



American Indian Institute
The University of Oklahoma

12TH ANNUAL
NATIVE WOMEN & MEN'S WELLNESS CONFERENCE

'In Balance'

www.aii.ou.edu

Town & Country Resort Hotel
SAN DIEGO, CA

MARCH 17-20, 2013

CONFERENCE SCHEDULE

Workshop Tracks
Behavioral Health
Health Promotion & Disease Prevention
Wellness

Sunday, March 17, 2013			
1:00 PM	5:00 PM	Registration	<i>Golden Pacific Foyer</i>
2:00 PM	5:00 PM	Set-Up Time: Exhibits/Arts & Crafts Vendors	<i>Golden Pacific Ballroom</i>
2:00 PM	3:00 PM	Clan Leaders Meeting	<i>Pacific Salon 3</i>
4:30 PM	5:00 PM	Orientation Meeting for Presenters	<i>Pacific Salon 3</i>
5:00 PM	6:00 PM	Welcome Gathering	<i>Golden Pacific Ballroom</i>
6:00 PM	8:00 PM	Special screening of the award-winning documentary <i>Run to the East</i> . Panel discussion will follow. All welcome!	<i>Town & Country Ballroom</i>
Monday, March, 18, 2013			
6:30 AM	7:30 AM	Men's Sweat Lodge	<i>Northeast Parking Lot</i>
General Activities			
7:30 AM	8:30 AM	Continental Breakfast	<i>Golden Pacific Ballroom</i>
8:00 AM	12:00 PM	Registration	<i>Golden Pacific Foyer</i>
8:00 AM	4:30 PM	Exhibits/Arts & Crafts Vendors	<i>Golden Pacific Ballroom</i>
8:00 AM	4:00 PM	Elders' Room: Hosted by Vickie Gambala (Cherokee)	<i>Terrace Salons 1 & 2</i>
General Session			
8:30 AM	10:00 AM	Welcome & Keynote Address: Resiliency and Education: The Road to Academic Success Bartholomew "Bart" Stevens, M.Ed., M.S.W. (San Carlos Apache Tribe) <i>Associate Deputy Director West – Bureau of Indian Education, U.S. Department of the Interior</i>	<i>Town & Country Ballroom</i>
10:00 AM	10:30 AM	Break: Refreshments	<i>Golden Pacific Ballroom</i>
Session 1 – Health Promotion & Disease Prevention Track			
10:30 AM	12:00 PM	Improving Cancer Screening in Indian Country: Breast, Cervical, Lung and Colorectal Cancer Screenings Fernando Martinez, B.A., M.A.c Felicia Schanche Hodge, Dr.P.H.(Wailaki) Pierre Moussa Tamer, B.S. Angelina Ka'iulani Pham, B.S.	<i>Pacific Salon 1</i>

10:30 AM	12:00 PM	Native Resource Distribution Project April Bryant (Lumbee Tribe)	<i>Pacific Salon 2</i>
10:30 AM	12:00 PM	TRIAD: Taking Responsibility In Addressing Diabetes Tina Jacobsen, RD, CD (Oneida) Margaret VanDen Heuvel, RN, B.S.N. (Oneida)	<i>Pacific Salon 3</i>
10:30 AM	12:00 PM	Hands-On Nutrition Education Strategies to Fight Obesity in Native Americans Cynthia Caudillo, RD/LD	<i>Pacific Salons 4 & 5</i>
10:30 AM	12:00 PM	Promoting Wellness in a Higher Education Setting Dawn Plumer, B.S. CHES	<i>Pacific Salons 6 & 7</i>
10:30 AM	12:00 PM	A Community Health Initiative: Addressing Family Health Needs Through Schools Marilynn Jones-Parker, Ph.D. Teresa Roberts, M.Ed. (Cherokee) Tara Conway, M.S., RD/LD, CDE	<i>Tiki Pavilion</i>
12:00 PM	1:30 PM	Lunch on your own	
Session 2 – Behavioral Health Track			
1:30 PM	3:00 PM	Grief: A journey of the Heart and Soul Jamie Swanson, M.S., LPC, LMFT (Kiowa) Charlene Deer, M.S.W. (Kiowa) Jenny Head, B.A. (Kiowa)	<i>Pacific Salon 1</i>
1:30 PM	3:00 PM	Help the Helper: Understanding Compassion Fatigue and Vicarious Trauma Myra Mabray, M.S., LPC, LADC Jami Scott, M.S., LPC	<i>Pacific Salon 2</i>
1:30 PM	3:00 PM	Prevention and Social Marketing Campaigns Colbie Caughlan, M.P.H.	<i>Pacific Salon 3</i>
1:30 PM	3:00 PM	Youth Suicide Prevention in Indian Country Julie Jimenez, M.S.W.	<i>Pacific Salons 4 & 5</i>
1:30 PM	3:00 PM	Family and Community Resources for Counseling and Rehabilitation of Wounded American Indian and Alaska Native Veteran Warriors with PTSD James (Jim) Dixon, Ph.D.	<i>Pacific Salons 6 & 7</i>
1:30 PM	3:00 PM	Stepping on Stones Joanna Johnson, MSW, CAC, CCFC, MAC (Cree)	<i>Tiki Pavilion</i>
1:30 PM	3:00 PM	Healthy Relationships: Finding Balance Zona Franco, RDA, M.A. (Tule River Yokuts) Phillip Yesslith (Goshute Shoshone)	<i>Town & Country Ballroom</i>
3:00 PM	3:30 PM	Break: Refreshments	<i>Golden Pacific Ballroom</i>
Session 3 – Wellness Track			
3:30 PM	4:30 PM	Traditional Dance Workshop: Get warmed up for the Powwow whether you're a beginner or the best fancy dancer in Indian Country. Soaring Eagles	<i>Golden Pacific Ballroom</i>

3:30 PM	4:30 PM	Herbal Salve-Making Workshop (limited to 30) Cynthia King (Lumbee)	<i>Pacific Salon 3</i>
3:30 PM	4:30 PM	Water Aerobics Barbie Johnson, ACSM, NSCACPT, LMT (Cherokee)	<i>Royal Palm Tower Pool</i>
3:30 PM	4:30 PM	Yoga and Meditation as a Daily Routine: Staying Calm in a Chaotic World Maureen 'Raghurai' Donnelly, PT	<i>Tiki Pavilion</i>
4:00 PM	5:00 PM	Women's Sweat Lodge	<i>Northeast Parking Lot</i>
Special Evening Event			
7:00 PM	9:00 PM	Intertribal Powwow hosted by the Soaring Eagles: All welcome!	<i>Golden Pacific Ballroom</i>
Tuesday, March 19, 2013			
6:30 AM	7:30 AM	Women's Sweat Lodge	<i>Northeast Parking Lot</i>
General Activities			
7:30 AM	8:30 AM	Continental Breakfast	<i>Golden Pacific Ballroom</i>
7:30 AM	4:30 PM	Exhibits/Arts & Crafts Vendors	<i>Golden Pacific Ballroom</i>
8:00 AM	12:00 PM	Registration	<i>Golden Pacific Foyer</i>
8:00 AM	4:00 PM	Elders' Room: Hosted by Vickie Gambala (Cherokee)	<i>Terrace Salons 1 & 2</i>
General Session			
8:30 AM	10:30 AM	Special Plenary Session 2012 PATHSTAR Alcatraz Team <u>Facilitator</u> Nancy Iverson, M.D. - Founder & Director <u>Team Members</u> Wicahpiluta (Luta) Calenderia (Ohlone/Apache) Joey Cohen (Colville Confederated Tribes) Lisa Edwards (Colville Confederated Tribes) Shellie Martinez (Colville Confederated Tribes) Angela Rios (Colville Confederated Tribes) Clarita (C.J.) Seludo (Ketichikan) Zolina Zizi (Cheyenne, Arikara, Creek)	<i>Town & Country Ballroom</i>
10:00 AM	10:30 AM	Break: Refreshments	<i>Golden Pacific Ballroom</i>
Session 4: Health Promotion & Disease Prevention Track			
10:30 AM	12:00 PM	Three Sisters Gardening Project Denise Mohawk, LPN (Seneca) Natasha Souter, B.S., CLC Robin Crouse, CLC (Seneca) Tracy Pacini, B.S. (Seneca)	<i>Pacific Salon 1</i>
10:30 AM	12:00 PM	Awakening the Spirit Kelly Concho-Hayes (Navajo/Acoma), M.Ed.	<i>Pacific Salon 2</i>
10:30 AM	12:00 PM	Increasing Mammography Screening Among American Indian/Alaska Native Women Marlene von Friederichs-Fitzwater, Ph.D., M.P.H.	<i>Pacific Salon 3</i>
10:30 AM	12:00 PM	BeLIEving In Native Girls (BLING): Risky Behaviors and Mental Health Needs of AI/AN	<i>Pacific Salons 4 & 5</i>

		Adolescent Girls Living in a Residential Boarding School Deborah Scott, M.P.H. (Cherokee)	
10:30 AM	12:00 PM	The Shawl Circle: Hokvke Yekce for HIV Prevention Kayla Walker (Choctaw)	<i>Pacific Salons 6 & 7</i>
10:30 AM	12:00 PM	Family Mealtime Made Easy Ruth Burrows, DTR (Choctaw) Sandra Walck Melissa Church, M.S., RD/LD	<i>Tiki Pavilion</i>
10:30 AM	12:00 PM	Hands-On and Visual Prevention in Action: Reaching All Ages Niki Graham, B.S. (Salish) Alana Bahe, B.A. (Navajo)	<i>Town & Country Ballroom</i>
12:00 PM	1:30 PM	Lunch on your own	
Session 5: Behavioral Health Track			
1:30 PM	3:00 PM	Staying in the Circle, Changing the Cycle Sarah Springer, M.S. (Osage/Seneca) Juliana Dewitt, M.S.	<i>Pacific Salon 1</i>
1:30 PM	3:00 PM	Understanding Balance Janet Fox (Cree) Chief Wallace Fox (Cree) Karen Davis (Ojibway)	<i>Pacific Salon 2</i>
1:30 PM	3:00 PM	Collaborative Partnership to Improve Response to Domestic Violence and Sexual Assault Debbie Turner, AAS (Athabaskan) Paula Ciniero, PHN Brittany Luddington, B.A. Linda McLaughlin (Tlingit)	<i>Pacific Salon 3</i>
1:30 PM	3:00 PM	Bullying: How it Affects the Individual Lorraine Pompana, M.Ed. (Sioux Valley Dakota Nation)	<i>Pacific Salons 4 & 5</i>
1:30 PM	3:00 PM	Peer Whole Health Roberta Howard, LCS, M.S., M.A. BHP, BHT, PSS (Apache) Delbert Carr, BHT, PSS	<i>Pacific Salons 6 & 7</i>
1:30 PM	3:00 PM	Circle of Keepers: Native American Foster Care Warriors Maria Scannapieco, Ph.D., M.S.W. Bobbi J. Trousdale (Citizen Potawatomie) Susan Ferrari, LMSW	<i>Tiki Pavilion</i>
1:30 PM	3:00 PM	Transforming Burnout Alan Shelton, M.D., M.P.H.	<i>Town & Country Ballroom</i>
3:00 PM	3:30 PM	Break: Refreshments	<i>Golden Pacific Ballroom</i>
Session 6: Wellness Track			

3:30 PM	4:30 PM	Roots, Stems, Blooms and Leaves: A Make-it-Take-it Workshop with Native Plants (Limited to 30) Sara Johnson, M.Ed., M.Ed., B.S. (Pine Hill Tutelo Saponi of Chickasaw and Choctaw Descent)	<i>Pacific Salon 1</i>
3:30 PM	4:30 PM	Meditation and Awareness: Interconnectedness and How to Heal Maureen 'Raghurai' Donnelly, PT	<i>Pacific Salon 2</i>
3:30 PM	4:30 PM	Aromatherapy Sprays for Health & Wellness (Limited to 30) Cynthia King (Lumbee)	<i>Pacific Salon 3</i>
3:30 PM	4:30 PM	Medicine Bag: A Sewing and Beading Project (Limited to 35) Phillip Yesslith (Goshute Shoshone)	<i>Pacific Salon 6 & 7</i>
3:30 PM	4:30 PM	Yoga and Passage Meditation Regina Robbins, B.S., M.A., Ph.D. (Cherokee)	<i>Tiki Pavilion</i>
4:00 PM	5:00 PM	Men's Sweat Lodge	<i>Northeast Parking Lot</i>
Special Evening Event			
6:30 PM	10:00 PM	Banquet & Dance	<i>Town & Country</i>
Wednesday, March 20, 2013			
Special Wellness Activity			
6:30 AM	7:30 AM	Co-ed Sweat Lodge	<i>Northeast Parking Lot</i>
7:00 AM	8:00 AM	"Just Move It" 5k Fun Run/Walk for Health & 1-Mile Fitness Finale: All welcome! Special thanks to the following: Kelly Concho-Hayes (Navajo/Acoma) American Diabetes Association National "Just Move It" Campaign JMI Partner: "Just Move It" California Challenge	<i>Lion Fountain Courtyard</i>
General Activities			
7:30 AM	8:30 AM	Continental Breakfast	<i>Golden Pacific Ballroom</i>
7:30 AM	12:00 PM	Exhibits/Arts & Crafts Vendors	<i>Golden Pacific Ballroom</i>
8:00 AM	12:00 PM	Elders' Room: Hosted by Vickie Gambala (Cherokee)	<i>Terrace Salons 1 & 2</i>
Session 7: Health Promotion & Disease Prevention Track			
9:00 AM	10:30 AM	Gardening is Back and Better Than Ever Ruth Burrows, DTR (Choctaw) Sandra Walck Melissa Church, M.S., RD/LD	<i>Pacific Salon 1</i>
9:00 AM	10:30 AM	Walk this Weigh Barbie Johnson, ACSM, NSCACPT, LMT (Cherokee)	<i>Pacific Salon 2</i>
9:00 AM	10:30 AM	Cancer in the Native Population: The importance of Early Detection, Education and Organizing Family and Community Support Groups James (Jim) Dixon, Ph.D.	<i>Pacific Salon 3</i>

9:00 AM	10:30 AM	Walking in Balance: Native People and the Healthy Diabetic Foot Carol Wesley, M.S. (Choctaw)	<i>Pacific Salons 4 & 5</i>
9:00 AM	10:30 AM	The P-3 Factor: Energizing Your Self-Health with Presence, Power and Purpose Carol LaRue, OTR/L	<i>Pacific Salons 6 & 7</i>
9:00 AM	10:30 AM	HIV Prevention & Native Women: A Gender and Culturally Responsive Approach Jamie Folsom, M.S. (Oklahoma Choctaw) Rachel Bryan-Auker, B.A. (Kaigani Haida & Tlingit)	<i>Town & Country Ballroom</i>
10:30 AM	11:00 AM	Break: Refreshments	<i>Golden Pacific Ballroom</i>
Session 8: Closing Finale			
11:00 AM	12:00 PM	Join us for a 'Finale & Closing Circle' workshop. The perfect way to wrap up the week! Patrick Trujillo (Cochiti Pueblo/Jemez Pueblo)	<i>Town & Country Ballroom</i>
Certificates of Completion & Continuing Education			
12:00 PM	12:30 PM	Distribution of Certificates and Continuing Education Credits	<i>Golden Pacific Foyer</i>
Special Planning Session			
1:00 PM	2:00 PM	Focus Group to plan the 13 th Native Women & Men's Wellness Conference (2014)	<i>Town & Country Ballroom</i>