

# Yvonne Guido, Karuk Tribal Member

## Job title: Substance Abuse Counselor/Support Counselor

**Education and Training:** CADC II (Certified substance abuse counselor through California Consortium of Addiction Programs and Professionals)

Certified Red Road and Motherhood/Fatherhood is Sacred Facilitator

**Professional Interests:** Helping the community reconnect with their cultural identity through traditional healthy living and cultural practices. Attending dance ceremonies, gathering and weaving, sweat lodge ceremonies.

**Life Philosophy:** "Never forget where you come from". As a person in recovery from substances and a person who once was disconnected from my cultural identity, I won't forget what that felt like to have no hope, no confidence, no healthy connections and beliefs. My approach to helping the community is centered around love and acceptance. I think back to the person that trained me as a sweat leader who would say, " I am no different than you. I just happened to have come through the door first"