



Warrior Down: Veterans in Recovery

Recovery Support for Native American Veterans

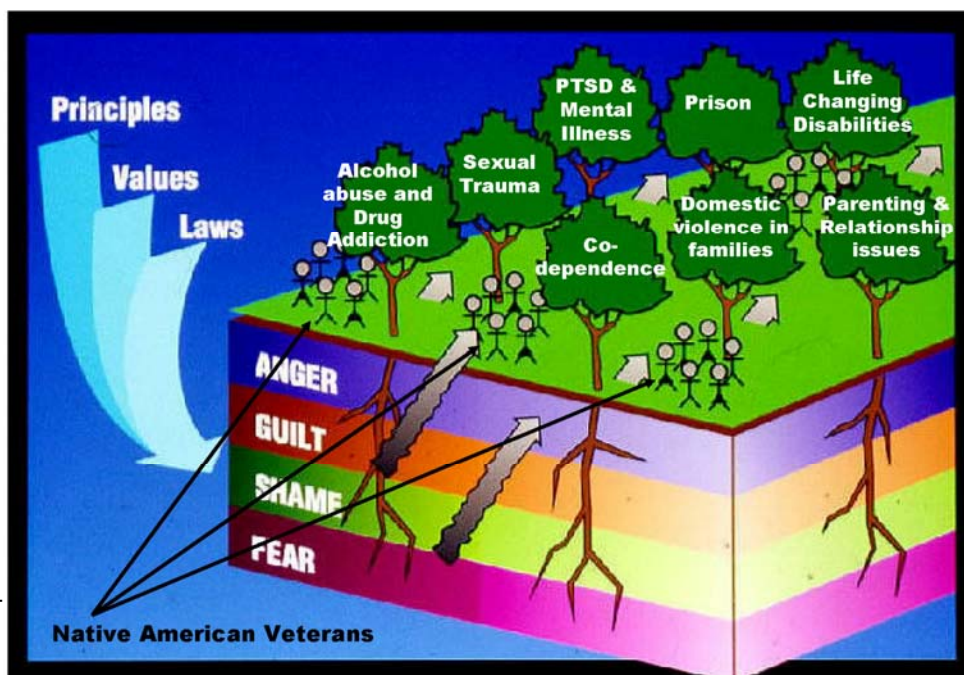


Native American Veterans in Recovery

Native American Veterans have a proud history of service in the armed forces. The long deployments in the Mid East during the current campaigns in Afghanistan and Iraq have resulted in extended tours of duty, rising suicide rates, significant stress on family members, challenges in readjustment, post traumatic stress disorders, and, for some, sexual trauma. All of these issues are compounded for Native American veterans who already deal with cultural identity issues, historical and intergenerational trauma. Alcohol, drug abuse and co-occurring mental distress are among the many challenges that Native American veterans must overcome to reclaim healthy and productive lives for themselves and their families. The environment in which we live can be represented by a forest. If that forest is nourished by unhealthy feelings, then the individual trees in that forest (human beings) will express those unhealthy feelings in self-destructive behaviors. The Warrior Down program is designed to assist veterans and their families in reclaiming healthy lives, by replacing unhealthy feelings with healthy values and feelings based upon Native American cultural and spiritual traditions.

The purpose of the Warrior Down Veterans in Recovery

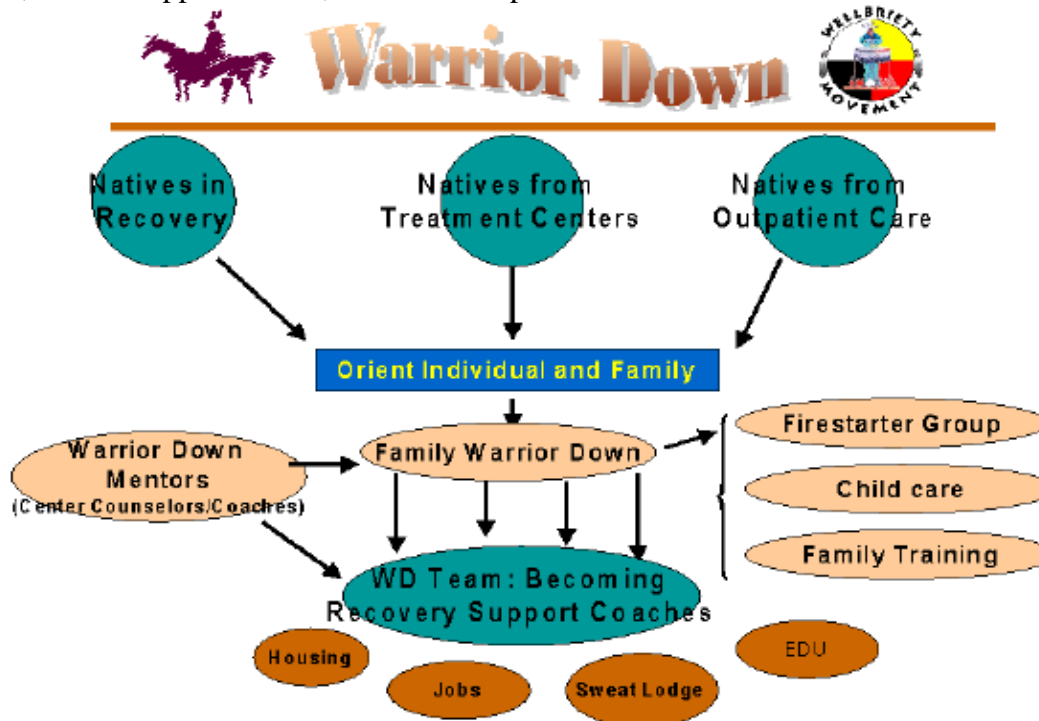
program is to provide intensive relapse prevention support, cultural healing, ongoing recovery support, and family and community reintegration support. Participants engage in a 16 week Medicine Wheel and 12 Step program that provides support and education for maintaining a lifestyle of Wellbriety. Wellbriety is a life way that is characterized by sobriety and a healthy balance emotionally, mentally, physically, and spiritually.



Native American cultural and spiritual traditions and teachings form the basis of all the programs and activities in the Warrior Down program. One of the unique features of this program is that it is “peer” operated. Everyone who serves in the Warrior Down program for veterans is a veteran. Veterans facilitate the trainings, the talking circles, and they also provide recovery support services as coaches. Each participant is invited to share his or her experience and willingness as a recovery support coach to help others.



The Warrior Down Veterans in Recovery program serves Native American men and women and their immediate family members (significant other and/or their children). This program provides Native American veterans with training, support and resources as they work through the recovery process. It will also improve their employment/economic stability, housing situation, access to social support, physical and mental health, and parenting skills. It is designed to be implemented in conjunction with a Veterans treatment program or a family services program in the community. A local Warrior Down Wellness Center is set up to house educational program, mutual support circles, cultural and spiritual activities.



The Warrior Down Veterans in Recovery program is designed to assist individuals and family members once the person is ready to leave the treatment environment. This model illustrates that the participants in this program can come from those who are currently in recovery, those that are just coming out of treatment and those who are in outpatient care. The process goes like this:

1. Upon arriving at the Warrior Down Wellness Center, individuals will participate in an assessment process to determine their specific needs as well as those of their family members.
2. Individuals and their family members will be enrolled in the Warrior Down: Veterans in Recovery program.
3. Warrior Down Recovery Coaches will inform them of the resources that are available to them. (i.e. Medicine Wheel and 12 Step - Firestarter training, Warrior Down Orientation, Families of Tradition, Fathers of Tradition, Talking Circles, Cultural healing, Spiritual guides, and referral resources).
4. A Recovery Support Coach will be assigned to help each person create a circle of support that fits his or her needs as well as those of the family.
5. Individuals in the Warrior Down Veterans in Recovery who participate will be encouraged to become Recovery Support Coaches, providing peer support and referral services for participants.



BRING THIS PROGRAM TO YOUR COMMUNITY!



An American Indian Non-Profit Corporation
 701 N. 20th Street Colorado Springs, CO 80904
 (719)548-1000(v) (719)548-9407(f) www.whitebison.org info@whitebison.org

