

FOUR DIRECTIONS

Problem Gambling and Health Awareness Conference

September 30 – October 3, 2019



Conference Coordinator

Conference Partners



EVERGREEN
council on problem gambling



Swinomish Indian Tribal Community
and didgʷálič Wellness Center

THANK YOU TO OUR SPONSORS

CONFERENCE PARTNER



Swinomish Indian Tribal Community and didg^wálič Wellness Center

PLATINUM PEAK PATRON

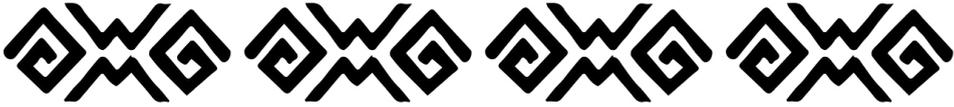


GOLDEN EAGLE GUARDIAN



Nisqually Tribe





FOUR DIRECTIONS

Problem Gambling and Health Awareness Conference

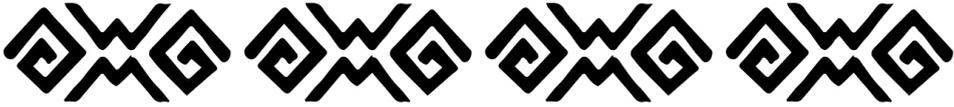
Welcome to our **11th Annual Four Directions** Conference!

We are honored to celebrate more than a decade of working together, learning together, and sharing together at **Four Directions**. Without the focused commitment and dedication of Tribal leaders, behavioral health directors and counselors, education and prevention experts, gaming industry representatives, and organizations such as the Evergreen Council on Problem Gambling, to improving access to programs and services that really make a difference, we simply would not be where we are today.

Where we are is a very exciting place. Treatment services, prevention and awareness programs and, of course, important training opportunities such as **Four Directions**, continue to grow in quality and to reach more and more people in our communities. There is still much work to be done and many goals that require continued collaboration and support. Ensuring both greater awareness of and enhanced access to quality treatment and recovery supports is crucial. Continuing to look at the health of our communities as a whole and every member of our communities as individuals in a holistic way requires working together with physicians, mental health providers, educators, and regulators to bridge health and human services.

Four Directions is a starting point for some of those changes – and with your help, we want to do our best to make sure we are setting off in the right direction. We have more than a decade of good work at **Four Directions** behind us, and an exciting, if challenging, future ahead of us. We're very pleased to have you here to learn and share in order to help others on their journey, as well.

Thank you!



CONFERENCE COORDINATOR

Evergreen Council on Problem Gambling

The Evergreen Council on Problem Gambling (ECPG) is dedicated to increasing awareness of public health issues around problem gambling and gaming, expanding the availability and integration of services, and supporting advocacy, research, and programs for education, prevention, treatment, recovery, and responsible gambling and gaming. We provide confidential support for Washington State residents through our 24-hour Problem Gambling Helpline (**800.547.6133**), available through phone, text, and chat.



EVERGREEN
council on problem gambling

The Council offers support for residential and outpatient treatment for problem gamblers and family members, as well as education and public awareness programs to a wide variety of community and professional groups through presentations,

including qualified training for certification and continuing education hours. The Council supports Recovery Community services, including peer/coach trainings. ECPG works with the Gaming Industry to provide employee training and responsible gaming policy and program development, and offers a Responsible Gaming Certification program.

The Evergreen Council on Problem Gambling is pleased to work with schools, civic and social service organizations, and others to develop and tailor education and awareness programs. For more information call **360.352.6133** or visit **www.evergreencpg.org**.



CONFERENCE PARTNERS

Swinomish Indian Tribal Community



We are a community of Coast Salish people descended from the Skagit and Samish Watersheds and surrounding coastal areas and islands. Our ancestors committed to protecting the way of life passed down from generation to generation. The Swinomish Tribe is committed to improving the lives and wellbeing of its Tribal members through social and cultural programs, education, economic development, and resource protection.

didg^wálič Wellness Center

The didg^wálič Wellness Center, owned and operated by the Swinomish Indian Tribal Community, opened on January 8, 2018. Using a unique integrated health care model designed to improve outcomes for all patients, the clinic provides substance use disorder, mental health and gambling counseling, MAT, and primary care. Dramatically reducing day-to-day barriers to participation, we provide transportation and childcare for our patients while they are attending services. Individualized care plans for each patient in a team setting maximize the resources delivered to sustain a life of recovery. With dental services coming soon, didg^wálič Wellness Center is expected to double its capacity starting in October 2020. The Center is open to all community members and is currently serving residents of the surrounding four counties.





COMMUNITY CELEBRATION EVENT

Wednesday, October 2 from 6 - 8:30 pm

Included in Main Conference Registration

Guest Tickets available at Registration Desk:

Adult \$39, Youth (ages 8-12) \$29

Event will be held at the Swinomish Youth Center -
17275 Reservation Road, La Conner

Transportation will be provided; sign up at the conference registration desk for shuttle transportation.

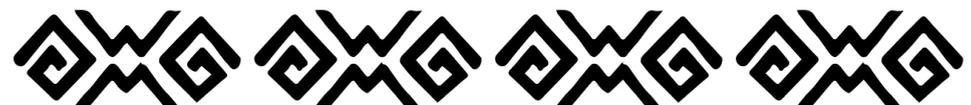
"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

—Marianne Williamson

Community connects us, supports us, and is essential to our well being. As we come together at ***Four Directions***, we share the rich resources of wisdom and experience as we work with and learn from each other. It is also important to take time to share laughter, break bread, and celebrate. This year's Community Event celebrates the rich heritage of the past, the successes and challenges of our present, and the hopes and dreams for our future.

This special event; this beautiful meal; this wonderful celebration is a chance to share as a community, enjoy traditional and contemporary music, dance, and performance art.





FOUR DIRECTIONS

Pre-Conference Workshop Schedule

Monday, September 30

7 - 8 am

EVENT CENTER 1-2

Continental Breakfast Buffet

8 am - Noon; 1 - 5 pm

EVENT CENTER 3

Recovery Coach Coachervision

Vince Collins, MSW, CPRC

(Day 1 of 2-day Session) (Pre-registration required)

Recovery coaching is growing as a profession because of its effectiveness in not only helping people find recovery, but staying in recovery. Coaches are deployed in a wide variety of settings and as such, are supervised by a wide range of positions, and not everyone who is overseeing the coaches understands fully the unique nature of the role. This workshop will provide participants with an understanding of how to best support coaches day-to-day and develop coaches for long-term success.

8 am - Noon; 1 - 5 pm

EVENT CENTER 4

Getting to the Core: Treat the Cause, not the Solution (Day 1 of 2-day Session)

Roger Grubbs, LICSW, LCADC

This training will provide a Belief Focused Approach to treating substance and behavioral addiction. Multiple interventions are taught in the key phases of a Belief Focused Approach, which will be specific to the substance use and behavioral addiction population, including core belief targeting plans, target mapping, urge and trigger targeting, somatic relaxation exercises, and extended resourcing. Participants will have multiple opportunities to practice what they have learned. **(Must attend both days to receive CEUs.)**

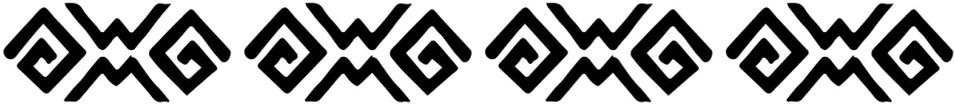
8 am - Noon

EVENT CENTER 5

Relapse Prevention Through the Stages of Treatment

Wiley Harwell, D.Min, LPC, ICGC-II

Relapse prevention is an ongoing and progressive process throughout treatment. It is important to give clients a skill set to use during and after treatment. This workshop helps the clinician to embed Relapse Prevention in all aspects and stages of change and treatment.



Monday, September 30 (continued)

1 - 5 pm

EVENT CENTER 5

The Wellbriety Movement – Rebuilding Healthy Families: Principles of Family Change

Don Coyhis

This workshop will explore how to mind map a vision for healthy families. Participants will learn to develop skills and be able to explain the process for creating a vision, and demonstrate how to mind map a vision of a healthy family based upon the needs and fears of family members regarding children. What does it mean to restore the cycle of life? Participants will take away a greater understanding of the Cycle of Life and the knowledge that culture is a tool for prevention.

3 pm

PRE-FUNCTION

Refreshment Break

Tuesday, October 1

7 - 8 am

EVENT CENTER 1-2

Continental Breakfast Buffet

8 am - Noon; 1 - 5 pm

EVENT CENTER 3

Recovery Coach Coachervision (Day 2 of 2-day Session) (Pre-registration required)

Vince Collins, MSW, CPRC

8 am - Noon; 1 - 5 pm

EVENT CENTER 4

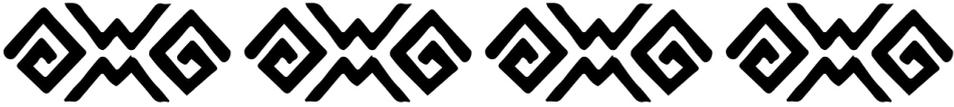
Getting to the Core: Treat the Cause, not the Solution (Day 2 of 2-day Session)

Roger Grubbs, LICSW, LCADC

(Must attend both days to receive CEUs)

CEU ACCREDITATION AVAILABLE FROM:

Mental Health and Addiction Certification Board of Oregon (MHACBO)
American Academy of Health Care Providers in the Addictive Disorders (AAHCPAD)
Association for Addiction Professionals (NAADAC)
National Council on Problem Gambling (NCPG)
Washington Mental Health Counselors Association (WMHCA)
EMDR International Association -(EMDRIA) (applied)



8 am - Noon

EVENT CENTER 5

Post-Traumatic Stress Disorder: Causes, Symptoms, and Treatment

Alan Basham, MA

This workshop will focus on the nature of psychological trauma and resultant symptoms of Post-Traumatic Stress Disorder, including its role in development of self-destructive addictive/compulsive behaviors. Content will include effects of trauma on the brain's functioning, the subjective experience and behavioral symptoms of the traumatized person, and effective means of treatment for PTSD.

1-5 pm

EVENT CENTER 5

Feeding the Spirit – Food and Medicine in Native Culture

Valerie Segrest, MA

Traditionally, food and nutrition are areas where culture, family, and community intersect. Participants will learn how traditional foods today can still be incorporated in a modern meal and how the revival of native gardens and restoration of traditional fishing and hunting techniques can support Native wellness programs and honor the traditions of our ancestors. Participants will also gain an understanding of the health implications of tribal communities becoming more active in and revitalizing ancient food and medicine culture.

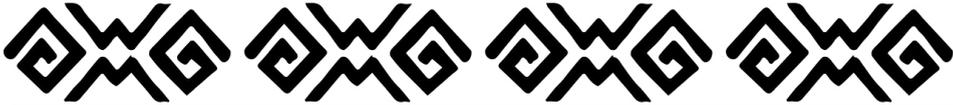
3 pm

PRE-FUNCTION

Refreshment Break

UPPER SKAGIT INDIAN TRIBE





WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

FOCUS ON THE FUTURE 2020 VISION

Call for Presentations Open!

Deadline: December 5, 2019

**Presentation Proposal Guidelines/Forms available at
<http://tiny.cc/FoF2020>**



Save the Date!

**May 4 - 7, 2020
Red Lion on the River
Portland, OR**



EVERGREEN
council on problem gambling

Oregon Health
Authority



OREGON COUNCIL



FOUR DIRECTIONS

Main Conference Schedule

Wednesday, October 2

7 - 8 am

EVENT CENTER 1-2

Hot Breakfast Buffet

8 - 8:30 am

EVENT CENTER 1-2

Welcome & Opening Ceremony

8:30 - 10 am

EVENT CENTER 1-2

A Drug is a Bet is a Drug

Keynote

William C. Moyers, BA

The pursuit of oblivion is a high-stakes gamble for any addict. The pay-off is always fleeting, the consequences forever incalculable. It doesn't matter if the drug is illegal or acceptable, in front of the bright lights of a slot machine or in the dark basement of a crack house; the addict is never satisfied and always thirsting for more. Join William C. Moyers in a discussion about the power of addiction and the promise of recovery from his unique perspective as a public advocate for the renowned Hazelden Betty Ford Foundation. William is the author of *Broken: My Story of Addiction and Redemption*.

10 - 10:15 am

PRE-FUNCTION

Break / Exhibits

10:15 am - Noon

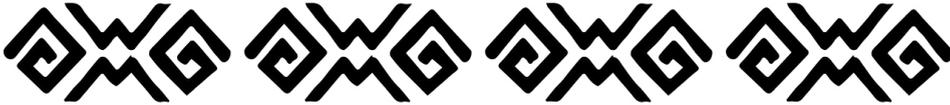
EVENT CENTER 3

Wondering Through the Woods: The Healing Power of Nature

Clinical / Behavioral Health

Alan Basham, MA

This workshop will present information on the importance of interaction with and mindfulness about nature. Content will include the adverse effects of constant exposure to invasive technology, developmental impact and spiritual gains of experiencing the natural world, and tips for clients on how to integrate nature into the healing process.



Wednesday, October 2 (continued)

10:15 am - Noon

EVENT CENTER 4

Harm Reduction for Problem Gamblers: Clinical Considerations and HR Therapy

Clinical / Behavioral Health

Wiley Harwell, D.Min, LPC, ICGC-II and Ty Lostutter, PhD

Harm Reduction (HR) is an evidence-based therapy that respects the client's autonomy to make treatment decisions and includes the range of treatment goals including abstinence to controlled gambling. This interactive presentation will review the theory/philosophy of HR treatment to clinical strategies to help address the client's gambling behaviors.

10:15 am - Noon

EVENT CENTER 5

Harnessing Hope: Youth Empowerment in Our Communities

Prevention

Panel: Brad Galvin, MS, CDP, LMHC, ICGC-I, Julie Hynes, MA, CPS, and Swil Kanim

Are you eager to expand the prevention work your organization is doing with youth? Are you happy with the work that's being done but want some new ideas? Join our intertribal panel as we share successful strategies in youth prevention and discuss the challenges to creating and implementing programs that benefit our precious youth.

Noon - 1:30 pm

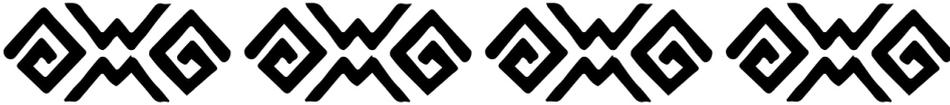
EVENT CENTER 1-2

Addiction and Community in Turbulent Times

Lunch Plenary

Bruce Alexander, PhD

For years, there was a protracted debate about whether problem gambling should be considered an addiction. A debate is also underway over problematic involvement with video games, social media, love, pornography, and a thousand other harmful habits. The emerging consensus seems to be that addiction needs to be defined very broadly as there are many habits that people use in an attempt to adapt to the dislocation of living in a fragmented society. It follows that not only do people affected by addiction need to change the way they live, but also that society needs to be made more liveable.



1:30 - 3:15 pm

EVENT CENTER 3

Dis-ordered Thinking: The Role of Gambling-Related Cognitive Distortions in the Development and Maintenance of Gambling Disorders and its Treatment

Clinical / Behavioral Health

David Ledgerwood, PhD, LP

Cognitive distortions are a prominent feature of gambling disorder, and reductions in distortions are essential for treatment success. Dr. Ledgerwood will define cognitive distortions, provide examples of different types of distortions, and explain how cognitive distortions change throughout treatment. He will also describe recent research into strategies for reducing cognitive distortions in treatment.

1:30 - 3:15 pm

EVENT CENTER 4

The Importance of and Best Practices in Voluntary Self-Exclusion Programs

Trending Topics

Panel: Rebecca Beardsley, BBA, Shannon Dictson, BS, Wiley Harwell, D.Min, LPC, ICGC-II, and Chris Stearns

Self-exclusion programs provide a way for people to voluntarily ban themselves from a gaming venue. These programs can be mandated by the government or voluntarily established by casinos and other gaming operators in partnership with state councils on problem gambling, and Tribal and State gambling regulators. Research supports the concept of self-exclusion as a gateway to treatment. This panel will review some of the best practices of existing self-exclusion programs and updates on the early planning for Washington's state-wide self-exclusion program.

1:30 - 3:15 pm

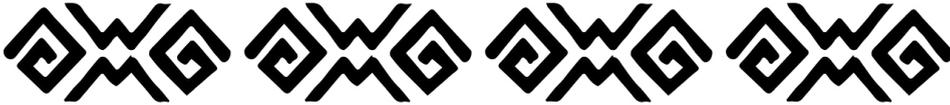
EVENT CENTER 5

Certified Peer Counselor/Recovery Coach Bridge Training

Recovery Community

Panel: Pattie Marshall, BS, Katie Pratt, and Ann Rider, MSW

Exciting news for Recovery Coaches and Peer Counselors in Washington – Bridge Training has begun! What is Bridge Training? Bridge Training is a 3-day training for Recovery Coaches who want to obtain the Peer Counselor certification. Learn more about the roles of Certified Peer Counselors and Recovery Coaches, the support services they provide, and what's billable in behavioral health organizations. And what about Medicaid funding – what are the Washington state requirements? When and where will approved classes be offered? Learn how to register to take the state exam.



Wednesday, October 2 (continued)

3:15 - 3:30 pm

PRE-FUNCTION

Refreshment Break / Exhibits

3:30 - 5 pm

EVENT CENTER 1-2

Talking Circle Traditions for Treatment Providers

Afternoon Plenary

Gayl Edmunds, LAC and Wiley Harwell, D.Min, LPC, ICGC-II

Talking circles, peacemaking circles, or healing circles are deeply rooted in the traditional practices of Indigenous peoples. Talking Circles foster respectful listening and reflection. Gayl and Wiley will explain the healing tradition of the Talking Circle and how it can be used as a powerful tool for treatment to create a safe, non-judgmental place to engage in sharing authentic personal reactions and feelings that are owned by each individual and acknowledged by others. Attendees are welcome to participate or observe.

6 - 8:30 pm

SWINOMISH YOUTH CENTER

Community Celebration Event and Dinner

For details on the event, please see page 4 of the program. Please join us for this traditional dinner and Community Event – included in your main conference registration. Guest tickets available at Registration Desk. Transportation will be provided; sign up at the registration desk for shuttle reservations.

Thursday, October 3

7 - 8:30 am

EVENT CENTER 1-2

Hot Breakfast Buffet

8:30 - 8:45 am

EVENT CENTER 1-2

Welcome

8:45 - 10:15 am

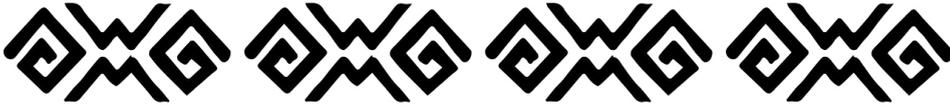
EVENT CENTER 1-2

The Art of Honor

Keynote

Swil Kanim

This presentation is designed to gather community members and leaders together to discuss how the knowledge and application of the Elements of Honor relates to powerful leadership. Participants will learn to respond to dishonorable situations in a manner that facilitates honorable exchanges by all concerned. This presentation will emphasize communication and artistic expressions as honorable endeavors that result in positive change, as well as the applicability of the Elements of Honor in daily personal interactions.



10:15 - 10:30 am

PRE-FUNCTION

Break / Exhibits / Hotel Checkout

10:30 am - 12:15 pm

EVENT CENTER 3

Considerations for Culturally Tailoring Treatment with American Indian/Alaska Native People to Improve Engagement and Effectiveness

Clinical / Behavioral Health

Kamilla Venner, PhD

In a time when funding agencies require evidence-based treatments, how can we ensure treatment is relevant, appropriate, and most effective? There can be a mismatch when treatments are developed primarily by non-Hispanic White clinical researchers and clients are more culturally traditional and less acculturated. In this talk, cultural considerations to help bridge this gap are presented. Included are considerations of program context as well as treatment specific aspects such as etiological beliefs, holistic well-being, spirituality, community, and cultural identity.

10:30 am - 12:15 pm

EVENT CENTER 4

When Gambling is also a Symptom of Something Else: Coping with Co-occurring Psychiatric Disorders among Problem Gamblers Seeking Treatment

Clinical / Behavioral Health

David Ledgerwood, PhD, LP

Gambling disorder usually co-occurs with other psychiatric and substance use disorders, and these co-occurring problems make treatment more challenging. This presentation will outline the importance of assessing and treating co-occurring disorders among gamblers. Strategies for treating co-occurring disorders will also be discussed with a focus on improving quality of life and reducing relapse.

10:30 am - 12:15 pm

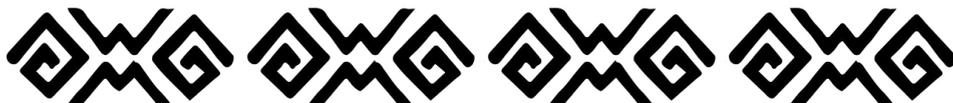
EVENT CENTER 5

Current Conditions on Currencies, Controversies, and Convergence in Gaming and Gambling

Trending Topics

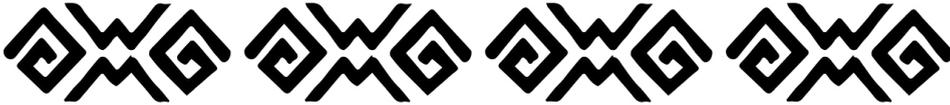
Julie Hynes, MA, CPS

Trends have increased in recent years with gambling within video games and video game concepts integrated into gambling, as well as various methods of payment to "play." In this session, we'll break through the noise of all of the trends to get to what's most important: what do behavioral health specialists need to know about recent issues in gaming and gambling, and what are some useful tools to keep abreast of, and to help address, the issues?



Schedule At-a-Glance

Monday, September 30, 2019 - Pre-Conference Workshops				
7 - 8 am	Continental Breakfast Buffet			Event Center 1-2
8 am - 5 pm	Pre-Conference Workshop	<i>Recovery Coach Coachervision - Part I</i> (Pre-registration required)	Vince Collins	Event Center 3
	Pre-Conference Workshop	<i>Getting to the Core: Treat the Cause, not the Solution - Part I</i>	Robert Grubbs	Event Center 4
8 am - noon	Pre-Conference Workshop	<i>Relapse Prevention Through the Stages of Treatment</i>	Wiley Harwell	Event Center 5
1 - 5 pm	Pre-Conference Workshop	<i>The Wellbriety Movement – Rebuilding Healthy Families: Principles of Family Change</i>	Don Coyhis	Event Center 5
3 pm	Refreshment Break			Pre-Function
Tuesday, October 1, 2019 - Pre-Conference Workshops				
7 - 8 am	Continental Breakfast Buffet			Event Center 1-2
8 am - 5 pm	Pre-Conference Workshop	<i>Recovery Coach Coachervision - Part II</i> (Pre-registration required)	Vince Collins	Event Center 3
	Pre-Conference Workshop	<i>Getting to the Core: Treat the Cause, not the Solution - Part II</i>	Robert Grubbs	Event Center 4
8 am - Noon	Pre-Conference Workshop	<i>Post-Traumatic Stress Disorder: Causes, Symptoms, and Treatment</i>	Alan Basham	Event Center 5
1 - 5 pm	Pre-Conference Workshop	<i>Feeding the Spirit – Food and Medicine in Native Culture</i>	Valerie Segrest	Event Center 5
3 pm	Refreshment Break			Pre-Function
Wednesday, October 2, 2019				
7 - 8 am	Hot Breakfast Buffet			Event Center 1-2
8 - 8:30 am	Welcome and Opening Ceremony			Event Center 1-2
8:30 - 10 am	Keynote	<i>A Drug is a Bet is a Drug</i>	William C. Moyers	Event Center 1-2
10 - 10:15 am	Break / Exhibits			Pre-Function
10:15 am - noon	Clinical / Behavioral Health	<i>Wondering Through the Woods – The Healing Power of Nature</i>	Alan Basham	Event Center 3
	Clinical / Behavioral Health	<i>Harm Reduction for Problem Gamblers: Clinical Considerations and HR Therapy</i>	Wiley Harwell, Ty Lostutter	Event Center 4
	Prevention	<i>Harnessing Hope: Youth Empowerment in Our Communities</i>	Panel	Event Center 5
Noon - 1:30 pm	Lunch Plenary	<i>Addiction and Community in Turbulent Times</i>	Bruce Alexander	Event Center 1-2

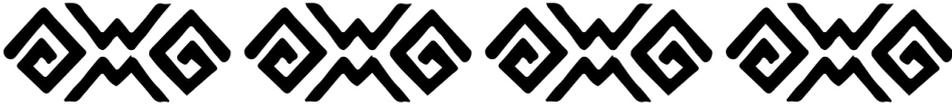


Wednesday, October 2, 2019, continued

1:30 - 3:15 pm	Clinical / Behavioral Health	<i>Dis-ordered Thinking: The Role of Gambling-Related Cognitive Distortions in the Development and Maintenance of Gambling Disorders and its Treatment</i>	David Ledgerwood	Event Center 3
	Trending Topics	<i>The Importance of and Best Practices in Voluntary Self-Exclusion Programs</i>	Panel	Event Center 4
	Recovery Community	<i>Certified Peer Counselor/Recovery Coach Bridge Training</i>	Panel	Event Center 5
3:15 - 3:30 pm	Refreshment Break / Exhibits			Pre-Function
3:30 - 5 pm	Afternoon Plenary	<i>Talking Circle Traditions for Treatment Providers</i>	Gayl Edmunds, Wiley Harwell	Event Center 1-2
6 - 8:30 pm	Community Celebration Event and Dinner (Sign up for shuttle transportation at the conference registration desk)			Swinomish Youth Center

Thursday, October 3, 2019

7 - 8:30 am	Hot Breakfast Buffet			Event Center 1-2
8:30 - 10:15 am	Welcome and Keynote	<i>The Art of Honor</i>	Swil Kanim	Event Center 1-2
10:15 - 10:30 am	Break / Exhibits / Hotel Checkout			Pre-Function
10:30 am - 12:15 pm	Clinical / Behavioral Health	<i>Considerations for Culturally Tailoring Treatment with American Indian/Alaska Native People to Improve Engagement and Effectiveness</i>	Kamilla Venner	Event Center 3
	Clinical / Behavioral Health	<i>When Gambling is also a Symptom of Something Else: Coping with Co-occurring Psychiatric Disorders among Problem Gamblers Seeking Treatment</i>	David Ledgerwood	Event Center 4
	Trending Topics	<i>Current Conditions on Currencies, Controversies, and Convergence in Gaming and Gambling</i>	Julie Hynes	Event Center 5
12:15 - 1:45 pm	Lunch Plenary	<i>Courage to Heal: Overcoming Fear of Shame Around Getting Mental Health Services in Tribal Communities</i>	Brad Galvin	Event Center 1-2
1:45 - 3:30 pm	Clinical / Behavioral Health	<i>Intake/Assessment/Screening: What to Use, When, and Why</i>	Tana Russell	Event Center 3
	Trending Topics	<i>Aging and Gambling – Having Effective Conversations from Engagement to Treatment</i>	Jody Bechtold	Event Center 4
	Community & Culture	<i>Making Sense Out of the Crazy</i>	Lloyd Attig	Event Center 5



Thursday, October 3 (continued)

12:15 - 1:45 pm

EVENT CENTER 1-2

***Courage to Heal: Overcoming Fear of Shame
Around Getting Mental Health Treatment in a
Local Tribal Community***

Lunch Plenary

Brad Galvin, LMHC, CDP, NCGC-I

We know it takes great courage for a person to seek help for behavioral health issues, whether it be related to excessive gambling losses, protracted depression after the death of a loved one, or chemical addiction. For many tribal people, the barriers to getting needed help can be particularly significant. Through the use of personal stories and clinical experience, we will examine these barriers and how they can be overcome.

1:45 - 3:30 pm

EVENT CENTER 3

***Intake/Assessment/Screening: What to Use, When,
and Why***

Clinical / Behavioral Health

Tana Russell, CDP, NCTTP, WSCGC-II

Participants in this session will learn to go deeper with gambling screenings, intakes, and assessments. gambling screening: the pros, the cons, the tools, and how to make them most effective. Goals and purpose of intake, other than the obvious. Things that can get overlooked in gambling assessments, know what is crucial to ask, go beyond collecting criteria.

1:45 - 3:30 pm

EVENT CENTER 4

***Aging and Gambling – Having Effective
Conversations from Engagement to Treatment***

Trending Topics

Jody Bechtold, LCSW, ICGC-II, BACC, PC

This presentation will teach a collection of outreach activities, clinical interventions, and effective strategies to engage older adults on the topic of gambling. Participants will learn context, best practices, and clinical examples of how to do outreach to older adults, both directly and indirectly, using the topic of gambling.

1:45 - 3:30 pm

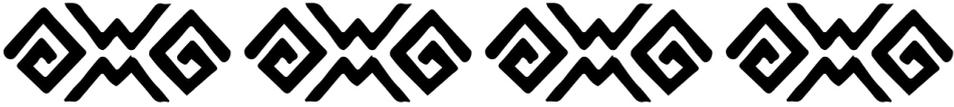
EVENT CENTER 5

Making Sense Out of the Crazyiness

Community & Culture

Lloyd Attig, CDS-II

In this session, participants will learn holistic exercises that will enlighten their own personal self-awareness. Making sense of the effects of an imbalance in the four areas – mental, physical, emotional, and spiritual health – will give professionals a greater understanding and better results.



Join in a Special Talking Circle Event

*Wednesday, October 2, from 3:30 - 5 pm in the
Wa Walton Event Center (CEUs available)*

Gayl Edmunds, LAC and Wiley Harwell, D.Min, LPC,
ICGC-II will facilitate this session about the healing
tradition of the Talking Circle and how it can be
used as a powerful treatment tool.

It is a safe place where all present have the
opportunity to speak and share without interruption
or judgment. Participants may choose to remain quiet
and go within, and can still gain much by being truly present.



**I WON
MY CULTURE
BACK**

**PROBLEM GAMBLING HURTS
TREATMENT WORKS**
1.800.547.6133
helpline

EVERGREEN
Council on Problem Gambling



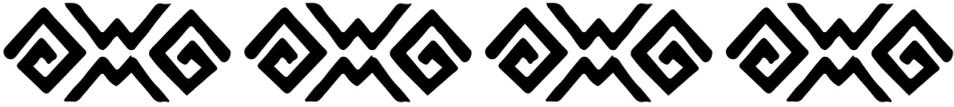
THE COWLITZ TRIBE AND ilani ARE PROUD PARTNERS WITH EVERGREEN COUNCIL ON PROBLEM GAMBLING.

ilani maintains a focus on providing the best environment for our guests to engage in responsible recreation. We also know that the allure of gaming can be difficult for some to resist, which can have serious consequences on the physical, emotional and financial health of our community members. The Cowlitz Tribe offers counseling services that can help address the issues associated with compulsive gambling.

We encourage those who think they may need some help in managing their gaming activity to call the Cowlitz Tribe's counselors at 360-947-2247 to make an appointment.



1 COWLITZ WAY, RIDGEFIELD, WA 98642



Presenters

Bruce Alexander researches the ways in which addiction is built into modern globalized civilization. He was awarded the Sterling Prize for Controversy in 2007 and a Lifetime Achievement Award from the International Network on Personal Meaning in 2018. He has published three books, *Peaceful Measures: Canada's Way Out of the War on Drugs*, *The Globalization of Addiction: A Study in Poverty of the Spirit*, and *A History of Psychology in Western Civilization*.



Lloyd Attig is a Plains Cree, originally from the Muskoday First Nation near Prince Albert, Saskatchewan. With 14 years of experience in life skills and career development, and 11 years of experience in Indigenous mental health and wellness, Lloyd brings a unique lens and approach to facilitating success. His work as a Clinical Supervisor, Counselor, and Life Skills Instructor informs the programs, workshops, and coaching he delivers.



Alan Basham is Past President of the Washington Counseling Association and the Association for Spiritual, Ethical and Religious Values in Counseling, a division of the American Counseling Association. Alan's approach to therapy is primarily developmental, including the effect of family systems on later adult behavior and pathology. He is a veteran, a published poet and author, and an avid hiker and wilderness buff.



Seniors are one of the **fastest-growing** groups of gamblers.

For adults age **65+** casino gaming and bingo have surpassed movies, shopping, and golf as social activities



SAVE THE DATE!

GAMBLING COUNSELOR TRAINING AND RECOVERY COACH TRAINING WORKSHOPS

Did you know that as a Certified Problem Gambling Counselor:

- you will be listed on the Evergreen Council on Problem Gambling's website and our Helpline Service for referrals to treatment
- You may refer eligible clients to residential treatment with funding support from ECPG

Level I Certification requires 30 CEU hours with the core Introductory Problem Gambling Counselor Training. Re-certification and Level II require advanced training CEUs. **Both will be offered during the Introductory and Advanced Training in February 2020.** Trainings include:

- Introduction to Problem Gambling Counseling (30-hour required Core training)
- Advanced Problem Gambling Counselor Training (topics TBD)
- Recovery Coach Spirituality and Ethics Training

Introductory & Advanced Training

February 3-6, 2020
Delta Hotel, Everett, WA

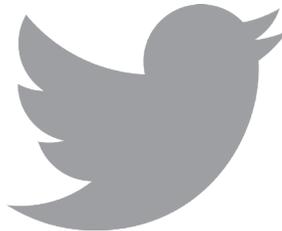


Visit www.evergreencpg.org or call 360-352-6133 for more information.

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ECPGambling

Share photos and your favorite moments during the conference!

Use hashtag **#FourDirections2019**

Four Directions



Presenters

Rebecca Beardsley is the Training Manager at Santa Ana Casino Hotel and President of the Responsible Gaming Association of New Mexico (RGANM). She has more than 20 years of experience in health care and addiction, heading up an indigent fund, DWI program, and working for a community hospital. These roles included networking with community and state leaders, identifying and contracting for resources, and coordinating and executing prevention/community outreach efforts.



Jody Bechtold is a highly regarded gambling addiction expert working extensively across the globe with individuals, organizations, and associations. She has ICGC-II certification and is a Board Approved Clinical Consultant with the IGCCB. She serves on the National Council on Problem Gambling board and is the VP for the IGCCB board. Jody holds a Masters in Social Work from the University of Pittsburgh.



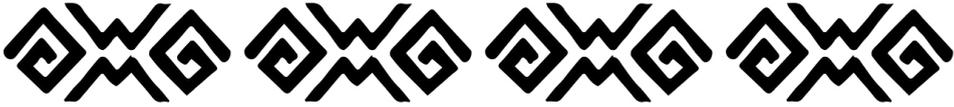
Vince Collins has 40 years of experience in social services. Retired as project director for the Access to Recovery program after 12 years of focused advocacy for community support to those struggling with long-term recovery, he has provided recovery coach and ethics training throughout the state, as well as efforts to build linkages for recovering veterans, especially those returning from recent wars.



Problem Gambling Can Affect Anyone –

Regardless of age, gender, ethnicity, race, or socioeconomic status





Presenters



Don Coyhis is the President and Founder of White Bison, Inc. The teachings of White Bison and Wellbriety go beyond sobriety to include thriving in the community and being balanced emotionally, mentally, physically, and spiritually. Don has authored several books addressing recovery, treatment, and prevention of alcoholism and substance abuse for adults, youth, and families.



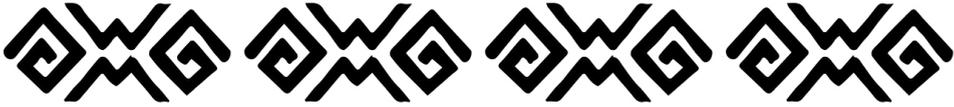
Shannon Dictson has been the Responsible Gaming Program Coordinator for the Mescalero Apache Tribe for the past 12 years. She also serves as the Vice Chair of the Responsible Gaming Association of New Mexico (RGANM), the Chair of the Lincoln County Community Health Council, and the Chair of Leadership Lincoln.



Gayl Edmunds serves on the Recovery Concepts Inc. (RCI) Board of Directors. RCI specializes in alcohol and drug abuse rehabilitation and prevention services. Gayl is Sicangu Lakota from the Rosebud Reservation in Rosebud, SD. He has worked extensively with American Indian populations on reservations and in urban settings. Though retired, Gayl remains a Kansas State licensed alcohol and drug abuse counselor, and continues to provide consulting services, presentations, and assistance to Native American populations.



Brad Galvin has more than 15 years of experience working in the chemical dependency, mental health, and problem gambling fields. He uses a combination of therapeutic techniques to promote rapid healing of trauma-based, mood, and addictive disorders in his clients. Brad currently runs the Responsible Gambling Treatment Program at Lummi Nation and is in private practice at Brief Therapy Works.



Presenters

Robert Grubbs currently operates the Private Practice of Grubbs Counseling & Consulting in Louisville, Kentucky, specializing in outpatient treatment of trauma and substance use disorders. Robert is certified in Eye Movement Desensitization & Reprocessing (EMDR) through the EMDR International Association (EMDRIA) and is also an approved Consultant and Certified Trainer in EMDR.



Wiley D. Harwell is Executive Director of the Oklahoma Association for Problem and Compulsive Gambling. He has a Doctor of Ministry degree from Southern Methodist University, a Master's of Divinity from Southern Seminary in Louisville, Kentucky, and a Bachelor's degree from Wayland Baptist University. Wiley is a certified employee assistance professional and has an advanced certification in hypnotherapy.

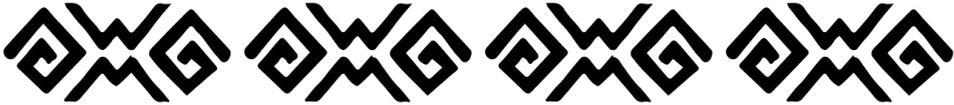


Julie Hynes has specialized in problem gambling prevention since 2002. Currently the Director of Responsible Gaming for the Massachusetts Council, her immediate past roles were leading a problem gambling prevention program in Oregon, faculty with the University of Oregon, and co-investigator for the most comprehensive survey of problem gambling services in the U.S. She is a current member of the Board of Directors of the National Council on Problem Gambling.



Keep It Fun:
**Always Play
Responsibly**

- Gamble only if it's fun
- Before you gamble, set a money/time limit and stick to it
- Accept losing as part of the game
- Don't borrow money to gamble
- Don't sacrifice other activities with friends and family for gambling
- Don't gamble to win back losses



Presenters



Swil Kanim, US Army Veteran, classically trained violinist, native storyteller and actor, is a member of the Lummi Nation. Music and the performance of music helped him to process the traumas associated with his early placement into the foster care system. Swil's compositions incorporate classical influences as well as musical interpretations of his journey from depression and despair to spiritual and emotional freedom. The music and stories that emerge from his experiences have been transforming people's lives for decades.



David Ledgerwood is a Clinical Psychologist and Associate Professor in the Substance Abuse Research Division, Department of Psychiatry and Behavioral Neurosciences at Wayne State University School of Medicine. He has published several articles on problem gambling focusing on co-occurring psychopathology, impulse control and executive function, treatment outreach, and treatment effectiveness.



Ty Lostutter, Assistant Professor and Training Director of the Psychology Internship Program for the University of Washington's School of Medicine, has broad research and clinical interests which focus on etiology, prevention, and treatment of addictive behaviors and mental health. He has served on the ECPG Board for more than 10 years and as the Board President for the past 4 years. He has also previously served on the NCPG Board.

**Problem Gambling Hurts,
Treatment Works**

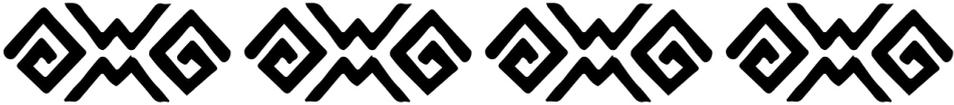
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For individuals and family members

 CALL  TEXT  CHAT



Presenters

Patricia Marshall is the Peer Support Program Manager for the Division of Behavioral Health and Recovery at the Health Care Authority (HCA) where she leads a team who administer the Behavioral Health Peer Support Certification Program, which now includes certification for SUD peer providers. Her 20-year career in Human Services includes behavioral health peer support, equine-assisted learning programs, domestic violence advocacy, and youth violence prevention work.



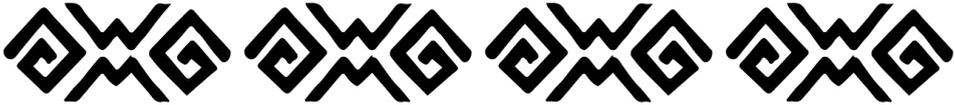
William C. Moyers is the Vice President of Public Affairs and Community Relations for the Hazelden Betty Ford Foundation. As the organization's public advocate since 1996, Moyers carries the message about addiction, treatment, and recovery to audiences across the nation. Moyers is the author of several books, including: *Broken: My Story of Addiction and Redemption*. A follow-up memoir is due out in 2020.



Katie Pratt is currently working as a contract employee for WSU assisting in facilitating the training program for CPC and Bridge training. In addition, she manages housing community for mostly low-income individuals. Katie also oversees a therapeutic riding program for youth at risk.

Ann Rider used her personal history of recovery from addiction and mental health challenges to start a career in peer support. She wrote one of the first Medicaid-funded peer support classes in the country, and wrote two more distinct peer support curricula for different states. Ann continues to train parts of Washington's CPC curriculum, continuing education classes for CPCs, Operationalizing Peer Support with WSU, and now Bridge Training for Recovery Coaches.





Presenters



Tana Russell has been practicing in the fields of Drug/Alcohol counseling since 2009, tobacco treatment since 2009, and gambling counseling since 2015. Tana joined the ECPG staff as Assistant Director in September 2019. She was previously the Outreach and Education Specialist at Providence St. Peter Chemical Dependency Center and lead on their tobacco and gambling programs.



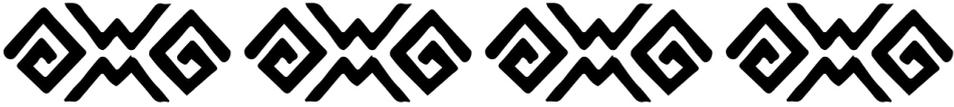
Valerie Segrest is a native nutrition educator who specializes in local and traditional foods. As an enrolled member of the Muckleshoot Indian Tribe, she serves her community as the coordinator of the Muckleshoot Food Sovereignty Project, and also works as the Director of Curriculum and Instruction. In 2010, she co-authored the book ***Feeding the People, Feeding the Spirit: Revitalizing Northwest Coastal Indian Food Culture.***



Commissioner Chris Stearns is an attorney specializing in Indian law. He served four years as Counsel to the US House Committee on Natural Resources and was the first Director of Indian Affairs for the US Department of Energy. He is past Chairman of the Seattle Human Rights Commission. He was appointed by Governor Inslee to the Washington State Gambling Commission in July 2013 and was elected Chair in October 2014.



Kamilla Venner is currently an Assistant Professor in the Department of Psychology and a Research Assistant Professor with the University of New Mexico's Center on Alcoholism, Substance Abuse, & Addictions (CASAA). Her research focuses on improving the substance use-related health disparities for American Indian/Alaska Natives while balancing the focus on cultural strengths and high rates of abstinence from substances.

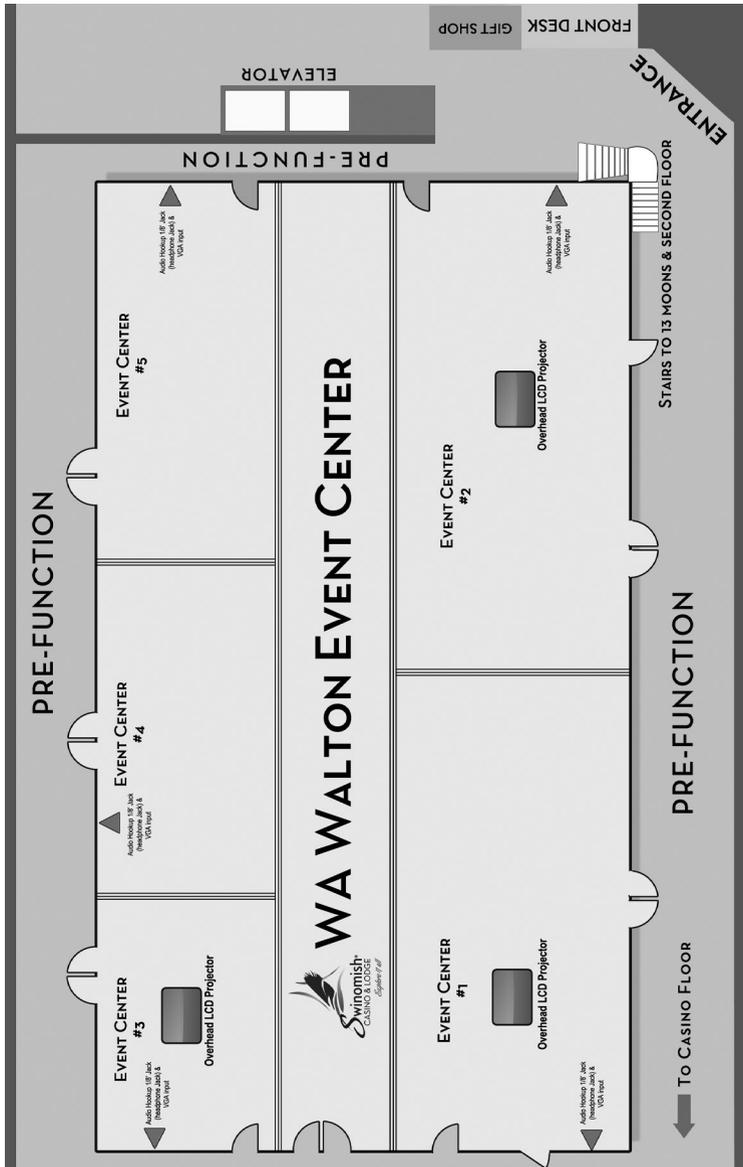


RG STAR

*Responsible Gaming
Staff Training And Resources*

New Casino/Card Room Employee Online Training

<p>Immediate Results and Feedback</p>	<p>The Employee's Role in Responsible Gaming</p> 	<p>Perfect for New Hires and Refresher Training</p>
	<p>Accessible 24/7; Employees Learn at their Own Pace</p>	
<p>Customizable Content Options</p>	<p>Which are elements of Responsible Gaming?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Don't gamble on on-track losses. <input checked="" type="checkbox"/> Set a daily limit and stick to it. <input checked="" type="checkbox"/> Avoid being a part of the game. <input type="checkbox"/> Gamble when you are feeling lonely. <input checked="" type="checkbox"/> Don't gamble on all track losses. <p>CONTINUE</p>	<p>Effective for Training Across Multiple Locations</p>
<p>To Learn More About RG STAR Training: 360.352.6133 OR www.evergreencpg.org</p>		



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Washington State
Health Care Authority

FOUR DIRECTIONS

Problem Gambling and Health Awareness Conference

Conference At-A-Glance

MONDAY, SEPTEMBER 30

7 - 8 am	Continental Breakfast Buffet
8 am - 5 pm	Pre-Conference Workshops
3 pm	Refreshment Break

TUESDAY, OCTOBER 1

7 - 8 am	Continental Breakfast Buffet
8 am - 5 pm	Pre-Conference Workshops
3 pm	Refreshment Break

WEDNESDAY, OCTOBER 2

7 - 8 am	Registration and Hot Breakfast Buffet
8 - 8:30 am	Welcome & Opening Ceremony
8:30 - 10 am	Morning Keynote
10 - 10:15 am	Break / Exhibits
10:15 am - Noon	Morning Breakout Sessions
Noon - 1:30 pm	Lunch Plenary
1:30 - 3:15 pm	Afternoon Breakout Sessions
3:15 - 3:30	Refreshment Break / Exhibits
3:30 - 5 pm	Afternoon Plenary - Talking Circle
6 - 8:30 pm	Community Celebration Event & Dinner

THURSDAY, OCTOBER 3

7 - 8:30 am	Registration and Hot Breakfast Buffet
8:30 - 10:15 am	Welcome & Morning Keynote
10:15 - 10:30 am	Break / Exhibits
10:30 am - 12:15 pm	Morning Breakout Sessions
12:15 - 1:45 pm	Lunch Plenary
1:45 - 3:30 pm	Afternoon Breakout Sessions