

Thursday, Sept. 16



8-9 a.m. **Continental Breakfast and Registration**
LOBBY/MT. BALDY

9 a.m.-5 p.m. **Open Registration, Exhibits / Vendors**
LOBBY/CORRIDORS

9-11 a.m. **Opening Ceremony**
MT. BALDY
Posting of Colors
National Anthem (in Apache): Mitchell Garcia
Honor Song
Opening Blessing
Welcome Address
A Survivor's Story: Char James, Mabel Watchman, and James Watchman, Jr.

11-11:30 a.m. **Native American Suicide Prevention & Awareness Coalition Overview**
MT. BALDY
Tee White Chairman, Native American Suicide Prevention & Awareness Coalition

11:30-12:30 p.m. **KEYNOTE: Mona Polacca, Grandmother's Council**
MT. BALDY
Mona Polacca, Hopi-Tewa and Supai, has worked in the field of alcoholism and substance abuse for almost 30 years, including the development of substance-abuse programs for tribal youth. These programs have focused on incorporating knowledge from elders who shared traditions and life stories and teach children traditional songs and games, which provide them a greater sense of identity, purpose, and direction. Polacca currently is earning a Ph.D in Interdisciplinary Justice Studies at Arizona State University. She resides in Phoenix, has a son, two daughters, and seven grandchildren.

12:30-1:30 p.m. **Lunch & Entertainment**
MT. BALDY



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1:45-3:15 p.m.

SESSIONS 1-4

Session 1

FORT APACHE

SuicideTALK: An exploration in suicide awareness

Michael Brown and Brad Behm, Apache Behavioral Health

Should we talk about suicide? How do we deal with the stigma of suicide? This session will inform participants on the use of SuicideTALK (from LivingWorks Education) to increase awareness of suicide prevention activities by community members. Session participants will explore how personal and community beliefs about suicide affect suicide stigma and safety; learn how the steps taught in safeTALK can be used to help prevent suicide; and choose strategies that can protect, preserve, and promote life in their community.

SESSION 2

MCNARY

Two Spirit: Their Place in Our Native Communities

Wesley Thomas, PhD, Chairman of the Center for Dine Studies, Dine College

SESSION 3

WHITE RIVER

Historical Trauma

Cheryl Neskahi Coan, Southwest Indigenous Womens Coalition

SESSION 4

SALT RIVER

Bullying: Substance Abuse, Suicide, Gangs and Prevention

Gary Davis, Prevention Specialist, Navajo Nation DBHS

Bullying is a growing issue among youth from kindergarten through high school, whether in schools, at home, or in the community. Left unaddressed, bullying contributes to violence and gangs, and can cause suicide ideation and substance abuse. This presentation will: 1) Teach individuals to recognize and address bullying by teaching protective skills against bullying and resistance to victimization; 2) Heighten awareness of the relationship between bullying and gang participation, suicide and substance abuse, and explore the impact of substance abuse on the body, mind and Navajo Nation communities; 3) Discuss a process of creating a positive school climate, home environment and community through promotion of a "caring majority" and parenting skills that will prevent and reduce bullying, substance abuse, suicide, gangs and violence.

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3:30-5 p.m.

SESSIONS 5-8

SESSION 5
FORT APACHE

From Mess to Message: Understanding and Overcoming Addiction

Lyle Claw, Changing Lives Around the World, Inc.

Addiction has many facets that create barriers to recovery. Overcoming substance abuse requires a better understanding of addiction and its related afflictions, including suicide ideation, the role of the media in promoting use, the process of recovery and a life of healing.

SESSION 6
MCNARY

Native American Fatherhood Program: A Participant's Perspective

Kevin Poleyumptewa, SRPMOC O'odham Piipaash Fatherhood/Healthy Relationships Program

Participants from the SRPMIC O'odham Piipaash Fatherhood/Health Relationships program will share their experiences and perspectives on the program, and the changes it has made in their lives. Participants will learn of the program design and strategies, and of the impact of father's on child development.

SESSION 7
WHITE RIVER

Meth/Suicide Prevention Initiative Grantee Panel

Facilitator: Dave McIntyre, PhD, IHS Phoenix Area Mental Health Consultant

Panelists: Brad Behm, MA, White Mountain Apache Behavioral Health Services

Gail Sims, PhD, San Carlos Wellness Center

Anna Boone, Kayenta

The Indian Health Service MSPI is a nationally-coordinated demonstration program focusing on providing targeted methamphetamine and suicide prevention/intervention resources for Indian Country. The IHS awarded funding to 129 federal, tribal and urban programs that demonstrated innovative and promising practices. This panel is composed of three MSPI awardees in Arizona. Each panelist will discuss how their program is using the funding to address the challenges of methamphetamine and suicide in our communities.

SESSION 8
SALT RIVER

Art Therapy Session

Gary Davis, Prevention Specialist, Navajo Nation DBHS

Art Therapy is the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma, or challenges in living, and by people who seek personal development. Through creating art, people can increase awareness of self and others, cope with symptoms, stress, and traumatic experiences, and enjoy making art.



Thursday, Sept. 18

5:30-8:30

EVENING SESSIONS

Sweat Lodges (site to be announced)

Women's - Millie Riley

Men's - Ramon Riley

6:30-8 p.m.

Mt. Baldy

Video: "Two Spirits"

Discussion with Wesley Thomas, PhD.

SALT RIVER

Equine Assisted Learning Program

Andy Miritello, Gila River Indian Community Kahv'Yoo Spirit Program

Kahv'Yoo Spirit is a Equine Assisted Learning (EAL) Program that uses the Internationally accepted EAGALA model with youth in the Gila River Indian Community as a Suicide prevention strategy. This is a non riding prevention tool that connects youth ages 5- 24 years to peers, family community and Hope. All presentations demonstrate the program effectiveness by having conference participants share what the youth experience by being in the arena with the horses. Sessions including the program power point generally take ninety minutes

A NOTE ABOUT SWEAT LODGES

Many questions about the safety and appropriateness of sweat lodges have arisen since the unfortunate deaths and injuries of several sweat lodge participants at a Sedona retreat last year. It is important to recognize that sweat lodges have been a part of Native American culture for generations, and are practiced regularly at Native American ceremonies and gatherings without safety concern or incident.

The tragedies of last October occurred because of carelessness by the retreat leader; the deaths and injuries were fully preventable.

NASPAC has safely incorporated sweat lodges into the MBRACE Life Summit since the event's inception in 2005. Leaders from within the Native American community, who are fully knowledgeable and experienced conduct our sweat lodges. Anyone who is interested may participate in the sweat lodge. It is recommended to wear light-weight, comfortable clothing, and inform the leader of any medical conditions that could influence your health and safety in the high temperatures of the sweat.

Friday, Sept. 17



6-7:30 a.m. **Morning Prayer Circle**
SITE TO BE DETERMINED

8-9 a.m. Breakfast will be served in Mt. Baldy

9-10:30 a.m. **SESSIONS 9-12**
SESSAION 9 **Living in Multiple Worlds: Overcoming the Madness**
FORT APACHE *Ed Grijalva, LISAC, Compass Behavioral Health Care*

Drugs and alcohol are a precipitating factor for higher incidences of psychological and social problems that contribute to internalized oppression and depression and generational maladaptive responses to environmental stressors. The toxic result has invaded many homes in our Native communities; we desperately need authentic interventions to address these issues.

SESSION 10 **Law Enforcement's Response to Suicide**
MCNARY *Special Agent Auggie J. Belvado, San Carlos Apache BIA*

SESSION 11 **Embracing the Rainbow of Hope**
WHITE RIVER *Mona Polacca, Grandmother's Council*

Addressing suicide in Native communities can sometimes be complex and confusing. The facilitator will assist in planning for the journey ahead. In the spirit of honoring Native thought, this workshop is designed to help reflect and learn more about the concern, identify resources as well as your own, and use the knowledge and understanding of the communities' readiness to work toward a common vision for wellness.

SESSION 12 **Hualapai Youth Radio: Using Drama to Promote Health**
SALT RIVER *Terri Hutchens and youth participants*

10:30-11:30 a.m. **KEYNOTE: Novalene Goklish & Francene Larzele, WMAT Youth**
MT. BALDY **Suicide Prevention Program**

11:30-4:30 p.m. **Recognition Ceremony, Lunch and Closing Circle**
MT. BALDY