



National American Indian & Alaska Native

**ATTC**

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



**Native Center for  
Behavioral Health**

**IOWA**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Using Horses to Heal Native Americans with Substance Use Disorders. (part 1)

Speaker:

Wohpapi, Douglas Widow Jr., AA/AA, PADCC  
Cheyenne River Sioux

April 20, 2022

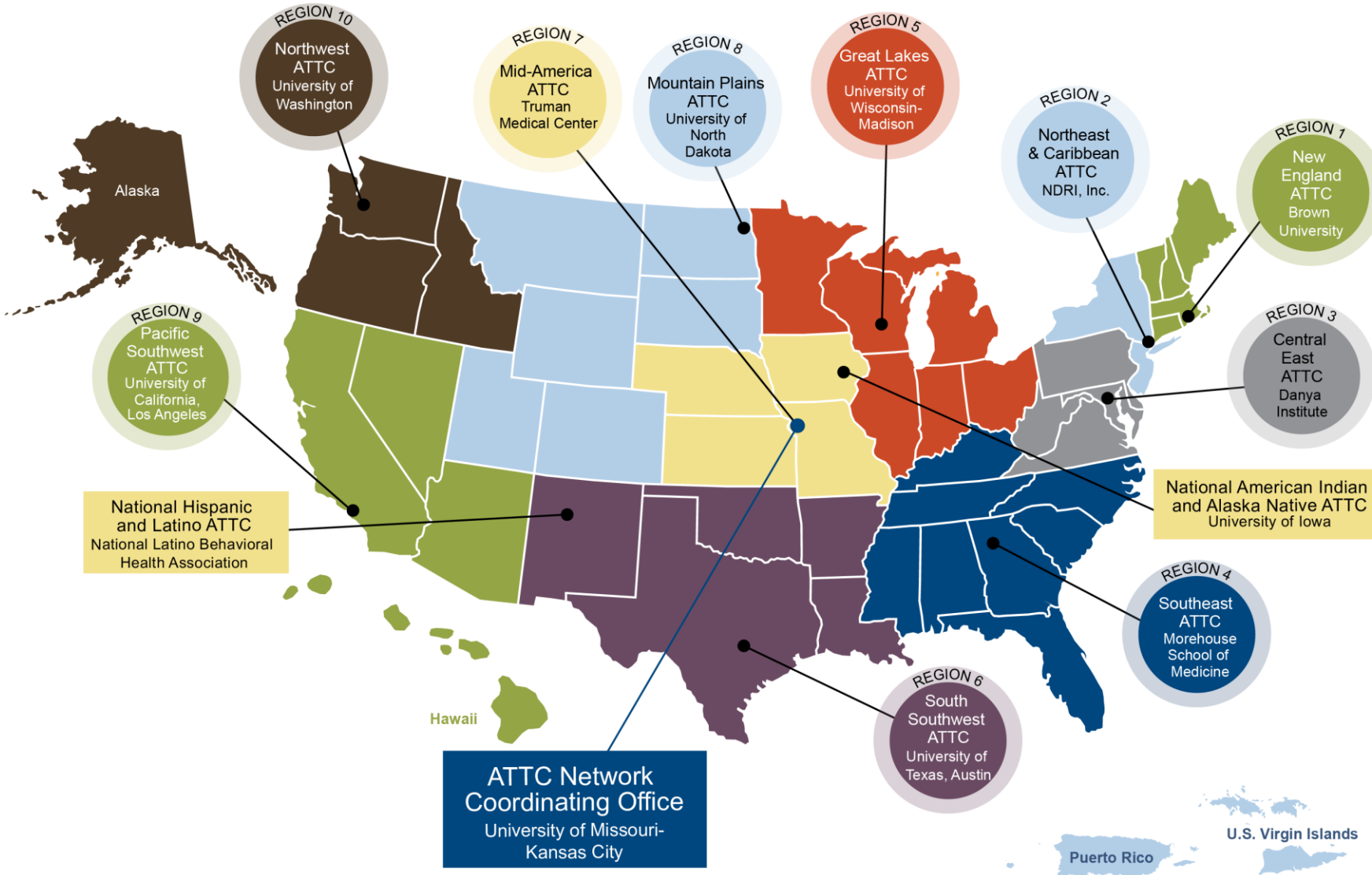


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## U.S.-based ATTC Network

# American Indian & Alaska Native Addiction Technology Transfer Center



# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

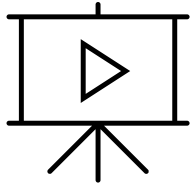
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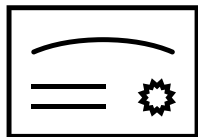


# Follow-up

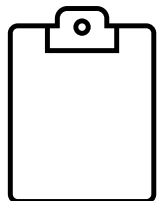
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)



# Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken over and inhabited.

Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Native American territories, and we respect the many diverse indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations  
Ttakimaweakwe, Keely Driscoll, Meskwaki and Winnebago Nations  
Ki-o-kuk, Sean A. Bear, 1<sup>st</sup>. Meskwaki Nation





# Today's Speaker

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My Lakota name is Wohpapi, my name is Douglas Widow Jr. I am from the Cheyenne River Sioux tribe. My family come from the Hollow Horn, Kills alive- Lone Eagle, Yellow Shield. In amongst, Builds fire, and Brown Thunder. I have been working with horses since I was a young man. I have 5 children. I am married. I currently work in Santee Sioux Nation as a I.O.P Counselor. I use horses as healers. My first language is Lakota. I have been sober for 33 years.

I have two A.A. degrees. One in alcohol and drugs and other in Pastoral studies. However, I am an expert in the Language and culture. It is better for me to have wisdom “Wooksape “than knowledge.



# Sunka Wakan Oyate Horse Nation

DOUGLAS WIDOW

TRADITIONAL HEALING PRACTICES


TRADITIONAL HORSE THERAPY





# Wochekiye na Chaze Oiglaka

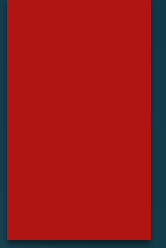
Prayer and intro



The purpose of the Tiospaye concept brings back an old message in our DNA for a happy life that emphasizes the true need for family.

Understanding one's self worth and value, can bring change to a family and draw them closer together.

Cultural approaches promote communication, self-discovery, new ideas about wellness and integrate problem solving within individuals, families and communities.





# Sunkawakhan Horses



# Brief history of horses

- ▶ Horses had always been here. They were small with paws.
- ▶ The return of the horses, they told us that when they will be bigger, faster and stronger.
- ▶ Nakota horses
- ▶ Sitting Bulls horses: they stole them and sold them. They experienced trauma.

# Sunka Wankan

Sunka Wakan have been beside us for years. They know things about us that we don't know about, are we humble enough to learn.

# The Sides of a Horse

A horse has five sides which are the five phases of life.

- Right shoulder represents infant
- Right hind represents adolescents
- Tail is the right of passage
- Left hind represents the adult
- Left shoulder represents the elder







Sunka wankan teach the message of the mirror concept, Circular vs. Linear thinking . We need both. Learn about responding vs. reacting. Horses teaches us how to take care of ourselves. After they help someone, they would roll, and stand and shake themselves off.

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# Thank you.

For information, please contact:

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