

NATIVE WOMEN & MEN'S WELLNESS CONFERENCE

Catamaran Hotel, Resort & Spa – San Diego, CA

April 17-20, 2017

1.5 CEUs (15 hours)

www.aii.ou.edu/conference/event21/

American Indian Institute
The UNIVERSITY of OKLAHOMA.
www.aii.ou.edu

CONFERENCE SCHEDULE

Monday, April 17, 2017			
2:00 PM	5:00 PM	Registration	<i>Lobby Foyer</i>
2:00 PM	5:00 PM	Exhibits Open	<i>Foyer</i>
5:00PM	6:00 PM	Welcome Gathering/Reception	<i>Beach</i>
Tuesday, April 18, 2017			
7:30 AM	8:30 AM	Continental Breakfast	<i>Foyer</i>
7:30 AM	5:00 PM	Exhibits Open	<i>Foyer</i>
7:30 AM	5:00 PM	Registration	<i>Lobby - Foyer</i>
General Session			
8:30 AM	9:00 AM	<i>Welcome and Opening Remarks</i> <i>Featuring Master of Ceremonies-Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)</i> <i>Dr. Norma Neely, Director of American Indian Institute (Citizen Potawatomi Nation)</i>	<i>Kon Tiki Ballroom</i>
9:00 AM	10:00 AM	Keynote Address <i>Featuring Keynote Speaker Dr. Brad Nelson, Holistic Chiropractor, Presenter, Owner, Healer's Library and Author of The Emotion Code</i> A testimonial for Dr. Nelson:	<i>Kon Tiki Ballroom</i>

		“I’ve had some devastating health problems in my life, and it’s been a real journey: Dr. Nelson has put pieces together that I have struggled with for years, and he has made a difference in my life like nothing else has.” – Laura G., Seattle, Washington	
10:00 AM	10:30 AM	<i>Healthy Break</i>	<i>Lobby</i>
Session 1 – Concurrent Sessions			
10:30 AM	12:00 PM	<p>IAMNDN Native Drug-Free Nations and Southern Plains Tribal Health Board – The Power of Partnership</p> <p><i>Melanie Johnson, M.Ed., Project Manager, Southern Plains Tribal Health Board/Oklahoma Area Tribal Epidemiology Center (Sac and Fox Nation of Oklahoma), Raquel Ramos, SPF PFS Tribal Liaison, IAMNDN – Comanche Nation Prevention & Recovery (Comanche Nation of Oklahoma)</i></p> <p>Native American communities are disproportionately affected by high substance abuse issues compared to other populations. The Southern Plains Tribal Health Board/ Oklahoma Area Tribal Epidemiology Center partnered with the Comanche Nation IAMNDN (I Am Indian) program to address prescription drug abuse and underage drinking by using the Strategic Prevention Framework, a five-step public health approach. Strategies were jointly developed by the two partners to empower native youth, revitalize culture, develop media prevention messages and provide leadership opportunities to strengthen prevention efforts by using the Public Health Model Approach. Examples of working programs will be presented.</p>	<i>Cockatoo</i>
10:30 AM	12:00 PM	<p>The Emotion Code</p> <p><i>Dr. Brad Nelson, Holistic Chiropractor, Presenter, Owner, Healer’s Library, Author of the Emotion Code</i></p> <p>Emotionally charged events from our past can haunt us for a lifetime. Trapped emotional energies often cluster around the heart, creating an energetic ‘wall’ that interferes with our ability to give and receive love, to create abundance, and to be totally healthy. Led by gifted healer Dr. Bradley Nelson, participants will discover how to</p>	<i>Toucan</i>

		release trapped emotions. Participants will learn how to 1) Heal underlying emotional sources of illness 2) Access the intelligence of the body and 3) Erase hidden blocks to abundance, health, and love and 4) Release the baggage of historical ancestral trauma.	
10:30 AM	12:00PM	<p style="text-align: center;">Standing For Our Water <i>Cynthia King, Owner, The Herb Shed</i></p> <p>The decolonizing act of refusing to contribute to the poisoning of our waters with chemicals. In this workshop with Herbalist/Aromatherapist Cynthia King, you will learn how to change our own use of chemical home cleaning products by making our own natural cleaners, hand and dish soaps for a fraction of the cost.</p>	<i>Macaw</i>
10:30 AM	12:00PM	<p style="text-align: center;">Health Literacy Awareness <i>Susan Gay, M.A.Ed., CHES, Public Health Training Coordinator, Southern Plains Tribal Health Board</i></p> <p>Most health information is presented in ways that are not understood by the majority of Americans. Health literacy affects everyone who needs health information and services, Health professionals can build their own health literacy skills by becoming familiar with health literacy, and the most effective ways to create, provide, and communicate health information and services. This presentation will explain health literacy and provide participants with practical information on how they can improve literacy skills.</p>	<i>Boardroom East</i>
12:00 PM	1:15 PM	Healthy Lunch provided	<i>Beach</i>
Session 2 – Concurrent Sessions			
1:30 PM	3:00 PM	<p style="text-align: center;">Creating a Safe Space for our LGBT (Two-Spirit) children, family members, and friends. <i>Sheila Lopez, Native PFLAG Founder & President, HRC (Navajo), Native PFLAG</i></p> <p>This presentation will raise awareness of issues facing our LGBT (Lesbian, Gay, Bisexual, and Transgender)/Two-Spirit community. The presenter will review LGBT terms and define a Safe Space. We will review why a Safe Space is needed and how to create one. Participants will be given the opportunity to ask questions of the presenter who has personal experience working with the LGBTQ community.</p>	<i>Macaw</i>
1:30 PM	3:00 PM	Chilling In a Goot Way	

		<p><i>Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)</i></p> <p>Parents, teachers, counselors, community health representatives and direct service providers often give their time, attention and compassion to the people they serve at the cost of their own wellness. Spirituality and humor are the two primary strengths and resiliency factors for Native American people.</p> <p>This highly interactive and lively workshop combines stories, laughter, movement, music and prayer as a journey to healing. Be prepared to have during this highly interactive workshop.</p>	<p><i>Kon Tiki Ballroom</i></p>
1:30 PM	3:00 PM	<p>How can we Successfully evaluate AI/AN Health Programs?</p> <p><i>Erica Blue Roberts, PhD, MHS, Research Associate (Lumbee Tribe of North Carolina)</i></p> <p><i>Julie Morales, PhD, Senior Research Associate of James Bell Associates, Inc.</i></p> <p>Evaluation is an important process that can tell you whether or not your program was successful and how your program can be improved. Evaluation may be required by a funder and can also provide data that can be used to apply for future funding. But given the unique context of American Indian and Alaska Native communities, how can we successfully evaluate AI/AN health programs? This workshop will (1) provide an overview of evaluation and Indigenous evaluation, (2) present steps for developing and implementing an evaluation, (3) assist attendees in developing an evaluation question, and (4) share resources for conducting evaluations.</p>	<p><i>Cockatoo</i></p>
1:30 PM	3:00 PM	<p>Happy Brains</p> <p><i>Tod Robertson, B.A., Director of Seminole Nation Food & Nutrition (Seminole Nation of Oklahoma)</i></p> <p>What better place than at the bay to “Walk the Plank” “Leave Tracks in the Sand” “Sink the Pirates Ship” or to take the “Octopus Challenge”? Whether you are working with Pre-K children or elders, learn activities that can be used to improve physical agility, develop teamwork, break the ice, and most of all, create a Happy Brain. Studies indicate that a “Happy Brain” can stimulate the growth of nerve connections, improve your cognition, affect your view of your surroundings, and lead to more happy thoughts.</p>	<p><i>Boardroom East</i></p>

3:00 PM	3:30 PM	<i>Healthy Break</i>	<i>Lobby</i>
Session 3 – Concurrent Sessions			
3:30 PM	5:00 PM	<p style="text-align: center;">Bullying/Suicide Presentation – Life Experiences</p> <p style="text-align: center;"><i>Theresa Bessette, B.A., Suicide Case Manager, BH Project Coordinator, Benewah Medical and Wellness Center (Colville Tribe)</i></p> <p style="text-align: center;"><i>Everett Wolfe, B.A., Juvenile Probation Officer, Coeur’d Alene Tribal (Coeur’d Alene Tribe)</i></p> <p style="text-align: center;"><i>Sam Abrahamson, IPA, Basic Police, Peace Officer, CDA – Law Enforcement (Coeur’d Alene Tribe)</i></p> <p style="text-align: center;"><i>Frances Davidson, Community Member (Coeur’d Alene Tribe)</i></p> <p>There will be a Power Point presentation on bullying, including a short video, and life experiences from all the speakers on how bullying can change your life. They will speak to where they were at (in life) as youths and adults – their loss of loved ones to suicide, how they reached out to their communities and families regarding the importance of life. Wellness plays such a big part of your life if you choose or have someone in your life who cares or takes the time to listen and it is so important when one has great support. This session will discuss bullying and what it can do to someone over a long period of time. When you’re bullied all your life and you just want to give up, and the problems that causes, like gaining weight, and thoughts of suicide – it can be too much. We will discuss the positive effects of what just one person that cares can do for you – if they just take the time to listen and care. Step by step, knowing the beauty of positive life, doesn’t always mean seeing it on your face, but in your heart as well. Our GOAL is to make an impact on listeners, giving them the tools to make changes in their own communities or even themselves.</p>	<i>Toucan</i>
3:30 PM	5:00 PM	Good Health & Wellness in Indian Country: Using an Indigenous Approach to Chronic Disease Prevention	

		<p><i>Nora Alexander, Health Educator and Communications Project Specialist, Northwest Portland Area Indian Health Board (Nez Perce/Klamath)</i></p> <p><i>Good Health & Wellness in Indian Country is a national initiative funded by the Center for Chronic Disease and Prevention. The purpose of this initiative is to support a holistic, tribally driven approach to chronic disease prevention. The Northwest Portland Area Indian Health Board (NPAIHB) was one of 35 Tribal Organizations awarded to help carry this work forward. In this presentation, we will discuss how Northwest Tribes have used this funding to address chronic disease prevention efforts through tribal specific projects focused on food systems, youth-driven community action planning, and increased team-based collaboration within tribal health clinics.</i></p>	Macaw
3:30 PM	5:00 PM	<p>Traditional Pow-Wow Dance Instruction <i>Chuck Cadotte, Owner, Circling Hawk Creations (Lakota)</i></p> <p>This session deals with “Traditional Pow-wow” dance instruction and history of each dance style. This session will inform attendees of the history of cultural dance and how its form of wellness in thought and practice of a valued tradition. Each dance style has an origin of spiritual meaning. Attendees have an opportunity to learn how to dance for the first time, and hear different versions of the origins of each style and compare or add their own versions. Audio/recorded music will be used.</p>	<i>Kon Tiki Ballroom</i>
3:30 PM	5:00 PM	<p>Water Aerobics or Beach Walk <i>Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee)</i></p> <p>Water Exercise is beneficial for all ages and ability levels. Those recovering from injuries, people with Arthritis, and anyone looking for a fun variation from regular exercise. Additionally, water offers 12-15 times the resistance as land, which improves muscle strength. Water also is a great place to perform stretches to improve overall flexibility. Beach Walking is Priceless.</p>	<i>Meet on the Grass</i>
Special Session			
5:00 PM	6:00 PM	<p>Healing Circle <i>Led by Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)</i></p>	<i>Kon Tiki Ballroom</i>
Wednesday, April 19, 2017			

7:30 AM	8:30 AM	Continental Breakfast	<i>Foyer</i>
7:30 AM	5:00 PM	Exhibits Open	<i>Foyer</i>
7:30 AM	5:00 PM	Registration	<i>Lobby Foyer</i>
Session 4 – Concurrent Sessions			
8:30 AM	10:00AM	<p>Decolonizing your Immune System – Herbs for colds, flu, and other invasions. <i>Cynthia King, Owner, The Herb Shed</i> In this workshop we learn and work with herbal helpers that strengthen our ability to resist infections that plague our natural systems.</p>	<i>Toucan</i>
8:30 AM	10:00AM	<p>Happiness Is A Choice: The Power of a Positive Attitude <i>Megan Brown, MPH, Site Manager, Mark Pullen, Family Advocate Supervisor</i> <i>Larry Birts, Family Advocate</i> <i>Vanessa Nevarez, Certified Yoga Instructor, Family Advocate. All members of the Morongo Tribal TANF</i> <i>(All Affiliated with the Morongo Band of Mission Indians)</i></p> <p>Valerie Bertinelli says “Happiness is a choice. You can choose to be happy. There's going to be stress in life, but it's your choice whether you let it affect you or not.” Difficulties are part of life, but it’s how we respond to those difficulties that makes all the difference in the world. Choosing to have a positive attitude can significantly increase our wellness, physically, mentally and spiritually. During this presentation, Morongo Tribal TANF (MTT) will build on this principle and show you how a “positive attitude” can significantly improve your life regardless of the circumstances.</p>	<i>Macaw</i>
8:30 AM	10:00AM	<p>Communication in the Workplace 101 <i>Celina Garza, Community Wellness Advocate, Strong Heart Study, Native Lifeway</i> <i>(Native Hawaiian)</i></p> <p>Like most Caretakers, Practitioners, Wellness Advocates & Coaches who work in Indian Country; we are overworked, STRESSED OUT and TIRED. However, we are pleasantly talented and deserving of fun and laughter while we learn! Learn how to push forward in the midst of stress and fall-outs in the workplace due to personality conflicts and underlying pressures that go unnoticed and overlooked. Communication in the Workplace 101 speaks directly to caretakers and advocates of Diabetes Wellness and the light that is each of us. Participants will feel great,</p>	<i>Cockatoo</i>

		smile and laugh while learning about how and why we communicate and how we can communicate more effectively in 2017 and beyond! If you don't know your style of communication or you're curious why you can't get along or understand certain people.....Join us for a fun, laugh out loud - good time experience with de-stressing techniques and a room full of interaction and lively communication!	
8:30 AM	10:00AM	<p align="center">Power to Heal, Power to Love <i>Patrick Trujillo, Private Consultant</i> <i>(Cochiti Pueblo/Jemez Pueblo)</i></p> <p>Most of us don't realize that as individuals we have the capacity to heal ourselves from many of the afflictions that put us in a state of imbalance. Sometimes we have to give ourselves "permission" to see this inner strength and capacity. One of the paths to personal healing is our willingness to embrace intimacy and love. In this practical yet inspiring session, discussion topics will include dealing with family hurts, upbringing, life's lessons, personal vision and learning to embrace love as powerful medicine for healing.</p>	<p align="center"><i>Kon Tiki</i> <i>Ballroom</i></p>
10:00 AM	10:30 AM	<i>Healthy Break</i>	<i>Lobby</i>
		General Session	
10:30 AM	12:00PM	<p align="center">General Session & Keynote Address Featuring Keynote - Ross Urken, Author, <i>Newsweek</i></p> <p align="center">“A Tribe Called Cancer”</p> <p>Exploring the growing problems related to Native American access to colon health care. This is a warning about the lack of colorectal care among tribal nations in America.</p>	<p align="center"><i>Kon Tiki</i> <i>Ballroom</i></p>
12:00 PM	1:15 PM	Healthy Lunch provided	<i>Beach</i>
Session 5 – Concurrent Sessions			
1:30 PM	3:00 PM	<p align="center">Mindfulness, Movement and Meditation: Transforming STRESS into YES! <i>Carol LaRue, Licensed Occupational Therapist,</i> <i>Coach, Speaker, Founder, LifeCentrics</i></p> <p>Dear STRESS, You are making me sick and unhappy! It is time we break up once and for all!</p>	<p align="center"><i>Toucan</i></p>

		<p>Love, ME</p> <p>Stress is seductive and destructive to all aspects of our being – physically, emotionally, mentally and spiritually. This session will teach you simple stress busting tools and practices that will give you a welcome “pause” for this 90-minute session and that can last a lifetime. Day to day choices in self-health are enhanced by present moment awareness, using movement as medicine and creating moments of stillness in a life of busyness. Participants will: Understand the importance and application of self-awareness, presence and mindfulness in everyday choices for well-being. Learn simple, yet pleasurable ways to move and dispel destructive stress hormones and constrictive body tension. Practice and apply the basics of mindfulness meditation – through stillness and movement!</p>	
1:30 PM	3:00 PM	<p>Decolonizing your Immune System – Herbs for colds, flu, and other invasions.</p> <p><i>Cynthia King, Owner, The Herb Shed</i></p> <p>In this workshop we learn and work with herbal helpers that strengthen our ability to resist infections that plague our natural systems.</p>	<i>Macaw</i>
1:30 PM	3:00 PM	<p>PATHSTAR Alcatraz Swim Program: Reaching Deep, Living Strong</p> <p><i>Nancy Iverson, MD, Founder and Director of PATHSTAR</i></p> <p><i>Sanaa Johnson, Student (Lakota Sioux, Lower Brule)</i></p> <p><i>Savannah Trujillo, Student, Donna Nunn, Chapa-de Indian Health, Billing Department (Cherokee)</i></p> <p><i>Karen Elizabeth Wapato, RN, Colville Tribal Area – AOA (Colville/Nez Perce)</i></p> <p><i>Theresa Bessette, Suicide Case Manager/Project Coordinator (Colville Confederated Tribe)</i></p> <p><i>Shawna Harper, Parks and Recreation Customer Service Representative, City of Fairfield (Hoopa)</i></p> <p>"PATHSTAR is about reaching deep into your core and pulling out all the wondrous human inside." As Karen Wapato, PATHSTAR Alcatraz Swimmer relates, PATHSTAR’s program invites each participant to learn to develop and access all ‘muscles’ of optimal well-being. The program focuses on training and strengthening in physical, mental, emotional, and spiritual realms with a goal of inspiring balance and harmony in all life practices. With a commitment to putting in 110 percent, the 2016 team completed the PATHSTAR Alcatraz Swim program,</p>	<i>Cockatoo</i>

		demonstrating unbelievable fortitude and bravery, and will share experiences of their inspiring journey.	
1:30 PM	3:00 PM	<p>Traditional Pow-Wow Dance Instruction <i>Chuck Cadotte, Owner, Circling Hawk Creations (Lakota)</i></p> <p>This session deals with “Traditional Pow-wow” dance instruction and history of each dance style. This session will inform attendees of the history of cultural dance and how its form of wellness in thought and practice of a valued tradition. Each dance style has an origin of spiritual meaning. Attendees have an opportunity to learn how to dance for the first time, and hear different versions of the origins of each style and compare or add their own versions. Audio/recorded music will be used.</p>	<i>Kon Tiki Ballroom</i>
3:00 PM	3:30 PM	<i>Healthy Break</i>	<i>Lobby</i>
Session 6 – Concurrent Sessions			
3:30 PM	5:00 PM	<p>Water Aerobics <i>Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee)</i></p> <p>Water Exercise is beneficial for all ages and ability levels. Those recovering from injuries, people with Arthritis, and anyone looking for a fun variation from regular exercise. Additionally, water offers 12-15 times the resistance as land, which improves muscle strength. Water also is a great place to perform stretches to improve overall flexibility.</p>	<i>Meet on the Grass</i>
3:30 PM	5:00 PM	<p>Current Research on Yoga Breathing Techniques with Veterans and At-Risk Young Adults and Soldiers <i>Dr. Emma Sepalla, PhD, Science Director, Stanford University’s Center for Compassion and Altruism Research and Education</i> <i>Dr. Dara Ghahreman, PhD, Associate Research Faculty, UCLA Department of Psychiatry & Behavioral Sciences and Semel Institute for Neuroscience and Human Behavior</i></p> <p>This session discusses the advanced yoga breathing techniques research being performed on at-risk young adult students and soldiers returning from active duty. This technique is intended to reduce stress in these populations.</p>	<i>Toucan</i>

3:30 PM	5:00 PM	<p>Healthy Eating – Vegan Food Can Taste Good!</p> <p><i>Susan Gay, M.A.Ed., CHES, Public Health Training Coordinator, Southern Plains Tribal Health Board</i></p> <p>Eating healthy doesn't have to be as complicated as we think. Let's discuss simple ways to shift from prepared and package meals to healthier food and beverage choices. Learn some simple steps to healthy eating that are easier on the budget than you think! This cooking demonstration has recipes that are quick, easy to make every day.</p>	Boardroom East
3:30 PM	5:00 PM	<p>Healthy Data, Healthy Curriculum, Healthy Activity to Address Diabetes</p> <p><i>Erik Kakuska, Project Specialist (Zuni Pueblo)</i></p> <p><i>Don Head, Project Specialist (Gwich'in)</i></p> <p><i>Kerri Lopez, WTDP/NW Tribal Comprehensive Cancer Project Director (Tolowa)</i></p> <p><i>Eric Vinson, Project Coordinator – NW Tribal Comprehensive Cancer Program (Cherokee)</i></p> <p><i>Antoinette Aguirre, Cancer Prevention Coordinator (Navajo)</i></p> <p><i>(All Affiliated with the NW Portland Area Indian Health Board)</i></p> <p>The Western Tribal Diabetes Program (WTDP), located in Portland, OR, empowers tribal communities to utilize diabetes data at the local level to track the Indian Health Service Standards of Care for Patients with Type 2 Diabetes. WTDP's interactive workshop will contain information on maintaining the DMS database and providing visual representation of the programs' progress; curriculum providing Healthy Lifestyle changes; and addressing sedentary lifestyle at your workstation. Studies have shown that sitting for prolonged periods of time place strain on the back and neck causing a host of unwanted health issues. We combat the added stress by offering two 15-minute breakout sessions for wellness, consisting of chair-obics, an eye chart exercise, and balance and speed coordination activity.</p>	Macaw

Special Session			
5:00 PM	6:00 PM	Healing Circle <i>Led by Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)</i>	<i>Kon Tiki Ballroom</i>
Thursday, April 20, 2017			
7:30 AM	8:30 AM	Continental Breakfast	<i>Foyer</i>
7:30 AM	1:00 PM	Exhibits Open	<i>Foyer</i>
7:30 AM	1:00 PM	Registration	<i>Lobby Foyer</i>
Closing Session			
8:30 AM	8:45 AM	Opening Remarks <i>Featuring Master of Ceremonies-Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)</i>	
8:45 AM	10:00 AM	Closing Session & Keynote Address Featuring Keynote – Emma Seppala, “The Happiness Track” <i>Everyone wants to be happy and successful. And yet the pursuit of both has never been more elusive. As work and personal demands rise, we try to keep up by juggling everything better, moving faster, and doing more. While we might succeed in the short term, it comes at a cost to our well-being, relationships, and, paradoxically, our productivity. Emma Seppälä, the Science Director of the Center for Compassion and Altruism Research and Education at Stanford University and Co-Director of the Yale College Emotional Intelligence Project, explains that our inability to achieve sustainable fulfillment is tied to common but outdated notions about success. We are taught that getting ahead means doing everything that’s thrown at us (and then some) with razor-sharp focus and iron discipline; that success depends on our drive and talents; and that achievement cannot happen without stress. In short, we believe that we need to sacrifice our health and happiness to move forward in life - yet we couldn’t be more wrong. Drawing on the latest findings from the fields of cognitive psychology and neuroscience—research on happiness, resilience, willpower, compassion, positive stress, creativity, mindfulness—Seppala shows that finding happiness and fulfillment may, in fact, be the</i>	<i>Kon Tiki Ballroom</i>

		<i>most productive thing we can do to thrive professionally and the best thing we can do for our health and wellness.</i>	
10:00 AM	10:30 AM	<i>Healthy Break</i>	<i>Foyer</i>
10:30 AM	12:00 PM	Closing Circle <i>Featuring Master of Ceremonies-Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)</i>	<i>Kon Tiki Ballroom</i>
12:00 PM	12:30 PM	Distribution of CEU's and Evaluations	<i>Foyer</i>
1:00 PM	2:00 PM	Registration for Native Fitness Training and STRESSCARE: Mastery and Mentor Training 1	<i>Foyer</i>

Continuing Education

General CEUs: The University of Oklahoma will provide 1.5 CEUs or 15 contact hours to any participants seeking continuing education. No cost.

Please visit the 16th Native Women & Men's Wellness Conference [website](#) for additional updates to the schedule and program agenda.