Through a cooperative effort with the National Association for Children of Addiction, the Wellbriety Movement is pleased to present Wellbriety and Celebrating Families!™ This exciting evidence-based program provides Indigenous Communities with the opportunity to implement a program for healing families affected by alcohol and substance use, that recognizes and incorporates traditional cultural teachings and practices. The facilitator implementation manual and training videos provide a framework of Wellbriety teachings that support the Wellbriety & Celebrating Families!™ curriculum.

- Evidence-based cognitive, behavioral, support group model was written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect
- Listed on the federal Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Effective Programs and Practices (NREPP) since 2008
- Works with every member of the family, from ages 3 through adult, to strengthen recovery from alcohol and/or other drugs, break the cycle of addiction and increase successful family reunification
- Fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills
- Integrates traditional Indigenous teachings and cultural practices, including the Healing Forest Model, as a framework allowing each community to include traditional practices
- A 16-week curriculum that addresses the needs of children and parents in families that have serious problems with alcohol and other drugs
- Designed to serve 6 to 15 families depending on the site’s physical facilities, referral process, and intake of eligible families
- Each session begins with a family meal. Afterward, family members break into age groups for age appropriate activities led by the group facilitators. At the end of each session, all family members re-connect in activities to learn how to apply these new skills and interact in healthy ways
- Emphasizes the importance of community service and individual spirituality
- Integrates parenting skills with strategies to break the cycle of addiction
- Uses interactive teaching methodologies recommended by research on how the brain learns especially brains impacted in utero by alcohol and other drug use
- Utilizes materials developed for Children of Alcoholics with the teaching and reinforcing of life skills

Facilitator Training Conducted by Wellbriety Training Institute
- Wellbriety Trainers conduct a three-day review of Celebrating Families!™ with the Wellbriety cultural teachings framework
- Training can be held on-site or in Colorado Springs
- Participants will receive one facilitator guide and one Celebrating Families age group manual (recommended 2-4 facilitators per age group)
- Supportive videos, posters, handouts, and other resources are also provided
- Each location will provide training facilities to allow family meals, training rooms, and breakout sessions
Alcohol and other substance use tend to run in families. Children of addicted parents are more at risk for alcohol and other substance use than are other children. Family interaction is defined by substance abuse or addiction in a family. A relationship between parental addiction and child abuse has been documented in a large proportion of child abuse and neglect cases. Children of drug-addicted parents are at higher risk for placement outside the home. Children of addicted parents exhibit symptoms of depression and anxiety more than do children from non-addicted families. Children of addicted parents experience greater physical and mental health problems and higher health and welfare costs than do children from non-addicted families. Children of addicted parents have a high rate of behavioral problems. Children of addicted parents score lower on tests measuring school achievement, and they exhibit other difficulties in school. Maternal consumption of alcohol and other drugs during anytime of pregnancy can cause birth defects or neurological deficits. Children of addicted parents may benefit from supportive adult efforts to help them.

Ten Reasons to Implement Wellbriety & Celebrating Families!™

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