



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

# Recovery Month: The Medicine Wheel as a Way of Life

AUG  
29

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

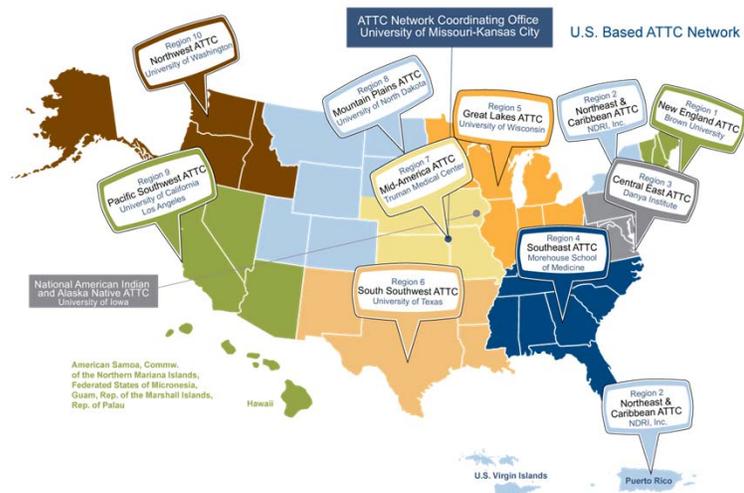
Behavioral Health is Essential to Health | Prevention Works | Treatment is Effective | People Recover



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## 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](http://attcnetwork.org)  
To find your regional center, visit: [attcnetwork.org/findregcenter.asp](http://attcnetwork.org/findregcenter.asp)

For more information on the National American Indian & Alaska Native ATTC, visit: [attcnetwork.org/native](http://attcnetwork.org/native) or email [native@attcnetwork.org](mailto:native@attcnetwork.org)



## Webinar Follow-Up

### Continuing Education Hours (CEU)

**CEUs are available upon request for \$15 per session.**

- This session has been approved for 1.5 CEU's by:
  - NAADAC: The National American Indian & Alaska Native ATTC is a NAADAC (The Association for Addiction Professionals) certified educational provider, and this webinar has been pre-approved for 1.5 CEU.
- To obtain CEUs for this session, submit a **CEU Request Form** and payment to the National AI & AN ATTC. A request form is available for download in the "Files" pod in the webinar screen. If you choose to download a file, a new tab will be opened in your browser, and you will have to click on the webinar window to return to view the webinar.
- Participants are responsible for submitting state specific requests under the guidelines of their individual state.

#### **Presentation handouts:**

- A handout of this slideshow presentation is also available by download.

If you are unable to download the documents from the webinar,  
 please contact Kate Thrams at [kate-thrams@uiowa.edu](mailto:kate-thrams@uiowa.edu)

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

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## Webinar Follow-Up

### Evaluation: SAMHSA's GPRA

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).

Participation in our evaluation lets SAMHSA know:

- How many people attended our webinar
- How satisfied you are with our webinar
- How useful our webinars are to you

Immediately following this webinar, you will be redirected to a **customer satisfaction survey**. Please take a few minutes to give us your feedback on this webinar. . You can skip any questions that you do not want to answer, and your participation in this survey is voluntary. Through the use of a coding system, your responses will be kept confidential and it will not be possible to link your responses to you.

**We appreciate your response and look forward to hearing from you.**





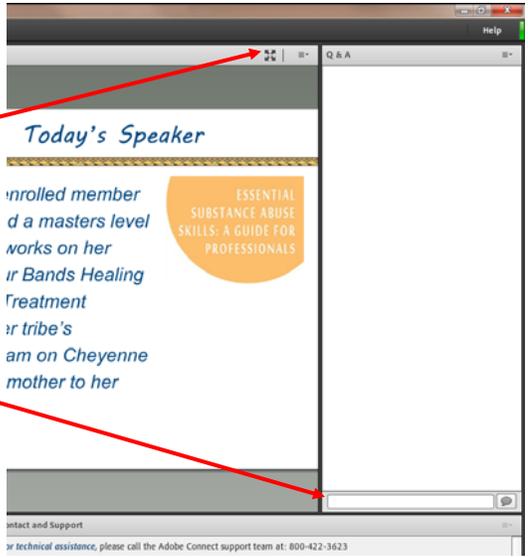
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## Adobe Connect Overview

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## Today's Speakers

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**Sean A. Bear I, BA, CADC**, 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."



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# The Medicine Wheel as a Way of Life

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

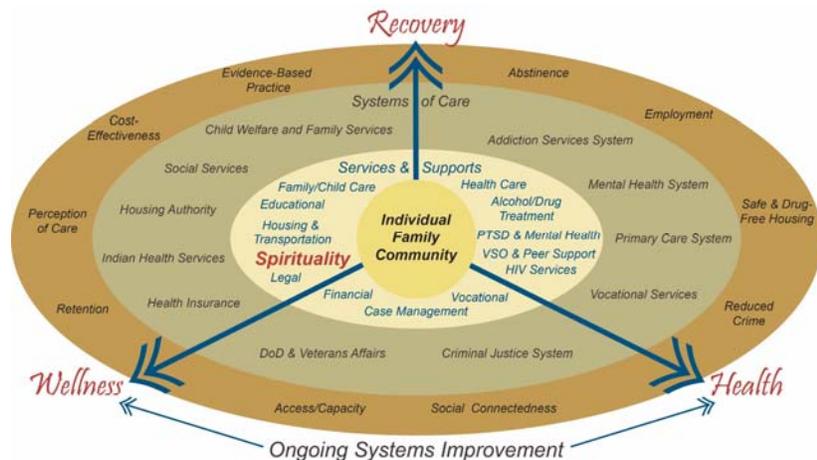
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## It Takes a Village

- *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, ...

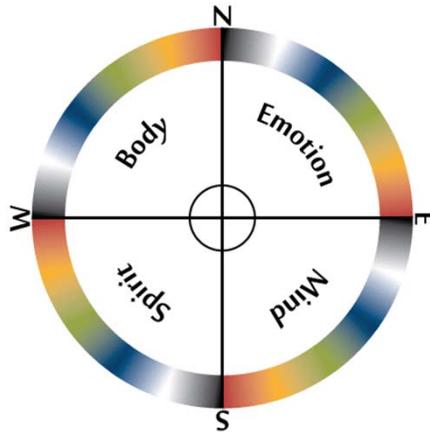
## *Four Directions*

- *West- Black*
- *North- White*
- *East- Yellow*
- *South- Red*
  
- *Sky- Blue*
- *Ground- Green*
  
- *Center- Where we are*



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## 4/7 Directions-Medicine Wheel:



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## 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.*



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## *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!*



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## *Difficulties in Life*



## *The road*



## *The Climb of a Mountain*





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*Not all paths are the same*



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*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*



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*Old, Seldom used*



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*Far less Traveled*

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



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## *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!*



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## *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

