

# ACMHA Summit

## Healthy Behavior:

### Literacy and Activation the Gateway to the future of Health



*Wellbriety, Selfcare, and Activation*

*Don Coyhis, Founder, White bison*





# NATIVE AMERICAN PROGRAMS

Culturally based tools  
for families

Applying your own  
Culture.....to all  
programs.....

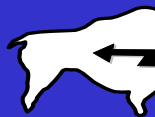
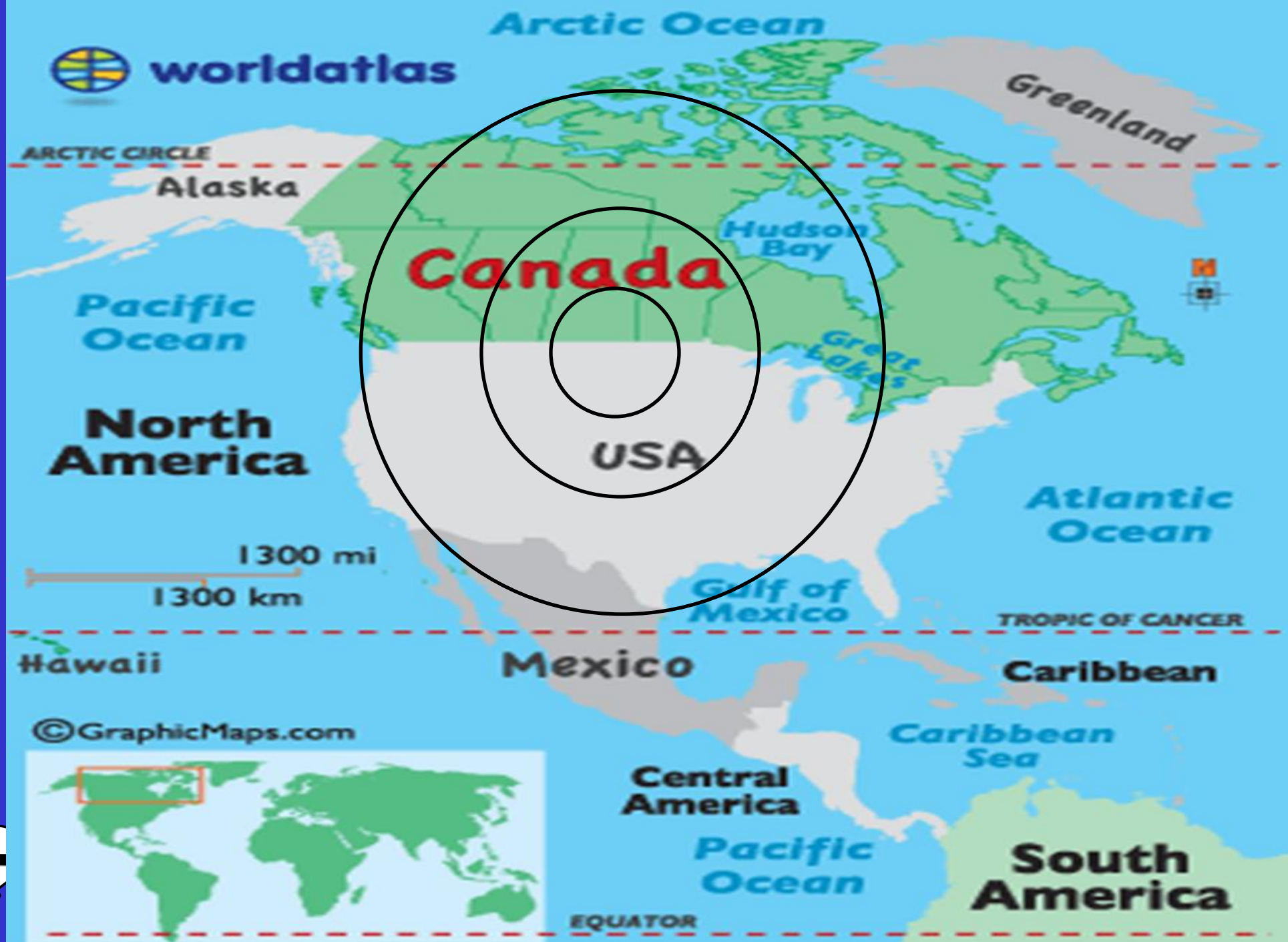
Eagle

Wellbriety

Community

Change Program





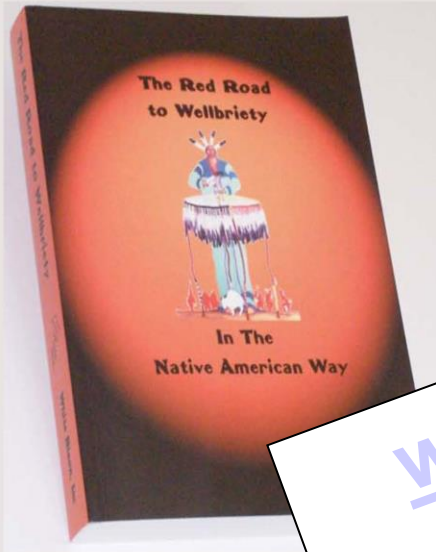
# Mission statement

A sustainable grassroots Wellbriety Movement that provides culturally based healing for the next seven generations of Indigenous people.

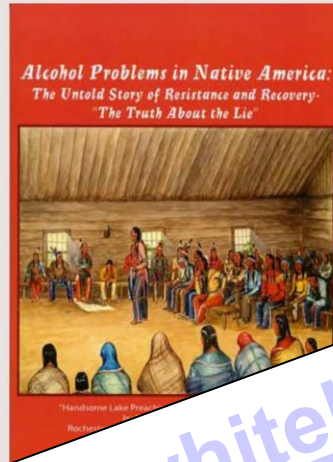
Indigenous people  
healing for the next seven generations of  
Movement that provides culturally based  
A sustainable grassroots Wellbriety



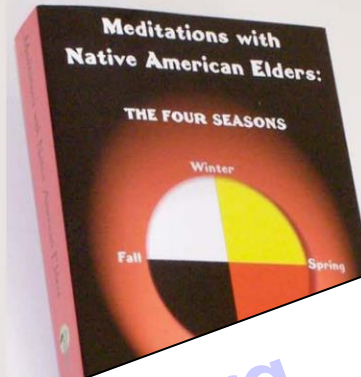
# Wellbriety Books



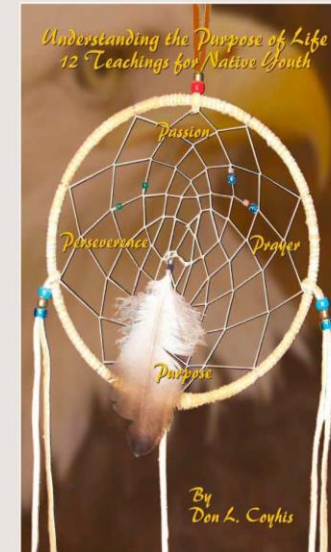
**The Red Road to Wellbriety**  
In The Native American Way  
by White Bison, Inc.  
2002



**Alcohol Problems in Native America**  
The Untold Story of Resistance and Recovery -  
"The Truth About the Lie"  
by Don L. Coyhis  
& William L. White  
2006



**Meditations with Native American Elders: The Four Seasons**  
by Don L. Coyhis  
2007



**Understanding the Purpose of Life: 12 Teachings for Native Youth**  
by Don L. Coyhis  
2008

[www.whitebison.org](http://www.whitebison.org)  
Click on the store

Books for your own recovery and wellness journey!

Order online at [www.whitebison.org](http://www.whitebison.org) • Order by phone: toll-free 1-866-518-5275 or 719-548-1000



# A Long time ago.....

- Before the coming of the  
of the light skins.....

## WE.....



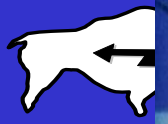
Seen World



Unseen World



White  
Bison



**Vision**

**Principles**

**Laws**

**Values**

**Traditional Man**

**Traditional Woman**

**Traditional Clan Mother**

**Traditional Elder**

**Traditional Youth**

**Traditional Warrior**

**Traditional Chief**

**Healing**

**Spirituality**

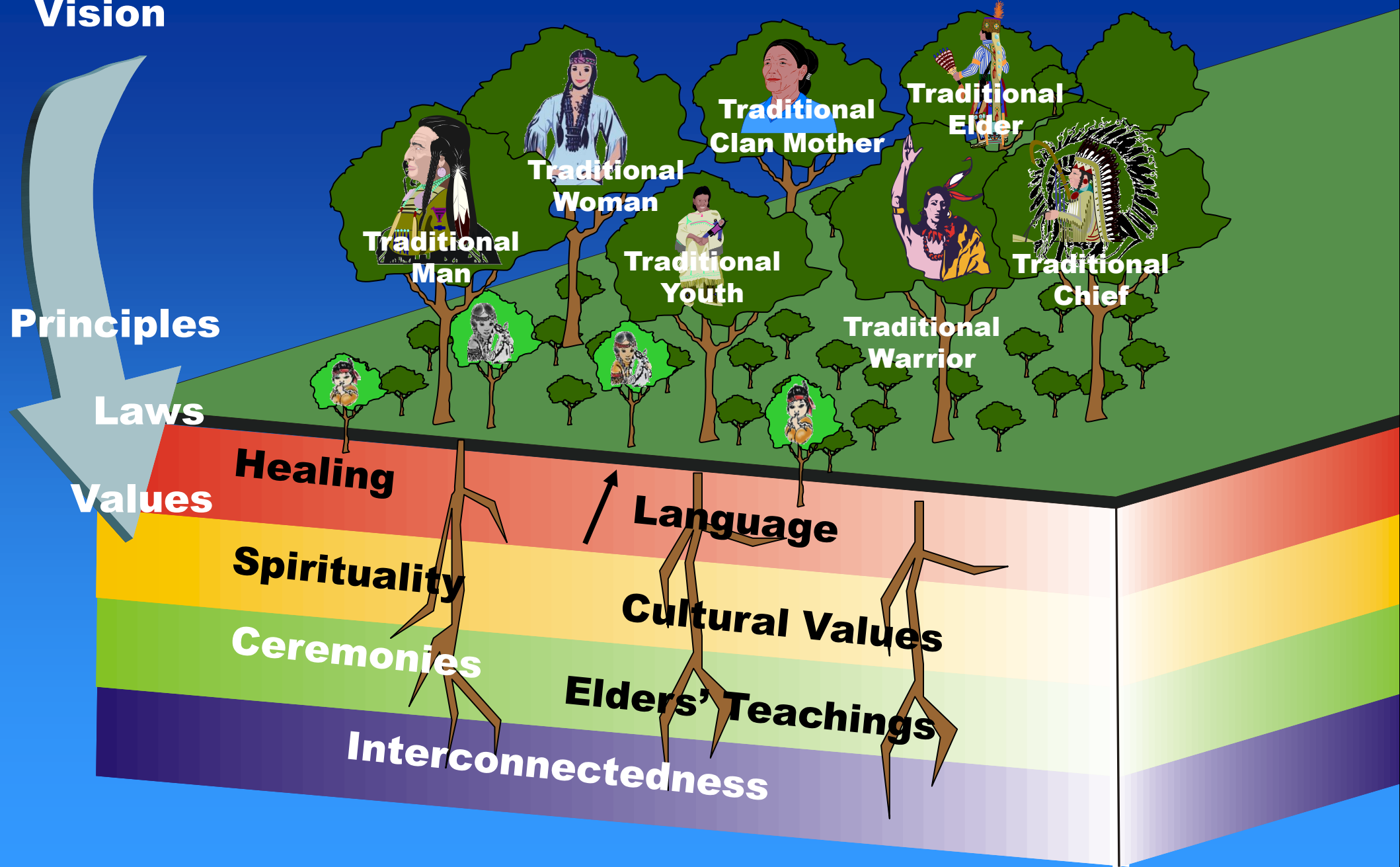
**Ceremonies**

**Interconnectedness**

**Language**

**Cultural Values**

**Elders' Teachings**



Seen World

# The Source of Native Culture

Unseen World





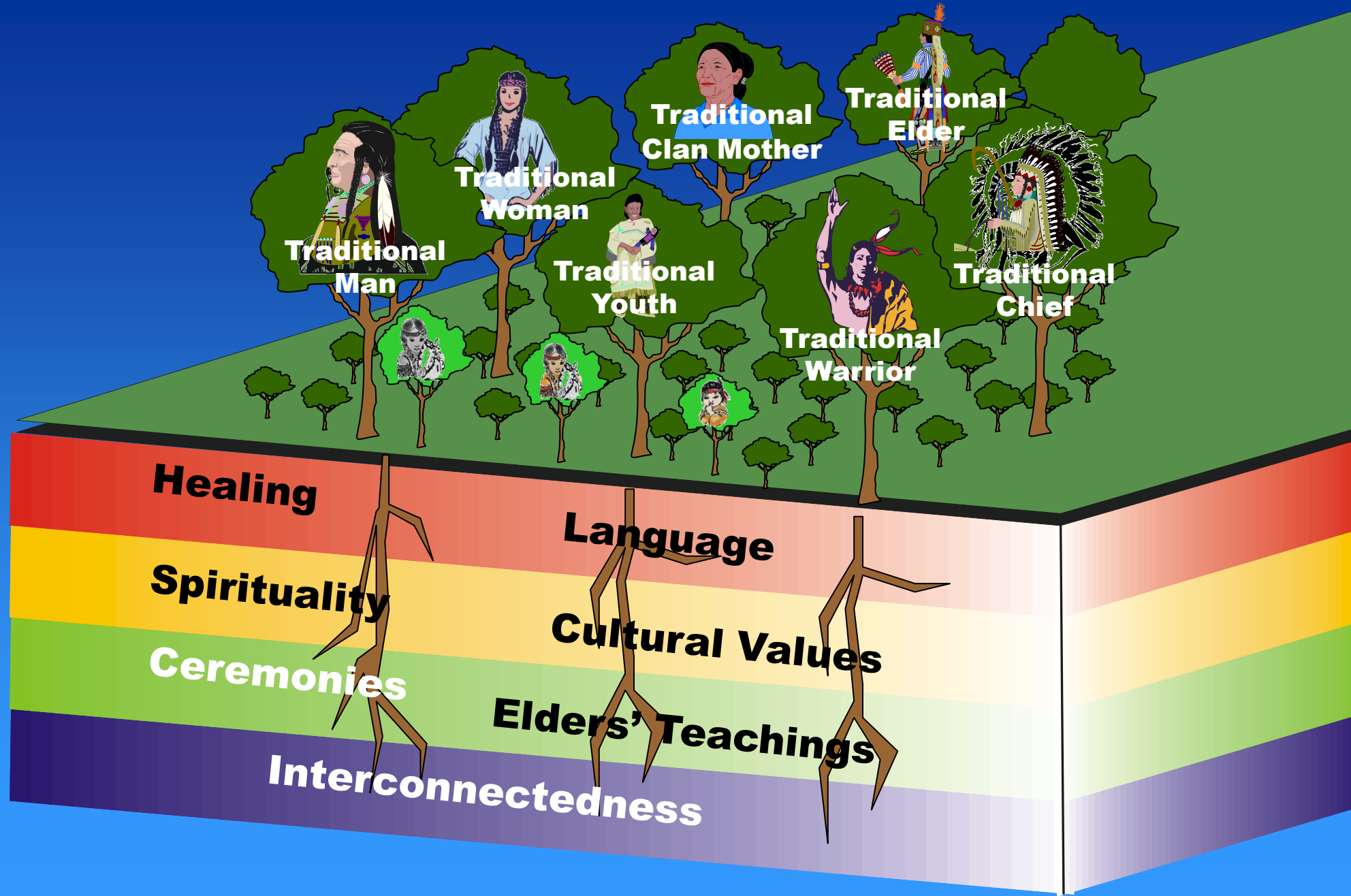
Then.....

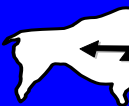
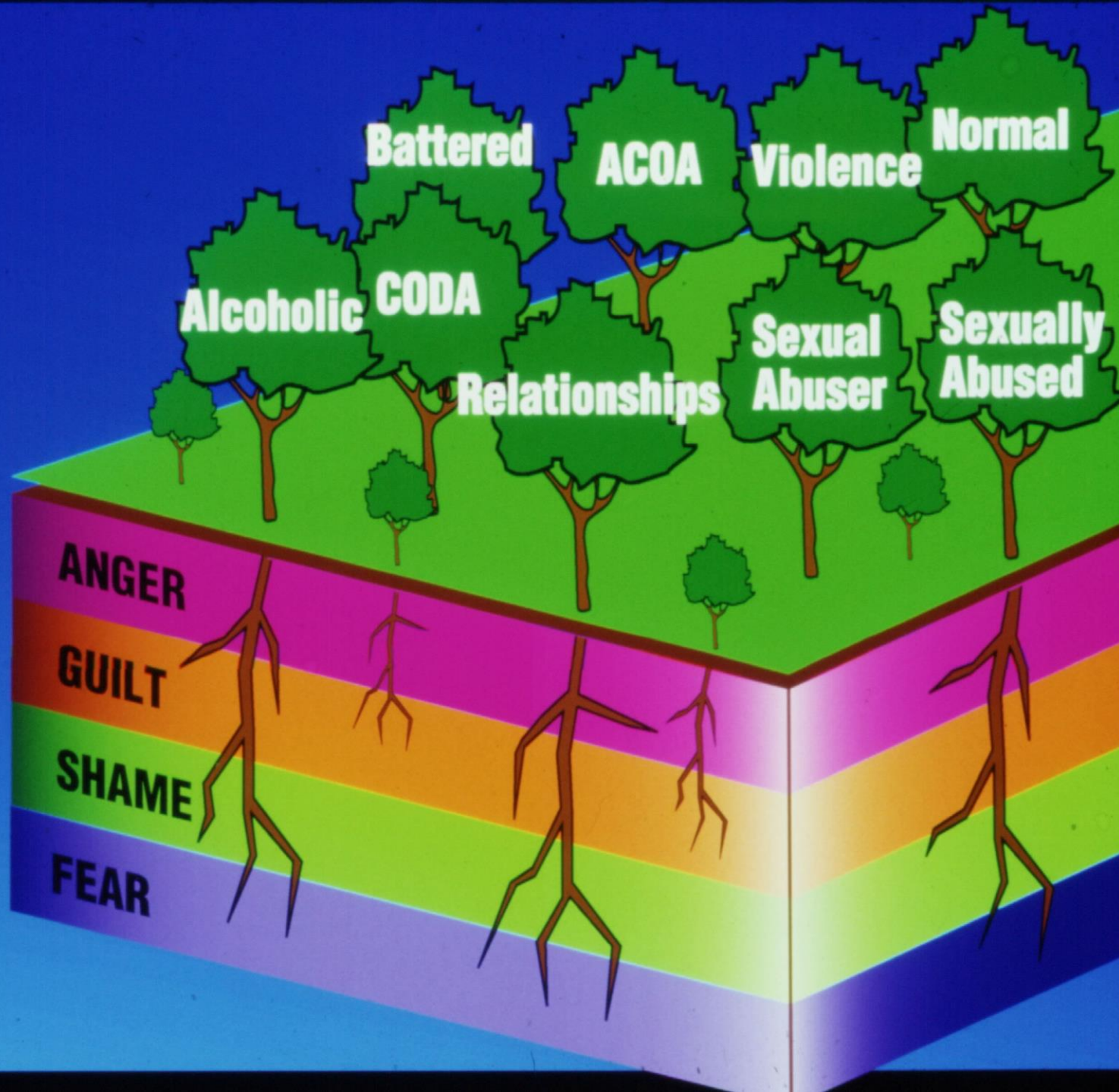
Something

Happened

To us.....

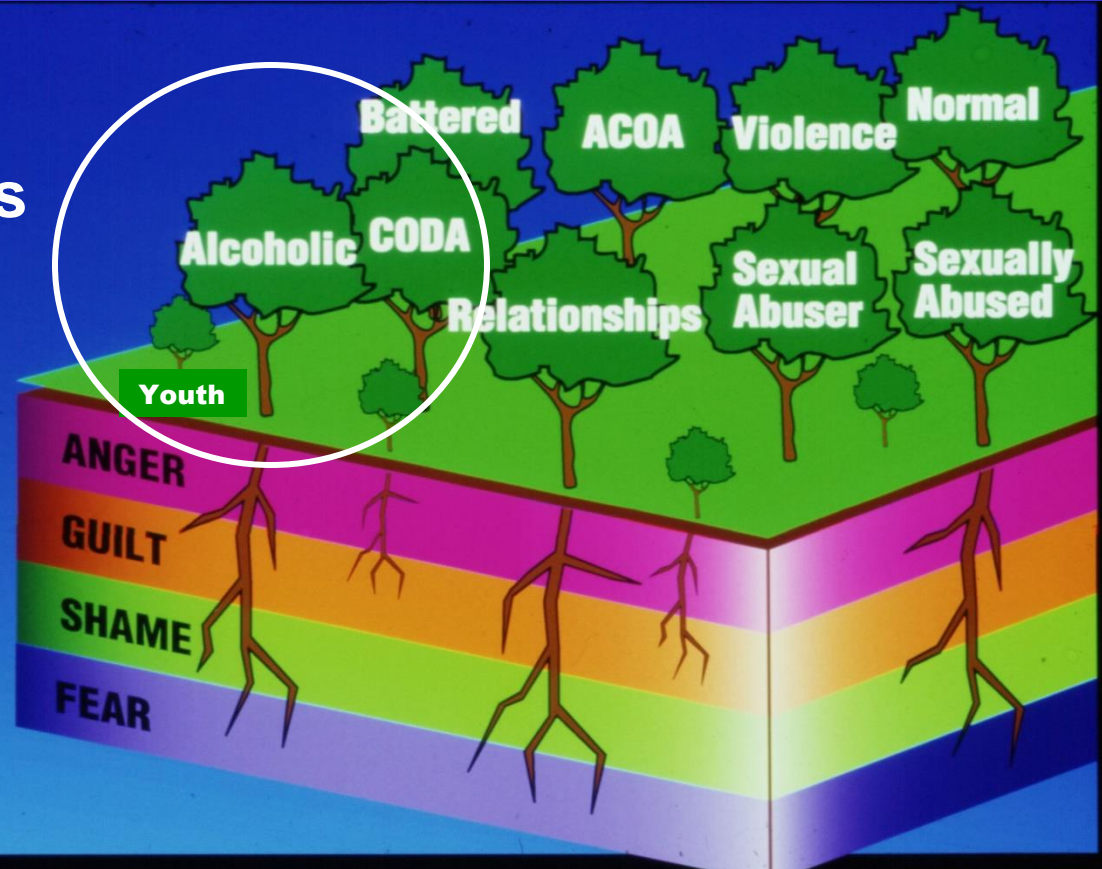


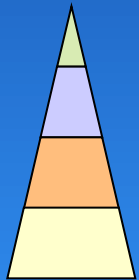
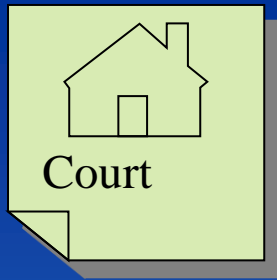
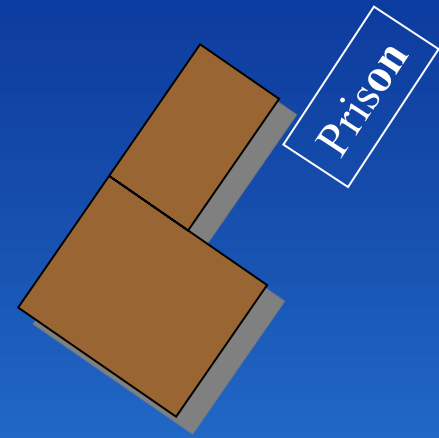




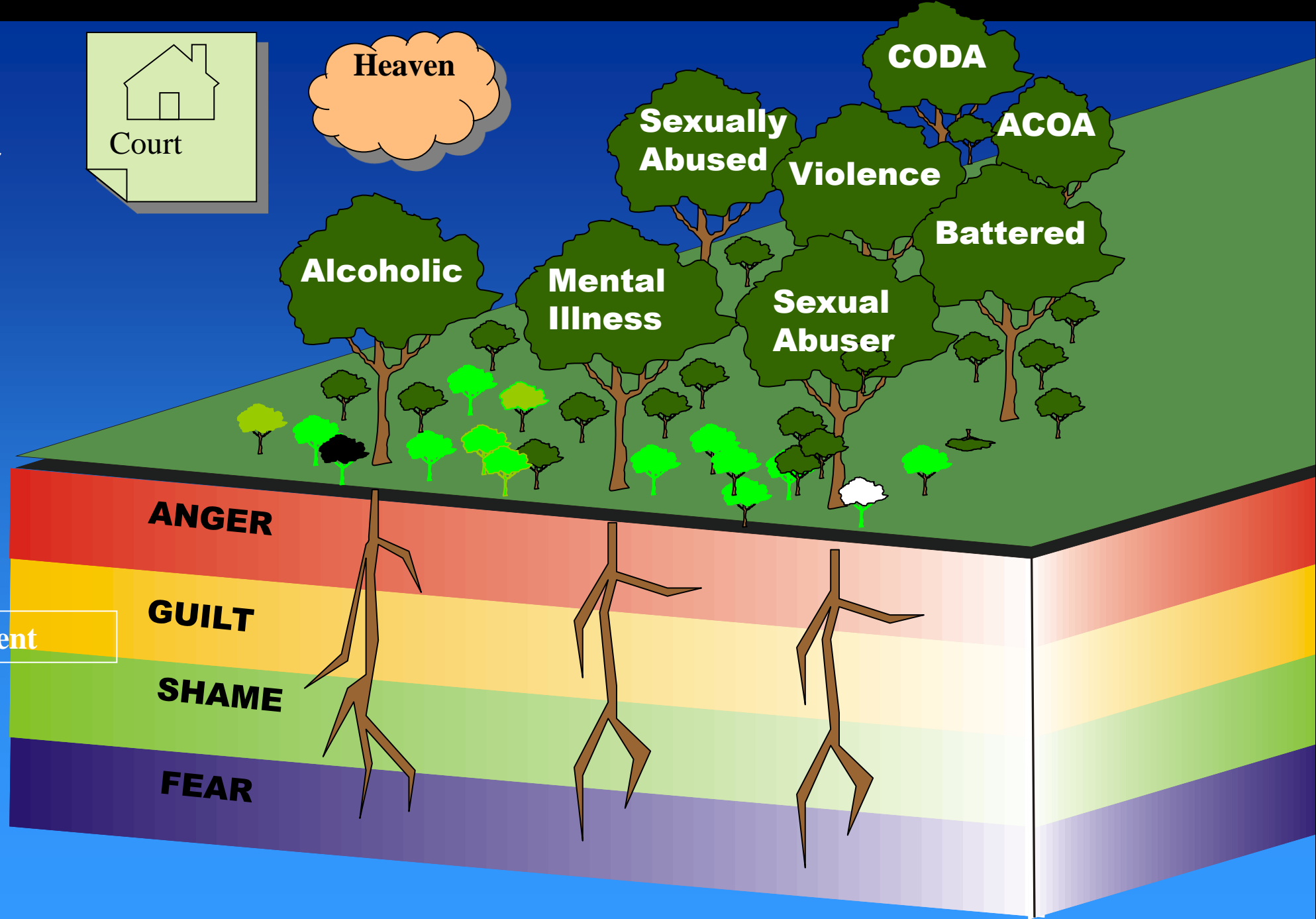
# Family Structure....

Families started to fall apart..





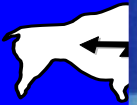
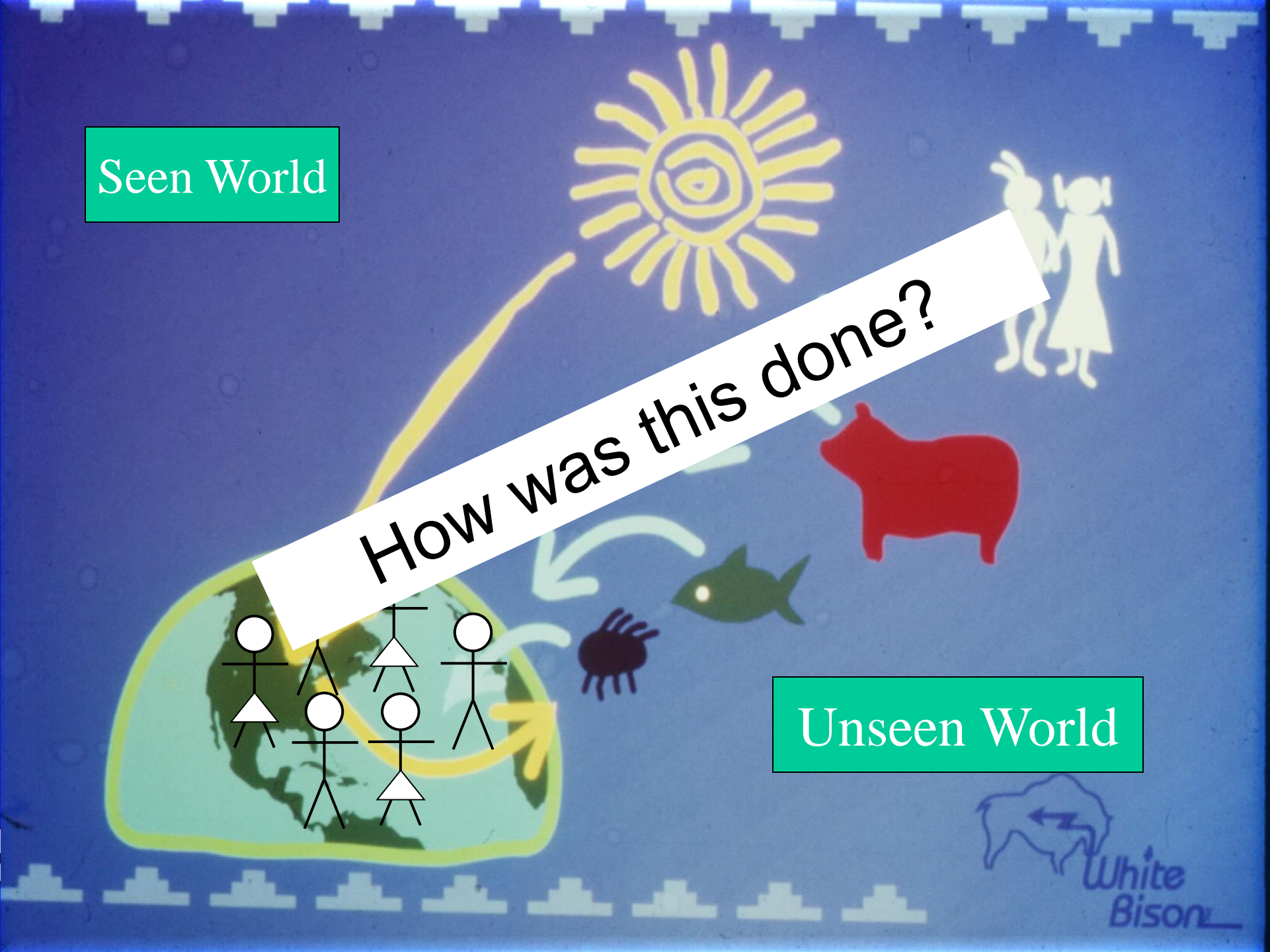
Treatment



Seen World

How was this done?

Unseen World

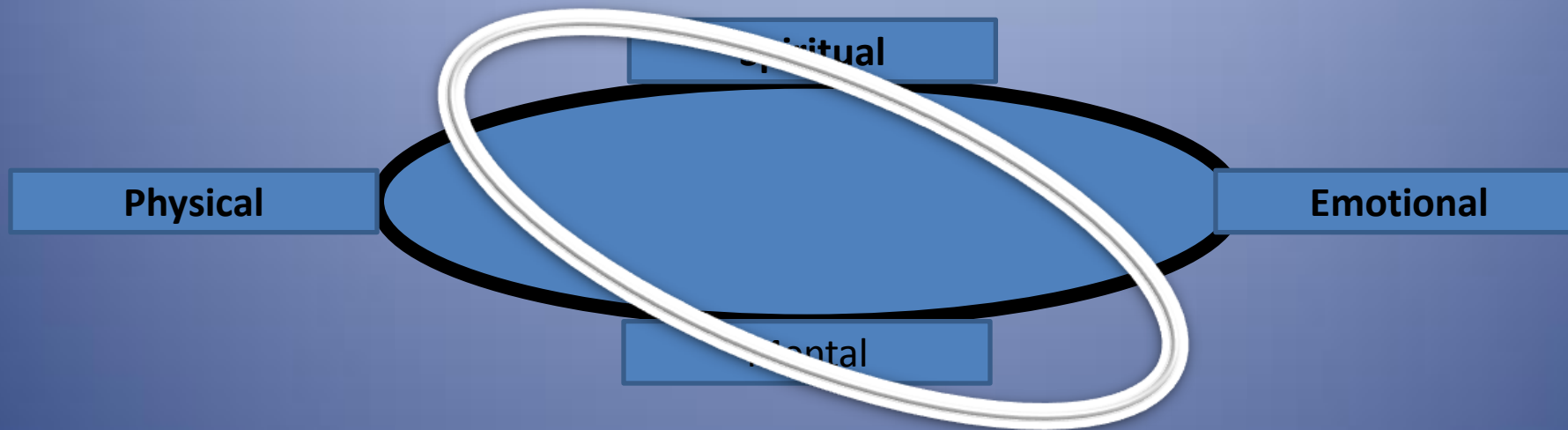


White  
Bison





# The four directions of human development



# The Natural Order

The  
Creator's  
Guidance

→ Will →



→ Thinking → Actions → Results



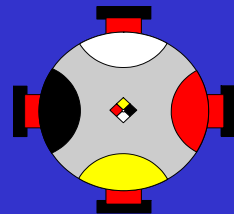
Habits



Character



Destiny

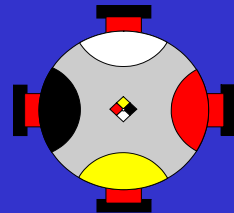




# The UnNatural order



→ Thinking → Actions → Results



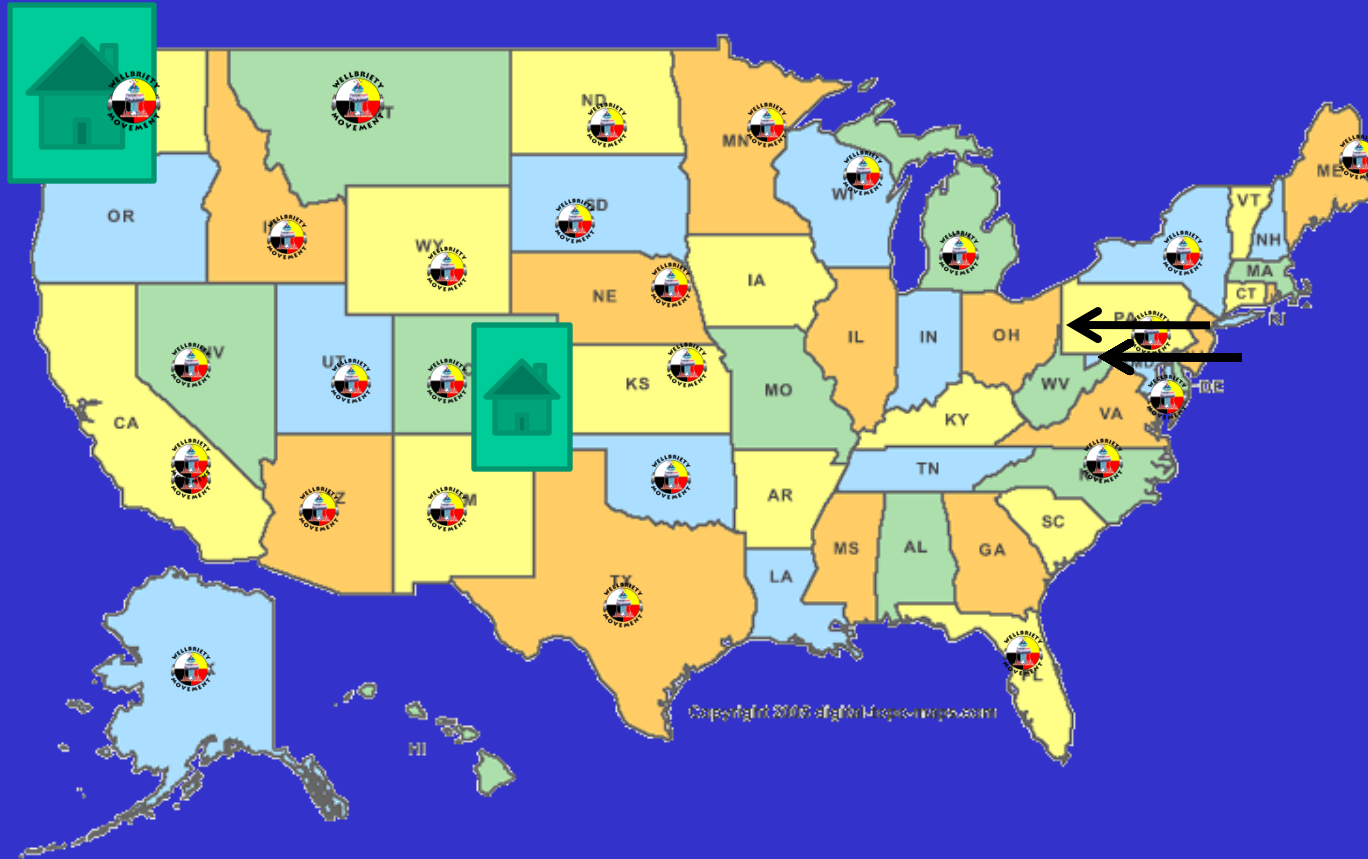
# Carlisle Indian School



Model school for the nearly 500 schools set up in the United States to assimilate American Indian and Alaska Native children



# The Boarding School Era

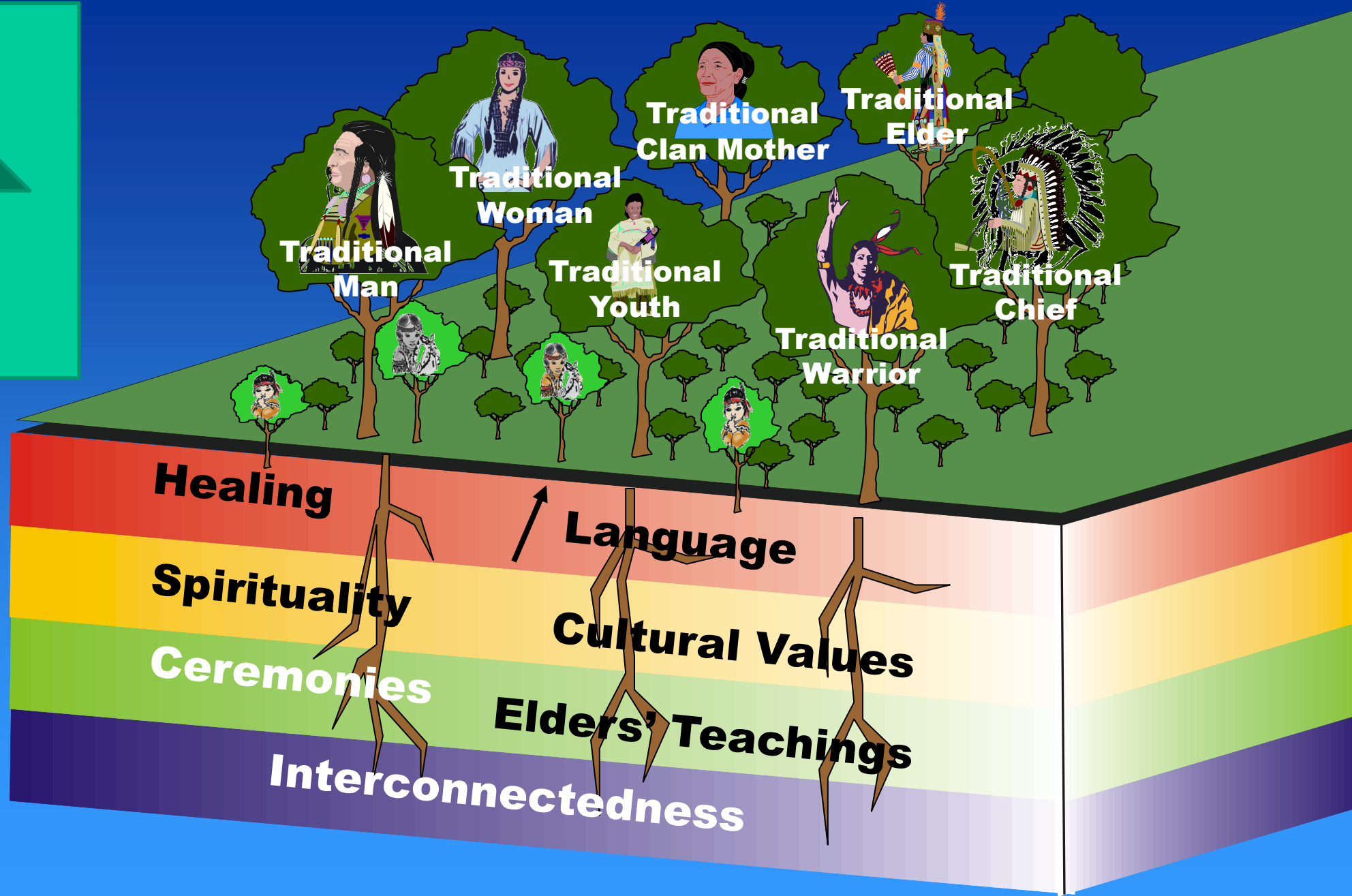


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Violence

Sexual Abuse

The Boarding Schools

The Mission Schools

The Residential schools

Healing

Quality

Take away  
The Lanaguage

Interco

Cut your hair

stedness

No teachings

Sexual abuse

No Ceremonies

No Culture

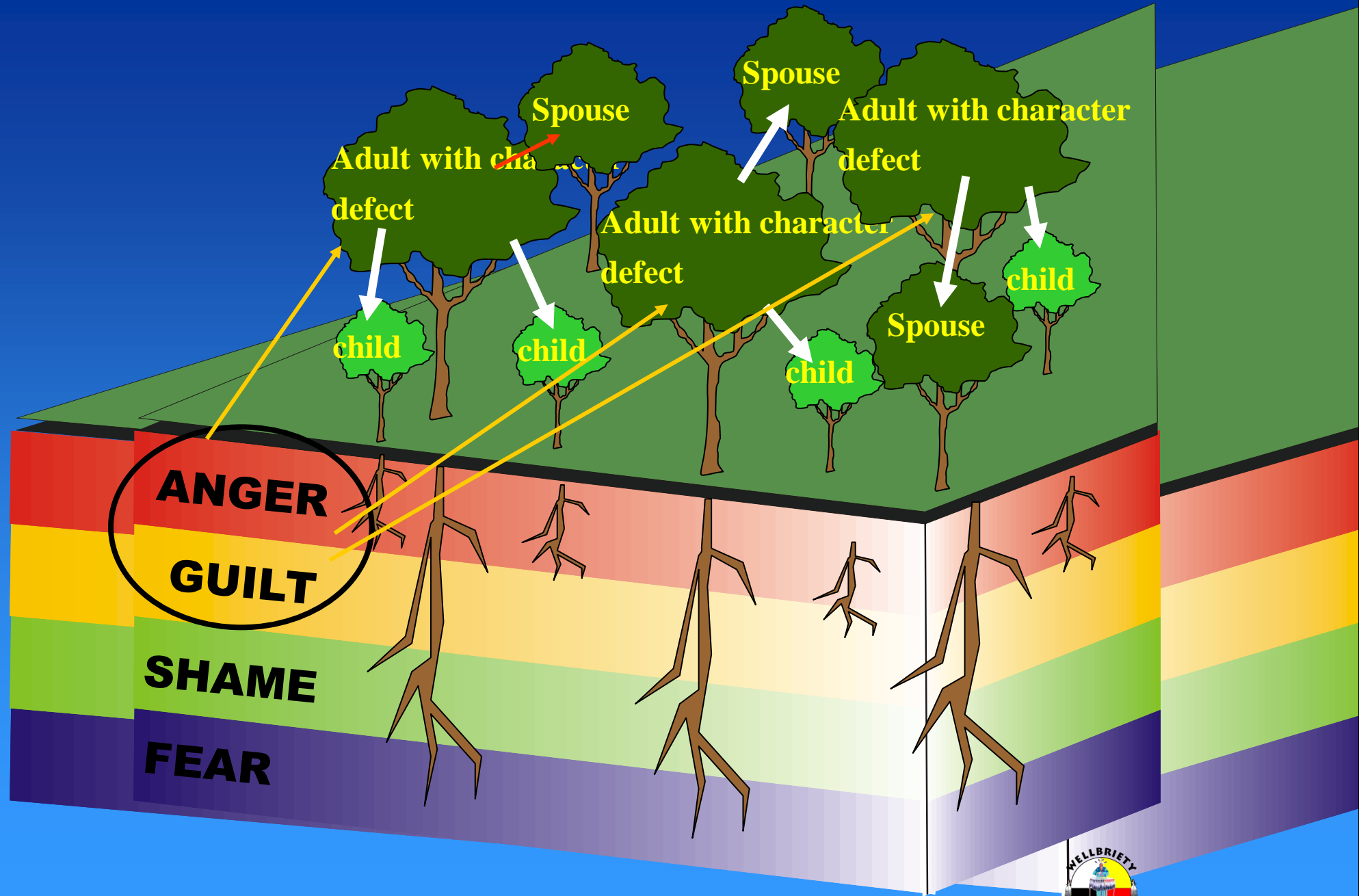
Cult

Schools

Teaching

mouth





Hurt People....

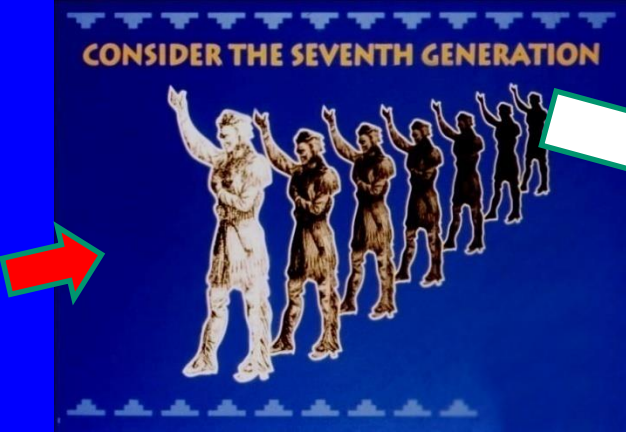
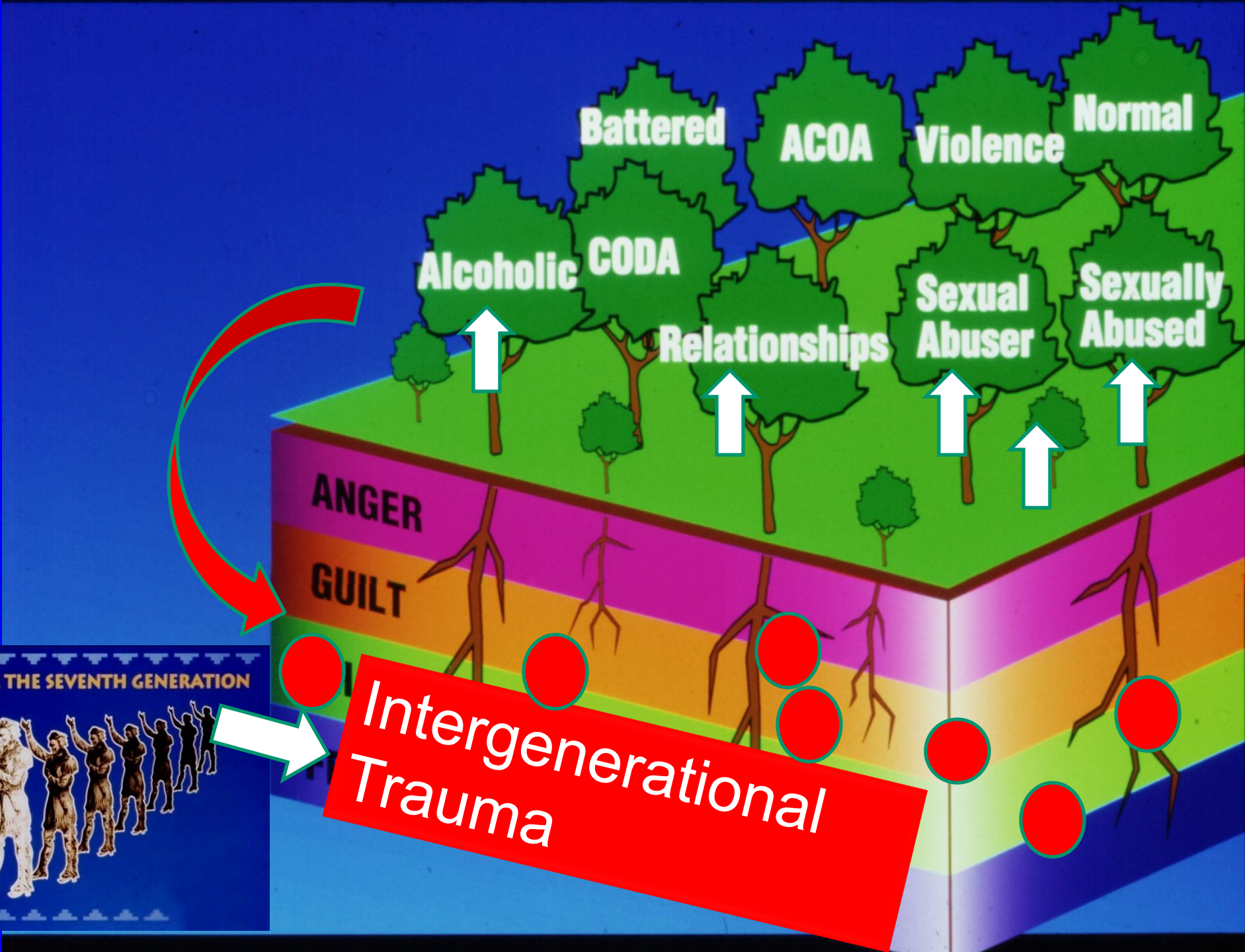
Hurt People!!!

# What is historical trauma?

A combination of immense losses and traumatic events that are perpetrated upon an entire culture. For Native Americans, these losses include:

- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Religion
- Family structure (forced into boarding schools)





# CONSIDER THE SEVENTH GENERATION

This is the cycle we must break!!!!





# CONSIDER THE SEVENTH GENERATION

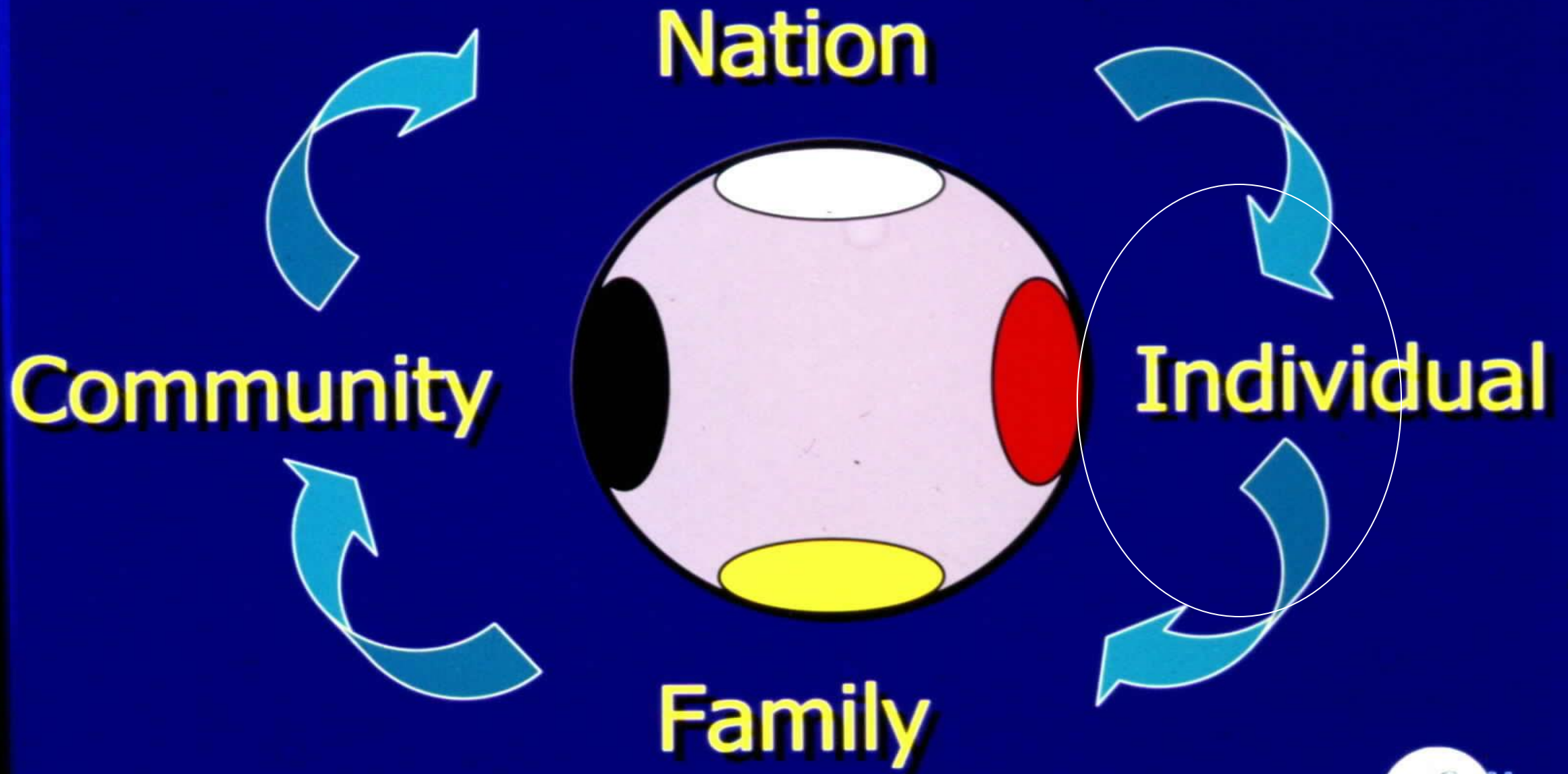
This is the cycle we must break!



# What is intergenerational trauma? Healing?

A combination of immense healing, community training and a return to the ceremonies, spirituality, and the cultural ways of our people by bringing back:

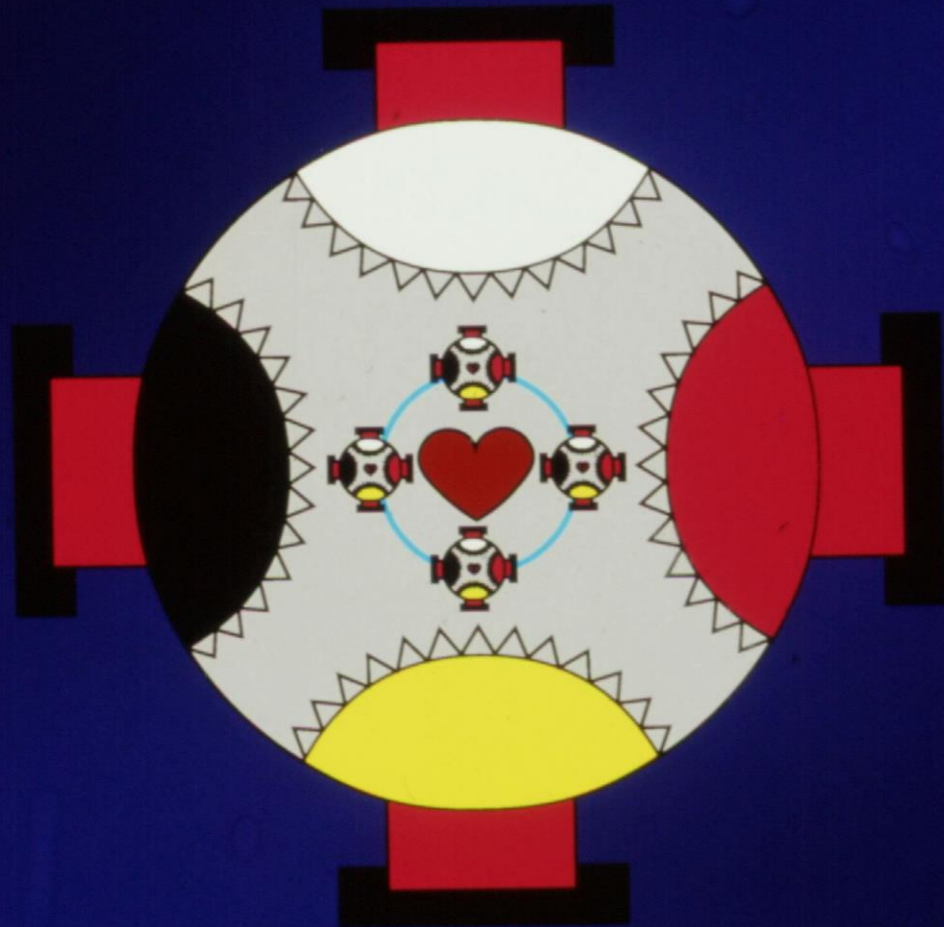
- Culture
- Language
- Land
- People's health emotionally, mentally, physically, spiritually
- Way of life
- Religion
- Family structure by rebuilding it



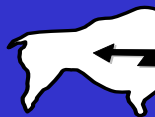
**WHITE**

**BLACK**

**RED**

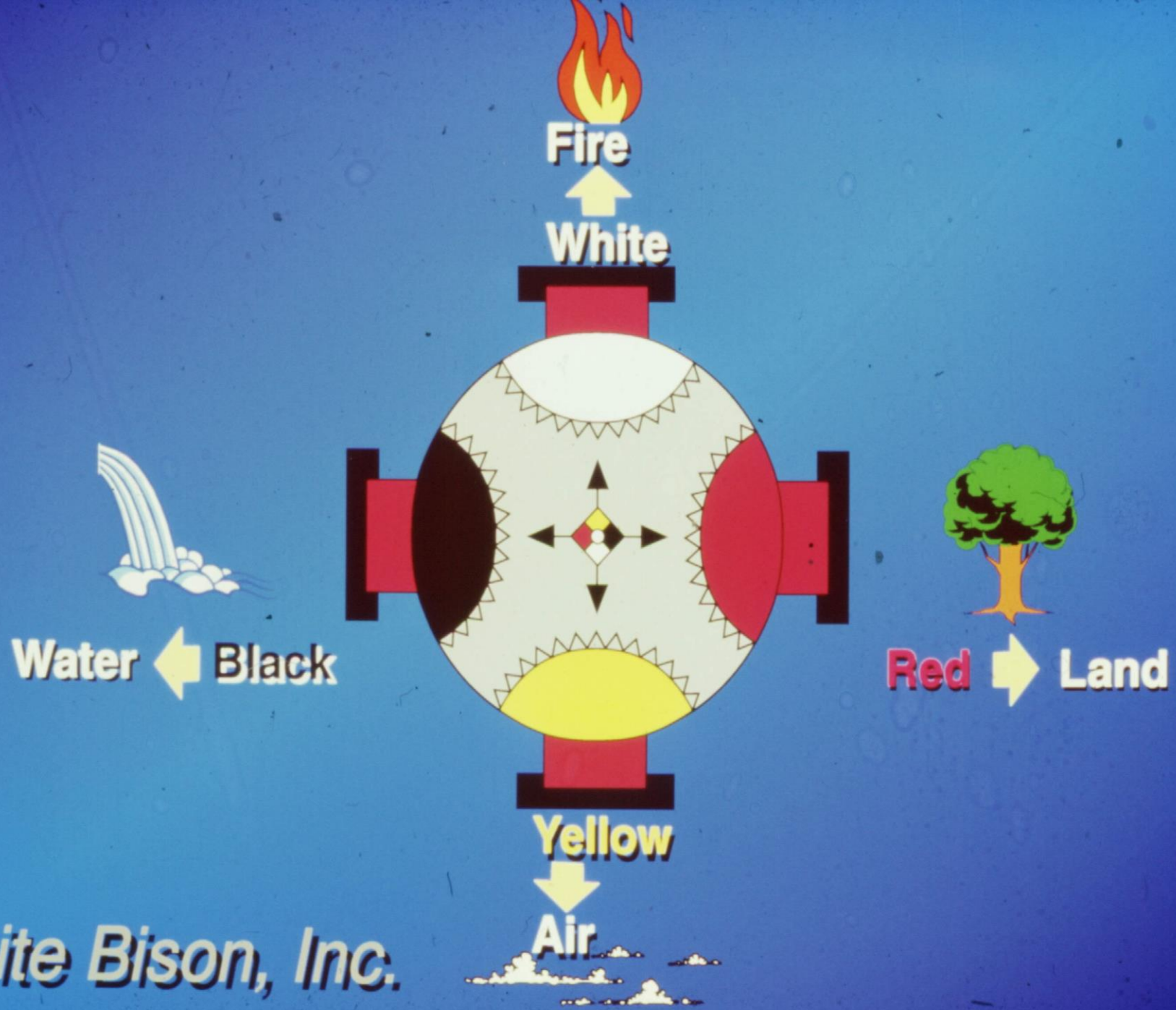


**YELLOW**

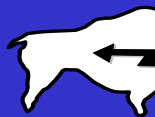


*White Bison, Inc.*

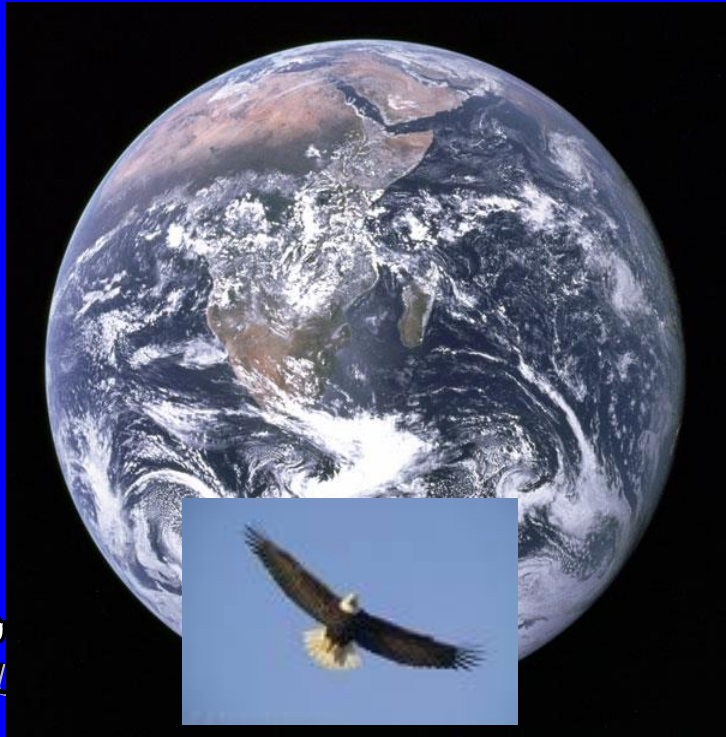




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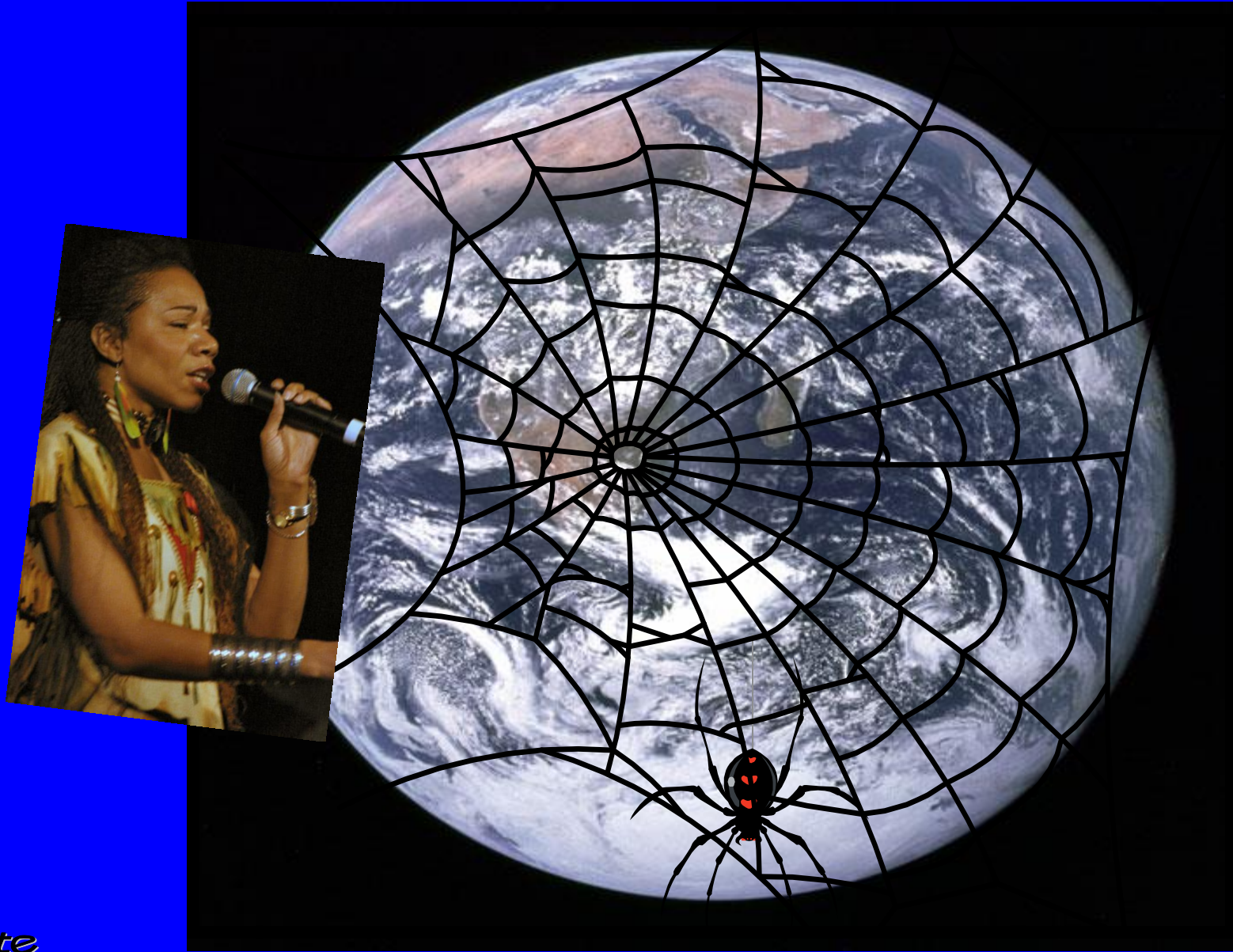


The Eagle  
Has  
Landed..

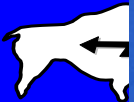


The Healing  
Time would  
begin!!

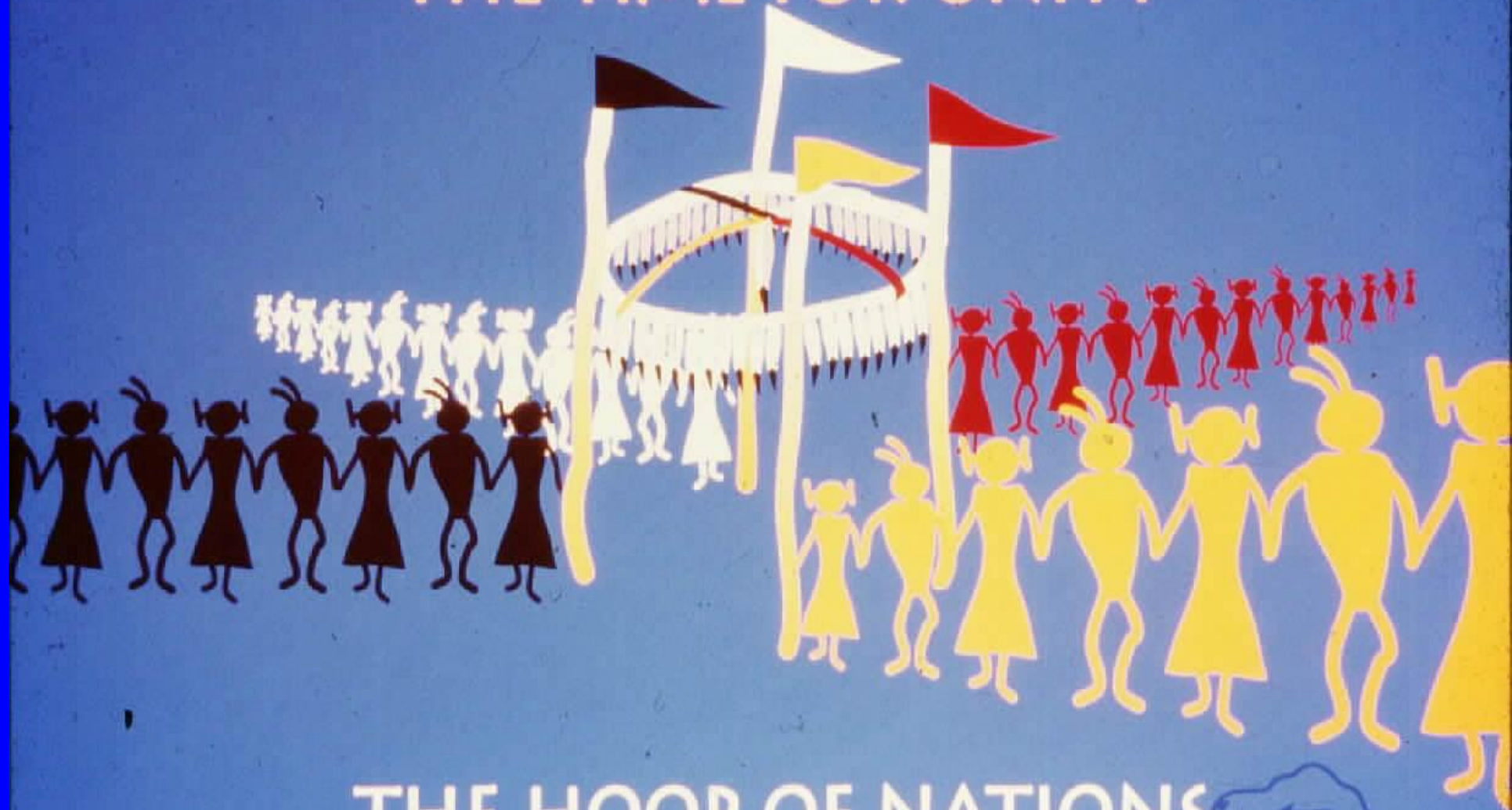




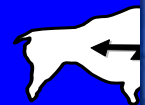
# THE TIME FOR UNITY MENDING THE HOOP



# THE TIME FOR UNITY



# THE HOOP OF NATIONS



White  
Bison





# Gifts of the Sacred Hoop



Forgiving the Unforgivable

Unity

Healing

Hope

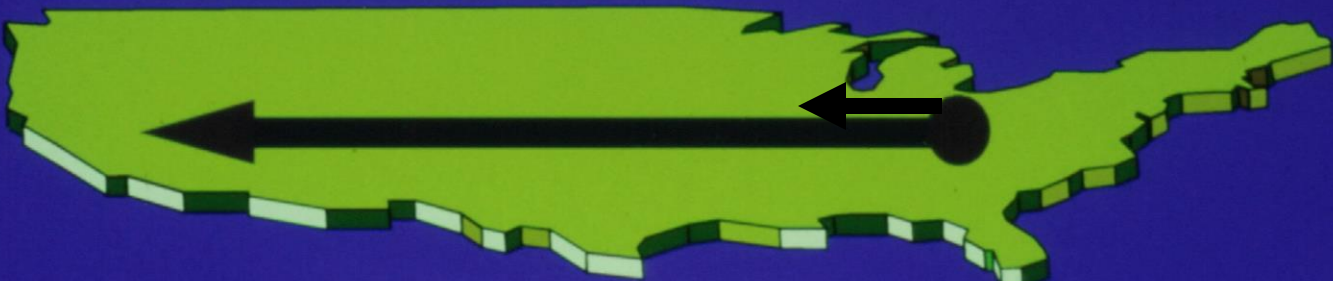


The Movement  
"The Hoop of Nations"



1998

The Wellbriety movement  
Introduced to Indian country



100 Communities in Heding

Coyhis Consulting, Inc.

**1999**



**Sacred Hoop  
Journey I:  
Healing the  
Nations Tribal  
Colleges**



**2000**



**Sacred Hoop  
Journey II:  
Wiping of the  
Tears**

**2002**



**Sacred Hoop  
Journey III:  
Healing Native  
Women and  
Children**



**2003**



**Sacred Hoop  
Journey IV:  
Healing Native Men  
and Children**

# Carrying the Message

The Healing time is here

Recovery is possible

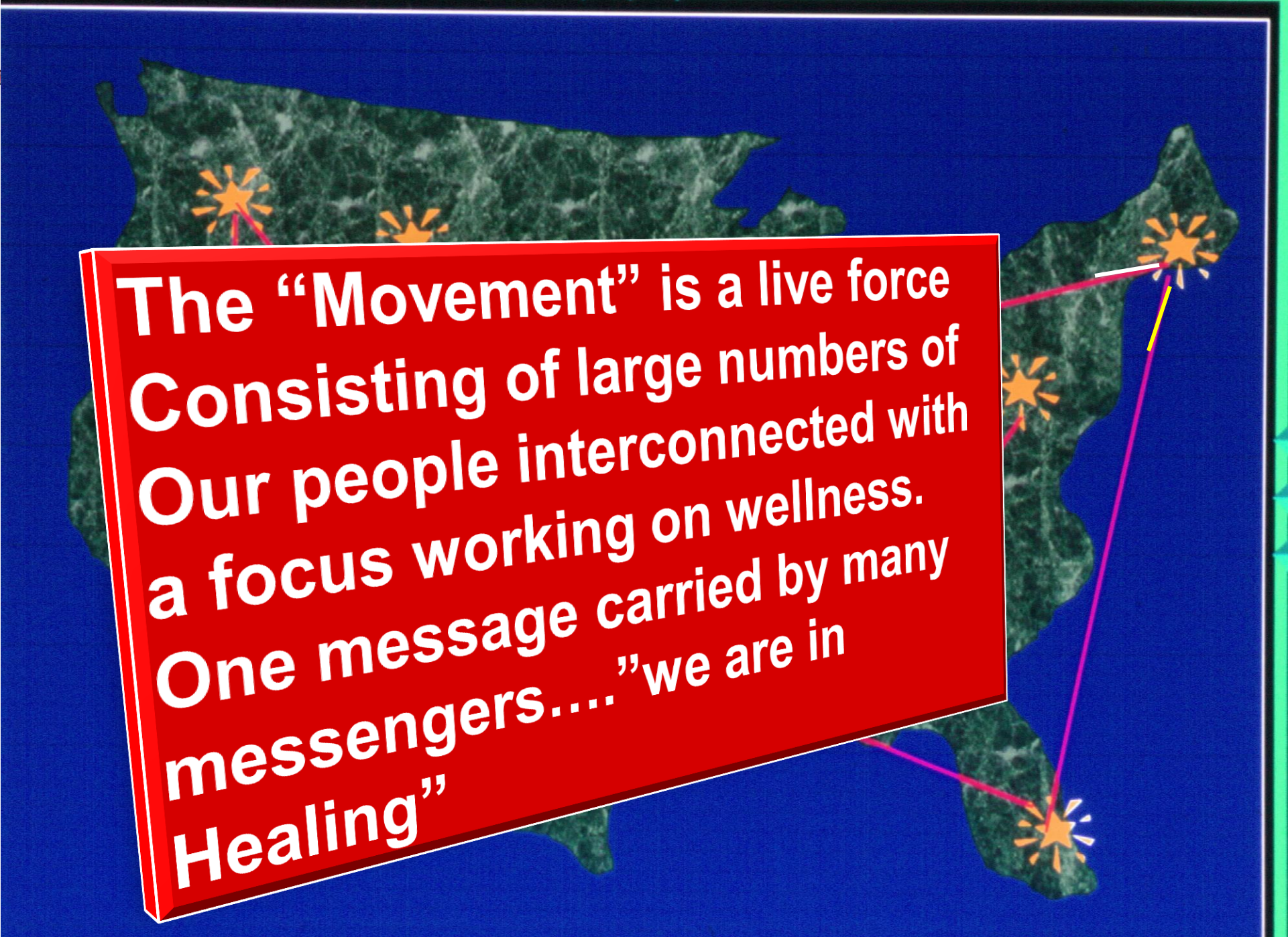
The solution is within the community

The elders teachings are coming back

What happened to us

The Wellbriety Movement is here





**The “Movement” is a live force  
Consisting of large numbers of  
Our people interconnected with  
a focus working on wellness.  
One message carried by many  
messengers....”we are in  
Healing”**



# The Wellbriety Movement

What it is!!!!



# Wellbriety Means

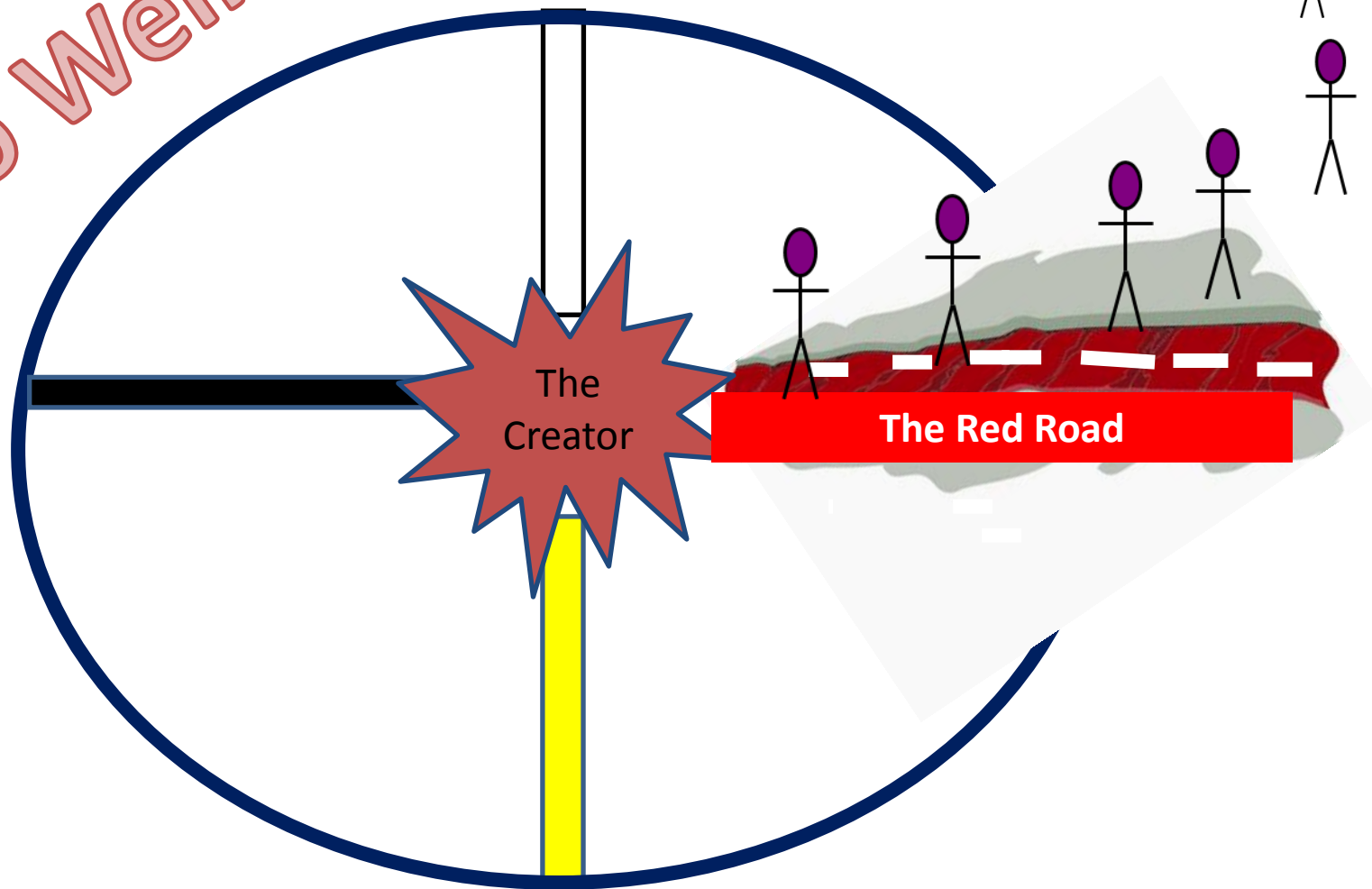


- Sober lifestyles
- Wellness—balance (mental, physical, spiritual, emotional)
- Connected to principles, values, and Natural Laws
- Walking the Red Road
- You must create a Healing Forest



# Red Road to Wellbriety

## The



# We Believe.....

- The solutions resides within each community
  - Interconnectedness – it takes everyone to heal the community
  - Healing will take place through application of cultural and spiritual knowledge
- Healing of our Native Community is entirely possible



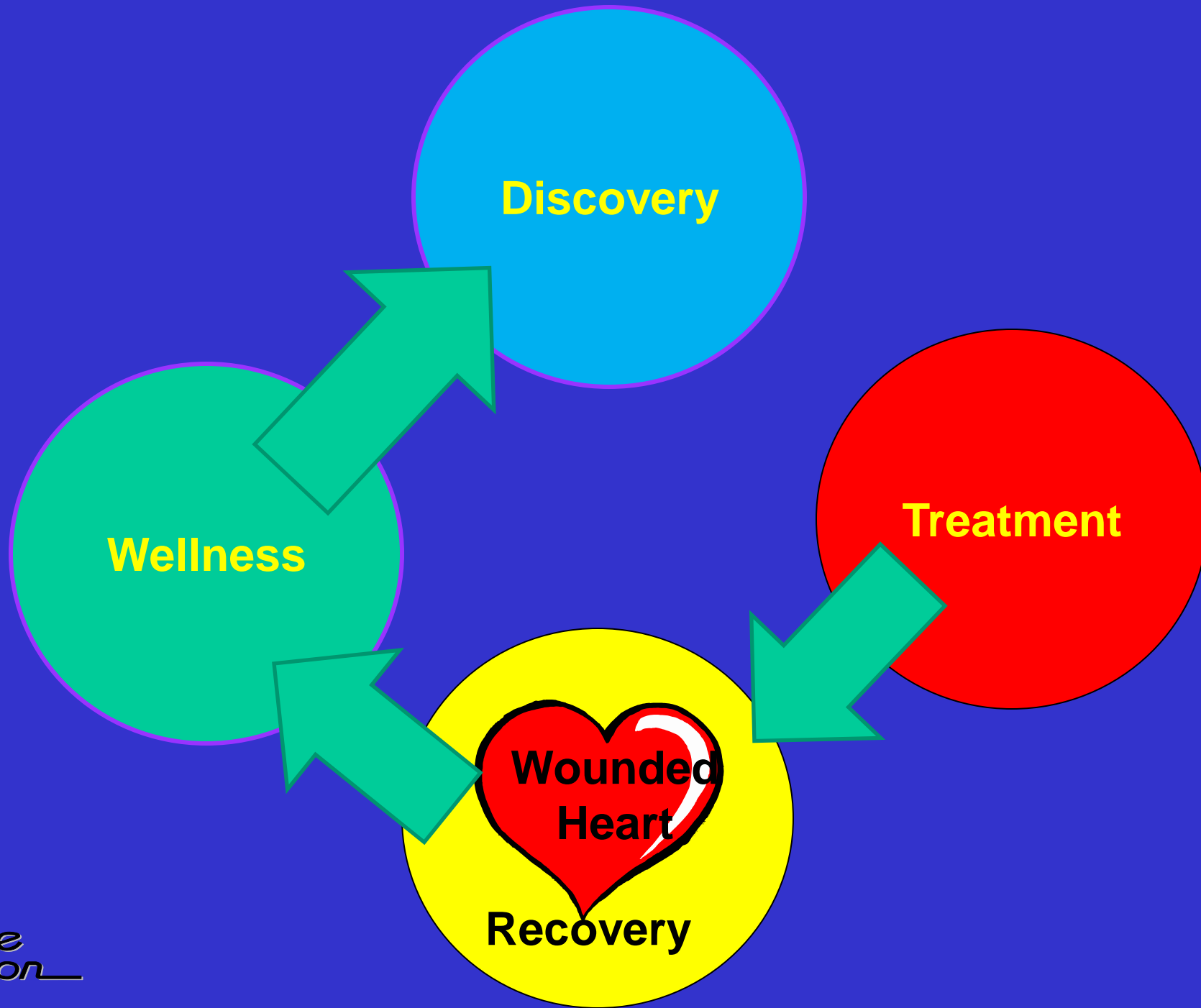
# We Believe...

## The Community is the...



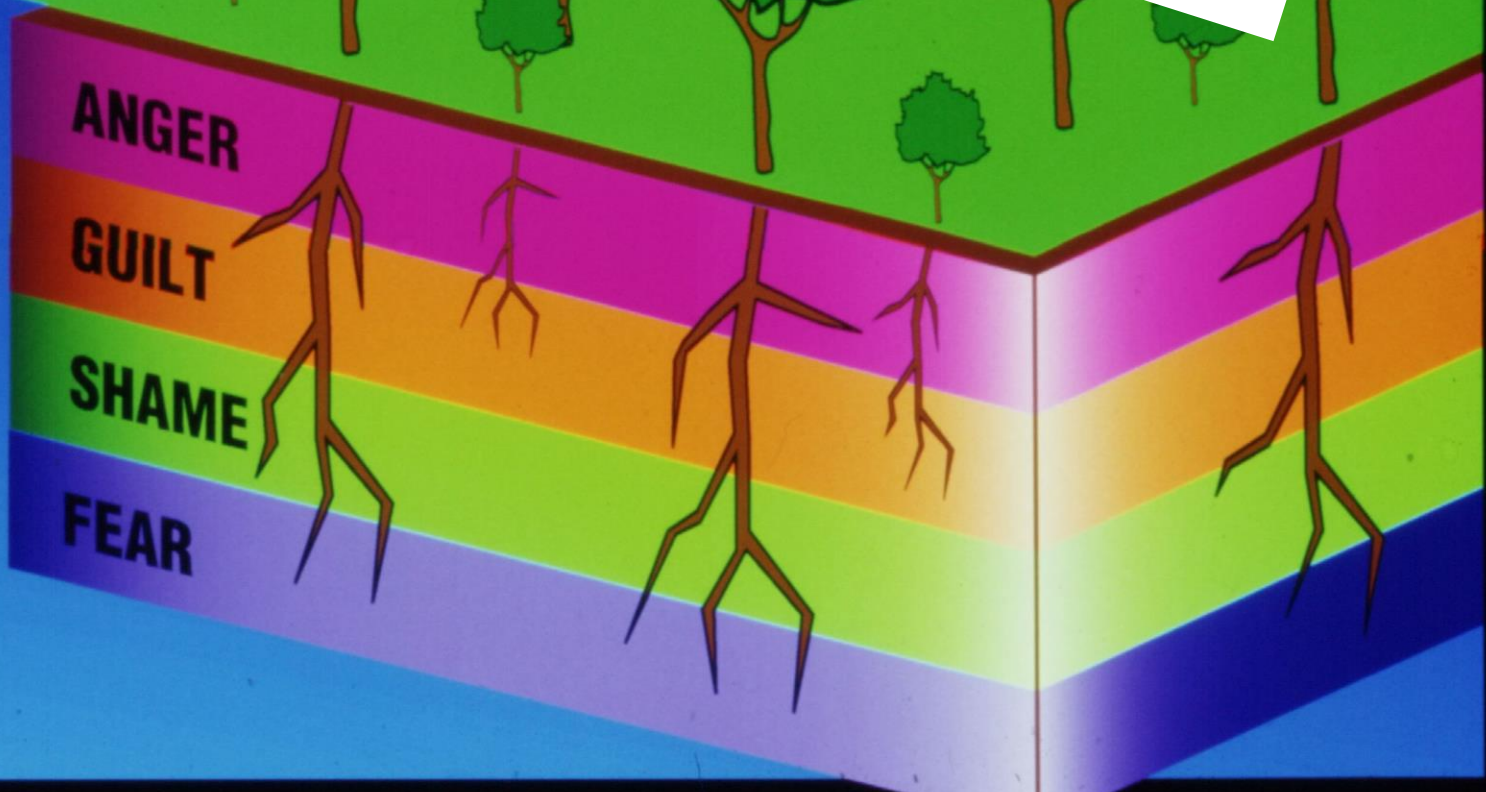
- Therapist
- Counselor
- Healer
- Culture

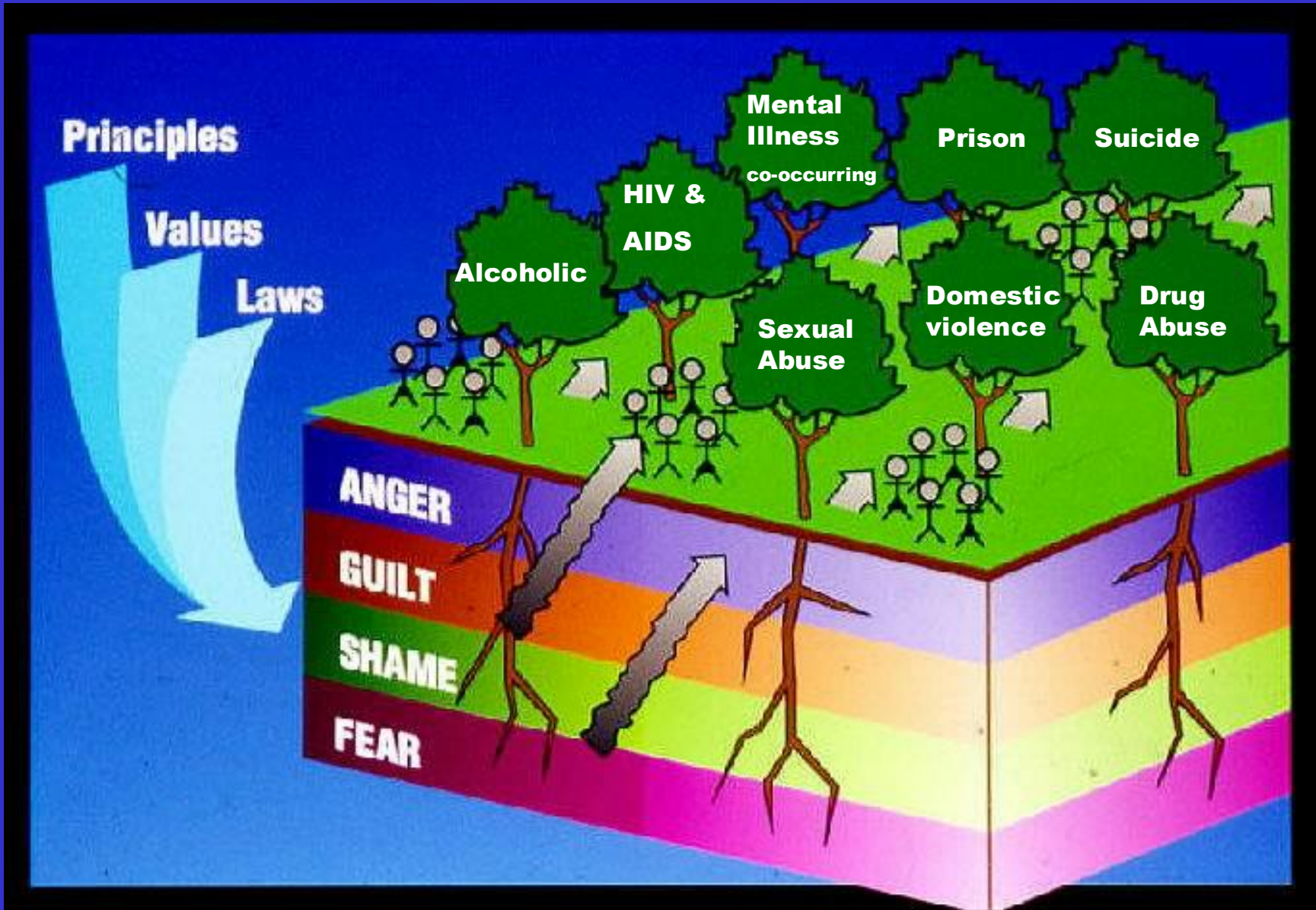




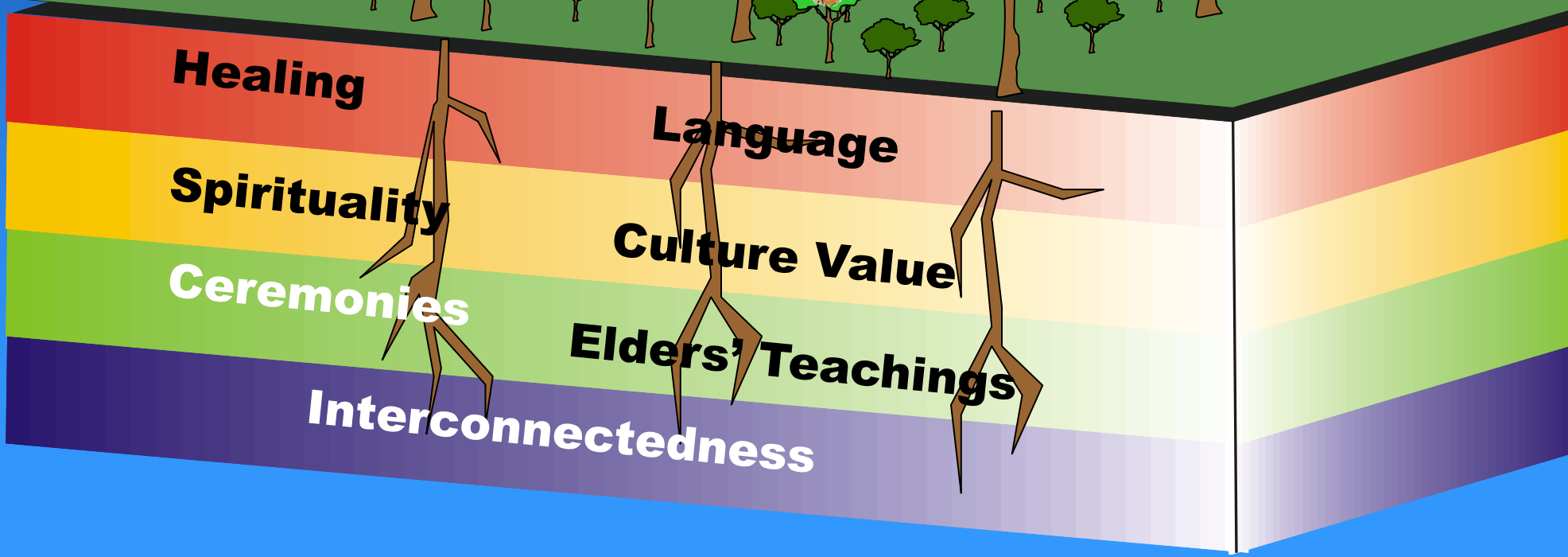


*We believe this is our current condition...*





**We can heal our communities**



ost

# Culture

Battered ACOA Violence Normal

Alcoholic CODA Relationships Sexual Abuser Sexually Abused

ANGER

GUILT

SHAME

Intergenerational Trauma

7 Generations Before

Issues

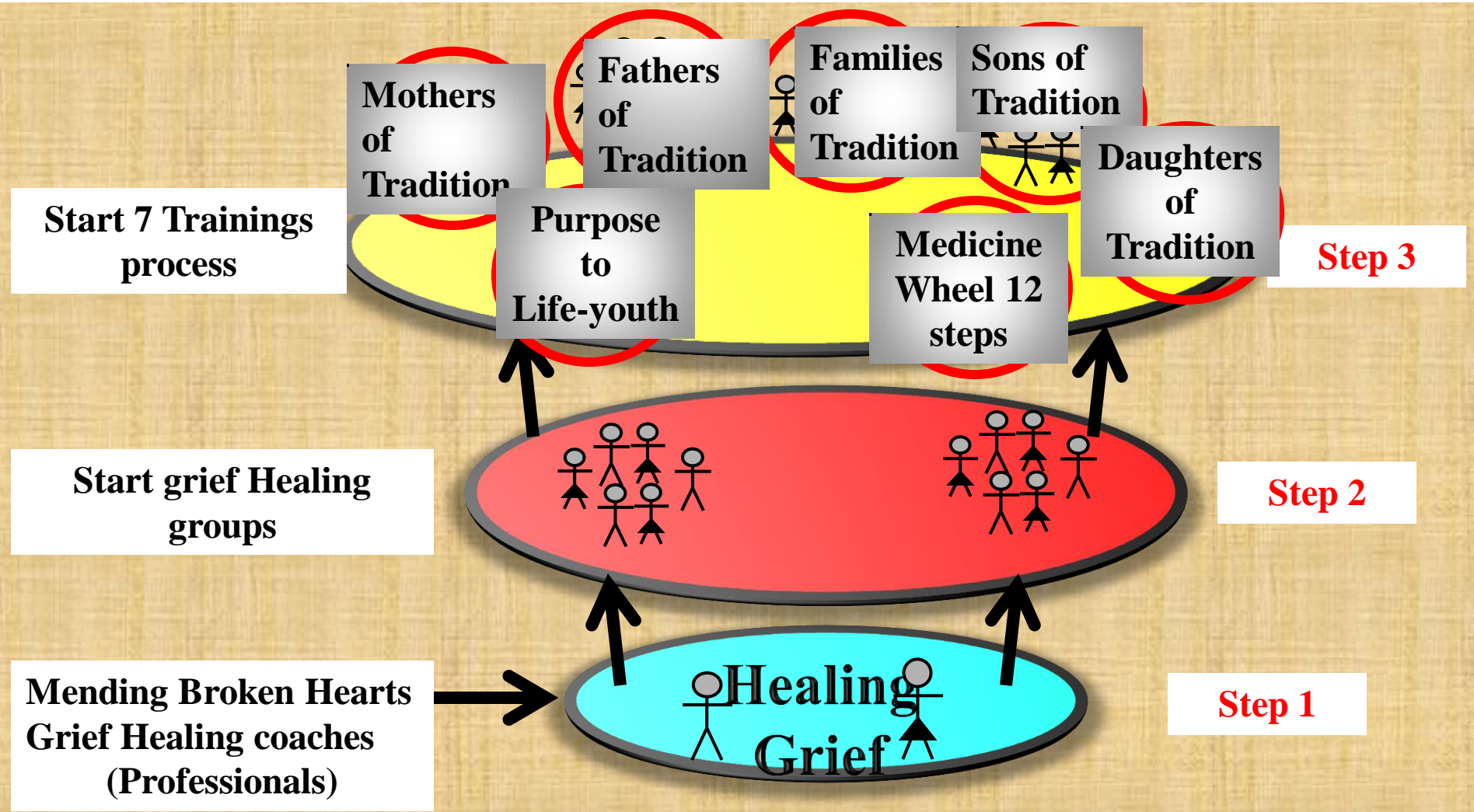
Pain

Hurt



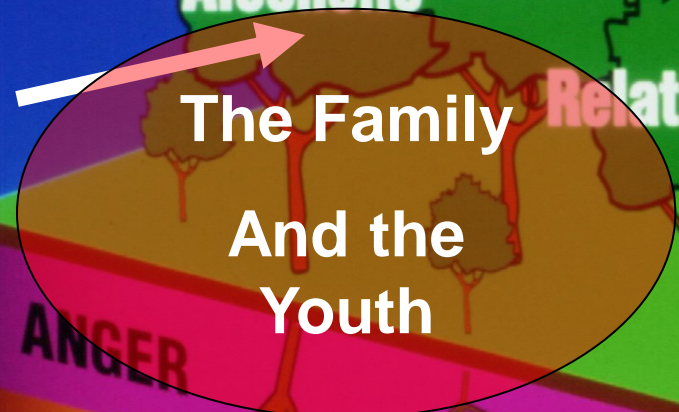
- The
- Wellbriety Training
- Institute
- Located in Colorado Springs





Intergenerational trauma

Medicine  
Wheel and  
12 steps



Culture  
Ceremony  
Spirituality  
recovery

Battered ACOA Violence Normal  
Alcoholic CODA Relationships Sexual Abuser Sexually Abused



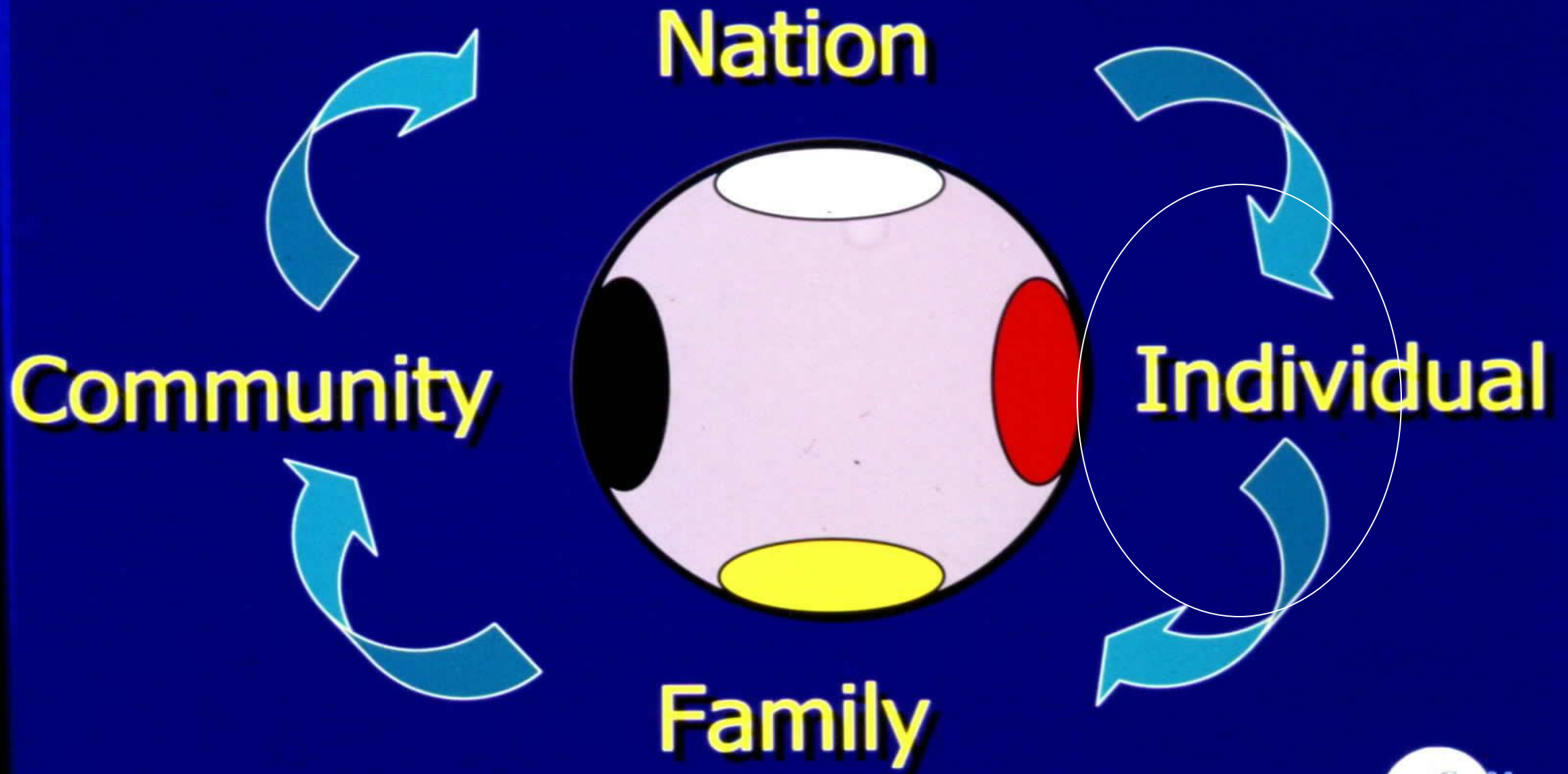
# Wellbriety Movement Celebrating Families

IN partnership  
With NACOA  
and  
Wellbriety Training  
Institute

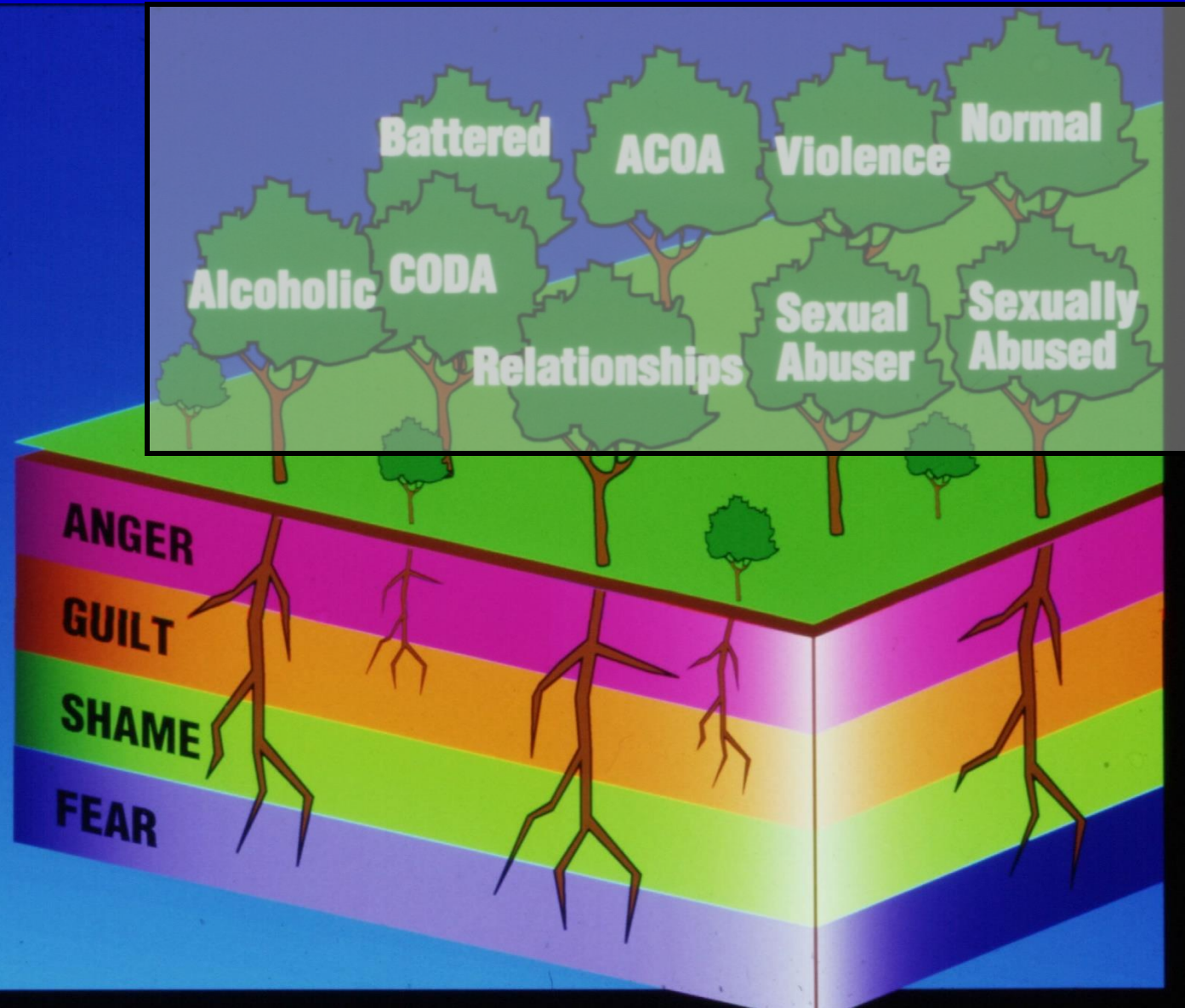


“healing families through Culture Knowledge”

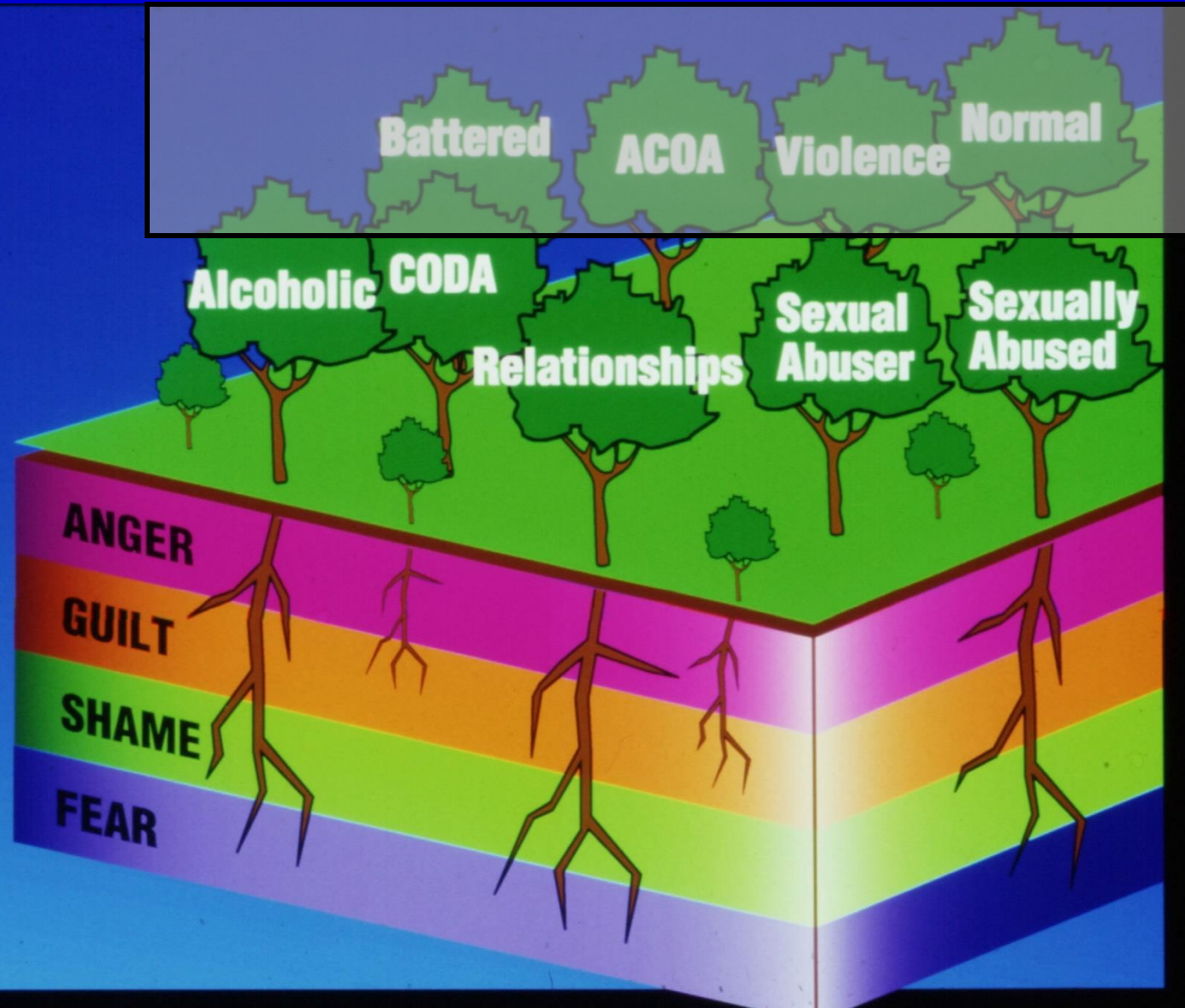


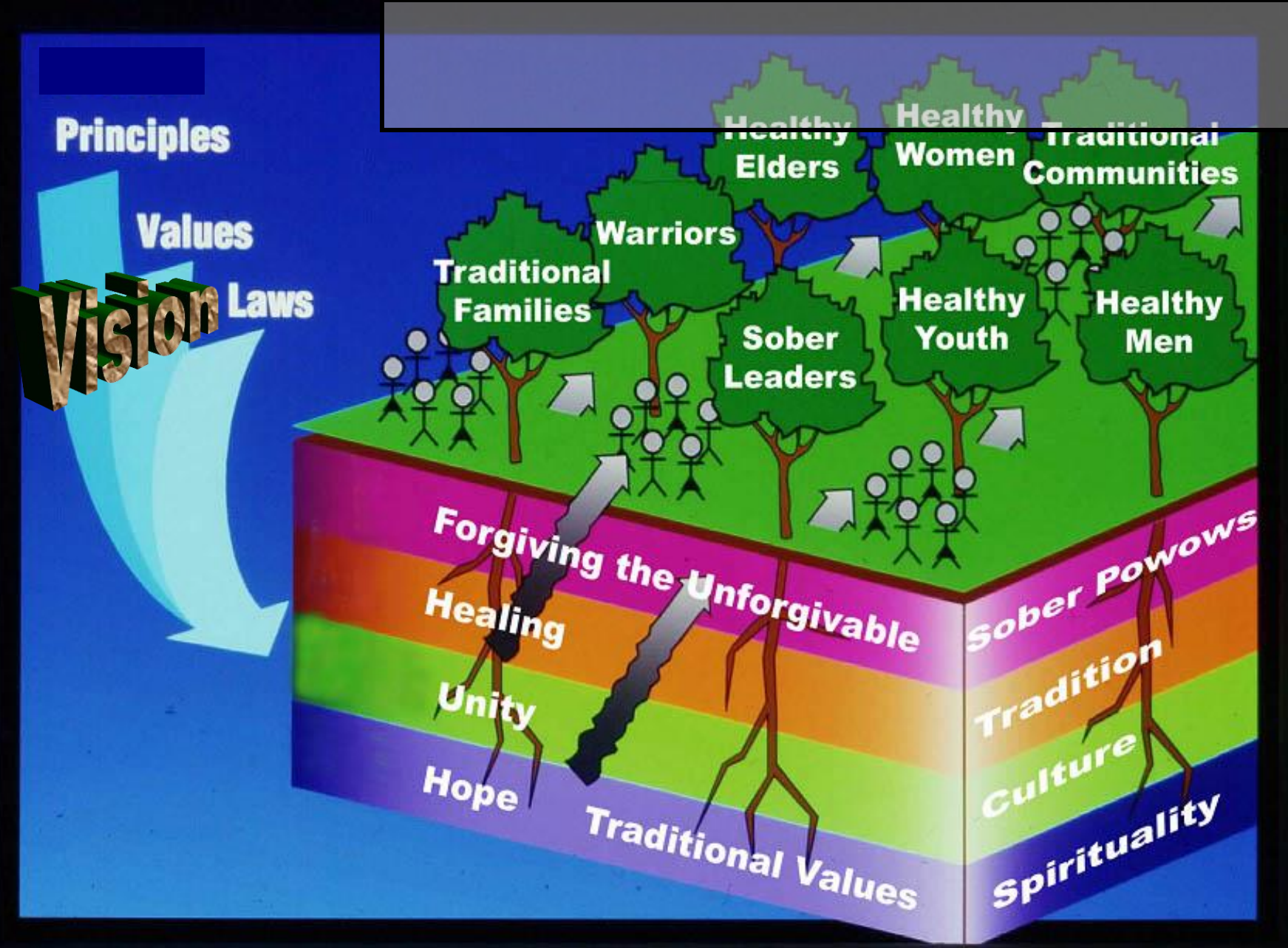


# Vision

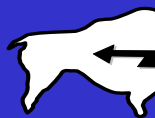


# Vision

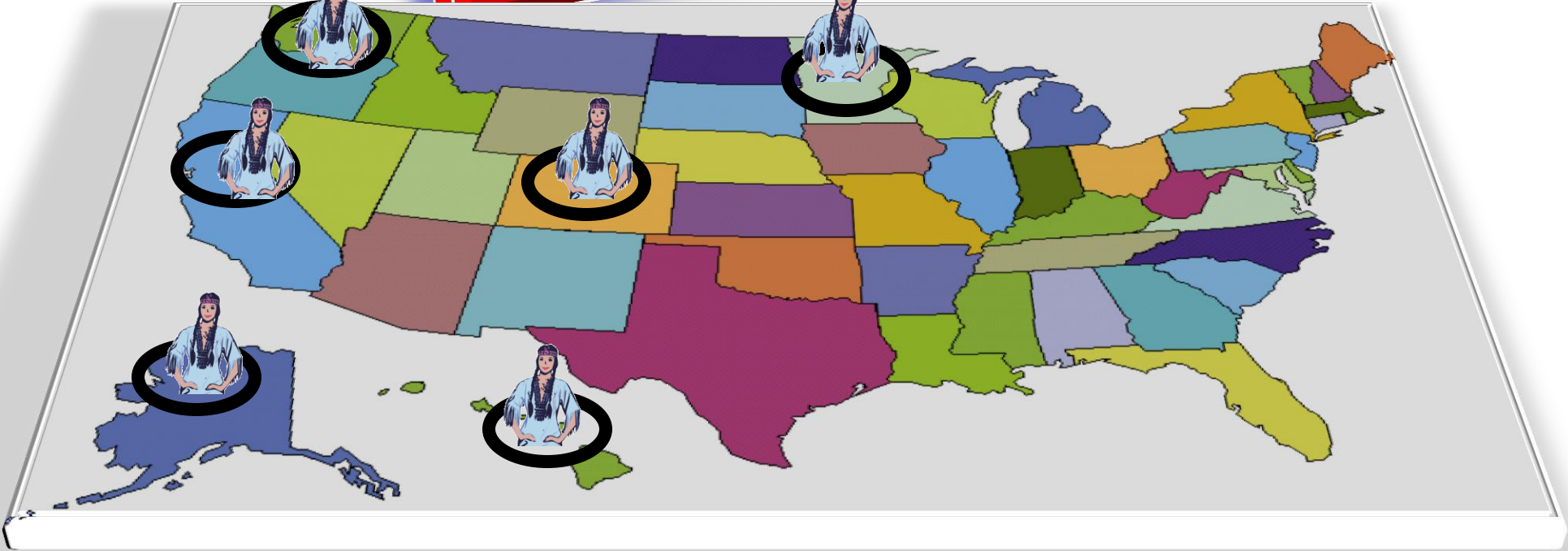




# Women in Wellbriety Movement



# Women in Wellbriety Circles of 100



# Men in Wellbriety Circles of 100



# Wellbriety Movement for Prisons



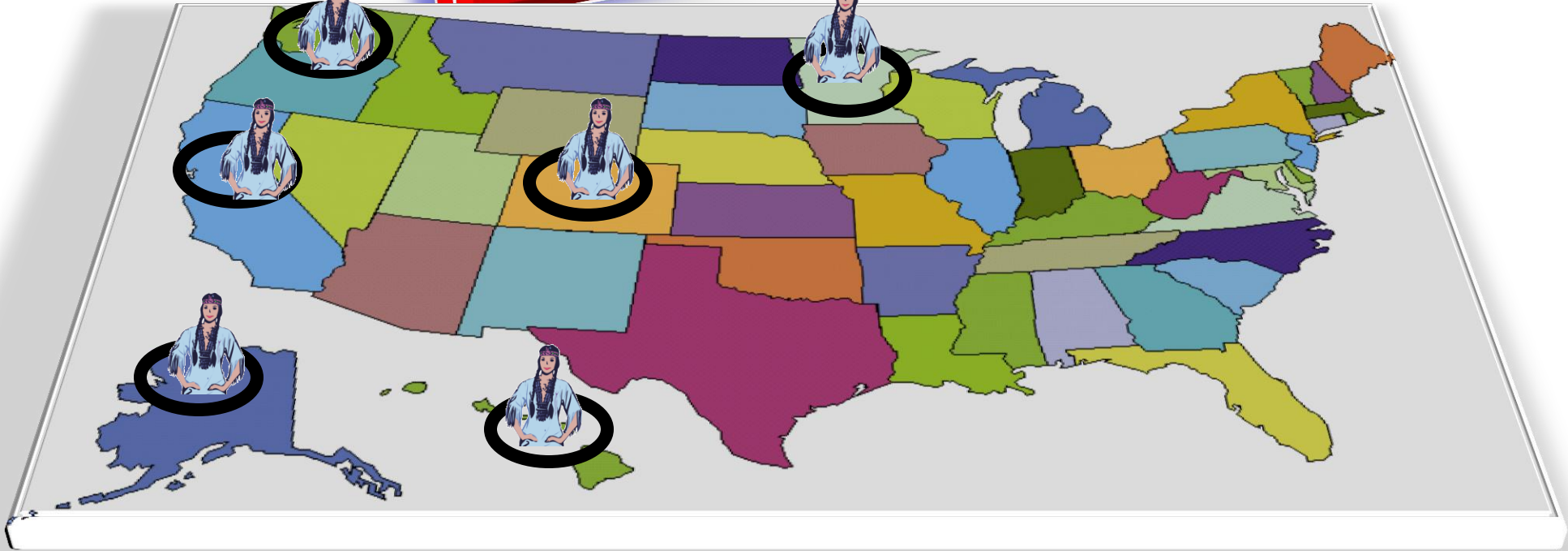
# Wellbriety Movement for Native Women in Prisons



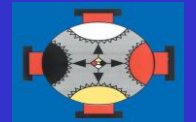
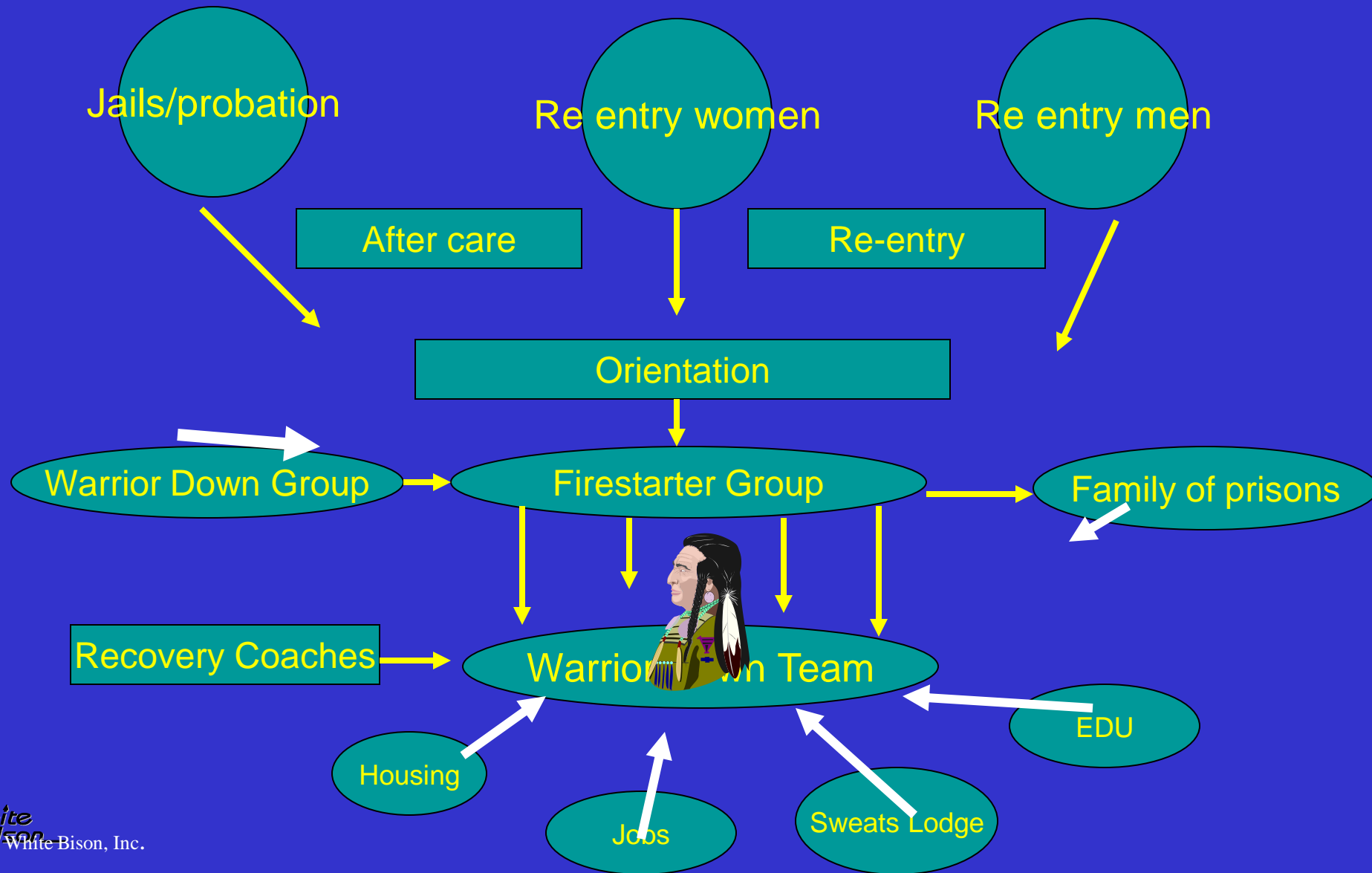
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# Women in Wellbriety Circles of 100

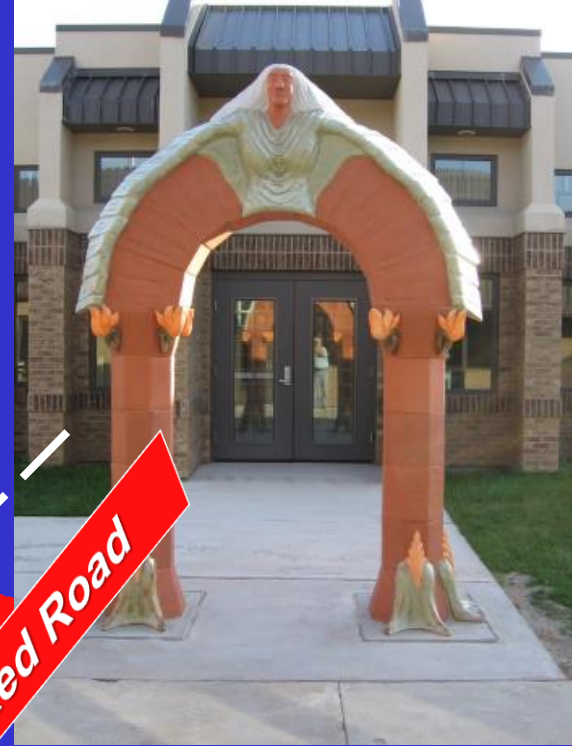


# Warrior Down



Re-Entry  
from.....

Prison

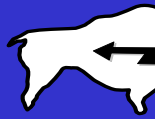
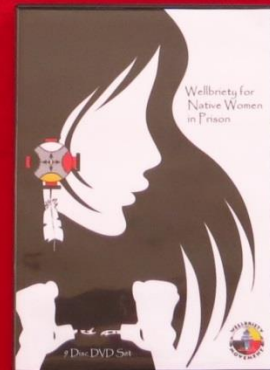
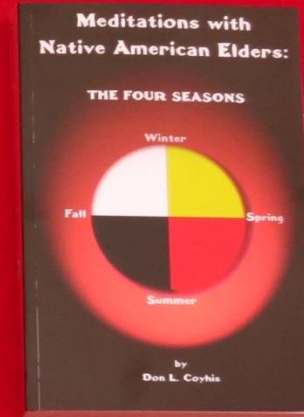
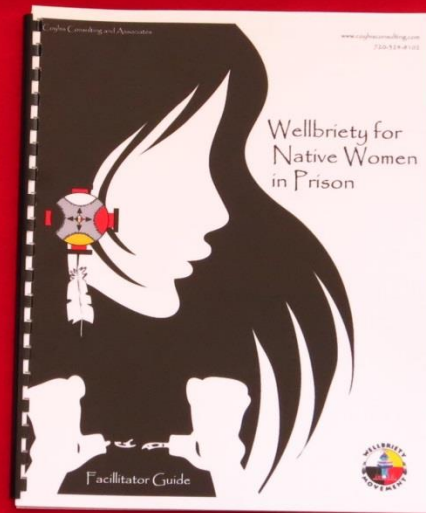
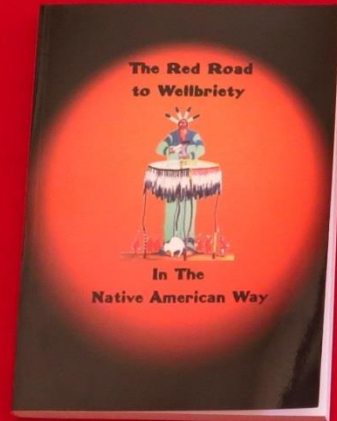


The Red Road

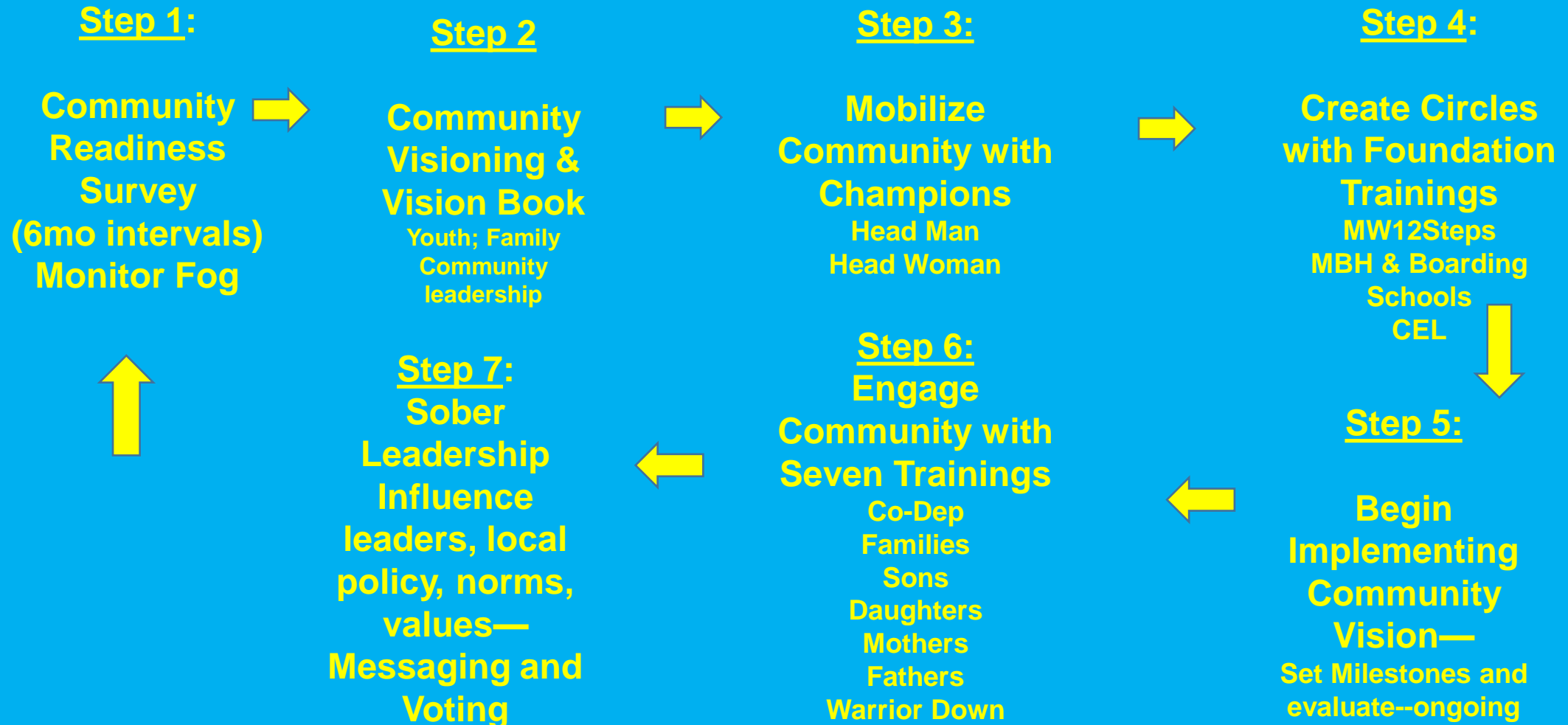
Community  
... Family

Warrior  
Down





# Seven Steps for Community Change



# Wellbriety Movement: 5 Year Strategic Plan for Wellness

Strategy 1  
Introduce the concept of Wellness to the community

Strategy 2  
Assess Level of Wellness in community (E-M-P-S)  
Readiness for change  
Social Indicators

Strategy 3  
Engage cultural/spiritual systems of the community in the service of wellness

Strategy 4  
Equip Community to Act

Strategy 5  
Design a community-based, culturally relevant wellness plan

A portion of each strategy is implemented each year of the process moving from individual to family to community to nation

Communication and ongoing evaluation help to sustain efforts

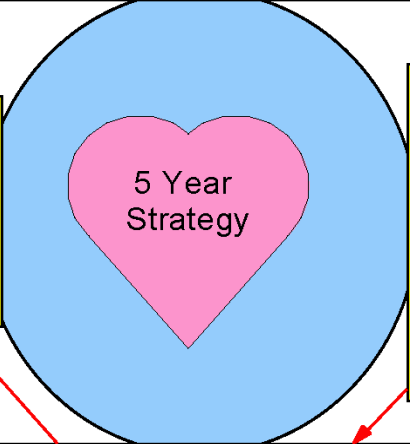
**Year 4**  
(Wintertime)  
Continue Education  
Recovery Community as change agents  
Family circles; Talking Circles in schools, churches  
Recovery Community  
Review progress and adjust for next cycle

Strategy 6  
Implement Community Education

Strategy 7  
Evaluate

Nurturing Relationships is essential

**Year 3**  
(Autumn)  
Community Ownership  
Environmental support system  
Recovery Community leaders  
Cultural/spiritual  
Schools, Law enf; agencies



**Year 1**  
(Springtime)  
Tasks:  
Building relationships  
Community Assessment  
Defining goals  
Creating a vision  
Building trust  
Creating teams  
Providing basic knowledge  
Generating commitment  
Initiate Recovery Community

Building trust is an on-going process

The fifth year brings the plan to a new level of issues in which new challenges will need to be addressed.

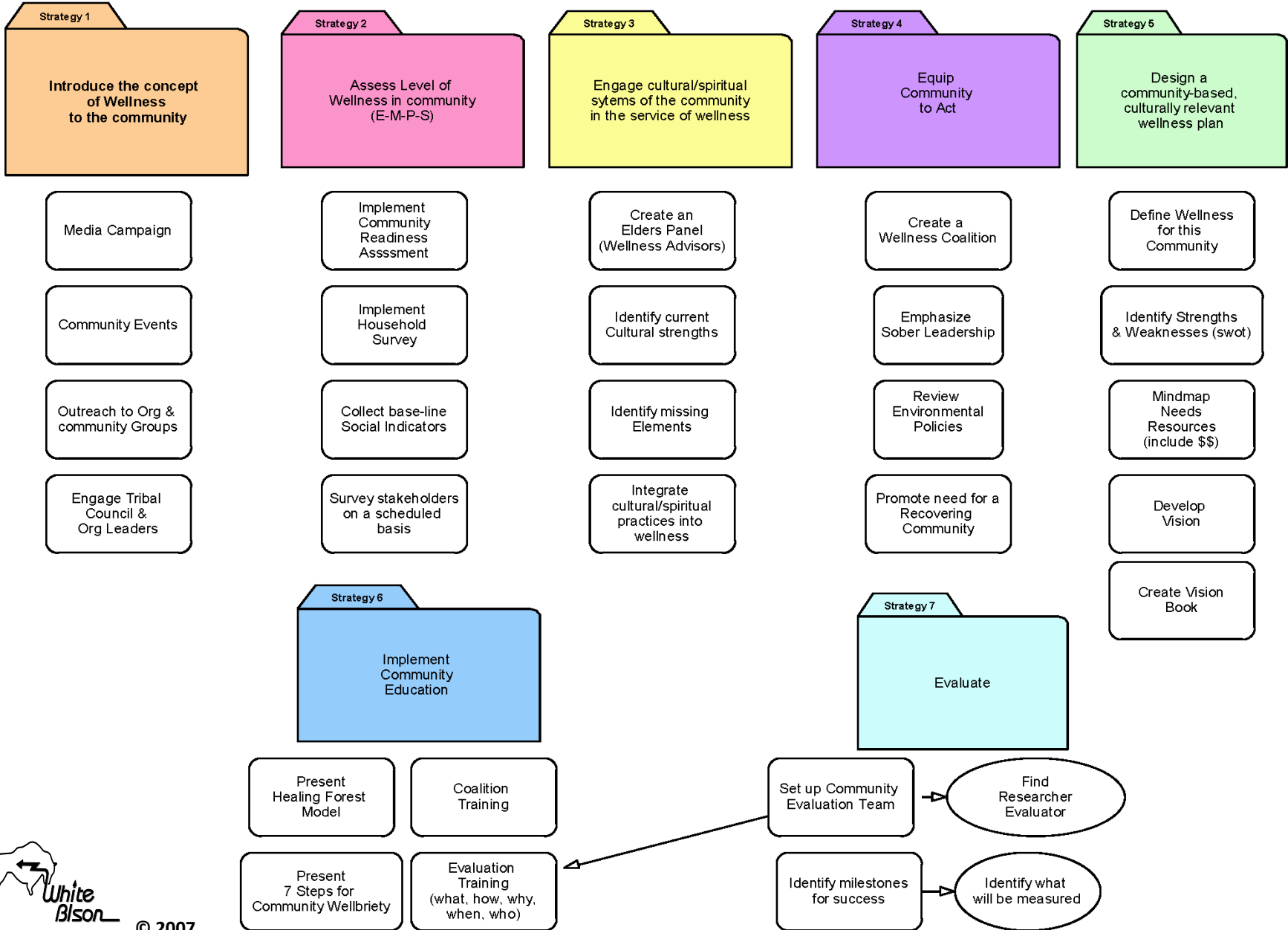
Many of the tasks continue each year in a little different form

**Year 2**  
(Summertime)  
Implement the vision  
Nurturing relationships  
Identifying choices  
Creating opportunities  
Sharing resources  
Measuring milestones  
Community education  
Perf.Appr; Dept heads & council  
Roles for Recovery Community

**Year 5**  
(Springtime)  
New cycle;  
Identify SWOT, what's working; what needs development; define new action plan

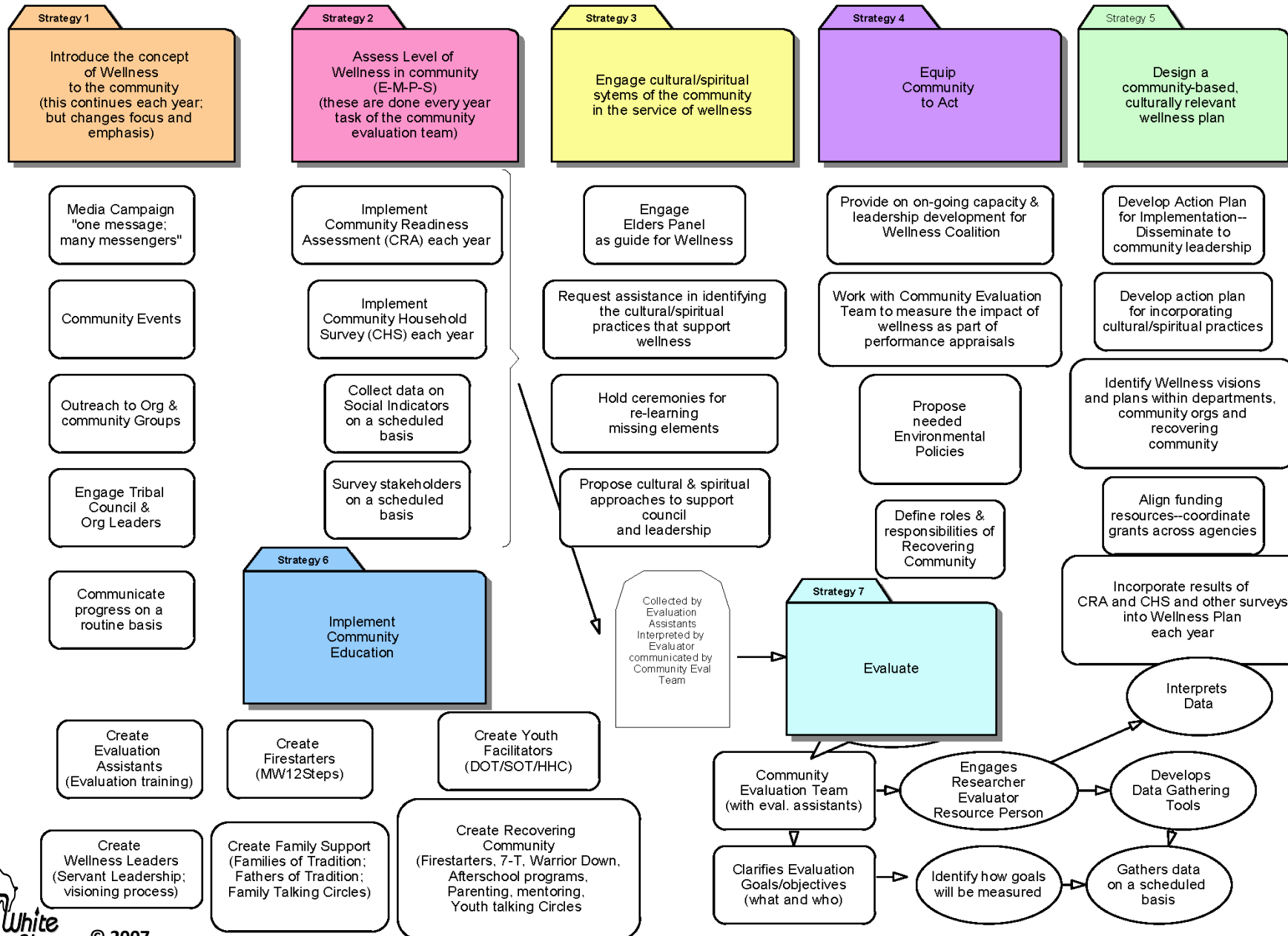
# Year 1: Springtime

a new beginning; getting organized; finding our way; defining what works and what doesn't; creating a vision



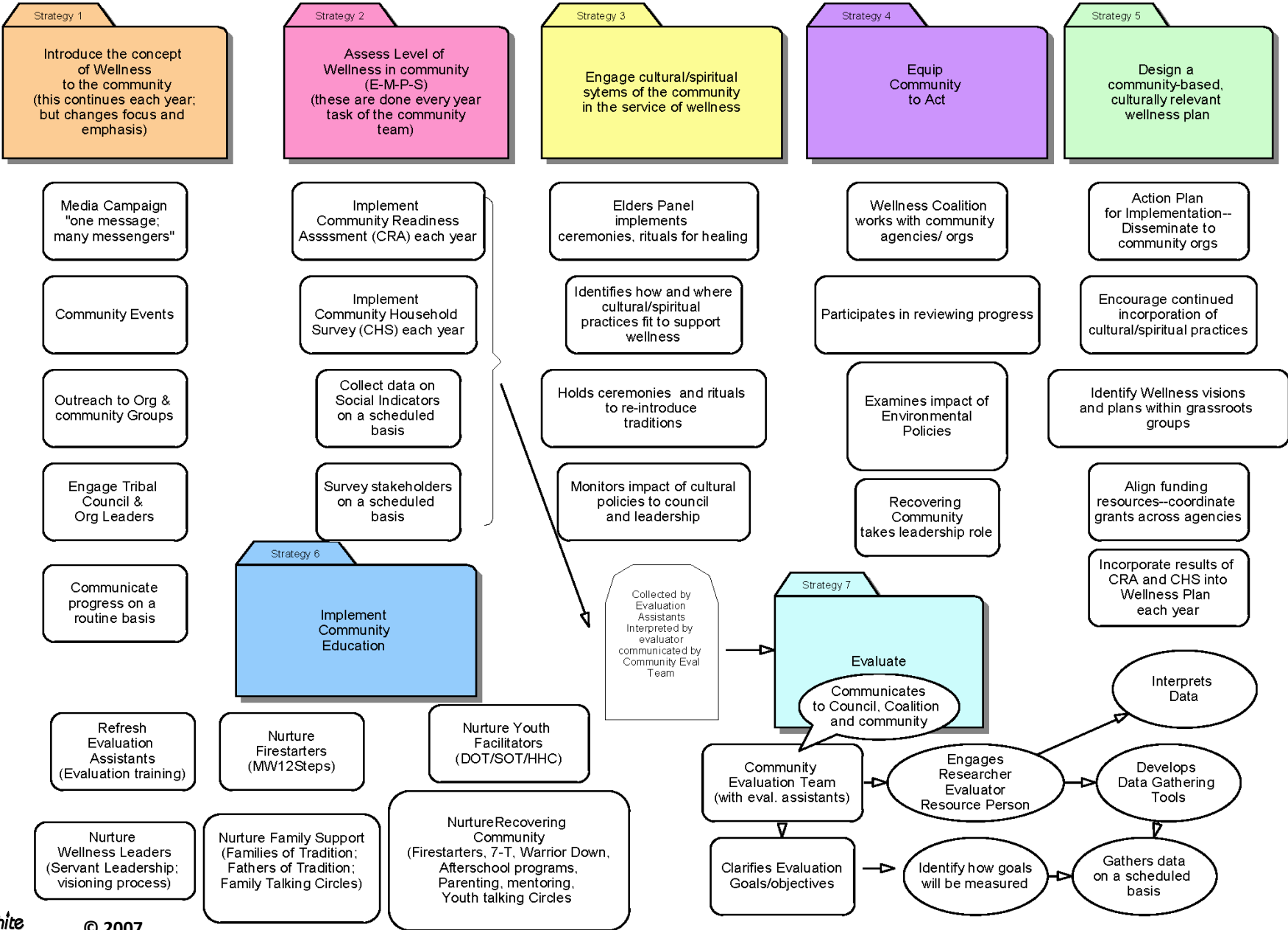
# Year 2: Summertime

(choices, opportunities, continue communication; continue data collection; continue education; organize for implementation of plan)



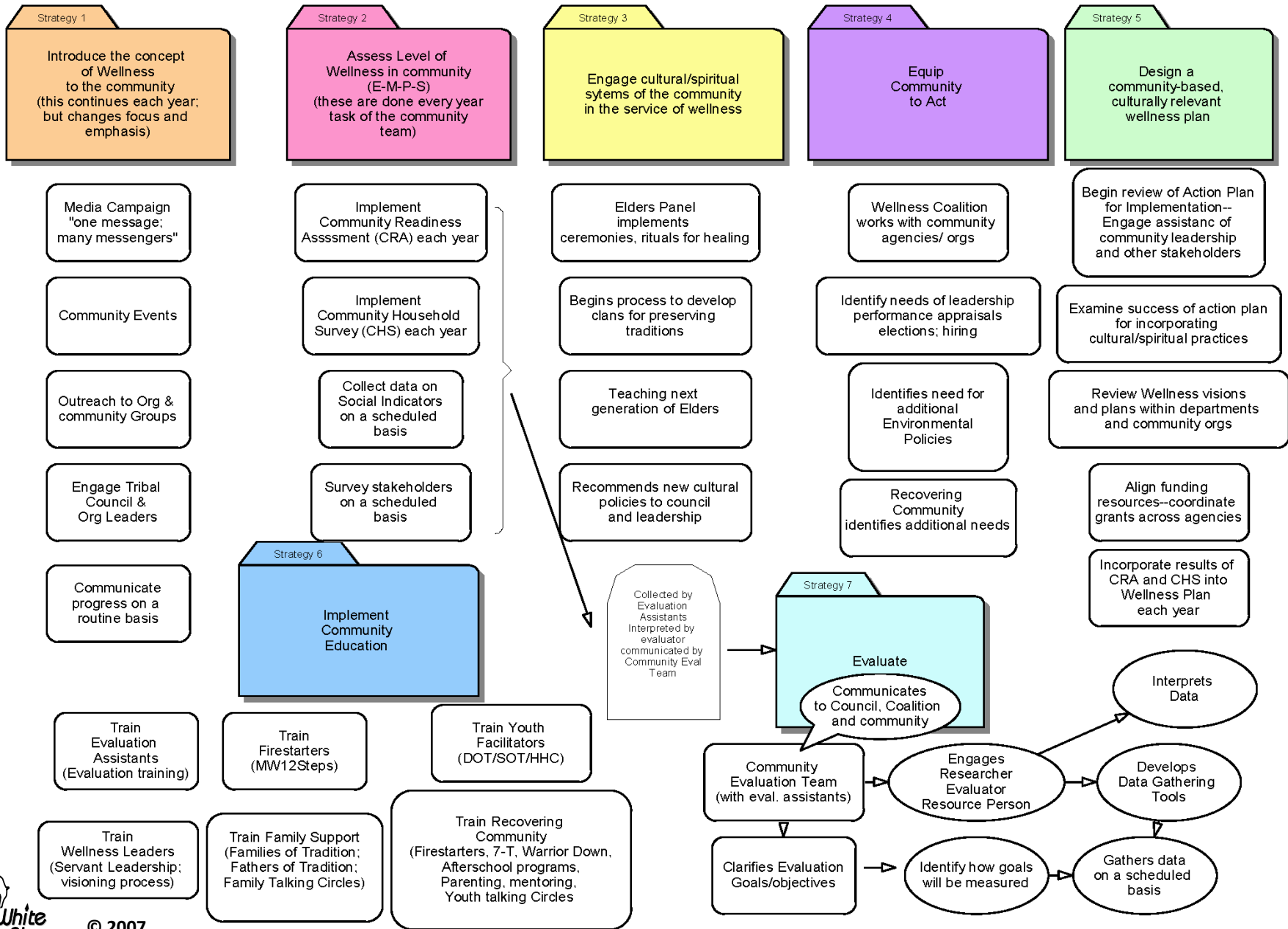
# Year 3: Autumn

(leadership, continuation of processes; tweak for new levels of implementation and review)



# Year 4: Winter

(Review progress; examine integrity of the vision, action plan, evaluation process, milestones)

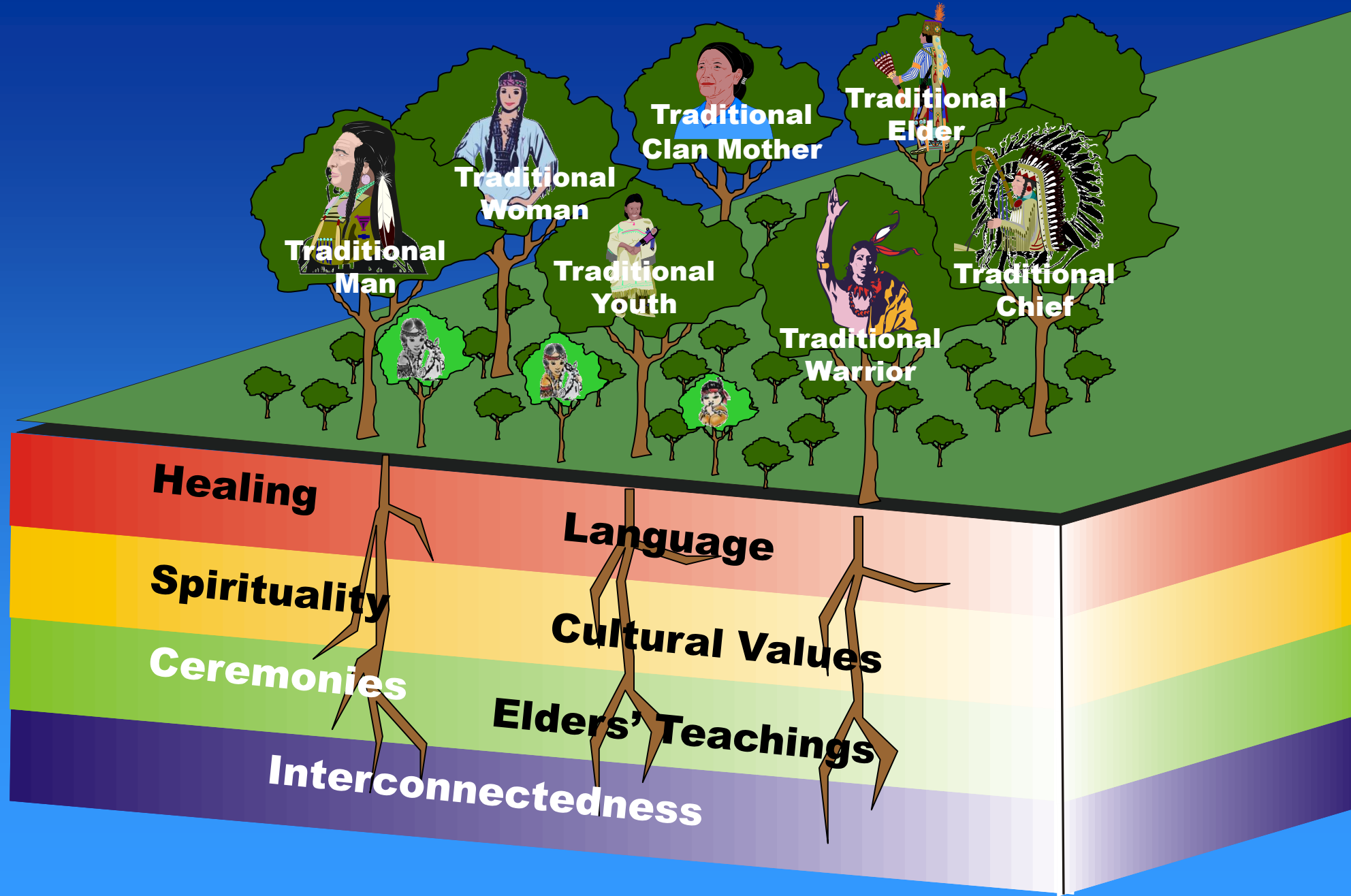


The 2009 Wellbriety Journey for Forgiveness



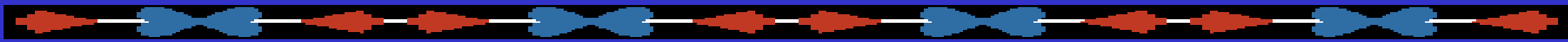
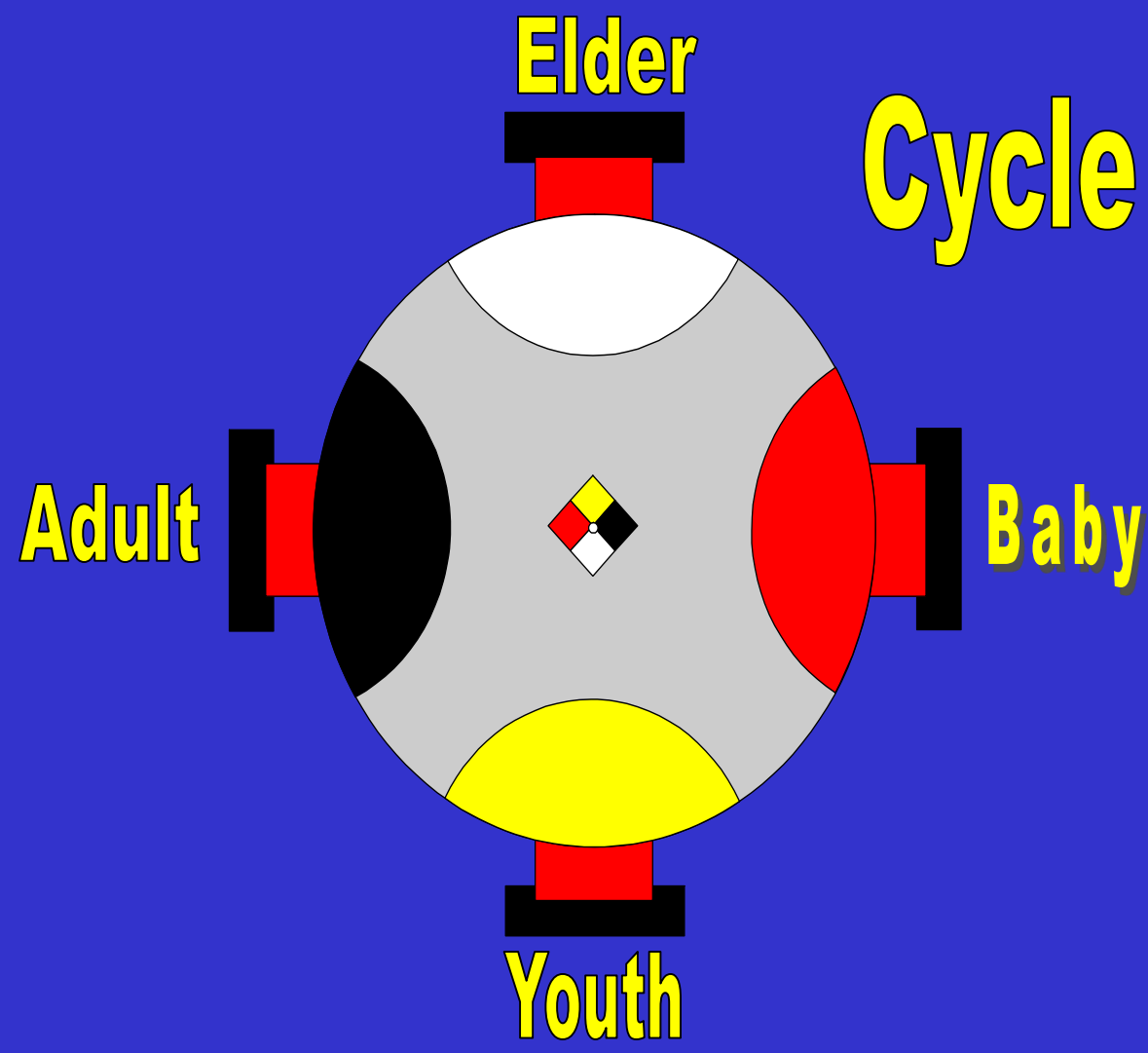
Grief Recovery Circles  
Release documentary  
Apology from Obama  
Elders mentoring Elders  
Healing the healers  
Truth and Forgiveness Comm  
Intergenerational healing gatherings



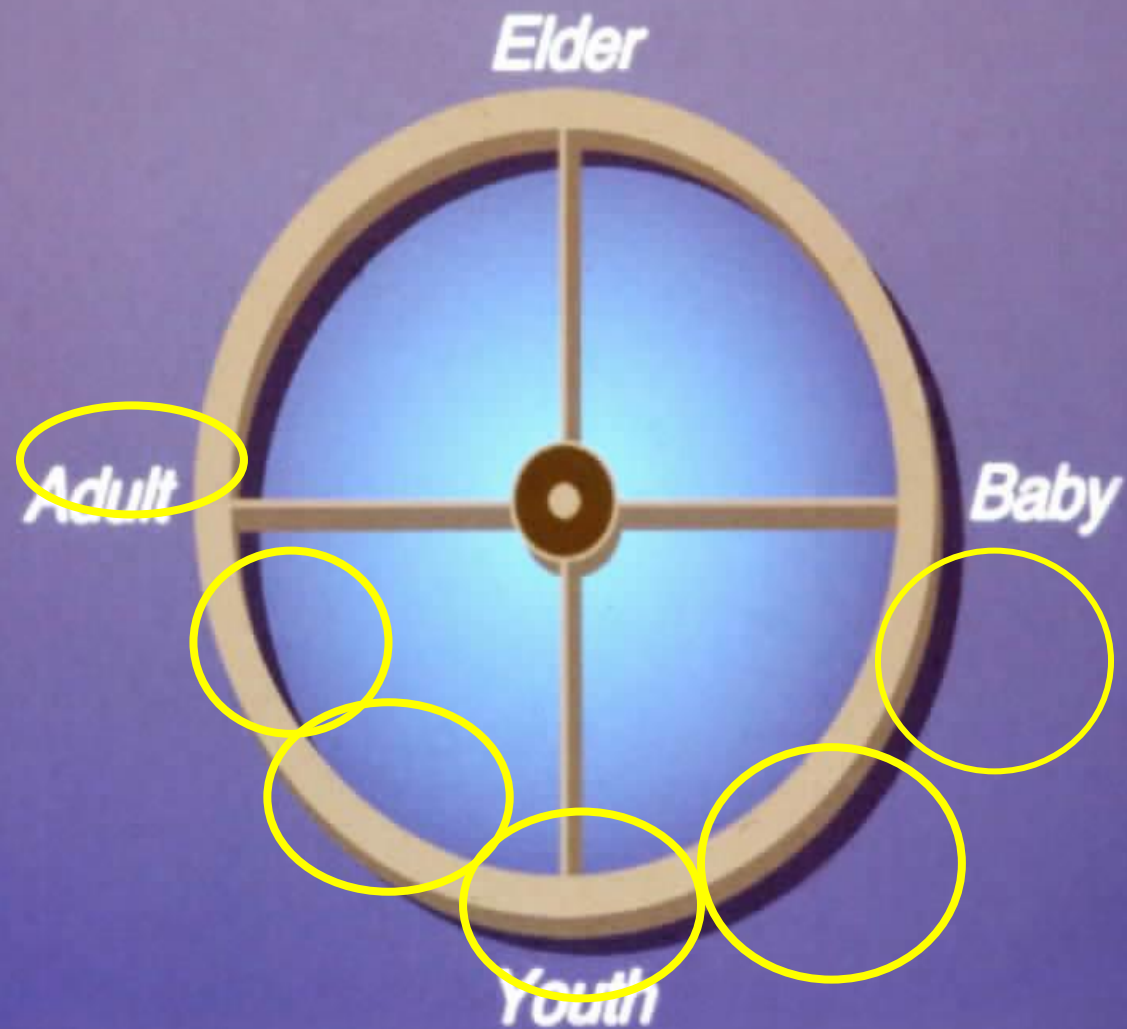




# Cycle of Life



# *THE MEDICINE WHEEL*



6 SEASONS X 4=24 YEARS

ELDER

BABY

ADULT

4

4

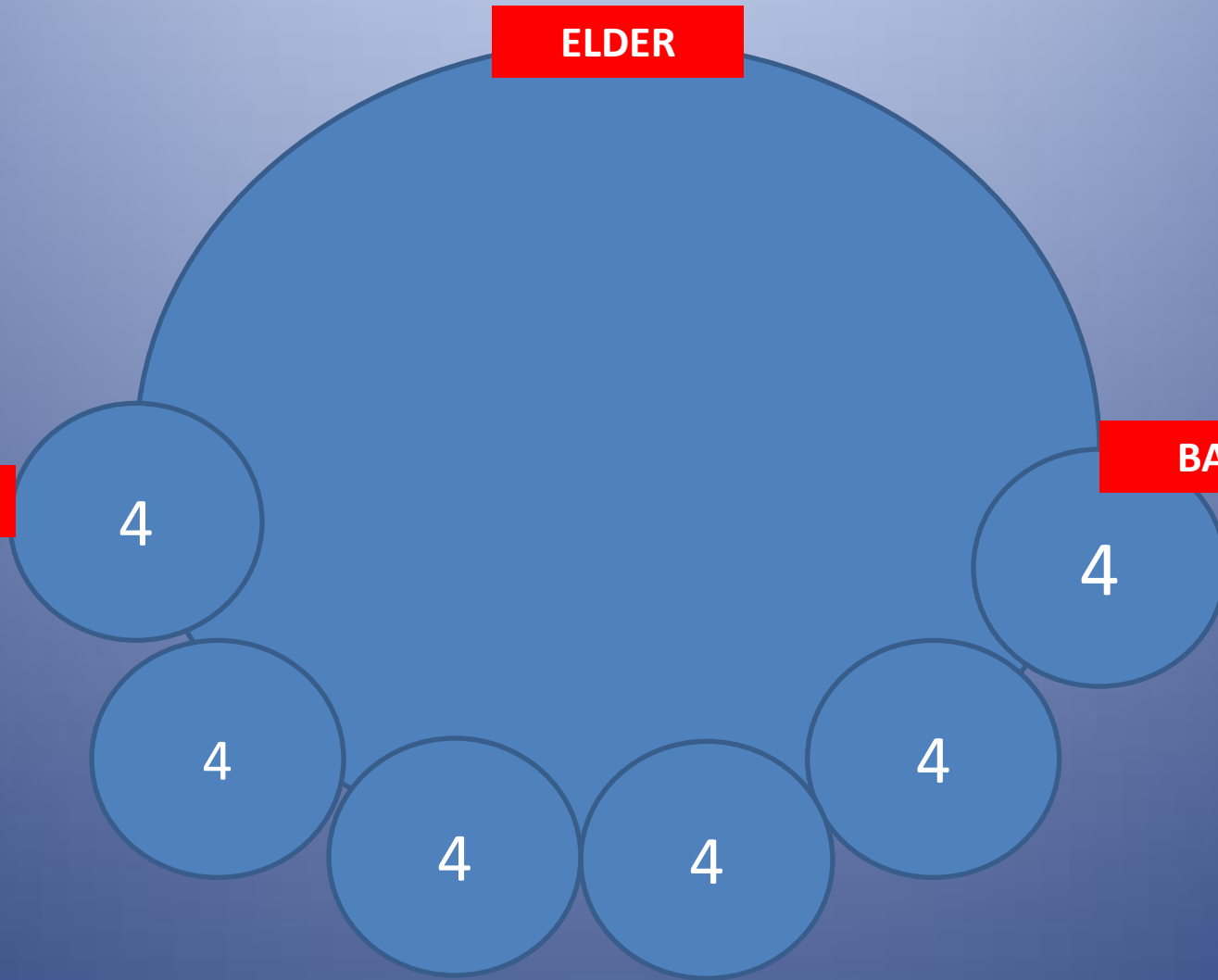
4

4

4

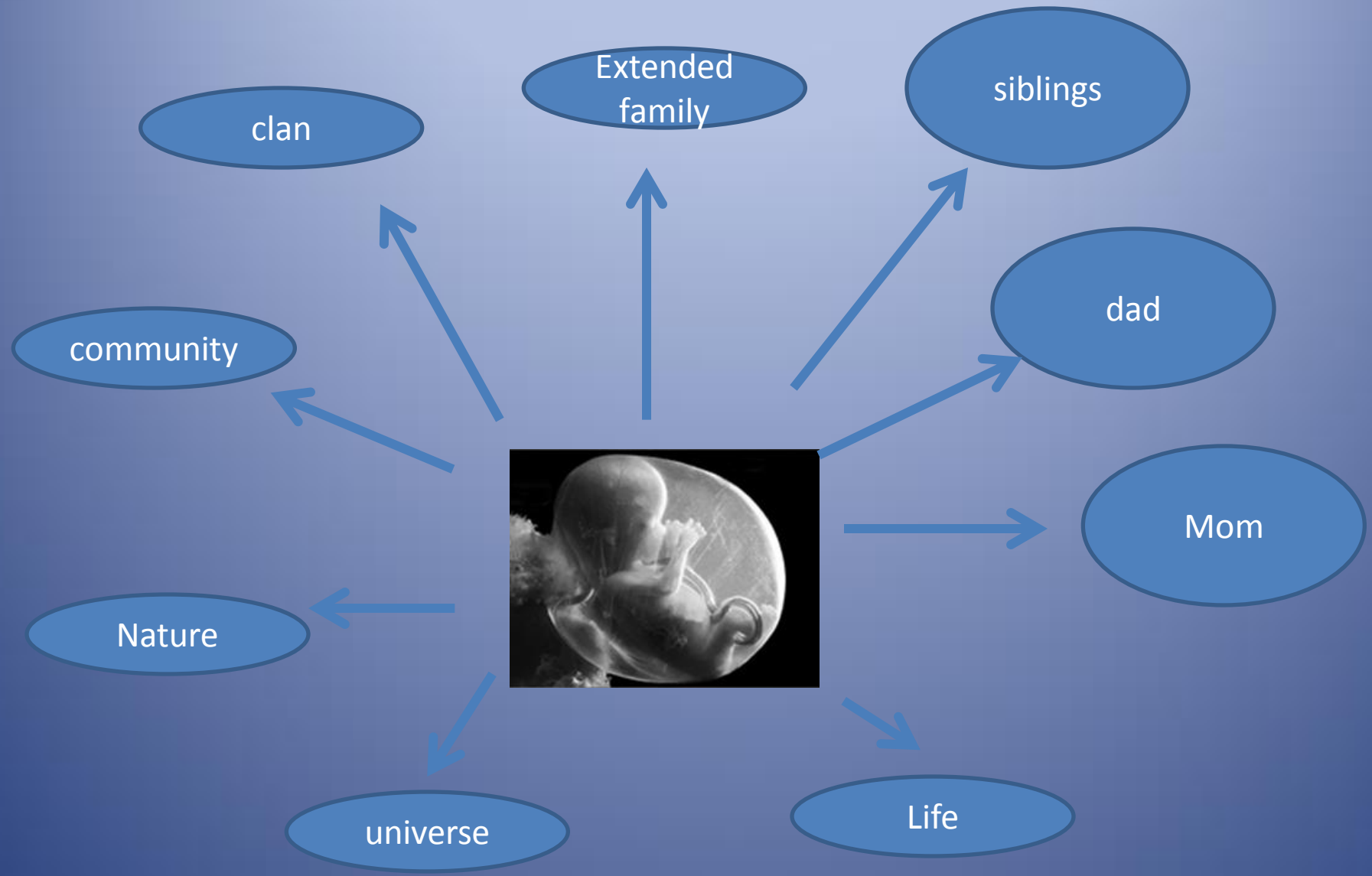
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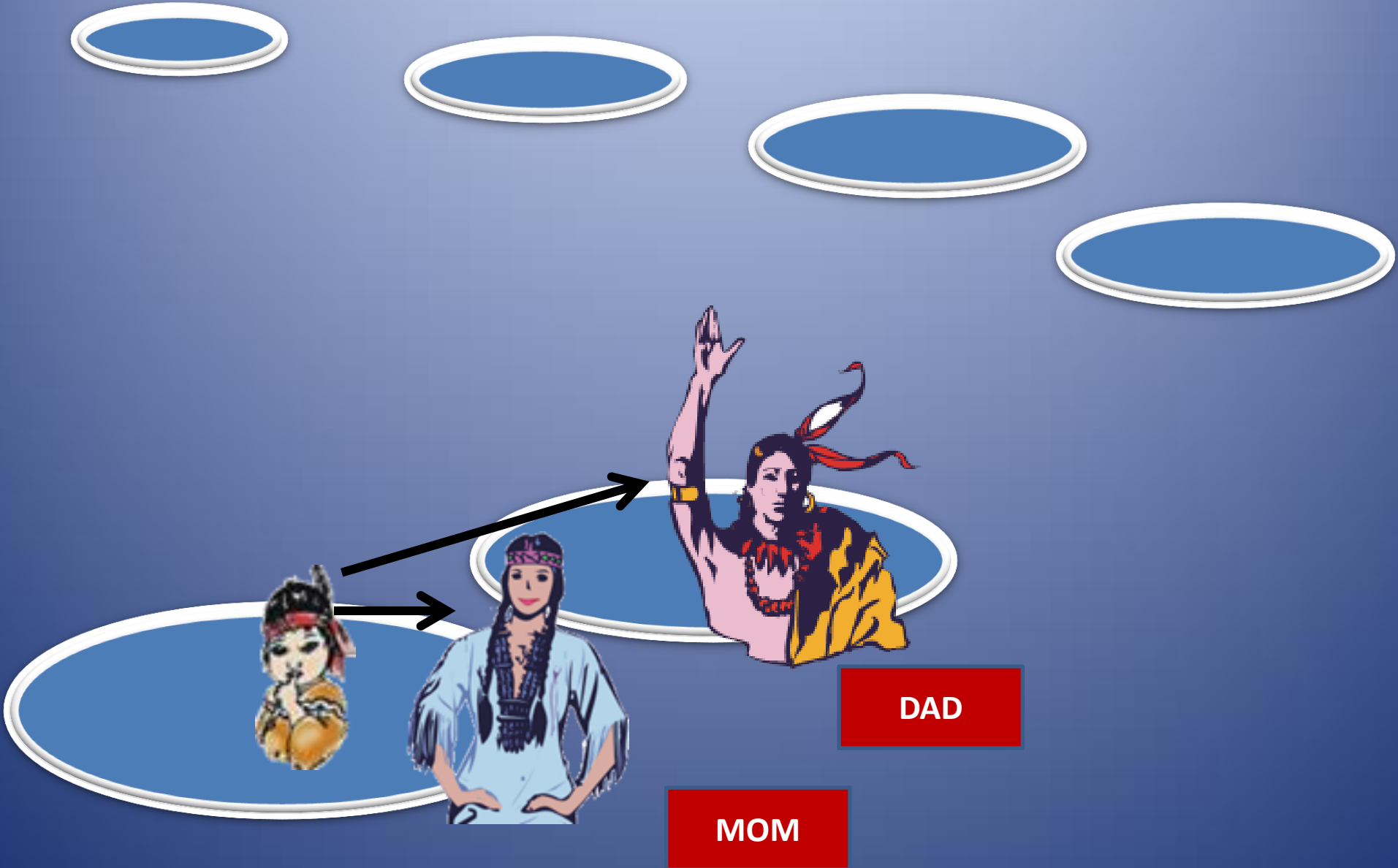
YOUTH



*Parenting begins long before a baby is born...*







# Children from Fatherless Homes...

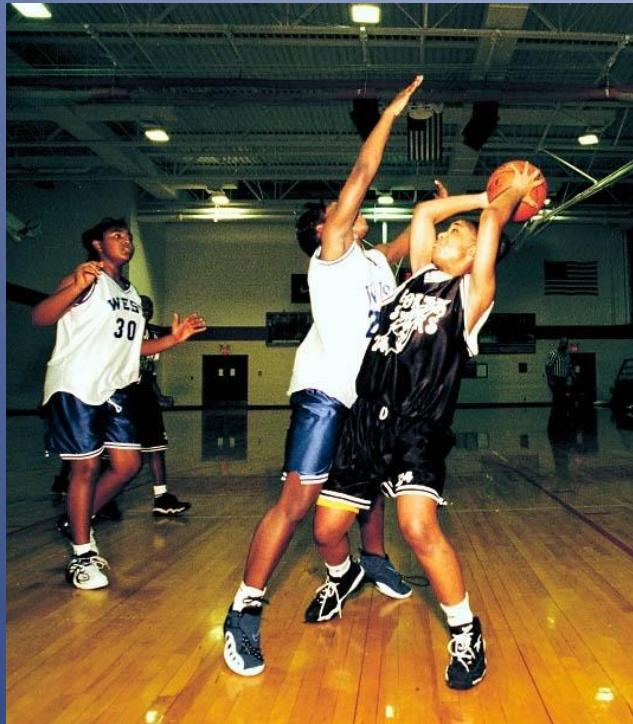
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- 5 times more likely to commit suicide.
- 32 times more likely to run away.
- 20 times more likely to have behavioral disorders.
- 14 times more likely to commit rape



# Children from Fatherless Homes...

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- 9 times more likely to drop out of high school.
- 10 times more likely to abuse chemical substances.
- 9 times more likely to end up in a state-operated institution.
- 20 times more likely to end up in prison

# Youths from Fatherless Homes Represent...

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- **63% of youth suicides**
- **90% of all homeless and runaway children**
- **85% of all children who exhibit behavioral disorders**
- **80% of all rapists motivated with displaced anger**



# Youths from Fatherless Homes represent...

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- 71% of all high school drop outs
- 75% of all adolescent patients in chemical abuse centers
- 70% of juveniles in state-operated institutions
- 85% of all youths sitting in prisons



**NATURE**



**TRIBE**



**CLAN**



**EXTENDED FAMILY**

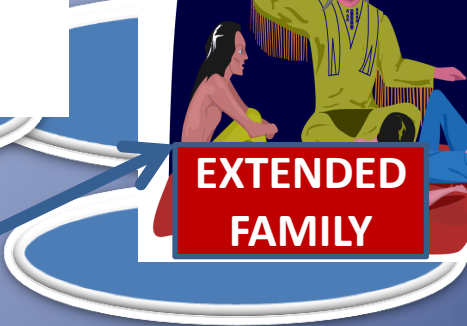
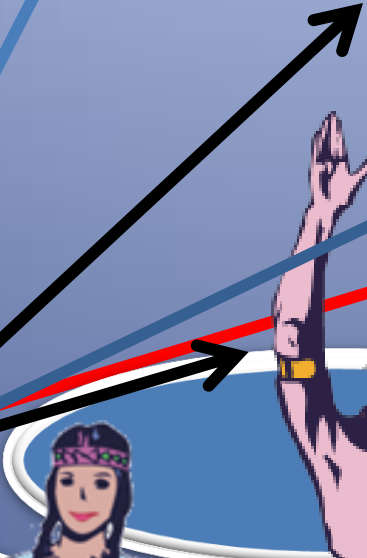


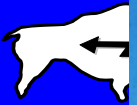
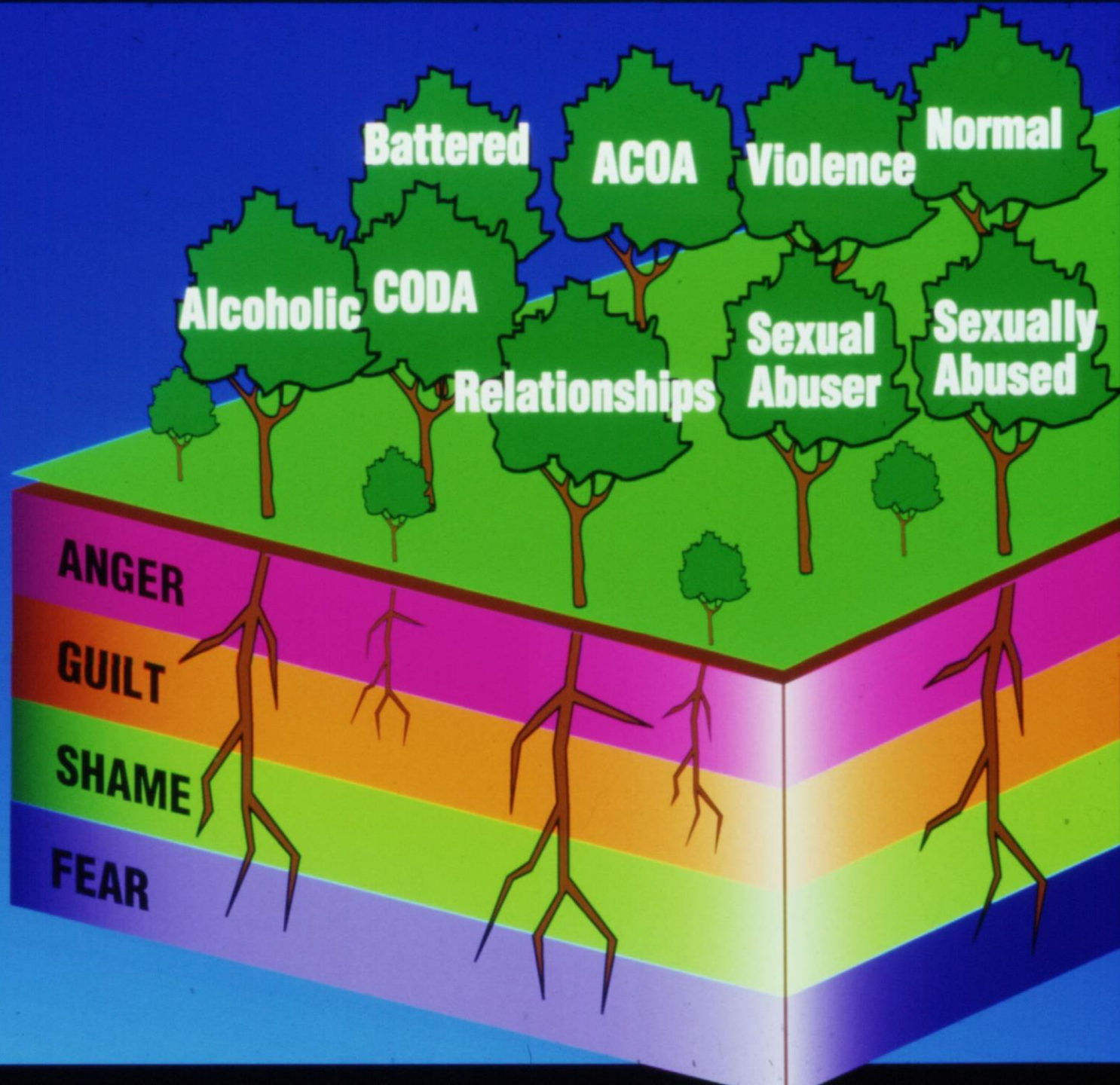
**FAMILY**



**MOM**

**DAD**





# THE MEDICINE WHEEL IS BROKEN...

