

INCORPORATING CULTURE AND COMMUNITY IN WELLNESS RECOVERY: A PENOBSCOT PERSPECTIVE

ERIC MEHNERT, CHIEF JUDGE

RHONDA DECONTIE, CLERK OF COURTS



WHAT WE HOPE TO SHARE

- Creative ways to incorporate culture into wellness recovery
- Our experiences with our changes
- The importance of participants reconnecting with their culture and community



THE PENOBSCOT NATION IS LOCATED ON INDIAN ISLAND IN THE PENOBSCOT RIVER NORTH OF BANGOR, MAINE

- The Tribal Census of 2015 is 2406 members. Indian Island includes a population of 580 which includes:
- 76% Penobscot Members
- 6% Other Indian Residents
- 17% Non-Indian Residents
- 1% Non-Enrolled Penobscots



SEATING & PARTICIPANT INVOLVEMENT IN COURT REVIEWS

Allows them to give positive feed back and have their voice be heard. It can be very powerful and moving!

BEFORE



AFTER





CULTURAL HISTORIC PRESERVATION

Having a team member from this department allows us to incorporate language, more ceremonies and traditional arts.



RENAMING THE PHASES TO MEDICINES

BEFORE

- Phase I- New Beginnings
- Phase II-Personal Responsibility
- Phase III-
Cooperation/Accountability/Integrity
- Phase IV-Completion/Continuing
growth and wellness

AFTER

- ***Tobacco***-often considered the medicine of the East, the direction of new beginnings. *Tobacco always comes first.*
- ***Cedar***-often considered the medicine of the South, often considered a medicine that protects and purifies.
- ***Sage***- often considered the medicine of the West, its smoke is used to release whatever is troubling the mind, removes negative energy, prepares us for ceremonies and teachings
- ***Sweetgrass***- often considered the medicine of the North, which is also the direction associated with Elders and Wisdom.



CULTURE AND COMMUNITY ENGAGEMENTS

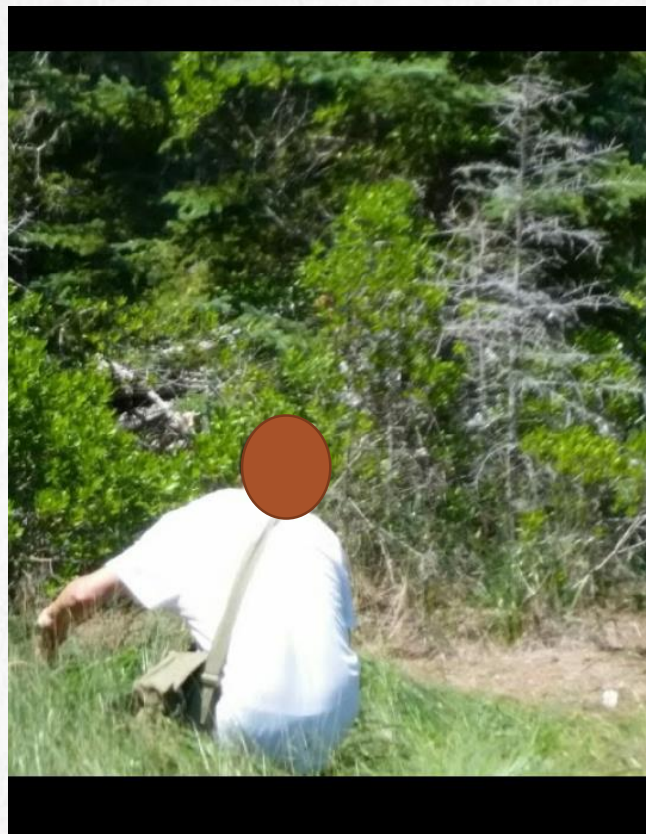
ACTIVITIES THAT RECONNECT THE PARTICIPANT



COOKING CLASS WITH THE NUTRITIONIST

Members of the team along with 3 participants were able to learn about the food groups and their benefits, what meals should look like, and prepared a meal together.





GATHERING SWEETGRASS

Participants learned how to locate sweet grass, how to clean it and its cultural purpose.





BASKETRY WORKSHOP

Participants were able to learn about the ash tree, work with sweetgrass and weaved an ash/cedar bark basket with Penobscot basket maker Theresa Secord.



HMMM....
boost my
energy
level!!



AROMATHERAPY & TEA TIME

Participants were able to learn about how your sense of smell can help reduce anxiety, ease depression, boost energy levels, calm you and improve rest.



My mom says YOU
should know ALL
the answers!



COMMUNITY OUTREACH

This year we had a booth at our annual Community Days Celebration. We were able to engage the community in some true/false trivia and of course we had a raffle.



Healing for healthier families, a safer community and a stronger Nation



Woliwoni/Thank you
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