

Wellbriety Celebrating Families! now in W.S.

Wellbriety is a growing movement in Indian Country. This is the grassroots movement of White Bison, based in Colorado, with partners in many Indian communities.

White Bison and Wellbriety provide culturally based healing—from addiction, abuse, and other trauma—to the next seven generations of Indigenous people.

On the Warm Springs Reservation, the Wellbriety Sons and Daughters of Tradition program led to creation of the Soaring Butterflies and Warrior Spirits student and youth programs.

The Warm Springs Tribal Court has a Wellbriety alternative to criminal court (story at right). And last year Community Counseling formed the adult groups Guiding Butterflies and Mighty Warriors.

Sarah Wolfe at the Counseling Center has been an advocate of the local Wellbriety movement. Recently, she saw the opportunity to bring Wellbriety training to the reservation.

The three-day training, held last week, now allows Community Counseling to host an eight-week Wellbriety Celebrating Families! program.

Twenty-nine people took part in the training. The group used the conference room at Fire Management, as it provided the needed space.

The training—the first of its kind in Warm Springs—was paid for through a grant.

“Don Coyhis (White Bison founder) asked if I wanted to get this started in Warm Springs,” Sarah says.



Dave McMechan/Splyay

Participants at the Wellbriety Celebrating Families! training in Warm Springs.

There are now 21 local people who are certified to facilitate the Wellbriety Celebrating Families! curriculum, coming up in April...

“He said a grant was available, so we were able to host this training.”

The trainers were J. Carlos Rivera, executive director of White Bison, and Sparrow Goudey.

Most of the trainee participants are from Warm Springs—from Community Counseling, Children’s Protective Services and Family Preservation, Indian Health Service, and from the community at large.

Most of the community participants have been part of the Guiding Butterflies/Mighty Warriors classes.

Seven of the trainees came from out of town—from Umatilla, Cow Creek, Lower Umpqua and Klamath Falls.

As a result of the training, there are now 21 local people who are certified to facilitate the Wellbriety Celebrating Families! curriculum.

This curriculum can be held over the course of 16 weeks, but the Warm Springs program will meet twice a week for eight weeks, Sarah said.

This will start in April. Sarah is now holding planning and orientation meetings for the facilitators. These meetings are on Fridays from 9 to 11 a.m. at Community Counseling.

The facilitators will conduct Wellbriety Celebrating Families! sessions for different age groups: 4 to 7 year olds; 8 to 12; 13 to 17; and 18 and over.

Everyone is welcome to take part the Wellbriety Celebrating Families! program. Or a person may come by

family or friend reference, from a councilor’s or some other reference. The overview of the program is as follows:

Celebrating Families! is a multi-family, strength-based, skill-building program serving children ages birth through 17, their parents, and caregivers.

This evidence-based program, in partnership with the National Association for Children of Alcoholics, emphasizes healthy living skills including addiction prevention/recovery; attachment; the development of a sense of hope and expanded life view; reduction of stress/anxiety and safety.

Celebrating Families! has been shown by outside evaluators with families dealing with addiction and child abuse/neglect to strengthen recovery, improve family re-unification, and increase healthy living skills for families impacted by substance abuse disorders.

For more information call Community Counseling at 541-553-3205.

Tribal Court sees first Wellbriety graduate

The Tribal Court, prosecutor’s office, and Parole and Probation began the Warm Springs Wellbriety program last year.

The program helps people who are in trouble due to alcohol or drugs. A person who completes the Wellbriety program can have his or her criminal charge dismissed by the court.

The program requires more than 100 sessions of treatment, lasting at least 36 weeks.

The Wellbriety Court on February 10 marked a milestone, when the first person to successfully complete the program was presented with a certificate of graduation. The person had two criminal charges dismissed.

Wellbriety focuses on the importance of responsible decision-making skills, and works toward helping one achieve a substance free lifestyle.

The Tribal Court is seeing more people enroll in the Wellbriety program, helping themselves toward sobriety, said Floyd Calica, tribal public defender. For more information Contact Parole and Probation at 541-553-3293.

Native film at Madras COCC

The Madras campus of the Central Oregon Community College will show the film *The Cherokee Word For Water* on Monday, February 22, from 3-5 p.m.

This is a feature length motion picture that tells the story of the work that led Wilma Mankiller to become the first modern female Chief of the Cherokee Nation. This is a free event, and all are welcome. Snacks will be

served. *The Cherokee Word For Water* is inspired by the true story of the struggle for, opposition to, and ultimate success of a rural Cherokee community to bring running water to their families by using the traditional concept of ‘gadugi’—working together to solve a problem. For more information, please contact Gina Ricketts, 541-318-3782.


Youth invited to summer program

The Twenty-First Annual Na-ha-shnee Native American Health Science Institute is a 13-day summer program designed to encourage Native students to pursue health science degrees and health-related careers.


It’s open to students currently in grades nine through 11. Applications are available online. Google WSU Native American Health Sciences to find it. The deadline is April 25.



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Coupon # 748

Open 7 a.m. to 10 p.m. (Coupons expire March 2)

Waunanuba: salon, spa and essentials

(Continued from page 1)

She also got her Cosmetology license.

After college she worked at hair salons in Madras. Then she and James opened the Redmond beauty outlet store in 2013. The business name was TIY DIY Beauty Supply (TIY DIY standing for “Try it yourself, Do it yourself”).

The business was a success. “Redmond didn’t have a beauty outlet,” Marlanea says. “And we wanted to bring these products to the customers here.” The next closest outlet was in Bend.

After a year, Sally Beauty opened an outlet in Redmond. Instead of seeing this as competition, Marlanea and James saw it as a chance to focus on the products they are most interested in. Some of their favorite and most popular are beauty prod-



Marlanea and James Wagner at the salon; and the salon front (at upper right).



ucts from bareMinerals. Waunanuba Salon, Spa and Essentials has about 600 square feet of retail space. The salon area is about 1,300 square feet. There are five hair stations, two nail stations and two pedicure stations. James is currently working on a facial/massage room.

Waunanuba is an Indian name passed down from Marlanea’s great grandmother. You can visit the salon at 341 SW Sixth Street in Madras.

They are on Facebook, or call 541-923-8071. The email is: teammanwag@icloud.com



Fish design on the salon floor; and part of the Waunanuba retail area (right).

