

Skaube' (Helpers)

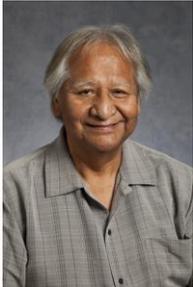


**INDIAN
HEALTH BOARD**
Quality Healthcare for the Phillips Community

D. Richard Wright (Leech Lake elder) & Dr. Thomas Murphy have the clinical experience to help you bring that spirit home.

We use traditional psychological best practices, and we parallel the fundamental cultural healing practices that you already know.

Call 612-721-9807 and ask for Richard or Tom for more information.



We are here to answer your questions about the Coming Home program .

WHAT WE OFFER

- Weekly groups for support, life skills, relapse prevention, healing, community, peer support
- Individual therapy, if desired
- Help getting resources:
 - Cultural Spiritual Needs
 - Medical & Dental
 - Medication Management
- Community engagement:
 - Monthly Potluck
 - Pipe ceremonies
 - Sweats

“Niijimowinmiiwinzha”—
These things that bother you, maybe you should get some help for them.

Coming Home Program

Counseling & Support Clinic
1315 East 24th Street
Minneapolis, MN 55404
612-721-9807

rwright@ihb-mpls.org
tmurphy@ihb-mpls.org
www.IndianHealthBoard.com

Coming Home: Bi-azhe-giiwewin

“*Ambe Bi-azhe-giiwewin*” –
Come and join us in our Healing Circle. See the ways of our people.



The Coming Home program is a Healing Circle for men completing treatment or time and returning to the community.

Some transportation
available in Minneapolis



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Program Overview

Coming Home provides a relapse & recidivism prevention and recovery support program for Native American men who are:

- (1) Completing treatment,
- (2) Returning to the community from confinement or incarceration,
- (3) Wanting cultural traditions to support their healing journey.

Our holistic healing model supports healthy relationships, effective & responsible parenting, improved communication skills, balanced mental health, a sober lifestyle, and a new or deeper connection with cultural traditions & spiritual practices.



Group meets 2:00-3:30
on Fridays at IHB

Clinical Supports

- Weekly group with topics that cover relapse prevention, life skills, mental health & stress management
- Individual therapy, if desired, to support more intensive work
- Help getting resources:
- Access to Medical & Dental services from our in-house clinics, including diabetes screening, prevention & management
- Medication Management

Cultural Supports

- Weekly group with cultural activities and learning
- Individual cultural, spiritual and wellness consultations, if desired
- Monthly potluck/feast for “Welcome Home Ceremonies”
- Pipe Ceremonies
- Access to sweat lodge
- Learn about traditional Native medicines (e.g., sage, asema, sweet grass, cedar, and more)

2016 Monthly Potlucks:
May 19, June 16, July 21

Program Philosophy

Opiate and other addictions are tough spirits to shed. When people come home, what will they do when they experience PAWS (Post-Acute Withdrawal Signs) and triggers?

Our program is structured to support the healthy re-integration of an individual back into their family, into their community, and into holistic health—at their pace.

We learn and share strength-based cultural strategies for self-calming when withdrawal triggers anxiety, those “got to get out of here” feelings, zoning out, anger, and other negatives that will try and sabotage your goals.



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