

Welcome
to
**Reclaiming Native
Psychological Brilliance
Behavioral Health ECHO
Series**

*While we are Gathering . . . enjoy this Native
music video which we will start at 5 minutes
before the hour.*



William Prince - The Lighthouse

MUSICIANS

William Prince: vocals, guitar

CREDITS

Video: Martin LaFrenière, Brad Crawford, Philippe Bellefeuille

Audio: Jamie Sitar

Production by: Six Shooter Records

Production Assistant: Alyshia-Grace Hobday





HOME

tiny desk concerts



**RECLAIMING
NATIVE
PSYCHOLOGICAL
BRILLIANCE**



Audience Participation Tips

- We are building a community! Please introduce yourself in the Chat (select Everyone) and let your fellow participants know your name, Tribal Nation affiliation if applicable, job title, and organization.
- Everyone will be muted until the Participant Reflections portion of the hour. During that segment, use the Raise my Hand icon on zoom, and the host will unmute you to offer your reflection.
- You will receive a link to the recording and presentation by the end of the week.



Disclosures

This activity is jointly provided by United South and Eastern Tribes and Cardea Services

Cardea Services is approved as a provider of nursing continuing professional development by the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the California Medical Association (CMA) through the joint providership of Cardea and **United South and Eastern Tribes**. Cardea is accredited by the CMA to provide continuing medical education for physicians.

Cardea designates this live web-based training for a maximum of **1 AMA PRA Category 1 Credit(s)™**, Physicians should claim credit commensurate with the extent of their participation in the activity.



Continuing Education Information

COMPLETING THIS ACTIVITY

Upon successful completion of this activity 1 contact hour will be awarded

Successful completion of this continuing education activity includes the following:

- Attending the entire CE activity;
- **Completing the online evaluation (available at the conclusion of the meeting in the chat);**
- Submitting an online CE request.

Your certificate will be sent via email. If you have any questions about this CE activity, contact Paige O'Sullivan at posullivan@cardeaservices.org or (206) 729-4773



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Disclosures

There are no relevant financial relationships with ineligible companies for those involved with the ability to control the content of this activity.



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Welcome to All My Relations

**"Mitakuye Oyasin"... We are all Related in
the Sioux Language.**



Bernice Youpee-Jordan, MPH
Citizen of the Fort Peck Sioux Nation
Public Health Program Manager
Tribal Health Program Support
United South and Eastern Tribes, Inc.



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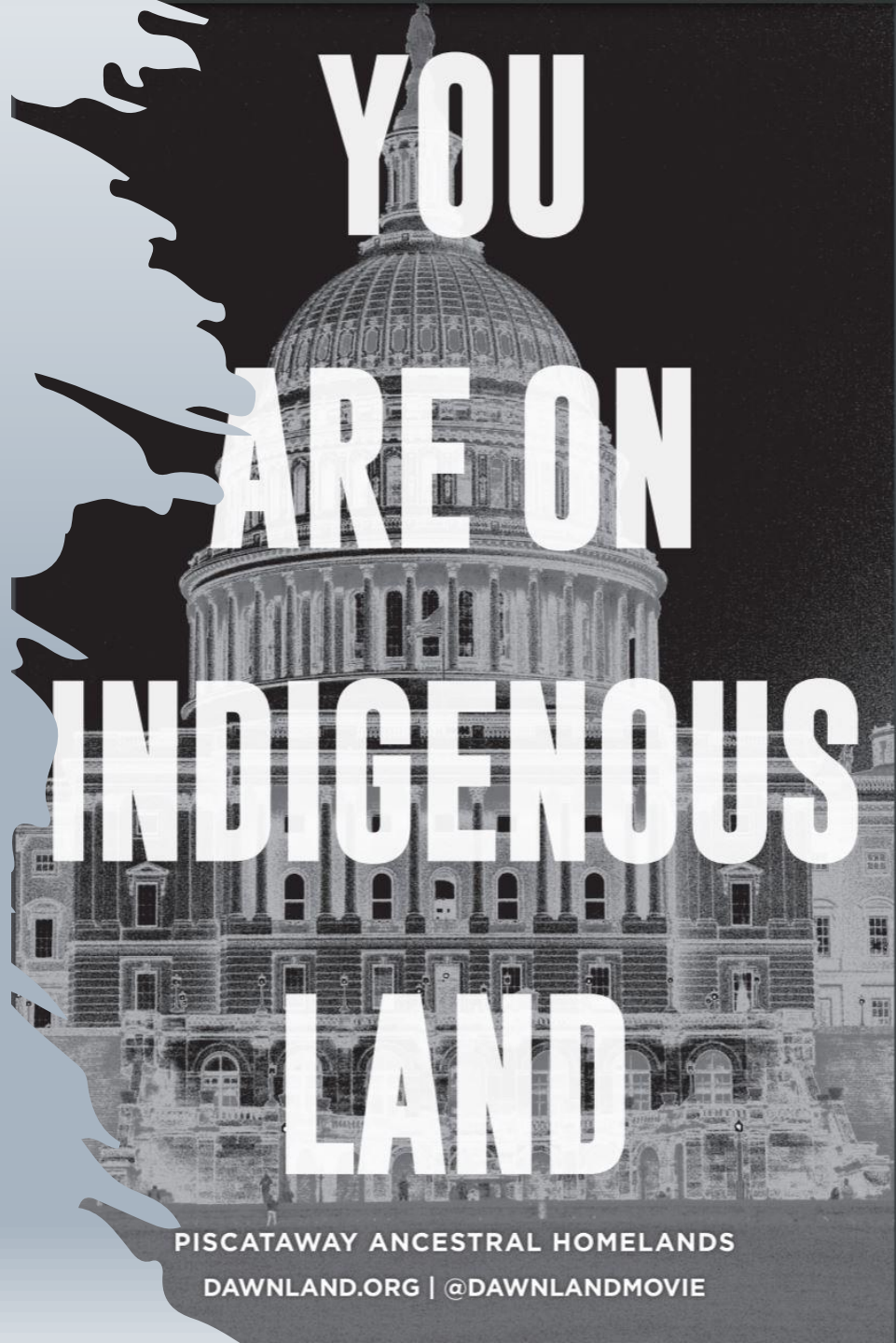


To learn and acknowledge what Tribal Nation land you and your organization are standing on, go to

<https://native-land.ca/>

or text your zip code or city to

(907) 312-5085.



PISCATAWAY ANCESTRAL HOMELANDS

DAWNLAND.ORG | @DAWNLANDMOVIE



**We are reconnecting our
Indigenous community!**

*Thank you for being a
part of reclaiming our
collective stories.*

Data is gathered from
registration data



**RECLAIMING
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Our Past Sessions

Jan 2022 Session: **Introduction to the Reclaiming series**

Feb 2022 Session: **Nurturing psychological brilliance and resilience
in Native young adults**

Mar 2022 Session: **Impact of western world view on Indigenous
Behavioral Health**

Apr 2022 Session: **Native Help-Declining and Help-Seeking**

May 2022 Session: **Native Trauma Layers and Post-traumatic Growth**

Jun 2022 Session: **Sacred Trust: Decolonizing Screening and
Assessment**

Jul 2022 Session: **Substance Use and Hungry Ghosts**



Holly Echo-Hawk, MSc





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THE WELLBRIETY MOVEMENT AND THE HEALING FOREST MODEL



Kateri Coyhis, Mohican Nation
Executive Director





Kateri Coyhis, Mohican Nation, is the Executive Director of White Bison in Colorado Springs, CO. White Bison, Inc., is an American Indian non-profit 501(c)(3) organization dedicated to creating and sustaining a grassroots Wellbriety Movement that provides culturally based healing to the next seven generations of Indigenous People. In her role, she coordinates national training events and conferences, collects data for evaluations of federal grants, and assists in the development of culturally-based curriculum for youth and adults. Kateri serves the Wellbriety Movement by providing community presentations to bring awareness to the programs White Bison offers for individual and family healing.

Kateri has been called to serve on a committees sponsored by SAMHSA's efforts to promote healing for individuals and families in recovery including: National Recovery Month Planning Partners Committee, Bringing Recovery Support Services to Scale Technical Assistance Center Strategy (BRSS-TACS) Steering Committee, webinar presentations, participated on an expert panel to discuss gaps in services for adults in recovery and their families, and assisted in the development of a toolkit kit for Youth Recovery: Youth and Young Adult Leadership Development. She is currently a Board Member for Faces and Voices of Recovery and the National Association for Children of Addiction.

Kateri also is co-author for a chapter in *Radical Psychology: Multicultural and Social Justice Decolonization Initiatives* (2018). Kateri received a bachelor's degree in history from the University of Colorado at Colorado Springs and is currently pursuing her MPA.



Kateri Coyhis, Mohican Nation



Gifts of the Sacred Hoop

Forgiving the Unforgivable

Unity



Hope

Healing

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 Is...

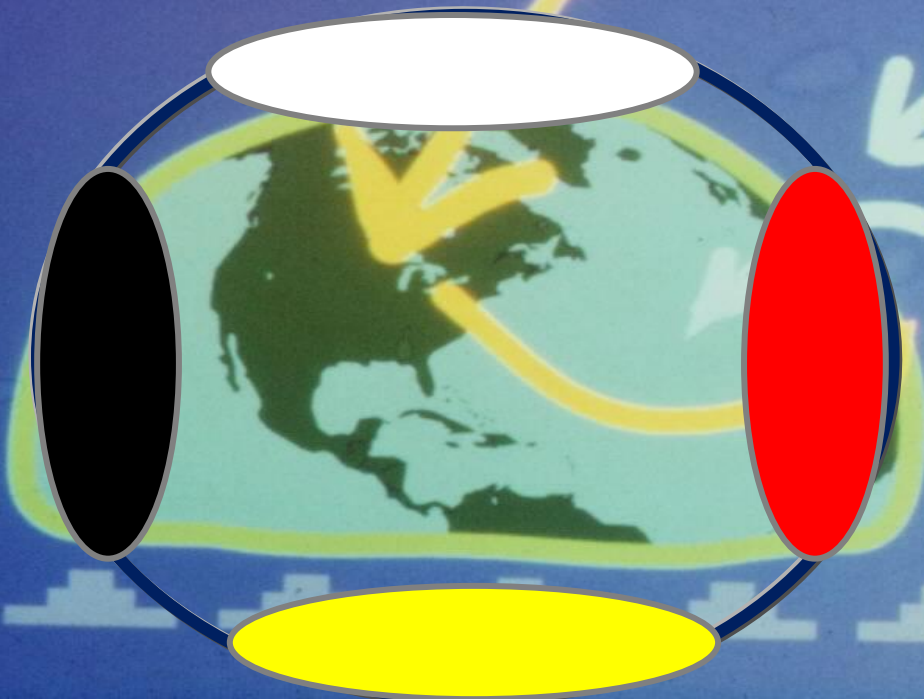


- Sober lifestyles
- Wellness—balance (mental, physical, spiritual, emotional)
- Connected to principles, values, and Natural Laws
- Walking the Red Road
- Creating a Healing Forest
- All-Inclusive

Physical World

The Source of Native Culture

Spiritual World



Vision

Principles

Laws

Values

Healthy Man

Traditional Woman

Healthy Youth

Healthy Elder

Healthy Elder

Healthy Warrior

Healthy Leadership

Healing

Language

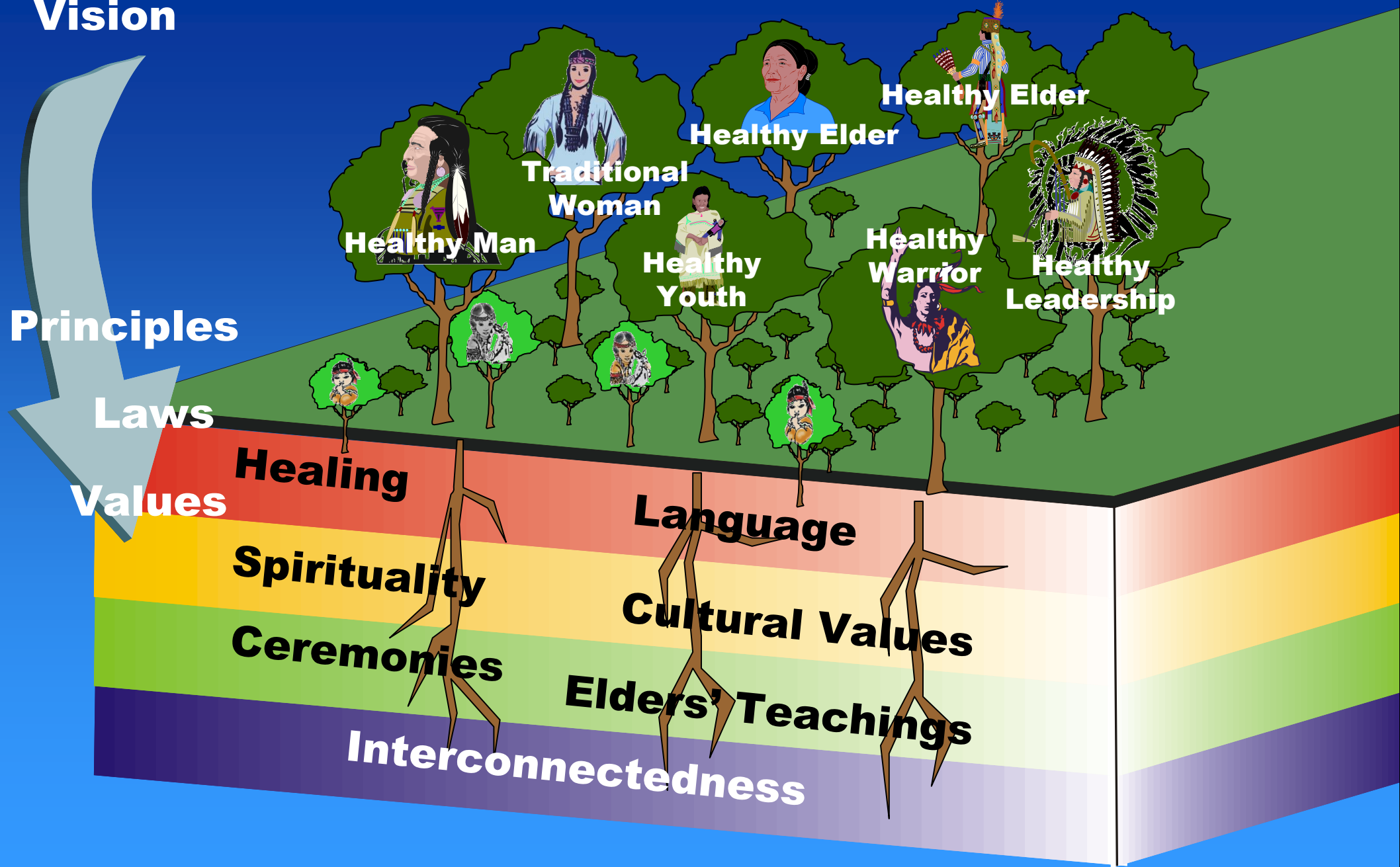
Spirituality

Cultural Values

Ceremonies

Elders' Teachings

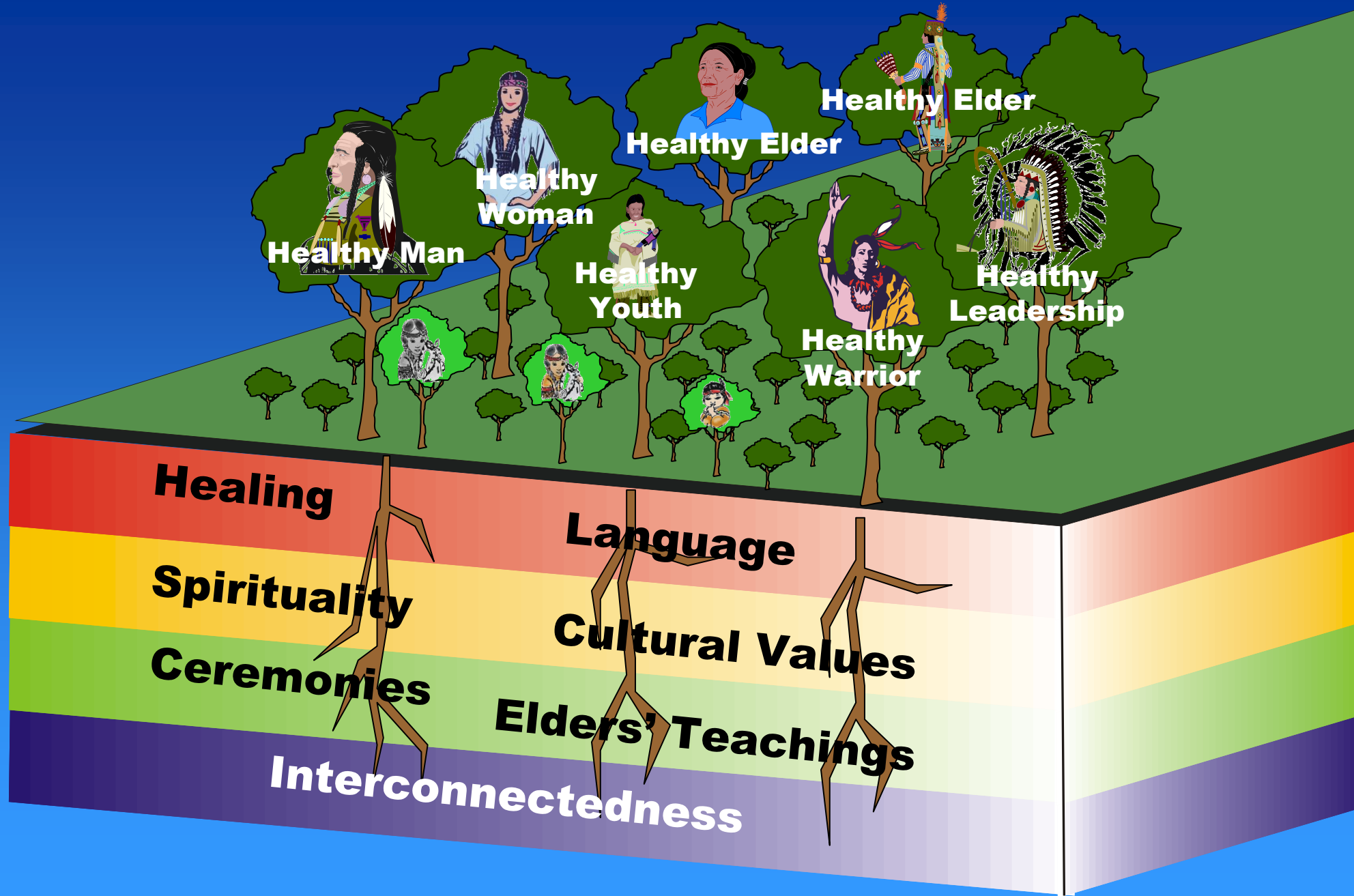
Interconnectedness

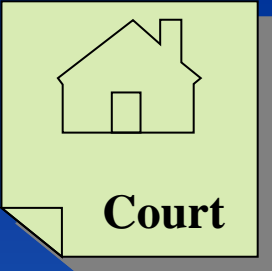
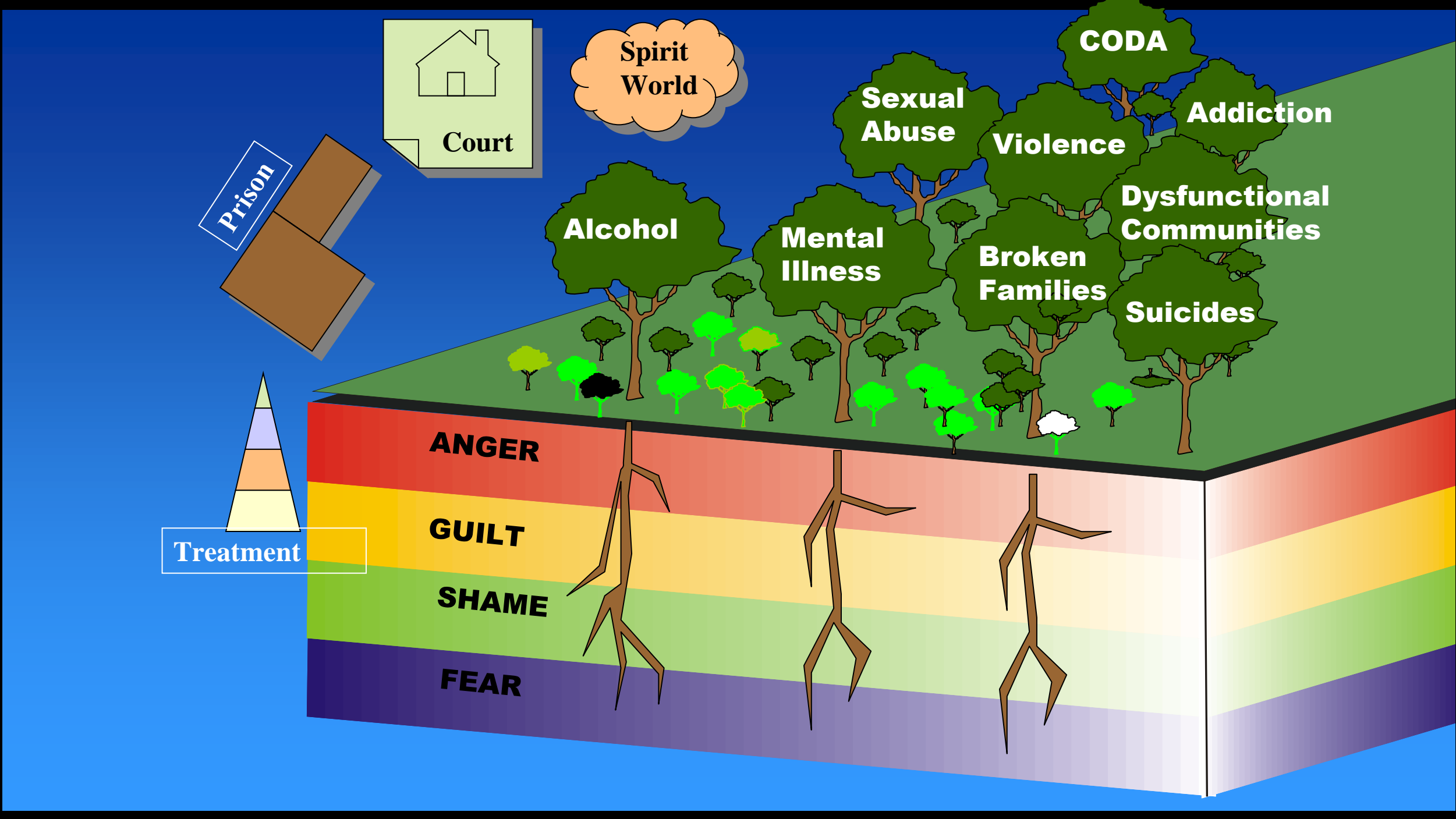


Then.....

Something
Happened
To Us.....







Alcohol

Mental Illness

Sexual Abuse

Violence

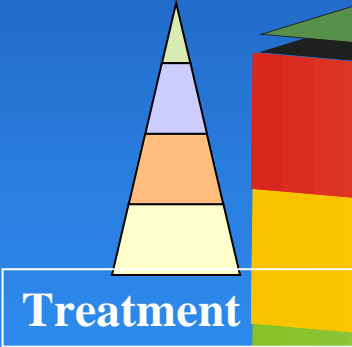
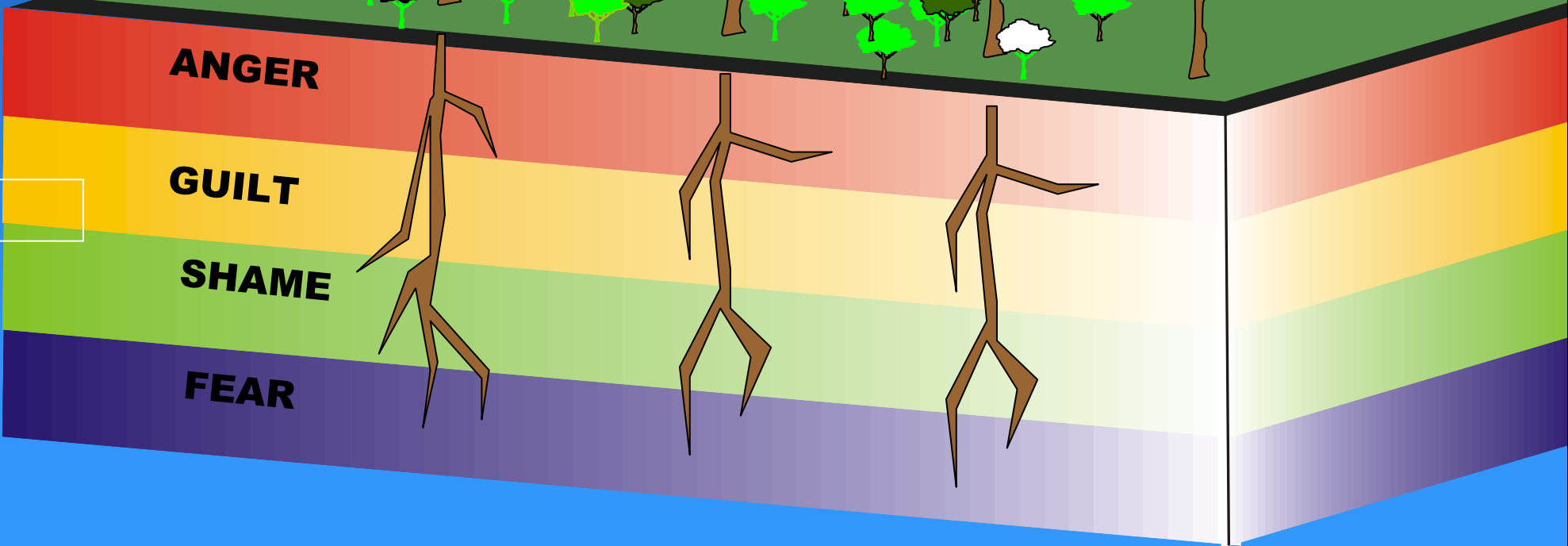
CODA

Addiction

Dysfunctional Communities

Broken Families

Suicides



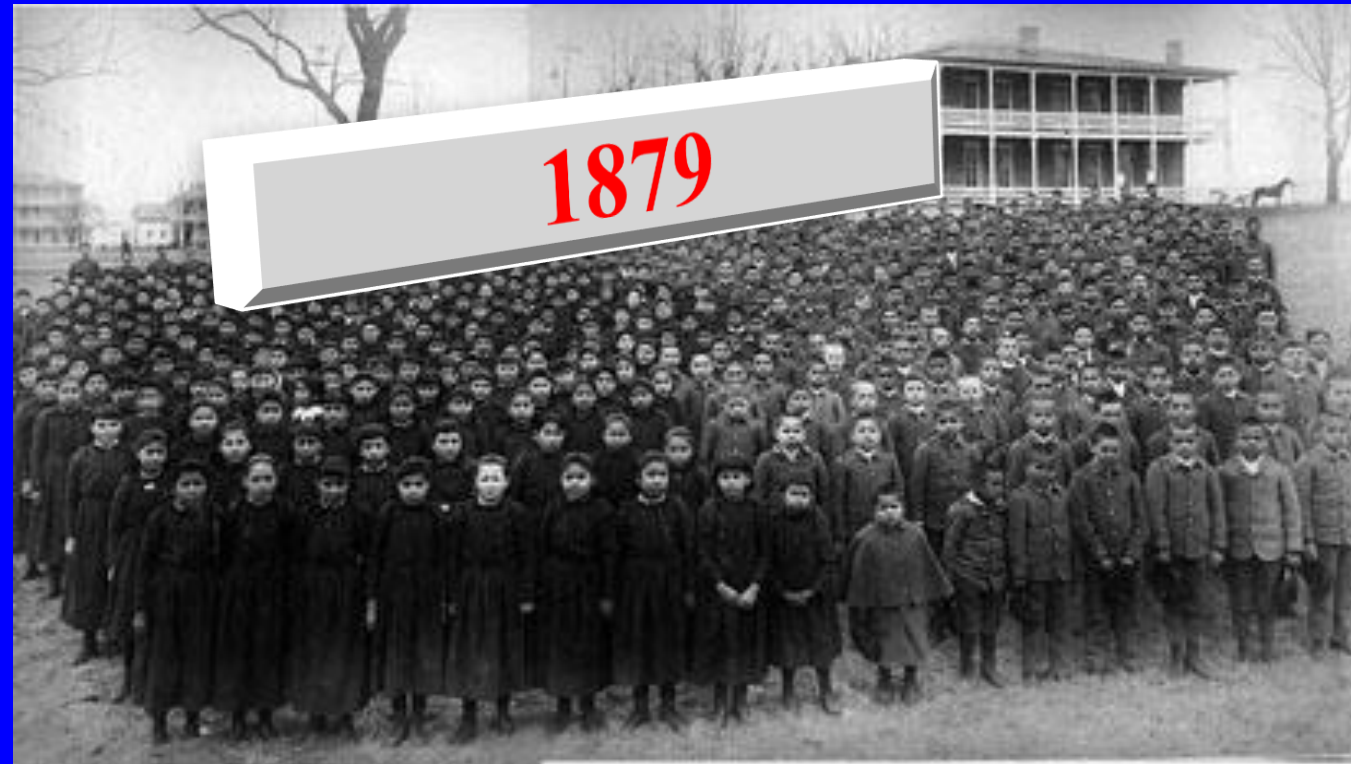
Physical World

What did it take to
destroy our communities?
The world in which you
live, you did not create!

Spiritual World



Carlisle Indian School



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



Historical Trauma

A combination of immense losses and traumatic events that are perpetrated upon an entire culture.

For Indigenous communities, these losses include:

- Culture
- Language
- Land
- People (deaths due to diseases and war)
- Way of life
- Spirituality
- Family structure (forced into boarding/mission/residential/seminary schools)



Common findings from studies on intergenerational/historical trauma - how people from traumatized cultures coped with their experiences:

- Impulse to protect children from the horror – people become silent and never talk about what happened
- Lack of trust – don't look for attachments
- Reject own background and identify with another group as a form of protection for the self because to identify with your own group may be viewed as threatening or dangerous
- Fight back and protest
- People began believing feeling numb, being angry, acting self-destructively, and feeling hopeless was a normal way to be in the world
- Passed down through direct parent-child interactions and through interactions with extended family and the community
- Studies have found that trauma changes the epigenetic discourse of the DNA



What complicates the healing process?

- An inability to mourn – not knowing what happened to your family and loved ones (Relocations, family separations)
- Lack of political power – feeling unable to change things, so why bother?
- No sense of hope for the future
- Lack of acknowledgement of trauma by the dominant culture fuels powerlessness and helplessness.



How Do We Know About Intergenerational/Historical Trauma?

- From research on Holocaust survivors
- Japanese-Americans who were placed in internment camps
- African Americans (slavery)
- Central and North American refugees
- More recent studies on Indigenous people



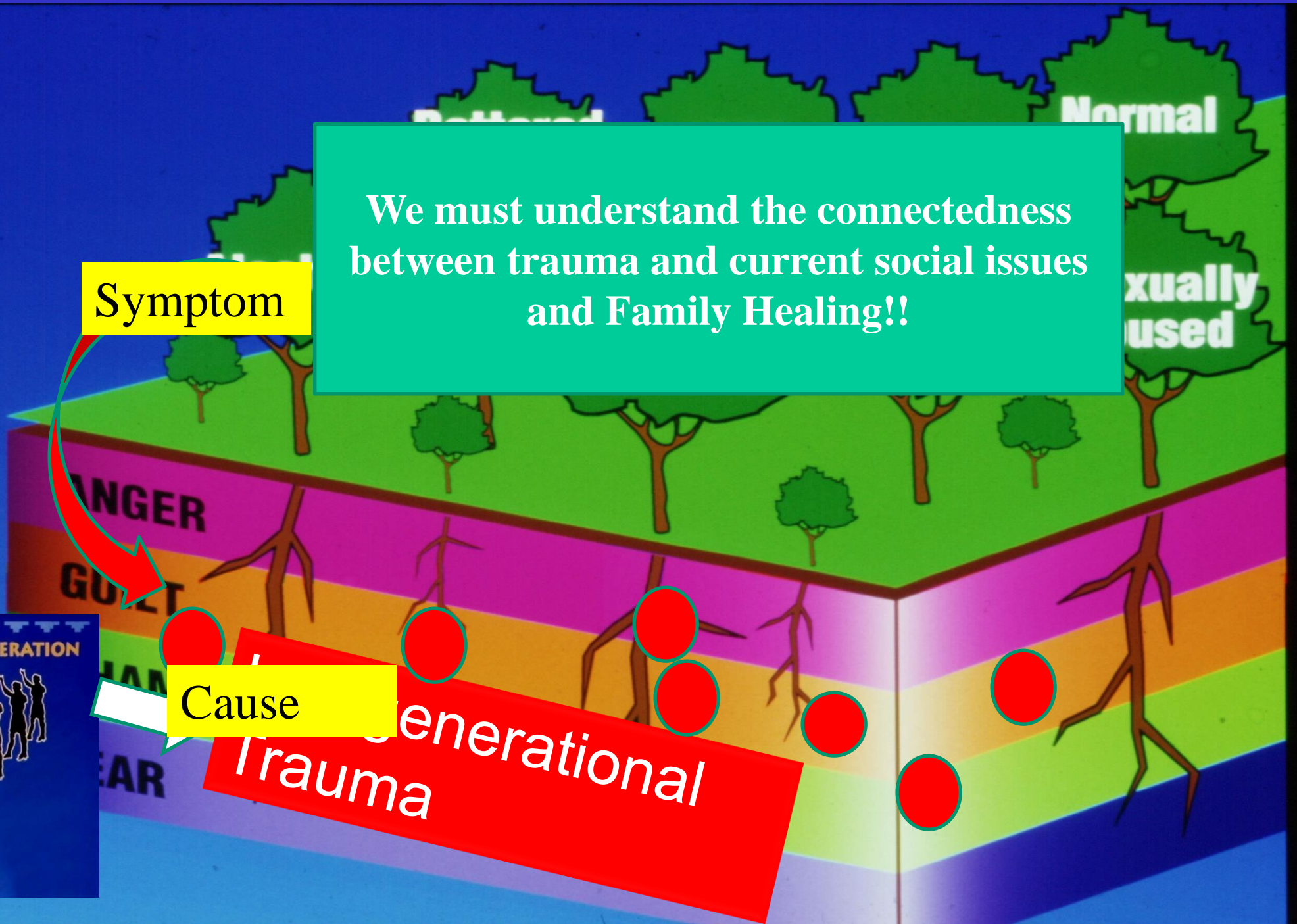
We must understand the connectedness between trauma and current social issues and Family Healing!!

Symptom

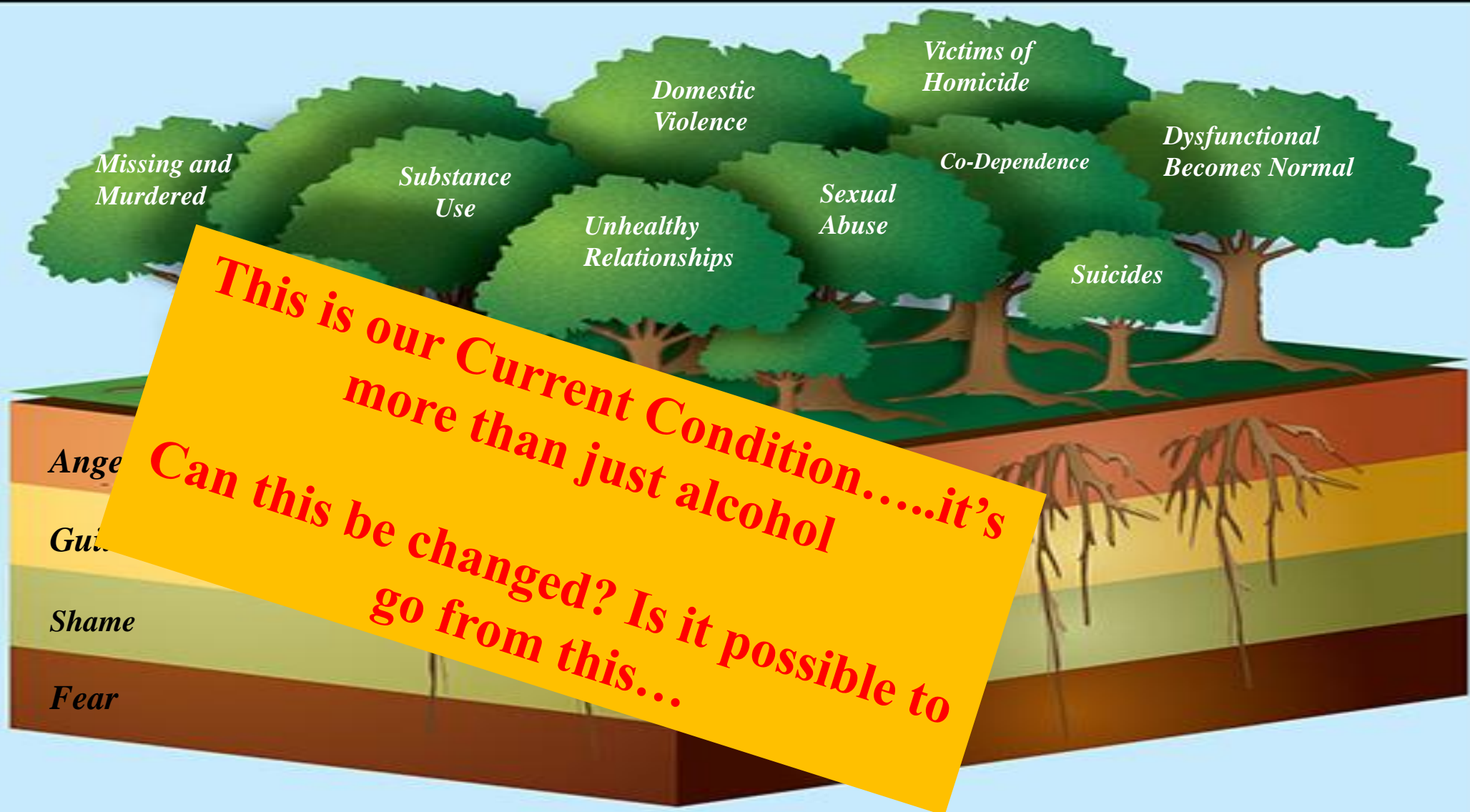
Cause

Intergenerational Trauma

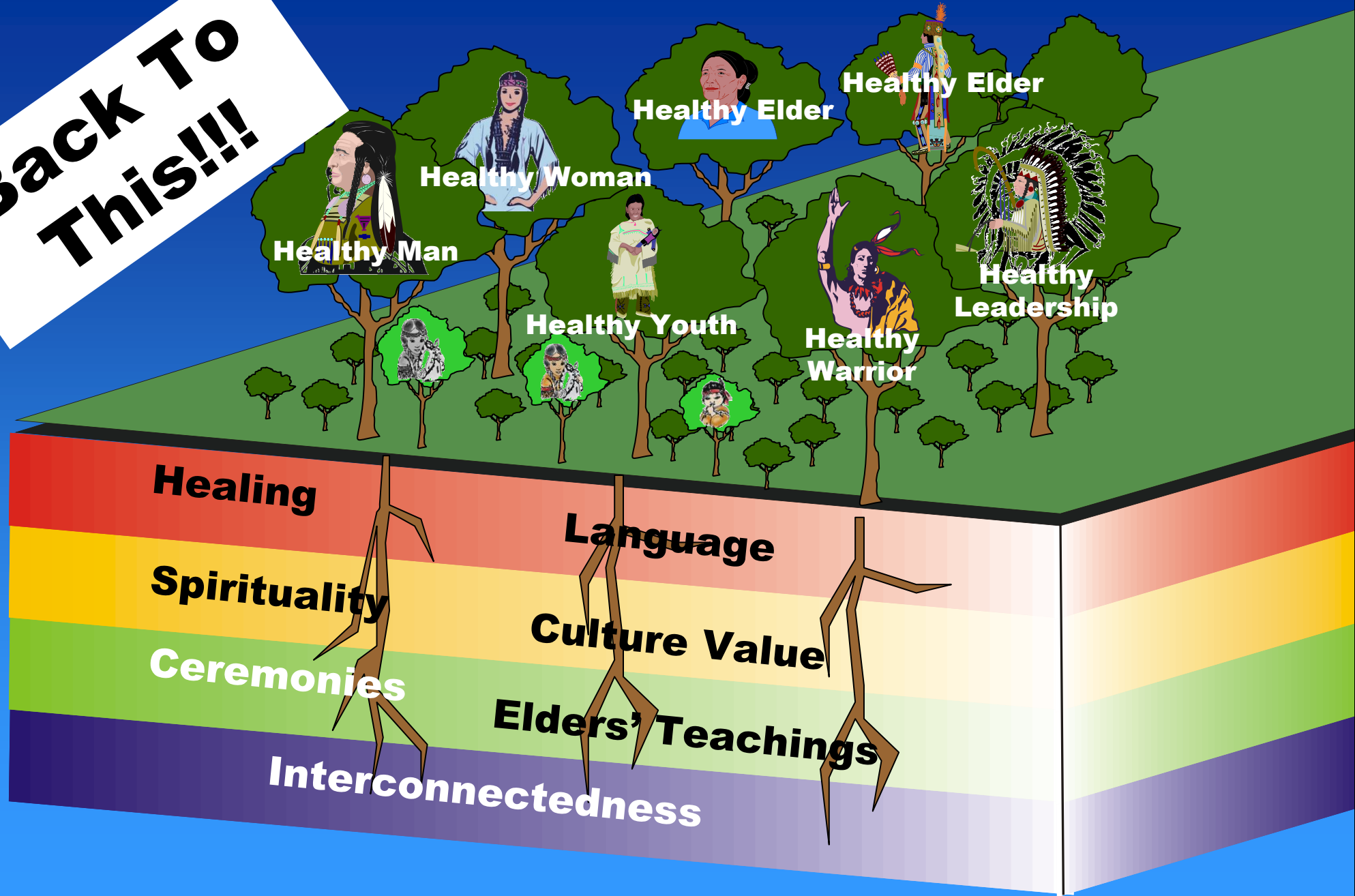
CONSIDER THE SEVENTH GENERATION



Effects of Historical Trauma



Back To This!!!



Change Formula

$A = A + B + C + \dots$
 $B =$
 $C =$

**You can't keep doing what you're doing,
keep saying what you're saying and expect
different RESULTS!!**



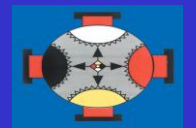
The Process for Implementing Change: The Four Laws of Change

Change is from within.

**In order for development to occur,
it must be preceded by a Vision.**

A great learning must occur.

You must create a healing forest.





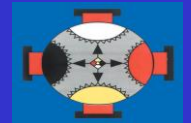
Change is from within

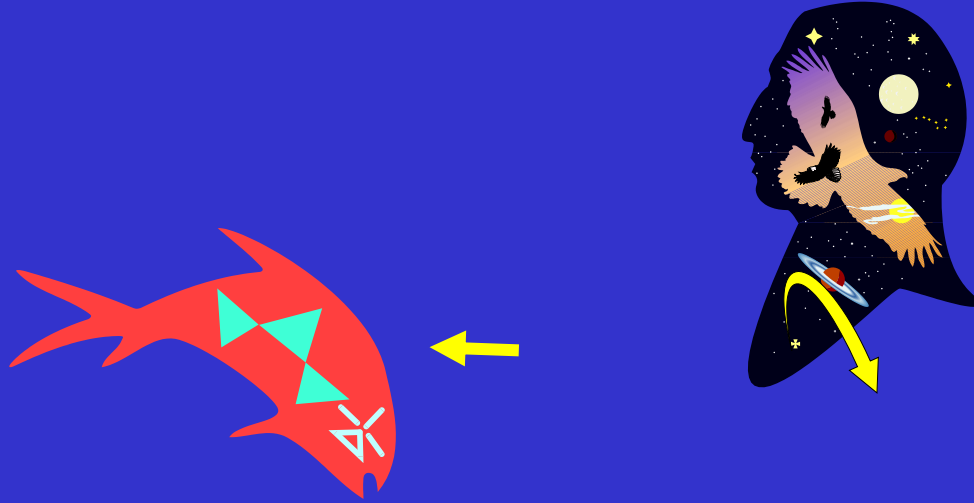
All Permanent and lasting **Change**...

All Permanent and **Lasting** Change...

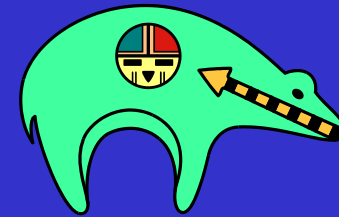
All Permanent and **Lasting** Change...

**Starts on the inside, then works its
way out!!!!!!**





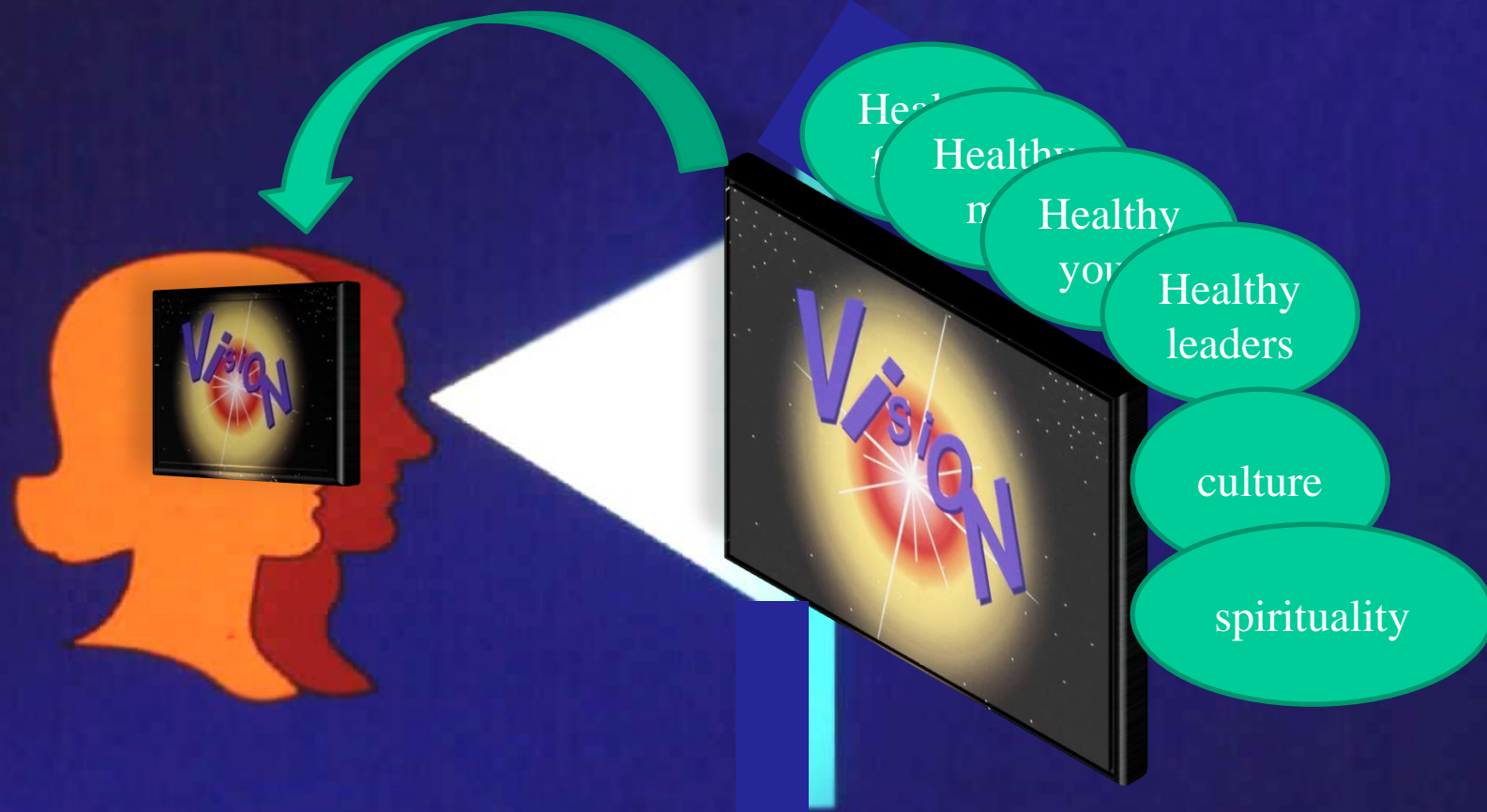
*Inside every creature is
the innate knowledge of
how it is to conduct itself.*



They KNOW what to do..... They do it naturally!



2. No Vision - No Development

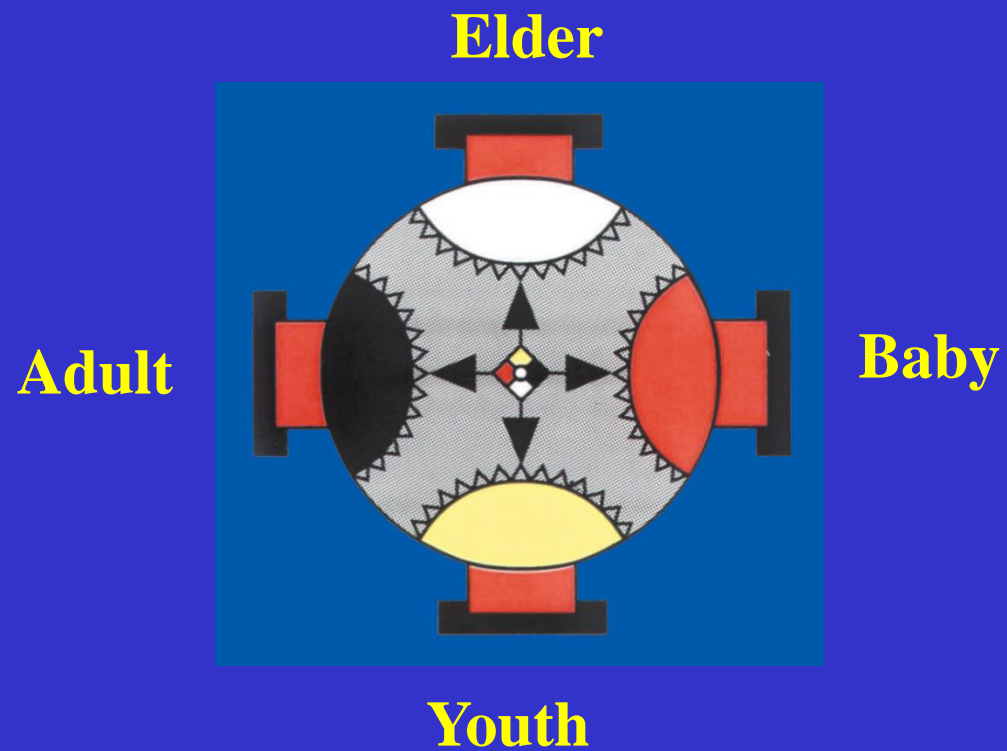


You move toward and become like
that which you think about.

White Bison, Inc.

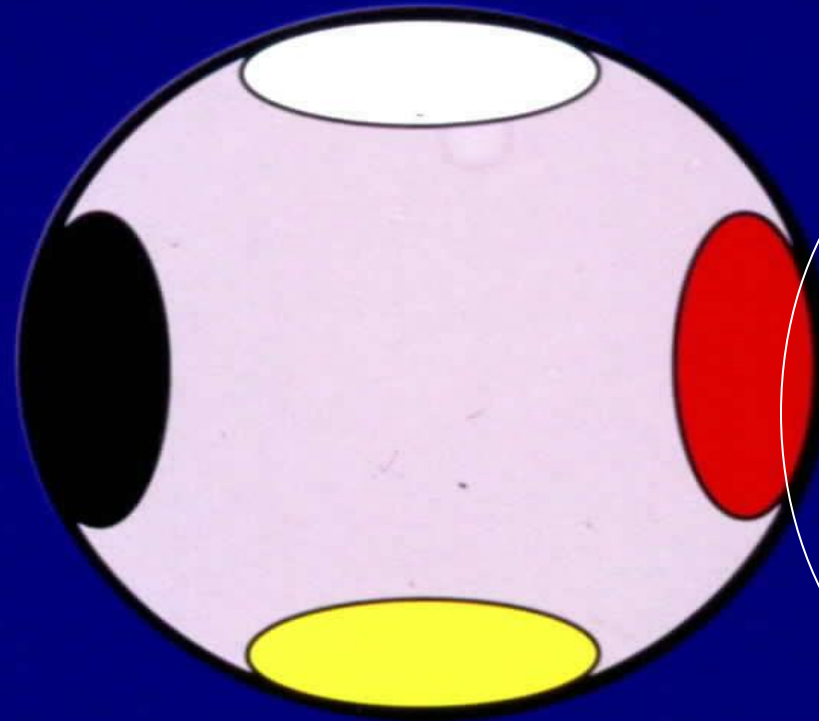
Law #3:

A Great Learning Must Occur



Nation

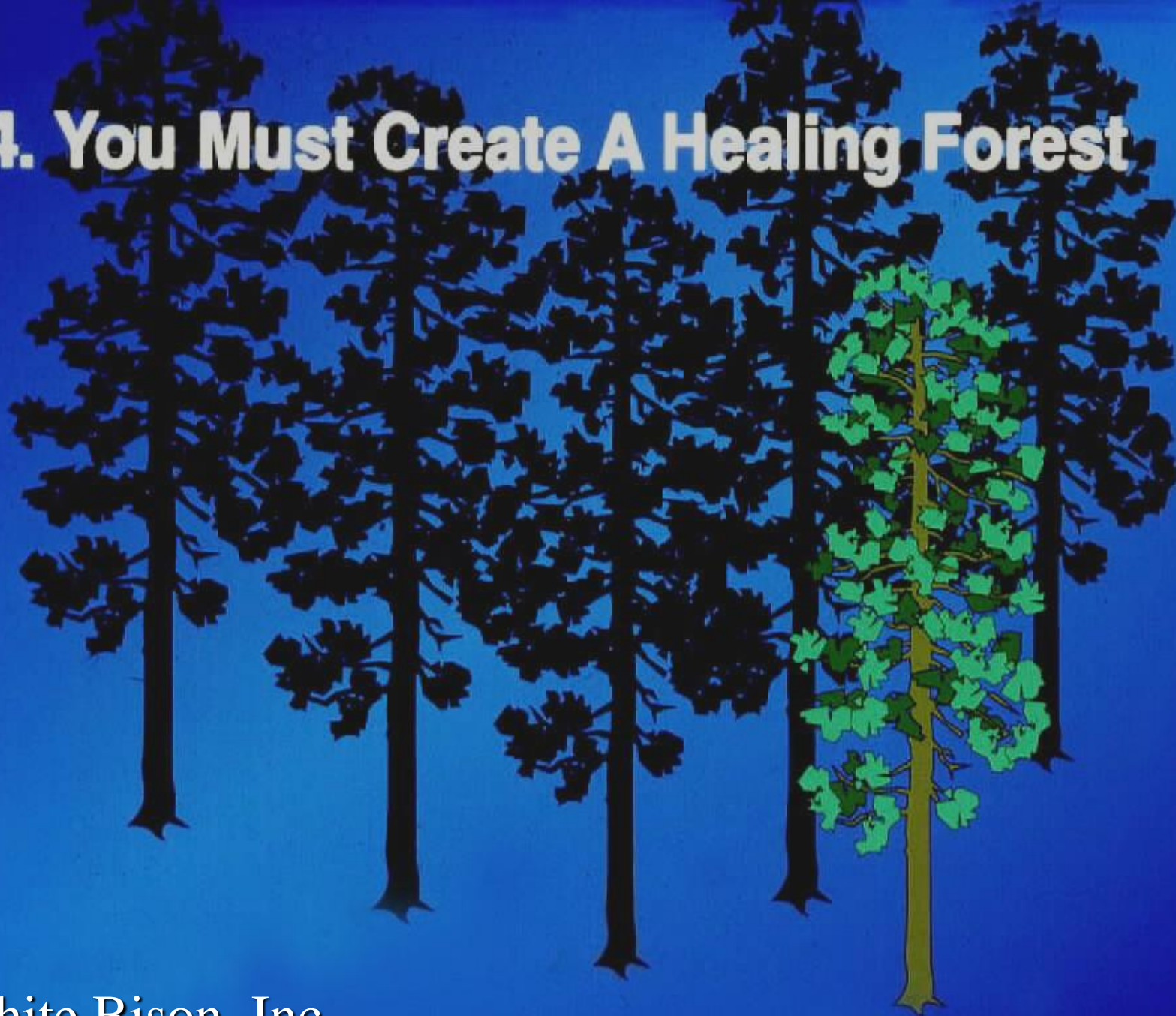
Individual



Community

Family

4. You Must Create A Healing Forest



White Bison, Inc.



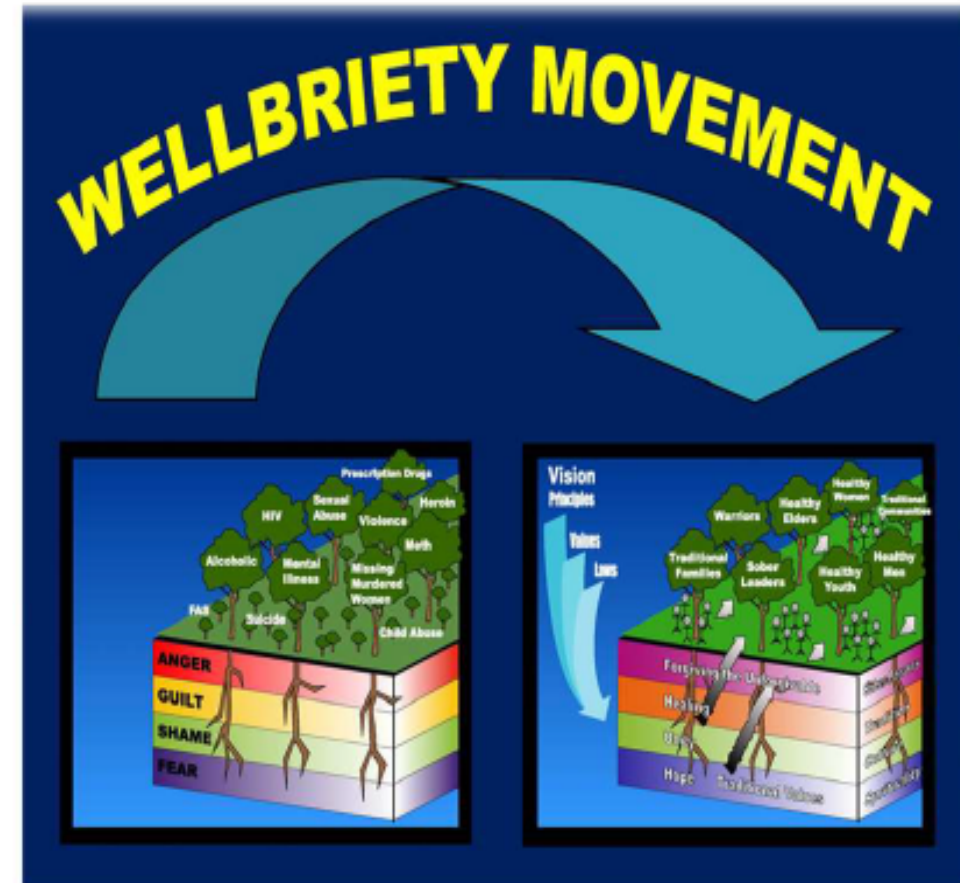
Four Laws of Change

Law #1: Change comes from within. The community itself must determine what and how it wishes to change. The community itself must decide what it wants to change.

Law #2: In order for development to occur, it must be preceded by a vision. Community members identify what the ideal would be for a healthy community.

Law #3: A great learning must take place. Teachings, new information, new ways of thinking, new norms and return of cultural traditions will help people move from the sick forest to the healthy forest.

Law #4: You must create a healing forest. Talking Circles, trainings, family engagement, community activities, sober leaders, and media support for programs and progress will facilitate a healing forest.



The Four Laws of Change Provide a Pathway for moving from a sick forest to a healthy forest.

So Now What Do We Do?

What is Intergenerational Healing ?

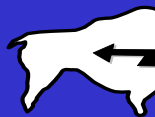
A combination of immense healing, community training and a return to the cultural ways of our people by bringing back:

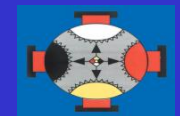
- Culture
- Stories
- Spirituality
- Language
- Rebuild the family structure
- Restoring balance emotionally, mentally, physically, spiritually

Pathways to Healing from Intergenerational Trauma

- Heal ourselves (Change starts from within)
- Facilitate recovery efforts
- Creating healing spaces in your community
- Address issues around shame
- Restore pride in cultural heritage and identity
- Practice forgiveness
- Include everyone in the healing process
- Help create a Healing Forest
- Implementing Culturally-Based Approaches at all levels of healing

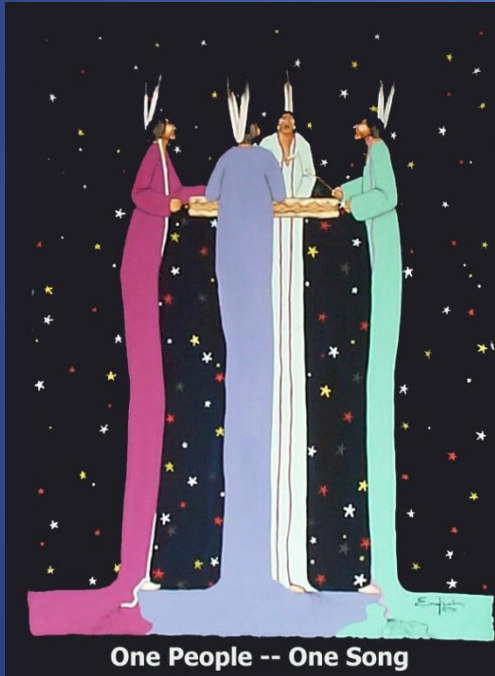
The “Wellbriety Movement” was introduced in 1998. It is a live force consisting of large numbers of people interconnected with a focus working on wellness. One message carried by many messengers..... we are in a time of Healing







A Community Must Change Together



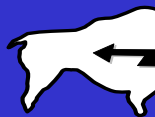
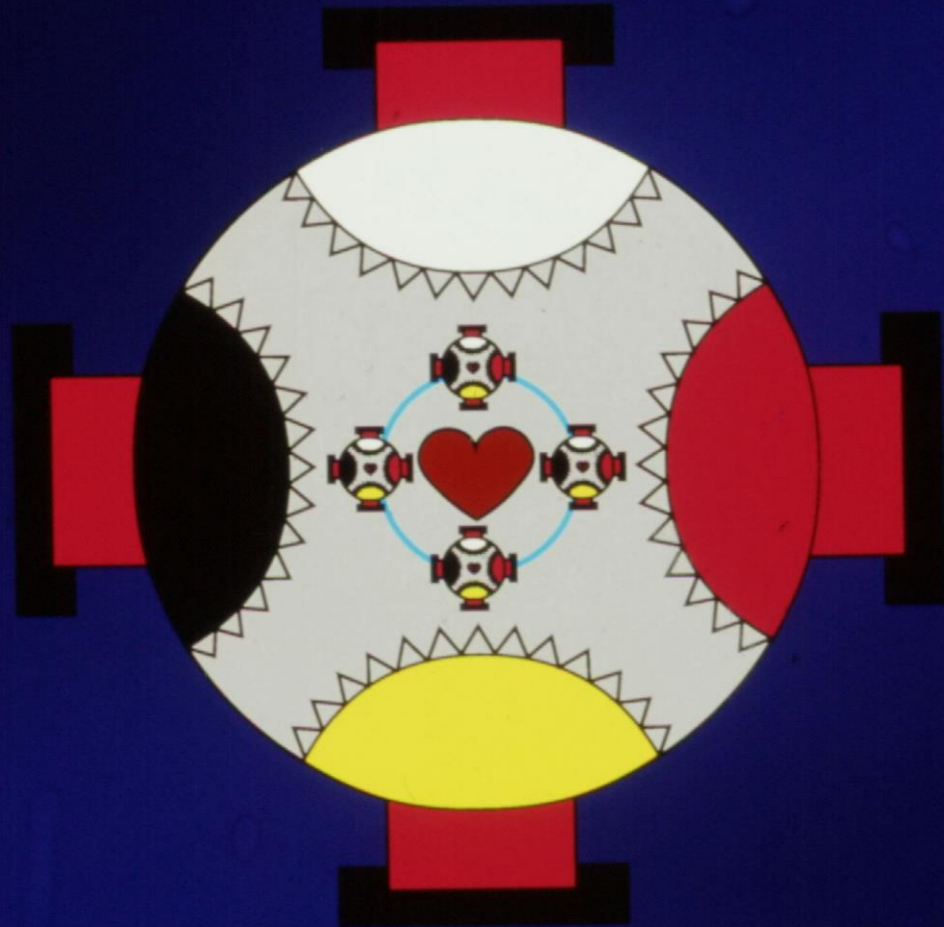
- Purpose & Objectives:
 - Get everyone working toward the same Vision and Goal
 - Motivate people to participate
 - Develop the skills and knowledge through training and education
 - Reclaim and Implement cultural values and tradition
 - Create a supportive environment to sustain the changes

WHITE

BLACK

RED

YELLOW



White Bison, Inc.



All White Bison Programs Are...



Peer-led
Those who have “been there” share their experiences



Based on traditional teachings and values



Culturally Relevant

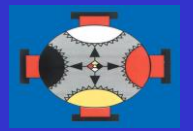


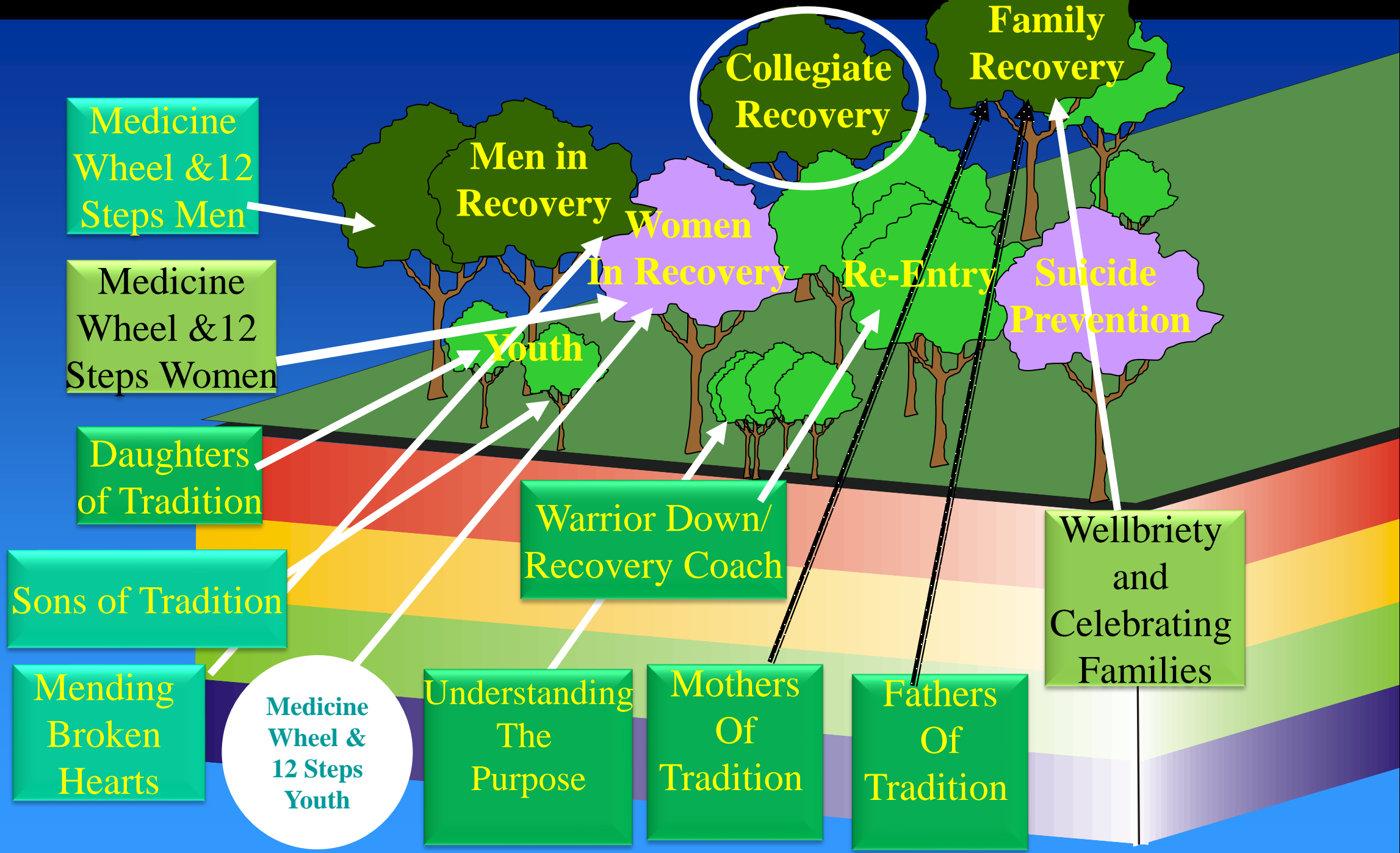
Easily Adapted to Fit Unique Cultural Needs





Culture is shared meaning, shared values, spirituality, traditions, language, customs, arts, symbols, history, stories, relationships, ancestors, behaviors ...







NATIVE AMERICAN PROGRAMS

Culturally based tools for changing individuals,
families, communities and nations

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





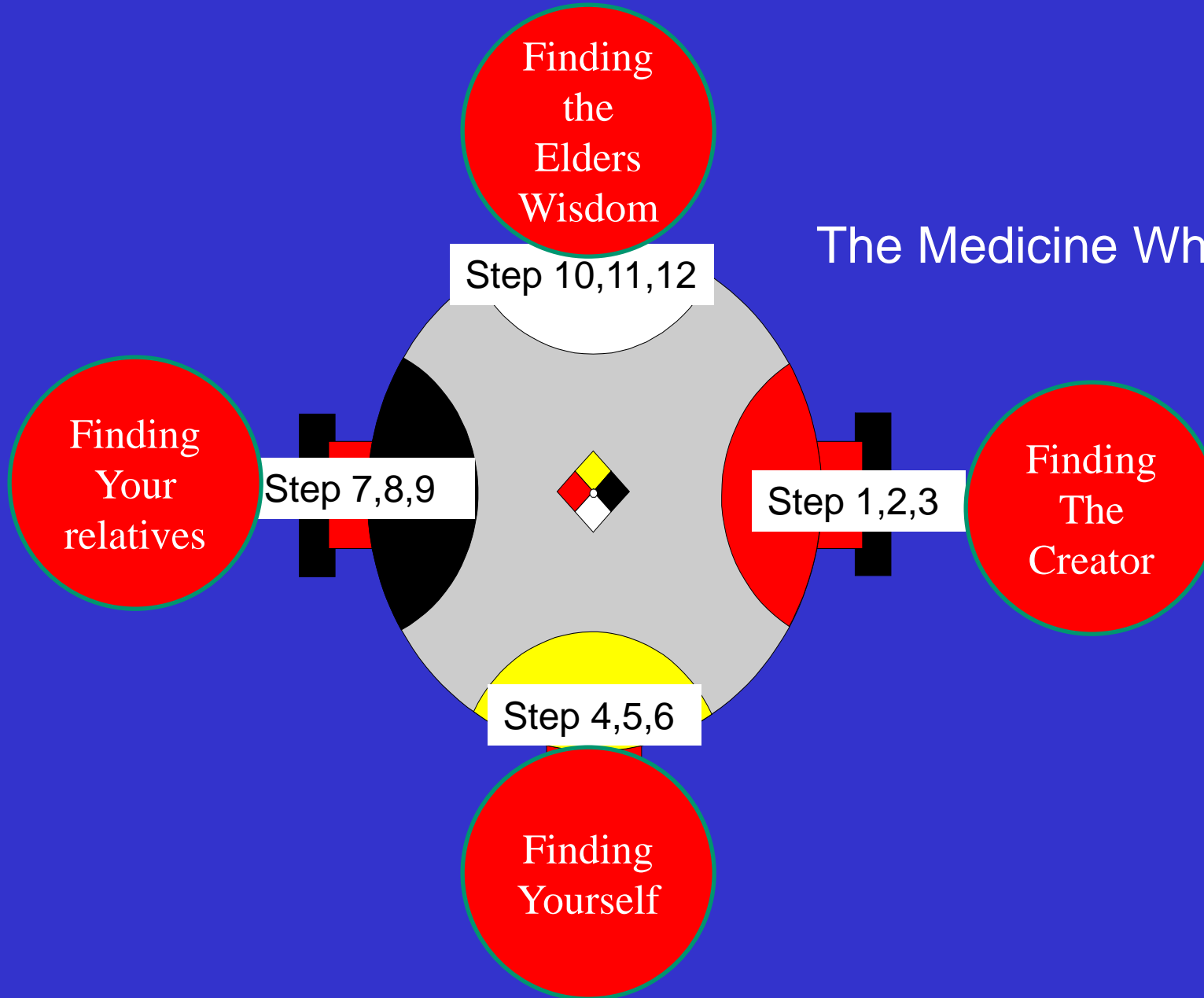
FIRESTARTERS...

An individual who...

- Is in recovery
- Is walking the Red Road
- Has worked the 12 Steps
- Has made a commitment to lead Circles of Recovery in their own community



The Medicine Wheel & 12 Steps



When you change the way
You look at things....
The things you look at change
The healing approach..



WHITE BISON ONLINE MEETINGS



Wellbriety Online Meetings
on Zoom



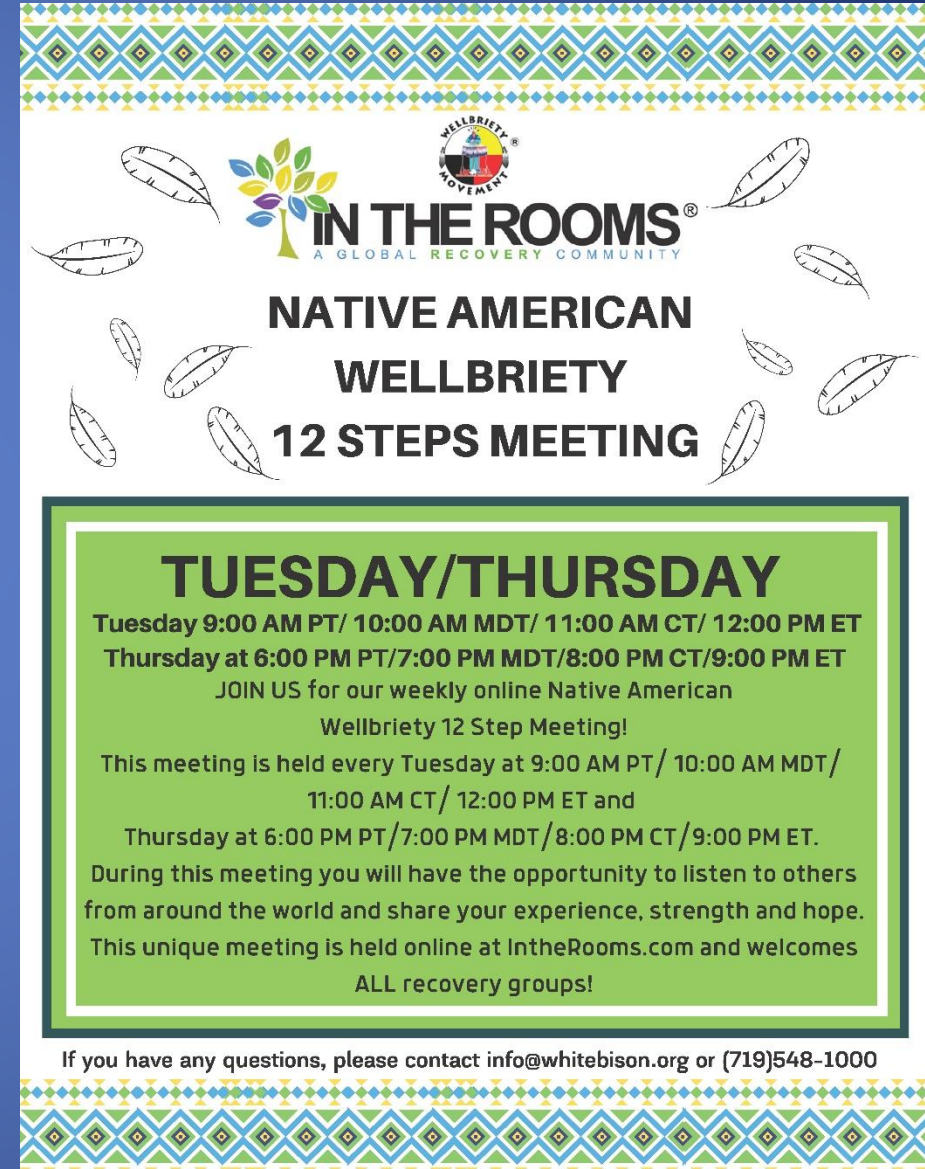


MONDAY-SUNDAY
11 AM PT/ 12 PM MDT/ 1 PM CT/ 2PM ET

JOIN US for our daily Native American Wellbriety 12 Steps Meetings!

During this meeting, you will have the opportunity to listen to others from around the world and share your experience, strength and hope. This unique meeting is held online at zoom.us

Meeting ID: 548-538-0164
PW: 488-123



IN THE ROOMS®
A GLOBAL RECOVERY COMMUNITY

NATIVE AMERICAN WELLBRIETY 12 STEPS MEETING

TUESDAY/THURSDAY

Tuesday 9:00 AM PT/ 10:00 AM MDT/ 11:00 AM CT/ 12:00 PM ET
Thursday at 6:00 PM PT/7:00 PM MDT/8:00 PM CT/9:00 PM ET

JOIN US for our weekly online Native American Wellbriety 12 Step Meeting!

This meeting is held every Tuesday at 9:00 AM PT / 10:00 AM MDT / 11:00 AM CT / 12:00 PM ET and Thursday at 6:00 PM PT / 7:00 PM MDT / 8:00 PM CT / 9:00 PM ET.

During this meeting you will have the opportunity to listen to others from around the world and share your experience, strength and hope. This unique meeting is held online at [IntheRooms.com](https://intherooms.com) and welcomes ALL recovery groups!

If you have any questions, please contact info@whitebison.org or (719)548-1000

Upcoming Events



**WELLBRIETY ALL ADDICTIONS
RECOVERY GATHERING**

SEPTEMBER 22-25, 2022

Cambridge Red Deer Hotel & Conference Centre
3310 50 Ave,
Red Deer, AB T4N 3X9

Logos: Alberta Health Services, United Way Central Alberta, Wellbriety Love, White Bison, FASD, GAVIS, Yellowhead Tribal Council, SAFE HARBOUR.

We are closely monitoring the COVID pandemic and will make decisions based on the safety of our communities.

HEALING TOGETHER



April
5 - 7
2022

A NATIONAL WELLNESS & HEALING CONFERENCE

Cache Creek Casino Resort
Brooks, CA
<https://www.cachecreek.com/>
800.992.8686

Room Rate: \$159
Group Code HAWC2204

Register at
<https://www.eventbrite.com/e/healing-together-conference-tickets-174019094797>

For more information, contact
Mike Duncan (Maidu/Waitaki/Wintun)
Executive Director of Native Dads Network
916.544.1085
mikedndninc@gmail.com

BROUGHT TO YOU BY A COLLABORATION BETWEEN



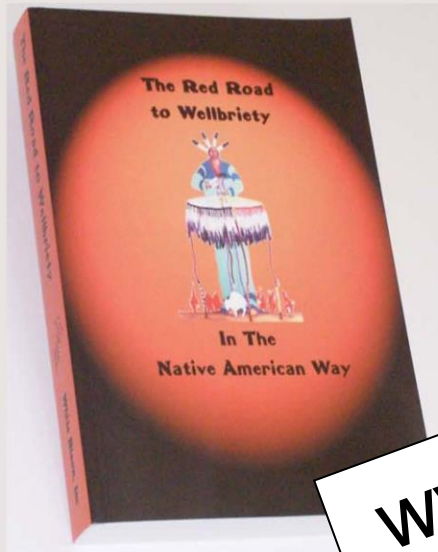
Logos: NATIVE WELLNESS, WELLBRIETY MOVEMENT, Native American Fatherhood & Families Association, NATIVE DADS NETWORK SACRAMENTO CHAPTER.

Upcoming Projects

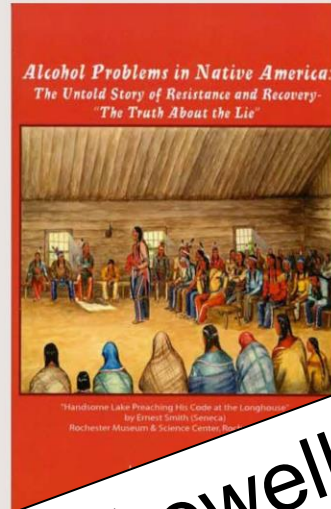
- Well-Anon
- Warrior Down for Youth
- Wellbriety Lifeskills Program
- Increasing efforts for incarcerated individuals, especially Native Women and Veterans in Prison
- Developing a Wellbriety Technical Assistance Center
- Collegiate Recovery Starter Kit



Wellbriety Books



The Red Road to Wellbriety
by White Bison, Inc.
2002



Alcohol Problems in Native America
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.thewellbrietystore.org



Books for your own recovery and wellness journey!

Order online at www.whitebison.org • Order by phone: toll-free 1-866-518-5275 or 719-548-1000



WHITE BISON CONTACT INFO

- For more information, or to schedule a training in your community, please contact White Bison at 719-548-1000 or email us at info@whitebison.org.
- To order Wellbriety products and materials, please visit www.thewellbrietystore.org.
- Facebook Groups and Pages
 - White Bison, Inc.
 - Sobriety is Traditional
 - Wellbriety Training Institute
 - Wellbriety Response to COVID-19
 - Official White Bison Elders Daily Meditations

White Bison, Inc.

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Phone: 877-871-1495

Fax: 719-548-9407

info@whitebison.org

www.whitebison.org

Q & A



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PSYCHOLOGICAL
BRILLIANCE**



Facilitated Reflections



What did Kateri Coyhis present that resonated with you and your work?

Facilitator: Livia Davis, MSW

C4 Innovations, Chief Learning Officer

Vice President, Recovery and Behavioral Health

Livia views herself as a non-Native guest in this Native space.



Summary Remarks



Holly Echo-Hawk, MSc
Senior Behavioral Health Advisor
Reclaiming Native Psychological Brilliance



CEU Information

Don't forget to complete your survey!

<https://survey.alchemer.com/s3/6826762/Reclaiming-Native-Psychological-Brilliance-Learner-Evaluation-August-23>

Follow-up questions?

- Bernice Youpee-Jordan at bjordan@usetinc.org
- Bryan Hendrix at bhendrix@usetinc.org



RECLAIMING
NATIVE
PSYCHOLOGICAL
BRILLIANCE



**See you in September – Same time on the 4th
Tuesday**

September 27, 2022 Topic:

*Inspiring Native Life
Transformation Plans*



**RECLAIMING
NATIVE
PSYCHOLOGICAL
BRILLIANCE**



Thank you for Participating
in the
**Reclaiming Native
Psychological Brilliance
Behavioral Health ECHO
Series**

*While we are Depart . . . enjoy this Native
music video.*



**Calina Lawrence feat. Desirae Harp
Don't Count Me Out**

