

# 2nd Annual Healing Together Conference



**February 15-17, 2023**  
**DoubleTree by Hilton Phoenix Mesa**  
**Mesa, AZ**



# Welcome to the 2nd Annual Healing Together Conference

It is with great pleasure and enthusiasm that we welcome you to our 2<sup>nd</sup> Annual Healing Together Conference. We would like to thank each one of you for attending this powerful conference and hope you will be emotionally, mentally, and spiritually uplifted by the messages of those who are presenting.

Native American Fatherhood and Families Association, Native Wellness Institute, White Bison and Native Dad's Network are excited to share high-level Indigenous tools and experiences for attendees to learn the skills and approaches for recovery. The well-being of all people is the primary focus of this conference with prevention, intervention and treatment to fill the void in education and services in wellness. Please take advantage of our three-day conference and learn all you can to help your families and friends to heal and find peace.



**NATIVE WELLNESS**  
*Institute*

The Native Wellness Institute (NWI) is a national non-profit organization founded in 2000 to provide culturally responsive, trauma and healing-informed training and technical assistance to tribal and first nations, urban Native programs and other systems. NWI exists because of the lasting impacts of historical and intergenerational trauma and just as importantly exists because of the lasting impacts of historical and intergenerational wisdom. NWI helps individuals, families, communities and places of work connect the dots between trauma, behaviors and healing. Several areas of focus include healthy relationships, wellness in the workplace, youth leadership development, GONA, being an ally and other specifically designed training like moving through grief and loss, retreats, strategic planning, addressing people who take their own life and so much more. The mission statement of the Native Wellness Institute is: "to promote the well-being of Native people through programs and training that embrace the teachings and traditions of our ancestors."



### White Bison

A Native-American operated 501(c)3 nonprofit dedicated to creating and sustaining a grassroots Wellbriety Movement – providing culturally-based healing to the next seven generations of Indigenous People. White Bison offers sobriety, recovery, addictions prevention, and wellness/Wellbriety learning resources to the Native American/Alaska Native community nationwide. Our resources are also available to non-Native people.

### The Wellbriety Movement

To be sober and well. That's what White Bison wants for our community, that's why we're a proud facilitator of the Wellbriety Movement. We must find sobriety and recover from the harmful effects of drugs and alcohol. The "Well" in Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing every day. Many use White Bison's healing resource products, attend its learning circles, & volunteer their services to help themselves and others achieve wellness.

Native American Fatherhood & Families Association (NAFFA) was founded in 2002 by Albert M. Pooley with the mission of bringing men back to strengthening their families. Since then, NAFFA has successfully impacted thousands of lives and families. NAFFA is an Arizona based non-profit 501(C) (3) organization that provides programs to strengthen families through responsible fatherhood and motherhood. Our programs are one of a kind, creating a real passion in parents to take a leadership role in keeping families together and growing healthy children. We have four signature curricula, 1.) Fatherhood Is Sacred®, Motherhood Is Sacred®, 2.) Linking Generations By Strengthening Relationships®, 3.) Addressing Family Violence & Abuse® and 4.) Suicide Prevention. NAFFA believes that family is the heart of our culture and there is nothing more sacred than Fatherhood and Motherhood.



The birth of Native Dads Network (NDN) began as part of Mike Duncan's own journey of recovery and healing as a single father, Round Valley Tribal member and current NDN Executive Director. Prior to developing a vision of NDN in 2010, Mr. Duncan experienced many of the challenges faced by tribal communities when confronted with the lack of resources for men. In 2012, the foundation of NDN's work began to develop a culturally competent men's program and to also provide a safe space for fathers to start their recovery process. In 2014, NDN expanded its wings, by hosting statewide conferences, providing family services, and conducting culturally competent training to tribal communities in California. 2023, Native Dads Network is a nonprofit organization whose purpose is to build and protect the indigenous family structure through culture, social justice, and intergenerational healing.



# Keynote Speakers



**Chelsey Luger**

Chelsey Luger, Lakota/Ojibwe, is from the Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe in North Dakota. She double majored in History and Native American Studies at Dartmouth College, concentrating on comparative histories of global Indigenous cultures and post-colonial theory. She later earned an M.S. in Digital Media at Columbia University's Graduate School of Journalism. In her work as a journalist, she highlights activist movements and environmentalism as it relates to wellness and Native culture. Chelsey is passionate about motivating youth to stay active and healthy in order to build mental-physical-spiritual strength.

Instagram: @chelsey.moves

[www.chelseyluger.com](http://www.chelseyluger.com)

Thosh Collins, Onk-Akimel O'odham/Wa-zha-zhi/Haudenosaunee, was raised in Salt River, Arizona. He works as a photographer and serves as a board member for the Native Wellness Institute. He draws strength and motivation from the spiritual cultural practices of our ancestral people, and recognizes the inherent physical durability embodied by them. Thosh uses this understanding as the basis to encourage all to embrace reclaim their health as he contributes to the growing wellness movement across Native Country in a way that is holistic and culturally appropriate.

[thoshcollinsphotographer.com](http://thoshcollinsphotographer.com)

[www.wellforculture.com](http://www.wellforculture.com)

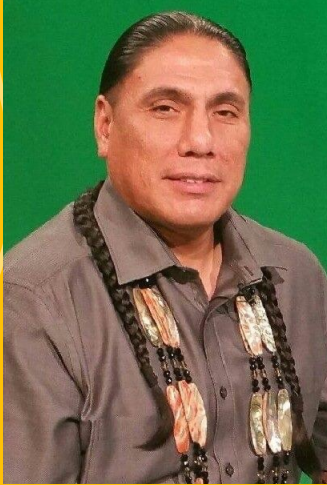


**Thosh Collins**



**Albert M. Pooley**

Al was born to the Hopi and Navajo Native American cultures. He grew up close to both cultures on the reservation where the love of a father taught him outstanding life lessons. He holds a Master of Social Work (MSW) and Master of Public Administration (MPA) and has extensive experience as a marriage and family counselor. In 2002, Mr. Pooley founded Native American Fatherhood and Families Association with the purpose of strengthening and keeping families together. Throughout his professional career, Mr. Pooley has worked with over 400 tribes throughout North America in promoting and strengthening families in a variety of national and tribal programs that promote healthy parental involvement in creating happy and safe homes. As a father of six children, grandfather to 16, he appreciates the role of being a father and he finds joy in teaching principles that are relevant to his Native American culture.



**Mike Duncan**

Mike Duncan is an enrolled member of Round Valley Indian Reservation. His tribal heritage is Maidu/ Wailaki / Wintun and Western Band Shoshone. Mike Duncan is the founder and CEO of Native Dads Network (NDN). Mike has also worked in urban and rural tribal communities conducting workshops discussing topics such as – Historical/Intergenerational Trauma, Cultural Competency, Substance Abuse prevention, Suicide prevention and Healthy Relationships. He has used these topics and personal stories to help participants look at barriers and to encourage traditional teachings as solutions.

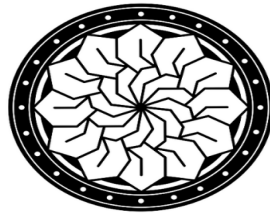
Kateri Coyhis, Mohican Nation, is the Executive Director of White Bison in Colorado Springs, CO. White Bison, Inc., is an American Indian non-profit 501(c)(3) corporation dedicated to creating and sustaining a grassroots Wellbriety Movement that provides culturally based healing to the next seven generations of Indigenous People. Kateri serves the Wellbriety Movement by providing community presentations to bring awareness to the programs White Bison offers for individual, family, and community healing. She has been providing training, delivering a variety of presentations, and offering technical assistance for over 20 years. She is also a Board Member for Faces and Voices of Recovery and the National Association for Children of Addiction. Kateri is co-author for a chapter in Radical Psychology: Multicultural and Social Justice Decolonization Initiatives (2018). Kateri received her Master of Public Administration from the University of Colorado at Colorado Springs.



**Kateri Coyhis**



Scan the conference QR code to learn more about each organization!



# Recovery Syndicate

## Day Treatment /PHP/ IOP5 Include:

- \*Supportive Housing \*Transportation \*Equine Therapy \*Physical Fitness
- \*Art Therapy \*Spirituality Group \*Family Group Meetings \*Massage Therapy
- \*Meditation \*Communication Skills Building \*Spiritual Wellness
- \*Compassion Therapy \*Case Management \*Resume Building \*Medical Education
- \*Nutrition Education \*Yoga \*Pet Therapy \*Sound Bowl Healing

## Therapy Modalities used:

- Eye Movement Desensitization and Reprocessing (EMDR)
- Dialectical Behavioral Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)

## Other services include:

- \*Intensive Outpatient (IOP3) \*Outpatient (OP) \*One on One therapy
- \*Family Therapy and support \*Assistance with Sober Living



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Or Email at:  
info@recovery syndicate.com



Our Mission is to create a culture of hope and optimism by connecting people to real solutions and lasting recovery. We are driven by our vision of offering people an environment in which they can recover spiritually, physically, and emotionally, and find the inspiration to boldly embrace change.



Now accepting American Indian Health Plan (AIHP) And Commercial insurance



“Activating Partnerships To Empower Native Communities”



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# Wednesday Evening Entertainment



Donovan "Beef" Archambault is from the Fort Belknap Indian Reservation and is an enrolled member of the Assiniboine tribe in northcentral Montana. He and his wife have been married for over 15 years. They have 3 daughters and currently live on the Fort Peck Indian reservation in Poplar, MT. Donovan graduated valedictorian from FPCC in May of 2017 with an associate's degree of Psychology. He graduated in May of 2019 with a Bachelors degree of Social Work from the University of Montana. He also holds an Associate's degree in Chemical Addiction Studies and is currently working toward becoming a Licensed Addictions Counselor and a Licensed Baccalaureate Social Worker.

Donovan has been doing professional standup comedy since 2011 and has worked with some of the biggest names on the native comedy scene. He was a finalist in 2015, 2016, and 2019 in the annual Montana Comedy Competition and has recently been featured on the First Nations Comedy Experience currently airing, and available, on Amazon Prime. Donovan's company, Beef Comedy LLC, is currently promoting sobriety and mental health wellness in schools, juvenile detention centers, and treatment facilities across Indian Country in the hopes that his message on the power of healing through laughter will inspire youth and families alike.



# Thursday Lunch Entertainment

Kilali's Polynesian Revue was started by Gladys Apelu in 2008 with the intent to teach her children the cultural dances of Polynesia despite not living in the islands. Her dance school has grown over the years and she loves sharing their culture and island dances with anyone who has a desire to learn Polynesian dance!



# Conference Agenda

## Wednesday, February 15, 2023

### 7:00 am - 5:00 pm, Red Mountain Ballroom Entrance

Registration

### 7:00 am - 5:00 pm, The Cove

HIR Wellness (Camp Site)

### 7:00 am - 8:00 am, Red Mountain Ballroom

Breakfast

### 8:00 am - 9:00 am, Red Mountain Ballroom

Posting of Colors: Gila River Valley Veterans Association

Grand Entry

Opening Prayer

**Opening Session:** Collaborating Organization Introductions (Native Wellness Institute, White Bison, Native American Fatherhood & Families Association, and Native Dads Network)

### 9:00 am - 10:00 am, Red Mountain Ballroom

**Keynote:** Chelsey Luger & Thosh Collins - Native Wellness Institute

### 10:00 am - 10:30 am

Break (Door Prize Drawing)

### 10:30 am - 11:30 am, Red Mountain Ballroom

**Keynote:** Albert M. Pooley - Founder & President, Native American Fatherhood & Families Association

### 11:30 am - 12:00 pm

Sponsor Recognition (Door Prize Drawing)

Blessing on Food

### 12:00 pm - 1:30 pm

Lunch: Boxed Lunch, Grab 'n' Go

Break

### 1:30 pm - 3:00 pm, Workshops

### Red Mountain Ballroom 1

Missing and Murdered Indigenous People: Mark Pooley

### Red Mountain Ballroom 3

Healthy Sexuality with Auntie Priscilla: Theda New Breast

### Palo Verde

In The Braided Way: Albert Titman

### Ocotillo (Youth Workshop)

Daughters of Tradition: Lea Denny

### 3:00 pm - 3:15 pm

Break

### 3:15 pm - 4:45 pm, Workshops

### Red Mountain Ballroom 1

**Advocacy for Aunties:** Mary Hummingbird Thompson & Leticia Aguilar

### Red Mountain Ballroom 3

**Endless Venom: A Deeper Look at Lateral Aggression's Impact on the Healing Forest:** Steve Sawyer

### Palo Verde

**Native American Research - The Importance of Family History:** Emerson Mose

### Ocotillo (Youth Workshop)

**Native Youth Leadership:** Shalene Joseph, Tomas Amaya & Siera Amaya

### 4:45 pm

Adjourn for the day

### 7:00 pm, Red Mountain Ballroom

Entertainment by "Beef", Donovan Archambault



# Conference Agenda

## Thursday, February 16, 2023

6:30 am - 8:00 am, Offsite Location\*\*

Sweatlodge Ceremony

7:00 am - 5:00 pm, Red Mountain Ballroom Entrance

Registration

7:00 am - 5:00 pm, The Cove

HIR Wellness (Camp Site)

7:00 am - 8:00 am

Talking Circle: Albert Titman Sr.

7:30 am - 8:30 am, Red Mountain Ballroom

Breakfast

8:30 am - 9:00 am, Red Mountain Ballroom

Opening Session

9:00 am - 10:00 am, Red Mountain Ballroom

**Keynote:** Mike Duncan - Executive Director, Native Dads Network

10:00 am - 10:30 am

Break (Door Prize Drawing)

10:30 am - 11:30 am, Red Mountain Ballroom

**Keynote:** Kateri Coyhis - Executive Director, White Bison

11:30 am - 1:00 pm

Lunch (Door Prize Drawing)

Entertainment by Kilali's Polynesian Revue

1:00 pm - 1:30 pm

Break

1:30 pm - 3:00 pm, Workshops

Red Mountain Ballroom 1

Healing Through Culture: Kyle Bill

Red Mountain Ballroom 3

Wellbriety in Correctional System Programming and A Father's Walk from Incarceration to Re-entry: Winona Stevens, Leandru Willie & Osceola Fortner

Palo Verde

Relatives, Let's Heal! Awakening Our Traditions and Culture: LoVina Louie & Jillene Joseph

Ocotillo (Youth Workshop)

Vision & Purpose: Deran Martinez & Alyssa Norris

3:00 pm - 3:15 pm

Break

3:15 pm - 4:45 pm, Workshops

Red Mountain Ballroom 1

Medicine Wheel and 12 Steps/Prayer Bundles: Sparrow Goudey

Red Mountain Ballroom 3

Suicide Prevention: Albert M. Pooley

Palo Verde

Cultures of Strength-Many Voices, Many Tobacco Ways, presented by Lori New Breast & Coco Villaluz: Lori New Breast & CoCo Villaluz

Ocotillo (Youth Workshop)

IMPACTT (Indigenous Mentors Protecting Ancestral Cultural Teachings Team): Mike Duncan

4:45 pm

Adjourn for the day

5:30 pm - 7:00 pm, Offsite Location\*\*

Sweatlodge Ceremony

7:00 pm

Culture Share

**\*\*Sweatlodge Ceremony Address: 2301 East Lone Cactus Drive, Phoenix, AZ 85024 | Transportation provided by Hope and Healing**

# Conference Agenda

## Friday, February 17, 2023

### 7:00 am - 8:00 am

Talking Circle: Sparrow Goudey

### 7:30 am - 8:30 am, Red Mountain Ballroom

Breakfast

### 8:30 am - 12:00 pm, The Cove

HIR Wellness (Camp Site)

### 8:30 am - 9:00 am, Red Mountain Ballroom

Opening Session

### 9:00 am - 10:00 am, Red Mountain Ballroom

Men's Healing: Gene Tagaban

Testimonies

### 10:00 am - 10:30 am

Break

### 10:30 am - 12:00 pm, Red Mountain Ballroom

Closing Ceremony: Shakehead

Closing Prayer

Retrieval of Colors: Gila River Valley Veterans Association

### 12:00 pm

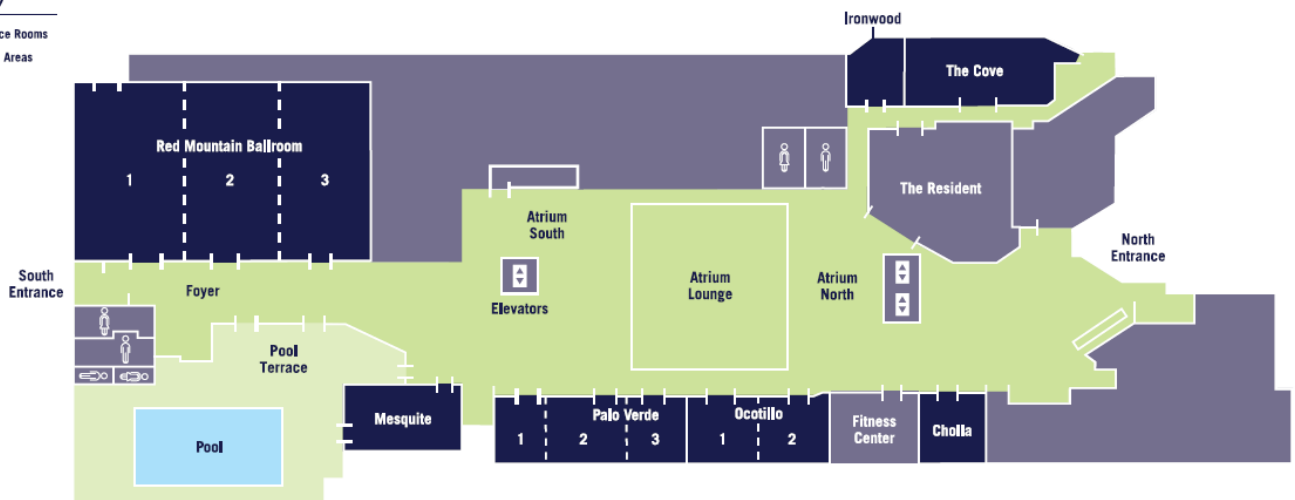
Frybread Luncheon

## Venue Map

### Lower Level 1

#### Floor Map Key

- Meeting/Conference Rooms
- Amenities/Service Areas
- Public Space
- Outdoor Space



### DoubleTree by Hilton Phoenix Mesa

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## Find Your Path to the Red Road of Recovery from Addiction

### WHO WE SERVE

Nat-Su Healthcare is a federally authorized Health Care community proudly serving the American Indian and under-served community members of Tooele County. We accept all clients insured by Medicaid and members of a federally recognized American Indian and Alaskan Native tribes.

We are here to help men and women of our communities who are seeking recovery heal their mind, body and spirit by using the wisdom of the American Indian, the power of the 12 Steps program, and the science of evidence-based practices. Nat-Su Behavioral Health understands that each individual has unique needs and ways of healing that need to be discovered. We then use our expertise and compassion to walk with and support our warriors on their path to recovery.

### CLINIC SERVICES

- Family Health Care
- Acute Care
- Medicated Assisted Treatment (MAT)
- Drug Screening
- Psychiatric Med Management
- AIDS/HIV/HEP C/STI Testing and Treatment

### RECOVERY TREATMENTS

- White Bison Wellbriety Groups & Traditional Healing
- Therapeutic Kickboxing and Yoga
- Recovery Sweat Lodge (Inipi)
- TREM- Trauma Recovery Empowerment Model
- Seeking Safety
- Shame Resilience

**NATSUHEALTH.COM** Phone: (435) 714-7376 • 1959 Aaron Dr Suite C, Tooele, UT 84074



# SWIWC

*Sacred We Are*



**Our Mission:** Increase the capacity of indigenous communities to address and respond to violence through education, training, technical assistance, policy advocacy, and culturally sensitive supportive services.

**Our Vision:** To have safe Indigenous communities

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# Wednesday, February 15, 2023

## 1:30 - 3:00 pm

**Missing and Murdered Indigenous People, presented by Mark Pooley**

**Location: Red Mountain Ballroom 1**

This workshop discusses the new and innovative technologies Native Search Solutions focuses on for Missing & Murdered Indigenous Persons (MMIP) and their families. Missing person investigations are complex and if not resolved in a fairly short amount of time, the investigation will most likely come to an impasse. You will become aware of the innovative technologies that can supplement tribal law enforcement for MMIP investigations and understand the importance of bringing hope, empowerment, and resolution to families of the missing.

**Healthy Sexuality with Auntie Priscilla, presented by Theda New Breast**

**Location: Red Mountain Ballroom 3**

Due to the lasting impacts of colonialism, the topic of sexuality has been taboo or non-existent. There are many healing issues related to sexual trauma and because of these taboos, shame and more, healing conversations related to sexuality are often not happening. This workshop will help participants take healthy risks to engage in or listen to healthy conversations around healthy sexuality. Reservation Dog's Auntie Priscilla will lead an interactive dialogue and will share examples of the questions and comments she has received from all ages and stages regarding healthy sexuality. And yes, she will have some of that medicine with her and you can ask about that, too!

**In The Braided Way, presented by Albert Titman**

**Location: Palo Verde**

Join Albert Titman where he will help you understand what opioids are, their side effects and the severity of the opioid epidemic. You will also review overdose risks, prevention, response, and learn safe administration of naloxone and refill procedures.

### **YOUTH WORKSHOP**

**Daughters of Tradition: The Next Generation Model of Youth Empowerment, presented by Lea Denny**

**Location: Ocotillo**

This youth workshop is led by HIR Wellness Institute team with CEO and Clinical Director, Lea S. Denny. Topics covered will include the HIR Wellness Institute Daughters of Tradition (DOT) group that focuses on building sisterhood to buffer the impact of and exposure to violence. HIR Wellness Institute Daughters of Tradition group is a violence prevention, intervention, and restorative justice program. This workshop is for *all genders* and is about exploring a youth program that is stewarded by youth. We will practice healing activities and invite youth to participate in creating their own Native Youth Mental Health Campaign. This initiative was part of a larger project that the DOT youth did as part of the Health Equity Collective national awareness project. We are continuing the story and voices of this project by bringing it to this conference.

# Wednesday, February 15, 2023

## 3:15 - 4:45 pm

**Advocacy for Aunties, presented by Mary Hummingbird Thompson & Leticia Aguilar**

**Location: Red Mountain Ballroom 1**

Advocacy for Aunties is an all-women power building workshop. Collectively the primary focus is "Reclaiming our voice by speaking up for ourselves and our sisters". You will learn to amplify and/or strengthen culturally driven advocacy skills, create social solidarity focusing on wellness to elevate cultural values, and increase involvement in local native communities by enhancing confidence and civic pride.

**Endless Venom: A Deeper Look at Lateral Aggression's Impact on the Healing Forest, presented by Steve Sawyer**

**Location: Red Mountain Ballroom 3**

This presentation looks at one of the long-lasting painful results of colonization that lives lurking within the native communities. Lateral aggression that is expressed from Natives towards each other in the community is overviewed with a comprehensive look at the integration of science, history, and its influence on the well-briety healing forest. This includes an in depth look at lateral violence key elements including the neuroscience of aggression, the stages of its development, how it triggers developmental trauma, the mis-directed purpose it serves and its key elements of developing a paralysis in growing a healing community. This presentation will include small group discussions, experiential exercises, and a brief look at solutions.

**Native American Research - The Importance of Family History, presented by Emerson Mose**

**Location: Palo Verde**

Join me to discuss the work I have done in Native American Research - Family History. I will detail the importance of family history and provide information on how one can start drafting this history on their own. The goal of this workshop is to remind people of their ancestors, all they have overcome, and the importance to carry on a positive family legacy.

### **YOUTH WORKSHOP**

**Native Youth Leadership, presented by Shalene Joseph, Tomas Amaya & Siera Amaya**

**Location: Ocotillo**

In this activity-based workshop, young people will connect to one another, find their voice and learn how they can contribute to a well family and community. Native leadership development will be at the core of the teachings shared and participants will walk away with new tools for their tool bags. Founders and ambassadors of NWI's Indigenous 20 Something Project will facilitate the workshop and share their experiences working with young people.

# Thursday, February 16, 2023

## 1:30 - 3:00 pm

### **Healing Through Culture, presented by Kyle Bill**

**Location: Red Mountain Ballroom 1**

This session aims to share the powers of healing through culture. Culture is unique to each individual; in this session, we will share how to incorporate culture into western approaches to addressing community needs. Join this session to gain innovative ideas on bridging two worlds that will support and inspire healing in our communities.

### **Wellbriety in Correctional System Programming and A Father's Walk from Incarceration to Re-entry, presented by Winona Stevens, Leandru Willie, & Osceola Fortner**

**Location: Red Mountain Ballroom 3**

This workshop will address the disconnect experienced by our relatives during and after incarceration. Utilizing wellbriety to address dysfunction and toxicity through established curriculum that 1) promotes self-examination and self-care for healing, 2) promotes familial healing by addressing intergenerational trauma, and 3) promotes healing from historic trauma by providing healing resources to the community.

### **Relatives, Let's Heal! Awakening Our Traditions and Culture, presented by LoVina Louie & Jillene Joseph**

**Location: Palo Verde**

Culture-based programming is for everyone from children to elders and everyone in between. Our ancestors knew and today research affirms, that culture heals, connects and provides opportunities to teach tribal values and protocols that help us live in balance. This interactive workshop will share two models of community engagement that feature Indigenous healing, culture, teachings, and wellness promotion. The creator of Pow Wow Sweat, an Indigenous-specific exercise program, will share about this process and additional community efforts to address the physical, mental, emotional, and spiritual well-being of her community such as the return of their canoe and bringing back traditional foods. In addition, a second model will be shared of a summer youth wellness warrior camp where traditional games, foods, crafts, and activities are utilized to inspire and prepare youth to live better in balance.

### **YOUTH WORKSHOP**

#### **Vision & Purpose, presented by Deran Martinez & Alyssa Norris**

**Location: Ocotillo**

This workshop will help you have a better understanding of your vision and taking necessary steps to bettering your mindset and developing a positive attitude. You will also dive into overcoming challenges that may occur while keeping your vision clear, keeping your family and overall support system close while managing and working towards your goals, transitioning into taking action to fulfill your purpose and maintaining a healthy lifestyle while on your path to success, and identifying and accepting that your purpose started with a vision.



# Thursday, February 16, 2023

## 3:15 - 4:45 pm

### **Medicine Wheel and 12 Steps/Prayer Bundles, presented Sparrow Goudey**

**Location: Red Mountain Ballroom 1**

Experiential workshop utilizing the teachings of the Medicine Wheel paired with experiential, cultural activity. The goal of this workshop is to familiarize the circle with the bigger picture of Principles, Laws, Values, The Medicine Wheel, and its teachings. You will learn to understand the 12 steps according to the medicine wheel teachings, some basic teachings of the four directions and the concept of intent in the seen and the un-seen world.

### **Suicide Prevention, presented by Albert M. Pooley**

**Location: Red Mountain Ballroom 3**

This keynote presentation assists family and friends to understand the behaviors and signs, including the emotional pain and suffering, which someone will have when thinking about suicide. Included will also be the positive steps taken for family members and friends after the suicide. You will learn to understand the warning signs and symptoms of suicide, identify effective coping and problem-solving skills and discover the powerful messages of positive attitude, hope, gratitude and prayer to assist ourselves, family and friends to feel peace.

### **Cultures of Strength-Many Voices, Many Tobacco Ways, presented by Lori New Breast & CoCo Villaluz**

**Location: Palo Verde**

Everyone is welcomed in this safe and culturally inclusive environment to initiate the process of GONA planning activities that reflect community strengths and resiliency to support proactive change by respecting all Indigenous tobacco traditions, including Peoples that do not use tobacco in their healing practices. Participants will be engaged in small and large group fun and engaging movement, voice, visual arts and story creation techniques to support the development of self-determined practices related to healing of self, family and communities. Integrating the GONA core principles of belonging, mastery, interdependency and generosity tobacco teachings, ancestral legacies, storytelling, and communication techniques will be shared.

### **YOUTH WORKSHOP**

**IMPACTT (Indigenous Mentors Protecting Ancestral Cultural Teachings Team), presented by Mike Duncan**

**Location: Ocotillo**

The purpose of this workshop is to strengthen our youth by using truth, traditional cultural knowledge, and education to prevent cannabis use. We will learn how to create "peer to peer tribal youth led" substance abuse prevention programming and understand the impact of long-term use of cannabis on the brain.

# Workshop Presenter Biographies

**Leticia Aguilar** is a proud Native woman, traditional dancer, and leader born and raised in Sacramento California. Leticia proudly serves as Elevate Youth California Program Director with Native Dads Network and founder of Native Sisters Circle youth group, she carries the knowledge that has been passed down to her through wise elders, ceremony, and within family, these teachings allow her to understand what it means to be Native, walk-in wellness, and help others. Leticia also takes pride in her many certifications that allow her to be a trained facilitator, with many years of experience she can offer our community wellness and cultural education in different areas, her educational background consists of having degrees in Business and Sociology. Leticia combines all her knowledge while being a service to her community as a Tribal Subject Expert and Cultural Consultant.

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**Yá'át'ééh, Shí éi Siera Begaye Amaya** yinishyé. **Siera Begaye Amaya** is a Diné (Navajo) artist, wellness advocate, producer, and co-owner of Kanion, an Indigenous-owned and operated creative agency and storytelling collective. She is currently based in the traditional homelands of The O'odham in Phoenix, AZ. Raised in creative spaces, she is at home in the Indigenous art world. Whether traveling in-person or participating online, she's helped facilitate workshops with the Native Wellness Institute (NWI) since 2016. She's a co-founder of the Indigenous 20 Something Project (I2OSP). I2OSP is an inter-tribal movement focused on healing a generation by promoting, creating, and sustaining healthy lasting collaborations among Indigenous 20-somethings (people in their 20's) established in 2018. She's currently developing a multimedia art project with Director Tomás Karmelo Amaya called Native Love, which focus on reclaiming Indigenous love stories.

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**Tomás Karmelo Amaya** was born for the A:shiwí, Rarámuri, and Yoeme tribes, co-owns a creative agency and production company founded in 2018, Kanion, LLC (@kanionpro), with his wife Siera Begaye (@siera.amaya). He is also a creative director, film director, writer, visual artist, Indigenous Futurist, and wellness educator whose work focuses on creating opportunities for healing by embracing intentionality and Indigenous teachings in all forms of expression.

His work has been published and featured with ABC, Apple, CNN Style, The New York Times, Nike, Patagonia, and Vogue among several others. As a public speaker and educator, he recently was invited by Adobe to be a Luminary Speaker for Adobe MAX 2022 and was selected to be a 2022 Lightroom Ambassador.

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**Kyle Bill** is Nomlaki, Kletwin & Elemmfo; He is a citizen of the Kletsel Dehe Wintun Nation and a proud husband and father of four beautiful children. Kyle is currently serving as the Executive Director of Kno'Qoti Native Wellness, Inc., a local Native American-run non-profit dedicated to helping bring an understanding of Wellness back into one's life through the journey of healing. With over ten years of experience working in Community Health and Wellness, Kyle has dedicated his knowledge and skill set by utilizing Culture as prevention for the continued healing of Indigenous Peoples.

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**Lea S. Denny** is a wife, a mother of two, and a community member. She is of Hawaiian & Filipino descent, Hungarian-Jewish, and English ancestry, and her husband and children are Oneida and Ojibwe. She is a licensed therapist, National Certified Counselor, community researcher on historical trauma healing, and currently serves on a CDC Indigenous research project on healing Adverse Childhood Experiences, the opioid epidemic, and healthy homes. Denny is intentionally shifting the paradigm around what is mental health justice through what she calls **Community Activated Medicine™ (CAM™)**, her **Mental Health Without Borders Approach™**, and **CAMPsites™ (Community Activated Medicine Providers sites™)**.

Denny is the President, CEO, and Clinical Director of the HIR Wellness Institute. Denny is dedicated to impacting workforce development through building a healing informed organization that focuses on training the next generation of helping providers. She serves on several local and national councils or committees, including: Committee Member of the Wisconsin State Task Force on Missing and Murdered Indigenous Women, serving on the Data Subcommittee, Steward in The Health Equity Collective, Honorary Faculty Member for the University of California Davis, and Committee Member of the Violence Against Women's Act STOP Implementation Planning Workgroup. She is in the process of publication of her research on historical trauma in Indigenous communities and continuously provides consultation to tribal and community leaders on Indigenous decolonial mental health research projects, film collaboratives, and transgenerational trauma workgroups. In 2022, she was quoted by the Stockbridge-Munsee Band of Mohican Indians President on mental health in Indigenous communities at the Wisconsin State of the Tribes address. Denny is leading health justice on every level and redesigning what mental health service delivery means.

**Osceola Fortner** is an enrolled member of the Winnebago Tribe of Nebraska. He currently provides case management for Native American Reentry Service's HEAL for Reentry program. His role at NARS as a case manager is to ensure cultural as well as social/community services are made available to the HEAL for Reentry program participants.

Osceola finds fulfillment in his current position supporting his community with reentry support, case management and healing. He is passionate about gaining as much knowledge and wisdom as he can, and to this end he is working towards obtaining an Associates of Arts and Science, leading to a Bachelor's degree with which he'll continue to support Indigenous communities. In addition to case management, Osceola incorporates Wellbriety into his reentry support as a certified Warrior Down Recovery Coach.

Osceola knows the importance of reentry. Having experienced the Iron House first hand, his journey towards Wellbriety began when he was chosen to lead Medicine Wheel & 12 Step classes for his fellow hoop members. Walking on the Red Road after release led to a different life, which included many firsts such as buying a car, getting a license and insurance, and gaining custody of his son and granddaughter. Raising his children has reinforced the importance of self-sufficiency, a quality he wants to give his children. He facilitates activities such as sweat lodge, Medicine Wheel & 12 Step, distributes traditional medicines, and other resources that support spiritual, emotional, mental and physical healing and growth.

Osceola hopes to eventually encourage participation in activities such as softball and baseball tournaments, cultural functions, and gatherings so Indigenous youth know how to behave and treat our elders as they represent community. His favorite part of his job is being part of creating an interconnected feeling of Indigenized family in his community.

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**Sparrow Goudey** (Tsalagi/Cherokee/Wyandot) is the founder of Healing the Circle Workshops. With 27 years of continued sobriety, she has developed and conducts workshops for both Native and non-Native communities that assist adults and adolescents, affected by drugs, alcohol, eating disorders and mental illness by incorporating curriculum, traditional arts and spirituality as tools for change, growth and recovery.

Sparrow is also an international trainer for White Bison and the Wellbriety Training Institute. She facilitates Mending Broken Hearts for Adults and Youth (Healing from historical/intergenerational trauma and unresolved grief), Medicine Wheel & 12 Steps for Adults and Youth, Mothers of Tradition, Daughters of Tradition, Warrior Down/Recovery Coach, and Wellbriety Celebrating Families curricula and is devoted to helping individuals and communities that suffer from addiction and trauma.

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**Jillene Joseph** is an enrolled member of the Gros Ventre or Aaniiih people from Fort Belknap, Montana. She lives in Oregon with her life partner and children. She is the Executive Director of the Native Wellness Institute and helped found the national non-profit organization in 2000. She has a Bachelors of Science degree in Community Health Education and has served Indian Country for 30 years providing training and technical assistance in a variety of areas. Jillene has traveled to hundreds of Native communities and interacted with and learned from thousands of people. Whether she is providing youth leadership training, assisting women heal from childhood trauma or helping to bring wellness to the workplace, Jillene shares her passion for being positive, productive and proactive. She enjoys beading, reading, pow wowing and spending time with family and friends.

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**Shalene Joseph** is from the Gros-Ventre or A'aniih people of Fort Belknap, Montana and Athabascan people of Tanana, Alaska, graduated with a bachelor's degree in Native American and Indigenous Studies from Fort Lewis College in Durango, Colorado and with her Master's degree in American Indian Studies from the University of California Los Angeles (UCLA). While at UCLA she served as a Teaching Assistant where she prepared class syllabi and curriculum as well as taught American Indian Studies courses. She also served as the vice-president of the American Indian Graduate Center where she led several projects and initiatives. Shalene received the American Indian Studies Community Service Award from UCLA for her outstanding work and service to the students and community. She has been mentored and molded into a leader since she was a young girl through the Native Wellness Institute (NWI) and continues to work for NWI as a Project Coordinator, as well as a trainer and recently a part of the newly launched movement, the Indigenous 20 Something Project (I20SP). She has worked on projects for Urban Native Era and the Phenomenally Indigenous campaign. She is well traveled and has had the opportunity to experience and learn from many tribal and urban communities she has had the opportunity to visit and work with. Shalene strives to see Indigenous people rise and become the healthy community members they were meant to be. And through positive thought and action, she keeps herself on a path of healing and wellness.



**LoVina Louie** is schitsu'umsh (Coeur d' Alene) Tribe, nselxcin (Okanogan/Colville), Nimipu (Nez Perce) she is a descendant of Chief Morris Antelope of the schitsu'umsh and Chief Manuel Louie of the Inkaneep Band in Oliver BC Canada. She is a graduate of the University of Idaho where she received her Bachelors in Organizational Sciences with an emphasis in Community and Tribal Wellness. She was recently featured on Lifetime Movie Network 50 Women in 50 States and a speaker at the TEDx Coeur d'Alene event. LoVina is a board member for the Native Wellness Institute, a national trainer and facilitator in youth leadership development, strategic planning, family constellations and community healing and wellness planning. She also has certifications from the Healthy Native Communities Fellowship. She has worked with youth and adults in wellness and healing for over twenty years throughout North America. LoVina is the visionary behind the newly developed and revolutionary exercise series "Powwow Sweat" and co-directed the American Indian Film Festival and Red Nation Film Festival award winning music video "We Shall Remain." As a former Miss Indian World she travelled to hundreds of tribal communities and this experience expanded her world view and desire to help all Indigenous people. LoVina is a wife, mother, grandmother, daughter, sister, friend and an amazing human being. Her passion and zest for life is infectious.

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**Deran Martinez** is a Professional MMA Fighter from the Gila River Indian Community (Akimal O'odham) at a very young age he was inspired by his father to compete in wrestling, finding passion for the sport and the lessons the sport has embedded in him. After competing in many tournaments as a teen and young adult he took a break from competing and a few years later in 2015 he decided to return to combat sports but this time in MMA as an Amateur, He has held the Amateur Heavyweight title and the #1 ranking spot in Arizona before turning PRO. In November 2021 he signed with a globally recognized Management team "First Round Management" where he began his Professional MMA career.

He has been considered a leader in his community displaying love and pride for his people. Giving back to the community by hosting seminars, food drives, motivational speeches etc. With his professional career at its very beginning, he has kept the integrity to be a light for his people and also a positive force for Indian Country, leading by example and now facilitating and becoming the BHT for NAFFA Wellness. The continuous drive he has to better himself and the people has crossed over not only in MMA but in his personal career as well. Creating a loyal following throughout different tribes in Arizona and blazing a trail for our native youth and adults has set him up for a promising, impactful and inspiring career.

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**Emerson Mose** (Navajo) is a Native American Researcher for the Mesa Family History Center under The Church of Jesus Christ of Latter-day Saints. Mr. Mose has helped the Church for the past 10 years. He's also aided in European, African American, and Spanish family history research.

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**Lori New Breast** is a member of the Amskapi Pikuni (Blackfeet) Nation in Montana and a member of the Siksikaitstapi (Blackfoot Confederacy Canada/U.S.). Lori is a storyteller, creative expression, wellness, and policy consultant and has had extensive professional collaborative engagement with Indigenous, multicultural communities and federal, national, state, international entities, public and private foundations in the U.S., Canada and the worldwide Indigenous wellness movement for over 30 years. Lori's work is dedicated to supporting the strengths of cultural practices. promoting self-determined wellness and to the principles of creative cultural expression to ensure community health, safety and culturally based solutions.

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**Theda New Breast** (Makoyohsokovi - Blackfoot name) was born and raised on the Blackfeet Reservation in Montana, with a Relocation experience in the SF Bay area during the Civil rights Movement, entering UC Berkeley at 17 years old and receiving her B.S.W & M.P.H. in Health Promotion and Prevention. Theda is a founding board member and master trainer/facilitator for the Native Wellness Institute (NWI) 1988-present. She is also a board member of the Sovereign Bodies Institute (SBI), launched in 2019, builds on Indigenous traditions of data gathering and knowledge transfer to create, disseminate, and put into healing on gender, sexual violence against Indigenous people and MMIWG (Missing Murdered Indigenous Women & Girls). Theda has been a leading authority on Indigenous Cultural Resilience Internationally in Canada, Lower 48, Alaska, Australia, and New Zealand on Proactive healing from Historical Trauma, Post Traumatic Growth, Mental Health Healing and Sobriety/Recovery/Adult Children of Alcoholic (ACOA). She is co-founder and Co-writer of the GONA (Gathering of Native Americans) curriculum, one of the Ten Effective Practices and Models in Communities of Color. Theda is a Khan-nat-tso-miitah (Crazy Dog) Society member and Kaami-poisaamiiksi (owner of a Standup Headdress) Blackfoot Women's Society. She Sundanced with the late Buster Yellow Kidney's bundle for 10 years. In 2013, The Red Nations Film Festival Honored Theda with a Humanitarian Award for her lifetime of healing work with Tribes and with a Red Nations statuette for her documentary short called, "Why The Women in My Family Don't Drink Whiskey" (Free on YouTube). The Blackfeet Tribal Council has recognized her Leadership skills and appointed her unanimously to The Board of Trustees for the Blackfeet Community College for years 2014-2017. She is currently certifying Healthy Relationship Trainers for NWI, which is a curriculum identified as "Best Practice" from ANA (Administration for Native Americans). Theda made her acting debut as "Priscilla" in the critically acclaimed FX/HULU television series Reservation Dogs.

Skug Thash – **Alyssa** Norris is Akimel O'otham (Pima) and Hopi from Gila River Indian Community. She is a mother of two beautiful intelligent daughters and an aunt, and granddaughter to many. Alyssa decided to join the Behavioral Health realm in the beginning of 2022 with Mind Apple Behavioral Health. She currently works for Native American Fatherhood and Family Association as an Administrative Assistant for Mr. Albert Pooley. She uses her personal life experience to be a source of inspiration as she understands the many stages of grief and trauma, and the effects it can have on one's life. Her hope is that our Native people will overcome the many generational traumas that we all face and reintroduce the importance of family back into our lives. Sapé – Thank you.

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**Mark Pooley** is part Navajo and Hopi and has been in law enforcement since 2001. He is passionate about helping his Native people, both on and off the reservation. Mark recently retired from the Tempe Police Department in Arizona as a Sergeant in the Professional Standards Unit after being diagnosed with cancer. During his tenure as a police officer, he held several detective positions in Robbery, The Joint Terrorism Task Force (JTTF/FBI), and Homicide. Mark graduated with his bachelor's degree in Political Science from Brigham Young University and a master's degree in Education Counseling-Human Relations from Northern Arizona University. He and his wife are the parents of 3 children.

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**Steve Sawyer LCSW, CSAC** is the New Vision Wilderness Chief Clinical Consultant/Co-Founder Brainspotting International Senior Trainer Heartmath Interventions Program Co-Author Wellbriety Mending Broken Hearts Trainer

Steve is a dual licensed psychotherapist filled with passion and knowledge surrounding the intervention and change process. His experience comes from two decades of intervention with tough to reach client populations in therapy settings ranging from residential, community based, outpatient and wilderness therapy. He is a trained trainer of several unique therapeutic models including Brainspotting, and HeartMath. Steve co-founded New Vision Wilderness Therapy programs with a trauma informed and clinical focus with 3 locations spanning the country. He continues to work as a core therapeutic training development staff with the Institute of HeartMath receiving their Humanitarian Heart award in 2018 and he is a leading active International Brainspotting trainer. Along with his training of Phase 1 and 2, he developed the Developmental Trauma Focused Model of Brainspotting. Steve's Native focused work is as a Wellbriety Mending Broken Hearts trainer and Generation Red Road facilitator. Steve spends time amongst trauma focused treatment master's like Gabor Mate and Bessel Van Der Kolk. Steve's trainings are recognized nationwide for cutting edge therapeutic techniques, science, and inspiration. For more on Steve's professional work you can visit [www.stevesawyerlcsw.net](http://www.stevesawyerlcsw.net).

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**Winona Stevens** is a member of the Ho-Chunk Nation of Wisconsin. Her commitment to serving Native Americans affected by incarceration led her to launch Native American Reentry Services. Her organization has two programs: Iron House Medicine and HEAL for Reentry.

To further support our brothers and sisters involved in the criminal justice system, Winona's work includes being a trainer for White Bison's Wellbriety Training Institute, a consultant for the American Probation & Parole Association's Washington State Tribal Intergovernmental Reentry Workshop, consulting with WA State's Juvenile Rehabilitation Administration on the implementation of their religious program policy, and has contracted with the WA State Department of Corrections, administering their Native American Religious Programs.

Additionally, Ms. Stevens serves on the following boards: Huy, the Washington Statewide Reentry Council (Governor appointed Tribal Affairs Representative), White Bison, and the University of Washington's Native American Advisory Board.

Winona received her Master's Degree in Social Work at the University of Washington. She has held many positions which include Adjunct Professor at Northwest Indian College, White Bison Recovery Coach and New Directions Anger Management Group Facilitator.

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**Gene Tagaban/Guy Yaau**, Cherokee, Tlingit, Filipino, has worked nationally and internationally creating a world in which we want to belong for over 30 years. Gene's passion is mentoring, speaking, performing, facilitation and healing. Gene is a board member and trainer with the Native Wellness Institute. A trainer for ANDVSA, facilitating COMPASS: Choose Respect, a male engagement and mentorship program to end Domestic Violence, Sexual Assault, Hurt and Harm. Gene has also been featured at storytelling festivals nationally and internationally and is a specialty instructor and honorary uncle with the Wilderness Awareness School. Gene performs with Khu'eex, a Native Funk band based out of Seattle. Gene is always open to share stories, spirit and inspiration with people of all ages. In the words of one participant, "Gene has the ability to make the audience feel safe while holding our hearts in his hands."

**Mary (Hummingbird) Thompson** was born and raised amongst her own Tribal people, using her tradition and cultural ways. Mary has received her training and certification as a Domestic Violence Advocate through Harrington House and as a Domestic Violence Peer Counselor through WEAVE (Women Escaping a Violent Environment). She has obtained her AA degree as a Paralegal through MTI School of Business and Technology and is currently, working on getting her AA degree as a Substance Abuse Counselor through Breining Institute while being a Youth Advocate. Currently, she sits on the Board of Directors for the Native Dads Network. Ms. Thompson has spent many years working with women, youth and families and has found this to be her passion and has made a life-long commitment to being of service.

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**Albert G. Titman, Sr.** is a CADCI and currently sits as the Deputy Director for the Native Dads Network Inc. Albert has worked as the wellness counselor at the Shingle Springs Band of Miwok Indians and Associate Director of Cultural Integration and Development at Sprenger behavioral Medicine for the TeleWell Indian Health MAT project. He is a Registered Addiction Specialist through the Breining Institute of CA and a State Board CCAPP Certified Alcohol and Drug Abuse Counselor CADCI. He enjoys Miwok traditional ceremonial singing and dancing and cooking for his family. Albert provides culturally sensitive services and is blessed with the opportunity to incorporate Native American wellness modalities in his work.

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**CoCo Villaluz** is the Health Equity Manager for the American Indian Cancer Foundation. CoCo is Hidatsa/Assiniboine/Chamorro. CoCo has over twenty years of experience in all phases of community development, capacity building and mobilizing. She has experience in addressing the sacred use of tobacco. Some of CoCo's proudest accomplishments include presenting at the Auahi Kore (Smoke-Free) Conference in Aotearoa (New Zealand) and passing the Ohinni Candi Wakandapi/Chani Wakan K/Nusa Commercial Tobacco-Free Ordinance for her home community. CoCo incorporates different art forms into the prevention activities to address commercial tobacco control. Her overall goal is to promote indigenous cultural wellness of our communities for generations to come.

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**Leandru Willie**, Navajo Nation, manages the HEAL for Reentry program at Native American Reentry Services. In 2015, Leandru decided to further his education by attending Pierce College to obtain an Associates of Arts degree. Leandru is currently pursuing a bachelor's degree at the University of Washington, majoring in Law & Policy with a minor in Human Rights. In addition to work and school, Leandru is a full-time dad of two. Fortunately, both kids are out of diapers.



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