Session 2: Preventing & Treating Substance Use & Abuse

Course Description:

In this session The Red Circle Lodge staff will share how they balance Native American cultural practices/teachings with proven treatment modalities to direct indigenous youth towards a healing path in a residential treatment setting. Indigenous practices allow us to safely recognize, be accountable, and exercise humility to reaching out and accept help. Cultural prevention, recovery, and aftercare methods will be shared, along with song to open and close the session.

Learning Objectives:

1. Recognize how Native American Culture is implemented in a balanced approach towards personal healing for Native Youth in residential treatment.

2. Observe the essentials of traditional practices and how they are ongoing teachings in cultural circles.

3. Summarize and share subtle traditional self-care practice and be reminded that all our journeys in life bring us back to our Red Circle Lodge.