



Thursday, November 17, 2022

	General	Keynotes	Track 1 Youth & Family	Track 2 Health & Wellness	Track 3 Protecting our Community
LOCATION	Auditorium	Auditorium	The Hogan	Auditorium	Conference Room
08:30 - 09:00	Registration				
09:00 - 09:15	Welcome & Introduction - Isiah Yazzie				
09:15 - 09:20	Blessing - Chenoa Bah Stilwell-Jensen				
09:20 - 09:30	Roadmap to Health - Debbie Maestas-Traynor				
09:30 - 10:30	MORNING KEYNOTE - Empowerment through Sobriety: An Attorney's Journey to Wellness- Brian Curley				
10:30 - 10:45	Morning Break & Vendor Booths				
10:45 - 11:30		Suicide Prevention Starts with You - Jennifer Nanez	Cultural Ways of Wellbeing: Enhancing and Balancing Mental Wellbeing Through Culture - Patrick Trujillo	Trauma Informed Care for Community - Marge Kelly & Laura Bassett	
11:30 - 11:35	Transition to Next Track				
11:35 - 12:20		Native American Parenting, Why it is so Important- Renee Levaldo	More than Nutrients: Lessons Learned from Native People and Foodways - Kelli Begay	A Toxic Duo: Domestic and Elder Abuse - Cheryl Eaton & Patrick Arthur	
12:20 - 01:10	Lunch - Location: Academic Support Center				
01:10 - 01:55		The Eight Dimension of Wellness - Davina Nez	Food is Medicine - How Slow Food Can Shape Your Future - Lorraine Kahneratokwas Gray	Breaking Stigma Changing Language - Eric Lemke & Maria Bundy	
01:55 - 02:10	Afternoon Break & Vendor Booths				
02:10 - 03:10	AFTERNOON KEYNOTE - Chenoa Bah Stilwell-Jensen				
03:10 - 03:15	Closing Remarks and Raffle				

Native American Partnership Conference Track Sessions

10:45-11:30 AM

Youth & Family Track #1: <i>Suicide Prevention Starts with You - Jennifer Nanez</i>	Health and Wellness Track #1: <i>Cultural Ways of Wellbeing: Enhancing and Balancing Mental Wellbeing Through Culture - Patrick Trujillo</i>	Protecting Our Community Track #1: <i>Trauma Informed Care for Community - Marge Kelly & Laura Bassett</i>
<p>Normalizing conversations around mental health, mental health challenges, warning signs and risk factors all help play a role in reducing suicide risk. This session will walk through mental health and wellness, what contributes to mental health challenges, myths and facts about suicide risk, and what we each can do to assist our selves, family or friends when encountering mental health crises.</p>	<p>In this session, participants will enhance their skills and knowledge about identifying cultural values, working through wellness through the different seasons, and ideas for physical movement.</p>	<p>A few learning objectives about the trauma training will be: 1.) Participants will learn components of trauma informed care 2.) Participants will understand the impact of trauma 3.) Participants will gain a better understanding of the relationship between trauma and substance use.</p>

11:35-12:20 PM

Youth & Family Track #2: <i>Native American Parenting, Why it is so Important - Renee Levaldo</i>	Health and Wellness Track #2: <i>More than Nutrients: Lessons Learned from Native People and Foodways - Kelli Begay</i>	Protecting Our Community Track #2: <i>A Toxic Duo: Domestic and Elder Abuse- Cheryl Eaton & Patrick Arthur</i>
<p>Roles of Fathers, Roles of Mothers. How to truly connect with our children and each other. How we can strengthen our bonds with our children and encourage communication.</p>	<p>With over 600 Tribal Nations in the United States, each unique in their traditions, ceremonies, and homelands, the argument is made that food is more than its nutrient make-up. This session will touch on the diversity of food sovereignty efforts across Tribal Nations as well as the importance of traditional foods in overall health and wellbeing.</p>	<p>This workshop will examine the dynamics of domestic abuse, red flags, and the impact of abuse. How to recognize domestic and elder abuse and ways to improve the effectiveness in communities to address this challenge.</p>

01:10-01:55 PM

Youth & Family Track #3: <i>The Eight Dimension of Wellness - Davina Nez</i>	Health and Wellness Track #3: <i>Food is Medicine: How Slow Food Can Shape Your Future - Lorraine Kahneratokwas Gray</i>	Protecting Our Community Track #3: <i>Breaking Stigma Changing Language - Eric Lemke & Maria Bundy</i>
<p>The Eight Dimension of Wellness identified by Substance Abuse Mental Health Services Administration (SAMSHA). This presentation will identify the eight dimensions-emotional, spiritual, intellectual, physical, environmental, financial, occupational and social wellness. During this pandemic we are faced with many barriers and challenges that possibly lead to substance abuse, stress, anxiety, domestic violence and suicide that affects our mental health. These contributing factors affect our well-being (actions & emotions). Therefore, it's important to take care of our mental wellness to reduce risk of illness and increase positive interactions. It's important we take care of your well-being to reduce preventable illness.</p>	<p>We will talk about returning to traditional foods and medicines with support from the Slow Food Turtle Island Association.</p>	<p>This presentation is to show how the stigma and Language used in Emergency settings has been a barrier to treatment for those who experience SUD and AUD, and why it needs to change and how it is already starting to become more person centered and how those changes are changing the game when it comes to treatment and support for those individuals.</p>

Please visit our website for a full list of speakers and bios: <https://chronicdiseasenm.org/2022-nap-conference/>