



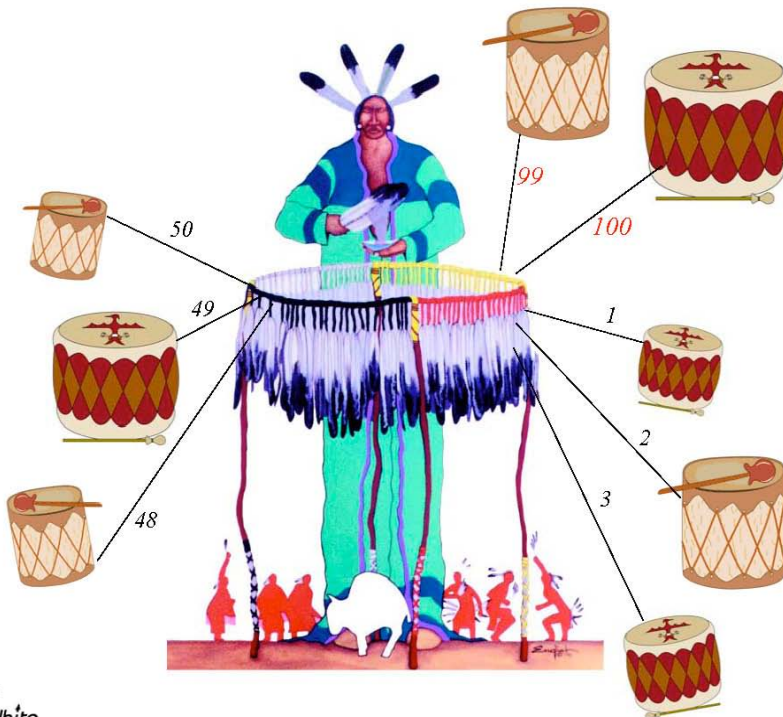
# Wellbriety!

*The Wellbriety Movement's Online Magazine*

Volume 8, Number 2

March 16, 2007

100 Feathers • 100 Communities • 100 Drums



*Become one of 100 communities in healing!*



What does it  
take to help  
your  
community or  
neighborhood  
enter a healing  
process?  
Look inside  
this issue to  
find out.



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## Become a Community in Healing

White Bison's vision is to have *100 communities in healing by the year 2010*. We speak about our vision all the time. You hear it at conferences and trainings and it's in some of the written or video information we send to you. But what does it mean? And how can your community become one of the 100 communities in healing?

First, let's back up a little bit and think about our own healing journey. It may be that we came through our own recovery from alcohol and drugs and we now have some clarity in our own lives. Or, if we didn't personally need to recover from substance misuse maybe we came from a family or community in which it was prevalent. But through our own hard work and Creator's gift, we are feeling clearer in our own lives and we wonder about the tribe, community, region or neighborhood we live in. Is there any help out there for the community? What can we do to give back where we live? One answer is: we can become a *community in healing*, following the Wellbriety movement guidelines.


We, at White Bison, Inc., are inviting communities to make this commitment. To become a community in healing, here is what your group has to do:

- 1) Each individual has to participate in a **Firestarters Training**

- 2) The community needs to bring in the **Seven Trainings** program for a community-wide training event
- 3) The core group in your community then participates in the **Coalition Building** training event
- 4) As a result of the Coalition Training, the core group then creates its **Vision Book**

So that's it: *Firestarters Training; Seven Trainings; Coalition Building; Vision Book*. When this has taken place, then White Bison, Inc. gifts that community with a community drum, signifying that it is a community in healing. You can think of each community in healing and its drum as being connected to one of the 100 eagle feathers that make up the Sacred Wellbriety Movement Hoop. The vision and goal is to have a gathering of these 100 drums in Minnesota in 2010. We invite you to make the commitment and be there. As a result of achieving this wider vision, each participating community will reap the benefits of having a healing environment or consciousness of *healing, hope, unity and forgiveness* (the four gifts of the sacred Hoop) that will make it a much better place to live and to raise children.

In order for these four events to take place at the tribal, regional or neighborhood level, a group of interested people (the core group) must come



together to make it happen. What are these four landmarks?

## *Firestarters Training*

The Wellbriety movement approach to healing is introduced when an individual takes the 3-day Firestarter training and becomes a Firestarter. The training is called “Firestarter” because each individual wants to start a “fire” of recovery, healing and wellness at home. The ideal Firestarter would be someone who is in recovery, who works the twelve steps process themselves, who is eager to help others and who enjoys the joy of seeing others grow, someone who wants to participate in the recovery movement, works among Indian people and understands the Indian culture and is walking the Red Road themselves. You can find more information about the Firestarters training on the White Bison website, [www.whitebison.org](http://www.whitebison.org). Click on Firestarters Training in the left hand column.

## *Seven Trainings*

The basic idea and approach of the Firestarters training can be expanded to include many different members of the local community and many different special interests. The Seven Trainings is a group of seven different training programs that comes to a community, taking place simultaneously over a three-day period. Here are seven simultaneous tracks from which a participant may choose:

- 1) Firestarters (The Medicine Wheel and the 12 Steps) for Men
- 2) Firestarters (The Medicine Wheel and the 12 Steps) for Women
- 3) Firestarters (The Medicine Wheel and the 12 Steps) for Al-Anon

- 4) Sons of Tradition (Addictions prevention and wellness for Native American boys ages 13-17)
- 5) Daughters of Tradition I & II (Addictions prevention and wellness for Native American girls ages 8-17)
- 6) Strengthening our Families (For family healing)
- 7) Children of alcoholics (For youth whose families are affected by alcohol abuse)

For more information, download the Seven Trainings brochure from the White Bison website. Click on Wellbriety Training Programs in the left hand column on the home page, and download the brochure by clicking on 7 Trainings

You can also read an article about a Seven Trainings experience at an Indian community in Idaho by going to Wellbriety! Online Magazine, Volume 6, #13 at <http://www.whitebison.org/magazine/2005/volume6/no13.htm>

## *Coalition Building*

The Coalition Building training program teaches the group representing a particular community to work together effectively to bring healing resources to their area, helping as much of the community as possible to enter the healing and Wellbriety journey. One of the main ideas and inspirations is this: *An arrow by itself can be broken. But when arrows are put into a bundle, none of them can be broken.*

Coalition Building uses Native clan knowledge as the main approach to bundling up these arrows. What would people learn at a Coalition Training?



- 1) Learn to build coalitions in your community using clan knowledge
- 2) Apply traditional knowledge to develop effective interorganizational communication
- 3) Invite those who envision a better quality of life
- 4) Develop the seven competencies to work together for change
- 5) Apply the culturally appropriate teachings and strategies
- 6) Implement the seven steps for coalition building
- 7) Learn how to write federal, state and private grants in order to raise the funding needed to make community healing activities happen.

consciousness to take place in all who participate. The outcome of all this good work comes at the end of the Coalition Building participation. It is the Vision Book.

The Vision Book is a summary of a particular community's good heart and hard work to bring wellness to their home turf. The Vision Book contains chapters like:

- ✓ An Overview of the Wellbriety Movement's



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of them can be broken.*

More information about the Coalition Building training sessions can be downloaded from the White Bison website. Click on [White Bison Training Programs](#) and then [Coalitions as Clans](#) to download the brochure.

### ***The Vision Book***

The process of learning from the three community training programs (Firestarters, Seven Trainings and Coalition Building) is really a commitment taking time and allowing a change in

#### Approach to Healing

- ✓ The story of the particular coalition/community that made the commitment
- ✓ A listing of all members
- ✓ A community assessment, including a *Needs and Fears analysis* and its *Resources*
- ✓ A community Vision, created by answering the questions: *Who are we? Why are We? Where are we going?*
- ✓ Lots of mind maps, community planning notes, action items and so much more. These all come out of the many work

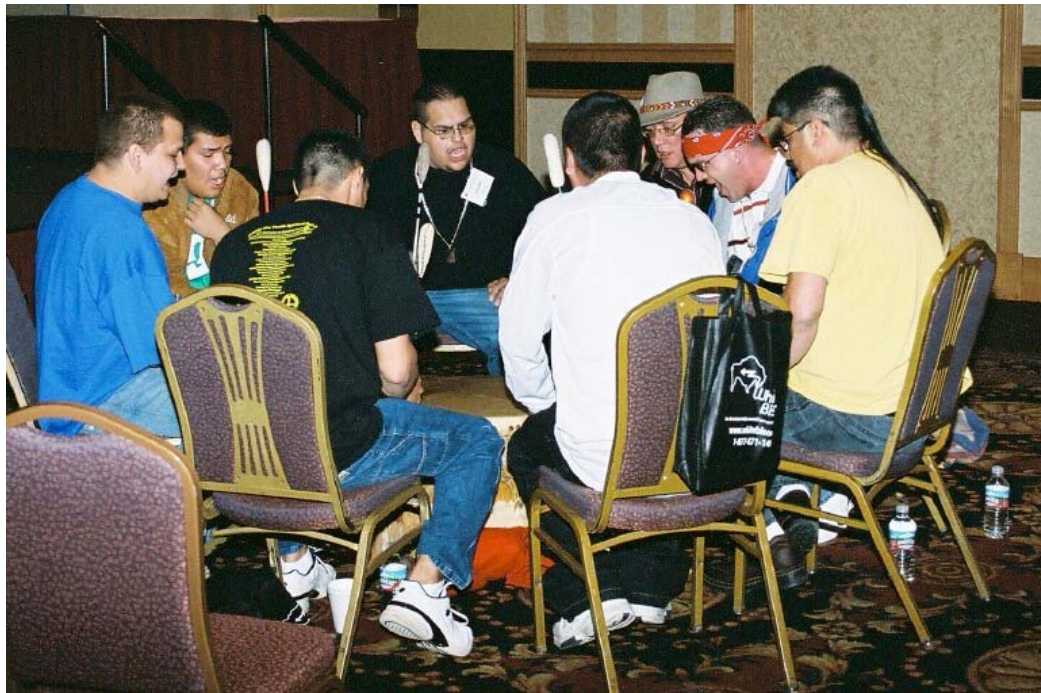


sessions that went into making the book, which is the blueprint to take action.

### *Want to Start the Process?*

A community can make the request to be a Community in Healing and begin to work in their own area to make these required trainings and the Vision Book take place.

The White Bison website will have a Community in Healing application so you can get started. Or you can e mail us at [info@whitebison.org](mailto:info@whitebison.org) or call 1-877-871-1495 to see how to go about making this Wellbriety commitment. It's an excellent way to go forward in your own healing journey by giving back to your local community.



The Eagle Spirit Drum sits at the drum given to the White Earth community in Minnesota when it committed to become a Community in Healing