

“WHAT IS WELLBRIETY?”

The Red Road to Wellbriety is a journey of hope and healing for anyone seeking Recovery from alcohol, substance use or addiction. The WELLBRIETY MOVEMENT is based upon the book **The Red Road to Wellbriety In the Native American Way (2002)** published by White Bison, Inc. Other books have been published to help increase awareness of the problems facing First Nations communities as well as provide culturally relevant recovery resources. Other important books on Wellbriety are **Alcohol Problems in Native America: The Untold Story of Resistance and Recovery - the Truth about the Lie (2006)** and **Meditations with Native American Elders: The Four Seasons (2007)**. Wellbriety is more than just sobriety and recovery, it is a framework for the role of Native American culture in the healing process of recovery. Wellbriety also draws upon and adapts the philosophies and practices of the Twelve Step process, which contain common principles that are very similar to traditional Native ways of Recovery and Sobriety. For example, the 12 Steps can be placed in a sacred circle to be in alignment with the teachings on the sacredness of the circle. Native talking-circles reflect the cycles of life in the 4-Directions: mental wellness, physical wellness, spiritual wellness, and emotional wellness.

Wellbriety simply means to be sober and well. The well part of Wellbriety is the inspiration to go beyond sobriety and recovery. Committing to a life of wellness and healing every day. The term “wellbriety” was created to reflect this movement and this process of traditional natural recovery as well as placing the 12-steps into a natural cycle of the 4-Directions. Steps 1, 2 & 3 are placed in the East direction of the Sacred Circle or “Medicine Wheel” as it has become known. Steps 4, 5 & 6 are placed in the South direction. Steps 7, 8 & 9 in the West and 10, 11 & 12 in the North. The East is Finding the Creator or a Higher Power of our own understanding. The South is finding ourselves, our identity, and our spirituality. The West is the direction of Community and Family, where we find connection with others and a sense of belonging, community, or family. Finally, in the North we find our Elders Wisdom and sacred traditions that our ancestors gave to us as well as the traditions of the fellowship of recovery.

There are 4-Pillars of Wellbriety: 1) Change is from within. 2) In order for development to occur it must be preceded by a vision. 3) A great learning must take place. 4) You must create a Healing Forest. *The Oneida Recovery Nest currently offers a Wellbriety recovery support meeting every Thursday at 6pm. This is a fireside talking circle for recovery from substance use or alcohol. This meeting is just one of many examples of what Wellbriety includes. We are noticing more interest from the community and there are a lot of questions about Wellbriety. If you would like to learn more, please contact us at 920-490-3950 or RecoveryCoach@oneidanation.org*