
DID YOU KNOW?

Treatment Programs provide individualized care that allows young people to heal from trauma, loss, and abuse and recover from addictions, and change destructive life patterns into healthy life styles. Treatment includes four basic levels of care: Hospitalization, Residential, Outpatient and Continuing Care.

Hospitalization— Psychiatric with other medical support 24/7 supervision; often in “lock down” environments; 14-90 days. (**not part of NDNS4Wellness services**)

NDNS4Wellness provides the levels of care listed below:

Morning Star & Eagle Flying Residential Treatment Services— Intensive counseling & 24/7 supervision w/in a treatment home environment; (45-120 days)

Summer Hawk Ranch— Extended residential treatment, counseling, life skill/ workforce development in a rural working horse ranch “home” setting.

Outpatient— Community, School, Home based Counseling, individual and group, 1-4 x per week. For 90-120+ days

Continued Support— NDNS4WELLNESS Recovery School, 12 step programs, support groups, talking circles, parent education, youth leadership activities, work force development, tutoring, mentoring etc.

DID YOU KNOW?

Culturally Respectful programs encourage youth to value and connect to their own tribal culture. The positive qualities of traditional Indigenous values, and spiritual practices are modeled and youth are taught to be proud of their language, ceremonies, art forms and NDN Identity. Curriculum, teaching styles and methodologies are tailored for today’s Native youth.

Prevention Programs help young people by providing supportive guidance from caring adults who model and teach positive, productive life skills. Youth are taught how to prevent poor decisions that results in harmful behaviors like crime, violence, substance abuse and dropping out of school. Youth are taught to actively become a leader and asset within their community and use their voice to support positive change and self discipline and self governance.

NDNS4Wellness

Educational & Behavioral Health

PO Box 25047
Phoenix, Arizona 85002
Office Located at:
2302 N. 7th St Phoenix , Arizona

Phone: 602-424-1600; Fax: 602-532-7202
E-mail: INFO@ndns4wellness.org
Bonny Beach, Executive Director 602-432-3098



NDNS4Wellness

Educational & Behavioral Health Services

Circle of Health Programs



Safe, Healthy & Successful Youth and Families

Serving All Indigenous Peoples

NDNS4Wellness,

American Indian Prevention Coalition Inc.

The American Indian Prevention Coalition Inc. (AIPC) developed NDNS4Wellness, Educational and Behavioral Health Services agency in 2001. NDNS4Wellness is located in Phoenix, Arizona, employing over 40 Native people and serving over 250 Native youth. It provides culturally respectful prevention, educational and counseling services. AIPC does not require tribal enrollment. Services are available to any individual.

AIPC Inc. initiated the Circle of Health (COH) programs in Phoenix in 2000 with the help of a Drug Free Communities grant from the Office of National Drug Control Policy. Through the COH Prevention and Intervention Program, after school programs and school based leadership groups became available in six elementary/middle schools/high schools. These after school programs serve youth once a week for 4 hours a week, 45 weeks of the year. Youth participate in culturally respectful, science based substance abuse and violence prevention curriculum as well as reconnecting urban tribal youth back to traditions and culture.



In 2001 with the help of a grant from the Center for Substance Abuse Treatment, NDNS4Wellness, AIPC Inc. developed the COH counseling and substance abuse treatment programs for youth and families. NDNS4Wellness provides services through the Phoenix office as well as home based and school based youth and family counseling on and off reservation. NDNS4Wellness maintains three licensed Level 2 residential treatment homes with 15 beds for male and female, 10-18 year old youth. Morning Star also serves Native girls ages 11-18, who are pregnant or parenting infants/toddlers.



Eagle Flying, Morning Star and Summer Hawk Ranch treatment homes provide a loving, supportive environment for healing and personal recovery work. The average length of stay is 90-100 days. At Summer Hawk extended treatment and long term care is available. The *Circle of Health*™ Treatment model integrates western best practices and research based treatment strategies with Traditional Native Healing practices and culturally appropriate ceremonies. Graduating youth state that the spiritual and cultural reconnection makes the most difference to the success of their recovery plan.

In 2002, AIPC Inc. opened NDNS4Wellness Recovery School. The youth spend 4 hours in school daily, participating in Indian Studies, Health Education,

Physical Education and basic skills, Math, Reading & Language Arts. Partnering with Sequoia Choice Online Charter School, youth complete basic high school requirements online with certified teachers. Youth are able to earn 3 units towards high school graduation in 90 days. Many youth have made 2-3 grade levels worth of academic growth in reading, math and language arts in their 90-120 day stay.



All COH programs connect youth to traditional counselors, cultural mentors and spiritual resources that support their development and healing process and engage them in their personal tribal culture, ceremonies and traditions.

COH Programs are evaluated by an outside researcher and AIPC. Youth participating in the prevention programs are demonstrating increased school attendance, better grades, less substance use and less family conflict issues. 95% of all youth enrolled in COH treatment programs successfully complete 90 days and are maintaining their sobriety for 6 mo or longer. A definite reduction in the use of alcohol has been noted. Youth continue counseling care for up to a year. Youth are not re-engaging in criminal behavior and youth are staying in school.

