

# Native American Treatment and Clinical Strategies for Traveling the Wellness Road

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## Shift Happens LLC

Commonly referred to as the Man in Maze, it is used here to symbolize a human beings journeys and the choices that a human being has as they travel their individual path. When you change your mind you change your life. Now is the time to add action!

# VISSION/MISSION

- The Vision and Mission of this workshop is for you to have an opportunity to experience discovery in helping a troubled human being regain Respect, Honor, Dignity, and Pride back into their lives that was misplaced due to traumatic events and unwise decision making.

# Objectives/Overview

- How do you go about helping a troubled human being regain Respect, Honor, Dignity, and Pride back into their lives?
- Using Western treatment strategies such as Motivational Interviewing, Cognitive Behavioral Treatment, Moral Reconciliation Therapy (MRT).
- Using Native treatment strategies such as Red Road to Welbriety, Circle Work, Grandfather Teachings, Equine Therapy, Tribal Values.
- How effectively you can blend both into treatment.
- The implications of Trauma in Native Communities and its effects on Healing to Wellness Courts and their participants.
- On the ground practical suggestions to make your Healing to Wellness Court work for you. Recovery Coaches!

# Words and Stigma

- The words addict and or alcoholic have been eliminated from the material found in this workshop.
- Words have tremendous power on and over human beings.
- No human being wants or is a label. They are human beings. Words that create a label, create stigma. Stigma creates oppression, discrimination, and erodes personal and cultural self-esteem and identity.
- “Ick”

# Wellness not Punishment

- “The commonest technique of control in modern life is punishment. The pattern is familiar: If a human being does not behave as you wish, knock them down; if a young adult misbehaves, spank them; if the people of a country misbehave, bomb them. Legal and police systems are based upon such punishments as fines, flogging, incarceration, and hard labor. Religious control is exerted through penance. In everyday personal contact we control through censure, snubbing, disapproval, or banishment.”

- BF Skinner (1952)





**"Respect means listening until everyone has been heard and understood,  
only then there is a possibility  
of Balance and Harmony."**

# Ganado Mission School's Entrance About 1950





# Understanding

- A monkey and a fish were caught in a terrible flood and were being swept downstream amidst torrents of water and debris. The monkey spied a branch from an overhanging tree and pulled himself to safety from the swirling waters.
- Then, wanting to help his friend the fish, the monkey reached into the water and pulled the fish from the water and placed it on the branch. The moral of this parable is clear: *Good intentions are not enough. If you wish to help the fish, you must understand its nature.*

# TRUST ISSUES



...I ALWAYS PUT MY DUCKY IN FIRST.

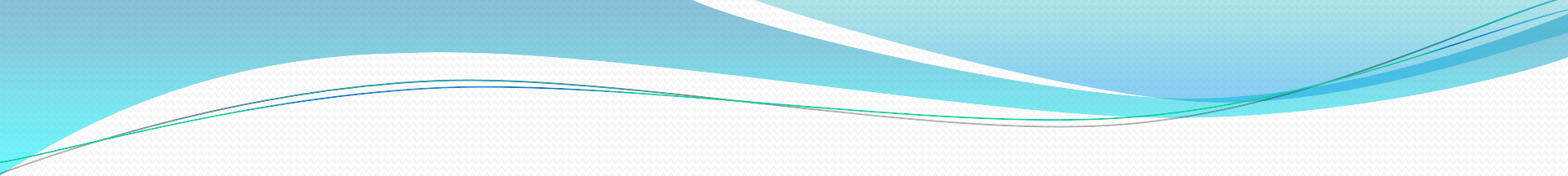


WATERS



# TURBULENT WATER

- **Imagine the offender's life is like a lake. When the water is stirred up by a storm. i.e. current negative behaviors, past behaviors, the mud from the lake's bottom clouds it up and makes it difficult to see clearly. Much of life for the offender is a storm and the mind gets all clouded up by all the activity and stressors in just surviving the day. When there are less storms, there is less cloudy water. Less cloudy water, means seeing clearer.**



**Clients under criminal justice supervision share many of the same recovery issues faced by others receiving substance abuse services. Two major issues are: Criminal Thinking and Values.**

**More often than not, clients under CJ supervision have problems dealing with anger and hostility, the stigma of being criminals, guilt and shame associated with being labeled a criminal.**

# Thinking Errors

- Thinking errors are when a human being thinks and believes in things that have no basis in reality.
- Thinking is not accurate about events, themselves, or others.



# Thinking Errors become a Problem

## When ...

- They are used to make hurtful actions seem okay and right in the troubled human beings mind,
- They are used to avoid taking full responsibility for themselves and their actions.
- They are used to avoid looking at how the troubled human being violated other human beings rights in order to get what they want or think they need.
- They are used to avoid looking at the negative impact of their behavior has on other human beings.



NOTHING CAN SHIFT OR CHANGE  
UNTIL YOU TAKE RESPONSIBILITY  
FOR YOUR OWN RECOVERY!

IF AS A TEAM, WE ARE WORKING  
HARDER TO KEEP YOU INVOLVED  
THAN YOU ARE, MAYBE IT IS TIME  
TO CHALLENGE THE  
CONSEQUENCES

# Use the knob!

- To have recovery become effective, collaborators must emulate a good chef. That is know when to use the knob on the front of the stove to either increase the heat or decrease the heat, so as not to burn what is on the stove!

# Shift Perspective

- What is wrong with this human being?
  - To
- What has happened or what has this human being been through? (TIC)

**It is important to see not just look  
from different perspectives and  
outlooks.**





# Misinterpretation of behavior

- Looks like defiance or opposition
- Actually is body's way to adapt to danger and prepare to protect self (fight, flight, or freeze) or shut down and prepare for damage
- TRAUMA=loss of control and sense of utter powerlessness
- ... leads to punishment rather than skill building

# Trauma

- Any physical damage to the body caused by violence or accident such as a fracture, open wound, etc.
- An emotional wound or shock producing fear and panic resulting in short-term imbalance but may have long-lasting effects that impairs normal functioning.
- Trauma is a common occurrence.
- Trauma exposure has varying effects.

# Trauma II

- Trauma is a part of the circle of life. There is a long history of trauma in Native American families, communities, and Nations. Trauma is like a roadblock or burden in the path to Wellness and Healing. Healing is the way to make the roadblock or burden more manageable or to make it go away completely.

# Trauma and the Brain

- Current research tell us that the human brain does not fully develop until the age of twenty five. The brains of traumatized young adults develop as if the entire World is chaotic, unpredictable, violent, frightening, and devoid of nurturance ... (Perry, Bigfoot- 2007)

# Trauma, Brain and Transition

- As our young adults transition into adulthood, they find comfort by overindulging in food, alcohol, tobacco (nicotine is an anti-depressant), drugs, work, high-risk sports, violence, a plethora of sexual partners ... in other words, anything that pumps up feel-good moments so that they can escape, even for the briefest moments, the sharp, tenacious claws of agonizing memories and despair brought on by exposure to trauma at an early age.

• (Bigfoot, 2012)



# FINDING YOUR ACE SCORE

- **WHILE YOU WERE GROWING UP, DURING YOUR FIRST 18 YEARS OF LIFE:**
- Did a parent or other adult in the household often or very often swear at you, insult you, put you down or humiliate you? Or act in a way that made you afraid that your might be physical hurt?
- Did a parent or other adult in the household often or very often push, pull, slap or throw something at you? Or ever hit you so hard that you had marks or were injured?
- Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way? Or attempt or actually have oral, anal, or vaginal intercourse with you?

# ACE SCORE

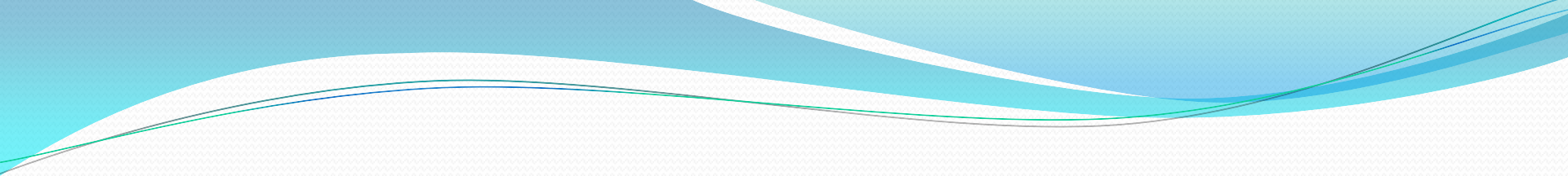
- Did you often or very often feel that no one in your family loved you or thought you were important or special? Or your family did not look out for each other, feel close to each other or support each other?
- Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or your parents were too drunk or high to take care of you or take you to the Doctor if you needed it?
- Were your parents ever separated or divorced?

# ACE SCORE

- Was your mother or stepmother often or very often pushed, grabbed, slapped, or had something thrown at her? Or sometimes often or very often kicked, bitten, hit with a fist, or hit with something else? Ever repeatedly hit at least a few minutes or threatened with a gun or knife?
- Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
- Was a household member depressed or mentally ill, or did a household member attempt suicide?
- Did a household member go to prison?
- Now add up your YES answers, this is your ACE SCORE

# ACE Score of 4 or more are ...

- 7 x's as likely to have alcohol dependence
- 6 x's likely to have sex before age 15
- 4 x's likely to suffer from bronchitis and emphysema
- 2 x's likely to be diagnosed with cancer
- 2 x's likely to have heart disease
- 12 x's more likely to attempt suicide than those with ACE score of 0
- Men with ACE Score of 6 or higher were 46 x's as likely to have injected drugs than men with ACE score of 0



This is NOT about letting human beings off the hook, or excusing actions because of trauma history.

It is about helping human beings increase their accountability, responsibilities, healing, and wellness!





# Trauma Informed Principles

- Need for Safety
- Need for Protection
- Need for Monitoring
- Need to Know They are Connected
- Need to Know They are Honored
- Need for Supervision
- Need for Guidance
- Need for Teaching
- Need to Know They are Sacred

• Delores Subia Bigfoot (2013)

# What to do?

- Be creative, use hope based messages, exposure to various recovery models, create and start your own hope based recovery/wellness modality.
- Help a troubled human being construct their life story vision.



# Personal Purpose

- **Once you have no hope, no goals or no dreams, you're just waiting to die!**



General clinical strategies include:

- Interventions to address criminal thinking
- Provide basic problem solving skills

# Screening/Assessment

- Screening/assessment should be used to inform the decision making process from the time a human being enters the system until they are hopefully, successfully discharged from the system.

# STORY

- All human beings have a story to tell. In our new way of helping and understanding, let us ask each of the Healing to Wellness Court Participants, “What is your story?”
  - REMEMBER
- The universe is made of stories, not of atoms.
- How does your story follow you around each and everyday?
- How does this story reside within your body?

# Principles = Treatment

- TIME: Healing takes time and time is healing
- RELATIONSHIP: Healing takes place with the context of a relationship
- INTENSITY: Achieving an energy of activation is necessary
- HOLISM: Mental/Emotional/Physical/Spiritual
- PEACE AND QUIET: The distractions of modern life “inactivate” catalysts for change
- Self-Awareness: Self-reflection is needed for healing
- REST: Change often requires a break in usual daily rhythms
- CEREMONY: To access Spiritual aid to healing

● Mehl-Madrona M.D. Ph.D.



# Treatment = Listening

- Human beings need to listen not just hear for the strengths and values that other human beings have to offer and to what they have to say about moving forward out of pain and into the light of healing. All human beings can learn from each other by sharing the approaches to healing that they have received. In the process of sharing healing, a tremendous amount of goodwill between human beings will continue to be discovered.

# Healing = Treatment

- Healing is Bravely, to look within. To heal a human being must remove the “stuff” in their basket that is weighing them down. The removal is difficult and sometimes painful work. An example of this pain can be the blister. Once the blister breaks, it hurts, however, as the NEW skin begins to form, the pain is diminished. So once the pain is removed and cleansed, a troubled human being can begin to fill their basket with “good things” thereby mending the hoop, not only for themselves, but for family and community.

# Treatment = Spirituality

- Regardless of beliefs, values, dogma, Spirituality is found to be a very potent medicine in the healing process. Each culture has practices and beliefs which lend themselves to healing. It would be presumptive to say or to indicate which cultural beliefs lend more credence to healing. Each human being needs to discover for themselves and use those practices which allow them to become Directors of Their Own Healing. (DTOH)

# Treatment = Interventions

- Sweat Lodge
- Talking Circle
- Vision Quest
- Drumming
- Smudging
- Traditional Healers
- Herbal Remedies
- Traditional Activities

# Family = Intervention

- What is an offender? It is someone who shows little regard for right relationships. That person has little respect for others. Navajos say of such a person, “He acts as if he has no relatives” So, what do you do when someone acts as if they have no relatives? You bring in the relatives!
  - Chief Justice Robert Yazzie

# Treatment = Activities

- Incorporate experience, observation, listening and participating.
- Traditions, ceremonies, daily observances.
- Stories, songs, artwork.
- Oral, modeling, practice, animation.
- Language, and Elders and Grandfather Teachings

# Prosecutor/Court Coordinator=Tag Team Champions

- These two positions within your Healing to Wellness Court Team are the essential front line in determining how a human being comes into the Program.
- The WHOLE Team should receive training in Motivational Interviewing.
- It is essential these two positions receive M.I. training.
- **Keep in mind, how you send someone away from your Court determines how they come back. Send them away angry, they will return angry.**



Government Offices of All Grants great  
and wonderful.

In the Creator we trust,

Indigenous people please provide

**EVIDENCE!**



# Motivational Interviewing

- You meet the participants are in their lives and their readiness to change negative behaviors/habits.
- It is an opportunity for the participants to explore and resolve ambivalence.
- It is a balance between direct counselor and participant centered issues that are influenced by understanding what triggers change.
- Participants are responsible for their own progress.
- The more open and comfortable the participant is about their concerns, hesitations, fears, anger, etc. the greater the positive outcomes for change there can be.

# What MI is not/or does

- MI and the counselor does not give advice.
- The counselor is not confrontational.
- It is not action-oriented.

# Moral Reconation Therapy

- Enhance self-image
- Promote Growth
- Reduce recidivism
- Commitment to Change
- Maintaining Change
- Build short-term and long-term goals
- Become honest with self and others
- Trust self and others

# The Red Road to Wellbriety

- Solutions is in the Culture
- Medicine Wheel Teachings
- Interconnectedness to Natural Laws
- The Honor of One is the Honor of All
- Incorporation of Native American Values
- Change comes from within
- Create a vision
- Continue to learn
- Respect for Tradition

# Grandfather Teachings

- Consider adapting these Teachings into your Healing to Wellness Court in all segments of your Team as it relates to proper conduct on being a human being.
- Wisdom-Cherish knowledge
- Love-To know Peace is Love
- Respect-Honor all Creation
- Bravery-To do what's right even when the consequences are unpleasant.
- Honesty-Be honest first with yourself, and you can be honest with others.
- Humility-You are equal to others but you are not better.
- Truth-Speak the truth. Do not deceive yourself or others.

# Recovery Coaches/Mentors

- Lived experiences with substance use challenges.
- Specifically trained.
- Former successful participants of your Healing to Wellness Court.
- Provide support and guidance for new participants.
- Can be 18-Elders.
- Follows traditional practices/values/activities.
- Can be used as in-kind matching for grant funds.

# Equine Therapy

- Goal Directed
- Goal Directed
- Focuses on being in the moment
- Creates “A-ha” moments
- Greater self-awareness
- Horse and personal well being
- Assertiveness (good way)
- Used as cognitive behavioral and communications outcome therapy
- Reduces Stress
- Creates Motivation
- New Learning Skills
- Trust building
- Confidence building



# Ropes/Challenge Course

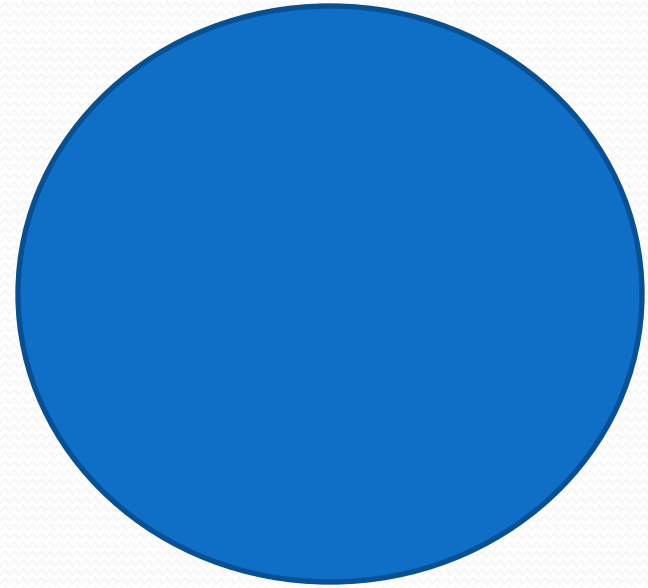
- If a human being is supported to move out of their comfort zone and has a successful experience, then powerful conditions exist for positive change. This can be known as development-by-challenge or resilience-building philosophies.
- Fosters team-building, group cohesion, cooperation, leadership, problem-solving skills, communication skills, healthy risk-taking, and individual commitment. Certain elements tend to focus on confronting one's fears, emotional self-management, self-confidence.

# Circle Work

- Healing means that the Circle is whole again. One must know how to change one's thinking, feelings, and beliefs about a traumatic experience in order to regain balance and or harmony.



Too many corners, too many sides in which to feel trapped or forced upon.



There are no sides,  
there are no corners.  
There is no beginning,  
there is no end, there is  
only the journey.

**Let us step out of the box/rectangle, not to think, or do something different, but to step into the circle and begin to live!**

Finding  
Responsibility

Finding  
Spirituality

Finding Role in the  
Community

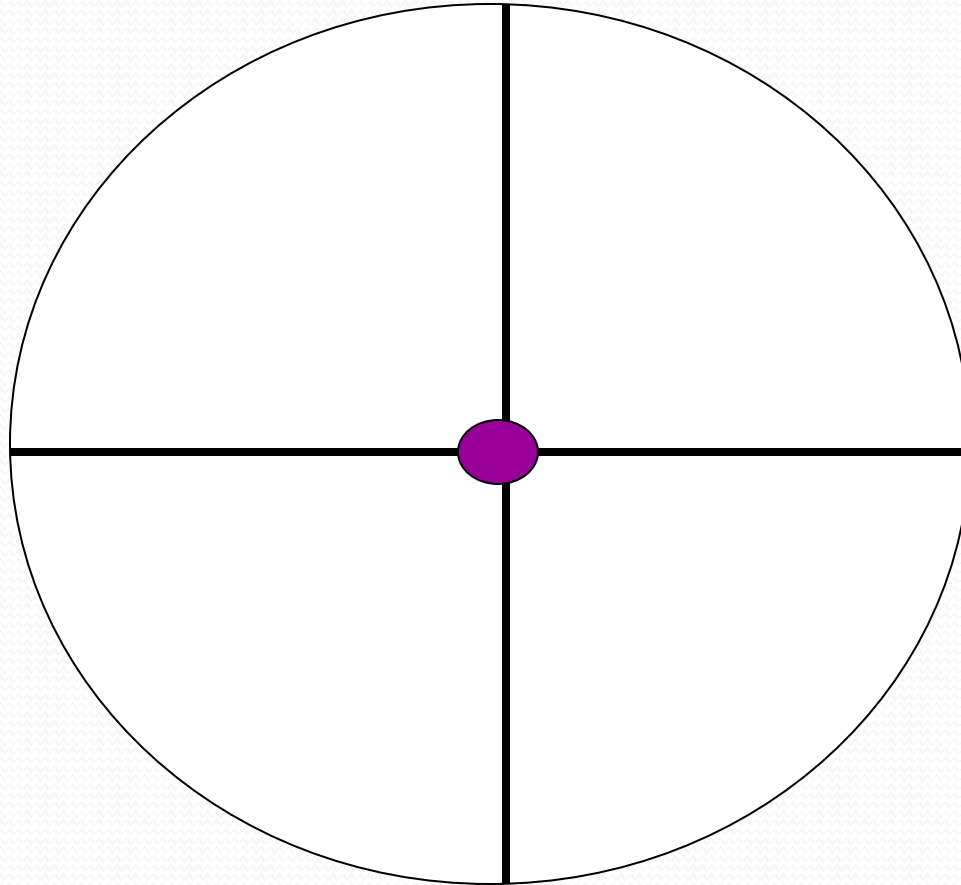
Finding yourself

Mind  
(Ideas)

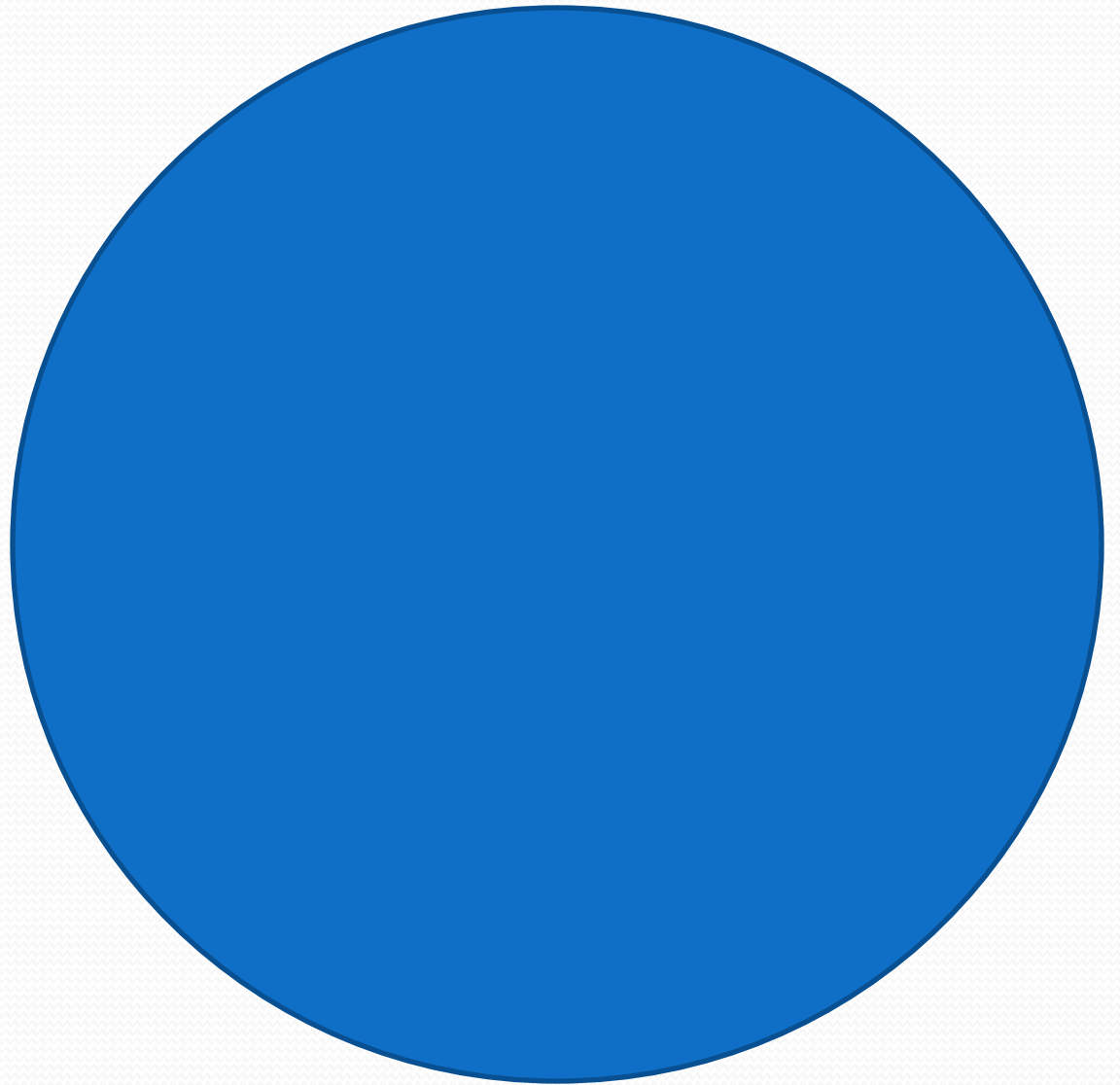
Spirit  
(Intuition)

Physical  
Body  
(Sensations)

Soul  
(Emotions)



This circle represents  
Your World. Draw or  
write in Your World what  
activities You have to do  
to survive. What  
activities and efforts did it  
take for you to be here  
today?

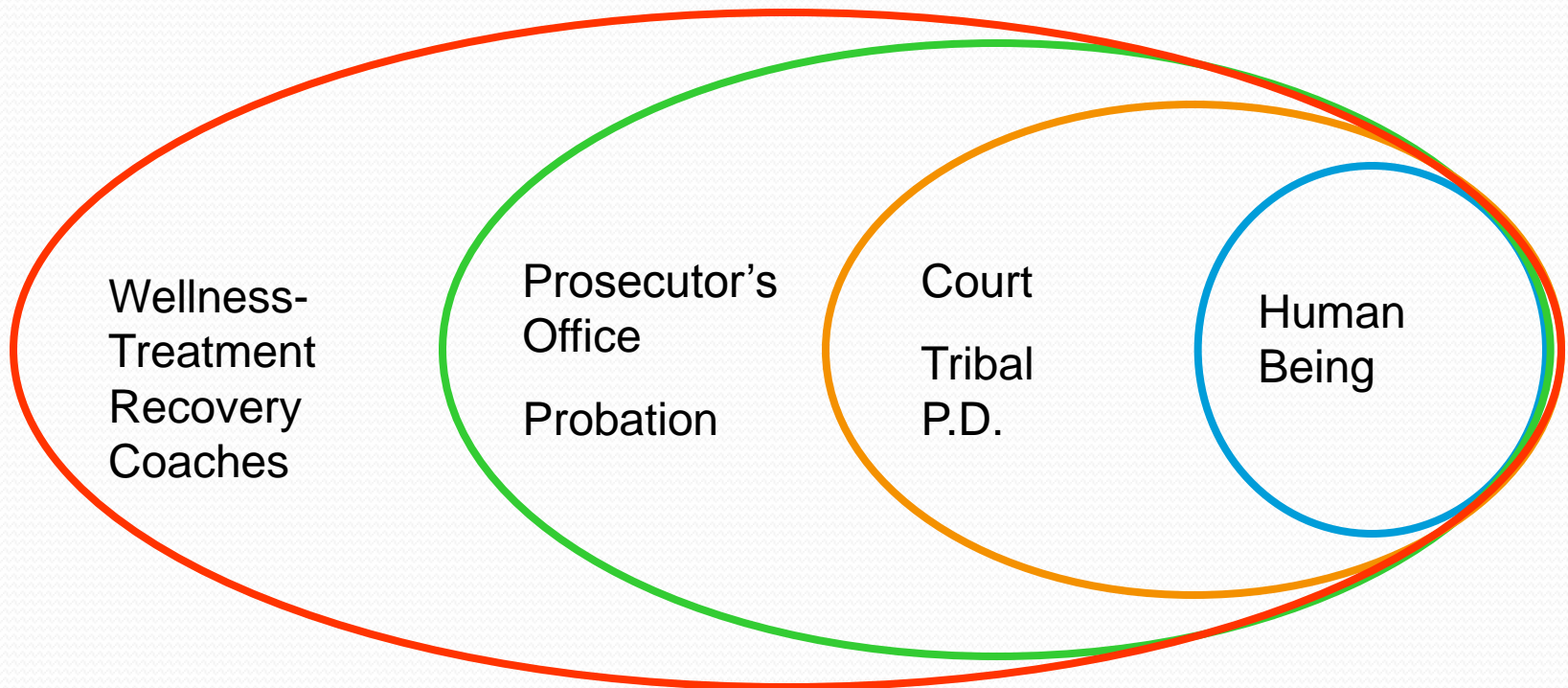


Human being to recovery/wellness or recovery/wellness to human being?

- If we wish to see human beings become successful, should we, i.e. recovery/wellness not be like the Willow?
- Let us look at wrapping recovery/wellness around where the human being is coming from rather than making the human being wrap around recovery/wellness.



# Wrapping the Human Being



# Connectedness/Common Thread

- The connectedness/common thread among diverse traditions is that life is a journey, and the goal is the discovery of one's true nature, a transformation of one's view of the World, and enhanced wisdom, and an authentic, loving connection to all of life and to the Creator of an individuals understanding.

# Healing

- Healing happens when a human being is able to shift behaviors that are destructive in nature to life.
- In order to heal, this shift needs to take place and the work is huge and more often than naught hard. That's why human beings don't voluntarily and even if mandated, go to where change shifts.



**“Rejoice in the fullness of your aliveness. Seek to make your life long and full of service to your people.”**

# WHAT CAN YOU DO?

- **LET NO ONE EVER  
COME TO YOU  
WITHOUT LEAVING  
BETTER AND HAPPIER!**



“May the stars carry your sadness away,  
May the flowers fill your heart with beauty,  
May hope forever wipe away your tears,  
And, above all, may silence make you strong.”

Chief Dan George

**Thank You all for your attendance  
and Support.  
Have a Wonderful Day.**



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