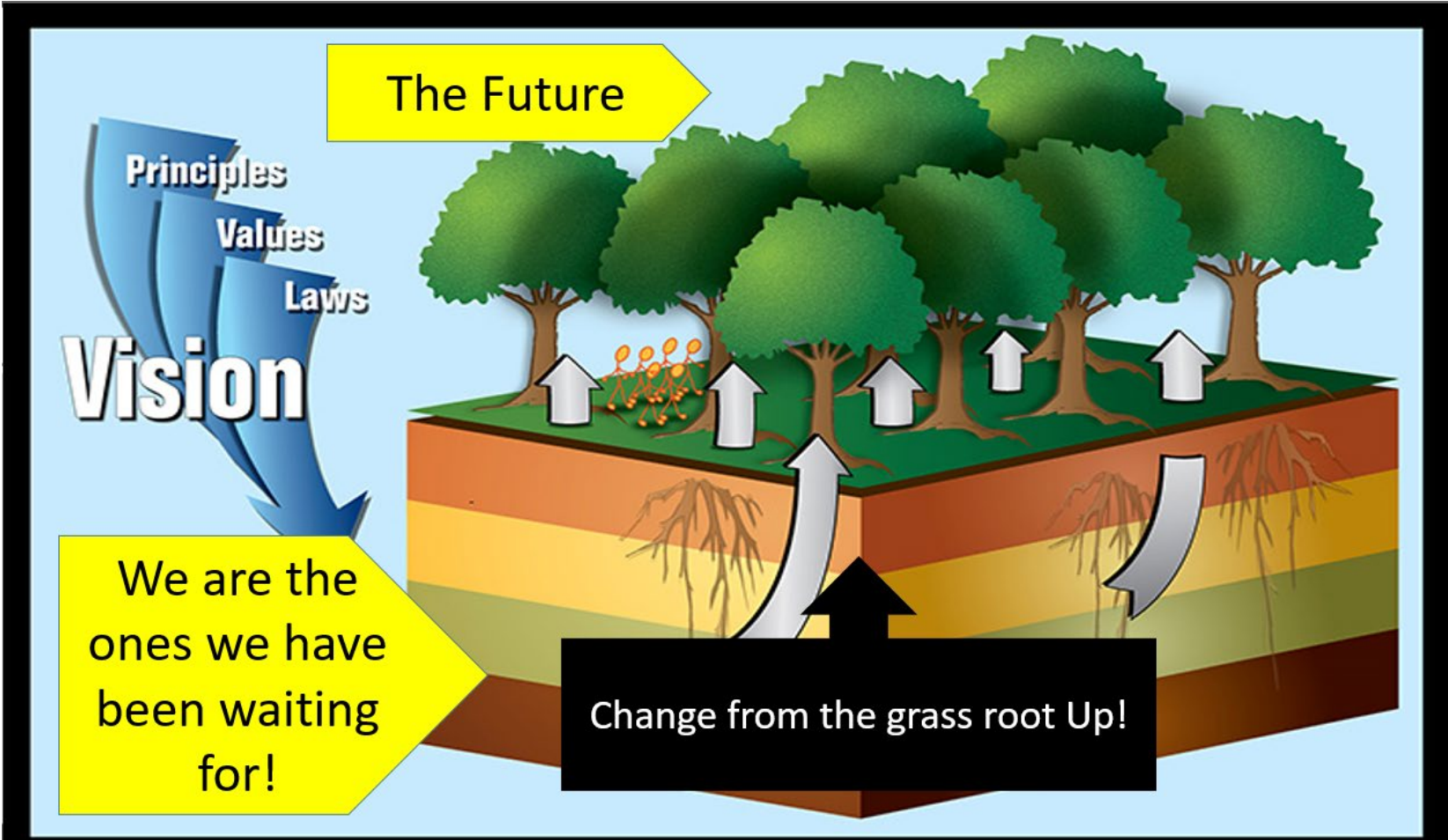


AltText: Title: Start A Recovery Movement

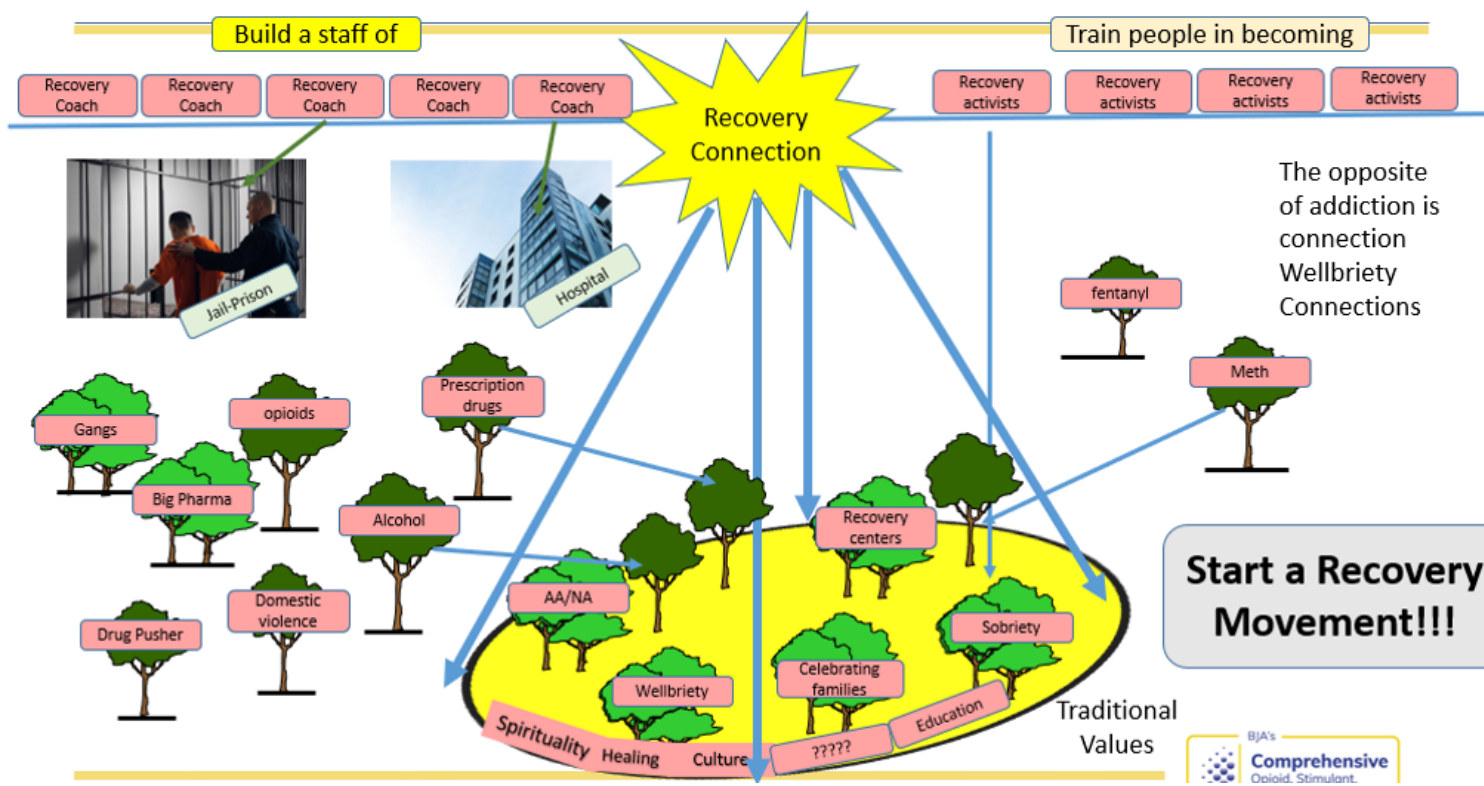
Recovery coaches surround recovery connections that include: Recover centers, sobriety, celebrating families, wellbriety, and AA/NA along with spirituality, healing, culture, ??????, and Education. Outside of the recovery connections are fentanyl, meth, prescription drugs, alcohol, opioids, gangs, big pharma, domestic violence, and drug pusher. Traditional Values is also outside of the recovery connections.



Alt Text: The same cross-section of earth from previous slides, with anger, guilt, shame, and fear. There is fog around the trees, making the labels difficult to see. Relationships, Sexual abuser, and sexually abused are visible. There are people among the trees with the label Community believe with an arrow pointing down to the root that says Consciousness. Overtop the fog it says This fog limits what we can see. It can't be done, they won't let us, there is no money, we are waiting for the government, no one can stop the drugs, it is always going to be this way.



Alt Text: The same cross-section of earth from previous slides, with Vision leading toward the future. Vision includes principles, values, and laws. Change from the grass root up – we are the ones we have been waiting for.



Alt text: This is the same illustration from 3 slides ago, the only addition being the phrase “Build a staff of recovery coaches” and “Train people in becoming recovery activists”. in the center is a bright speech bubble that looks like a sun that says Recovery Connection. Arrows radiate beneath it to a circle, where trees are gathered. The trees are labelled Recovery Centers, AA/NA, Wellbriety, Celebrating Families, Sobriety. Spirituality, healing, culture, education, and traditional values are also there. Outside of this, there are recovery coaches and recovery activists, who go into the jails/prisons and hospitals. There are trees on the outside that are labelled fentanyl, meth, drug pusher, domestic violence, alcohol, big pharma, gangs, opioids, prescription drugs. There are arrows from three trees on the outside to three trees on the inside, signifying that if they come into the circle they lose the negative labels. Additionally, “traditional values” is outside of the recovery connection.



How.....do you
get it going?

We Believe.....

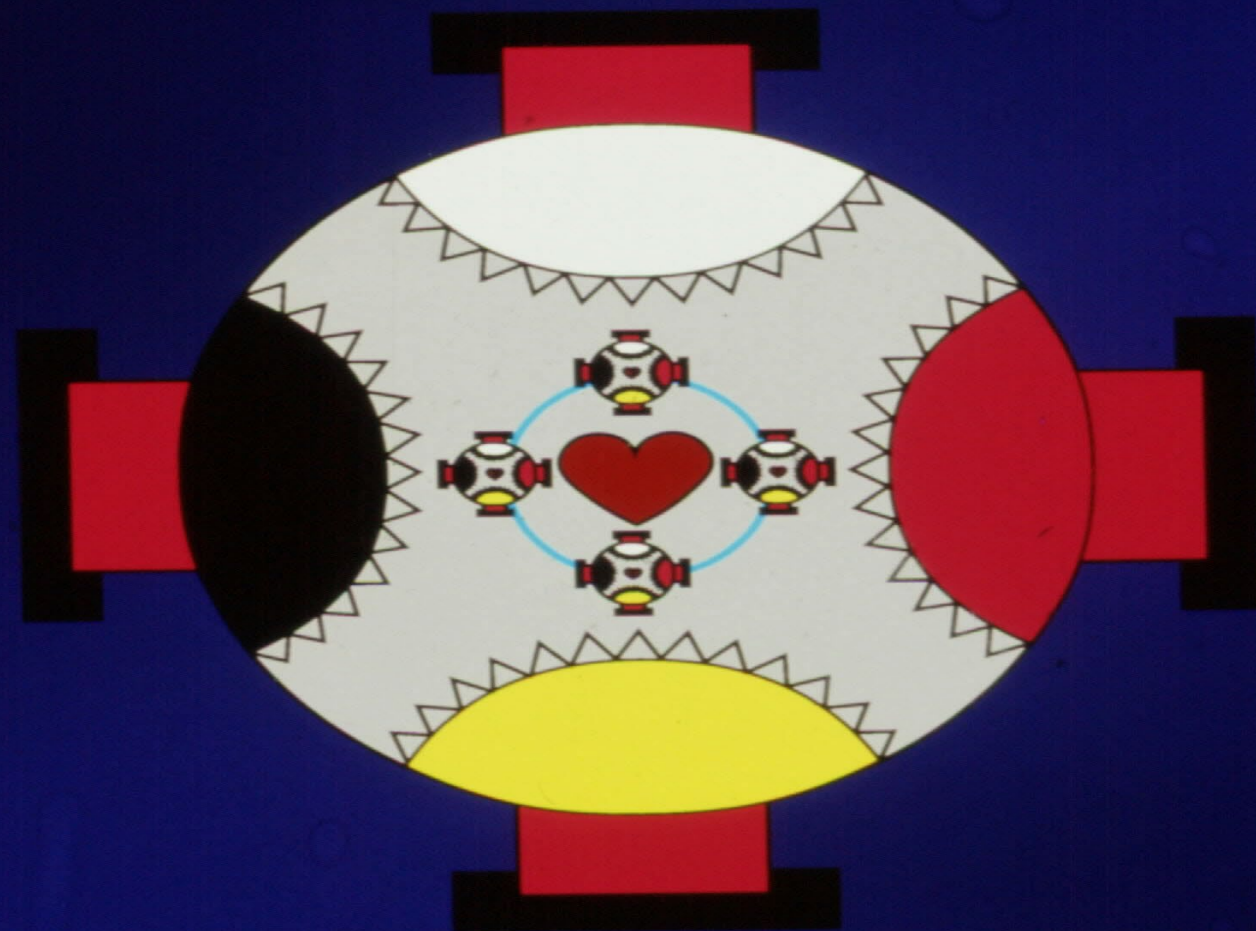
- The solutions resides within each community
- Interconnectedness – it takes everyone to heal the community
- Healing will take place through application of cultural knowledge
- Healing of our communities is entirely possible
- Healing will be generated from the grassroots up (peers)



WHITE

BLACK

RED



YELLOW

White Bison, Inc.

All White Bison Programs Are...



Peer-led
Those who have “been there” share their experiences



Based on traditional teachings and values



Culturally Relevant



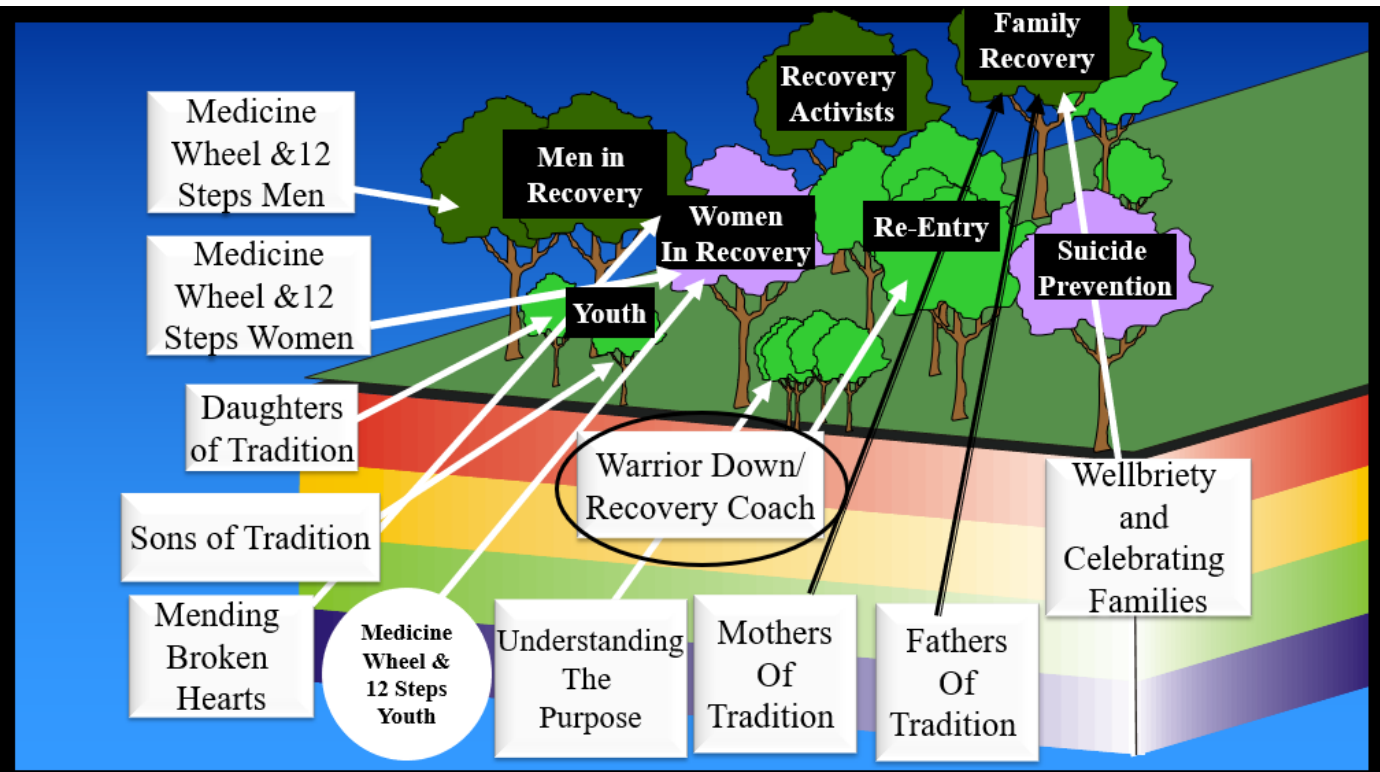
Easily Adapted to Fit Unique Cultural Needs





Culture is shared meaning, shared values, spirituality, traditions, language, customs, arts, symbols, history, stories, relationships, ancestors, behaviors ...





Alt text: The cross-section and the forest on top. The forest has the labels Men in Recovery, Youth, Women in Recovery, Re-entry, recovery activists, suicide prevention, family recovery. There are labels pointing to the trees, which are the programs White Bison offers to assist with the recovery forest. They are Medicine Wheel and 12 steps men, Medicine Wheel and 12 steps women, daughters of tradition, sons of tradition, mending broken hearts, medicine wheel and 12 steps youth, understanding the purpose, mothers of tradition, fathers of tradition, wellbriety and celebrating families, and Warrior Down/ Recovery Coach. Warrior Down is circled.

Featured Program



Warrior Down/Recovery Coach Training

Provides a structured approach for creating a community support system to prevent relapse, reduce recidivism, and includes individuals trained to provide peer recovery support services

Warrior Down is the cry used to signify that a warrior has been wounded or incapacitated in some way and needs help. The Warrior Down program creates the response team that provides the support and finds the resources to get that warrior back into their recovery process. This is a peer-to-peer program that is designed to equip individuals to provide recovery support and community referrals for others in recovery.



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” Margaret Mead



Upcoming Projects

- Well-Anon
- Wellbriety Lifeskills Program
- Increasing efforts for incarcerated individuals, especially Native Women and Veterans in Prison
- Recovery Programs for the Deaf Community
- Spanish Translations of Books & Programs
- Collegiate Recovery Starter Kit



WHITE BISON CONTACT INFO

- For more information, or to schedule a training in your community, please contact White Bison at 719-548-1000 or email us at info@whitebison.org.
- To order Wellbriety products and materials, please visit [The Wellbriety Store](#).
- Facebook Groups and Pages
 - White Bison, Inc.
 - Sobriety is Traditional
 - Wellbriety Training Institute
 - Wellbriety Response to COVID-19
 - Official White Bison Elders Daily Meditations

White Bison, Inc.

**6455 N. Union Blvd, Ste 102
Colorado Springs, CO 80918**

Phone: 877-871-1495

Fax: 719-548-9407

info@whitebison.org

[White Bison Website](#)



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Q & A



COSSAP Training and Technical Assistance



COSSAP GRANT PROGRAM

LEARNING OPPORTUNITIES

AREAS OF FOCUS

PUBLICATIONS & DIGITAL MEDIA



SEARCH

PDMP TTAC

TRAINING AND TECHNICAL ASSISTANCE

The COSSAP training and technical assistance program offers a variety of learning opportunities and assistance to support BJA COSSAP grantees and other local, tribal, and state stakeholders to build and sustain multidisciplinary criminal justice responses to illicit substance use and misuse.

Training and technical assistance is provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources.

REQUEST TTA

If you are interested in requesting training and technical assistance, please complete the form at the [COSSAP Resources Website](#).



COSSAP Resources

Tailored Assistance—The COSSAP training and technical assistance (TTA) program offers a variety of learning opportunities and assistance to support local, tribal, and state organizations, stakeholders, and projects in building and sustaining multidisciplinary responses to the nation’s substance abuse crisis. ***You do not need to be a COSSAP grantee to request support.*** TTAs are provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources. Request TTA to support your activities at the [COSSAP Resources Website](#).

Funding Opportunities—Current COSSAP and complementary funding opportunities are shared at [COSSAP Program Application](#).

Join the COSSAP community! Send a note to COSSAP@iir.com with the subject line “Add Me” and include your contact information. We’ll be happy to ensure you receive the latest-and-greatest COSSAP opportunities, resources, and updates.