



Warrior Down

A Relapse Prevention and Recovery Support Program for Native Americans



Purpose: Provide a relapse prevention and recovery support program for Native Americans who are completing treatment, returning to the community from incarceration, or who have been working on their recovery journey using traditional method or 12 Step methods and who wish to provide support to others experiencing the same issues.

What is Warrior Down?

Warrior Down is the cry used to signify that a warrior has been wounded or incapacitated in some way and needs help. The Warrior Down program creates the response team that provides the support and finds the resources to get that warrior back into their recovery process. This is a peer to peer program that is designed to equip Native Americans in recovery to provide recovery support and community referrals for others in recovery.

Why is Warrior Down Important?

Recovery is not just staying sober. It is a way of experiencing life through new eyes, new thoughts, and a new spirit. Re-establishing one's life following treatment for alcohol or substance abuse, or following incarceration requires a community effort. Without the support of a knowledgeable family and community, many who try return to healthy, productive lives find themselves frustrated by the need for job, training, education, housing, transportation, mental health care or medical support, social services, spiritual and cultural support or connections with others who value sobriety and healthy life ways.

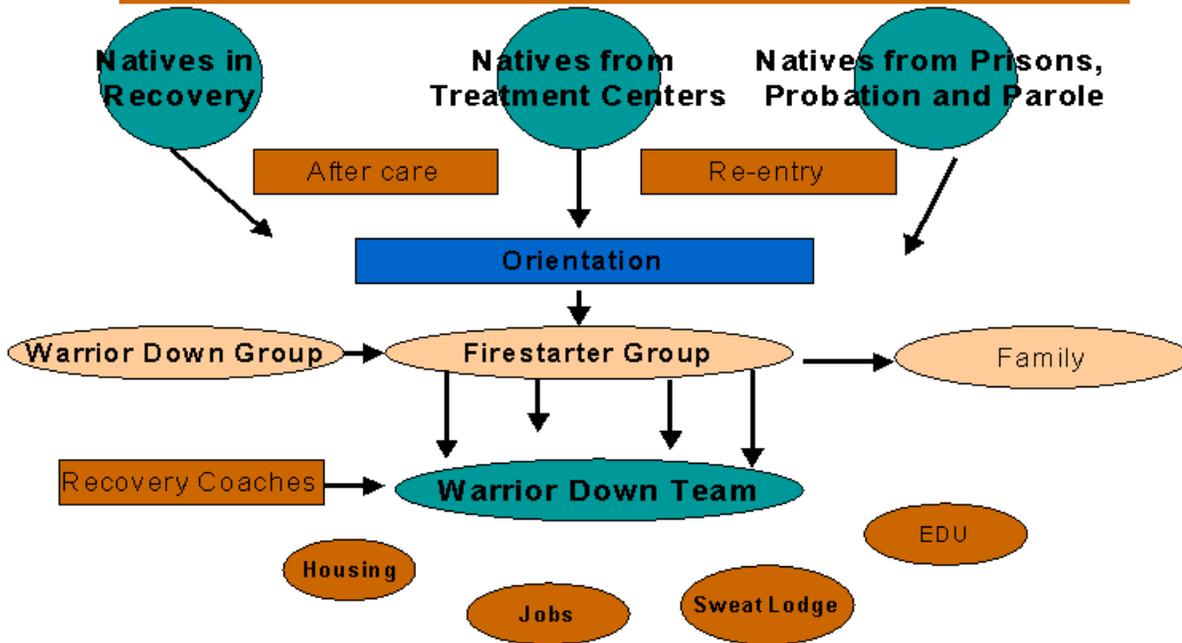
Cultural and Spiritual Support for Recovery and Re-Entry

For many Native American people the path to healing is found through traditional cultural and spiritual practices. Healing processes might include talking circles, healing circles and traditional ceremonies. Ceremonial activities have a distinctly spiritual focus, and the incorporation of intergenerational activities that include both elders and children in the healing process are essential for the well-being of men and women in Native communities. The teachings of the Elders and the Clan Mothers provide wisdom and guidance. The spiritual practices provide pathways to meaning and purpose in life, and the cultural activities create a social and emotional foundation for reconnecting and reestablishing a sense of belonging and identity. In addition, for those who have come to understand and who have learned to live a joyfilled life of recovery have a strong desire to share what they have learned and provide support for those who continue to struggle. Culturally appropriate aftercare and re-entry programs provide opportunities for Native Americans to reconnect to their communities and to create a healthy life that reflects a balance emotionally, mentally, physically, and spiritually. We call this a life of Wellbriety. The Warrior Down program is one of the resources that can be used to assist those reentering the community from treatment or incarceration to achieve Wellbriety.





Warrior Down



Who Participates in Warrior Down?

The Warrior Down Program is designed to assist Native Americans already in recovery, those re-entering the community after treatment for alcohol or substance abuse, mental disorders or after incarceration. The Warrior Down program reaches out to those community service, social and family service and law enforcement agencies who provide service to support Native Americans who are re-connecting with family and community after treatment or incarceration. Half way houses, work release centers, and other community after-care organizations are also included in the outreach. It is important to let Native Americans in recovery know that there is a culturally responsive recovery support system available for them in their community.

How Does Warrior Down Work?

Orientations for new participants occur on a regular basis. At the orientation the individual will learn about the variety of services and support available to help with their recovery journey and re-entry process. Some of these include: the Four Laws of Change; cultural and spiritual practices used to help prevent relapse including talking circles and participation in sweat lodge experiences; educational experiences that promote personal growth, decision making, healing family and interpersonal relationships, and learning to apply Native American teachings and principles to personal recovery efforts. Participants will also learn about the referral resources and the role of the recovery coaches and the Warrior Down Team. Once the Orientation is complete the members of the Warrior Down Group are scheduled to participate in the Firestarter Training.

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.



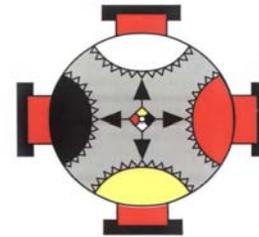
What is the Firestarter Training?



The Firestarter Training is designed to teach individuals how to facilitate a cultural approach to recovery, as peers, using the Medicine Wheel and 12 Step curriculum. In addition, participants learn how to provide referral and support services as Recovery Coaches. 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.

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.

**Steps 10-11-12
Finding the
Wisdom of the Elders**



**Steps 7-8-9
Finding Your
Relationship
with others**

**Steps 1-2-3
Finding the
Creator**

**Steps 4-5-6
Finding Yourself**



**Wellbriety Drum Provides
Spiritual and Cultural Support**



**Peer Led Training -
Those who "have been there"
share their experiences**



**Talking Circles Provide
Spiritual and Emotional Support**



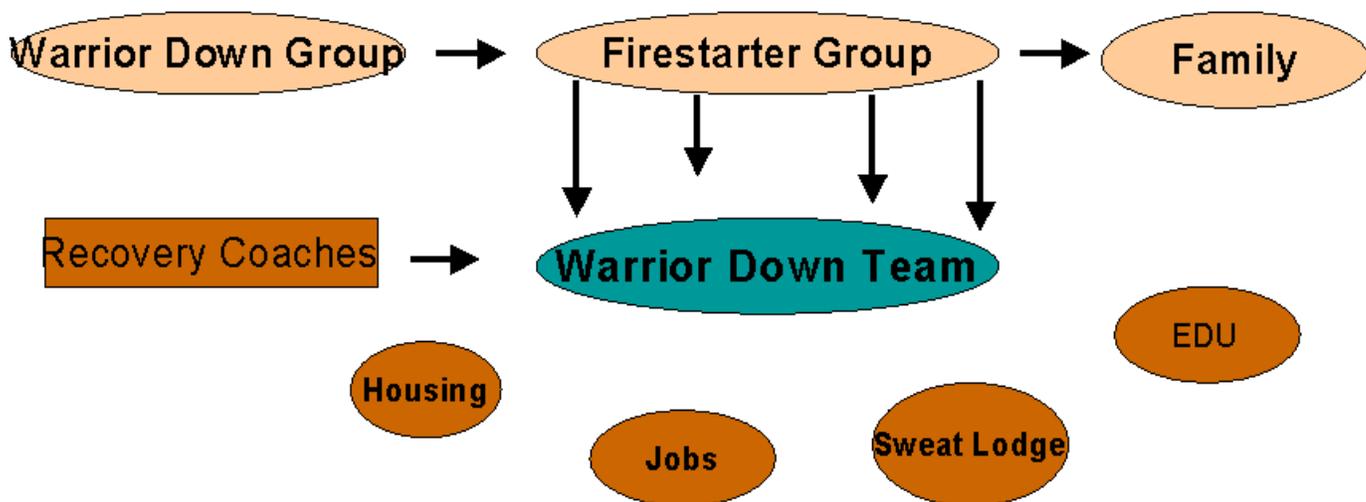
**Sweatlodge experiences
foster cultural and spiritual healing**



Other Educational Opportunities for Warrior Down Participants and Family Members

Those who complete the Firestarter Training also have the opportunity to participate in other learning circles that explore personal growth (Natural Path to Growth), family healing (Families of Tradition), or Adult Children of Alcoholics (recovering from the effects of being a child of alcoholic parents). Each of these programs is designed to provide the individual with the skills to also facilitate the process with others, including family members.

Family members of the Warrior Down group are welcome to participate in educational programs as well. Of particular value are those trainings that assist people in re-connecting with family following treatment or incarceration. These include the Medicine Wheel and 12 Step for Friends and Family (Al-Anon) and the Native American Children of Alcoholics Program, designed to help youth who have parents with alcohol and substance abuse issues. The Families of Tradition program is also helpful for healing family relationships and for re-establishing healthy and effective parental roles.



Warrior Down Team

Those who complete the Firestarter Training are invited to participate in the Warrior Down Team. These individuals receive additional training on how to provide recovery support and referral services as Recovery Coaches. They serve as a “ready response” to provide support for the individual who is “slipping” or who has relapsed, or who is in danger of relapsing.

Members of the Warrior Down Team learn to work with local community resource and service providers such as those who help with employment, housing, transportation, family services, mental health, medical care, education and training and spiritual support. These individuals make a commitment to “surround” the person in recovery with a continuum of care so that they can stay on or return to the recovery journey. The most important aspect of the Warrior Down Team role is to ensure that each person knows that they are not alone in their recovery and re-entry journey. The Warrior Down Team assists the individual in finding mentors, spiritual and cultural support and guidance, family services support, community and social services support and other resources to help them become self-sustaining and productive members of the community.

To Find Out More: Contact White Bison, Inc. 719-548-1000 or visit the website at www.whitebison.org

