



# NATIVE WELLNESS

*Institute*

## A Year Long Wellness Approach

“Bringing Healing and Wellness to Your People  
One Community Member at a Time”

## COMMUNITY HEALING FOR AN ENTIRE YEAR

Whole community healing is needed NOW. Negativity, alcoholism, drug addition, violence, poverty, suicide, elder abuse, sexual assault and more continue to be passed on with each new generation. We cannot keep doing the same thing over and over and expect different results. Positive change in our communities is needed now and begins with healthy risk taking!

*The Native Wellness Institutes's year-long community healing and wellness process will bring about major change and reinforcement in your community. By developing a comprehensive and cohesive vision for the well-being of your community, and by offering a series of healing trainings, retreats, and activities, you CAN improve the overall quality of life for your members as well as be a model for other Native communities to follow.*

When one wellness event is offered in a community, it is like a pebble being thrown into a pond, with small ripples of positive change touching those who are closest. When a series of healing opportunities are targeted at specific sub-groups of your community, such as elders, young women and men, leaders, workers, older women and men, parents, youth, couples and the community as a whole, it is like throwing a **BOULDER** into that same pond and watching the waves of positive healing and change wash over not just those closest to the shore, but everyone! *The community begins to heal; the community begins to change!*



## WHY A FULL YEAR OF HEALING IS NEEDED

Native communities abound with cultural strengths and resiliency. However, these can be hidden or masked with unhealthy behaviors including chronic negativity, chaos, gossip and tearing each other down to name a few. It took generations for Native communities to experience such unhealthiness and it will take generations to see positive change and for healthy behaviors becoming the norm of the community like in our ancestors' time.

Traditionally, our communities shared the same vision, the same spiritual practices and the same values. Colonization changed that and today our communities are fragmented and often with no spiritual or cultural focus. Many Native people do not understand the impact of historical and intergenerational trauma; and without this awareness, the unhealthy cycles continue. In many communities social service workers and law enforcement are now working with the grand children of their original clients. This is from multi-generational trauma where the unhealthy behaviors like violence, addiction, dependency and more get passed down from generation to generation.

Based on over 30 years of wellness and healing training experiences, the Native Wellness Institute (NWI) offers training, retreats and community wellness and healing gatherings to bring about positive behavior change. Through positive youth and adult development models, Native specific and culture-based curricula and processes, mainstream approaches, and Indigenous social research and culture, NWI brings cutting-edge programs to Indian Country by experienced Native facilitators who walk their talk because they have done their core healing work themselves.

Training sessions are often life changing. Participants connect with culture, the land, the ancestors, each other and themselves. In turn, they become better equipped to make healthier choices and to be positive contributing tribal, community, workplace and family members.



## MENU OF YEAR LONG TRAINING SESSIONS

The following training menu can be tailored specifically to your community and needs. Although trainings can be offered as single, one-time events, a series of trainings and activities in a year-long process will yield maximum result for your communities and members. NWI can assist you in creating a training and technical assistance calendar that is just right for your community. In addition, follow-up trainings that include more in depth processes and topics could be offered or training can be designed specifically to suit community desires and needs. In addition to the trainings, retreats and gatherings, NWI can assist the community in developing healing and wellness strategies to be implemented between the various events to further promote personal, family and community healing and wellness.

### **Community Wellness Kick-off: “Be a part of the healing!”**

This event will tell the community, “Something exciting is happening and we want you to be a part of it! Come check it out and learn more about it!” The Kick-off will be designed to best meet the needs of the community. It may be an evening event with dinner, or a half or full day event filled with speakers and activities such as traditional crafts and games, talking circles and workshops. This brief gathering will explain what Native wellness is and inform the community about what is to come. It will create the excitement and anticipation that comes prior to healing. Interactive, fun games will be incorporated. The Kick-off event will make the community aware of upcoming events and the change that is about to happen. Most importantly, it will encourage their buy-in.



### **Leading the Next Generations Healthy Relationships Training: “Create the relationship you want.”**



This three-day training will target couples in the community who are married or not, but will also include people who are single and desire a healthy relationship. **Healthy relationships create healthy families and healthy families create healthy communities.** The retreat will cover the following topics: Introduction To Healthy Relationships, Historical Trauma, Native Wellness, Gender Differences, Healthy Conflict Resolution, Healthy Communication, Creating Healthy Relationships, Healthy Sexuality, and Living In Balance. As a result of the training, community members will feel

spiritually renewed and be better informed and equipped to create the healthy relationships they deserve!



**Native Youth Leadership and Wellness Training:**  
*“Skills development for youth of all ages.”*

This three-day training is intended for elementary, middle and high school students. The focus is to facilitate learning about Native wellness, leadership, culture and cultural pride, self-esteem, healthy risk-taking, making positive choices, spirituality, and living healthy lifestyles. The training is interactive with short lectures, hands-on activities, games, small group work, large group work and other events such as traditional games, cultural sharing night, talent show, clan Olympics and more. Activities take place throughout the day and evening with the goal of actively and consistently engaging youth!

**Native Youth and Adult Life Skills Training:**  
*“Skills development for youth and adults.”*

This three-day training is intended for older youth and adults who want to learn about Native wellness and healing, spirituality, communication, personal growth

and development, self-esteem, and cultural pride. The training is filled with short lectures, hands-on activities, and interactive small and large group work where community members learn through reflection, discussion, and personal goal setting. The training aims to help participants get into the flow of their best possible life.



**Gathering of Native Americans (GONA):**  
*“Indian Country’s best community healing model.”*

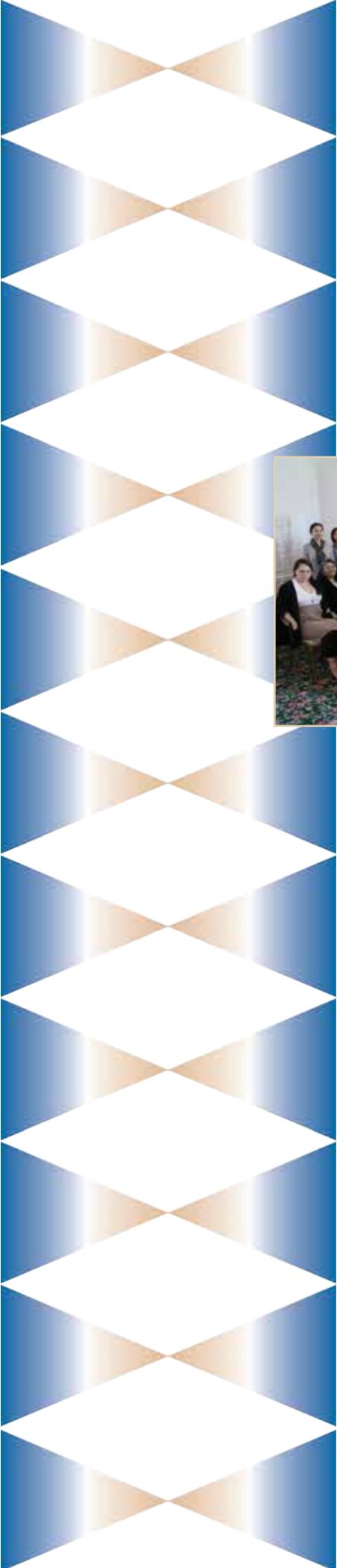
This three or four-day gathering is for community members of all ages. During GONA trainings, community members look at how traditionally and historically the community functioned, how it has changed due to alcohol, drugs and other challenges, how their own family has been affected and patterns that emerged, and potential for healing. Community healing happens when community members talk about these changes, engaging in hands-on facilitated activities, and create plans to implement community change. Daytime and evening sessions are included. Our team members are

seasoned Gathering of Native Americans (GONA) Facilitators and can incorporate the GONA process throughout all training and technical assistance offerings.



**Wellness in the Workplace:**  
*“For all tribal and community employees (Native and non-Native)”*

This training is tailored to the workforce schedule, and ideally, is two or three days in length. Topics include understanding unhealthy work behaviors, Native wellness, historical trauma, wellness in the workplace, team-building, conflict resolution, communication, managing vs. leading, self-care, and balancing home, life and work. Personal and organizational plans are developed!



### **Women's Wellness Retreats**

This two or three day retreat is for women who are 40 and older. Sometimes, Native women find that after raising children, heading up households, being leaders in the community, and taking care of everyone else, they want to now take better care of their own mind, bodies & spirits.

Topics include Native wellness, healing, historical trauma, women's health issues, relationships, spirituality, self-care, parenting and grandparenting, cultural pride, and community activism. Short lectures, hands-on activities, experiential small and large groups, and fun games will be the format for this women's getaway.



### **Men's Wellness Retreats**

This two or three day retreat is for men who are 40 and older. Topics include Native wellness, healing, historical trauma, men's health issues, spirituality, relationships, self-care, parenting and grandparenting, cultural pride and community activism. Short lectures, hands-on activities, experiential small and large groups, and fun games will be the format for this men's get-away.

### **Young Women's Wellness Retreats**

This two or three day retreat is for women who are 18 to 39. Topics include Native wellness and healing, historical trauma, women's health, sexuality, spirituality, relationships, self-care, parenting, cultural pride and community activism. Short lectures, hands-on activities, experiential small and large groups, and fun games will be the format for this young women's get-away.

### **Young Men's Wellness Retreats**

This two or three day retreat is for men who are 18 to 39. Topics will include Native wellness, healing, historical trauma, men's health, sexuality, spirituality, relationships, self-care, parenting, cultural pride and community activism. Short lectures, hands-on activities, experiential small and large groups, and fun games will be the format for this young men's get away.

### **Elder's Gathering**

This two or three day retreat is for self-identified elders of the community, both male and female. Topics will include Native wellness, healing, historical trauma, health issues, spirituality, generosity, self-care, grand parenting, cultural pride and community activism. Short lectures, hands-on activities, experiential small and large groups, and fun games will be the format for this elder's get-away. Community youth will be invited for a special session with the elders during the retreat.





### **Healing from Grief and Loss Retreat**

This three-day retreat is for people who have experienced historical loss or current day loss due to death, divorce, loss of job, health problems, etc., to help them move through the grief cycle. Adult Children of Alcoholic (ACOA) issues and healing are part of this process. It is a healing experience with facilitated sharing circles, stages of grief and other hands-on healing to help the participant move forward in a good way. These concepts can be added to any of the other trainings and retreats.

### **Native Paleo Functional Nutrition and Fitness**

Native Paleo Functional Nutrition and Fitness is a program designed by our ancestors to reclaim our health, fitness, and wellness. With Native Paleo, you can learn about the diets of our ancestors, how they hunted, gathered, prepared and ate healthful foods, and the activities that kept their bodies in motion. Learn about Native resilience, Native diets around the globe, and the things that tie us all together. Examine how diets have changed and more importantly, ways to improve Native health by changing the food we eat and how we move our bodies. Eat, move and get healthy!



### **Self-Care for the Caregiver**

People who work in social services, tribal health, youth services, law enforcement or other direct services programs are inevitably affected by the trauma of their clients and communities. This is called vicarious trauma. These workers often have to witness trauma, hear about trauma, write about trauma and help clients through their trauma. This can take a toll and can result in compassion

fatigue. The self-care training session is for caregivers to learn how to work through and heal from their own trauma and that which they are affected by. We can only give what we have and we have to be in top form to be of service to our communities.

### **Specialty Wellness Training**

Wellness training would not be complete without activities that complement and promote culture, sports, and entertainment. Native Wellness Institute trainers can provide anything from hypnosis to cultural performances, including dancing, singing, storytelling, etc. The best part is that participants are never sidelined but always engaged in the activities. In addition, we can design and staff youth athletic camps for basketball, football and dance. NWI trainers and consultants are also available to coordinate your wellness events and conferences, powwow emceeing, moderating and facilitating your meetings or special events, and more.

### **Community Wellness Celebration and Gathering**

At the end of the year, when the above mentioned trainings and retreats have been completed, the community will come together for a community-wide wellness gathering to celebrate their accomplishments, review their successes, and plan for continued healing and wellness. Smaller workshops, large group presentations, hands-on activities and other experiential activities will be included.



## BUDGET CONSIDERATIONS

We all know the cost of a community that is not well and out of balance. Promoting wellness and providing healing opportunities is the best investment a tribe, community, or program can make in its members. Once trainings, retreats, and activities have been selected from the menu, the Native Wellness Institute will draft an ideal and realistic budget and timeline for your review, consideration and approval. Funding could come from tribal programs sharing the costs, grants, donations, sponsorships, fundraising and more.

## ABOUT THE NATIVE WELLNESS INSTITUTE

The Native Wellness Institute (NWI) is a 100% Native-owned and -operated non-profit organization established in 2000 to meet the need for quality training and technical assistance services for Native people, organizations, tribes and communities. Traditional Native values are woven into all programs.

The mission statement of NWI is: *“To foster the well-being of Native people through programs and training that embrace the traditions and teachings of our ancestors.”*

The purpose of our work is to provide awareness to our people of where many of our negative and unhealthy behaviors come from and then provide opportunities for healing and growth. The foundation of our work is recognizing the impacts of historical and intergenerational trauma and oppression on Native people and moving to a place of resiliency and living in balance between our physical, mental, emotional and spiritual well being.

The facilitation focuses on the idea of making a “head to heart” connection. Through culture and understanding how to live in balance, the participant will make a journey to balance and wholeness. In turn, the participant will be better equipped to make healthier decisions to ultimately be a positive contributing community, school, family and workplace member.





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