



## Native American Partnership Conference Track Sessions

Thursday, October 28, 2021

**10:45-11:30 AM**

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***Parenting & Family Track #1: Changing the Game Toward Generational Health - Leroy Silva & Niko DeRoin-Silva***

In this fun and interactive session, relatives will activate their Mind+Body+Connections through various prompts and activities. Guided by the beneFITs model, Family+Indigenize+Thrive will share a variety of ways to invest in generational wellness.

***Health and Wellness Track #1: Food Sovereignty is Sacred - Marian Naranjo***

In this session, participants will enhance their skills and knowledge about positive and healthy lifestyle modeling approaches. Learning to rekindle that practice of positive and healthy lifestyle choices, habits, and modeling for your family, as well as learning some stress-free tips. Come join us and learn about positive and healthy modeling related to nutrition, exercise, and stress-free approaches.

***Mental Health and Health Disparities Track #1: Navigating COVID-19: A Community-Based Approach - Dr. Christopher Morris, Dr. Jaxcy Odom, & Tricia Begay***

The COVID-19 pandemic has led to loss of loved ones, freedoms, ceremonies, and opportunities. It has also demonstrated the strengths of families and communities. This presentation aims to build on this resilience as we continue to face COVID-19.

**11:35-12:10 PM**

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***Parenting & Family Track #2: Positive and Healthy Lifestyle Modeling – Shannon Fleg & Jules McCabe***

In this session, participants will enhance their skills and knowledge about positive and healthy lifestyle modeling approaches. Learning to rekindle that practice of positive and healthy

lifestyle choices, habits, and modeling for your family, as well as learning some stress-free tips. Come join us and learn about positive and healthy modeling related to nutrition, exercise, and stress-free approaches.

***Health and Wellness Track #2: Indian Country Health & Wellness: Let's try something different! - Orien (OJ) Fiander***

Lots of money has been thrown at the challenge of improving the health & wellness of our people with minimal results. It's time to invest in a true preventative approach that addresses wellness: physical, mental, social, and spiritual. A lot of tribes have access to making a change, they just need to the right tools in the toolbox to move forward. You will leave this talk with actual action plans you can implement immediately to start making a difference.

***Mental Health and Health Disparities Track #2: Suicide Prevention & Awareness Information for Everyone– Susan Casias***

The session will provide audience with warning signs and risk factors we need to be aware of because suicide can be prevented, We will also look at some protective influences that are in our communities. Finally, some basic steps we can take if we see or know someone who is "at risk" of suicide.

**1:10-1:55 PM**

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***Parenting & Family Track #3: Forget Fixing It; Feelings First – Sam Hufnagel***

This training will be an overview on the importance of addressing (being with) emotions first, with children or anyone. Whether that means stopping completely to address them, or just considering them before acting, they must come first. We will review why it is difficult to be with uncomfortable emotion, why we resort to trying to “fix things,” and how we can practice “being with” emotions.

***Health and Wellness Track #3: Using Ancestral Native American Cuisine to make Healthy Food Choices as a key to Health and Wellness in Native American Communities - Lois Ellen Frank & Walter Whitewater***

In this session, participants will learn how to improve their health using healthy substitutes while still enjoying Ancestral Native American Cuisine.

***Mental Health and Health Disparities Track #3: Community Medicine to Address Mental and Behavioral Health Disparities among Native Americans - Dr. Crystal Lee***

Native Americans have high rates of environmental and social determinants of health inequities. Solution-based efforts that require Indigenous frameworks, practices and implementation strategies from both non-Indigenous and Indigenous communities are necessary to improve health equity. Community medicine is a vital component that is indicative of equitable relationships between all stakeholders.