



National American Indian & Alaska Native

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

AMERICAN INDIAN & ALASKA NATIVE BEHAVIORAL HEALTH WEBINAR SERIES

Recovery Month: The Medicine Wheel as a Way of Life

AUG
29*Sean A. Bear I, BA, CADC, Meskwaki Tribal Nation*

Behavioral Health is Essential to Health | Prevention Works | Treatment is Effective | People Recover

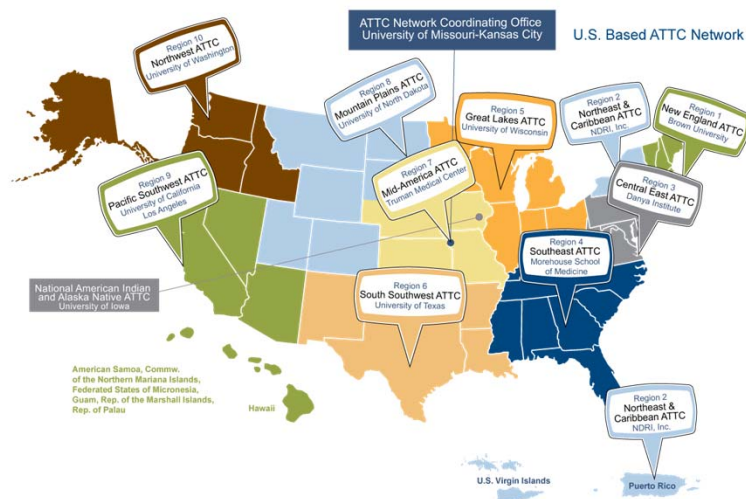


National American Indian & Alaska Native

ATTC Addition Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration


American Indian & Alaska Native Behavioral Health webinar series

This webinar is provided by the National American Indian & Alaska Native ATTC, a program funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Center for Substance Abuse Treatment (CSAT).



For more information on the ATTC Network, visit: attcnetwork.org
To find your regional center, visit: attcnetwork.org/findregcenter.asp

For more information on the National American Indian & Alaska Native ATTC, visit: attcnetwork.org/native or email native@attcnetwork.org



Name	Size
Handout Bereavement and Grief Jan 2014.pdf	2 MB
CCH Request Form.pdf	154 KB

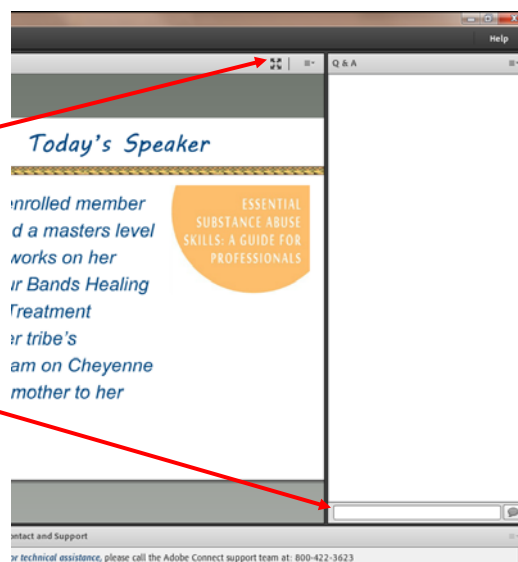
Upload File(s) Download File(s)



Adobe Connect Overview

Participation instructions:

- To alternate between full screen mode, please click on the full screen button on the top right of the presentation pod. (It looks like 4 arrows pointing out)
- To ask questions or share comments, please type them into the chat pod and hit "Enter."



Today's Speakers

AMERICAN INDIAN
 & ALASKA NATIVE
 BEHAVIORAL HEALTH
 WEBINAR SERIES

Sean A. Bear I, BA, CADIC, earned his B.A. from Buena Vista University in 2002, majoring in psychology/human services. He also studied mental health counseling at Drake University for 2 years. He has not graduated as of yet, but stills intend to graduate with his Master's degree. He is a member of the Meskwaki Tribe, in Tama, Iowa, and has worked with Native Americans with Substance Use issues for many years. He is an Army Veteran of 9 years, honorary discharged from the 82nd Airborne. His passion is to assist people in overcoming their substance use issues as well as other issues, and to return to the spiritual ways of their ancestors. It is his hope that one day, people of all nations will co-exist and live in peace and harmony, not just with each other, but within themselves, as well as to come to the realization of what our ancestor of long ago already knew, "that we are all brothers and sisters under one Creator."



National American Indian & Alaska Native

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

AMERICAN INDIAN
& ALASKA NATIVE
BEHAVIORAL HEALTH
WEBINAR SERIES

The Medicine Wheel as a Way of Life

AUG
29

Sean A. Bear I, BA, CADC, Meskwaki Tribal Nation

Behavioral Health is Essential to Health | Prevention Works | Treatment is Effective | People Recover

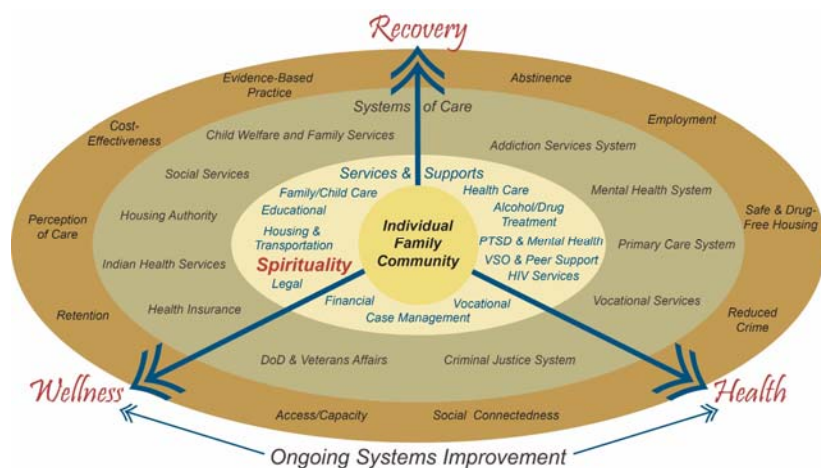


National American Indian & Alaska Native

ATTC
Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

It Takes a Village

- Recovery-oriented care
- Continuum of care
- Recovery schools
- Community engagement



Objectives

- *Insight into traditional Native American culture and belief of the Medicine Wheel*
- *Knowledge of how cultural understanding of American Indian Beliefs of Life*

- Long ago, our peoples' lives were based around spirituality, beliefs, and practices, every day of lives. Today many people base their beliefs around their lives.
- The heart of our teachings, practices, tradition, culture, knowledge, and teachings, were based upon spirituality, as we first began as spirit first.
- Many of our beliefs of spirituality is basically the same, even to cultures beyond the Americas, to that of other Indigenous peoples from around the world.

Spirituality

- Spirituality. To many Natives, the word, ‘spirituality’ is not utilized as much to one another as we speak of the worlds of the spirits, as many of us are taught that the world of man and the worlds of the physical and the world of spirits, which are just a veil apart.
- More of those that come from the other side. “the Unseen,” by most, but also relate to spirit helpers, spirits of/within nature: trees, stones, animals, weather, reptiles, you and I, and so forth.
- Includes ancestors, but also Grandmothers and Grandfathers of the Four directions, ...

Four Directions

- *West- Black*
- *North- White*
- *East- Yellow*
- *South- Red*

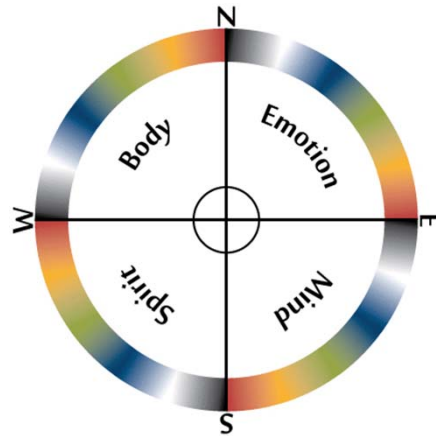
- *Sky- Blue*
- *Ground- Green*

- *Center- Where we are*



National American Indian & Alaska Native
ATTC Addiction Technology Transfer Center Network
 Funded by Substance Abuse and Mental Health Services Administration

4/7 Directions-Medicine Wheel:



National American Indian & Alaska Native
ATTC Addiction Technology Transfer Center Network
 Funded by Substance Abuse and Mental Health Services Administration

The Red Road



The innate cultural/spiritual resources of an indigenous (Native American) peoples. Cultural and spiritual information are a normal part of Life. Path around medicine wheel.



National American Indian & Alaska Native
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Medicine Wheel: As a way of Life

A man's life is a circle from childhood to childhood, and thus it is in everything where the power moves.

When you were born, you cried and the world rejoiced. Live your life in a manner so that when you die, the world cries and you rejoice.

The medicine wheel - the sacred hoop!



National American Indian & Alaska Native
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Difficulties in Life





National American Indian & Alaska Native
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The road

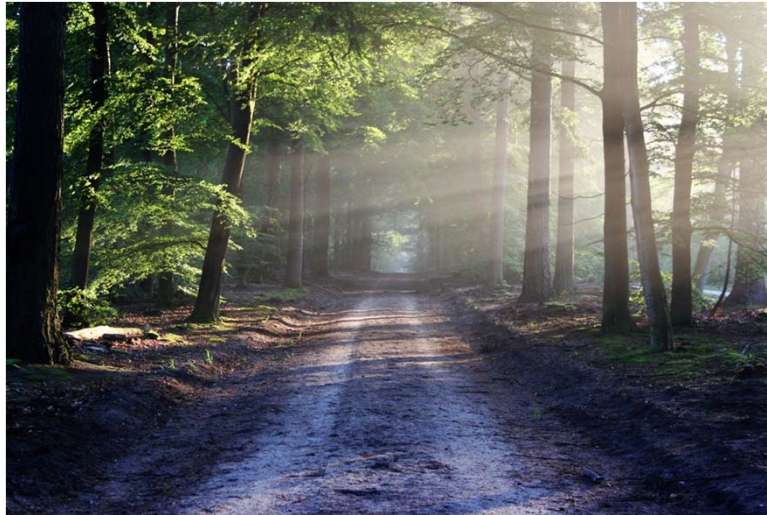


National American Indian & Alaska Native
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The Climb of a Mountain



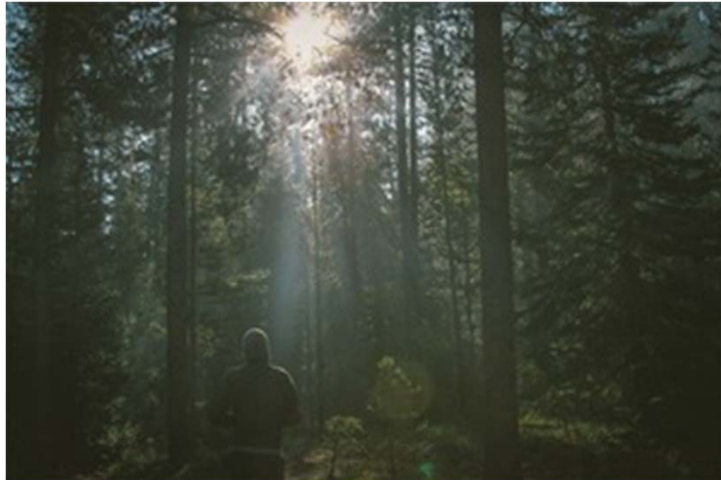
Not all paths are the same



Life's Path

- *Our Road in life seems to begin much the Same, yet no two are identical.*
- *In time, we meet an intersection and have to decide a path.*
- *Easy, Hard?*
- *Leader, Follower?*
- *Well used and worn- Less traveled?*
- *Another for certain people- The Bridge*

Old, Seldom used



Far less Traveled

- *Path of Medicine Peoples*
 - *Past, Present, Future*
- Wisdom*



Medicine Wheel: Use for Providers and Patients

Medicine wheel teachings-

- *Enable one to connect with their spiritual gifts/powers.*
- *Represent natural and personal powers in complete balance.*
- *Shows everything is interconnected and part of the One.*
- *A circle of knowledge that gives one guidance/power in one's life.*
- *Guide and way of Life to help us along on our journey.*
- *Constitutes a path of self-realization into the challenges of life.*
- *Awareness of the individual and higher self.*
- *Assist in self-care!*



Traditional Healing practices

- *Medicine vs. Spirituality*
- *Ways of Life*
- *Creation is essential*
- *"Gifts" are Earned or given for a reason.*
- *You do not pick your medicines.*
- *Teachings are essential to understanding how creation works*
- *Teachings are essential to the healing, spiritual, medicine ways*
- *Connection to the Creator through these medicines/spirits is essential to healing.*
- *All of Creation has a spirit, which is dependent upon the rest, so too is the spiritual world and the physical*

Self Care



*An elder once said to me
about self care...*

*"Pray for yourself first,
after that pray for others."*

A story of self-care

The New Day

