



Spring Leadership Conference Taking a Stand Against Meth: Recovery is Possible “Declare Healing on Meth” Denver, CO

Discovery Circles
Strategies for Taking Our Communities Back
Developed by Participants
April 22, 2006

A. Elect a Sober Tribal Council

1. Implement priorities (treatment, education, safety, resources, prevention)
2. Initiate laws to protect children, families, Elders against those who “cook,” distribute or use meth (and other addictive substances).
3. Pass resolutions creating an Elder’s Council, with review powers
4. Pass resolutions regarding disposition of buildings/homes used for the manufacture of meth
5. Work with federal, local, state and tribal law enforcement to increase jurisdiction over meth manufacturers and dealers
6. Monitor activity of tribal council to ensure they are focusing on the will of the community
7. Educate tribal council on the nature, dangers, and impact of meth
8. Educate tribal council on the role of the Elders
9. Educate tribal council on the importance prevention, treatment, intervention and recovery from Meth.
10. Work with Tribal Courts to create wellness courts
11. Create consequences and options for those caught manufacturing, dealing, using meth
12. Endorse public service information campaign about meth
13. Acknowledge and engage our status as sovereign nations
14. Look at “in kind” and creative use of resources for solutions
15. Laws preventing elder abuse, family abuse, domestic violence
16. Laws supporting marriage, common law marriage
17. Laws protecting children from neglect and harm
18. Solutions for local transportation (i.e. bus)

B. Engage Grassroots Community

1. Door to door campaigns
2. Safe houses
3. Rez Watch
4. Neighborhood Watch
5. Talking Circles
6. Family activities (talking circles, games, sports, story telling, drumming, songs, sacred sites, family trees, Mothers & daughters of tradition, Fathers & Sons of tradition,)
7. Community Potlucks
8. Identify grassroots leaders – engage them
9. Have youth help with messaging campaign (posters, letters, delivery)
10. Include youth and Elders in all events
11. Create symbols of healing and wellness
12. Support drug and alcohol free events
13. Arrange for and support language, dance, drum, and crafts learning
14. Insist upon coalitions among health care, mental health, family services, social service, law enforcement and education
15. Education of community members about meth – focused for each audience (tribal leaders, elders, youth, adults, teachers, agency leaders and workers)





C. Emphasize Tradition and Culture

1. Language Classes
2. Drum (drum groups)
3. Story Telling
4. Songs—explanations
5. Elders as mentors
6. Ceremonies (naming, healing, rites of passage, life cycle)
7. Cultural Camps
8. Healing Ceremonies (especially for youth, for those returning from treatment/incarceration—remove the stigma)
9. Values
10. Principles
11. Cultural history
12. Intergenerational trauma
13. Spirituality a part of all events and activities (even prayer in school)
14. The Land, visiting sacred sites; learning the history
15. Medicinal herbs (what they are, how they are used, where to find them)
16. teachings (Cycle of Life, Medicine Wheel)
17. Long house
18. whip man
19. Prayer groups
20. Bring back traditional societies; clans
21. encourage community involvement in spirituality and cultural activities
22. Creator as a resource

D. Utilize Coalitions to Leverage Resources

1. Include agencies on and off the reservation
2. Coordinate with national organizations and agencies for educational resources (i.e SAMHSA, CSAT, NIDA, NIHB, DHHS, DCFS, Treatment centers and others)
3. Coordinate with local, federal, tribal and state law enforcement agencies
4. Interconnect family and social services—one stop—family self-sufficiency centers
5. Create vision, mission and strategic objectives for the coalitions
6. Create interventions
7. Use in-kind services
8. Create plans and actions
9. Work with other Nations and other reservations
10. Bring in unique resources (i.e. drug dogs)
11. Focus attention on wellness
12. Coordinate community meeting places (schools, churches, bingo halls)
13. Organize learning events (conferences, symposiums, meetings) for youth, elders, community leaders, tribal leaders, agency directors – to inform people about meth
14. Write grants (“weed & seed”)
15. Foster Rez Watch and Neighborhood Watch
16. Ownership of community ventures – (i.e. poverty prevention)
17. Sponsor task force to exercise influence on council, schools, drug courts, law enforcement (i.e. harm reduction, consequences, alternatives to prison)
18. Promote Community gatherings
19. Promote Media campaigns
20. Promote community education
21. Share knowledge and resources from conferences, meetings, projects etc
22. Create educational opportunities for Elders, youth, adults, parents, leaders
23. Encourage pot lucks and community meetings with food
24. Educate community agencies on “declare healing on meth”
25. Go door to door to organize the grassroots, youth, elders





E. Engage youth

1. Teach the spiritual traditions—fill the spiritual hole
2. Teach and demonstrate love
3. Explain spiritual practices (i.e. pipe, sweat, tobacco, long house etc)
4. Encourage sense of identity (rites of passage, naming ceremony)
5. Prayer and spiritual/religious education (healing ceremonies)
6. Show case talents (talent show, poster contests, essays, photos, poetry, crafts)
7. Create warrior groups/societies
8. Teach traditions, language, crafts, drum, dance, songs (story of the songs), storytelling
9. Set up talking circles
10. Have youth create and implement educational program for other youth
11. Youth as mentors for other youth
12. Youth as community volunteers
13. Youth as workers
14. Youth as helpers for Elders
15. Youth as designers of media campaign (posters, letter writing)
16. Provide safe houses
17. Provide prevention education to schools
18. Have youth create and design their own activities (age appropriate)
19. Engage youth in warrior societies, drum groups, and other traditional social activities
20. Bring in those who are recovering as speakers and mentors (and to help with strategies)
21. Youth gatherings, Junior Olympics, rodeos, sobriety campouts, Elders/youth, youth age 18-24)
22. Life skills; traditional teachings
23. Focus on values and character development (SOT/DOT)
24. Youth in recovery as role models
25. Family trees, roots, old mountain ways
26. Journeys to sacred sites, learn about the land and the role of our people
27. Learn about intergenerational trauma
28. Learn from Elders about their lives
29. Gathering stories of hope (Oral Histories)
30. Cultural camps and sobriety campouts

F. Community education campaign about meth

1. Speakers
2. Videos
3. Promotional materials
4. Educational programs for Elders in our language
5. Educate the tribal council, teachers, parents, youth
6. VISUAL—graphic
7. Many sources
8. Continuous
9. Safe Places
10. Rez Watch
11. Neighborhood Watch
12. In afterschool programs, churches, schools, parenting
13. Counselors
14. Reduce the stigma





Mind Maps from each of the Discovery Circles

Instructions from the Discovery Circles

Discovery Circles Theme: Given all that you have heard so far at the conference, what ideas, suggestions or strategies do you have taking our communities back from meth?

**Approach: Draw out ideas from participants (innate knowledge).
Facilitator asks the questions; repeats the questions; asks participants to dig deeper.**

Goal: Create a set of strategies and approaches that people can take back to their communities.

Resources: Butcher block paper in each room. One individual to facilitate; one individual to mind map. Sessions were audio taped.

Training: Staff met with the facilitators and mind mapping helpers to go over the process and the expected results.

After the Discovery Circle session:

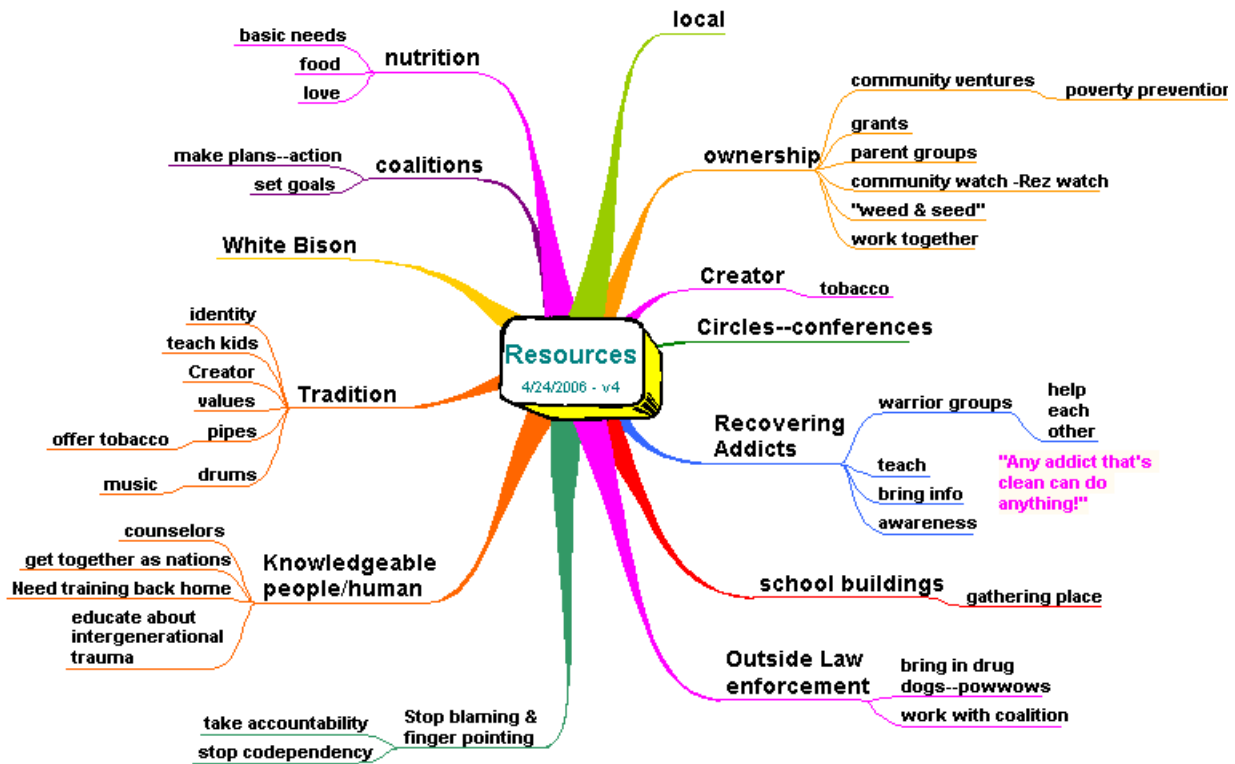
Every one returned to the General Session

- **Each Group presented an overview of their responses.**
- **Each mind map was collected for the evaluation.**
- **This session was video taped.**

Conference participants divided into five groups of 12-18 each. In each group there was a set of four questions directed toward the following areas: **family, community, leadership, youth, elders**. Participants were to develop mind maps of responses to the individual questions for their topic area. Three of the Discovery Circles addressed the questions separately. Participants in the Youth and in the Elder Discovery Circles addressed the four questions as a whole. The Mind Maps will make more sense if you listen to the recording of the Discovery Circle session where the discussion took place. The notes on the mind maps have been translated from the original paper copies keeping the original language and intent. Spelling was corrected to make the notes more readable.

- 1. What resources do you have to help support _____ in taking a stand against meth?**
- 2. How do you mobilize _____ to declare healing on meth?**
- 3. What ideas do you have to help _____ declare healing on meth?**
- 4. How do we prevent meth from spreading?**



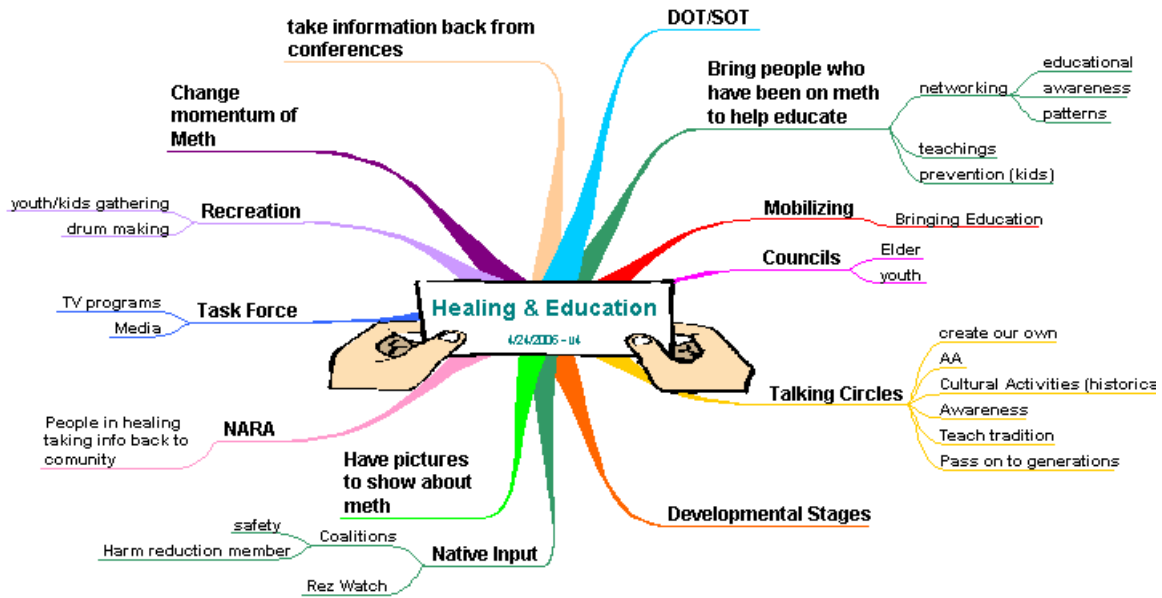


Question 1. What resources do you have to help support the community in taking a stand against meth?

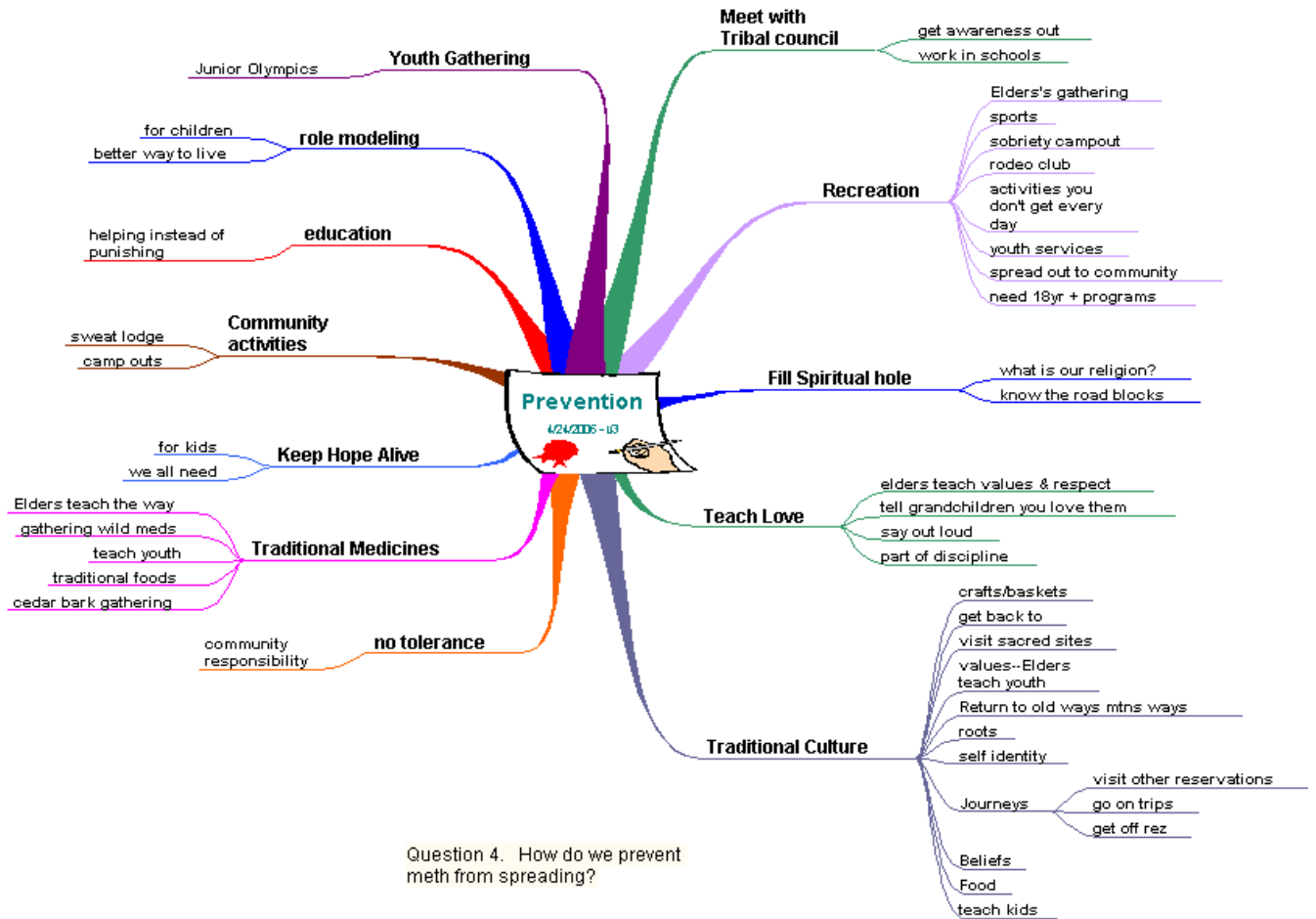


Question 2. How do you mobilize the community to declare healing on meth?



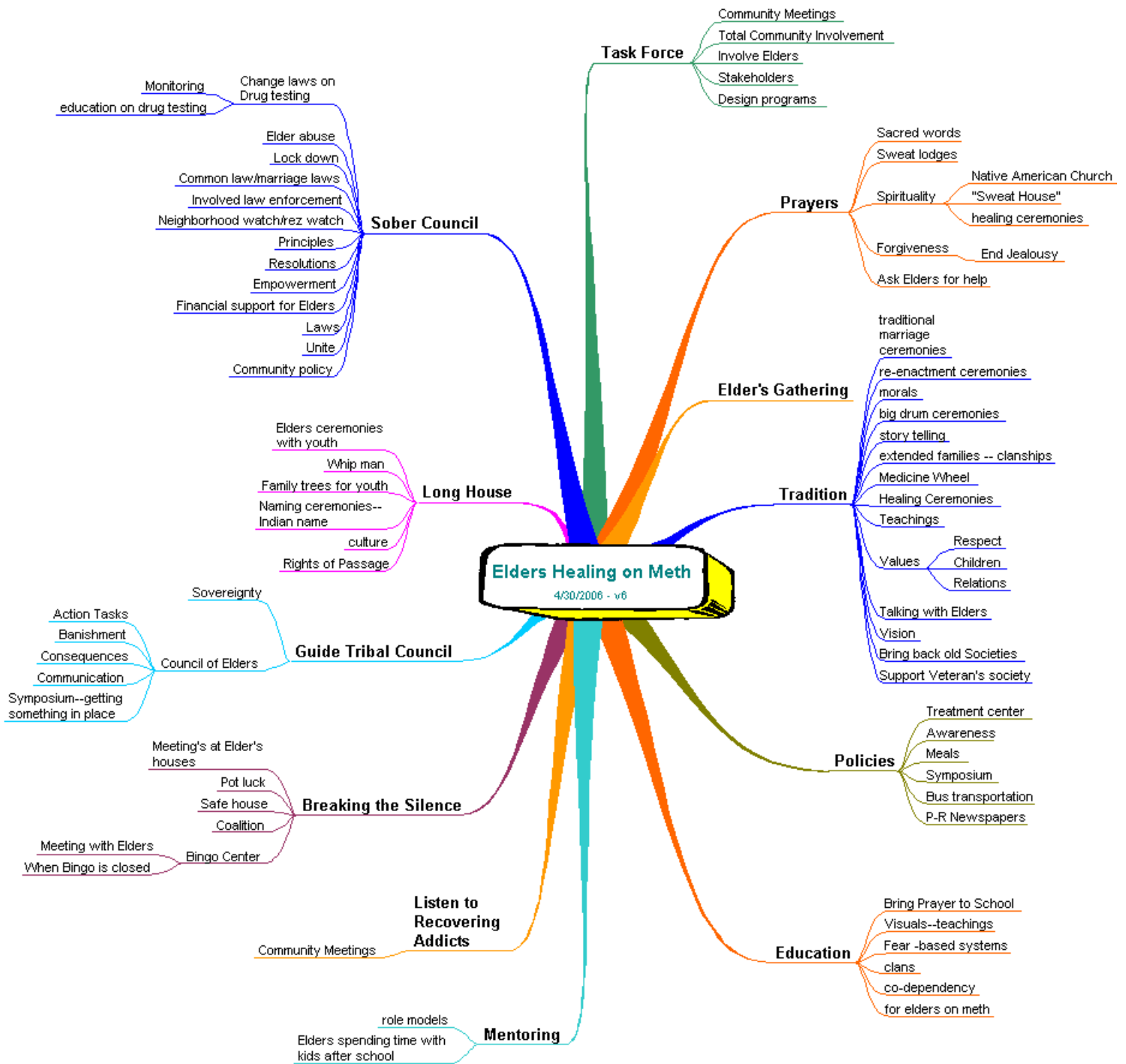


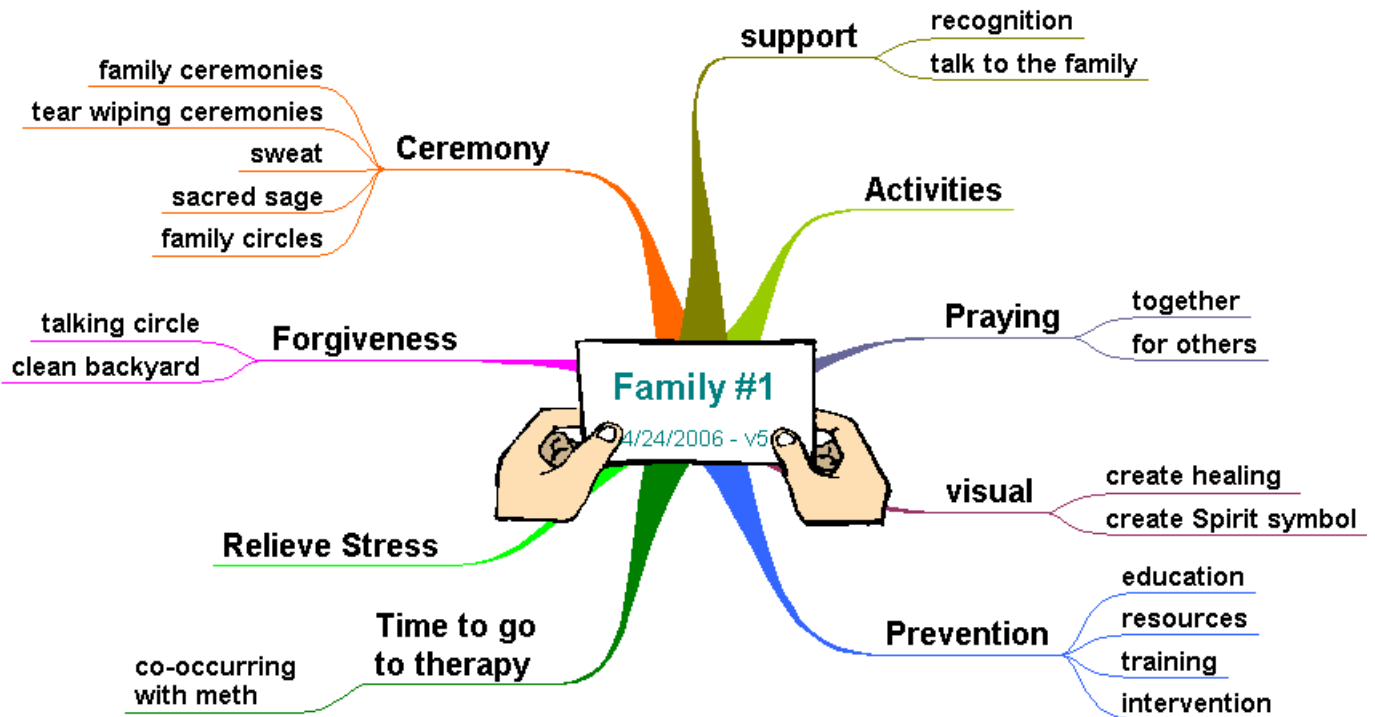
Question 3. What ideas do you have to help the community declare healing on meth?



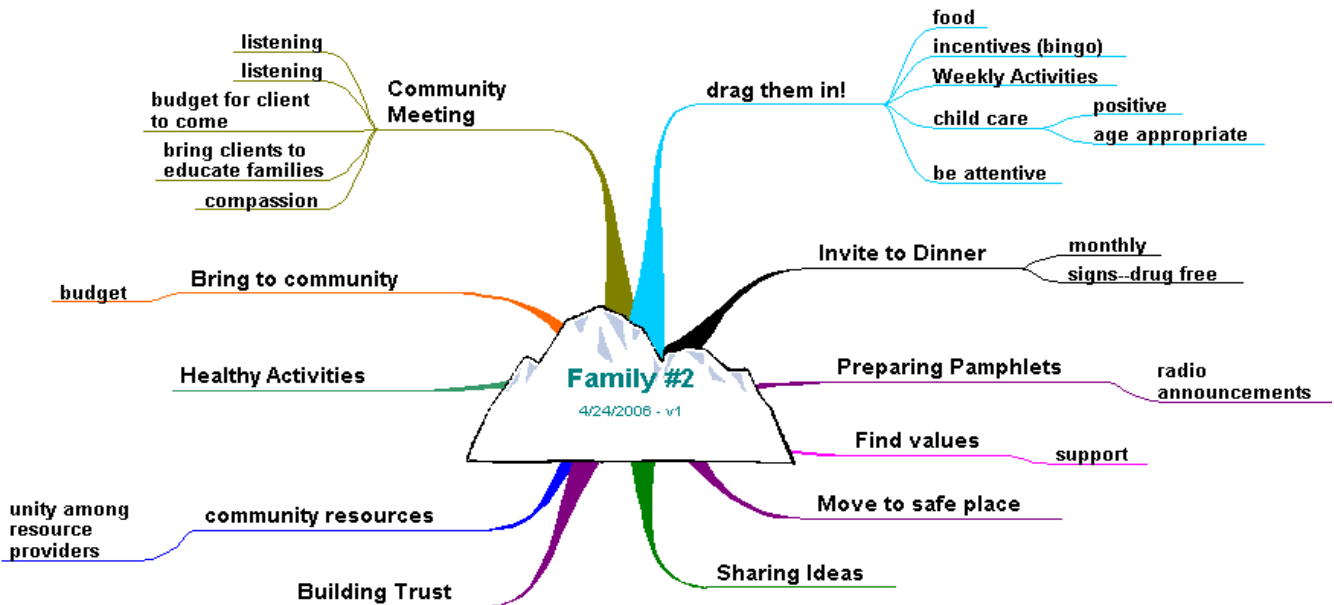
Question 4. How do we prevent meth from spreading?





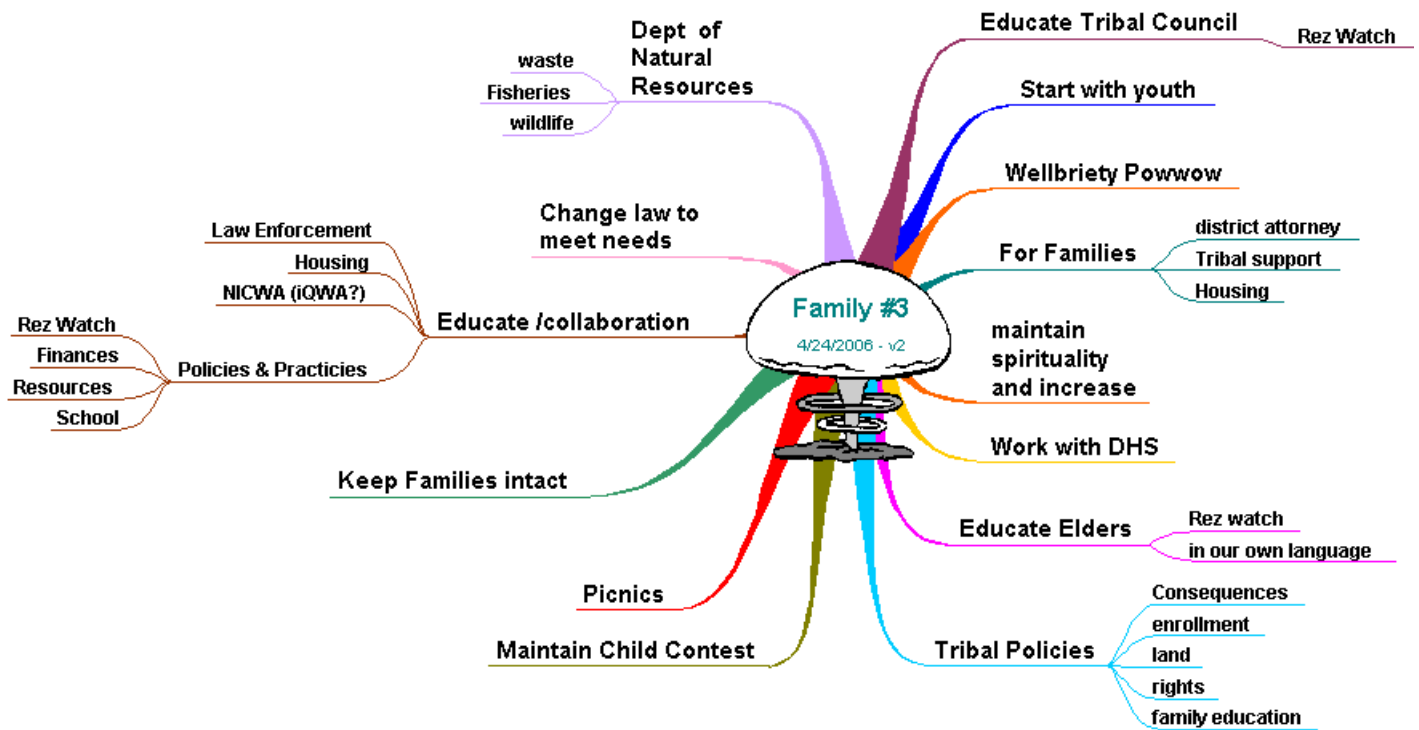


Question 1. What resources do you have to help support the family in taking a stand against meth?

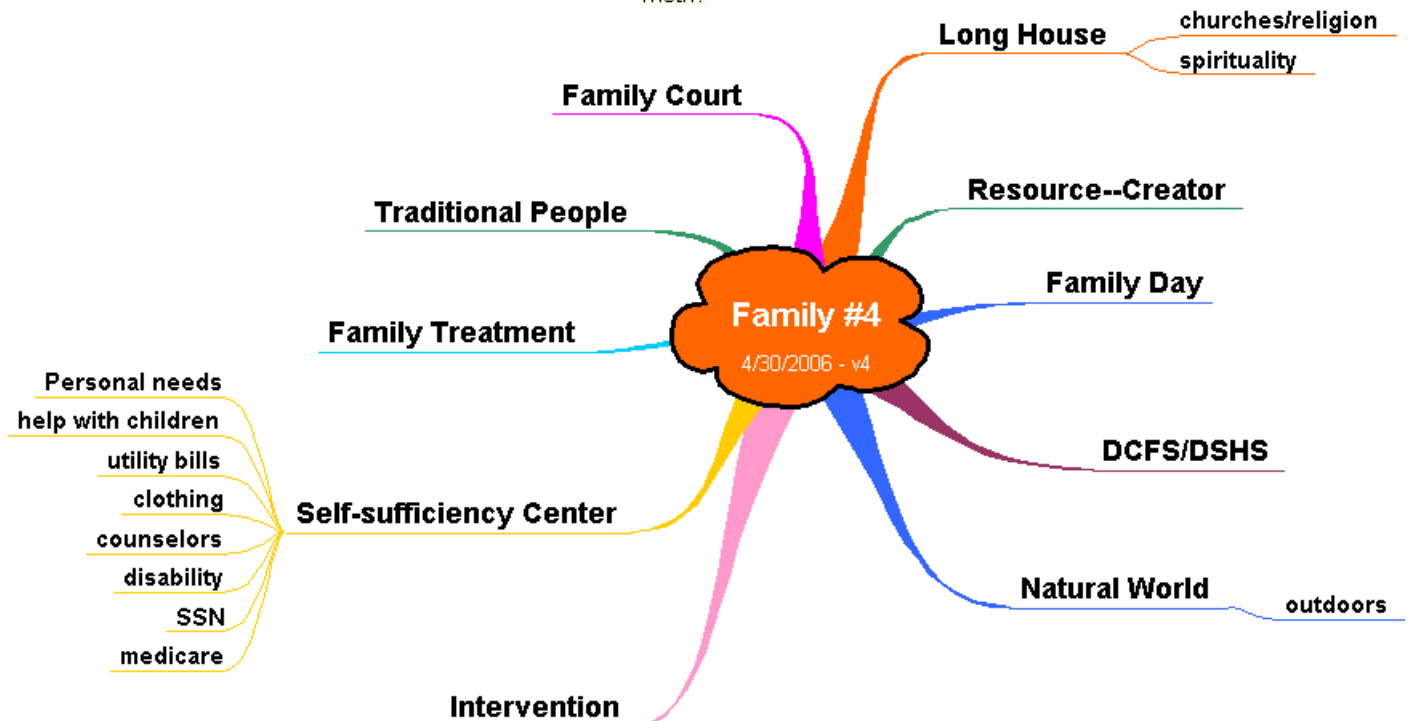


Question #2. How do you mobilize the family to declare healing on meth?





Question 3. What ideas do you have to help the family declare healing on meth?

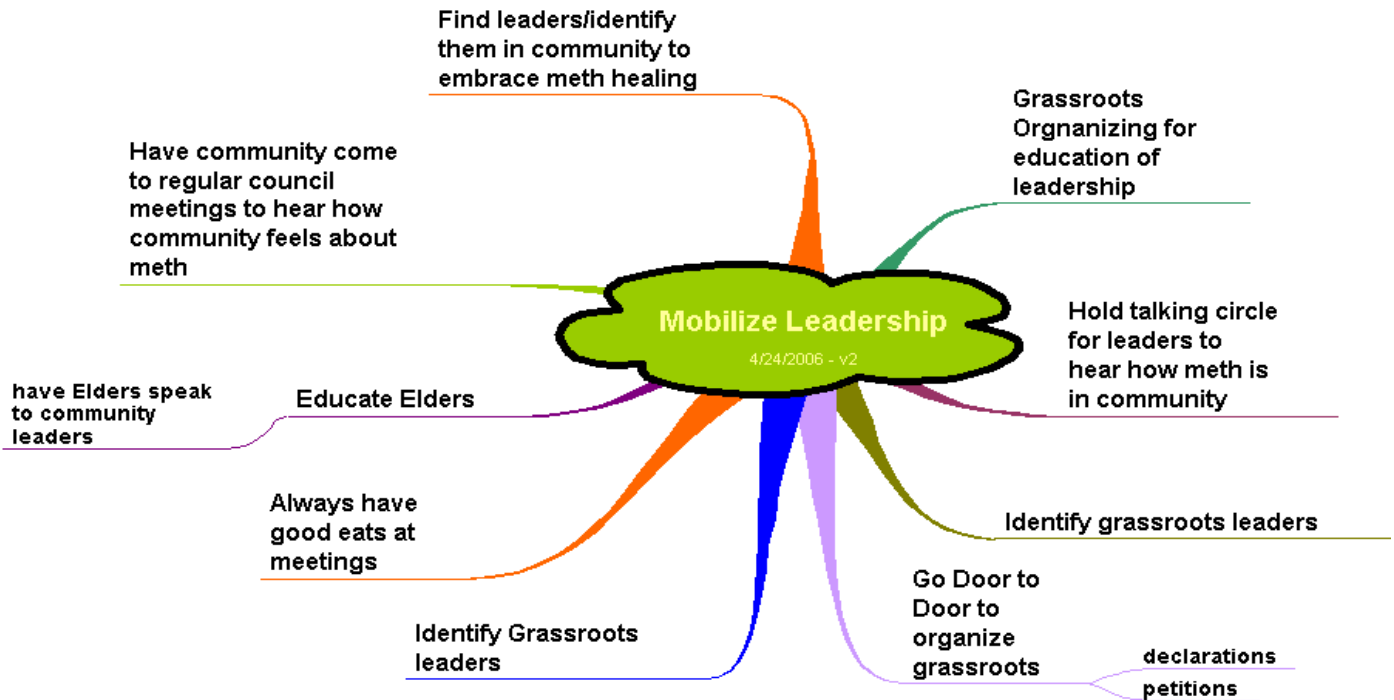


Question 4. How do we prevent meth from spreading?





Question 1. What resources do you have to help support the leadership in taking a stand against meth?



Question 2. How do you mobilize the leadership to declare healing on meth?



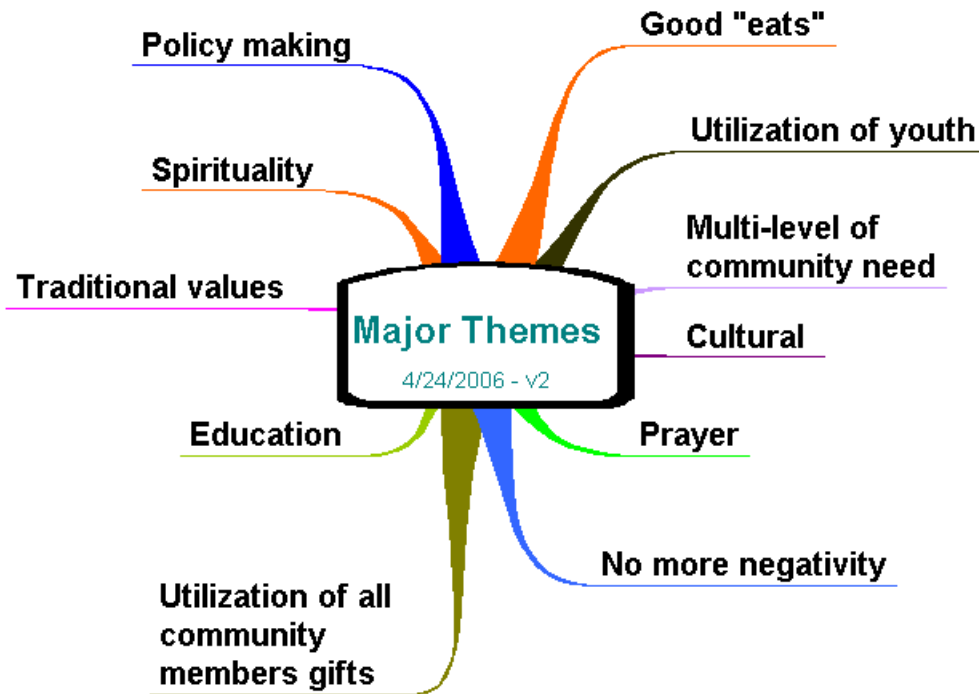


Question 3. What ideas do you have to help the leadership declare healing on meth?



Question 4. How do we prevent meth from spreading?





This group summarized the major themes they discussed.



