

## **ATOD FREE ALTERNATIVES**

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### **Ceremonies and Rituals**

The cultural approach incorporates ceremony and ritual. Many American Indian prevention programs invite community elders to participate. Elders and medicine men and women are indispensable to youth re-learning Indian cultural values because they are the transmitters of the culture. Most tribal values are incongruent with alcohol and drug abuse.

**TARGET POPULATION:** All ages

#### **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

- ❖ Alienation and rebelliousness
- ❖ Friends who engage in a problem behavior
- ❖ Family history of the problem behavior.

#### **PROTECTIVE FACTORS ADDRESSED:**

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

#### **IOM:**

- ❖ Prevention
- ❖ Treatment
- ❖ Aftercare
- ❖ Mental Health

#### **KEY ELEMENTS:**

##### ***Historical Longevity***

- Elders as “teachers”
- Teaching traditions

##### ***Process***

- Building skills
- Safe and supportive environment
- Planned adult and youth interaction
- Elders from the community itself
- Opportunities for positive peer interaction
- Opportunity for active youth involvement
- A person must be drug and alcohol free for a prescribed amount of time in order to participate in the ceremonies.
- Community and support for financial needs (fundraising)
- Positive and appropriate support staff to plan and organize event

- Location to support planned activities (Tribal Community Center or facility that has multiple meeting areas within tribal community or lands)

**Materials Needed**

- Participating in sweat-lodge ceremonies.
- Smudging
- Learning sacred dances
- Attending powwows and other sober community activities
- Participating in Talking Circles
- Storytelling and listening to stories

**OPTIONAL ELEMENTS:**

- Community Feeds
- Transportation
- Attending social dances
- Attending a Long House, a Sundance or other ceremonial events
- Going on a vision quest
- Fasting
- Paying attention to dreams
- Flute- playing
- Drumming
- Pipe ceremonies
- Coin Ceremonies
- Giveaways

**RESOURCES AND/OR EXAMPLES:**

Tamastlikt Cultural Institute/Center, Confederated Tribes of the Umatilla Indian Reservation, Pendleton Oregon  
 Confederated Tribes of the Warm Springs Cultural Program, Warm Springs Oregon  
 CONFEDERATED TRIBES OF THE UMATILLA INDIAN RESERVATION, KAY-UMA-WA  
 WALUULAPAM PROGRAM, PENDLETON OREGON

**EXAMPLE OUTCOMES:**

EDUCATIONAL:	Youth will demonstrate increased knowledge of their own cultural.
ATTITUDINAL:	Youth will feel more connect to their identified culture.
BEHAVIORAL:	Youth will demonstrate more interested in their identified culture by attending other cultural activities.