

Top Ten Solutions -- To Problems in Indian Country

Fatherhood

- 1-More Men's Circles
- 2-Identify community and family support systems for men
- 3-Create a consciousness of fatherhood in families and communities
- 4-Research and start programs that work in other communities or families
- 5-Make a personal commitment for change in self, family and community
- 6-Create opportunities for fathers to participate in our families and communities
- 7-Provide education and awareness about the importance of the role of the father
- 8-Establish communication utilizing media, community and family
- 9-Promote male and father roles through traditional efforts in families and communities
- 10-Provide culturally-appropriate training on building family relationships

Youth Suicide

- 1-Education--education within families and education within the communities
- 2-Suicide awareness
- 3-Support for youth, families and community
- 4-Role Models--we need role models to come forward. We haven't identified role models to help in suicide prevention
- 5-Love--unconditional love for our youth, families and community
- 6-Elders--their role is critical in suicide prevention
- 7-Healing
- 8-Community Programs--intervention, prevention
- 9-Recognition of youth--it is critical to recognize our youth because they go unrecognized. They thrive on recognition.
- 10-Communication--it is very critical that our youth are heard, that our families are heard, and that our community is listening.

COA (Children of Alcoholics)

- 1-Present a shared vision
- 2-Teach Traditional ways, including intergenerational collaboration
- 3-Offer educational awareness of related issues
- 4-Emphasize Trust, Respect and Pride
- 5-Promote the coordination of resources
- 6-Learn about sustainability
- 7-Unconditional love
- 8-Promote conditions for community involvement
- 9-Wellbriety
- 10-Come out for sober, accountable leaders

Alcoholism

- 1-Identify, develop and train addictions counselors
- 2-Strengthen Native traditional, non-traditional and all-family support systems
- 3-Continue to develop training programs for children, youth and young adults to address alcohol and drug prevention
- 4-Develop parental educational teachings on parenting skills and prevention role modeling
- 5-Develop and establish adolescent mutual support groups with counselors and activities
- 6-Re-institute rites-of-passage rituals
- 7-Model successful family practices and replicate successes in other families
- 8-Return to traditional practices and identify ways to address alcoholism within the traditions in a practical way
- 9-Re-affirm women's roles within society and the woman's sacredness within the family
- 10-Establish Native and collaborative training opportunities and options

Community Leadership

- 1-Sober Leadership
- 2-Spirituality
- 3-Humility
- 4-Honesty
- 5-Compassion
- 6-Open Mindedness
- 7-Perseverance
- 8-Giving away the gift of sobriety
- 9-Knowledgeable
- 10-Non-judgmental



Intergenerational Trauma

- 1-Language
- 2-Sober Leadership
- 3-Heal ourselves
- 4-Ceremonies
- 5-Gender forgiveness
- 6-Facilitate grassroots
- 7-Learn the truth about the past
- 8-Learn to give and receive body work
- 9-Diet. Food as medicine.
- 10-Address shame.

Domestic Violence

- 1-Prayer and Ceremony
- 2-Restoring family values
- 3-Re-establishing clan systems
- 4-Educate to true Indian history
- 5-Sober leadership
- 6-Effective laws
- 7-Community and family intervention
- 8-Host and organize Wellbriety Movement events
- 9-Community outreach
- 10-Teach and learn Tribal languages

Parenting

- 1-Communication with love and respect. Allowing communication
- 2-Teach parenting skills using Native American beliefs, values, and Elders
- 3-Cultural storytelling
- 4-Traditional grief rituals from our cultures for healing
- 5-Understanding trauma and what it does to people
- 6-Diet. No processed food. Traditional food. Make the old ways new again
- 7-Community support for parents and also for children
- 8-Use talking circles for parents as self-care to talk about themselves and their parenting skills
- 9-Spend time with kids. Having fun. Playing
- 10-Allow kids to discharge stress in non-harmful ways. Allow children to express themselves.

Drugs and Inhalants

- 1-Community awareness--what are inhalants and who is using them?
- 2-Believe in a positive direction--change the mindset.
- 3-Proactive involvement--support of each other, tribal, community leaders. Approach business owners to take drugs off the shelves
- 4-Spiritual awareness
- 5-Healing of self, family, and community
- 6-Establishing and strengthening the identity--we establish our roots of self, community and culture
- 7-Family treatment--the whole family
- 8-Positive role models--outreach to community, clean and sober activities and other alternatives
- 9-Start with the little ones
- 10-Take responsibility for ourselves and pass it on in service to others

Family

- 1-Empathy. Feel compassion for others
- 2-Respect. Acknowledge the wisdom of both our Elders and our youth
- 3-Trust. Being able to trust
- 4-Oyate. My people. Our people. All our relations.
- 5-Safety and trust. Our young people need to feel safety amongst adults, and be able to trust us
- 6-Communications. Talk, listen, observe and understand each other in a good, thoughtful way.
- 7-Be a role model
- 8-Traditional values. *Wisdom, respect, courage, generosity.*
- 9-Sharing. Share knowledge. Pass on the positive outcome of our struggles. Strengthen young people who have not used alcohol or drugs
- 10-Understanding. Understanding each other as human beings



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