

**[WAABSHKI-MIIGWAN  
AFTERCARE-PHASE 5]** 

**Outreach:**

**1. Reach farther than somebody**

To reach or extend farther than somebody or something else

**2. Exceed something**

To exceed or go beyond a limit

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## INTRODUCTION

A person in recovery has learned to overcome obstacles and challenges in their life of sobriety because they have learned to improve their coping skills. This takes time and effort from the individual. With the Twelve Step Program of Alcoholics Anonymous, and appropriate behavioral changes, sobriety can be maintained. At times life can seem overwhelming, as well as trying to maintain the behaviors necessary for sobriety. If we are at a weak point in our recovery, life can become a challenge.

The Twelve Steps of Alcoholics Anonymous provides the tools necessary to overcome the challenges of daily life, and, to overcome the greatest enemy known to mankind, ourselves. The Twelve Steps of Alcoholics Anonymous have changed numerous lives to the point of success and happiness. We have found our spiritual path in life and we have found the meaning to our life. We have new coping skills that seem invincible to the challenges of life. Our relationships, family, marriage and community have a new meaning in our lives. Everything about the new lifestyle of sobriety is just as we had learned at the AA meetings, with the help from our sponsor, and from our support group.

Our addictions have been the result of poor choices and negative behaviors due to the lack of appropriate, or damaged coping skills. The Twelve Step Program of AA changes all of the behaviors associated with Substance Abuse. If we have someone to talk to, a sponsor, about our problems, someone that listens and most importantly someone that understands the situation because of their own similar experience, then the problem is half solved once it is discussed. What we do with the feedback, or suggestions, is the other half of the solution and that is how we learn to change our coping skills for the maintenance of our sobriety.

When we have lost our way on the path of sobriety it is because we are not using the simple principles of the AA Twelve Step program of recovery. What we choose to do without the principles of the Twelve Step Program can begin to complicate our life. It will seem as if the whole world challenges our recovery. We allow that process to occur when we are not building our foundation of recovery with the Twelve Step Program.

With the AA way of life it is proven that sobriety maintenance requires the alcoholic or addict to address and change their addictive behaviors in order for them to succeed in their recovery of life.

With the experiences of AA members we have learned that if the Twelve Step program of recovery has not become a way of life for us, sobriety will be difficult. When we, as Alcoholics or Addicts, find the challenges of normal life too difficult to handle, we resort to our old behaviors, we need something to relieve the stress, the anxiety, the despair. It seems, as if we don't know how to make it go away, the only thing that helps us to deal with it all is to run from

it, avoid it, not to think about it. So in recovery when we are faced with a problem that is too complicated for our negative coping skills, we resort to the learned behaviors of addiction. Addictive Disorders are the pitfalls of recovery and sobriety.

The Waabshki Miigwan Drug Court Team realizes that life is not easy for someone suffering the results of Addictive Disorders, because we have included team members that can assist with the process to resolve your current situation. The Waabshki-Miigwan Drug Court Team, are committed to providing you an alternative to the consequences that are a direct result of the Addictive Behaviors. Addiction does not mean that we are weak it only means that we are not able or don't understand how to cope with life's daily challenges. Our behaviors change for the worse, our problem solving skills, decision making skills and social skills are all affected by the Alcohol and Drugs.

Waabshki Miigwan Drug Court Programs only desire's, are to see you succeed in life. All of our efforts are to enhance **your** desire to have a better life. It is our goal to assist you in achieving a lifestyle of sobriety, recovery and happiness. Most importantly, self-happiness, meaning that you are totally happy with yourself enough that sobriety becomes a way of life for you, Mno-Bimaadiziwin, Anishinaabemowin for Living the Good Life in the language of our ancestors.

What follows here in the next few pages are some questions and suggestive exercises to reinforce and maintain your sobriety with a new and stronger, sober lifestyle, to ensure your continued success. Be sure to remember what you learned from the beginning of the Twelve Step Journey:

## HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the

very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol-that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of the God *as we understood him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of his will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our descriptions of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- a) That we were alcoholic and could not manage our own lives.
- b) That probably no human power could have relieved our alcoholism
- c) That God could and would if He were sought.

*Alcoholics Anonymous Fourth Edition 2001 pg.'s 58-60*

In recovery, if we do not *understand* what is going on in our “crazy” life we surrender to the familiar, chaotic addictive lifestyle, and eventually return to the drinking or drugs. What we fail to recognize is that we have the power to stop the relapse *before* it occurs.

We have to ask ourselves when Life’s Challenges occur, why is this happening? What is the cause? Who can help? If our sober lifestyle is not on a solid foundation as a direct result of applying the Twelve Steps into our lives, then life will always seem to be a serious threat to our sanity, and our sobriety!

The experiences of the AA Twelve Step fellowship and the sober lifestyle of the Twelve Step principles can show us that relapse is a process! If we do not have the solid foundation of the Twelve Step Program then life can be difficult. The Twelve Steps were designed with the Alcoholic or Addict in mind. An Alcoholic/Addict does not know how to solve problems due to the addictive behaviors that are a direct result from poor coping skills developed with the abuse of Alcohol and/or Drugs.

The Alcohol and Drugs helps us to forget, to avoid, to not feel, to make unhealthy decisions. Relapse is a process that starts long before the actual use of the drink or drug. Relapse begins with the individual.

An individual in recovery will inevitably face a difficult time in their sobriety. If the person has learned to apply the Twelve Step Program of recovery into their daily lifestyle, then there is no problem too difficult for that individual. If the Twelve Step Program has not become a part of everyday life for the recovering Alcoholic/Addict, relapse can become a possibility.

The Twelve Step Program of Alcoholics Anonymous assists the Alcoholic/Addict with the life skills necessary to remain sober. The Twelve Steps were designed to change our Addictive Disorders so that we can overcome Life’s Challenge’s with courage and confidence.

Sobriety allows us to rebuild the Self-Esteem, Self-Worth and Dignity that we lost to the Addictive Disorders. If sobriety is not maintained with the Twelve Step Program of Recovery, an individual’s sobriety is threatened if we are not applying the Twelve Steps in our daily lives.

How we learn to use the program of recovery in our life can only be discovered at the Alcoholics Anonymous meetings, which can lead to other 12 Step programs for the recovery of our lives, and the recovery of our loved ones lives.

Al-Anon was developed for the family and loved ones affected by our Addictive Disorders so that can better live with an Alcoholic/Addict, ACOA, Adult Children of Alcoholics, is for the adult that is suffering behavioral problems as a direct result of a dysfunctional family during childhood, CO-DA, Co-Dependents Anonymous, for the family and loved ones effected by the behaviors of Addictive Disorders. This would seem like a lot of “problems” to most individuals,

if we are truly committed to our recovery we will do any and everything to recover our true selves. Addictive Disorders affect every aspect of daily life.

The guidance of the Waabshki – Miigwan Drug Court Program, the fellowship of Alcoholics Anonymous, the Twelve Steps of Alcoholics Anonymous, and the values to maintain sobriety, can help to prevent relapse. The foundation of AA, acceptance, spirituality and humility helps us to build and maintain a lifestyle necessary for success with sobriety.

The Waabshki-Miigwan Drug Court Program will be supportive of your endeavor to achieve and maintain sobriety. It is our desire to provide the tools, information and assistance necessary for your new lifestyle.

## DISCLOSURES

I prepared this article from self-disclosure, experience and hope from my own personal concept of the Twelve Step recovery program of Alcoholics Anonymous, for others to learn and value sobriety. Currently this is only in development. No infringement on copyright are intended towards the organization known as Alcoholics Anonymous nor any other program or therapy for sobriety. This is a proposed manual for participants of the Aboriginal Indigenous Little Traverse Bay Bands of Odawa Indians Waabshki-Miigwan Drug Court Program's Outreach phase for their Tribal Court's probation department, to correlate with their developed Waabshki Miigwan Drug Court probation program based on LTBBOI medicine wheel concept.

**Anthony L. Davis, Sr. CADC-1**



## ACKNOWLEDGEMENTS

I would like to offer special thanks and recognition to Joseph Lucier who had the insight to develop the WMDCP workbooks, planners, and program material. Over the years, many continued the process, and there were additions of new and updated material to the original program. Many, like Joe, came to serve the WMDCP and to build the program even stronger through their talents and dedicated work.

The idea of the Waabshki-Miigwan, “White Feather,” intended to incorporate the original story, information, cultural teachings, and lessons of the Elders, along with the textual material. The approved and highly recommended information came from the AA Big Book, The Red Road to Wellbriety, Meditations with the Native American Elders, 365 Days of Walking the Red Road, Wellbriety Training material, and articles like those from “Alcoholrehab.com.” This literature, collected by program writers, offered an academic path that would help lead those in need of substance abuse healing to a healthier new life.

Contributing directly to program growth was the excellent work of the highly skilled judicial staff of the WMDCP Team. The overall work of the justices’ over the years not only helped to form a solid standing for program policies, but they also led the Team members to apply their professional abilities to assist every client. The direction given by the judicial members has kept the integrity of the program intact and on-going.

The positive direction also came from the day to day work of the Team members and the support staff. The guidance from these members provided daily support. Participants would rely on this support to provide a path as they sought to restore their true self. Sometimes the small efforts, from the regular staff, made for some of the biggest miracles in participants trying to rebuild their lives.

This Phase 5-Aftercare, started by Joseph Lucier, developed into the 26-week program of support. It is a Phase that provides for the transition from the rigidity of the 52-week program into a less demanding step-down form of guidance. During Phase 5, Probation monitoring is less intrusive and more dependent on developing correspondence and support that is more individualized to the participant.

**Mike Rogers, WMDCP Coordinator**

## AFTERCARE CULTURAL PHASE SCHEDULE

Alcoholics Anonymous developed a series of tasks for personal growth to recover and maintain a new lifestyle to recover and maintain Sobriety. These endeavors are known as the Twelve Steps. Since the beginning of the Alcoholics Anonymous program of recovery the Twelve Steps has led thousands of people, Women, Men, Young People, Teens, Youth, all Faiths, All Races from all over the world to sobriety and a new lifestyle to support the Recovery and the Sobriety.

The Twelve Steps were designed in order to slowly recover the person we had lost to the addiction disorders. As we progress through the Twelve Steps we slowly begin recovering our true selves. Each Step is designed to reinforce the previous step allowing us to build a solid foundation upon which we can rely on for continued maintenance of our new life of sobriety.

The Aboriginal Indigenous peoples of North America have a unique perspective with life principles. Some of our Health Caregivers have developed criteria based on that concept. One of the most amazing things about AA is that it is worldwide. With that in mind, worldwide means there are cultural differences involved. In Native America the Aboriginal Indigenous peoples all have a natural viewpoint to all of Life's Challenges. The Twelve Steps of Alcoholics Anonymous have been changed, or more appropriately, translated to different cultures and languages. What follows in the next few pages is an attempt to translate the 12 Steps of AA into the Aboriginal Indigenous concepts of the Little Traverse Bands of Odawa Indians.

The Twelve Steps of Alcoholics Anonymous have been recognized by the Indigenous cultures as a tool to recover the individual's culture, spirituality, mental, emotional and physical health. The Twelve Steps of Alcoholics Anonymous have been adapted into the Indigenous cultures to help with the assimilation of the recovery program for the Tribal Individual's perception.

What is to follow here is the concept of the Aboriginal Indigenous Medicine Wheel and the correlation of the Twelve Steps of Alcoholics Anonymous' program of recovery. This is in no way to alter or amend the Twelve Steps, only a translation to the Indigenous concepts for the sake of the tribal Individual.

# AFTERCARE PROGRAM PHASE SCHEDULE

WMDCP Aftercare Schedule  
(Six, (6), Months)

COURT APPEARANCES	MEETINGS AA/NA/OTHER	COUNSELING	ALUMNI PROJECTS	PROBATION REPORTING	DRUG SCREENING	MAINTAIN
PHASE 5	PHASE 5	PHASE 5	PHASE 5	PHASE 5	PHASE 5	PHASE 5
At the end of Phase 5: Participation in a Final Hearing and Discharge and complete an WMDCP exit survey	Weekly contacts with Sponsor	<b>Monthly or Individualized as recommended by the Counselor as the individual treatment plan develops with participants and the WMDCP Coordinator</b>	Participation in Sober Activities especially those that directly relate to the LTBB Tribal Community	One, (1), per Month, (Face-to-Face) plus Weekly contact with Probation by Telephone for all other Weeks	Bi-Monthly Random Screens for the First Three, (3), Months Monthly Random Screens for the Last Three, (3), Months	<b>Maintain 30/30/30 Hourly Requirement: Employment/ Education/ Parenting/</b>
	<b>Weekly or Individualized as recommended by the Counselor as the individual treatment plan develops with participants and the WMDCP Coordinator</b>		Assist the WMDCP as requested with special circumstances or clients		No IVR Calling	Notifying Probation of all Police Contacts
			Participation in the LTBB Sobriety Feast Or Similar Events chosen by the participant		Immediate Screening at the request of Law Enforcement or Probation for Cause	Chemical /Alcohol Free Home Agreement

\*\*\*\*Unless there are extenuating circumstances, participants in Phase 5 are not scheduled for curfew.

\_\_\_\_\_  
Signature of Client

\_\_\_\_\_  
Date

## H-O-W Will We Do It?

### HONESTY

Steps one through four represent this concept;

**(A) That we were alcoholic and could not manage our own lives**

### OPENNESS

Steps five through eight represent this concept;

**(B) That probably no human power could have relieved our alcoholism**

### WILLINGNESS

Steps nine through twelve are represented here;

**(C) That Creator could and would if he were sought**

## Week 1 – What is the Aftercare Phase and “Aftercare Phase Fire--New Beginning”

### Week-by-Week Workbook Assignments

- Complete and Orientation with the WMDCP Coordinator
- Setup a Phase Fire this week with the Cultural Advisor
- Meet or Speak with Your Sponsor
- Complete Weekly Insight/Self Reflection Journal
- Complete Weekly Sit Spot Journal

### Instructions on Aftercare Phase Fire—New Beginning

1. Make an appointment with an elder to sit with you during your meditation. Offer him/her tobacco when you request his/her help.
2. Choose a private spot to have your meditation.
3. Start Fire with the tools that you earned (Flint, Steel, Birch bark).
4. Use the time to reflect on your experience in the WMDCP and your approach to the journey through Aftercare.
5. When questions arise, offer tobacco to the elder for advice.

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 2 & 3 – Coming to Terms with Our Alcoholism

### Week-by-Week Workbook Assignments

- Complete Step One Assignment and Answer Questions
- Meet or Speak with Your Sponsor
- Meet with WMDCP Coordinator to go over Assignment
- Complete Weekly Insight/Self Reflection Journal
- Complete Weekly Sit Spot Journal



**The Indian Twelve Steps  
Walking the Red Road**

**Twelve Steps**

1. We admitted we were powerless over alcohol — that we had lost control of our lives.
2. We came to believe that a power greater than ourselves could help us regain control.
3. We made a decision to ask for help from a higher power and others who understand.
4. We stopped and thought about our strengths and our weaknesses and thought about ourselves.
5. We admitted to the Great Spirit, to ourselves and to another person the things we thought were wrong about ourselves.
6. We are ready, with the help of the Great Spirit, to change.
7. We humbly ask a Higher Power and our friends to help us change.
8. We made a list of all the people who were hurt by our drinking and want to make up for these hurts.
9. We are making up to those people whenever we can, except when to do so would hurt them more.
10. We continue to think about our strengths and weaknesses and when we are wrong we say so.
11. We pray and think about ourselves, praying only for strength to do what is right.
12. We try to help other alcoholics and practice these principles in everything we do.

**Principles**

**Honesty**

**Hope**

**Faith**

**Courage**

**Integrity**

**Willingness**

**Humility**

**Forgiveness**

**Justice**

**Perseverance**

**Spiritual  
Awareness**

**Service**



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## Coming to Terms with Our Addiction

**Step 1 - We admitted we were powerless over alcohol and drugs ----- that we had lost control of our lives.**

Admitting that we are an Alcoholic and/or Drug Addict allows us to begin the growth and healing necessary for a successful recovery and lasting sobriety. A successful recovery describes the process taking place for each day of sobriety. Sobriety requires personal changes, behavioral changes. By admitting our Addiction Disorders we have already begun the recovery process. When we know and understand a problem, it is easier to solve, the need to admit to our problem is so that we can begin the hard work ahead of us. Being Honest with ourselves is paramount in the life of sobriety. To admit that we are alcoholic and/or addicted and sometimes both, is to heal our conscious to begin our journey of the new sober lifestyle.

**Are you able and willing, to admit that you are an Alcoholic or Drug Addict, and that the chaos in your Life is the result of your Alcoholism and/or Drug Abuse?**

**What can you do to take this step towards sobriety?**

**If this step is difficult, why is it difficult for you? Be Honest.**

Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 4 &5 – Our Higher Power

### Week-by-Week Workbook Assignments

- Complete “Our Higher Power” Assignment
- Meet or Speak with Your Sponsor
- Meet with WMDCP Coordinator to discuss your “Aftercare Plan” and your progress
- Complete Weekly Insight/Self Reflection Journal.
- Complete Weekly Sit Spot Journal.

## Our Higher Power

**Step 2 – We came to believe that a power greater than ourselves could help us regain control.**

To believe or to have faith in our Higher Power's ability to restore us to sanity from the addictive behaviors allows us to rely on our individual spiritual strengths. If the Alcohol and/or Drugs had Power over our lives, can there be another Higher Power to restore us to normal? If we believe there is a Higher Power that can restore us to a healthy and sober life, then recovery will be easy. That Higher Power has the gift to return us to our normal selves, then that Higher Power can also take care of our lives for us to be able to live with sobriety for the rest of our lives. We have to believe our Higher Power is capable of this miracle of sobriety. We have to use whatever Higher Power we learned about before our Addictive Disorders ruled our lives. Each person has their own perception of a Higher Power.

**Do you believe your Higher Power can restore you to a better lifestyle?**

**What can you do to believe in your Higher Power?**

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 6 &7 – Decision to Turn our Will & Lives Over

### Week-by-Week Workbook Assignments

- Complete “Step 3” Assignment
- Meet or Speak with Your Sponsor
- Meet with WMDCP Coordinator to discuss your assignment and your progress in “Aftercare”
- Complete Weekly Insight/Self Reflection Journal.

Complete Weekly Sit Spot Journal

## Decision to Turn our Will & Lives Over

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**Step 3 – We made a decision to ask for help from a higher power and others who understand.**

Step 3 is a portion of the Aboriginal Indigenous Medicine Wheel for the Eastern Direction, a new beginning, this step is used to confirm, and renew our belief in our Higher Power, and by relying on the faith of our Higher Powers ability to heal we strengthen the belief in our selves. Turning our will and our lives over to our Higher Power is an act of courage, courage that was taken from us as addicts and alcoholics.

**Can you surrender your will and your life over to your Higher Power?**

**Has it been difficult to surrender your will and your life over to the care of your Higher Power?**

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:



## Weeks 8 & 9 – Getting Right with Ourselves

### Week-by-Week Workbook Assignments

- Complete the “Getting Right With Ourselves” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Cultural Advisor to Discuss Progress in Aftercare
- Complete Weekly Insight/Self Reflection Journal.
- Complete Weekly Sit Spot Journal.

## Healing Ourselves

### **Step 4 – We stopped and thought about our strengths and our weaknesses and thought about ourselves.**

Admitting, recognizing and realizing our individual faults can begin healing the Addictive Disorders we suffered during our addictions. Write down two of your results from your fourth step exercise using the example from the fifth chapter of the Big Book of Alcoholics Anonymous description of the fourth step process.

Step 4 is in the Southern Direction, Red, of the Medicine Wheel concept of the Aboriginal Indigenous peoples of North America. The Southern direction represents adolescence, a time of learning and understanding our future role as an adult. Step 4 helps to rid ourselves of the Addictive Disorders we adopted to satisfy our Addictions. The behavioral changes we need for a lifestyle of sobriety begins when we identify our faults. If we are honest and thorough about our inventory, anger, depression, frustration, for example, and why we suffer from these Addictive Disorders, then this step can help us to begin with the positive behavioral changes needed for a successful recovery. The process restores our positive values and morals allowing us to achieve a sober lifestyle.

#### **Can you be totally honest with yourself?**

Remaining in the direction of the South, Red, within the Aboriginal Indigenous Medicine Wheel concept symbolizing adolescence, a time of learning and acquiring knowledge and wisdom to be successful in life. A necessity to overcome is the Challenges of Life. Adolescence is also the time for the formation of the individual's adult behaviors, the coping skills for daily life. Recovery is similar to the Medicine Wheel concepts. Steps 4, 5 and 6 represent the Medicine Wheels concept of the Adolescence Stage in Life. A time to recognize who we are, correct our shortcomings, and to seek our place in Life, meaning to search for the answer to the question, "What is my role in Life?"

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 10 & 11 – Admitting to the Creator—Our Wrongs

### Week-by-Week Workbook Assignments

- Complete the “Admitting to the Creator” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Cultural Advisor to Discuss:
  - Admitting to Who else?
  - Complete Weekly Insight/Self Reflection Journal.
  - Complete Weekly Sit Spot Journal.

## Our Wrongs

### **Step 5 – We admitted to the Great Spirit, to ourselves and to another person the things we thought were wrong about ourselves.**

The action of admitting the exact nature of our wrongs to the Creator, to ourselves, and to another Anishinaabe, we free or absolve ourselves of the guilt and remorse of those wrongs. Describing the exact nature of the event allows us to identify the Addictive Disorders responsible for our behaviors during the event.

**Are you willing to be honest about your wrongs?**

**Can you honestly describe the situations that harmed others and yourself?**

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 12 & 13 – Are You Ready?

### Week-by-Week Workbook Assignments

- Complete the “Are We Ready” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Cultural Advisor to Discuss:
- Trust in the Creator to remove our defects.
- Complete Weekly Insight/Self Reflection Journal.

### Complete Weekly Sit Spot Journal

## Are you Ready?

Are you able to completely let go of your Addictive Disorders? The sixth step is another step to reinforce your faith in your Higher Power. Can you let your Higher Power remove all of your Addictive Behaviors? We have to turn our problems over to the Creator in order to free ourselves of the problems.

---

**Step 6** – We are ready, with the help of the Great Spirit, to change.

What are your thoughts about this step?

**Can you let go of your addictive behaviors?**



## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 14 & 15 – Asking the Creator

### Week-by-Week Workbook Assignments

- Complete the “Are We Ready” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Cultural Advisor to Discuss:
  - Humility
  - How do we ask the Creator to remove our shortcomings
  - Complete Weekly Insight/Self Reflection Journal.

Complete Weekly Sit Spot Journal

## Asking

## **Step 7 – We humbly ask a Higher Power and our friends to help us change.**

Step 7 states, “Humbly asked ...” We are never one to admit our wrongs because of our own Addictive Disorders. In order for recovery to work for us we need to be aware of the damage we have incurred into our lives, Mentally, Emotionally, Spiritually and Physically. Knowing what we did wrong, and why, allows us the humility necessary to become aware of what we need to heal about ourselves. When we are honest about ourselves, good or bad, the task of ridding ourselves of the Addictive Disorders will be an easy task. Honesty leads to the humility necessary for Step 7 to be effective.

**How would you prepare yourself to ask the Creator to remove your shortcomings?**

**How does humility work for this step?**

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 16 & 17 – Making a List

### Week-by-Week Workbook Assignments

- Complete the “Making a list and become willing” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Judge to Discuss Your Progress in Aftercare
- Complete Weekly Insight/Self Reflection Journal.
- Complete Weekly Sit Spot Journal.

## Healing ourselves and others

### **Step 8 – We made a list of all people who were hurt by our drinking and want to make up for these hurts.**

Steps eight through twelve represent the Northern Direction of the Aboriginal Indigenous Medicine Wheel, the part of Native Culture representing the Elders, Wisdom and Experience. The color white, with the Aboriginal Indigenous peoples of North America, to share our life experience and wisdom with another is only possible because we have accomplished life with our individual experiences, thus becoming respected as an Elder. These next five steps help us to achieve this status. In the realm of the Twelve Step program of recovery, we share our experiences, strengths and hope so that others may recover. With the culture of the Aboriginal Indigenous Peoples, to share our life with another, to help them, is the highest honor of those cultures. Being able to help another use the wisdom in their life is also an action of honor. We begin Mno-bimaadiziwin, (live the good life) to mentor others for their success.

Honesty plays an important role in the success of this step of the Twelve Step program of recovery. In order for us to succeed in the recovery process, we have to let go of past behaviors. We cannot let go of behaviors we are not aware of, if we are not aware of our past behaviors, it is because we have not identified them. To identify behaviors requires honesty.

Listing all of the persons we had harmed to the best of our recollection, and being prepared, willing and able to make the amends to those persons. “And became willing to make amends to them all” means we had to address the behaviors that caused the wrong, corrected those behaviors, and used our positive behavioral change to address the amends with the individual concerned.

We will have a successful Recovery and Sober Lifestyle when we have released ourselves of the guilt from the harm we have caused with our Addictive Behaviors. The release takes place when we inform the person of our goal, to better ourselves, by making the amends we move on with our new lifestyle of sobriety releasing the people, and ourselves, of the emotional pain and guilt from our past actions.

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 18 & 19 – Direct Amends

### Week-by-Week Workbook Assignments

- Complete the “Wherever possible, make direct amends” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Judge to Discuss Your Progress in Aftercare
- Complete Weekly Insight/Self Reflection Journal.
- Complete Weekly Sit Spot Journal.



## Direct Amends

### **Step 9 – We made up to those people whenever we can, except when to do so would hurt them more.**

It has been proven that in the fellowship of Alcoholics Anonymous to greatly improve our chances of success in sobriety we need to take action in our recovery. The next two steps of the Alcoholics Anonymous program of recovery show and prove to us the promise of success when we take action in our sobriety. To maintain a successful life of sobriety takes work and effort. This section of the Aboriginal Indigenous Medicine Wheel represents the adult part of life, the Western direction. This is the part of life we use what we learned as young people. Coping skills, behaviors, career goals, for the sake of today's society. It is a matter of learning to live a completely different lifestyle from our Addictive Lifestyle. To make amends to the people we had harmed, allows us to free ourselves from the guilt of our past, negative, behaviors.

### **Do you know who they are? Will the amends cause more pain or harm to them or others?**

What this means for us is if the person is reminded of the pain or hurt of the incident, will they be healthy enough to understand what is happening for you and themselves. If the incident was painful enough, will they become angry and take their anger out on their loved ones? Will it affect their job performance? Will it affect them negatively? Will their behaviors change towards themselves and others?

There is an alternative to make amends for situations that cannot be forgiven by the victims. We should, and need, to talk to our AA Sponsors and support group in the AA fellowship regarding certain situations.

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

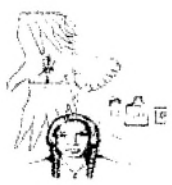
Important Thoughts:

## Weeks 20 & 21 – Personal Inventory--Admission

### Week-by-Week Workbook Assignments

- Complete the “Continuing to take personal inventory” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Coordinator to Discuss Your Progress in Aftercare
- Complete Weekly Insight/Self Reflection Journal.
- Read the Relapse and the Medicine Wheel handouts.

Complete Weekly Sit Spot Journal



**STEP TEN**  
**FACING THE NORTH**  
**"FINDING THE ELDERS' WISDOM"**

We continue to think about our strengths and weaknesses and when we are wrong we say so.

Principle: Perseverance

Readings:  
 Big Book: pps. 84 -88  
 RRWB: Appendix 1, pps. A1-A9  
 Log into the Daily Meditations with the Elders at [www.whitebison.org](http://www.whitebison.org) (click on the feather)

Use your step four inventory to write out and look at step ten *resentments, fears* or *sex* problems.

Relapse is a process. We use this concept to show that if I am out of center in one area, then I am out of center in the other three areas.



**Medicine Wheel**  
**Concept for Relapse**



**CENTERED**

RATIONAL THOUGHT  
 "TRUTH SEEKING"  
 SERENITY, PEACEFUL, LOVE  
 FUNCTIONAL STRESS  
 OTHER CENTERED VALUES

<EMOTIONAL>  
 <MENTAL>  
 <PHYSICAL>  
 <SPIRITUAL>



**UN-CENTERED**

REACTIONS,  
 "COMFORT SEEKING"  
 GUILT, SHAME, ANGER  
 DYSFUNCTIONAL STRESS  
 SELF CENTERED VALUES

↓ ↓ ↓  
**WELLBRIETY**

↓ ↓ ↓  
**RELAPSE**





# What is Relapse?

## Spiritual

### MAL-ADJUSTING VALUES

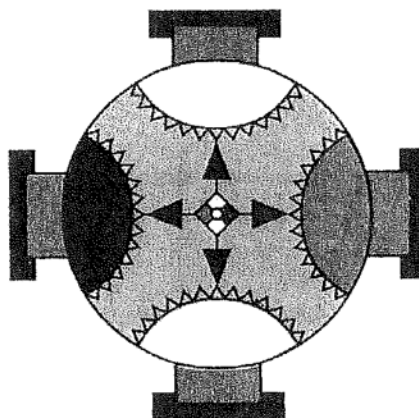
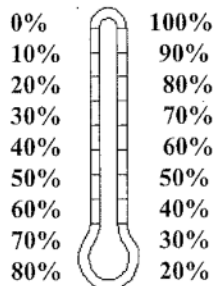
- Self-Centered
- Looking Good
- Feel Good
- Power & Control
- Excitement
- Be Right
- Short-term gain
- Long-term gain

### SELF-ADJUSTING VALUES

- Other-Centered
- Freedom
- Higher Power
- Job
- Family
- Recovery
- Goals with Direction
- Purpose & Meaning

## Physical

Level of  
Function Stress



## Emotional

- |            |           |
|------------|-----------|
| Love       | Happy     |
| Peaceful   | Carefree  |
| Humble     | Joyful    |
| Pissed off | Bored     |
| Betrayed   | Lonely    |
| Bitter     | Sad       |
| Resentful  | Tired     |
| Furious    | Insecure  |
| Hostile    | Unwanted  |
| Revengeful | Depressed |

## Mental

### MAL-ADJUSTING THOUGHTS

- Irrational/Distorted Thoughts
- Blocking Out Consequences
- Limited Options & Choices
- Decisions that move me away from the things I say I value

### SELF-ADJUSTING THOUGHTS

- Moving toward things I say I value
- Rational Thought, Solution
- Good Options, Decisions, Choices



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## Personal Inventory

**Step 10** – We continued to think about our strengths and weaknesses and when we are wrong we say so.

**Can you vigorously maintain a constant watch over your behaviors and a lifelong commitment to correct any behavioral mistakes to maintain Sobriety?**

To maintain our sobriety we have to be vigilant about our behaviors, so as not to incite the old, addictive behaviors. In order for us to achieve sobriety, we have to work for sobriety. Our behaviors are changing in positive ways, sometimes the old behaviors are hard to release, and we, or daily life challenges, trigger them with similar life situations and then we are not happy with our sober lifestyle. Step ten ensures that we are constantly working for a successful sober lifestyle. To correct a mistake with honesty enacts humility, a requirement for a successful recovery and Sober Lifestyle.

Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 22 & 23 – Improving our Conscious Contact with the Creator

### Week-by-Week Workbook Assignments

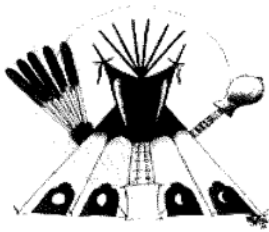
- Complete the “Prayer and meditation” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Judge to Discuss Your Progress in Aftercare
- Complete Weekly Insight/Self Reflection Journal.

Complete Weekly Sit Spot Journal

## Improving Our Contact “Finding the Elders’ Wisdom”



**Step 11** – We pray and think about ourselves, praying only for strength to do what is right.



**STEP ELEVEN**  
Facing the North  
**"FINDING THE ELDERS' WISDOM"**  
(Prayer & Meditation)

We pray and think about ourselves, praying only for the strength to do what is right.

Principle: Spiritual Awareness

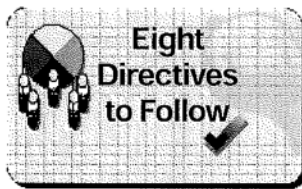
**Reading**

Big Book: pps. 84 to 88

RRWB: Appendix 2, pps. A10-A12

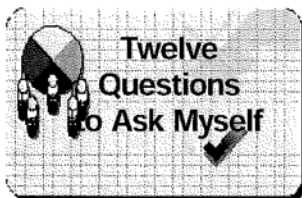
**"Walking the Walk"**

**MORNING PRAYER & MEDITATION:**



- Ask the Creator to direct my thinking today.
- Ask him to keep me from feeling self-pity.
- Ask him to keep me from being dishonest with myself
- Ask him to keep me from having self-serving motives.
- Ask the Creator for inspiration when I am faced with indecision.
- Do not ask for anything for myself, unless others will be helped.
- Pray that I will be shown what the next step will be.
- During the day when I become doubtful I ask for the right thought or action.

**EVENING PRAYER & MEDITATION**



- Was I resentful?
- Was I selfish?
- Was I dishonest?
- Was I afraid?
- Do I need to discuss anything with anyone?
- Something that I have been holding inside?
- Was I kind to everyone?
- Was I loving to all?
- Could I have done anything better today?
- Was I thinking only of myself today?
- Was I thinking of what I could do for others today?
- Ask for the Creator's forgiveness.
- Ask what I can do to make amends.



## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Weeks 24 & 25 – Carrying the Message

### Week-by-Week Workbook Assignments

- Complete the “Spiritual Awakening” Assignment
- Meet or Speak with Your Sponsor
- Meet with the WMDCP Judge to Discuss Your Progress in Aftercare
- Complete Weekly Insight/Self Reflection Journal.

### Complete Weekly Sit Spot Journal

### Carry on the message

The most important part of sobriety is our Spirituality. The faith we have in our Higher Power. What do you practice in order to keep your Spirituality strong? Do you communicate with your Higher Power? Your Higher Power is providing what you need for a good life, are you aware of this? Are you using these gifts to enhance your sobriety?

## **Step 12 – We try to help other alcoholics and practice these principles in everything we do.**

**Are you willing to help other suffering alcoholics?**

**Can you describe or discuss your Spiritual Awakening?**

The following story is shared to identify the simplicity of using the Twelve Steps in Life.

*A recovering Alcoholic was given a suggestion by his sponsor to find a hobby that would occupy his free time since he no longer spent all of his time drinking and abusing drugs. He purchased a car in the hopes of restoring it since he had some experience with bodywork and mechanical work with his father when he was growing up. It eventually became his means of transportation. As it was an older model, it eventually stopped running and he was forced to miss a day of work. He began replacing parts on the vehicle which he thought were the problem. No luck for two weeks and three hundred dollars later. He called a friend in the fellowship out of anger, trying to find a solution. His friend in his AA support group suggested the alcoholic should apply Step 2 to the vehicle. The Alcoholic/Addict did not understand what his friend was suggesting, because of his anger. He asked his friend a second time for a solution, and again, the friend suggested applying Step 2 to the situation, this continued several more times, finally the friend asked the, angry, Alcoholic/Addict, if he was a mechanic?, the alcoholic replied that he thinks he is a “pretty damn good shade tree mechanic!” the friend asked twice more if he was a mechanic, same reply, the friend finally clarified his question, “Was the Alcoholic/Addict an ASE certified mechanic?” The angry Alcoholic/Addict finally answered, honestly. “No.” And to define what applying Step 2 to the vehicle meant, the friend suggested to the Alcoholic/Addict, “Give the car to a mechanic!” Two days later the vehicle was running. The “Power greater than ourselves” in this situation is the certified and skilled mechanic. Being restored to sanity meant, to the Alcoholic/Addict, that he was no longer angry or frustrated because the vehicle is repaired and operating. The Addict/Alcoholic came to understand what it means to “Apply these principles in all of our affairs.”*

## Weekly Insight/Self Reflection Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 26 – Conclusion of the Aftercare Phase and “Final Aftercare Phase Fire--New Life” and Final Summary Presentation to the WMDCP Team

### Week-by-Week Workbook Assignments

- Complete and Orientation with the WMDCP Coordinator
- Setup a Phase Fire this week with the Cultural Advisor
- Meet or Speak with Your Sponsor
- Complete Weekly Insight/Self Reflection Journal
- Complete Weekly Sit Spot Journal

### Instructions on Final Aftercare Phase Fire--New Life

1. Make an appointment with an elder to sit with you during your meditation.  
Offer him/her tobacco when you request his/her help.
2. Choose a private spot to have your meditation.
3. Start Fire with the tools that you earned (Flint, Steel, Birch bark).
4. Use the time to reflect on your experience in the WMDCP, your journey through Aftercare, and your “New Life.”
5. When questions arise, offer tobacco to the elder for advice.

## PRESENTATION:

### OPEN TALK

In the Fellowship of AA when we reach a certain amount of time with our sober lifestyle we are ready to share our story. This usually occurs after 12 months of continued sobriety. As we progress through the Twelve Step program of recovery during the first few years, we have learned new behaviors to adapt to the sober lifestyle. Behavioral changes that need to be shared so that others may enjoy the feelings we achieved with our own experience. This exercise is to allow others to understand or perceive how the Twelve Steps can be applied to their life, listening to our experience's changing our Addictive Disorders. We may not hear what we want to hear, we *will* hear something to help us understand how the Twelve Steps and the experience of others can help us to achieve a new lifestyle to maintain our sobriety. What happens during our "storytelling" can help an individual to recognize their own strengths, speaking about our recovery gives us a chance to understand our experience with a sober lifestyle, with honest perspectives, with an open mind to what we can experience with Sobriety. With the willingness to share our story so that others may heal their Addictive Disorders is paramount in the fate of our Sobriety.

This is what occurs when a person in recovery shares their story, the experience, strength and hope from their life before, during and after their drinking or drugging.

### HONESTY

**(A) That we were alcoholic and could not manage our own lives**

### OPENNESS

**(B) That probably no human power could have relieved our alcoholism**

### WILLINGNESS

**(C) That Creator could and would if he were sought**

*(From the Big Book of Alcoholics Anonymous pg.60 Fourth Edition)*

One of the reasons the Twelve Step Program of Alcoholics Anonymous works so well with Native Cultures, is the similarities with the Native Principles for a good life and the Principles of AA. One of the most famous clichés I have heard in the fellowship, “Principles before Personalities.” Meaning, why am I doing this? Why am I going out of my way to help another human being? It is because you are accustomed to doing everything for yourself in order to get drunk or high, no one else in mind, just your next high or drunk. This cliché is speaking to what we do for others comes before we do for ourselves, or we think of others before we think of ourselves. And so you are enjoying your sobriety, it has given you your emotions back, your identity, dignity, self-esteem and self-worth because we have learned the value of living a sober lifestyle so that others may live also.

Historically, Alcoholics Anonymous fellowship officially began for newcomers when they completed “orientation meetings.” These meetings were developed so that the individual would have an understanding of the Twelve Steps so as not to disrupt the group that has already been sober for a few more weeks than the newcomer. Not to belittle the newcomer, or praise the one with longer sobriety, only to bring the two groups together, at the same level of understanding the purpose of the Twelve Steps.

This curriculum was designed from self-disclosure, experience, strength and hope from a recovering Alcoholic/Addicts experience with the Twelve Step program of Alcoholics Anonymous, so that others can learn the value of sobriety. There are noted statements from the AA Big Book. Currently this is only in development. No infringement on copyright are intended towards the organization known as Alcoholics Anonymous nor any other program or therapy technique for sobriety. This is a draft of a proposed manual for participants of the Little Traverse Bay Bands of Odawa Indians Waabshki-Miigwan Drug Court Program to implement an Aftercare phase for the Tribal Court’s probation department, to correlate with the already developed Waabshki-Miigwan Drug Court Program based on the Little Traverse Bay Bands of Odawa Indians life and spiritual values.

### **LTBBOI Tribal Court Waabshki – Miigwan Drug Court Program**

**Anthony L. Davis, Cultural Resources Advisor**



## ANISHINAABE CULTURE AND THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

Mno-Bimaadiziwin, is a value from the Anishinaabe Way of Life used to guide us in our daily choices, or coping skills, translated, it means “The good life.”

Anishinaabe teachings of life are so that each individual has a chance to see themselves as they truly are. What we are as an individual is what we have to give to Creation in return for our life.

All that we have in order to live a good life are the Seven Teachings, or Seven Grandfathers. They are, as it was taught to me, Love, Respect, Honesty, Humility, Truth, Wisdom and Bravery.

**Love** is to know peace.

**Respect** is to honor all of Creation.

**Humility** is to know self as a sacred part of Creation.

**Honesty** in facing a situation is to be brave.

**Truth** is to know all of these things.

**Wisdom** is to cherish knowledge.

**Bravery** is to face the foe with integrity.

With the Addictive Disorders of Substance Abuse a person has learned to behave negatively. Not being able to cope with Life’s Challenge’s in a positive manner. The inappropriate coping skills then become the normal way of life for the addicted individual and it will seem as if nothing will ever get better for that person.

The Anishinaabe way of life does not allow for negative life skills. The Anishinaabe Way of Life is referred to as, “The Good Life.” Basically, to translate this statement into the European thought concept, from the Anishinaabe language, it would translate personally as “What am I doing that my life is good?” Everything is considered with deep thought before it is even acted upon. When the choice is made, it was chosen with all of the Anishinaabe principles we were taught from conception, to birth, and to their present life. As the Anishinaabe progresses throughout their life, everything that has occurred during their life is the result of what they have learned from the Seven Grandfathers.

Every individual has their own personal concept of what and who they are. How they became that concept is the result of the behaviors influenced by their childhood environment. Children will become what they have experienced in their young life. A child’s innocence is the result of

their lack of experience with Life's Challenges. A child's intelligence is the result of the experience that influences them.

Our childhood development is the foundation for our behaviors in our later years of life. What we learn from childhood development influences what we behave like as adults. That is common sense to people that are not subjected to the Domestic Violence, Sexual Abuse, Physical Abuse and Emotional Abuse of Alcoholic and/or Drug Addicted Dysfunctional Family Values we experience in today's society. There are people that have excellent childhood development and are able to succeed in Life without any traumatic events to recover from.

For those of us that suffer from Traumatic Childhood events, we need a Spiritual Power and a qualified therapist that can guide us through the healing of those traumas that changed our perception of life.

There is a program of recovery that has successfully helped millions heal themselves, since its inception to society, to enjoy life without Addiction Disorders for the rest of their lives, if they so choose. This program has been healing people since 1935. This is recognizable to the members of the recovery program known as Alcoholics Anonymous. The program of recovery is known as the Twelve Steps. There is a second part to the program that helps the membership to be accountable for their role in this membership. They are known as the Twelve Traditions. Then, there is a third part to this program to help the fellowship recognize their efforts of a sober lifestyle, these are known as the Twelve Promises. Each part of this program was designed to simplify the total program of recovery.

In order to heal the alcoholism we need to heal the individual, to heal the individual we need to heal their Addictive Disorders, (trauma & abuse). In order to support their recovery they will need guidance from experience, the fellowship.

Those three "parts" of the program of recovery influence the individual choices for a sober lifestyle. What they have suffered is a direct result of the Addiction Disorders of their past trauma's, abuse, and the poor coping skills as a result of that past. In order to help this person to succeed in recovery the program is designed to heal the individual completely, physically, emotionally, spiritually and mentally. Some will not recover due to their own choice to not conform to a new, positive and joyful life.

The Anishinaabe Culture is based on life values that influence the individual from before birth. These are known as the Seven Grandfathers. Each Seven Grandfather teaching is separate from the other, yet they need each other to exist. If the individual is not willing to use one of the Seven Grandfathers teachings, the other teachings are no good to the individual because the lack of one in their life will cause disorder for the others that empower the person.

The same for the principles of the Twelve Step program of recovery, none of the programs recovery will work without the other in an individual's recovery. The Twelve Steps can be hard to understand without the Twelve Traditions and neither of the Twelve Promises come true without the results of the "Twelve and Twelve" as they are so affectionately referred to in the fellowship of Alcoholics Anonymous.

There is a saying among the Anishinaabeg, "Mno-Bimaadiziwin." Translated from the Language of the Anishinabe, it means "what am I doing that my life is good?"

When we live with the Seven Grandfathers in our lives, we are complete spiritual beings on our journey. It is believed these values were gifts to us from the Creator so that we can live with other human beings. When we choose to change our moods or our minds with substances other than the Seven Grandfathers and Life, we are suffering from Addiction Disorders. We have learned to change the physical, spiritual, and emotional pain with alcohol and drugs by not facing the reality of the pain, trauma. We learn to not think about it. We learn to, "Think it away." We learn to avoid the pain by drinking it away, directing it toward someone else, an innocent bystander, or, our loved ones, spouses, children, friends and coworkers. With our addictive behaviors we will not be the only ones in pain.

Our Seven Grandfathers Teachings tells us that when we live by the values of the teachings, all of Creation gives back what we have given to Creation. This is also one of the results of the Twelve Step Program of recovery. If we live by the principles of the Twelve Step Program then those values are returned to us, making our life simple. Simple enough that we no longer need to turn to the Alcohol or Drugs to feel better about our self.

ZAAQIDWIN-LOVE MNAADENDMOWIN-RESPECT

GWEKWAADZIWIN-HONESTY DBAADENDIZIWIN-HUMILITY

DEBWEWIN-TRUTH NBWAAKAAWIN-WISDOM

AAKDE'EWIN-BRAVERY

The Anishinaabe realm of life states that the Seven Grandfathers were gifted to them so that they could live with Creation.

When these values are used in every aspect of life for the Anishinaabe, it is what will be returned to them. In other culture's this is recognized as "Karma," "Live by the sword, die by the sword." "What goes around comes around." Imagine only the Seven Grandfathers being all that is returned to you! It is possible! When our lives are transformed by our own volition, our will power, the Creator will provide everything to accomplish sobriety, and wellness. Hence the word "Wellbriety" We are introduced to people that are helpful, that know how to live sober, that live in such a way that there are no more cravings. Life is not perfect, and so we learn to overcome those imperfections without resorting to the Alcohol and Drugs that we used to deny or ignore the reality of life.

We learn with the Seven Grandfathers that if we love ourselves, we can love others. Because we love ourselves, they will know love and in turn, others will love us. They have learned to love themselves through our love for ourselves. Imagine!

The Twelve Steps of Alcoholics Anonymous guide us to the person we had lost to the Addiction Disorders. The person we were created to be.

We are taught that the Seven Grandfathers were gifted to us from the Creator, so that we could live with another human being.

We already knew how to live with Creation, the winged ones, the four legged, the ground dwellers, the swimmers, the plants, the air, the water. All of Creation. We knew how to use Creation to live on this world. We did not know how to live with another Anishinaabe, let alone a mate.

In order for us to live with another Anishinaabe, we needed to know how to treat another Anishinaabe. We needed to know what we were expected to give them so that their life would be equal to ours.

Because of the order of Creation when something is given or taken, something has to be given or taken in return.

For instance, if we were to call someone out of name in anger, then we take from them their identity, dignity, pride, confidence, self-esteem, self-worth. Now they have nothing to give back because that has been taken away. They have nothing else to give to Creation because those words hurt them enough, they do not understand what they can give back in return. They cannot give back negative if negative was given to them, because of the principles of the Seven Grandfathers we have to give back something that will promote life. Names that take away are not the Seven Grandfathers teachings. They do not promote life. They do not promote a healthy Anishinaabe.

As a Human Being, we only have the Seven Grandfathers to give back to Creation, because that is all that we are. Love Respect Honesty Humility Truth Wisdom Bravery. That is all we have to give back to Creation. The Creator knows that in order for this world to exist for us, it needs what we have to exist, Love Respect Humility Honesty Truth Wisdom Bravery.

Addictive Disorders are the direct result of Alcoholism and/or Drug Addiction, and they are not a part of the Seven Grandfather Teachings. They are disorders because they have no purpose other than to destroy the body, the mind, the Spirit. Addictive behaviors are wrong they give us nothing in return that is healthy for our Spirit, our Mind or our Body.

What happens for Anishinaabeg when we begin to recover from addictions, our body will begin to heal, the mind begins to heal, the Spirit begins to heal and our Emotions are healed as well. The result will be a complete, healthy Human Being.

These are the same actions that will begin to happen for us with the Twelve Step Recovery Program of Alcoholics Anonymous. The Twelve Steps have values similar to the Seven Grandfathers.

Do you have a problem? Honesty. Do you believe? Humility. Give your life over to your Creator, Humility. What are your problems? Truth & Bravery. Tell someone what happened, Honesty. Ask for your Creators help, Humility. Remember those you have hurt. Humility & Wisdom, Make amends to those you have hurt only if it will help them, Bravery & Wisdom. Constantly be aware of your actions and admit it when wrong, Bravery, Wisdom, Humility, Honesty & Truth. Recognize your role in Creation and live so that others can live likewise, Love Respect Honesty Humility Truth Wisdom & Bravery.

Anishinaabeg live so that another can live. Our lives are not for ourselves, they are for another. Our children need healthy parents to live healthy lives. Grandparents are needed to guide the family. Parents are needed to keep the family healthy. Families are needed to keep the community healthy.

This is all possible when we live by the Seven Grandfathers Teachings. The preceding words are only a description of the Seven Grandfathers. Certain principles of the Anishinaabeg culture are not written down or public matter. These pages are designed to allow the individual their chance to see the Seven Grandfathers as only they can see them. Because each Human Being has their own view on life, it is imperative that what they need to maintain sobriety and the good life, it is by their own ideals.

You have the power to change your lifestyle so that your life is healthy. You have the spiritual strength to maintain a healthy life. A healthy life is a life for all. When we are all healthy, we will have endless power to heal others. Eventually all life is healthy, and good.

May your Journey be great, may your path be blessed and may your life heal. These are the Prayers for you from the Waabshki-Miigwan Drug Court Team. You are important. You are Anishinaabe!



## Responsibility for the Personalized Aftercare Plan

It is vital that each individual takes responsibility for their own personalized aftercare plan. Those people who are staying in rehab will be able to get guidance from the counselors, but it will be up to each individual to ensure that they are ready to deal with the reality without alcohol or drugs. Each person will have their own unique needs and concerns and their plans for aftercare should reflect this.

### Elements of a Personalized Aftercare Plan

The whole point of an aftercare plan is to be ready for a new life away from an addiction and to have plans for any difficulties that are likely to arise. Elements of a good personalized aftercare plan include:

- \* The individual will need to consider how they can get support from family and friends. If their family is not likely to be supportive then they will need to choose alternative avenues for such support.
- \* It is likely that former drinking or drugging buddies will try to reestablish contact. It is important that the person has a plan so that they can keep any contact with such individuals to a bare minimum.
- \* Most addicts will be in poor physical and mental shape when they arrive in rehab. The individual should have plans for how they can regain their physical health and fitness once they leave rehab – for example, they may plan to join a gym.
- \* It will often be advisable for the individual to continue with some type of counseling once they return home. Most people will have unresolved issues that may take a good deal of time to deal with.
- \* It is crucial that people have sufficient support once they go home. Some may decide to obtain this by joining a recovery fellowship such as [Alcoholics Anonymous](#).
- \* The individual is almost certainly going to be faced with temptations once they are back in their own environment. They will need to have plans for how they are going to deal with these temptations.
- \* One of the most effective ways of strengthening recovery is to do some volunteer work. This means that the individual will not be so focused on themselves, and this type of work greatly boosts self-esteem.
- \* [Boredom in recovery](#) is one thing that people will want to avoid because it can so easily lead to relapse. It is therefore of great importance that they plan for plenty of activities once they return home.
- \* The individual can commit to some positive daily actions such as [keeping a recovery journal](#) or doing some type of exercise.
- \* The early months of recovery can feel quite emotional and stressful as the individual adjusts to dealing with life without alcohol or drugs. It is therefore recommended that they learn some

[relaxation techniques](#).

- \* A common reason for why people fall into substance abuse in the first places is that they have [poor coping strategies](#). It is therefore important that they make plans for developing new strategies for the future.
- \* Humans are highly influenced by the people they come in contact with. It can be helpful to spend time with those who have already built a successful recovery.
- \* People should not create a strategy that is full of drudgery – recovery needs to be fun!
- \* The individual should consider potential [relapse triggers](#) and have tactics on hand for avoiding these.

## Advice for Creating a Personalized Aftercare Plan

The individual will have a great deal of freedom in how they go about creating their own aftercare plan, but there are guidelines such as:

- \* It is often the things that have been left out of the plan that turn out to be the most troublesome later. It is therefore important to be as thorough as possible.
- \* The therapists and counselors in rehab will recognize the importance of these aftercare plans, and they are sure to be able to offer advice and guidance. The onus is on the individual though to get the most out of these professionals.
- \* This type of plan needs to be realistic. If the individual makes plans that are not really achievable they are setting themselves up for failure.
- \* While such plans should be realistic it is also important not to leave the bar too low. Most of the limitations that people suffer from in life are imposed by themselves.
- \* It is recommended that people go over their completed aftercare plan with their rehab counselor.
- \* Hearing about other people's plans is helpful, but the individual will want to focus on their own specific needs. There are almost certainly going to be many similarities between these plans, but there should also be uniqueness to them as well – otherwise the plan is not personalized.
- \* The transition from rehab to home is so crucial that people should begin preparing for from day one in treatment. If the individual goes home without being prepared for what they are going to face they have a high risk of relapse back to their addiction.
- \* This plan should not be written in stone because it may be necessary to make adjustments to it. This is because the reality of life away from rehab is likely to involve unforeseen challenges.
- \* It is not such a good idea to have a plan that relies too much on other people.
- \* If people find that they have departed from their plan they are advised to get back on track as soon as possible. There is no point in devising a strategy if people are not prepared to stick to it.
- \* The individual will need to set regular dates for assessing their progress and reevaluating their plan. Ideally this should be done with the help of a counselor or therapist.
- \* Some rehabs will have an exact format for devising this type of plan. There will also be time devoted to creating it.





WMDCP Aftercare Schedule  
(Six, (6), Months)

COURT APPEARANCES	MEETINGS AA/NA/OTHER	COUNSELING	ALUMNI PROJECTS	PROBATION REPORTING	DRUG SCREENING	MAINTAIN
PHASE 5 At the end of Phase 5: Participation in a Final Hearing and Discharge and complete an WMDCP exit survey	PHASE 5 Weekly contacts with Sponsor	PHASE 5 Monthly or Individualized as recommended by the Counselor as the individual treatment plan develops with participants and the WMDCP Coordinator	PHASE 5 Assist the WMDCP as requested with special circumstances or clients	PHASE 5 One, (1), per Month, (Face-to-Face) plus Weekly contact with Probation by Telephone for all other Weeks	PHASE 5 Bi-Monthly Random Screens for the First Three, (3), Months Monthly Random Screens for the Last Three, (3), Months	PHASE 5 Maintain 30/30/30 Hourly Requirement: Employment/ Education/ Parenting/
		Weekly or Individualized as recommended by the Counselor as the individual treatment plan develops with participants and the WMDCP Coordinator	Participation in the LTBB Sobriety Feast Or Similar Events chosen by the participant		Immediate Screening at the request of Law Enforcement or Probation for Cause	Chemical /Alcohol Free Home Agreement

\*\*\*\*Unless there are extenuating circumstances, participants in Phase 5 are not scheduled for curfew.

Signature of Client

Date