

## About:

The Saginaw Chippewa Indian Tribal Healing to Wellness Court (AHTWC) helps participants prevail over substance use disorders (SUD's). The program consists of five phases designed to help participants develop life skills, coping mechanisms, and develop healthy choices by putting their sobriety first, meeting their biopsychosocial needs, and setting long-term goals.

## Vision Statement:

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.

## Mission Statement:

Engage full dimensional individual healing to wellness aimed to mitigate symptoms through the Seven Grandfather Teachings, Evidence Based Practices, and other therapeutic traditional healing.

## Eligibility:

- Must be 18 years or older.
- Reside in Isabella County.
- Member/descendant of a Federally Recognized Tribe.
- Current eligible alcohol and/or drug related offense.
- Complete a substance use assessment.

## Goal:

To help participants develop life skills, coping mechanisms, and develop healthy choices by putting their sobriety first, meeting their biopsychosocial needs, and setting long-term goals. We use a SCIT multi-disciplinary team approach to help achieve this goal.

## Referral Process:

All referrals for the program are determined by the Tribal Prosecutor through the process of a criminal history search.

Saginaw Chippewa Indian Tribe

# Adult Healing to Wellness Program



**6954 E. Broadway**  
**Mt. Pleasant, MI 48858**



**Healing to Wellness: 989.775.5811**



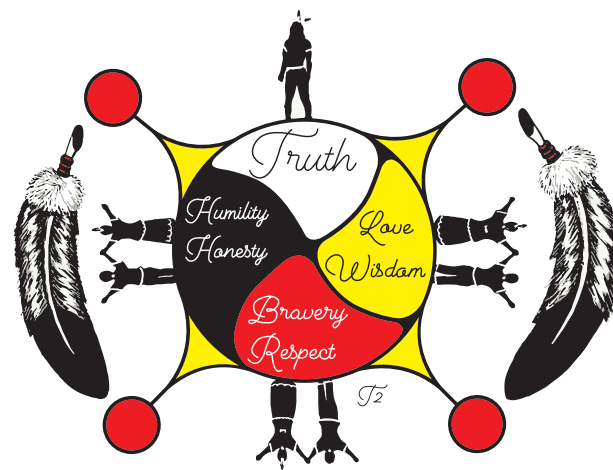
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# Adult Healing to Wellness Program



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# Foundation of Program: Seven Grandfather Teachings



**Nbookaawin (Wisdom)** to live with wisdom is to acquire and use experiences as guides for making equitable and mature decisions.



**Zaagidowin (Love)** to live our lives with love is to understand our capacity to realize, empathize, and nurture the needs of others.



**Minaadendamooing (Respect)** to live with respect is to give mutual consideration for shared and differing ideas as well as for the world around us.



**Zoongide'ewin (Bravery)** To be brave and have courage is to recognize our moral and mental strength and to do what is appropriate.



**Gwekwadziwin (Honesty)** to be honest is to recognize that we have the ability to live our lives with honor and integrity.



**Dibaadendziwin (Humility)** to live with humility is to recognize that we are all equal, we all make mistakes, we all like to have our success rewarded and to put others before ourselves.



**Debwewin (Truth)** to live in truth is to recognize the difference between right and wrong and to be faithful to ourselves as well as the world around us even when the right way is not the easiest way.

## Phases

### Phase 1 – Stabilization

(approximately 120 days)

#### First 30 Days

- Report with AHTW Staff
- Schedule appointments
- Assess living situation & finances
- Define your personal support team.
- Think of 3 SMART short-term goals

#### Intense Stabilization (minimum 120 Days)

- Weekly Court Review Hearings
- Attendance of all appointments
- Report with AHTW Staff weekly
- Attend required self-help groups
- Random breath & urinalysis screens
- Set 3 SMART short-term goals
- Attend class at Ziibiwing.
- Seven Grandfather Teachings
- Weekly Community Service hours
- Life Skills class
- Stable housing

### Phase 2 – Accountability

(approximately 120 days)

- Weekly Court Review Hearings
- Attendance of all appointments
- Report with AHTW Staff weekly
- Obtain Recovery Coach/Sponsor
- Attend required self-help groups
- Random breath & urinalysis screens
- Set 3 SMART short-term goals

- Attend class at Ziibiwing
- Seven Grandfather Teachings
- Weekly Community Service
- Life Skills class
- Stable housing

### Phase 3 – Realization

(approximately 120 days)

- Bi-Weekly Court Review Hearings
- Attendance of all appointments
- Report with AHTW Staff weekly
- Attend required self-help groups
- Random breath & urinalysis screens
- Set 3 SMART short-term goals
- Weekly Community Service
- Mending Broken Hearts

### Phase 4 – Independence

(approximately 90 days)

- Monthly Court Review Hearings
- Attendance of all appointments
- Report with AHTW Staff weekly
- Attend required self-help groups
- Random breath & urinalysis screens
- Set 3 SMART short-term goals
- Weekly Community Service

### Phase 5 – Mastery

(approximately 90 days)

- Monthly Court Review Hearings
- Attendance of all appointments
- Report with AHTW Staff weekly
- Attend required self-help groups
- Random breath & urinalysis screens
- Set 3 SMART long-term goals