

## **The Indigenous Wellbriety Program**

The Southwest Colorado region has been predominantly occupied historically by Native American communities. In light of conversations between community resource agencies, behavioral health staff and Native Americans populations that have been struggling with substance abuse addiction and/or opioid addictions, the need for an alternative treatment modality has been brought to attention. In these discussions, the need for a peer recovery support program with an indigenous perspective, combined with recovery for substance abuse addiction treatment can meet the needs for Native American communities in southwest Colorado.

### **Mission:**

The Indigenous Wellbriety program provides a space for those in substance abuse recovery or seeking recovery, with compassion, cultural identity, and utilizing the Wellbriety model by White Bison.

### **Vision:**

A community of inclusivity, immersed in cultural awareness and respect for diversity for people in recovery from substance use and/or addiction.

### **Program Goals:**

1. Strengthen cultural perspectives within the peer recovery community.
2. Deepen community relationships between organizations, Indigenous families and individuals.
3. Promote and connect Indigenous families and individuals to honor our elders and their Native American cultural traditions.
4. Provide a space where culture can be remembered, taught and celebrated using the Wellbriety model.
5. Empower self-efficacy through access to community programs and resources.
6. Provide cultural awareness, humility and competence throughout the community through cultural trainings and events.

### **Program Objectives:**

1. Establish a sustainable program for culture, community and organization by outreaching, engaging, and connecting with Indigenous populations and programs.

2. Provide a culture safe space for individuals where they are free to express themselves in the Indigenous Wellbriety Program without discrimination through engagement with staff or peers.
3. Maintain program's mission by offering Talking Circle meetings and providing educational trainings as well as assist in navigational supports to keep participants in recovery whole.
4. Provide linkage to community resources or information to enhance persons in recovery health and economic stability.
5. Hold sober cultural community events for individuals and families.