



Overview

IRON TRIBE is a Tribal Organization of Ex-Cons in Recovery. We are men and woman who have been incarcerated and are now engaged in a program of living that is based upon recovery, tribal support and building community. Our mission is to provide support and guidance for the releasing ex-con and their successful integration back into society.

IRON TRIBE encompasses all nations, tribes, ethnicities, lineages and religious preferences. We celebrate the diversity that is contained within each individual, moving beyond simple tolerance to understanding that each individual is unique and encourages each member in a safe, positive, and nurturing environment.

Together we are collectively known as: **IRON TRIBE**

IRON TRIBE supports each member on an individual basis with their transition back into their families, work and education. Our organization also promotes the building of positive relationships among our members and the community in which we live. **IRON TRIBE** accomplishes this through a wide range of programs, services and activities, including:

- **Tribal Mentoring:**

Iron Tribe offers a unique model of mentoring to its members. We socially mentor our members as a group. Every member mentors each and every other member as an equal, contributing a unique set of experiences, life skills and relationships to the tribe. We rally around each member as they face their distinctive challenges in life. The releasing member benefits from tribal support in navigating the maze of challenges that the releasing ex-con faces. Iron Tribe members know which organizations and resources that have worked for them and are quick to connect new members to those that are beneficial. Having this network of experience and emotional support to draw from and contribute to, continues the cycle of tribal support. Building inter-dependent relationships amongst the tribe and staying actively involved in various group and community events, enables Iron Tribe to cultivate and maintain a healthy and positive circle of influence.

- **Life Aim Development:**

Iron Tribe encourages all of its members in developing a Life Aim. The Iron Tribe Chieftains assist in counseling new releasing members in their quest to discover their true strengths, interests and talents. The Chieftains then provide assistance in directing them to various employment or educational opportunities and support them as they navigate through the process of securing funding, entry, and admissions into corresponding schools or employment training. Developing personal and life aims are an integral part of establishing a successful pro-social program of living.

- **Health & Wellness:**

Iron Tribe encourages its members to be involved in a program of exercise and diet. Many members were committed to a program of exercise during their incarceration and Iron Tribe promotes the benefits of continued exercise and maintaining a regimen of good nutrition. Many members exercise together on

a regular basis; where fitness training is provided, as well as referrals to nutrition counseling. Iron Tribe partners with Bally's Total Fitness who sponsor members with a 30 day free pass upon their release and discounted memberships. Iron Tribe conducts mini sweats in the gym saunas throughout the week for physical cleansing and prayer. Iron Tribe maintains a sweat lodge for spiritual cleansing on a monthly basis and encourages its members to participate. Engaging in these principles are a vital component in the pursuit of physical, mental and spiritual health to achieve centering for total wellness.

IRON TRIBE is currently developing the following projects:

- **Relational Projects: Reaching in to At-Risk Youth & Elders**

Iron Tribe is developing a relational project to reach out to youth, elder and recovery facilities/ organizations. The goal is to pair members with human beings in need and At-Risk. We accomplish this by sharing kinship, stories and experiences, which in turn provides a much needed sounding board for the pressures they are facing. Iron Tribe members are trained in relational meeting methods by Phoenix Rising Transitions. Iron Tribe begins the relational meetings with an optional smudging ceremony for those that wish to participate. We are currently reaching in to Volunteers of America facilities.

- **Community Healing Events:**

Iron Tribe is actively involved in reaching out to the community with various projects and events which include:

- Fundraising Events
- Recovery Events
- Volunteer Events
- Community Events

- **The Iron Tribe House: Clean and Sober Housing:**

IRON TRIBE is developing the opportunity to open long term Clean & Sober Housing opportunities for its members. Together, with our Seventh Direction Program, Iron Tribe offers a comprehensive offering of services and support for its members.

Iron Tribe is structuring its housing communities as ADFC (Alcohol and Drug Free Community) programs at the identified properties in compliance with ORS (Oregon Revised Statutes). Random UA's (Urinalysis Testing) and Alcohol Breathalyzers will be administered to adhere compliance to community policies. In addition, support from local A& D Counselors and PHD's in Behavioral Psychology will be facilitating check-ins and group meetings at each housing location. As well, Parole and Probation Officers will be monitoring community members and their compliance with Iron Tribe's Seventh Direction Program. The result will be a comprehensive accountability model for our tribal community living.

Establishing a clean and sober living community for our tribal members will offer a unique model to this type of living. Members qualify to participate in the housing program by maintaining a solid track record of recovery, completing their transition programs, establishing a positive circle of influence amongst the tribe, developing a positive life aim (which often includes entry in school, college or a vocational program) and are active participation in a program of recovery. We believe this will increase the success rate of long term tenancy and lowering the recidivism rate amongst our members in this type of housing.

Thank you for taking the time to get to know us. You can learn more about IRON TRIBE, our programs, projects and events by visiting our website at:

irontribe.biz

Or by contacting us by email at:

contact.irontribe@gmail.com

Or give us a call at:

503.754-3495

Harold “Bear” Cubbedge

Executive Director of Iron Tribe