



## Medicine Wheel and 12 Steps for Youth (age 13-21)

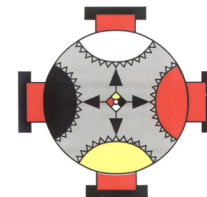
The Medicine Wheel and 12 Steps is the newest curriculum for the Wellbriety for Youth collection. The Medicine Wheel and 12 Step treatment and recovery program has long been available for men and women. Now, we are happy to present a similar program designed specifically for youth (age 13-21). Given the different concerns that boys and girls have, separate programs have been designed for each.

The focus of the program is to get behind the symptoms of alcohol and drug misuse and focus on the emotional, mental, physical, and spiritual foundations that cause young people to begin using alcohol and drugs in the first place. The following topics are addressed in the curriculum:

- ◆ An Overview of the Wellbriety Movement
- ◆ How it Used to Be -- Teachings of the Elders
- ◆ How many of us were raised
- ◆ How we should have been raised
- ◆ Getting Back to the Red Road
- ◆ The 12 Steps and the Medicine Wheel
- ◆ Steps 1-3: Finding the Creator
- ◆ Steps 4-6: Finding Your self
- ◆ Steps 7-9: Finding Relationships with others
- ◆ Steps 10-12: Finding the Wisdom of the Elders

**Steps 10-11-12  
Finding the  
Wisdom of the Elders**

**Steps 7-8-9  
Finding Your  
Relationship  
with others**



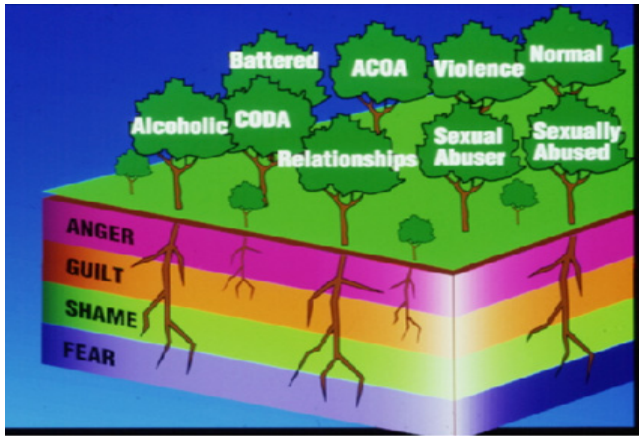
**Steps 1-2-3  
Finding the  
Creator**

**Steps 4-5-6  
Finding Yourself**

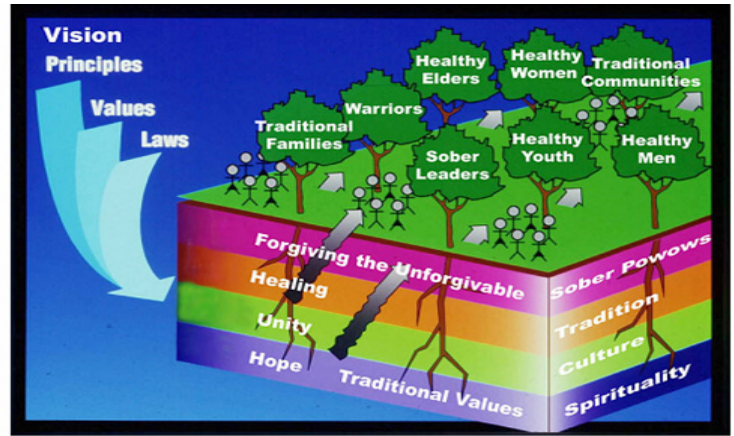
As part of the overall cultural approach, participants learn to use traditional cultural practices to assist them in maintaining a healthy, balanced life that is alcohol and drug free. In addition, storytelling is used as an instructional method.

This program can be used as a resource for treatment and detention programs and for recovery support following release. It is designed to be facilitated by adult peers in the recovery movement and can be implemented in your community as a self-sustaining program.





**The Unhealthy Forest**



**The Healthy Forest**

Many of our children have been raised in unhealthy forests. They have had role models who are addicted to alcohol or drugs, who are depressed, fearful, unemployed, and disconnected from their cultural strengths. For these youth, there is no childhood. There is no normal development. In fact, they may experience violence and neglect on a regular basis and think it is normal. Alcohol and substance abuse, acting out and depression are common results for boys and girls raised in this environment. They need to learn that what they have experienced is not their fault. They also have to learn that their own decisions and choices in response to what they have experienced, is their responsibility.

The Medicine Wheel and 12 Steps for Youth is designed to help these young people understand what has happened to them, the choices that they have made in the past and how to re-chart their lives with healthy choices and healthy behaviors. The 13 lesson program helps youth to answer the questions:

- ◆ Who am I?
- ◆ Why am I?
- ◆ Where am I going?



**Character Development**

The program encourages youth to adopt 12 values as part of the character development focus:

- |                     |                              |
|---------------------|------------------------------|
| Step 1: Honesty     | Step 7: Humility             |
| Step 2: Hope        | Step 8: Forgiveness          |
| Step 3: Faith       | Step 9: Justice              |
| Step 4: Courage     | Step 10: Perseverance        |
| Step 5: Integrity   | Step 11: Spiritual Awakening |
| Step 6: Willingness | Step 12: Service             |

**Life Skills**

The program is also designed to assist youth in developing important life skills such as:

- ◆ Decision making
- ◆ Goal Setting
- ◆ Analyzing personal strengths
- ◆ Monitoring Self-Talk
- ◆ Healthy Conflict Management
- ◆ Solution Finding
- ◆ Creating a Healthy Self-Image

**Call us today to arrange for training!**

