



The Healing Lodge of the Seven Nations



January 2011

Transitions

NEST Meeting on January 21st at the Lodge

The next meeting of NEST will be held on Friday, January 21st from 1:00 to 5:00 PM and includes a training session with Mary Testa-Smith from DBHR. The topic covered will be Ethics and will include discussion of boundaries, disclosures, transference and counter-transference as well as documentation.

Mark Your Calendar!

Mary Testa-Smith from DBHR will be conducting a training in Ethics at The Healing Lodge

January 21, 2011
1:00 to 5:00 PM

Ms. Testa-Smith's extensive experience as a treatment program certification specialist at DBHR and faculty at EWU will bring her vast experience that should provide for a good exchange of information.

Continuing Education Units will be available for the training portion of the meeting.

Please join us for an interesting and educational meeting.

Contact us

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Music Program Brings New Elements To Treatment

From hip hop to country, young people love their music. An innovative program integrating music into the therapeutic environment is under development and being lead by Rickey "Deekon" Jones. The impetus of this program is to reach the youth where they are at – through whatever vehicle makes sense. Born into the Nez Perce Nation, this 25-year old audio engineer and recording artist brings a deep commitment to the empowerment of struggling youth. Life growing up on the reservation brought the power of ancestry and the reality of oppression.



Deekon Jones of the Nez Perce Tribe, Expressive Arts Program Manager, and Terral Lay, Expressive Arts Coach work closely with the residents to turn their poetry into performance

Deekon knows what it means to struggle as a young man. His dream is to provide a safe zone where youth can express their inner struggles and realities through music, "...a place where young people have someone to lean on with their troubles and can find support in their life."

Deekon began his career as an audio engineer, mixing beats and recording. His full palate of talent includes that of a recording artist; writing, producing, mixing and recording his own music in addition to live performances. Deekon's first album will be distributed in 2011 by Universal Records.

Terral Lay, also an experienced performing artist, came on board with the Music Program to help the residents develop their stage presence and to work with choreography. The program has been so well received, and the residents are very proud of what they have created. They frequently play their music for the Board of Directors and their recordings have been shared at some state-level conferences. In an effort to show the residents how much their personal efforts are appreciated and encouraged, in December the Board of Directors presented the residents with 2 electric guitars, drums, and percussion instruments to aid them in their recordings.

Dr. Martina Whelshula, Executive Director, took on the Music Program as her pet project to help get it off the ground. She says "the youth have responded so positively to making music – it helps them to get their thoughts out there and process them. Deekon and Terral have a talent working with the kids to help increase their self-esteem."

Serving our youth and their families

Board Members: Mike Spencer, Spokane Tribe of Indians – Alternate: Rudy Peone
Milton Nomee, Kalispel Tribe of Indians – Alternate: Glen Nenema
Bob Shippentower, Conf. Tribes of the Umatilla Reservation – Alternate: Myrna Tovey
Julia Davis-Wheeler, Nez Perce Tribe – Alternate: Larry Greene
Brian Nissen, Conf. Tribes of the Colville Reservation – Alternate: Andy Joseph
Jeanie Louie, Coeur d’Alene Tribe – Alternate: Victor LaSarte
Velma Bahe, Kootenai Tribe of Idaho – Alternate: Jennifer Porter



New Running Program Aids Sobriety

A new running program began this past Fall which has presented another option for treatment program residents to develop skills and interests that can support a life of sobriety. Skills Coach Brett Douglass comes to work early each morning to run with residents and other staff.



Exercise releases endorphins in the brain providing a pleasing stimulation. Physical activity can create a positive replacement to the “high” from using drugs



When the running program first started last Fall, some of the new residents wanted to participate, but did not have shoes. Brett worked hard to get a supply of running shoes, and has even worked closely with a local running shop – ***Runner’s Soul*** – to custom make shoes for the more serious runners – at no cost to them!

Two recent youth went with Brett to participate in a 5k run at a local event and placed very well overall. We hope that new habits and interests developed while at the Healing Lodge will support an ongoing healthy lifestyle and continued sobriety once a youth returns home.

For information about referring a youth to The Healing Lodge:

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NEWS FROM AFTERCARE

As we all know our residents’ recovery continues far beyond the loving and caring Healing Lodge Community – right back to the home communities where they return after treatment. Brian Mizoguchi, BA, CDP, Advanced Aftercare Counselor, says that he enjoys providing the loving and caring support to residents after they have returned to their communities. Brian says, “It has been my privilege to assist our residents identify and utilize support in their own areas. I often use the words “the rubber meets the road” when our residents return home. It is our hope that our residents continue to use the Healing Lodge as a pillar of their early recovery allowing them time to integrate community based support.”

Electronic tools are key when reaching out to youth. With the addition of the cell phone the aftercare counselor has had the ability to stay in contact with residents when it is convenient for them. Several graduated residents stay in contact via text messaging. Brian adds, “I am slow in learning all of the abbreviations that the youth use in text messages...LOL.”

Brian shared an aftercare success story. While in treatment, a young lady toured the Spokane business ***Paul Mitchell School of Hair***. Brian received a text message from her after she returned home to the West side of Washington stating that she needed assistance applying for Financial Aid because she was planning to apply to the Paul Mitchell school! They continued to work together to complete the application and to locate housing as she makes her plans to move to Spokane.

When a local youth called Brian asking for help because he had relapsed, Brian worked with Spokane Tribe Youth Coordinator Penny Spencer. Penny is now working closely with Brian to formulate ideas on how the Spokane Tribe can further support their youth when they return home from inpatient treatment. Thank you to Penny and everyone working at the Spokane Tribal 477/Youth.

Brian closes with, “As the Aftercare counselor I try to impress on our residents there is no pass or fail at recovery; it is a journey, not a destination. We hope to abolish the guilt and shame associated with relapse and encourage the youth to continue to work at their recovery. I feel privileged and blessed to be the Aftercare counselor; and applaud the members of the Board and Martina Whelshula for supporting our youth beyond their immediate treatment.” :)

Sinpaqcheen Team take to the Courts

Lead by Skills Coach Jason Doyl as the team’s coach, and aided by assistant coach Jordan LaMere (also a Skills Coach), the Sinpaqcheen School at the Healing Lodge has formed a team and arranged for games against local AAU teams. While we have a mix of young men that rotate through the team as they enter and leave treatment, the intense training has helped them to dominate the courts during the few matches held so far.

The additional benefit to all the practice and game time is that behaviors throughout the day have improved dramatically. Counselors are reporting that residents are sleeping better and do not have to deal with as many behavior issues throughout the day.

While there are only a couple of games played so far, local community support has been wonderful and we are scheduling more games for the Sinpaqcheen Team in the new year. Go Team!!