

Wakpa Waste Counseling Services- Substance Use Services

Location: Indian Health Services 24276 Airport Road, Eagle Butte

MONDAY TUESDAY & WEDNESDAY- Outpatient

TUESDAY, WEDNESDAY & THURSDAY- Aftercare



This is an **open rolling cycle**, meaning that a client can join at any time. Clients will be required to **complete 4 weeks of outpatient & 6 weeks of aftercare**. Each client will need to complete a total of 10 weeks of classes, **Anonymous meetings, support meetings/ activities, UA/PBT's and individual sessions**.

Outpatient clients will attend on Monday, Tuesday and Wednesday from 1-4.

Aftercare clients will attend Tuesday, Wednesday and Thursday from 1-4. Wednesday and Thursday, Outpatient and Aftercare are held together.

	Monday Outpatient	Tuesday 1:00 p.m. – 4:00 p.m. Outpatient & Aftercare	Wednesday 1:00 p.m. – 4:00 p.m. Outpatient & Aftercare	Thursday 1:00 p.m. – 4:00 p.m. Aftercare
Week 1:	Medicine Wheel 12-steps for Women & Men Introduction and Orientation Meditation Smudge Opening Ceremonies and Prophecies	12 Step Wisdom Serenity Prayer Talking circles Anger management	Making new friends Where do I fit into society? Sex & Recovery Relationships Parenting	Create and Edit a Relapse Prevention Plan
Week 2:	Medicine Wheel 12-steps for Women & Men The Cycle of Life Steps in a Circle Overview of the 12 Steps	Common Challenges in Early Recovery Life Line Anger Management	Addictive Behavior Anticipating and Preventing Relapse Self-help groups Sponsors Parenting	Medicine Wheel 12-steps for Women & Men Steps 5, 6, 7
Week 3:	Medicine Wheel 12-steps for Women & Men Step 1 Four Directions Step 1 Mind Mapping Step 2 Thought Process	Healing through feeling Matrix: Grief/ Loss Matrix: Coping with feelings of depression Anger management	Spirit is energy Power of your mind Seventh sacred direction Parenting	Medicine Wheel 12-steps for Women & Men Self-Talk Comfort Zone Steps 8 & 9 Making Amends
Week 4:	Medicine Wheel 12-steps for Women & Men Step 3 Resentment Inventory Step 4 Taking Inventory	Matrix: Daily/ Hourly scheduling Holidays and Recovery Anger Management	Relapse Justification I Relapse Justification II Avoiding Relapse Drift Parenting	Medicine Wheel 12-steps for Women & Men Steps 10 & 11 Daily Inventory & Meditation
Week 5:	Introduction and Review of Wellbriety	Drug Dreams during recovery Anger Management	Matrix: Work & Recovery Guilt & Shame Johari Window Parenting	Create and Edit a Relapse Prevention Plan

Week 6:	Medicine Wheel 12-steps for Women & Men Introduction and Orientation Meditation Smudge Opening Ceremonies and Prophecies	Matrix: Truthfulness Trust Anger Management	Matrix: Staying busy Managing Downtime Mooring Lines Recovery Chart Total Abstinence Parenting	Medicine Wheel 12-steps for Women & Men Steps 5, 6, 7
Week 7:	Medicine Wheel 12-steps for Women & Men The Cycle of Life Steps in a Circle Overview of the 12 Steps	Matrix: Emotional Triggers Thought stopping techniques Anger Management	Matrix: Be Smart, Not Strong Coping Skills Parenting	Medicine Wheel 12-steps for Women & Men Self-Talk Comfort Zone Steps 8 & 9 Making Amends
Week 8:	Medicine Wheel 12-steps for Women & Men The Cycle of Life Steps in a Circle Overview of the 12 Steps	Matrix: Illness Alcohol, Drugs and the Body Anger Management	Motivation to Recovery One day at a time. Roadmap for recovery Acceptance Parenting	Medicine Wheel 12-steps for Women & Men Steps 10 & 11 Daily Inventory & Meditation
Week 9:	Medicine Wheel 12-steps for Women & Men Step 1 Four Directions Step 1 Mind Mapping Step 2 Thought Process	Dysfunctional Families Repairing Relationships	Matrix: Boredom Recognizing Stress Parenting	Medicine Wheel 12-steps for Women & Men Step 12 Creating a Forest
Week 10:	Introduction and Review of Wellbriety	Matrix: Reducing Stress Managing Anger Anger Management	Taking Care of Yourself Managing Life Managing Money Parenting	Create and Edit a Relapse Prevention Plan

Curriculum: SAMHSA Anger Management; Wellbriety; Positive Indian Parenting/ Promoting First Relationships: SAMHSA Matrix