



FIND THE TREATMENT AND SUPPORT SERVICES THAT ARE RIGHT FOR YOU.

# Little River Band of Ottawa Indians Be-Da-Bin Behavioral Health



The mission of Be-Da-Bin Behavioral Health is to create and maintain a Substance Abuse and Mental Health program for the healing of our Anishinaabek community that embraces the spiritual, emotional, physical, and mental wellness of all we serve. We are committed to path finding a healthier way of life for the Anishinaabek family by providing prevention education, therapy, and aftercare, in order to help our people identify the twelve path markers in their search for sobriety and to develop balance in their emotional health.

## Services Offered

### Outpatient Substance Abuse Services

- ◆ Traditionally based treatment with a cultural focus
- ◆ Screening and assessment
- ◆ Diagnostic impressions
- ◆ Individual therapy
- ◆ Aftercare
- ◆ Treatment for the psychological and physical effects of alcohol
- ◆ Fetal alcohol syndrome and effects
- ◆ Group therapy
- ◆ Educational presentations
- ◆ Three fires teachings

### Outpatient Mental Health Services

- ◆ Traditionally based treatment with a cultural focus
- ◆ Screening, assessment, and diagnosis
- ◆ Individual adult therapy
- ◆ Child centered therapy
- ◆ Family and couple therapy
- ◆ Group therapy
- ◆ Treatment for trauma related disorders
- ◆ Didactic presentations on mental health issues
- ◆ Stress reduction techniques
- ◆ Three fires teachings

The medicine wheel represents a philosophy held by the Anishinaabek in connection with the overall health of the individual. The medicine wheel is comprised of four different components that are essential to personal balance: emotional, physical, intellectual, and spiritual. All areas are distinctly individual and yet are connected to the circle to form the whole. If one area is missing or broken, the whole is not formed. When addressing substance abuse or mental health issues, program efforts must include all four areas of the individual to be effective. Therapy to address emotional well-being is integral. The individual must be able to identify and handle emotions positively. The physical condition is included as this impacts the emotional state. The mental state, when balanced, will strengthen an individual's judgment and cognitive skills. Finally the spiritual well-being, when included in the treatment plan, will provide the connection to the other three aspects and enable the person to connect to the source of higher power. Successful treatment plans will allow the individual to identify which of the four areas are weak, strong, or broken, providing the means to heal and reconnect, providing balance necessary to exist in harmony with one's self and the world around them, completing the circle.

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## Hours:

Monday through Friday

8am-5pm

After hours available upon request and review

