

# The Wolves Den Theory of Change

## Activities/Outputs (Begins at entry)

## Short-term outcomes (6 months to 2 years)

## Long-term outcomes (Longer than 2 years)

### Group residential housing

provided by  
The Wolves Den

#### Cultural activities (female-led)

- Prayer, smudging (daily)
- Sweats, beading, language instruction, talking circles, drum circles (weekly, rotating)

#### Social activities

- Gardening (daily, seasonal)
- House dinners, talking circles, quilt-making, soap-making, social outings (weekly, rotating)

#### Family activities

- Family dinners (weekly)
- Events for major life happenings and important days (as appropriate)

#### Personal development activities

- Life visioning (on-going)
- Household responsibilities (daily)
- Healthy living classes (weekly)
- Financial activities (weekly)
- Volunteer opportunities (monthly)

- Deeper connection to and familiarity with cultural practices
- Increased understanding of how cultural practices relate to individual health

- Deeper relationships with others who share similar goals
- Access to informal social support in regards to recovery enhancement

- Healed/deeper relationships with children and family members
- Perception of family as a positive presence in participant's life

- Increased understanding of...
- Life goals and how to achieve them
  - Living physically well
  - Budgeting and personal finances
  - Personal role and responsibility in group settings and community

- Independent use of cultural practices to support overall health
- Sharing of cultural knowledge with others, exhibiting cultural leadership

- Utilization of informal social support for abstinence and overall health
- Offering and giving informal social support and mentorship to others for recovery and overall health

- Regular and natural involvement of family in participant's life in a positive way
- Supporting family members in tangible ways regarding their goals

- Progress toward life goals
- Eating healthy foods regularly
- Exercising regularly
- Actively budgeting personal finances
- Assuming supportive or leadership role in house and/or in community

### Ultimate outcome

Culturally,  
socially, and  
physically  
well

### Outside resource

provided by:

#### Methadone treatment

- Methadone consumption (daily)
  - Methadone education (weekly)\*
- \*Delivered by The Wolves Den

#### Referred therapy and vocational training

- Addiction recovery, equine, trauma therapies, and on-call crisis care
- Education and employment programs

- Fewer relapses/decreased abuse of opioids
- Increased understanding of methadone, its effects, and tapering as an option

- Increased understanding of relapse triggers and healthy coping methods
- Attendance at education or employment programs

- Adherence to regular methadone use
- Individual readiness for and utilization of methadone tapering

- Utilizing healthy coping methods when triggered
- Completing education or employment program

### The Wolves Den values

Foundational guideposts for The Wolves Den

#### Female-centered approach

- Centering programming around female experiences and values in order to provide a welcoming and safe space for women

#### Native American culture

- Using traditional healing approaches and cultural practices to develop a strong cultural identity as resilience against addiction and other unhealthy ways

#### Stable housing

- Providing a stable and safe housing environment to support personal progress toward improved cultural, social, and physical health

Prepared by:  
Ryan Evans,  
Wilder Research

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