

ATOD PREVENTION



Canoe Journey/Family

Canoe journey is a metaphor for the journey of life. Through the process of community participation, culturally relevant and personally meaningful programs are ATOD free. The model discussed here has evolved over several years of working together with Native American community members and incorporates culture, wellness and creative expression for Native American men, youth and women. Cultural education provided by tribal members and based in one's own tribal history, language, ceremonies and traditional stories, songs and dancing has promoting personal and community resiliency and healthy lifestyles. Traditional canoe carving and paddling are a basic element of survival for coastal tribal communities.

TARGET POPULATION: Anybody

RISK FACTORS ADDRESSED:

Community DOMAIN

- ❖ Community laws and norms favorable to towards drug use, firearms, and crime.
- ❖ Addresses low neighborhood attachment and community disorganization

FAMILY DOMAIN

- ❖ Family conflict
- ❖ Family history of the problem behavior.
- ❖ Family management problems
- ❖ Favorable parental attitudes in involvement in the behavior
- ❖ Historical Trauma and termination

PROTECTIVE FACTORS ADDRESSED:

- ❖ Bonding
- ❖ Healthy beliefs and clear standards
- ❖ Individual characteristics
- ❖ Interpersonal relationships

IOM Strategies

- ❖ Prevention
- ❖ Treatment
- ❖ Aftercare

KEY ELEMENTS:

Historical Longevity

- Traveling Ancestral Highways in NW Region
- Elder Teachings
- Canoe journey protocols
- Canoe or tree to carve
- Experienced Canoe Captain "Skipper"
- Knowledge of songs, dances and traditions

Process

- Establish requirements for participation
- Empower families to bring self-identified support person(s)
- Meet mandatory requirements of weekly meetings of journey teachings
- Childcare & Transportation of support family
- Community and support for financial needs (fundraising)
- Tribal Organizational support
- Solution oriented
- Training and experience in water safety
- Coordination of participants and volunteers
- Team building activities
- Strength based focus on individual/team accomplishments
- Skilled Mentors

Materials Needed

- Camping gear
- Food and supply truck
- Support boat with safety equipment

OPTIONAL ELEMENTS:

- T-Shirts
- CD sales of canoe family songs
- Passports if travel to Canada
- Camera to document event

Resources and/or Examples: Grand Ronde Tribe, Dave Fullerton, Social Director
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EXAMPLE OUTCOMES:

EDUCATIONAL: Increase knowledge of life skills and teamwork
ATTITUDINAL: Cultural identification for participants
BEHAVIORAL: Develop a healthy lifestyle