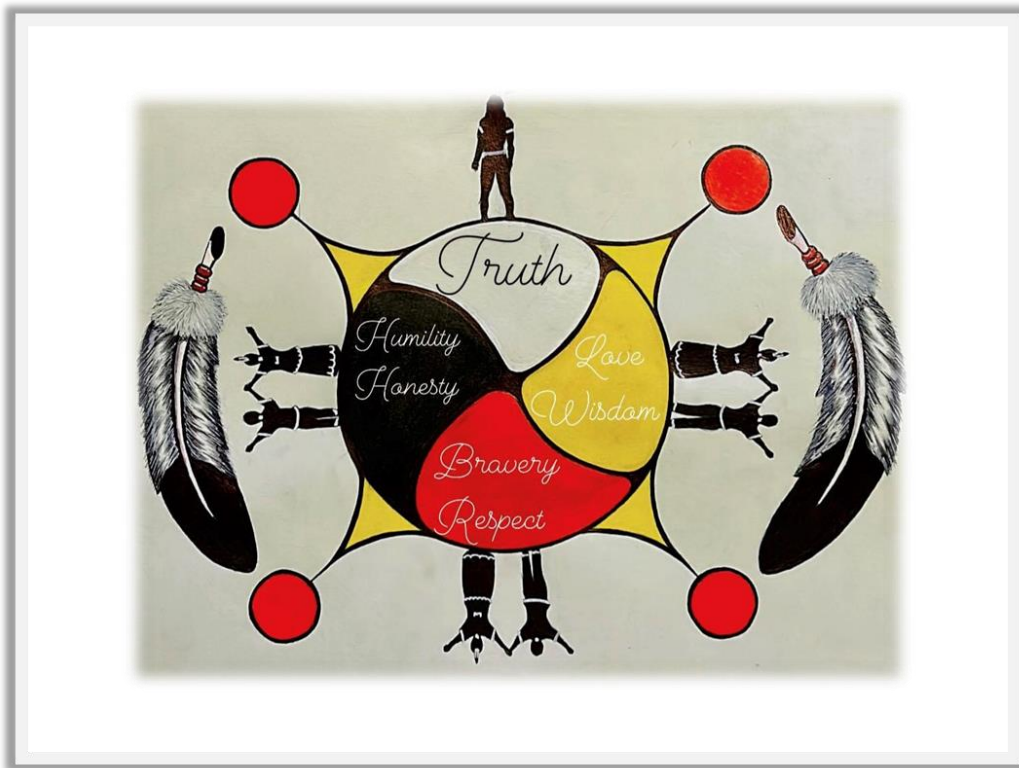




Saginaw Chippewa Indian Tribe

Healing to Wellness

Participation Manual



Seven Grandfather Teachings

We have to take care of **Aki (Mother Earth)** or we will not have a home. We must all share in this responsibility. We need to make sure that Mother Earth and everything the Creator gave her will always be here for future generations. Each morning let us remember to greet our Grandmothers and Grandfathers whose spirits are in the many glories that surround us. They taught us, as they had been taught by their elders, how to take care of Mother Earth and each other.

We are straying away from the Teachings given to us. Our young people do not pray and give thanksgiving. We need to know the Teachings of our Grandmothers and Grandfathers to give us direction and balance. Especially our leaders who are young; they need to listen and learn. We need their participation.

To take care of Mother Earth and the community of life, we need to remember the Teachings of the First Elder. The First Elder gave us the gifts of knowledge that he received from the Seven Grandfathers when he was a little boy.



Each Grandfather gave him a great gift. One gave him the gift of **NIBWAAKAWIN (Wisdom)**, and he learned to use that wisdom for his people.

Another gave the gift of **ZAAGIDWIN (Love)**, so that he would love his brother and sister and share with them.



The third Grandfather offered the gift of **MANAADJITOWAAWIN (Respect)**, so that he would give respect to everyone, all human beings and all things created.

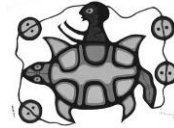


AAKODEWIN (Bravery) was the next gift, the courage to do things even in the

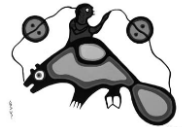
A fifth Grandfather gave the boy **GWEKOWAADIZIWIN (Honesty)**, so that he would be honest in every action and provide good feelings in his heart.



Another Grandfather offered **DIBAADENDIZOWIN (Humility)**, to teach the boy to know that he was equal to everyone else, no better or no less.



The last gift that was given to the boy was **DEBWEWIN (Truth)**. The Grandfather said, “Be true in everything that you do. Be true to yourself and true to your people. Always speak the truth.”



The Grandfathers told him, “Each of these Teachings must be used with the rest. You can not have **WISDOM** without **LOVE, RESPECT, BRAVERY, HONESTY, HUMILITY**, and **TRUTH**. You can not be honest if you use only one or two of the Teachings, and to leave out one is to embrace the opposite of what the Teaching is.”

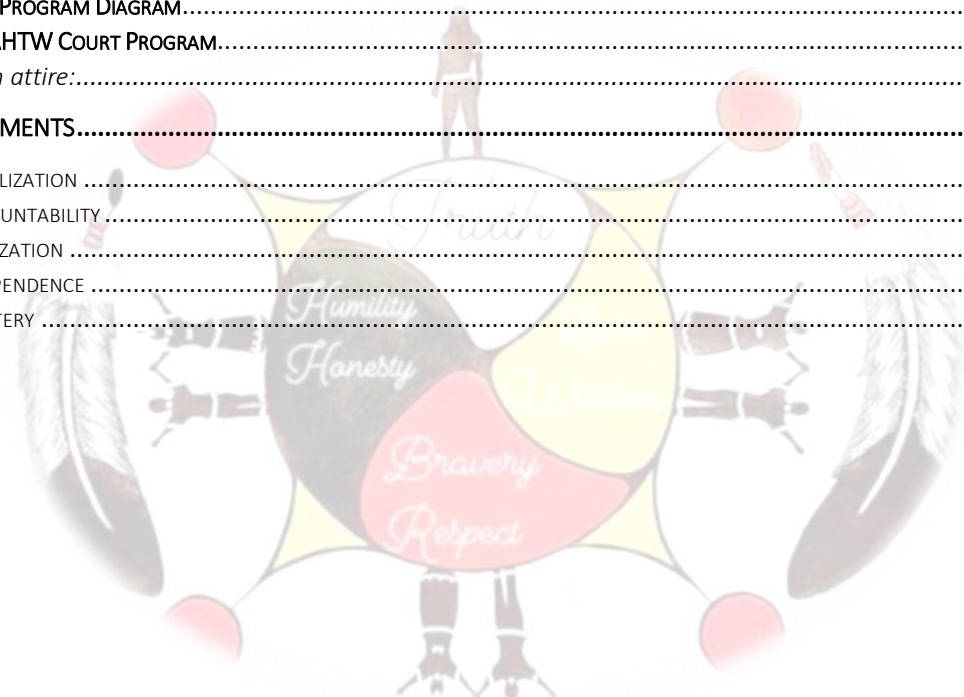
We should all try to live by the Seven Grandfather Teachings. Sometimes it may be hard to apply all of them daily, but we must try. If we don’t practice honesty, we cheat. If we don’t practice truth, we will lie. We must go back to the knowledge that the Seven Grandfathers taught the First Elder, who then passed the Teachings on to the next generation, and so on.

The Seven Grandfather Teachings will remind us how to treat one another and our children. Each of us is responsible for taking care of the children and of Mother Earth. The children are the ones who must care for Mother Earth tomorrow, and for the generations to come.

- Author Unknown

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I. PROGRAM INFORMATION

A. Vision & Mission Statement

- a) **Vision:** Our vision is to secure our future by promoting a balanced life for justice involved individuals through support and encouragement of healthy living and cultural preservation.
- b) **Mission:** Engage full dimensional individual healing to wellness aimed to mitigate symptoms through the Seven Grandfather Teachings, Evidence Based Practices, and other therapeutic traditional healing.

B. Program Components

1. Team Members:

- Tribal Chief Judge
- AHTW Project Administrator
- AHTW Case Manager
- Tribal Probation Department
- Tribal Police Department
- Nimkee
- Behavioral Health
- Alt. Sentencing Coordinator (ASC)
- Recovery Coach
- Tribal Prosecutor
- Tribal Housing Department
- Tribal College
- ACFS
- Tribal Council

2. Confidentiality and Professionalism

Participant's confidentiality rights are covered under Federal Laws. Each participant will be asked to sign a consent form allowing the team to exchange information for the coordination of care. If a participant is unwilling to sign a consent form, the participant shall be ineligible to participate in the AHTW program.

AHTWC program is designed to promote unity and to promote each participant's success in their recovery. Team members must openly work together for the success of each participant. To maintain integrity of the program, the list below shall be followed to maintain a code of ethics:

- a) Each team member and participant shall refrain from discussing other individuals and cases who are not associated with AHTW.
- b) Any discussion about a participant shall be limited to information that pertains to their sober journey.
- c) Any discussion about AHTW participants shall remain among those who are involved with AHTW, excluding mandated reporting laws.
- d) Utilize the Seven Grandfather Teachings: be respectful and honest, show humility, love each other, share your wisdom, be brave, and tell the truth. The MDT will have differing and equal opinions.
- e) Encourage participants to complete the program so they can live the good life. Show support by providing wraparound services for success. Each participant will need encouragement and support to reach their goals and to complete the requirements of the program.

f) AHTW team members are mandated reporters. If there are suspicions or reports of child neglect or abuse, it is to be reported immediately by calling (855) 444-3911.

C. **Drug Court Schedule**

AHTW Court Review Hearings shall take place in front of the Chief Judge of the SCIT AHTWC Program, unless a Zoom Hearing has been scheduled by the Court. The Chief Judge will confirm with participants the tasks they will need to complete before their next scheduled Court Review Hearing. Participants shall complete tasks between the Court Review Hearings such as: meeting with the Project Administrator and/or Case Manager, self-help groups, Ziibiwing class, therapy, urinalysis screenings, and other tasks and/or goals. Any requests from the Chief Judge are required to be completed as scheduled.

D. **Court Review Hearings**

Friends, family, and guests of the participants are encouraged to attend and are permitted in the courtroom during phase advancement hearings. However, they will be asked to leave the courtroom for other participants due to confidentiality. Visitors may not participate or comment on any of the proceedings during hearings unless invited by the Judge or a participant. At the discretion of the Judge, a participant may meet with the Team in an individual meeting. Generally, Stage 4 and Stage 5 participants attend court once a month. However, if the Team becomes concerned about a Stage 4 or 5 participant's progress, the Judge can order a participant to return to more frequent court reviews.

Phase	Required Attendance at Court (unless changed by the Chief Judge)
1	Every Week
2	Every Week
3	Every Other Week
4	Every 4 th Week (1 x month)
5	Every 4 th Week (1 x month)

E. AHTW Court Program Diagram



F. Rules of the AHTW Court Program

As a participant in the SCIT AHTW program you are required to read and agree with the following guidelines. These guidelines are put in place for the safety of the participants and staff and to help each other maintain their sobriety.

1. To obtain sobriety and remain sober throughout the program and afterwards. If you are suspected of being under the influence of alcohol or drugs you will be required to submit to a urinalysis screen. If your urinalysis screen is positive, a swift sanction will be imposed.

2. Participants are required to attend scheduled AHTW Court Review Hearings every Monday at 10:00am and is scheduled to end at 11:00am, (as required by phase).
 - a) If a participant is more than 10 minutes late for a court review hearing, a sanction may be imposed.
 - b) If there is an emergency, the participant will need to contact the AHTW Case Manager or Project Administrator to ask to be excused. The participant must provide documentation of the emergency.
 - c) Appointments and/or activities cannot be scheduled within the timeframe of the AHTW court review hearings.
 - d) If a participant is a no show, a sanction will be imposed.
 - e) Participants are required to remain in the courtroom throughout the court review hearings, unless there has been prior approval from the AHTW Case Manager or Project Administrator to be excused.
 - f) Calling on the day of the court review hearing to be excused will not be accepted. If a court review hearing is missed, a sanction may be imposed.
 - g) Participants are required to provide a working phone number and a valid address.
3. All information discussed during the court review hearing is confidential. All persons involved in any AHTW discussion is strictly prohibited from sharing any information that is discussed. A sanction may be imposed if any information is exchanged outside of the AHTW meetings/court review hearings.
4. Participants are required to meet with the AHTW Case Manager and/or the Project Administrator according to current phase. A schedule will be set once the participant has been accepted into the AHTW program. If a participant is more than 10 minutes late for a mandatory meeting with the Case Manager or Project Administrator, a sanction may be imposed.
5. Be honest with yourself, your family, your recovery coach/sponsor, the Chief Judge, AHTW Staff, and your peers.
6. Being on time is required. You must report at your given time for court review hearings, reporting with AHTW staff, appointments, and activities. Being on time helps you develop structure.
7. If you are going to be late or need to miss a day, you will need to notify the AHTW Case Manager or Project Administrator to be excused. If there is a medical reason you will need to provide the documentation, such as a doctor's note.
8. Participants are required to attend all recommended and/or required appointments (not an exhaustive list). If a participant is going to be late or miss a session or appointment, the participant will need to call the AHTW Case Manager or Project Administrator to notify them and give a valid reason to missing the session or appointment, including but not limited to:
 - Counseling
 - Talking
 - Doctor
 - Cultural Activities
 - Self-help
 - Vision
 - Ziibiwing Classes
 - Life Skills Classes
 - Dental
 - Community Service
 - Substance Use
 - Parenting Classes
9. **Courtroom attire:**
 - Hats must be removed.

- Appropriate clothing must be worn for court review hearings. Avoid wearing clothing related to substance use, violence, sexual content, gang affiliations, obscenities, nudity, weapons or any clothing with signs or symbols relating to any inappropriate content, (not an exhaustive list).
 - Cell phones must be silenced or turned off, and turned in to ASC.
 - Any person suspected to be under the influence, will not be allowed to enter the courtroom and must remain in court lobby with ASC until further action is determined.
 - Be kind and courteous to all persons. This includes all court staff and while participating in community events and activities.
10. Violence, threats of violence, or behavior that can be considered intimidating will be reported to the Chief Judge and the authorities. You will also receive a sanction that could include being dismissed from the AHTW Program.
 11. You may bring a family member, friend, or a support system to the court with you, but they will have to wait in the lobby for your court review hearing to be done due to the confidentiality of other participants. They will only be allowed in the courtroom for phase advancement hearings and will be asked to leave for other participants' hearings.
 12. No person shall violate any tribal, state, city, county, or federal laws. If it is found there is a violation, a sanction may be imposed. If there is a violation, the participant must notify the AHTW Case Manager/Project Administrator immediately.
 13. Participants shall not possess, use, sell, and/or distribute alcohol and/or controlled substances. It is the participant's responsibility to provide the doctor's note to the AHTW staff. (If a participant tests positive for controlled substances and have not provided a doctor's note, the test will be considered a positive test and a sanction may be imposed). The participants must inform their medical provider they are in the AHTW program.
 14. Random urinalysis screening is an evidence based practice used to monitor an individual's substance use. Participants must submit to full view random urinalysis screens. Random urinalysis screens may increase or decrease at the discretion of the AHTW team and the MDT.
 - a) A refused test will be considered a positive. The individual's sobriety days will be reset to zero (0) and a sanction may be imposed at the discretion of the AHTW MDT team.
 - b) If a test is diluted, the test may be considered a positive. The individual's sobriety days will be reset to zero (0) and a sanction may be imposed at the discretion of the AHTW MDT.
 - c) If a test is missed, the test will be considered a positive. The individual's sobriety days will be reset to zero (0) and a sanction may be imposed at the discretion of the AHTW MDT. A participant can be excused from testing by the AHTW Case Manager or Project Administrator. The reason(s) to be excused are at the discretion of the AHTW Case Manager and/or Project Administrator. The participant must make arrangements to screen as soon as possible with the appropriate person.

- d)* Participants are responsible for reading the labels on products to avoid ingesting a substance that may produce a positive urinalysis screen. Examples are (not an exhaustive list):
- Products that may contain alcohol: mouthwash, toothpaste, and hand sanitizer.
 - Foods that are prepped or cooked with alcohol.
 - Foods containing poppy seeds. Poppy seeds can be found in breads, muffins, bagels, and pastries. Ingesting poppy seeds can produce a positive opiate screen.
15. Participants are required to perform a designated amount of community service hours per phase. A community service sheet will be provided to document hours and acquire a signature by the person leading the community service. Participants are required to provide proof of their community service no later than 3:00pm every Friday to the AHTW Case Manager or Project Administrator.
16. Participants are required to attend a designated amount of self-help groups per phase. A verification sheet will be provided and a signature by the individual leading the self-help group is required. Participants are required to provide proof of their self-help group attendance no later than 3:00p, every Friday to the AHTW Case Manager and/or Project Administrator. The required amount of self-help groups cannot all be attended in one day, they need to be staggered throughout the week. The weeks will run from Friday to Thursday. Participants may attend as many self-help groups as they wish to attend in one day, but cannot count the minimum within a one days' time.
17. Participants are required to attend a class at Ziibiwing to learn about the SCIT history and the Seven Grandfather Teachings. The class is held once per month on a designated day and at a specific time.
18. Participants are required to submit a form for approval to leave the state at least 72 hours in advance.
19. Participants may not socialize during the court review hearings. All persons are expected to listen and to be courteous while others are speaking.
20. Calculation of days:
- a)* To calculate how many days a participant has been in the AHTW program, the start day will be the day the individual is accepted into the AHTW program and includes all days of the week; however, in-patient treatment does not count, unless at SCIT's Residential Treatment Center, (RTC).
- b)* To calculate how many days a participant has been in a phase, the days will begin the day the participant is advanced to the next phase and includes all days of the week; in-patient treatment does not count, unless at SCIT's Residential Treatment Center, (RTC).
- c)* If a participant is to return to the beginning of a phase, the days will reset to zero starting on the date they were reset and they will restart that phase. (This pertains to how many days it takes to complete a phase).
21. Sobriety days begin on the day of the first negative urinalysis screen.
22. Being inactive in the AHTW program pertains to:
- The participant has missed appointments, self-help groups, Court Review Hearings, and other requirements consecutively over a 1 month period;
 - The participant is incarcerated for at least 60 days; or

- The participant has an active outstanding warrant for AHTWC for at least 60 days.

II. Phase Requirements

There are five phases the participant must complete. Each phase is designed to help each participant maintain their sobriety.

A. Phase 1: Stabilization

Minimum of 120 days. Must have at least 45 consecutive days of sobriety to advance to Phase 2.

B. Phase 2: Accountability

Minimum of 120 days. Must have at least 60 consecutive days of sobriety to advance to Phase 3.

C. Phase 3: Realization

Minimum of 120 days. Must have at least 90 consecutive days of sobriety to advance to Phase 4.

D. Phase 4: Independence

Minimum of 90 days. Must have at least 180 consecutive days of sobriety to Graduate.

E. Phase 5: Mastery

Minimum of 90 days. Must have at least 180 consecutive days of sobriety to advance to successfully complete the AHTW program.

Minimum Phase Requirements:

**Some participants may be required to do more, depending on the progress they are making in the program.*

	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Review Hearings	1 per week	1 per week	Every other week	Every 4 weeks	Every 4 weeks
CM Reporting	3 per week	3 per week	2 per week	1 per week	Every other week
Self Help Groups	3 per week	3 per week	2 per week	1 per week	1 per week
Therapy	As Required	As Required	As Required	As Required	As Required
Urine Screening	4 per week	3 per week	2 per week	1 per week	2 per month
Community Service	4 hours per week	3 hours per week	2 hours per week	1 hour per week	None required

PHASE 1 – Stabilization

Phase 1 – Stabilization (approximately 120 days)

First 30 Days

- Report with Case Manager/Project Administrator as scheduled.
- Make appropriate appointments such as Nimkee for dental, vision, and physical health.
- Make appointment at BH agency to have biopsychosocial assessment completed.
- Assess living situation with Case Manager/Project Administrator.

- Assess finances with Case Manager/Project Administrator.
- Define your personal support team.
- Think about 3 SMART short-term goals you would like to work on.

Intense Stabilization (minimum 120 Days)

- Attend Court Review Hearings every Monday at 10:00am.
- Attend therapy as scheduled and follow up on all recommendations.
- Attend doctor appointments as scheduled and follow up on all recommendations.
- Report with Case Manager/Project Administrator at least three (3) times per week.
- Attend at least 3 self-help groups per week and provide documentation of attendance by Friday at 3pm.
- At least 2 groups must be face-to-face.
- Provide at least 4 urinalysis screenings per week.
- Set 3 SMART short-term goals you would like to complete in Phase 1.
- Attend class at Ziibiwing on the culture/history of SCIT on the set day and time and provide documentation of attendance by Friday at 3pm.
- Complete the Seven Grandfather Teaching for the month
- Complete 4 hours of community service weekly as determined by the Alternative Sentencing Coordinator and provide documentation of attendance by Friday at 3pm.
- Attend Life Skill class as scheduled and provide documentation of attendance by Friday at 3pm.
- Begin search for a sponsor/recovery coach.
- Begin search for stable housing if needed.

Requirements to advance to Phase 2:

- Complete a minimum of 90 days in Phase 1.
- Be sanction free for 3 weeks before consideration for advancement.
- Attend all Court Review Hearings.
- Attend all appointments as scheduled.
- Be substance use free for at least 45 consecutive days.
- Attend at least 3 self-help groups and provide supporting documents.
- Complete all urinalysis screenings and check-ins.
- Complete 3 short-term goals.
- Attend class at Ziibiwing.
- Complete the Seven Grandfather Teachings for the Phase.
- Complete weekly community service hours.
- Attend Life Skill class as scheduled.

Phase 2 – Accountability

Phase 2 – Accountability (approximately 120 days)

- Attend Court Review Hearings every Monday at 10:00am.
- Attend therapy as scheduled and follow up on all recommendations.
- Attend doctor appointments as scheduled and follow up on all recommendations.
- Report with Case Manager/Project Administrator at least three (3) times per week.
- Obtain a sponsor/recovery coach.

- Attend at least 3 self-help groups per week and provide documentation of attendance by Friday at 3pm; 2 face-to-face groups are required.
- Provide at least 3 urinalysis screenings per week.
- Set 3 SMART short-term goals you would like to complete in Phase 2.
- Attend class at Ziibiwing on the culture/history of SCIT one time per month on the set day and time and provide documentation of attendance by Friday at 3pm.
- Complete the Seven Grandfather Teaching for the month.
- Complete 3 hours of community service per week as determined by the Alternative Sentencing Coordinator and provide documentation of attendance by Friday at 3pm.
- Attend Life Skills class as scheduled and provide documentation of attendance by Friday at 3pm.

Requirements to advance to Phase 3:

- Complete a minimum of 90 days in Phase 2.
- Be sanction free for 6 weeks before consideration for advancement.
- Have a sponsor/recovery coach and provide their contact information.
- Attend all Court Review Hearings.
- Attend all appointments as scheduled.
- Be substance use free for at least 60 consecutive days.
- Attend at least 3 self-help groups per week and provide supporting documents.
- Complete all urinalysis screenings and check-ins.
- Complete 3 short-term goals.
- Attend class at Ziibiwing.
- Complete the Seven Grandfather Teachings for the Phase.
- Complete weekly community service hours.
- Attend Life Skills class as scheduled.

Phase 3 – Realization

Phase 3 – Realization (approximately 120 days)

- Attend Court Review Hearings every other Monday at 10:00am.
- Attend therapy as scheduled and follow up on all recommendations.
- Attend doctor appointments as scheduled and follow up on all recommendations.
- Report with Case Manager/Project Administrator at least 2 times per week.
- Attend at least 2 self-help groups per week and provide documentation of attendance by Friday at 3pm.
- Provide at least 2 urinalysis screenings per week.
- Set 3 SMART short-term goals you would like to complete in Phase 3.
- Complete 2 hours of community service per week as determined by the Alternative Sentencing Coordinator and provide documentation of attendance by Friday at 3pm.
- Attend Mending Broken Hearts class as scheduled and provide documentation of attendance by Friday at 3 pm.

Requirements to advance to Phase 4:

- Complete a minimum of 90 days in Phase 3.
- Be sanction free for 12 weeks before consideration for advancement.
- Attend all Court Review Hearings.
- Attend all appointments as scheduled.
- Be substance use free for at least 90 consecutive days.

- Attend at least 3 self-help groups per week and provide supporting documents.
- Complete all urinalysis screenings and check-ins.
- Complete 3 short-term goals.
- Complete weekly community service hours.
- Complete Mending Broken Hearts

Phase 4 – Independence

Phase 4 – Independence (approximately 90 days)

- Attend Court Review Hearings every 4th Monday at 10:00am.
- Attend therapy as scheduled and follow up on all recommendations.
- Attend doctor appointments as scheduled and follow up on all recommendations.
- Report with Case Manager/Project Administrator at least 1 time per week.
- Attend at least 1 self-help groups per week and provide documentation of attendance by Friday at 3pm.
- Provide at least 1 urinalysis screenings per week.
- Set 3 SMART short-term goals you would like to complete in Phase 4.
- Complete 1 hour of community service per week.

Requirements to advance to Phase 5:

- Complete a minimum of 90 days in Phase 4.
- Be sanction free for 6 months before consideration for advancement.
- Have a sponsor/recovery coach and provide their contact information.
- Attend all Court Review Hearings.
- Attend all appointments as scheduled.
- Be substance use free for at least 180 consecutive days.
- Attend at least 1 self-help groups per week and provide supporting documents.
- Complete all urinalysis screenings and check-ins.
- Complete 3 short-term goals.
- Complete weekly community service hours.

Phase 5 – Mastery

Phase 5 – Mastery (approximately 90 days)

- Attend Court Review Hearings every 4th Monday at 10:00am.
- Attend therapy as scheduled and follow up on all recommendations.
- Attend doctor appointments as scheduled and follow up on all recommendations.
- Report with Case Manager/Project Administrator at least 1 time every other week.
- Attend at least 1 self-help groups per week and provide documentation of attendance by Friday at 3pm.
- Provide at least 1 urinalysis screenings per week.
- Set 3 SMART long-term goals you would like to complete.

Requirements to advance to Phase 5:

- Complete a minimum of 180 days in Phase 5.
- Be sanction free for 6 months before consideration for completion of program.
- Attend all Court Review Hearings.
- Attend all appointments as scheduled.

- Be substance use free for at least 180 consecutive days.
- Attend at least 1 self-help group per week and provide supporting documents.
- Complete all urinalysis screenings and check-ins.
- Work on long-term goals.

