



Indian Health Service  
2012 NATIONAL BEHAVIORAL  
HEALTH CONFERENCE

Welcome

**Walking the Four Directions** –  
*Connecting Body, Mind and Spirit through  
Effective Collaborations*

Alan Rabideau and Shannon Crossbear



*Mobilizing Partnerships to Promote Wellness*



# House Keeping

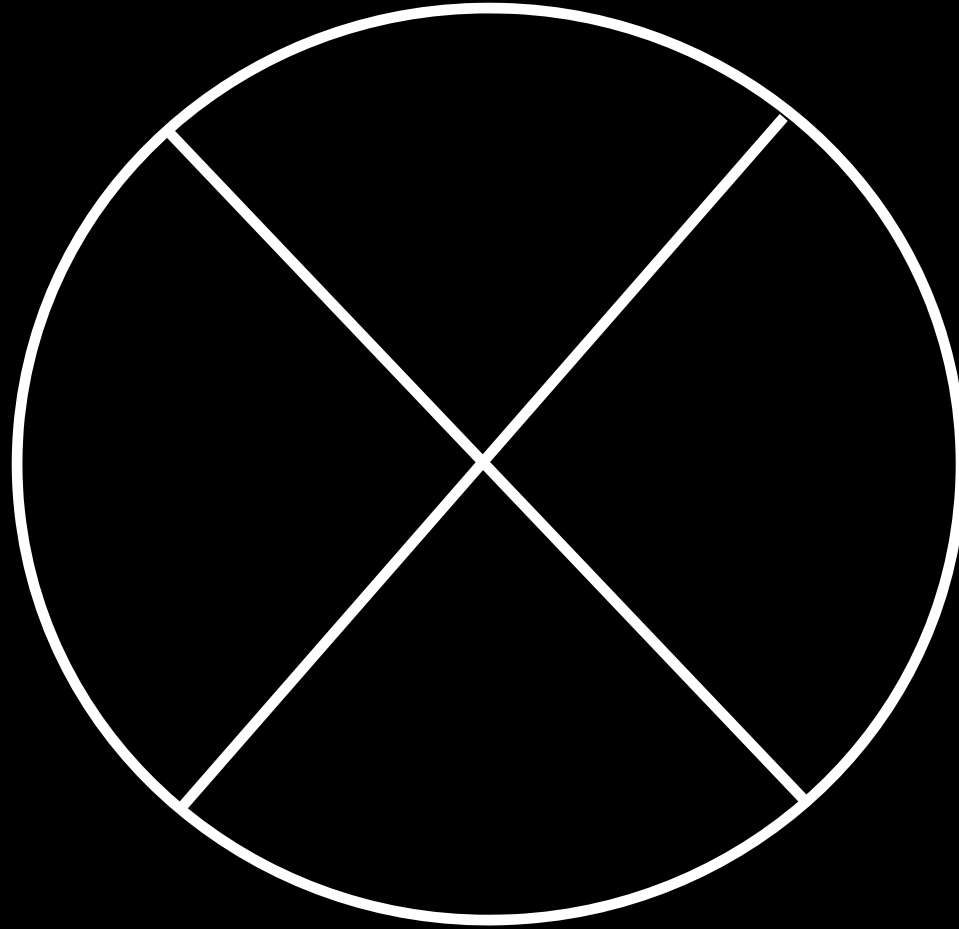
- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

# Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Atrium Room 8 for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

# Partnerships

- Using the teachings of the “Medicine Wheel” or “Four Directions” participants will learn a model that incorporates an inter-relational view of health that promotes healing through partnerships with spiritual/cultural leaders, family, behavioral health providers, primary health and recreational activities along with educational services.



*North*

*West*

*East*

*South*



*Winter*

*Fall*

*Spring*

*Summer*

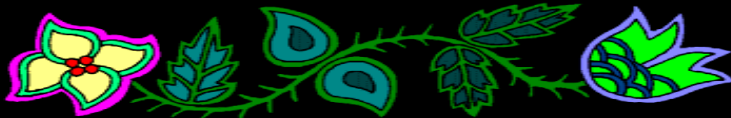


*Human*

*Animal*

*Earth*

*Plant*





*Elder*

*Adult*

*Infant*

*Child*



*Ancestors*

*Self*

*The People*

*Family*





**THE PEOPLE**

**HUMANS**

**INFANT**

**SUMMER**

**ELDER**

**ADOLESCENT**

**SELF**

**WINTER**

**CHILD**

**PLANT**

**ANIMALS**

**SPIRITUAL**

**FALL**

**ANCESTORS**

**SPRING**

**MENTAL**

**EARTH**

**ADULT**

**FAMILY**

**EMOTIONAL**

**PHYSICAL**

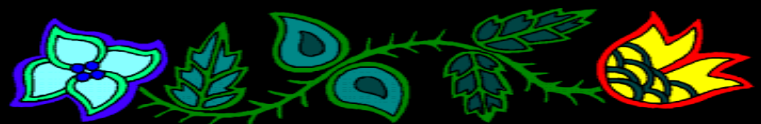


*Mental*

*Physical*

*Spiritual*

*Emotional*





*Values*

*Beliefs*

*Feelings*

*Actions*



*Independence*

*Power*

*Belonging*

*Enjoyment*



*Habitual Use*

*Seeking*

*Experimentation*

*Social Use*

*Problem Solving*

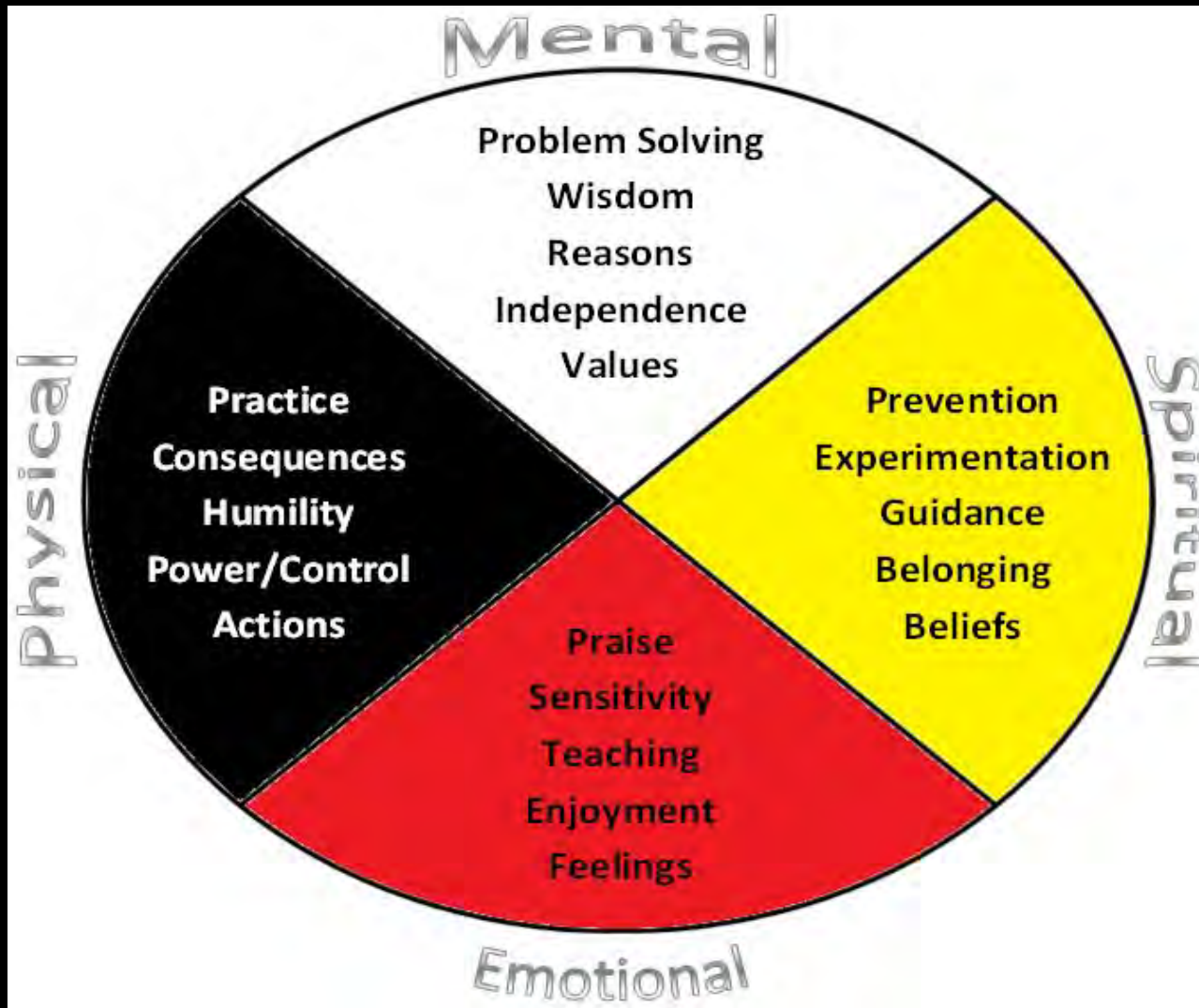
*Practice*

*Prevention*

*Praise*







# References:

## Publications

- Cross, T. (2003). Culture as a resource for mental health. *Cultural Diversity and Ethnic Minority Psychology*, 9(4), 354–359
- Cross, T. (1997). Understanding the relational worldview in Indian families. *PATHWAYS Practice Digest*, 12(4)
- Osher, T., Garay, L., Jennings, B., Jimerson, D., Markus, S., Martinez, K. (2011). Closing the gap: cultural perspectives on family driven care. *TA Partnership*. Can be downloaded from [http://www.tapartnership.org/docs/ClosingTheGap\\_FamilyDrivenCare.pdf](http://www.tapartnership.org/docs/ClosingTheGap_FamilyDrivenCare.pdf)

## Additional Resources

- First Nations Behavioral Health Association - <http://www.fnbha.org/library.php>
- Native Wellness Institute - <http://www.nativewellness.com>
- White Bison - <http://www.whitebison.org/index.php>



# Contact Information

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# Crisis Hotline Numbers

Suicide Prevention Lifeline Number:

- 1-800-273-TALK (8255)

National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) or TTY 1-800-787-3224

National Child Abuse Hotline:

- 1-800-4-A-CHILD

Sexual Assault Hotline:

- 1-800-262-9800