



WELLBRIETY & CELEBRATING FAMILIES!™



Through a cooperative effort with the National Association for Children of Addiction, the Wellbriety Movement is pleased to present Wellbriety and Celebrating Families!™ This exciting evidence-based program provides Indigenous Communities with the opportunity to implement a program for healing families affected by alcohol and substance use, that recognizes and incorporates traditional cultural teachings and practices. The facilitator implementation manual and training videos provide a framework of Wellbriety teachings that support the Wellbriety & Celebrating Families!™ curriculum.

- **Evidence-based** cognitive, behavioral, support group model was written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect
 - Listed on the federal Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Effective Programs and Practices (**NREPP**) since 2008
 - Works with every member of the family, from ages 3 through adult, to **strengthen recovery** from alcohol and/or other drugs, break the cycle of addiction and increase successful family reunification
 - Fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by **increasing resiliency** factors and **decreasing risk** factors while incorporating addiction recovery concepts with healthy family living skills
 - Integrates traditional Indigenous teachings and cultural practices, including the **Healing Forest Model**, as a framework allowing each community to include traditional practices
 - **A 16-week** curriculum that addresses the needs of children and parents in families that have serious problems with alcohol and other drugs
 - Designed to serve **6 to 15 families** depending on the site's physical facilities, referral process, and intake of eligible families
 - Each session begins with a family meal. Afterward, family members break into age groups for **age appropriate activities** led by the group facilitators. At the end of each session, all family members re-connect in activities to learn how to apply these new skills and interact in healthy ways
 - Emphasizes the importance of **community service** and **individual spirituality**
 - **Integrates parenting skills** with strategies to **break the cycle** of addiction
 - Uses **interactive teaching methodologies** recommended by research on how the brain learns, especially brains impacted in utero by alcohol and other drug use
 - Utilizes materials developed for **Children of Alcoholics** with the teaching and reinforcing of life skills
- 24 Continuing Education Hours
NAADAC Provider #64009**



P: 719-548-1000

www.whitebison.org

info@whitebison.org

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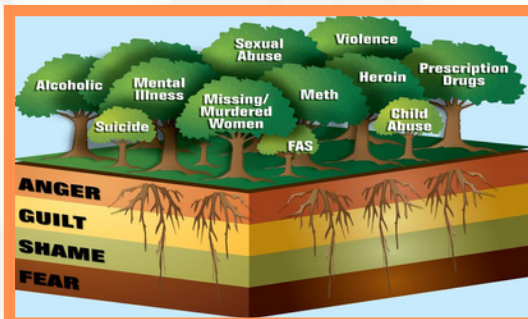
Facilitator Training Conducted by Wellbriety Training Institute

- Wellbriety Trainers conduct a three-day review of Celebrating Families!™ with the Wellbriety cultural teachings framework
- Training can be offered in your community
- Participants will receive one facilitator guide and one Celebrating Families age group manual (recommended 2-4 facilitators per age group)
- Supportive videos, posters, handouts, and other resources are also provided

Ten Reasons to Implement Wellbriety & Celebrating Families!

- Alcohol and other substance use tend to run in families. Children of addicted parents are more at risk for alcohol and other substance use than are other children.
- Family interaction is defined by substance abuse or addiction in a family.
- A relationship between parental addiction and child abuse has been documented in a large proportion of child abuse and neglect cases.
- Children of drug-addicted parents are at higher risk for placement outside the home.
- Children of addicted parents exhibit symptoms of depression and anxiety more than do children from non-addicted families.
- Children of addicted parents experience greater physical and mental health problems and higher health and welfare costs than do children from non-addicted families.
- Children of addicted parents have a high rate of behavioral problems.
- Children of addicted parents score lower on tests measuring school achievement, and they exhibit other difficulties in school.
- Maternal consumption of alcohol and other drugs during any time of pregnancy can cause birth defects or neurological deficits.
- Children of addicted parents may benefit from supportive adult efforts to help them.

Sick Forest



Healthy Forest

