



Khomani San Bushmen
Mobile Addictions Treatment (MAT)
Program Summary



“Please believe us when we tell you that pressurizing people to leave their ancestral land and moving them to new settlements, will be sentencing them not to development, but to decades of misery.”

~Statement from the Canadian Innu, issued to Botswana authorities when discovering Bushmen were being moved to resettlement camps.

WHY IT IS CRITICAL

If nothing is done to stop the rate of addiction and all that comes along with that (domestic violence, disease), these sacred people will become extinct.



- Bushmen, the oldest humans on earth, hold ancient and profound traditional knowledge; they are dying at alarming rates from alcohol and drug abuse.
- Like many indigenous people around the world, they were removed from their ancestral lands to make way for diamond mining, fracking, and tourism.
- They were forced into lives of Western assimilation on lands that are essentially worthless—much of the land does not even have water.

Worldwide Indigenous Science Network

- Their homes were dismantled, their schools closed.
- They have lived successfully off the land as hunter-gatherers for thousands of years, living in harmony with nature. Now, they are no longer permitted to hunt on their ancestral lands.
- They are forced to speak English and Afrikaans. As a result, their indigenous languages, along with their cultural ways, are dying.



OUR GOAL:

To eradicate addictions among Khomani San Bushmen communities by bringing a native-led, culture-based Mobile Addictions Treatment (MAT) program to the Bushmen in the Kalahari.

- NECHI, Canadian-based and native led, has 40 years' history of success working with indigenous communities in Canada and around the world, helping them heal from addiction, and more importantly, from the wounds and historical trauma that led to the addictions.
- NECHI uses Western protocols (12-step, AA, etc.) alongside cultural and traditional healing modalities (ceremony, etc.). This is what has led to their high success levels.
 - Many who have participated in NECHI events remain clean and sober decades after treatment and return to help their own communities.

To help the communities heal through returning to “*an empowered and vibrant community that values and is grounded in its culture and tradition.*”

- Addressing the core issues facing indigenous peoples and using traditional and cultural protocols in treatment is imperative to success among indigenous communities.

NECHI BACKGROUND:

Nechi is an Indigenous Movement with 40 years' of experience committed to holistic healing and healthy addictions-free lifestyles. Nechi Training, Research and Health Promotions Institute is a place where healing and education meet.

- Curriculum is the end result of careful academic research and decades of practitioner experience working with Indigenous clients.
- Use a circle process, where everyone is equal and has equal input to contribute.
- Built on the sacred foundation of Natural Law.
- With the guidance of Elders, predecessors used these principles to initiate a transformative healing process for our Indigenous communities.
- Great progress has been made, but challenge to improve our lives as Indigenous peoples is ongoing.

NECHI/PROGRAM BACKGROUND:

- Have trained over 10,000 people.
- Reconnect to the land, language and culture for greater sense of identity, health and wellbeing.
- Heal the historical trauma and connect to our roots giving greater clarity and vision to overcome the challenges and barriers that exist for indigenous people in contemporary society, including lack of education and economic opportunity.
- Encourage learning and holistic healing for individuals, families and communities, through training, research and health promotion activities.
- Develop understanding of systemic legislations and hierarchies, providing Indigenous people with knowledge of a decolonizing process to incorporate into daily lives.

NECHI BOARD OF DIRECTORS



Betty Bastien, Ph.D. - Chair Piikani Nation

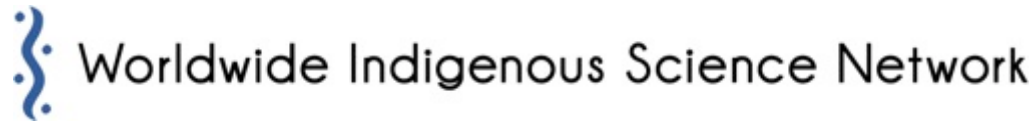
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PARTNER ORGANIZATIONS



Worldwide Indigenous Science Network (WISN):

WISN is an educational, U.S.-based non-profit organization that works at the local, national and international level to create links between Western and indigenous knowledge. Its mission is to revitalize and explore the growth and exchange of traditional wisdom of Earth-honoring peoples to transform consciousness and potentiate a vibrant world renewal.

Founded and led by Dr. Apela Colorado, WISN conducts research, organizes international conferences and cultural exchanges, and provides support with international partners for endangered indigenous and traditional wisdom practitioners.

Dr. Colorado received her Ph.D. in social policy from Brandeis University, after completing her dissertation, "Native Addictions: an Issue of Survival." She served on local, national and international addictions advisory councils for twenty years and has conducted research, regionally and on a province-wide basis. Dr. Colorado founded WISN 26 years ago and was appointed the international portfolio for the Nechi Board of Directors in 1991. WISN hopes to partner with Nechi and South African-based organizations to develop a program to provide for addictions counselor training for indigenous peoples from South Africa and eventually bring this model to other parts of the world also ravaged by indigenous addictions.



PARTNER ORGANIZATIONS

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Re-Action

Re-Action! (Responsible Action for Wellness and Sustainability) is a South Africa-based social purpose enterprise founded in 2004. Recognizing people as all having specific human needs, the organization considers the environment as a basis for true sustainable development, and the understanding is that to meet such needs leads to evolving interventions and systems that apply human-scale technologies. The understanding, which develops in parallel, leads to greater well-being of the human being with ecological sustainability.

Involvement with development is based on the guidelines of human-scale development designed by Manfred Max-Neef, who recognises people as all having specific human needs. In making sense of these human needs, we consider the environment as a basis for true sustainable development. Our passion The organization delivers human-scale development interventions, facilitates social entrepreneurship, implements health and sustainability programs and services, supports with technical assistance and manages complex development programs in the development sector.

The organization works internationally, regionally and “on the ground” collaborating with the public sector, private sector, civil society and research organizations.

Programs include:

- Delivering health service strengthening support through Public Private Mix (PPM) initiatives funded through donor co-investment

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Re-Action (continued)

- Designing and implementing mHealth solutions for real-time data capturing and improved quality data
- Managing clinical service and community-based outreach programs (PHC Re-engineering approach)
- Implementing large-scale workplace health interventions for HIV and TB, and undertaking short-term technical and management consultancy projects.
- mHealth solution designed and implemented as part of the care and treatment program;
- Managing large, regional programs to improve access to treatments;
- Conducting complex evaluations such as the annual performance review and accountability mechanism for the International Health Partnership (IHP+)

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Nanette Flemming

Nanette began her career in the development sector working with the Khomani San Bushmen in the Kalahari. In her eight years with the Southern Africa San Institute, SASI, she helped re-establish the community that were removed from their ancestral lands. Projects included:

- Language protection program;
- Traditional tracking and dance;
- A GIS system for medicinal plants and sustainable use;
- Recording of oral history;
- Early childhood development;
- Establishing an HIV and medical centre;
- Developing livelihood projects such as the development of craft, needlework, vegetable gardens, and a bush camp.

She left the project in 2009 but has remained very much engaged with the community on a consulting basis, mostly focusing on youth advocacy and heritage archiving.

In the 14 years that she has been involved with the Khomani San, the deterioration as a result of alcohol abuse has been prevalent and detrimental to all projects. Traditional livelihood has been effected to such an extent that even addiction has become a way of life for the youth as well.

PROGRAM NEEDS/REQUIREMENTS

This is 40 day non-residential in-country mobile treatment program.

Facilities:

- Space needed to accommodate up to twenty (20) Bushmen. Area should be isolated; no access within walking distance to any liquor stores.
- Additional space—separate from clients—needed within facility for trainers and counselors.
- Cooking/laundry facilities on site.

Transportation:

- Airfare and ground transportation for NECHI staff
- Ground transportation (if needed) to bring up to twenty (20) Bushmen and support staff to treatment facility

PROGRAM NEEDS/REQUIREMENTS

Personnel/Staff needed:

- Minimum of 2-3 Nechi counselors/trainers
- 2-3 coordinator/s for logistics support, including 1 South African-based coordinator
- 1-2 traditional healers/medicine men
- 3-4 translators (English-Afrikaans)
- Local therapists (preferably Afrikaans-speaking) for post treatment care
- 1-2 cooks/chefs to prepare meals during treatment program

PROGRAM COSTS

Pre- and post treatment costs:

- Bring Nechi counselor/s and Medicine Man to Kalahari to meet with members of Bushmen community in order to define parameters of program, outline needs, etc. (Pre)
- MAT community orientation—Nechi counselors would arrive approximately one week prior to launch of program to orient community (what to expect during and after treatment). (Pre)
- Training for members of community for continuation of program after Nechi staff departs South Africa. (Post)
- Follow Up/Aftercare program—Send Bushmen to NECHI training as after-care counselors program (Post)
- Evaluation and Follow-Up (Post)
- Long-term: Establishment of a “dry-zone” for those who have undergone treatment. This is currently already under discussion and funding may have already been identified for this. (Post)

PROPOSED TIMELINE

- **January-March 2015:** Sharon White, Nanette Flemming to meet with members of the Bushman community in the Kalahari.
- **March-ongoing:** Fundraising
- **August 2015:** Bring Nechi counselor/s, WISN personnel, and medicine man to Kalahari to meet with Bushmen community leaders/Elders to discuss program and define needs (pending funds raised)
- **Late 2015:** Pre MAT community orientation (pending funds raised)
- **Late 2015/early 2016:** 40-day in country treatment (pending funds raised)
- **Late 2015/early 2016:** Training of community staff in South Africa so that program can continue after Nechi staff departs South Africa.
- **2016:** Bring 2-3 South Africans to NECHI counselor training program to support provide post-treatment support.
- **Late 2016:** Evaluation and Follow-Up
- **2016:** Long-term: A “dry-zone” for those who have undergone treatment.

ADDITIONAL INFORMATION ABOUT THE BUSHMEN

<http://ngm.nationalgeographic.com/ngm/0102/feature6/fulltext.html>



FUNDS NEEDED: US\$300,000 (APPROXIMATELY)

Facilities in South Africa (40-day MAT treatment stay, meals and lodging) for 30 people (20 Bushmen + counselors, Elders, translators, etc):

Pre MAT program:

August 2015: Meetings between Nechi, partners, and Bushmen community members in the Kalahari

- Includes: R/T international flights for 1 Nechi counselor, 1 Medicine man, 2 WISN personnel, lodging, meals, ground transportation

Program launch (late 2015 or early 2016):

- Includes: R/T international flights 2 Nechi—counselors + 1 medicine man, ground transportation to Kalahari, transportation of up to 20 Bushmen to facility, + local coordinators

MAT Program Fees:

- Training fees for NECHI counselors, medicine man, coordinator/s

Follow Up Treatment:

- Travel for 2-3 Bushmen to travel to Canada and participate in counselors (program + translator/s)
- Counselor Addiction Training (CAT) fees
- Therapists (Afrikaans speaking, preferably)
- Translators

“I pray that we will try and bring change to our Mother Earth together. So that we can bring change to our people, so that their hearts can return to their ancestors.”

~Jan Si Ku, Khomani San Bushman

