



MEDICINE WHEEL & 12 STEPS FOR YOUTH

A CULTURAL APPROACH TO PERSONAL RECOVERY

Medicine Wheel and 12 Steps for youth is specifically designed for youth (age 13-21).

The focus of the program is to get behind the symptoms of alcohol and substance use, and focus on the emotional, mental, physical, and spiritual foundations that cause young people to begin using alcohol and drugs in the first place.

Topics

The following topics are addressed in the curriculum:

- An Overview of the Wellbriety Movement
- How it Used to Be - Teachings of the Elders
- How Many of Us were Raised
- How We Should Have Been Raised
- Getting Back to the Red Road

Focus

As part of the overall cultural approach, participants learn to use traditional cultural practices to assist them in maintaining a healthy, balanced life that is alcohol and drug free. In addition, storytelling is used as an instructional method.

Many of our children have been raised in unhealthy forests. They have had role models who are addicted to alcohol or drugs, who are depressed, fearful, unemployed, and disconnected from their cultural strengths. For these youth, there is no childhood. There is no normal development. In fact, they may experience violence and neglect on a regular basis and think it is normal.

Alcohol and substance abuse, acting out and depression are common results for boys and girls raised in this environment. They need to learn that what they have experienced is not their fault. They also have to learn that their own decisions and choices in response to what they have experienced, is their responsibility.

Who, Why, Where

The Medicine Wheel and 12 Steps for Youth is designed to help young people understand what has happened to them, the choices they have made in the past, and how to re-chart their lives with healthy choices and healthy behaviors.

The 13 lesson program helps youth to answer the questions:

Who am I?

Why am I?

Where am I going?

**24 Continuing Education Hours
NAADAC Provider #64009**

Character Development

- Step 1: Honesty
- Step 2: Hope
- Step 3: Faith
- Step 4: Courage
- Step 5: Integrity
- Step 6: Willingness
- Step 7: Humility
- Step 8: Forgiveness
- Step 9: Justice
- Step 10: Perseverance
- Step 11: Spiritual Awakening
- Step 12: Service

Life Skills

The program is also designed to assist youth in developing important life skills such as:

- Decision making
- Goal Setting
- Analyzing Personal Strengths
- Monitoring Self-Talk
- Healthy Conflict Management
- Solution Finding
- Creating a Healthy Self-Image

