Special Edition: Special special issue

National Native American Wellbriety Month
and
The White Bison Circles of Recovery Conference III

Coming This September!
September is...
National Alcohol and Drug
Addiction Recovery Month
and
National Native American
Wellbriety Month!

Join with your family, friends, community
members, and those who walk with you in
recovery for a month of learning and cele-
bration about sobriety and wellness.

White Bison is delighted to co sponsor
National Native American Wellbriety Month
in partnership with CSAT (Center for
Substance Abuse Treatment) and SAMHSA
(Substance Abuse and Mental Health
Services Administration) this September,
2002.

White Bison/CSAT will sponsor five urban
sites for celebrations and events this
September. But each and every community
can step forward with pride for addictions
recovery and host local events.

A landmark event in Wellbriety Month this
September is the Third Annual Circles of
Recovery Conference, Strengthening Our
Communities, to be held in Billings, Montana
from September 26-29, 2002. Come to four
days of learning, listening, participating and
celebrating Native American Community
Strength in Billings, Montana. The first 750
registrations are free, so register early.

Visit the White Bison website, www.whitebi-
son.org or call White Bison toll free at 1-877-
871-1495 for a registration form for the con-
ference and more information about
Wellbriety Month.
September, 2002 is National Alcohol and Drug Addiction Recovery Month. In Native American communities across the nation it is also Native American Wellbriety Month. We, as Native people, have this unique opportunity to have our own culturally-relevant recovery celebrations this September.

Special Native American Wellbriety Month celebrations are slated to take place in five cities in September. They are Sioux Falls, South Dakota; Anchorage, Alaska; Yuma, Arizona; Billings, Montana; and Portland, Oregon. But each and every Native American community can catch the excitement of Wellbriety Month and plan their own sobriety, recovery, wellness or Wellbriety get togethers.

How can you do that? What's supposed to happen in a community Wellbriety Month gathering? Here's what will be happening in the five White Bison/CSAT sites. Maybe your community can take a few ideas from these cities and plan one that suits your own area.

Sioux Falls, South Dakota (605) 221-0077

George Eagleman is the Wellbriety Month coordinator for Sioux Falls, South Dakota. According to George, Sioux Falls has a Native population of about 4000 people but there aren't any recovery meetings specifically set up for Native people. There are plenty of AA, Al-Anon and other 12 Step meetings, but culturally relevant programs are in short supply.

He sums up the situation and speaks about a vision for Wellbriety Month when he says, “I've been sober for 17 years and am a counselor in that field. I'm an advocate for sobriety and trying to help others. I know being a counselor and being in recovery keeps me sober! We need more Native People in the counseling field. I think we need more culturally relevant programs to introduce to the Native population.”

Sioux Falls' Wellbriety Month is still in the early planning stage, but George shares a "Plan A and Plan B" possibility. Plan A is a sobriety powwow and sobriety run. Plan B is a sobriety run followed by a recovery forum in which people can get together and talk, and at which counselors, Elders and others will give presentations.

White Bison offers the kind of culturally relevant program requested by George Eagleman. To learn about The Medicine Wheel and the 12 Steps Program, see the information page on the Medicine Wheel and the 12 Steps Program in this issue of Wellbriety! Magazine.

George shares that another possibility for Sioux Falls' Wellbriety month events are short get togethers to view the information video about the Medicine Wheel and the 12 Steps program, as well as viewing Healing of a Nation, the Hoop Journey video that comes along with the Wellbriety month kit. Any community can show these videos as part of their Wellbriety Month events. Contact White Bison to get them for your group.
Wellbriety Month Planning is Underway!

"We need more Native People in the counseling field. I think we need more culturally relevant programs to introduce to the Native population."

Anchorage, Alaska
(907) 550-2444

The urban Anchorage community is directing its Wellbriety Month events to both Native and non-Native people. Working in coalition with the Alaska women’s Project, a one-day event is planned in Anchorage for September 14.

On September 14, 2002, Wellbriety Month will be joining the Voices of Recovery, Alaska "Sings Together." The event will take place in Anchorage, Alaska at Woodland Park Elementary from 1:00 to 4:00 pm. This is their first annual event singing together as a State and as a community.

The Alaska Wellbriety Month/Recovery Month event will be a whole-family approach, including children and all those impacted by the need for wellness.

“We are bringing it to a facility that is neutral so it can be for everybody," says coordinator Jacqueline Lee. "What happens here is that if based with a specific Tribal Council, then only a few people attend. We don’t want it for just Natives only, we want all the population to be coming in. We are looking to recovery or wellness as a whole.”

The Anchorage event will include traditional dance and the sharing of food. "People are interested in all aspects of recovery, and alcohol and drug abuse is just one part of it," continues Ms. Lee. "That will be highlighted but it won’t be the only recovery we will be focusing on. We will recognize all of recovery and wellness as a whole. We’re focusing on how we can best work together on planned events for families and individuals, making calendar events for September:"

Yuma, Arizona
(760) 572-0232

Wellbriety and Recovery month events will take place throughout the month of September in Yuma, Arizona, as well as across the river in California with the Quechan Tribe. Coordinator Gary Menta is leveraging the Tribe’s ongoing ADAD program to get out the word during Wellbriety Month.

Yuma will see community events from September 3 all the way through to September 28. Many of the events will feature art, and arts and crafts done by youth and adults. There will be sobriety walks, sobriety picnics, a sober conference/Alcathon, and a series of GONA’s taking place in September. The GONAs will include a GONA for Elders, a GONA for women, a GONA for youth and men honoring fathers, and a GONA for men. There will also be a talent show, a BINGO games night, a volley ball tournament and a horseshoe tournament.

Although based in Yuma, Arizona, the Wellbriety month events will draw on the many different communities from along the Colorado River. How about any of these as ideas for your own community?

Gary also talks about using a “Past, Present and Future” theme to tie together the recovery and wellness events. The Past highlights the Elders and life-principles such as History, Dignity, Understanding, Direction, Trust; and Respect.

The Present focuses on today’s adults and the principles of Caring, Respect, Appreciation, Knowledge, Acceptance, and Awareness.

And the Future looks towards the youth and the guidelines of Processing, Honesty, Interest, Support,
Effectiveness, and Implementation.

The past, present and future theme brings recovery and wellness awareness to any event that takes place. “Think these words,” says Gary. “We bring these words into everything we do.” Like Anchorage, Yuma's Wellbriety Month invites anyone and all people who are in recovery.

Gary learned about the theme Putting a New Face on Recovery and carried it right into the experience of the Yuma, Arizona community. “We are looking at being comfortable in recovery,” he says. “We have a lot of people who are not comfortable when they start recovering. Once you get comfortable in recovery and can say, ‘Yes, I’m recovering and I’ve stopped doing those things that hurt me’, once you can say that, then you are really there. Later on when we are comfortable in our recovery we tell people about it. Once you find yourself letting people know you are in recovery, and can promote it, then you are really getting what you need to get.”

"Once you find yourself letting people know you are in recovery, and can promote it, then you are really getting what you need to get.”

Communities, when it is held in Billings from September 26-29.

Anna de Crane is the Billings coordinator for Wellbriety month. For the Billings Wellbriety Month event, she and a group of volunteers will put on a powwow to go along with the Circles of Recovery Conference on September 28. They are also planning a Walk to take place during September. Another part of their contribution will be some of the eats to take place during the White Bison conference. She says, "We’re working on getting a buffalo so maybe we can have a feed sometime during the conference."

Anna and some of her team are part of a White Bison Firestarters circle in Billings. Anna facilitates a culturally relevant Medicine Wheel and 12 Steps group for women.

"Do any of these Wellbriety Month focus cities give you and your community an idea of how to step forward and find pride in your community's recovery and sobriety this September?"

Portland, Oregon
(503) 236-3269

Portland also takes advantage of an existing event to join forces with Wellbriety Month. "At this point, we are planning a picnic and mini-Pow Wow on the grounds at NARA residential treatment center. We have always held an Alumni Picnic so this annual event is already well received in our community," says coordinator Theresa Monteverdi.

NARA (Native American Rehabilitation Association) Alumni are the many people who have passed through the doors and the good recovery experiences that the Association has offered the Native
community for over 25 years. Now, on September 14, NARA Alumni and all others who are interested in sobriety, recovery and wellness are invited to participate in a Wellbriety mini powwow taking place in conjunction with the picnic.

Come on out for grilled buffalo burgers, hotdogs and salmon. "The rest of the food will be potluck," says Ms Monteverdi. And she adds, "We are planning on cooking for 400 people."

**Plan Your Community Events Now**
Do any of these Wellbriety Month focus cities give you and your community an idea of how to step forward and find pride in your community's recovery and sobriety this September? Call any of the coordinators listed above for tips or a conversation to help with your own celebration.

**Putting a new Face on Recovery** means to come out and share recovery from substance abuse with others who are doing the same thing. We recover together with our families, friends, neighbors and communities. Plan something for Wellbriety/Recovery month in your community this September.
WELLBRIETY MONTH

Wellbriety Month Planning is Underway!

Medicine Wheel and 12 Steps: A Cultural Approach to Recovery

The Medicine Wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon Teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change. The program includes workbooks and videos: 9 videos for women and the 7 videos for men. Another resource, a Native American recovery book called The Red Road to Wellbriety is being released Summer of 2002. The programs are also used in 127 tribal recovery circles, in treatment facilities, prisons, half-way houses, by Firestarters in community Circles of Recovery and by individuals who are working on their own recovery process. It is also used by people in AA and in Al-Anon.

How the Process Works
The Medicine Wheel and 12 Step program is designed in a series of modules that enable people to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and apply them to the Steps. In addition, participants share their insights and experiences in a talking circle. They also learn how to mind map their own innate knowledge around these teachings and then apply that knowledge to their daily lives and decision making processes. For those working through the program in a group setting (i.e. Circles of Recovery) very strong social and emotional bonds are created that help the individuals who participate to develop trust, autonomy, and other healthy feelings and thought patterns that will help them to grow emotionally, mentally, physically, and spiritually.

The focus of the program is on character and values. Thus each of the 12 Steps is presented from the perspective of the value that it reflects.

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

The Four Laws of Change
These laws were given to White Bison by Native American Elders.

1. Change comes from within.
2. In order for development to occur, it must be preceded by a vision.
3. A great learning must occur.
4. You must create a healing forest.

How the Program is Implemented
Depending upon the community, the culture, or the group, various additional experiences are added. Drum groups, sweat lodges, singing, learning traditional dances, learning traditional language and listening to local Elders is sometimes a part of the Medicine Wheel and 12 Step program. The framework allows for the program to be adapted to fit the cultural and spiritual preferences of the people who are participating. Also, materials are designed for men and women to work through their own issues.
Wellbriety Month Planning is Underway!

Teachings of the Medicine Wheel

The Medicine Wheel is an ancient method for teaching important concepts about truth and life. Many Native American communities use a Medicine Wheel, although the colors and the symbols are different depending upon the culture. However, the purpose is the same in each culture. The teachings, when applied to one’s life, have the power to influence significant change in attitudes, behaviors, values and intent.

The Elders have shared a series of Teachings based upon the Natural Order of the Way things should be. These “original instructions” are part of everyone’s innate knowledge, but we have just forgotten them. In the Medicine Wheel and 12 Step program, they are reintroduced to help each person access that innate knowledge that they have on how to be a healthy human being and return to permanent recovery from alcoholism.

- Four Seasons of Change
- Four Laws of Change
- Four Directions of Growth
- Ten Teachings for Leadership
- Twelve Principles for Healthy Living
- Reclaiming our Power
- The 12 Steps of Recovery
- Nature’s Way: Principles, Laws and Values
- Cycle of Life
- Eight Feelings for Healthy Development
- Comfort Zones
- The Two Thought System: Love and Fear
- The Medicine Wheel
- The Laws of the Unseen World

Circles of Recovery and the Firestarters Program

Medicine Wheel and 12 Step Programs are facilitated by Firestarters who have gone through the Firestarter Trainings offered through White Bison. To learn more about the Firestarters Program, or to apply to become a Firestarter or to find out if there is already a Circle of Recovery in your community, check out the website: www.whitebison.org. There is also a chat room and discussion board for Firestarters on the website. The Firestarter Brochure, available on the website explains the requirements for becoming a Firestarter.

The Circles of Recovery and the Firestarters Training have been funded by a grant through the Centers for Substance Abuse Treatment. Trainings are held regionally each quarter. Call the White Bison office for information about the training schedule at the toll free number: 1-877-871-1495

How to Get the Medicine Wheel and 12 Step Materials

- Apply to become a Firestarter
- Each Tribal college has a Wellbriety Lending Library with copies of the Medicine Wheel and 12 Step videos and workbooks that you can check out and copy.
- See Medicine Wheel and 12 Steps listing in the Catalog on the website: www.whitebison.org
Wellbriety Movement

Third Annual Circles of Recovery Conference
Strengthening Our Communities
Billings, Montana
September 26-29, 2002

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CSAT
SAMHSA
Services Administration
**WELLBRIETY MONTH**

The White Bison
Circles of Recovery Conference
This September!

The White Bison Circles of Recovery Conference III is a gathering focusing on Wellbriety in Communities. It is for Native Americans and non-Native people working in support of community change and wellness in Native communities. If you are an individual seeking wellness, a family member of someone in recovery, a community leader, or a prevention, recovery, and treatment professional, you are cordially invited to attend.

From the opening grand entry of the Sacred 100 Eagle Feather Hoop, till the last Talking Circle, everyone in healing will find something there for them. And you will meet old friends as well as making new relatives who are walking a recovery, sobriety and wellness road.

There will be afternoon workshops on:
- Traditional approaches to treatment
- Community approaches to treatment
- Starting Al-Anon in Native American communities
- Using Electronic Networks and Resources
- Fetal Alcohol Syndrome
- National Clearing House on Drug Information (NCADI)
- Daughters of Tradition and Sons of Tradition
- Grant Writing

The White Bison Conference will be a feast of learning and a place to hear both modern and traditional teachings about healthy living.

Individuals can choose from six special Conference Tracks to meet their unique interests and needs on the Red Road to Wellbriety. These Tracks include:

**Conference Tracks**

**Track 1**
Servant Leadership—A Traditional Model for the 21st Century (with Willie Wolf and Don Coyhis)

**Track 2**
Strategies for Community Change: GONA—A Gathering of Native Americans (with Theda Newbreast)

**Track 3**
Creating a Community Vision: The Healing Forest Model (with White Bison Firestarters, MADD, Al-Anon, and NACOA)

**Track 4**
The White Bison Firestarters Way

**Track 5**
Wellbriety for Youth-ages 14-22 (with Jeri Brunoe-Samson)

**Track 6**
Children of Alcoholics and Adult Children of Alcoholics

Continuing Education Credits (CEU's) will be available through Montana State University for those who follow one or more of these tracks.

**Featured Speakers and Collaborators**
The White Bison Conference will feature many Speakers, Presenters, Collaborators and Allies of Native American healing and wellness. Come to Circles of Recovery III and hear:

- Don Coyhis, White Bison, (Mohican)
- Henry Lozano, White Bison Board Member, (Apache, Mexicano)
- Dr. H. Westley Clark, Director, CSAT
- Gen. Arthur T. Dean, CEO, CADCA
- John P. Walters ("Drug Czar"), Director, ONDCP
- Dr. Ruth Sanchez-Way, Director, CSAP
- Alvera Sterns, CSAP
- Laura Flinchbaugh, CSAP
As a special activity of Wellbriety Month in Billings, Montana, the Wellbriety Month volunteers of Billings are planning a Wellbriety Powwow and a buffalo feed to take place during the Conference.


See you in Billings!
Who Should Attend?
Native Americans and non-Native people working in support of community change and wellness in Native Communities are invited. This includes individuals, family members, community leaders, and prevention, recovery, and treatment professionals.

White Bison, Inc.
“Strengthening Our Communities”
Conference Registration Form
Register Online at www.whitebison.org
The first 750 reservations are free!!
REGISTER EARLY!!

Name: ____________________________________________
Address: _________________________________________
____________________________________________________
City: __________________ State ______ ZIP __________
Phone: (____)_____________________
email: ____________________________________________
Organization: ______________________________________

Contact the Billings Hotel and Conference Center
for room reservations: (406) 248-7151
Toll Free: 1-800-537-7286
Be sure to ask for the White Bison special conference rate!

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Email: info@whitebison.org
Remembering...
The Circles of Recovery Conference 2001