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Funded by



Hinn'ah Bits'os Society-HBS

Ts'aa bee na'nitin-TNT



Mission Statement

The mission of Hinn'ah Bits'os Society and Ts'aa bee na'nitin is to provide an American Indian therapeutic environment that will ultimately lead to alcohol free life style for Dine' people, as well as other indigenous people.

Na'nizhoozhi Center Inc.

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The Hinn'ah Bits'os Society (HBS) and Ts'aa bee na'ntin (TNT) are an intensely structured 60 days residential programs.

The curriculum runs from 8:00am to 4:00pm daily. No visitation or outside contact is allowed for the first two weeks. After two weeks, relatives (clients) may contact their families through their primary counselors to invite them and participate in the program. The core structure of both Hinn'ah Bits'os Society and Ts'aa bee na'ntin are composed of thirteen or more treatment components:

HIV/AIDS services

Talking circle

Dine/Intertribal Sweat lodge ceremony

Traditional Tobacco ceremonies

Native American Church Cedar burning ceremony

Native American Church drumming sessions

Pow-wow/Gourd dancing

Group Therapy

Individual counseling

Family intervention group therapy

Continuing Education (GED)

Vocational activities

Community excursion to enhance spirituality and traditional knowledge

Traditional Native American stories Modules and Module videos

K'e (Clanship System)

K'e. The clanship System plays a significant role in the lives of the Dine' people. K'e. represents one's self-identity and roots. Regardless of our ethnicity, we all have Mothers, Fathers, Maternal Grandfathers, Paternal Grandfathers. They represent our place of origin and identity. K'e teaching helps each relatives to regain, reinforce, or develop living skills.

Education

This is a series of sessions that provides information about mind-altering substances through traditional teachings. The physical, Mental effects of mind-altering substances and about the characteristics and attitudes are associated with alcoholism.

Skills Development

This teaches relatives (clients) the tools they need for sober living. It is a number of structured activities designed to provide relatives with learning experience in essential life-skills areas such as communication, self-awareness, assertiveness, problem solving, and most importantly, relapse prevention.

Counseling

There are large and small group sessions; one on one counseling, family intervention, and other therapeutic activities essential for providing an effective treatment experience, the counseling component stresses getting in touch with feelings, behaviors, and laying the foundation for emotional growth.

Native Culture/spiritual Values

Within the Native traditional component, there are both Dine' and Intertribal Sweat lodge ceremonies, Minor Mountain Tobacco ceremony, Talking circles, appropriate seasonal storytelling, Pow-wow, Gourd Dancing and lectures by our elders. Sweat lodge ceremonies are on Wednesday, afternoon beginning at 1:00pm to 4:30pm for women and Thursday afternoon at 1:00pm to 4:30pm all the men. Winter games such as "shoe games" and winter storytelling are held at appropriate time of the year. The elder on staff is available to help relative clarify and reassess values.

Family Program

Both Hinn'ah Bits'os Society and Ts'aa bee na'ntin believes that family involvement is the single best predictor of success for recovery for an alcohol dependent relative. After two weeks into the program relative's families are encouraged to participate in at least one day of session to support their relatives in treatment. By participating in sessions families learn and discover that alcohol addiction and other mind-altering substances affect more than just the individual who drinks or uses drugs. The family intervention help families learn to resolve conflicts, develop effective ways of communication and problem solving. During this time families focus on resolving the confusion and conflicts of the past, and learn teaching to help cope with the future. HBS and Ts'aa bee na'ntin believes that a family that prays together, stays together.

Medical Care

High Risk staff here provides medical assistance by referring all NCI, HBS, and TNT relatives to the nearest Indian Medical Center which is 5 minutes away from our facility, high risk staff does not prescribe medication, they do monitor medication brought by relatives (clients).

Reminder: Referred relatives should be medically stable to be accepted into the program

Recreational Activities

Hinn'ah Bits'os/Ts'aa bee na'ntin also believes in treating the whole person. Physical Well-being is important to a relative' overall recovery. Relatives participate in daily Nature walk and outside physical exercise if weather permits. The facility also provides an annual New Year Sobriety Pow-wow, Gourd dancing and on special occasions such as Veteran's day or any special Holidays. Winter shoe games are also a part of the program, but only during winter.