#### Resources

#### **Government Agencies**:

National Institute on Drug Abuse (NIDA) 6001 Executive Boulevard Room 5213, MSC-9561 Bethesda, MD 20892-9561 Phone: 301-443-1124 www.drugabuse.gov

#### Indian Health Service

Office of the Director 5600 Fishers Lane, Room 6-05 Rockville, MD 20857 Phone: 301-443-3593 www.ihs.gov

Office of the Assistant Secretary— Indian Affairs Office of Alcohol and Substance Abuse Prevention MS-2554 1849 C Street, N.W. Washington, DC 20240 Phone: 202-219-0844

www.doi.gov/bia/as-ia.htm National Clearinghouse for Alcohol and Drug Information

P.O. Box 2345 Rockville, MD 20852 Phone: 1-800-729-6686 TDD: 1-800-487-4889 www.health.org

Center for Substance Abuse Prevention 5600 Fishers Lane, Rockwall II Rockville, MD 20857 Phone: 301-443-0373

www.samhsa.gov/csap/index.htm Center for Substance Abuse Treatment

5600 Fishers Lane, Rockwall II Suite 618 Rockville, MD 20857 Phone: 301-443-5052

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www.samhsa.gov/csat/csat.htm

National Drug and Alcohol Treatment Routing Service Phone: 1-800-662-HELP (4357) Español: 1-800-662-9832 TDD: 1-800-228-0427 www.samhsa.gov/ufds/welcome\_m.htm

#### National Institute on Alcohol Abuse

and Alcoholism 6000 Executive Boulevard, Willco Building Bethesda, MD 20892-7003 Phone: 301-443-3860 www.niaaa.nih.gov

Native American Organizations:

#### The American Indian Higher Education Consortium (AIHEC) 121 Oronoco Street Alexandria, VA 22314 Phone: 703-838-0400

United National Indian Tribal Youth, Inc. (UNITY) P.O. Box 800 Oklahoma City, OK 73101 Phone: 405-236-2800 www.unityinc.org

#### White Bison, Inc.

www.aihec.org

6145 Lehman Drive, Suite 200 Colorado Springs, CO 80918 Phone: 719-548-1000 www.whitebison.org

#### **Urban Indian Centers:**

American Indian Center of Chicago Phone: 773-275-5871

American Indian Center of South Carolina Phone: 803-790-8214

American Indian Clubhouse of Los Angeles Phone: 213-202-3976

American Indian Community House (New York City) Phone: 212-598-0100 American Indian Education Center (Cleveland) Phone: 216-341-0000

American Indian Prevention Coalition Phone: 602-532-7202

American Indian Services (Sioux Falls) Phone: 800-658-4797

AIM Support Group of Ohio and Northern Kentucky Phone: 859-586-7210

Council of Three Rivers American Indian Center (Pittsburgh) Phone: 412-782-4457

The Denver Indian Center Phone: 303-936-2688

Fort Erie Native Friendship Center (Buffalo, New York, area) Phone: 905-871-8931

Mid-American All-Indian Center (Wichita) Phone: 316-262-5221

San Diego American Indian Health Center Phone: 619-234-2158

Southern California Indian Outreach Center Phone: 818-994-6744

Tlingit & Haida Central Council Phone: 907-586-1432

Feel free to reprint this publication in any quantity.

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Please e-mail comments to: information@lists.nida.nih.gov Acknowledgments

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Tribal Staff of the Indian Health Service U.S. Department of Health and Human Services

Tribal Staff of AIHEC

**Tribal Staff of UNITY** 

Native American Tribal Services 614 Turner Avenue, N.W., Room 31 Grand Rapids, MI 49504-5246 Phone: 616-458-4078

Cover photo: Ken Blackbird, Assiniboine Salish Kootenai girl, Mission Valley, Montana

Text-in-Part: Karen Lincoln Michel, Ho-Chunk

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Printed September 2001





#### Walking a Good Path 2002 Calendar

### Introduction

For many Native people of the Americas, life is a journey. From the first breath to the last, life takes a winding course. Many Native ancestors believed that walking a good path was a measure of character, and an honorable way to live. Today, many forces lure people away from this. Drug abuse and addiction are such forces, and have brought unnatural and harmful elements into the lives of Native people, their families, and communities.

This calendar sends the message that now is the time for Native communities to walk away from paths that damage Native culture and walk a good path together. We start with sharing information about drug addiction and how to prevent it. Knowing the harmful effects of the drugs most frequently abused is one of the first steps to understanding the high risks involved with taking drugs.

Throughout this calendar, the message conveyed is one of hope. Drug addiction can be treated. People can heal. And, through preventive measures, drug abuse can be stopped before it starts.

The message of hope underlies the images represented each month, in examples of Native people, young and old, who excel by living healthy and productive lives. As in our 2001 Walking a Good Path Calendar, twelve images of such people,

along with quotes from American Indian youth who have chosen to walk without drugs, are reflected in this 2002 Walking a Good Path Calendar.



#### Hold on to Joy

To some people, happiness does not come easily, so they may actually "medicate" themselves by taking illegal drugs, nicotine, inhalants, or alcohol. Others may use drugs to fit in, take a risk, or try something new. Also, some people might misuse or abuse medications prescribed by a physician. Most drugs give most users a sense of feeling good, usually by artificially overstimulating the parts of the brain that control pleasure. But repeated voluntary drug taking, or drug "abuse," can switch without warning into involuntary drug taking, or drug "addiction." Drug addiction is a brain disease. It can turn people who use drugs when they want to into people who crave drugs constantly. A person becomes compulsively driven to use drugs just to feel normal, because the drugs have altered brain function. Most people need treatment to stop the spiraling cycle of addiction.

www.drugabuse.gov

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## January "As a two-spirited person, being true and honest with myself, others, and the Creator keeps me walking the good path."

-Carl Pelcher, Saginaw Chippewa Indian Tribe

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20	21 Martin Luther King, Jr., Day	22	23	24	25	26



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#### **Safe Shelter**

At the heart of preventing drug abuse is learning about the health risks and other problems that come with taking drugs. Although each drug of abuse brings its own risks, the more serious general health risks for drug abusers are infections and diseases, such as HIV/AIDS, hepatitis B and C, tuberculosis, sexually transmitted diseases, and other viral or bacterial infections. These risks can come from sharing equipment to inject drugs, or from having unprotected sex with someone infected. Many tribes have the expertise and resources to develop their own Tribal, Cultural, or Native prevention programs geared toward their community and culture. To be successful in preventing drug abuse, the whole tribe must be involved in learning and sharing accurate information, and in living the message.

www.drugabuse.gov

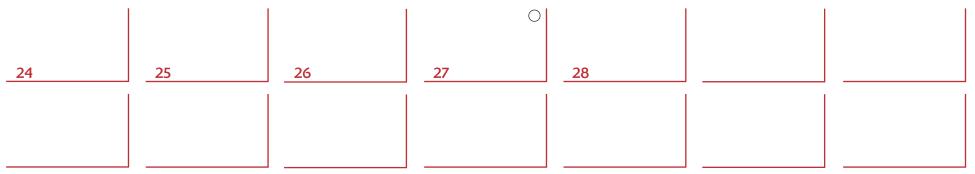
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# February "I never needed drugs in my life to be cool, fit in, have fun, or pollute my body."

-Brian Frejo, Pawnee Tribe/Seminole

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					African American History Month	<b>2</b> Groundhog Day
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17	<b>18</b> President's Day	19	20	21	22	23



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#### There's Air Out There

Inhalants are chemical vapors from common household solvents and aerosol sprays, such as glue, spray paint, ink, lighter fluid, gasoline, and cans of whipped cream. When inhaled deeply, some of these vapors can produce a sense of euphoria. Unfortunately, most can be extremely toxic. High doses of inhalants force the body and its organs to be starved of oxygen, creating erratic heartbeats and loss of breath similar to the experience of drowning. In the short-term, inhalants may cause heart palpitations, delirium, breathing difficulty, dizziness, and headaches. Long-term effects can include irreversible damage to the nervous system, irregular heart rhythms, muscle weakness, headaches, nausea, nosebleeds, decreased sense of smell, abnormal kidney and liver functions, incontinence, violent behavior, and dangerous chemical imbalances in the body. [Street names: bang, oz, whippets, locker room] ["Ocean" is the street name for the liquid contents of aerosol hairspray cans (180 proof alcohol) mixed with water]

#### www.drugabuse.gov

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"I respect my body, and I don't want to destroy it over something as meaningless as drugs."

-Kimberley George, Cherokee Nation Youth Council

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			•	National Women's History Month		2
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10	Brain Awareness Week	12	13	14	15	16
17 National Inhalants and Poisons Awareness Week	18	19	20 Spring Equipor	21	22	23



Confederated Tribes of the Chehalis Reservation Confederated Tribes of the Colville Reservation Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians of Oregon Confederated Tribes of the Goshute Reservation Confederated Tribes of the Grand Ronde Community of Oregon Confederated Tribes of the Siletz Reservation Confederated Tribes of the Umatilla Reservation Confederated Tribes of the Warm Springs Reservation of Oregon Confederated Tribes and Bands of the Yakama Indian Nation of the Yakama Reservation Courielle Tribe of Oregon Confederated Tribes of the Umatilla Reservation Confederated Tribes of the Warm Springs Reservation of Oregon Confederated Tribes and Bands of the Yakama Indian Nation of the Yakama Reservation Courielle Tribe of Oregon Covere Valley Band of Pomo Indians of California Courshatta Tribe of Louisiana Cow Creek Band of Umpqua Indians of Oregon Covote Valley Band of Pomo Indians of California Courshatta Tribe of Montana Crow Creek Sioux Tribe of the Creek Reservation Cuyapaipe Community of Diegueno Mission Indians of the Cuyapaipe Reservation Death Valley Tmbi-Sha Shoshone Band of Cherokee Indians of Pomo Indians of California Duckwater Shoshone Tribe of Western Oklahoma) Delaware Tribe of Indians Dry Creek Rancheria of Pomo Indians of California Duckwater Reservation Eribe of the Duckwater Reservation Endians of Cherokee Indians of North Carolina Eastern Shawnee Tribe of Oklahoma Elem Indian Colony of Pomo Indians of the Sulphur Bank Rancheria Elk Valley Rancheria Ely Shoshone Tribe of Nevada Enterprise Rancheria of Maidu Indians of California Flandreau Santee





#### **Sometimes Sacred**

Nicotine is an addictive substance found in products made from tobacco leaves, such as cigarettes and cigars. It is absorbed through the skin and lining of the mouth and nose, or by inhaling into the lungs. The body's immediate reaction is an adrenaline surge, which suddenly releases glucose as it increases blood pressure, respiration, and heart rate. Nicotine also may have a calming effect, depending on a person's nervous system and the dosage. Frequent use, as in repeated cigarette use, greatly increases the chances of becoming addicted. In the case of cigarettes, toxins in the smoke greatly increase a person's chances of getting heart disease and lung ailments such as cancer, chronic bronchitis, and emphysema. "Tobacco" used for sacred purposes in traditional American Indian prayer and healing may be tobacco leaf or may be tree bark. When it is tobacco leaf, it contains nicotine.

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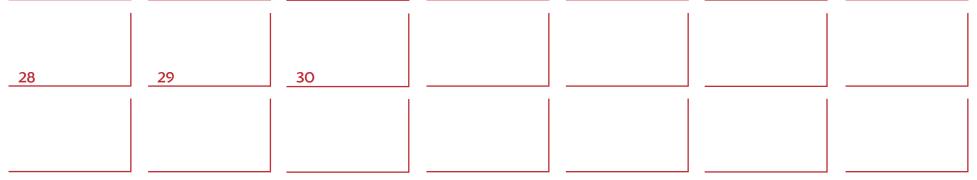
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### "Our Great Creator gave us herbs

"Our Great Creator gave us herbs and grasses to use for traditional ceremonies. Zon't use them in a bad way."

-Divayne Lopez, Tohono O'dham

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	Alcohol Awareness Month	2	3	4	5	6
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<b>7</b> Daylight Saving Time Begins	8	9	10	11	12	13
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21	22 Earth Day	23	24	25	26	27



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#### Learn, Remember, Thrive

The part of the brain that controls learning and memory can be affected by marijuana. The active ingredient in marijuana is THC (delta-9-tetrahydrocannabinol). When marijuana is used, THC is absorbed into the body and acts upon certain nerve cells. In the short term, marijuana use may result in a sense of well-being. Frequent marijuana use, however, may lead to memory loss and learning disabilities, distorted perception, difficulty in thinking and problem solving, loss of coordination, increased heart rate, and anxiety and panic attacks. Some findings suggest that regular marijuana use, particularly smoking, also may play a significant part in the onset of cancer. [Street names: weed, ace, hay, grifa, black mo, tea]

#### www.drugabuse.gov

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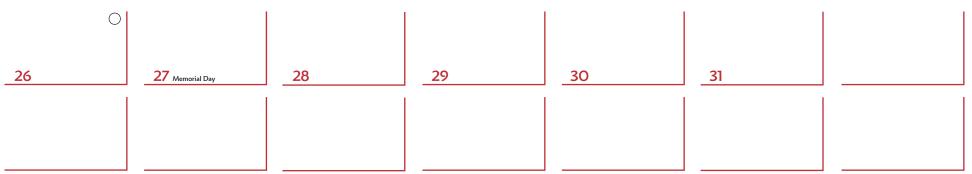
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The way smoking weed made me feel was dumb, slow. I had a bad feeling of not knowing what I was saying."

-Mia C., Laguna Pueblo

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			Asian/Pacific American Heritage Month			
			Hepatitis Awareness Month	2	3	4
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#### **Cultural Armor**

Processed from the morphine found in certain types of poppy plants, heroin is either injected or inhaled. In the brain, the drug actually is converted to morphine. Initially, heroin abusers typically report feeling an intense surge of pleasure, which depends on how much heroin is taken and how quickly it enters the brain. The rush, however, is usually accompanied by dryness in the mouth, and heaviness in the legs and arms, slowed breathing, confusion, and no awareness of pain. Heroin abusers and addicts who inject the drug are at very high risk for bacterial infections and becoming infected with viruses such as HIV and hepatitis C, and also for developing collapsed veins, abscesses, infected heart lining and valves, arthritis, and rheumatoid problems. [Street names: bomb, parachute, smack]

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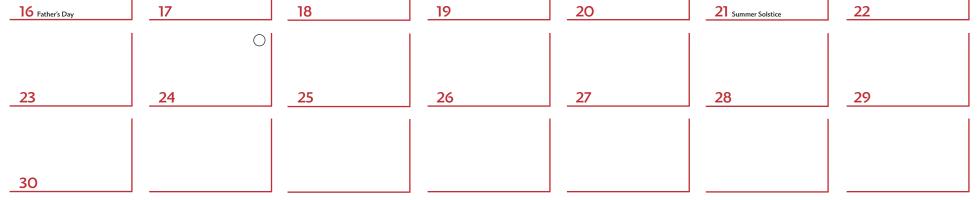
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#### June "Convictor

"Sobriety is important to my life and family. "It is our family tradition."

-Alicia Black, Saginaw Chippewa Indian Tribe

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#### **Pow Wow Spirit**

Methamphetamine is a very toxic stimulant that affects the central nervous system. It is usually a white, odorless, crystalline powder that can be dissolved in liquid and injected, snorted, or swallowed, and also comes in a crystalline chunk form ("ice") that is smoked. Methamphetamine stimulates the release of high levels of dopamine, a chemical in the brain that affects mood and body movement. Abusers of this drug typically appear agitated, and sometimes become aggressive and violent. The drug may cause memory loss, heart and brain damage, confusion, insomnia, nausea, and vomiting. Users also are at risk of increased body temperature and convulsions, which can be fatal. Long-term effects can include paranoia, hallucinations, mood disturbances, weight loss, and damage to blood vessels in the brain, which can lead to strokes. [Street names: chalk, crank, crypto, lemon drop]

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"To take anything that takes control of your thinking, your mood, your mind – that is very wrong and will eventually bring ruin to your life."

-Bill Dunlap, Elder, Little Traverse Bay of Odawa Indians

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#### Live Long

Cocaine is a strong and dangerous stimulant. It affects the brain by causing a buildup of the chemical dopamine, which on initial use can result in a feeling of intense pleasure ("rush"). Derived from the coca plant, cocaine has two chemical forms—a water soluble powder than can be sniffed or injected, and a freebase form ("crack") that has been processed into crystalline chunks that are heated and then smoked. Use of either form can result in chaotic heart rhythm and heart attacks, strokes and seizures, muscle twitches, and abdominal pain and nausea. Because of the risks of erratic heartbeat and stroke, cocaine use can be fatal, even the first time. [Street names, cocaine: coke, c, snow] [Street names, crack: brick, candy, hail, kryptonite]

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### "I don't do or need drugs because I RESPECT myself!"

– Angela (Sandoval) Wall, Cherokee Nation

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October

August

#### **Standing Tall**

Anabolic-androgenic steroids are man-made substances related to male sex hormones. "Anabolic" refers to muscle-building, and "androgenic" refers to increased male characteristics. "Steroids" refers to the class of drugs. Athletes and others might abuse anabolic steroids to enhance performance and also to improve physical appearance. But there can be major side effects, including liver or kidney tumors, jaundice (yellowish skin, tissues, and body fluids), fluid retention, high blood pressure, increases in bad cholesterol and decreases in good cholesterol, severe acne, and trembling. In addition, men abusing anabolic steroids can experience shrinking of the testicles, infertility, baldness, development of breasts, and an increased risk for prostate cancer. Women can experience growth of facial hair, male-pattern baldness, menstrual cycle changes, and a deepened voice. Teens who use anabolic steroids risk premature skeletal maturation and accelerated puberty changes—in other words, they risk remaining short the remainder of their lives if they take anabolic steroids before the typical adolescent growth spurt.

www.drugabuse.gov

September "It was ... a decision between me and my brother

to get clean. Life is a lot clearer."

–Patrick Z., Cherokee Nation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Alcohol & Drug Addiction Recovery Month	2 Labor Day	3	_4	5	<u>6</u>	<b>7</b> Rosh Hashanah Begins
8	9	_10	<u> </u>	12	13	<b>14</b>
15	16 Yom Kippur		_18	19	20	21
22	23 Autumnal Equinox	24	25	26	27	28 Native American Day



Superior Chippewa Indians of Wisconsin Red Lake Band of Chippewa Indians of the Red Lake Reservation Redding Rancheria Redwood Valley Rancheria of Pomo Indians of California Reno-Sparks Indian Colony Resighini Rancheria (formerly known as the Coast Indian Community of Yurok Indians of the Resighini Rancheria) Rincon Band of Luiseno Mission Indians of the Rincon Reservation Robinson Rancheria of Pomo Indians of California Rosebud Sioux Tribe of the Rosebud Indian Reservation Round Valley Indian Tribes of the Round Valley Reservation (formerly known as the Covelo Indian Community) Rumsey Indian Rancheria of Wintun Indians of California Sac & Fox Tribe of the Mississippi in Iowa Sac & Fox Nation of Missouri in Kansas and Nebraska Sac & Fox Nation, Oklahoma Saginaw Chippewa Indian Tribe of Michigan, Isabella Reservation Salt River Pima-Maricopa Indian Community of the Salt River Reservation Samish Indian Tribe San Carlos Apache Tribe of the San Carlos Apache Tribe of the Sant Rose Band of California San Manual Band of Servation Mission Indians of the Sant Arosa Band of Diegueno Mission Indians of the Sant Rose Reservation Sant Arez Reservation Sant Arez Reservation Indians of the Santa Rosa Band of California Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Indians of the Santa Rosa Reservation Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Indians of the Santa Rosa Reservation Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Columna Mission Indians of Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Indians of the Santa Ysabel Band of Diegueno Mission Indians of the





#### Lean on Me

Prescription drugs relieve pain for millions of people, make complex surgery possible, and enable many people with chronic medical conditions to control their symptoms and lead good lives. Addiction rarely occurs among people who use controlled, prescription drugs as directed. But, for some, the inappropriate, nonmedical use of prescription opioids (mainly used for pain management), central nervous system (CNS) depressants, and stimulants can lead to addiction. Patients, healthcare professionals, and pharmacists all have roles in preventing misuse and addiction. For example, a patient should follow the directions for use of any prescribed medication carefully, and also learn what effects the drug could have and potential interactions with other drugs by reading all information provided by the pharmacist. Physicians and other health care providers should screen for any type of substance abuse during routine history-taking with questions about what prescriptions and over-the-counter medicines the patient is taking and why.

#### www.drugabuse.gov

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October "I want to make my mom proud-also my family and my tribe."

-Mat Pendleton, Lower Sionx Community

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#### **Never Forget**

"Club drugs" are often used at night clubs and all-night dances, but their use has spread to many other social settings. Current science is showing changes to critical parts of the brain from use of these drugs. The best known club drug is Ecstasy or MDMA (street names: X, Adam, E, clarity). MDMA has stimulant and mild hallucinogenic effects, and can dramatically increase heart rate and blood pressure. MDMA also can alter the body's ability to regulate internal temperature, and this can lead to hyperthermia. Chronic use or high doses can cause memory loss, muscle breakdown, and kidney and cardiovascular system failure. GHB, Rohypnol, and ketamine are mainly central nervous system depressants. Because they are often colorless, tasteless, and odorless, they can be added to drinks and taken unknowingly. In low doses, GHB (street names: scoop, G, liquid Ecstasy, Georgia home boy, soap, easy lay) can relieve anxiety, but overdoses can result in vomiting, loss of reflexes, breathing difficulty, or coma. GHB is also abused for the purpose of increasing muscle mass. Withdrawal effects can include insomnia, anxiety, tremors, and sweating. Rohypnol (street names: rophies, roofies, forget me) decreases blood pressure; causes drowsiness, dizziness, and confusion; and can produce "anterograde amnesia," which means individuals may not remember events they experienced while under its effects. Also, it may be lethal when mixed with alcohol and/or other depressants. Ketamine (street names: special K, vitamin K) is a prescription anesthetic used mainly in veterinary practice. Certain doses of ketamine can cause dream-like states and hallucinations. At high doses, ketamine can cause delirium, amnesia, impaired motor function, high blood pressure, depression, and potentially fatal respiratory problems.

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-Jerred Andrew Stubben (Ahgaha Ahido), Chippewa-Ponca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					American Indian and Alaska Native Heritage Month	2
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#### **Healing Wind**

Healing from drug addiction can be a lifelong journey. People in treatment for drug addiction learn to break a big task into manageable pieces—to control their condition so they can lead normal and productive lives. The ultimate goal of treatment is to help people stay off drugs for life. But the immediate goals are to reduce drug use, help people function normally, and help them prepare for a life without drugs. Medical detoxification, allowing the body to rid itself of drugs while managing withdrawal, may be needed to begin treatment, but by itself is not treatment. Treatment is usually through counseling, but medications can also be used to help stabilize a person and reduce cravings. No single treatment works best for everyone, but treatment programs that incorporate Native values and practices—such as respect, prayer, discipline, patience—provide greater opportunities for Indians and Alaska Natives to maintain drug-free lives.

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### December

"Being alcohol and drug-free has given me my spirit back."

-Loretta Castenada, Saginaw Chippewa Indian Tribe

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15	16	17	18	19	20	21 Winter Solstice



Rancheria of California United Keetoowah Band of Cherokee Indians of Oklahoma Upper Lake Band of Pomo Indians of Upper Lake Rancheria of California Upper Sioux Indian Community of the Upper Sioux Reservation Upper Skagit Indian Tribe of Washington Ute Indian Tribe of the Uintah & Ouray Reservation Ute Mountain Tribe of the Ute Mountain Reservation, Colorado Utu Utu Gwaitu Paiute Tribe of the Benton Paiute Reservation Walker River Paiute Tribe of the Walker River Reservation Wampanoag Tribe of Gay Head (Aquinnah) of Massachusetts Washoe Tribe of Nevada & California (Carson Colony, Dresslerville Colony, Woodfords Community, Stewart Community, & Washoe Ranches) White Mountain Apache Tribe of the Fort Apache Reservation Wichita and Affiliated Tribes (Wichita, Keechi, Waco & Tawakonie) Winnebago Tribe of Nebraska Winnemucca Indian Colony of Nevada Wyandotte Tribe of Oklahoma Yankton Sioux Tribe of South Dakota Yavapai-Apache Nation of the Camp Verde Indian Reservation Yavapai-Prescott Tribe of the Yavapai Reservation Yerington Paiute Tribe of the Yerington Colony & Campbell Ranch Yomba Shoshone Tribe of the Yomba Reservation Ysleta Del Sur Pueblo of Texas Yurok Tribe of the Yurok Reservation Zuni Tribe of the Zuni Reservation

