



Region 7 Tribal Behavioral Health Summit

Moving Towards Healing

OCTOBER 26 -27, 2022
DAKOTA DUNES, SOUTH DAKOTA

DAY 1

Check-in and Networking

8:15 am - 9:00 am

Opening Remarks

9:00 am - 9:10 am

*Nancy Rios, Regional Administrator, Health Resources and Services Administration,
Office of Intergovernmental and External Affairs, Region 7*

Opening Prayer

9:10 am - 9:20 am

Chairman Roger Trudell, Santee Sioux Nation

Keynote

9:20 am - 10:20 am

Grief and Healing

(Behavioral health issues among Native communities, loss, grief, trauma, and healing)

*Theda NewBreast, MPH, Master Trainer/Facilitator, Family Wellness Consultant,
Native Wellness Institute*

Plenary

10:20 am - 11:10 am

Community Readiness Model: Assessing Readiness to Move Towards Healing

*Jennifer Nanez, MSW, LMSW Training and Technical Assistance Coordinator,
SAMHSA Tribal Training and Technical Assistance Center, Tribal Tech LLC |
Senior Program Therapist, University of New Mexico, Division of Community Behavioral Health,
Department of Psychiatry and Behavioral Sciences*

The Community Readiness Model and accompanying assessment tool can assist Tribes and communities in assessing readiness to address and heal from difficult traumas and histories. This session will examine the Community Readiness Model, the dimension of community, stages of readiness, and the overlay with Healing from Historical Trauma and Unresolved Grief as an example of healing from trauma.

Break

11:10 am - 11:20 am

Breakout Session A

11:20 am - 12:20 pm

<p>Clinician Track Breakout Conference Room</p>	<p>Transgenerational Trauma, Resilience, and Recovery in Tribal Communities: Trends and Promising Practices to Promote Healing and Whole Community Health</p> <p><i>Troy Monserrat-Gonzales, Principal / Chief Executive Officer, 3rive Consulting and Wellness</i></p> <p>Tribal communities have long faced (and surmounted) challenges to our health and survival; however current stressors such as the opioid epidemic and the pandemic continue to disproportionately affect our Indigenous communities. This workshop will bring together targeted information about the relationship between transgenerational trauma, current trends in substance use in Indian Country, and Tribal communities’ cultural strengths and practices for healing. We will review current mainstream (Western) and culturally responsive (Spiritual) interventions being utilized in prevention, crisis stabilization, and treatment. We will review medications for opioid use disorder (MOUD), and alcohol use disorder as effective treatments, as well as how Tribal communities are employing MOUD alongside spiritual and Tribal culturally responsive practices to bring healing to our communities.</p>
<p>Combined Session Main Room</p>	<p>Maximizing Touch Point of Care: Leveraging Community Health Representatives and Peer Support Specialists</p> <p><i>Michelle Archuleta, National Community Health Team Lead and CHR/CHW Consultant, Indian Health Service</i></p> <p>This session will provide a high-level overview of how the Indian Health Service Community Health Representative Program contributes to maximizing touch points of care specific to the IHS National Health Coach Pilot Project and expanding services. As trusted members of communities, CHW/CHRs are nationally recognized as an evidence-based approach to preventing and controlling chronic and infectious diseases, improving outreach, communication, and adherence, connecting vulnerable, hard-to-reach populations to services, and reducing healthcare costs. This presentation will spotlight CHR’s impact and share best practices for integrating this critical workforce into public health and healthcare teams.</p> <p>Growing Our Own: A Grassroots Approach to Increasing Behavioral Health Access for American Indian and Alaska Native People</p> <p><i>Dr. Xiomara “Xio” Owens, Director of Behavioral Health Training, Alaska Native Tribal Health Consortium</i></p> <p>This session will examine the historical and current context that informs the Health Aide model and the Behavioral Health Aide (BHA) scope of practice as well as highlight the lessons learned in the development and sustainability of the BHA workforce in Alaska.</p>
<p>Lunch on your own 12:20 pm - 1:20 pm</p>	
<p>Breakout Session B 1:20 pm - 2:10 pm</p>	
<p>Clinician Track Breakout Conference Room</p>	<p>Evidence-Based Models and Traditional Healing Practices for Psychotherapy</p> <p><i>Leon Leader Charge, MA, Sicangu/Oglala Lakota (Rosebud/Oglala Sioux Tribe), Training and Technical Assistance Coordinator, SAMHSA Tribal Training and Technical Assistance Center, Three Star Government Solutions LLC</i></p> <p>In this session, participants will have a brief overview of what evidence-based models and programs can intersect well with indigenous traditional healing practices and treat trauma and addiction. From historical trauma to historical resilience, cognitive behavioral therapy can be helpful in terms of individual, family, and community.</p>

<p>Combined Session Main Room</p>	<p style="text-align: center;">Creating Positive Collaboration to Tackle the Social Determinants of Health</p> <p style="text-align: center;"><i>Jennifer Nanez, MSW, LMSW Training and Technical Assistance Coordinator, SAMHSA Tribal Training and Technical Assistance Center, Tribal Tech LLC Senior Program Therapist, University of New Mexico, Division of Community Behavioral Health, Department of Psychiatry and Behavioral Sciences</i></p> <p>Access to the social determinants of health can be strong predictors of mortality and morbidity in our Indigenous communities. Exercising our sovereignty and traditional ways of relationship building, we can create efforts to tackle and improve the social determinants of health in our Tribal communities.</p>
<p>Break 2:10 pm - 2:20 pm</p>	
<p>Breakout Session C 2:20 pm - 3:20 pm</p>	
<p>Combined Session Main Room</p>	<p style="text-align: center;">It's Real: Teens and Mental Health</p> <p style="text-align: center;"><i>Donna Wolff, Prevention Specialist, Youth Crisis Intervention Center/Youth Shelter, Winnebago Tribe of NE</i></p> <p>This session will discuss strategies for educating parents about youth behavioral health, including identifying warning signs that a youth may be struggling, approaches to a caring conversation about mental health, and how to engage in methods of self-care. Participants will also receive information on resources for youth.</p> <p style="text-align: center;">Coming Together: Sharing Resources in Native Country</p> <p style="text-align: center;"><i>Teresa Brewington, MBA, MEdL, Co-Director, National American Indian and Alaska Native Mental Health TTC K-12 School Supplement Program Co-Director, National American Indian and Alaska Native Child Traumatic Stress Initiative – Category II</i></p> <p style="text-align: center;"><i>Elizabeth Saathoff, MPH, CHES, Program Coordinator, National American Indian & Alaska Native Childhood Trauma TSA Center, University of Iowa</i></p> <p>The Native Center for Behavioral Health, located within the University of Iowa – College of Public Health, provides free resources, webinars, trainings, technical assistance, information guides, and curriculum materials nationwide for American Indian and Alaska Native communities, workplaces, and professionals. This session will provide an overview of the resources and topics covered within the National AI/AN Mental Health K through 12 Technology Transfer Center and the National AI/AN Childhood Trauma TSA Center. We will highlight the Childhood Trauma TSA Center's Peer Support Suicide Prevention Program and suicide prevention products.</p>
<p>Administrators, CEOs, Program Directors Breakout Conference Room</p>	<p style="text-align: center;">Creating a Resilient Organization for Health Care Workers</p> <p style="text-align: center;"><i>Sharyl Trail, Regional Administrator, Health Resources and Services Administration, Office of Intergovernmental and External Affairs - Region 6</i></p> <p>This session will focus on how healthcare leaders can address workforce burnout and promote wellness in the workplace. As Tribal health centers and hospitals work to best serve patients and communities in this ever-changing environment, supporting overall staff health and wellness has risen to an even higher priority. During the session, participants will learn practical tools to build resilience among all health centers staff in order to fortify their organization for the future, reflect upon lessons learned from the COVID-19 pandemic, discuss what resiliency looks like in individuals and organizations, particularly health centers, and share evidence-based approaches to build resiliency among health center staff.</p>
<p>Break 3:20 pm - 3:35 pm</p>	<p style="text-align: center;">Self-Care Strategies/Tips</p> <p style="text-align: center;"><i>Dr. Janelle Ali-Dinar, CEO, Ponca Health Services Interim CEO, Tribal Affairs</i></p>

The Healing Power of Heritage

(Highlights of different BH models/programs for adults and youth)

Honoring your Fire

Echohawk Lefthand, MPH, Administrator, Nebraska Department of Health and Human Services, Office of Health Disparity and Health Equity

The presentation will examine and strengthen insights on how wellness begins from within and moves externally through family and community. Core messages of the presentation embrace the concept of respecting and honoring the fire within, which can lead to a holistic balance and lifelong commitment to a healthy life. The presentation will conclude with attendees examining their own lives and developing an outline of how they could each move towards a healthy life.

Behavioral Health Talking Circles

Leon Leader Charge, MA, Sicangu/Oglala Lakota (Rosebud/Oglala Sioux Tribe), Training and Technical Assistance Coordinator, SAMHSA Tribal Training and Technical Assistance Center, Three Star Government Solutions LLC

Traditional talking circles were always part of indigenous lifeways. In this session, participants will engage and have practical application and experience based on communication to healing.

Facilitator: Beau Boryca, MSE, LMHP/LADC, Director of Behavioral Health, Nebraska Urban Indian Health Coalition | President, Great Plains Area Behavioral Health Directors Association

Plenary Session

3:35 pm - 4:45 pm

Closing Remarks

4:45 pm - 4:55 pm

Theda New Breast, Master Trainer/Facilitator, Family Wellness Consultant,
Native Wellness Institute

SMUDGING CEREMONY 4:55 pm - 5:20 pm

Sidney Tuttle, Santee Sioux Nation



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DAY 2

Check-in and Networking

8:00 am - 8:30 am

<p>Opening Remarks Opening Prayer 8:30 am - 8:40 am</p>	<p style="text-align: center;"><i>Nancy Rios, Regional Administrator, Health Resources and Services Administration, Office of Intergovernmental and External Affairs, Region 7</i></p> <p style="text-align: center;"><i>Chairman Roger Trudell, Santee Sioux Nation</i></p>
<p>Day 1 Recap Plenary Session 8:40 am - 9:00 am</p>	<p style="text-align: center;">Substance Abuse & Mental Health Services Administration Tribal Behavioral Health Agenda Updates</p> <p style="text-align: center;"><i>Kimberly Freese (Nelson), LAC, MPA, Regional Administrator, SAMHSA Region VII: IA, NE, KS & MO</i></p>
<p>R7 Behavioral Health Discussion 9:00 am - 11:00 am</p>	<p style="text-align: center;">American Indian/Alaska Native Behavioral Health: A Regional Discussion on Programs, Best Practices, Challenges, and Opportunities for Collaboration and Engagement</p> <p style="text-align: center;"><i><u>Region 7 I/T/U Panel</u></i></p> <p><i>Dawn Ready, DBH, LCP, Integrated Behavioral Health Specialist, Haskell Health Center</i> <i>Dr. Donna Polk, CEO, Nebraska Urban Indian Health Coalition</i> <i>Walter A. (Tony) Siebert, LSCSW, LCAC, Behavioral Health Manager, Prairie Band Potawatomi Nation</i> <i>Dr. LuAnne Even, Chief Behavioral Health Officer, Fred LeRoy Health and Wellness Center Ponca Tribe of Nebraska</i> <i>Gwen Potter, Tribal Council Member, Omaha Tribe of Nebraska</i> <i>Teresa Kitto, Behavioral Health Program Director, Santee Sioux Nation</i> <i>Amanda Papakee, LMFT, Mental Health Therapist, Meskwaki Tribal Health Center</i> <i>Julie Elbert, MSW, LIMHP, LADC, Behavioral Health Director, Winnebago Public Health</i> <i>Camilla Barajas MHA, BSN, RN, CDCES, Diabetes Program Director, Winnebago Public Health Department</i></p> <p>Facilitator: <i>Dr. Anitra Warrior, Licensed Psychologist, Morningstar Counseling</i></p>
<p>Break 11:00 am - 11:10 am</p>	<p style="text-align: center;">Self-Care Strategies/Tips</p> <p style="text-align: center;"><i>Dr. Janelle Ali-Dinar, CEO, Ponca Health Services Interim CEO, Tribal Affairs</i></p>
<p>Plenary Session 11:10 am - 12:10 pm</p>	<p style="text-align: center;">Restoration of Family Values and Healthy Communities Characteristics</p> <p style="text-align: center;"><i>Theda NewBreast, MPH, Master Trainer/Facilitator, Family Wellness Consultant, Native Wellness Institute</i></p> <p>In Native cultures, Native peoples had non-violent lifeways based on an understanding of the natural world, viewing health through the traditional concepts of balance, a sense of well-being, and leadership. In this session, we will discuss how restoring traditional family values can support positive social change and healthy community characteristics where Native families can exist in a web of relationships, each equal in importance and value.</p>
<p>Call to Action Closing Remarks 12:10 pm - 12:25 pm</p>	<p style="text-align: center;"><i>Theda NewBreast, MPH, Master Trainer/Facilitator, Family Wellness Consultant, Native Wellness Institute</i></p> <p style="text-align: center;"><i>Beau Boryca, MSE, LMHP/LADC, Director of Behavioral Health, Nebraska Urban Indian Health Coalition President, Great Plains Area Behavioral Health Directors Association</i></p>

Closing Prayer
12:25 pm - 12:30 pm

*Theda NewBreast, MPH, Master Trainer/Facilitator, Family Wellness Consultant,
Native Wellness Institute*

THANK YOU TO THE PLANNING COMMITTEE AND ALL OUR PARTNERS!



society of care

