

Wisdom Warriors:
Living Wise, Living Strong



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Overview

- Why is Wisdom Warriors important?
- What is CDSME?

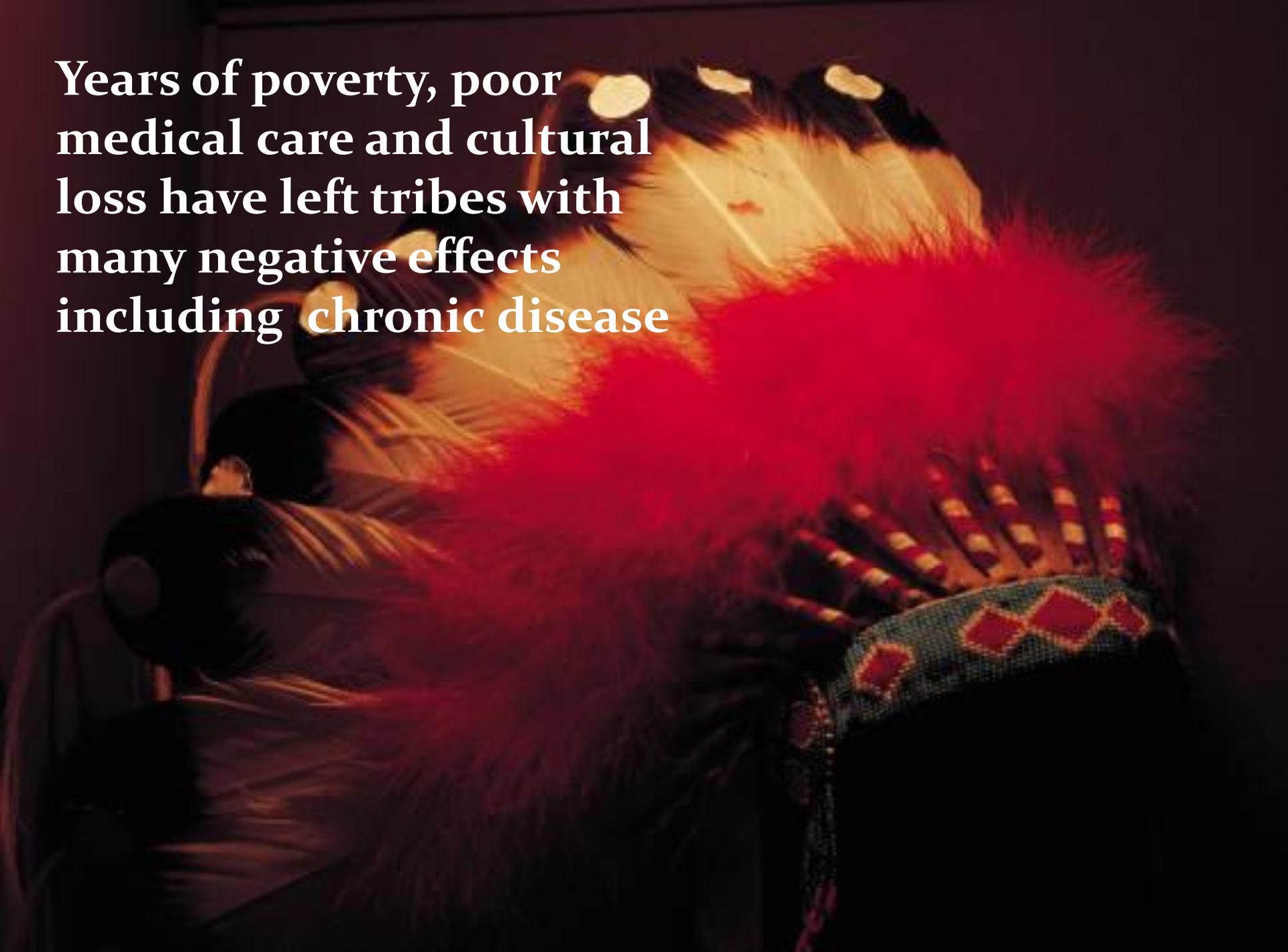


A photograph of a deforested landscape. In the foreground, a large, weathered tree stump stands prominently, surrounded by a dense field of cut branches and debris. The ground is covered in a layer of dry leaves and twigs. In the background, a line of tall, thin evergreen trees marks the edge of a forest. The sky is overcast and grey.

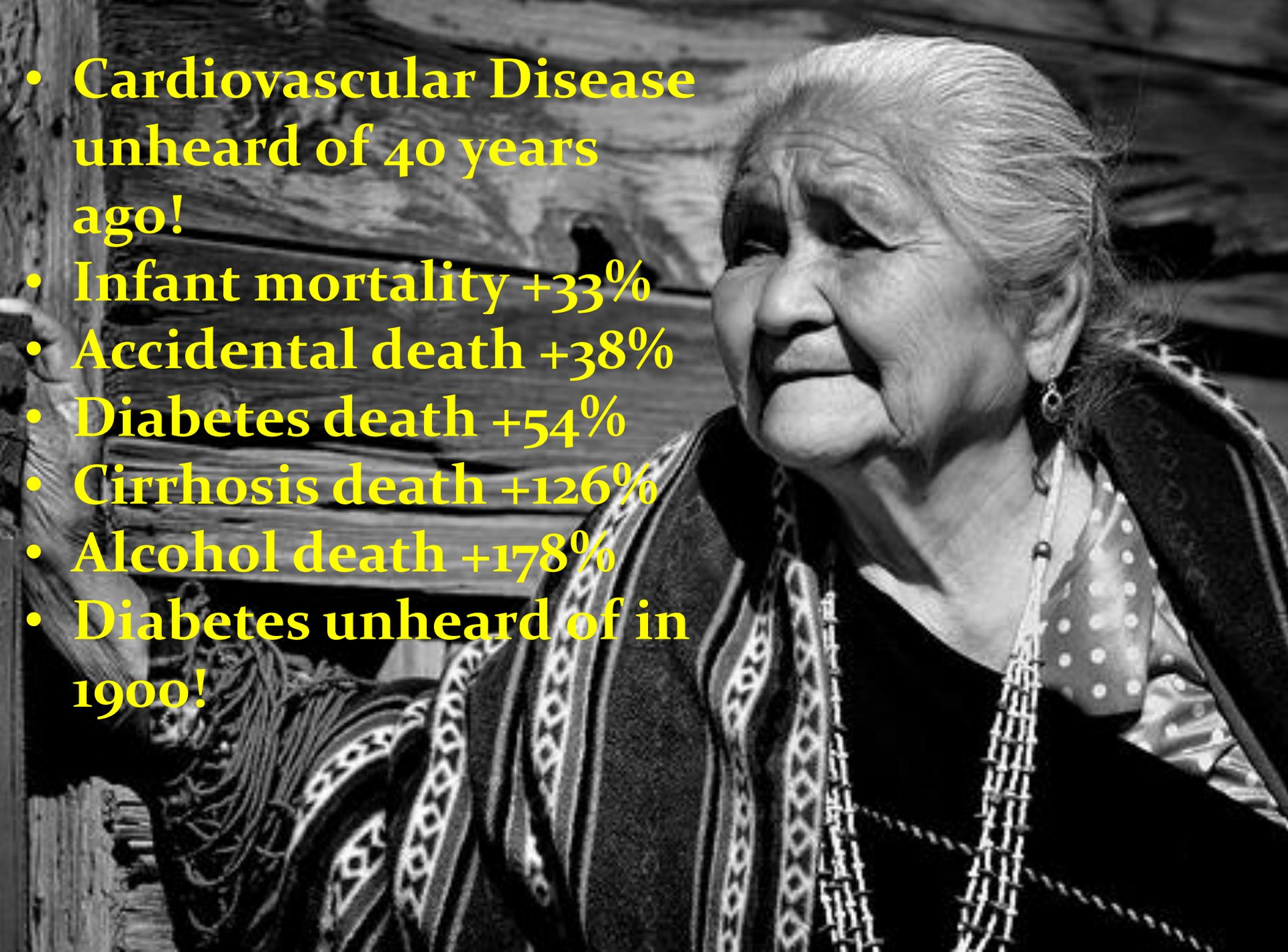
A Disparate Culture

**Tribal lands were
exchanged for treaty
promises, most of
which have not been
upheld**

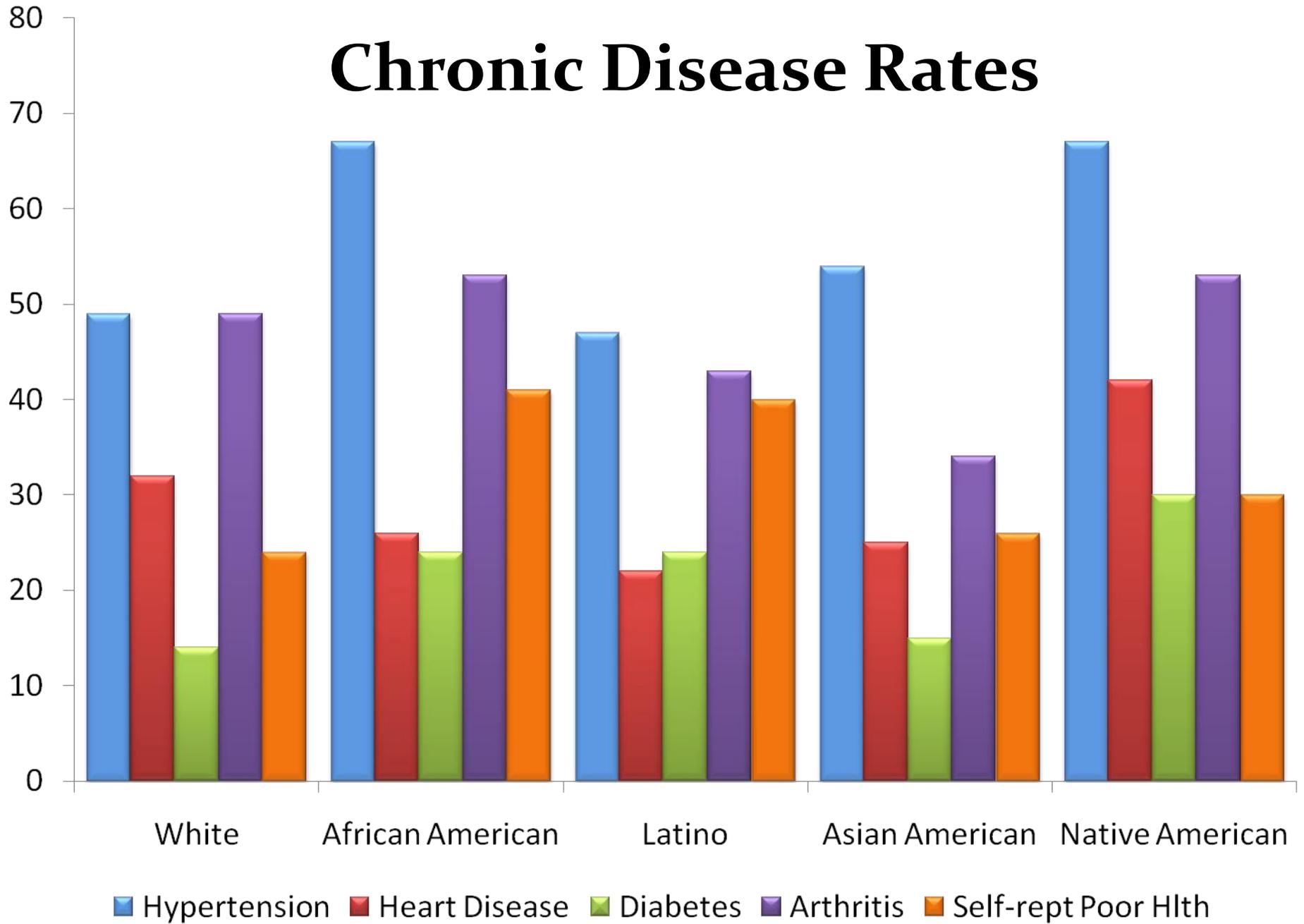
**Years of poverty, poor
medical care and cultural
loss have left tribes with
many negative effects
including chronic disease**



- **Cardiovascular Disease unheard of 40 years ago!**
- **Infant mortality +33%**
- **Accidental death +38%**
- **Diabetes death +54%**
- **Cirrhosis death +126%**
- **Alcohol death +178%**
- **Diabetes unheard of in 1900!**



Chronic Disease Rates



What is Chronic Disease Self-Management?



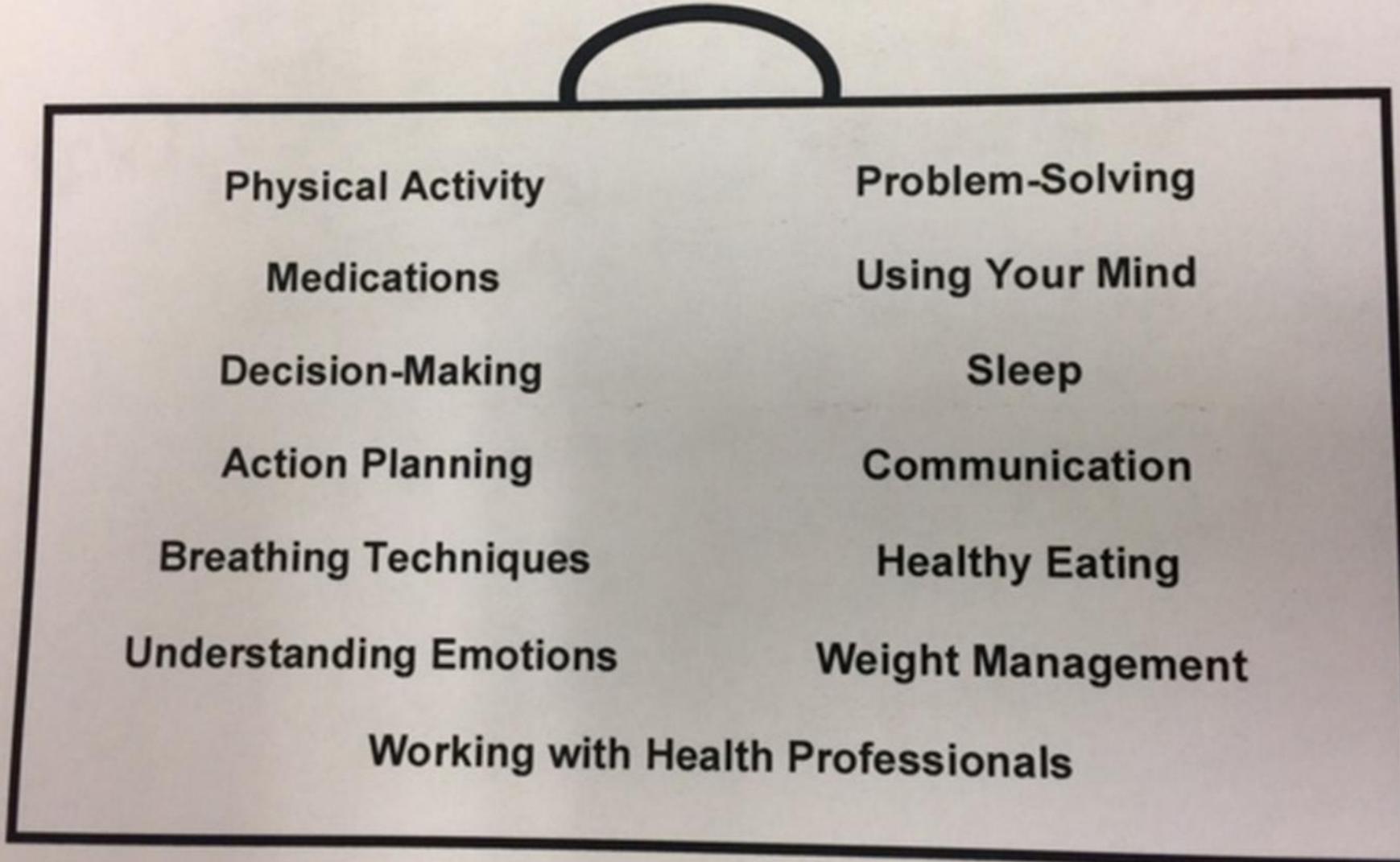
What Is CDSMP?

- Developed by researchers at Stanford University Patient Education Research Center
- Began in 1991
- Six weeks; 2½ hours per week
- Listening and activities including problem solving and action planning
- CDSME promotes a “**My Health...My Responsibility**” attitude in participants

What Does CDSMP Do?



Self-Management Tool Box



Physical Activity

Problem-Solving

Medications

Using Your Mind

Decision-Making

Sleep

Action Planning

Communication

Breathing Techniques

Healthy Eating

Understanding Emotions

Weight Management

Working with Health Professionals

Self Management Model

Traditional Model



Self Management Model





Hello
my name is
Becky

Hello
my name is
Rob

- Self-management tasks
1. Take care of your health problems
 2. Carry out your normal activities
 3. Manage your emotions

Who Teaches?

Honoring Tribal Sovereignty



Outcomes

- Numerous changes, all positive!
- Appears to work for the long run
- Sharing CDSM between generations

Take PART

P

- Prepare _____
- Keep track _____
- Report _____
- List _____

A

R

T



New Beginnings



Wisdom Pouch is earned after 6 week course of CDSME. All pouches are identical as are the beads awarded. This is our way of identifying other Wisdom Warriors and the beads tell the story of their success!

A large, dense pile of small, blue, ring-shaped objects, possibly beads or pills, filling most of the frame. The objects are uniform in color and shape, creating a textured, repetitive pattern. The text "Health Checks" is overlaid in the center in a white, serif font.

Health Checks

Self Care





Exercise

Spiritual/Cultural



Intergenerational Activities





Biannually or annually...

A woman wearing a red hood and a dark jacket is carrying a large log across her shoulders. The log is covered with numerous bright orange salmon hanging from it. In the background, another person is visible, also carrying a log with salmon. The setting appears to be an outdoor area with a wooden building and a table in the distance.

For additional information contact:

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Bring **Wisdom Warriors** to your tribe!

- ❖ Train two people to be CDSME Lay Leaders
- ❖ Start CDSME classes for tribal participants
- ❖ Upon graduation they become **Wisdom Warriors!**
- ❖ Hold monthly **Wisdom Warriors** meetings, with health education, traditional foods, cultural activities and sharing of stories and history of your tribe
- ❖ Meet annually with other tribes' **Wisdom Warriors**
- ❖ Share lessons with younger generations as prevention