



Wellbriety Movement Milestones and Resources

National Gatherings

- 1994: Gathering of the Elders (Janesville, WI) *Dedication of the Sacred Hoop*
- 1995: Women's Leadership Gathering (Denver, CO)
- 1996: Men's Gathering (Florissant, CO)

Sacred Hoop Journeys (*Video documentaries -- www.whitebison.org*)

- 1999: Healing the Nations: Visits to 32 Tribal Colleges
- 2000: Wiping of the Tears (3800 mile walk from Los Angeles to Washington DC)
- 2002: Healing Native Women and Children (19 urban and reservation communities West of the Mississippi)
- 2003: Healing Native Men and Children (17 urban and reservation communities East of the Mississippi)

Wellbriety Conferences

- 1999: Strengthening Individuals (Colorado Springs, CO)
- 2001: Strengthening our Families (Rapid City, SD)
- 2002: Strengthening our Communities (Billings, MT)
- 2003: Strengthening our Nations (Albuquerque, NM)
- 2005: Healing the Hurts: The Grassroots Speaks (Denver, CO)
- 2006: Taking a Stand Against Meth: Recovery is Possible (Denver, CO)
- 2006: Healing the Hurts: Children & Families Speak (Denver, CO)

Wellbriety Resources

- 1990: Natural Path to Growth (personal development program)
- 1993: *Meditations with the Native American Elders by Don Coyhis*
- 1993: The Healing Forest Program (culturally based community development program)
- 1998: Medicine Wheel and 12 Steps for Men and for Women (videos and workbooks are provided)
- 1999: *Understanding Native American Culture: Insights for Recovery Professionals by Don Coyhis*
- 2000: *Wellbriety! Online Magazine* (www.whitebison.org)
- 2000: Daughters of Tradition: Prevention Curriculum for Girls age 8-12
- 2001: Firestarters--The Family Series: Strengthening Our Families
- 2002: Sons of Tradition: Character Building and Prevention Curriculum for boys age 13-17
- 2002: Medicine Wheel and 12 Steps for Friends and Families & Adult Children of Alcoholics
- 2002: Children of Alcoholics: A support program for children of those impaired by alcohol abuse
- 2002: Grassroots Wellbriety Curriculum (7 trainings implemented simultaneously)
- 2002: *Red Road to Wellbriety: In the Native American Way* (White Bison, Inc. publication— a book of recovery support resources developed by and for Native Americans in recovery)
- 2002: Wellbriety for Youth (prevention and leadership development for Native American youth)
- 2002: Wellbriety for Prisons (a recovery support system for those returning from prison)
- 2003: Families of Tradition: A Recovery Support Curriculum for families that have experienced substance abuse
- 2003: Seven Steps to Systemic Community Change
- 2004: Daughters of Tradition II: Character Building and Prevention Education for girls age 13-17
- 2004: 7 Trainings: A strategy for delivering the Grassroots Wellbriety Curriculum in a 3-day conference format
- 2004: The Positive Warrior: A Native American Approach for Therapeutic Communities in Prison Settings
- 2004: Coalitions using Clan Knowledge: Creating Coalitions thru Storytelling
- 2005: Fatherhood Initiative: Fatherhood is Sacred
- 2005: Warrior Down: A Relapse Prevention Support Program for Native Americans
- 2005: Warrior Down: Youth Suicide Prevention Program
- 2006: *Alcohol Problems in Native America: The Untold Story of Resistance and Recovery-The Truth About the Lie*

