For Lisa, using Tribal culture to share about wellness is a passion, and an obligation. There is a tribal phrase that encompasses the drive beneath this passion:

Shu-ye-de-ghyt-ninsh (shoe-yay-day-gite-ninsh)
which means “We Are Getting Well”
Doing these things is important, as our elders have said,
time is the most precious gift we can give.

4 Directions Workshop Narrative

Presenter: Lisa Brown, Certified Prevention Specialist, and Siletz Tribal Member

Participants will receive handouts, and instruction to create a bracelet with the symbolism that fosters an awareness of recognizing our obligation to live in a way that is respectful of our Mind, Body & Spirit. Some reference will be included from the bible, and how is speaks about our bodies being a temple. How we should respect our mind/body/spirit by not abusing alcohol and drugs, but also to recognize the importance of diet and exercise as a tool to prevent abuse. Also include reference to detrimental effects of stress, emotional and physical abuse.

The workshop has several objectives:

Alcohol and Drug Prevention/Abstinence
Non-Violence (Physical/Emotional/Sexual)
Diversity between races/spirituality-inter-relatedness
Diabetes – Diet - Eating/Exercising *
*Living your life in a way that is respectful (body, foods & exercise, stress – others & self)
Connecting with your “roots” where you come from. who you come from

When participants leave they have made a bracelet, and are reminded, the their obligation in attending the workshop, is that if someone admires their bracelet, that they tell them the story, as is the way of the Native way of “oral tradition”.

For Info – Feedback Please Contact Lisa Brown, 541-444-1290
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This project was developed to serve as a hands-on activity, for youth at a Tribal culture camp. The youth who attended the camp, as students were later trained to be facilitators to teach groups, youth/elders. One part of the workshop involves use of a behavior "contract” or agreement, which is:

FULL VALUE CONTRACT

I AGREE TO BE HONEST AND KIND, I WILL NOT MAKE COMMENTS OR BEHAVE
IN A WAY THAT MIGHT HURT OR DEVALUE ANOTHER PERSON OR MYSELF

This is an agreement that is helpful, as a reminder of how we can conduct ourselves, to prevent expressing ourselves or behaving in a manner that could condone violence or abuse. Being kind and honest can assist us to develop better communication skills, and to become much more effective when it comes to acting as a team to reach our goals.

I am proud to say that over 100 youth have been instructors. These youth have served in the capacity as mentors and role models, and carry a sense of pride about their culture and the integrity that comes with living in a way that is kind and respectful. The workshop speaks directly about the importance of living in a way that respects our mind, body and spirit, and can be used as a teaching tool for Addictions, Sexuality, Diversity, and Spirituality. If you would like to purchase a bracelet, or if you would like more info on this process, please contact Lisa Brown at nadosh2@yahoo.com. Thank you.

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This item uses colors to symbolize the choices we make, positive and negative (black & white), Green for the Mother earth, the 4 directions and all the nations or races of people (Red, Black, White & Yellow), Blue for the sky, reminding us of our responsibility to live in harmony, to show respect and kindness to all creatures, the Earth and Sky. We are reminded of our elders message, to be aware, to listen, and to live in a way that is respectful of our mind, body and spirit. To remember the importance of creating a space that is safe for our spirit. Recognizing that when we abuse alcohol or drugs (including tobacco), or when we are abusive to ourselves, or other people/ animals/the earth, we are disrespecting our mind, body or spirit, and we are not being safe.

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