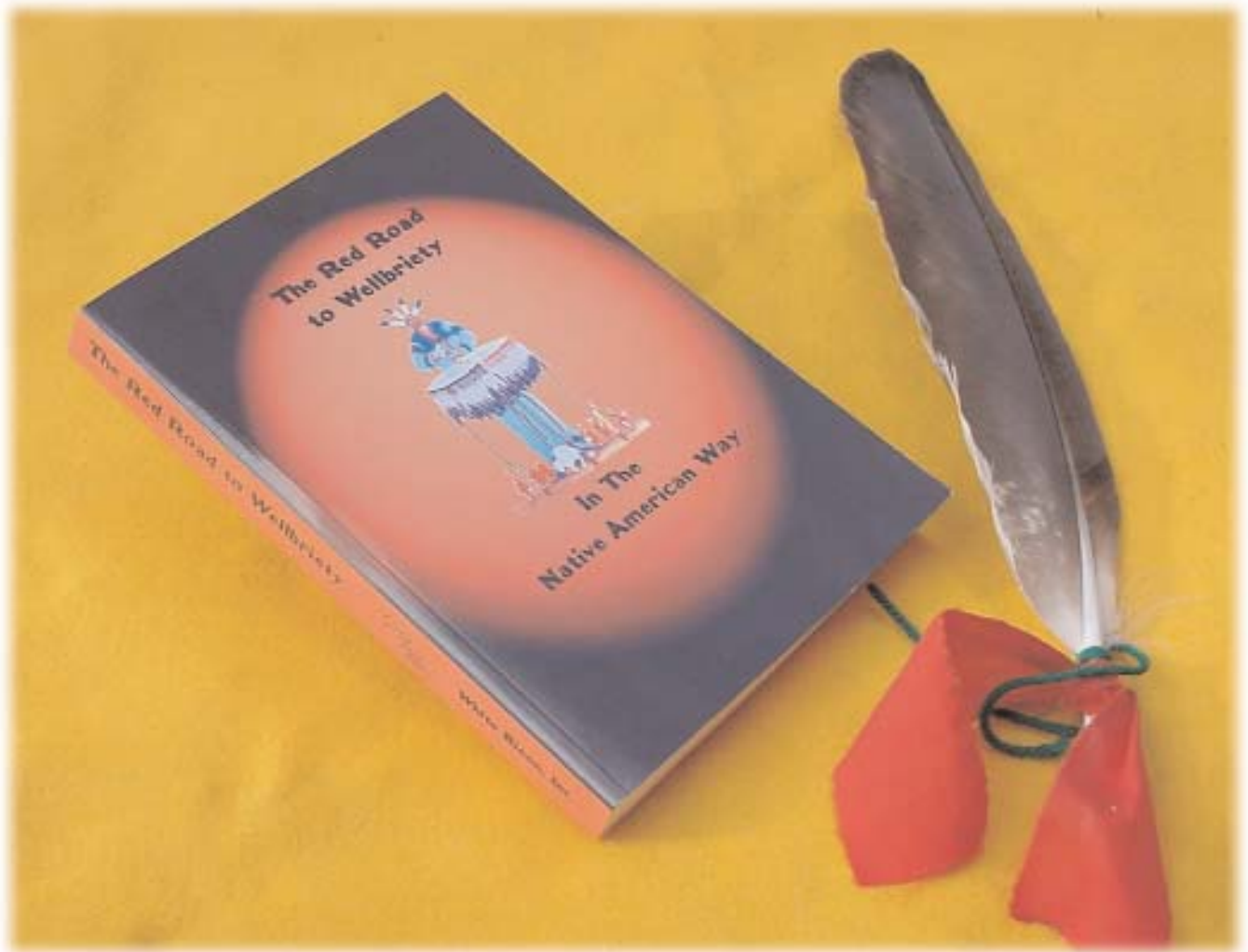




Wellbriety!

White Bison's Online Magazine

Volume 3, Number 1



The Indian Big Book is Here!



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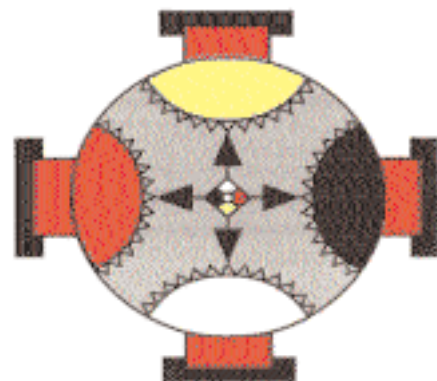
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The Red Road to Wellbriety--In The Native American Way has been many years in the making. The new White Bison book was introduced at the 2002 Circles of Recovery Conference in Billings, Montana. Read about the book and then obtain a copy for yourself. In this story you'll also find an announcement that you can copy and give to others in your community who might want a copy of ***The Red Road to Wellbriety***.



Visit White Bison, Inc. Online at <http://www.whitebison.org>



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White Bison Speaks

The Indian Big Book is Here!

The Native American healing and wellness movement is picking up speed and gaining momentum day by day. The latest event in Native healing was the White Bison Circles of Recovery Conference, held in Billings, Montana from September 26 - 29, 2002.

Some 450 participants, presenters, and attendees came to Billings to share this year's Conference theme--Strengthening Our Communities. In addition to seven different learning tracks, a banquet, and a Wellbriety Powwow, those in Billings experienced first hand a number of landmark events in the Wellness Movement sweeping Indian Country. One of those landmark events is publication of ***The Red Road to Wellbriety***, a first-ever, culture friendly additions recovery and wellness book. The Indian Big Book is here!

Reaching into the red, yellow, black or white plastic packs that came with registration, out came ***The Red Road to Wellbriety***, a just-published 350-page sobriety, recovery and Wellbriety book that is a first-of-its-kind.

Twelve chapters, seventeen personal recovery stories, and two special appendices provide a how-to handbook for building up families and communities and leaving chemical dependency behind. ***The Red Road to Wellbriety*** is a profusely illustrated book containing the words of sobriety elders and others who found their own health by



Here it is!

returning to Native culture and starting from there.

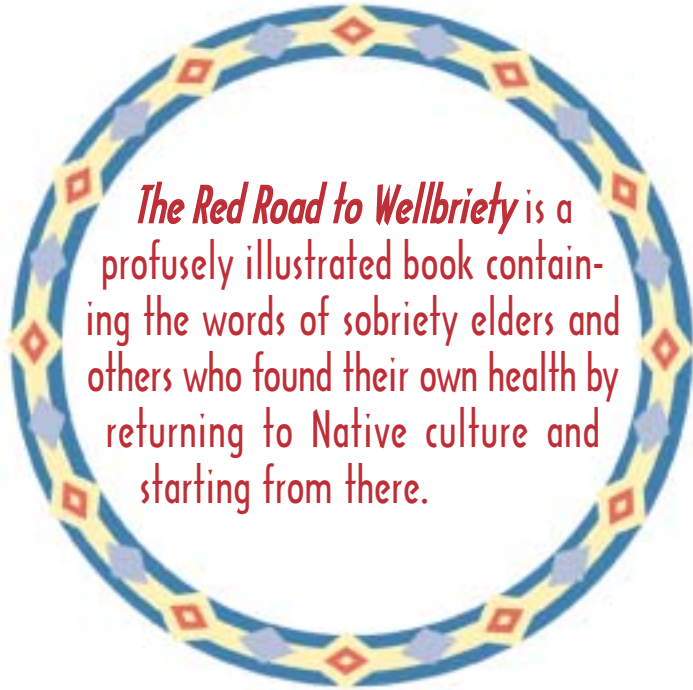
Twelve chapters, seventeen personal recovery stories, and two special appendices provide a how-to handbook for building up families and communities and leaving chemical dependency behind.

Through a very generous grant from Faces and Voices of Recovery, (check out their website at www.facesandvoicesofrecovery.org) a national recovery organization located in Alexandria, Virginia, the first printing of 5000 copies of ***The Red Road to Wellbriety*** is offered free as a giveaway to any and all who want to try working a cultural version of the 12 Steps to find their own freedom from addictive behavior. But the 12 Steps are only one part of this new book.

There are chapters about co-dependency and ACOA (Adult Children of Alcoholics)

White Bison Speaks

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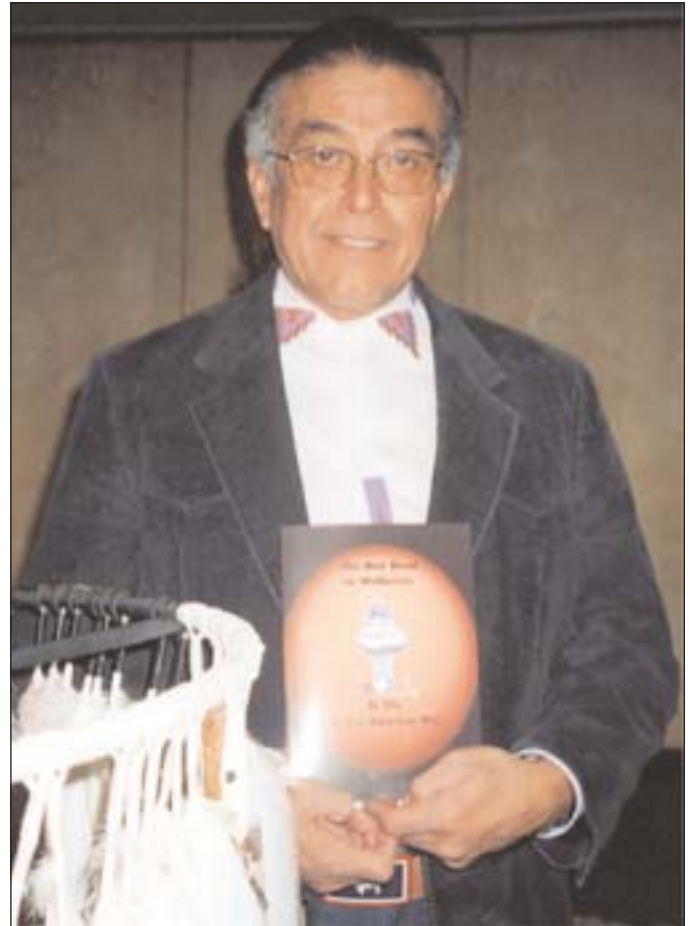


behavior as well as discussions about how the boarding school experience affected Native families and is still affecting individuals and communities today. There is special information for human resource professionals, as well as a vision that starts before 1492 and leads into a happy future.

How did *The Red Road to Wellbriety* book come about? What is its history? Many Native Americans have gone through the AA (Alcoholics Anonymous) Program to find freedom from drinking. Many Indian people found sobriety through AA. Long before the Native Sobriety Movement began as a cultural way in the early 1980's, Native people were going to AA. But there was something missing. Culture was missing from the mainstream 12 Steps Program that has saved the lives of so many people.

The famous Big Book of AA with its blue cover helped many people work the AA Program. Both Indians and non-Indians alike use it to this day and will continue to do so. But for a Native American, wouldn't it be better if there were a few Indian recovery stories contained in the section on person-

al recovery found in the AA Big Book? Wouldn't it be better if some of the words in the book were more familiar to Native Americans? The AA Big Book is



Don Coyhis, Founder and President of White Bison, Inc., introduces the Book at the Conference.

really culturally specific to non-Native people. Wouldn't it be great if there were a recovery book that honored the AA Big Book by following its approach, but was culture-specific to Native Culture? That's what *The Red Road to Wellbriety* is designed to be.

So for example, the AA Big Book has a chapter called "The Doctor's Opinion." *The Red Road to*

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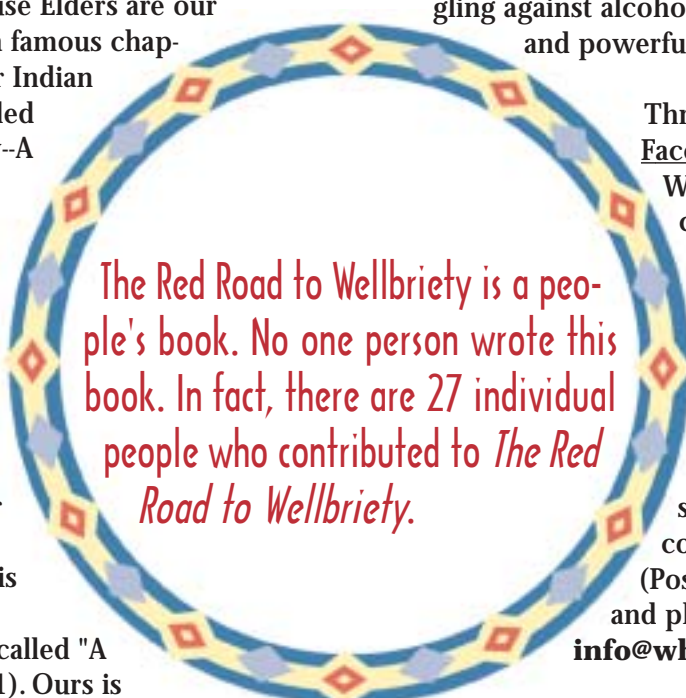
The Red Road to Wellbriety is already part of the family.

the People." When you get your copy of the book you can see the other parallels.

The Red Road to Wellbriety is a people's book. No one person wrote this book. In fact, there are 27 individual people who contributed to *The Red Road to Wellbriety*. This new book will be given a lot of different names. Some of the names we've already heard are The Indian Big Book, The Indigenous Big Book, The Red Book, The Big Indian Book, and The Indian Bigger Book. These are names that come from the people and there will be more. *The Red Road to Wellbriety* is not designed to replace the AA Big Book. There is so much wisdom about alcoholism in the AA Big Book that it will always be used by people struggling against alcoholism--so cunning, baffling and powerful.

Wellbriety has a corresponding chapter called "Our Native Elders Speak" because Elders are our doctors. The AA Book has a famous chapter called "Bill's Story." Our Indian Big Book has a chapter called "One Journey to Wellbriety--A Lakota Elder" (Chapter 1) written by one of our Native Elders who's name also happens to be Bill. The AA Book has a chapter called "There is a Solution." (Chapter 2). Our chapter is called "The Solution is in the Culture." The AA Book has a chapter called "We Agnostics." (Chapter 4). Our Chapter is called "Many Paths to the Creator." An AA chapter is called "A Vision for You" (Chapter 11). Ours is called "A Vision for Us--The First Vision is For

Book that it will always be used by people struggling against alcoholism--so cunning, baffling and powerful.



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Through the generosity of Faces and Voices of Recovery, White Bison is able to offer a copy of *The Red Road to Wellbriety* as a giveaway to Native Americans on the wellness journey, and to those working with them. Contact White Bison by calling toll-free 1-877-871-1495, or sending an e mail with your complete shipping address (Postal address, street address, and phone number) to info@whitebison.org. ✚

Richard Simonelli



An American Indian Non-profit Corporation

October 8, 2002

Announcing...

The Red Road to Wellbriety

In The Native American Way

by White Bison, Inc.



A sobriety, recovery and wellness book especially for Native Americans

From the book:

"Time and again our Elders have said that the 12 Steps of AA are just the same as the principles that our ancestors lived by, with only one change. When we place the 12 Steps in a circle then they come into alignment with the circle teachings that we know from many of our tribal ways. When we think of them in a circle and use them a little differently, then the words will be more familiar to us. This book is about a Red Road, Medicine Wheel Journey to Wellbriety—to become sober and well in a Native American cultural way."

The **Red Road to Wellbriety** is a book of healing that is culture-specific to Native Americans, but it may be used by all people. The book includes 12 chapters of cultural information about healing from alcoholism and addictions, including "how-to" information about working the 12 Steps in a Native way. **The Red Road to Wellbriety** also offers 17 personal recovery stories from Native Americans and others who have used Native culture or a Medicine Wheel and the 12 Steps approach to their own recovery from alcohol and other drugs.

The book also features chapters on healing from ACOA (Adult Children of Alcoholics) behavior, and codependency, as well as chapters on strengthening the family and community.

The Red Road to Wellbriety is a stand-alone book or it may be used as a companion to White Bison's Medicine Wheel and the 12 Steps programs for women and for men. It can also be used as a hands-on book for White Bison's community-based Firestarter's Healing and Wellbriety Programs.



White Bison is pleased to offer copies of *The Red Road to Wellbriety* to Native Americans on the Wellness Journey or to those working with them. Call White Bison toll-free at **1-877-871-1495** or send a request, giving your name, phone number, and postal (street) mailing address to **info@whitebison.org**. **Due to a generous grant from Faces and Voices of Recovery, White Bison is able to offer the first printing as a giveaway**

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It's a Big Indian Book--Enit?