

Problem Gambling and Health Awareness Conference

FOUR DIRECTIONS

Honoring Our Past ☸ *Protecting Our Future*
Through Holistic Health, Wellness, and Recovery Support

November 3-6, 2014
TULALIP RESORT | TULALIP, WA



EVERGREEN
council on problem gambling

Conference Presenter



Conference Partner

Problem Gambling and Health Awareness Conference

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Stay Social!

Share your photos and your thoughts during the conference! Tag them **#FourD14**



Facebook.com/
ECPG



@EvergreenCPG

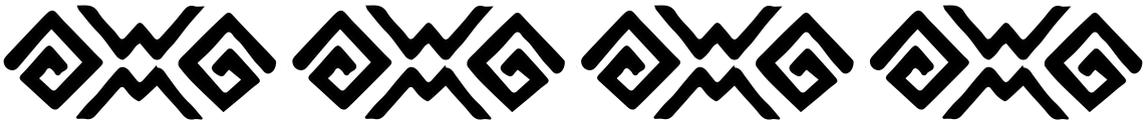


ECPGambling



EVERGREEN
council on problem gambling

www.evergreencpg.org



Welcome to *Four Directions*

Welcome to ***Four Directions***, our 6th annual Tribal Problem Gambling and Health Awareness Conference! This important conference with the theme *Honoring Our Past – Protecting our Future Through Holistic Health, Wellness, and Recovery Support*, brings experts from across the country to share their wisdom and experience. Thank you – to all of them, and to all of you who have chosen to participate – for your interest, dedication, and passion. We come together with unique backgrounds and varied experiences, with a common goal of respecting and helping others on the path to healthy lives.



Tribal Gaming has evolved to provide greater economic security, vital community services, and thousands of jobs in the Pacific Northwest. The economic benefits are profound. With these economic benefits comes the responsibility to help those who suffer from problems associated with a gambling addiction.

This conference is unique in its theme and goals as well as in the combined efforts to bring it to life by representatives of Tribal nations, non-profit organizations, businesses, governmental and treatment agencies, educational organizations, and more. You will find much to learn both from conference sessions and each other. We hope you will take with you new ideas and new goals, and that you will also leave with many new friends and colleagues. Together, we can ***“Honor Our Past and Protect Our Future.”***

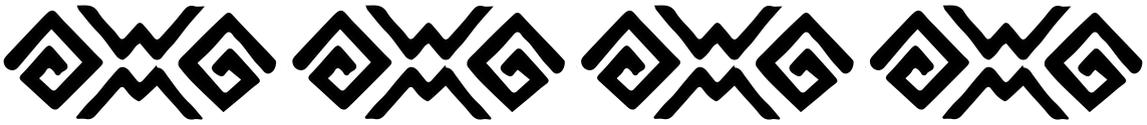
Thank you for being a part of this great event.



The Honorable Herman Williams, Sr.
Chairman, Tulalip Tribes



The Honorable Brian Cladoosby
*Chairman, Swinomish Indian Tribal Community
President, National Congress of American Indians*



CONFERENCE COORDINATOR

Evergreen Council on Problem Gambling

The Evergreen Council on Problem Gambling (ECPG) is dedicated to increasing public awareness of problem gambling, expanding the availability of services for those affected by problem gambling, and supporting research and programs for education, prevention, treatment, and responsible gambling. We provide

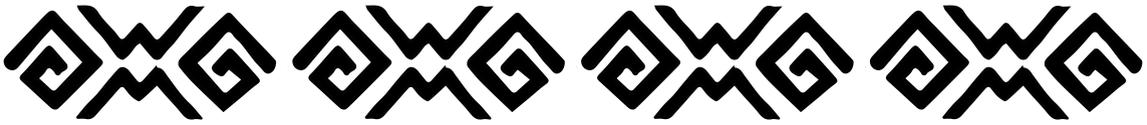
confidential support for Washington State residents through our 24-hour Problem Gambling Helpline (800.547.6133) and public awareness, education, prevention, and resource development services for individuals, families, employers, students, the gaming industry, and business and community groups. ECPG also provides qualified training and certification programs and continuing education units (CEUs) for treatment professionals.



EVERGREEN
council on problem gambling

The Council offers support for residential treatment for problem gamblers 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. The Council 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 and youth groups, educators and PTAs, civic and social service organizations, and others to develop and tailor education and awareness programs to meet your needs. For more information, or to schedule a presentation, call our office at 360.352.6133.



CONFERENCE PARTNER

Tulalip Tribes and Tulalip Family Services

Welcome friends and neighbors. We are the Tulalip Tribes, successors in interest to the Snohomish, Snoqualmie, Skokomish, and other allied tribes and bands signatory to the 1855 Treaty of Point Elliot. Our tribal population is about 4,100 and growing, with 2,600 members residing

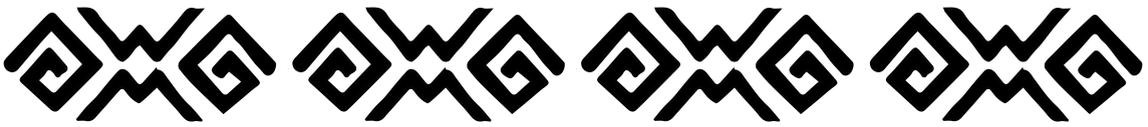
on the 22,000 acre Tulalip Indian Reservation located north of Everett and the Snohomish River and west of Marysville, Washington.



The Tulalip Resort and Casino has played a large role in opening up new possibilities for our people. Collectively our business ventures have made it possible for the Tulalip Tribes to realistically plan for the future of our people.

Tulalip Tribes provide many services to our members including preschool, higher education assistance, health and dental clinics, a pharmacy, a state-licensed chemical dependency recovery program, and a senior retirement home and cultural activities. In addition to two Marysville School District (MSD) elementary schools, Tulalip Tribes collaborate with MSD to provide on-reservation middle school and high school alternative programs.

A healthy future is the key for all members and the community. Tulalip Tribes Family Services provides culturally-based programs to nurture our children, families, and community members by honoring our cultural teachings and values for the well-being and preservation of future generations. Our program includes intensive outpatient counseling for chemical dependency, outpatient treatment services for chemical dependency, mental health, and problem gambling treatment.



Cultural Events & Opportunities

A Cultural Journey to Experience: Hibulb Cultural Center Reception and Tour

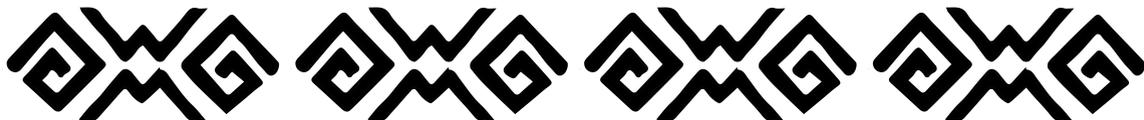
Monday, November 3 from 5:30 - 8:30 pm

Join us for an evening of celebration and inspiration at the beautiful Hibulb Cultural Center. This welcome reception will include light food and beverages, sharing of song and dance, and an opportunity to experience some of the many interactive displays that introduce you to the legacy of the Tulalip people. You'll gain an historic perspective of the bands that make up the Tulalip Tribes while sharing an evening with friends and honored guest from around North America. The Hibulb Cultural Center is located at 6410 23rd Ave NE in Tulalip. For shuttle service to the Hibulb Cultural Center, meet in the Tulalip Resort Casino lobby at 5 pm. Tickets are \$15 per person and can be purchased in advance at the Registration Desk.



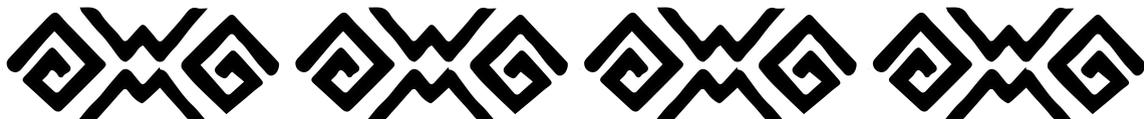
Sweat Lodge Ceremony presented by the Tulalip Tribe

The Sweat Lodge Ceremony offers a refuge and a safe place to seek guidance and healing for spirits, minds, bodies, and hearts. Members of the Tulalip Tribal Community have honored us by offering two opportunities to join in a Sweat Lodge Ceremony during **Four Directions**. Capacity is limited. Sweat lodges are offered on Wednesday, November 5. More information and registration materials will be available at the **Tulalip Family Services** exhibit table.

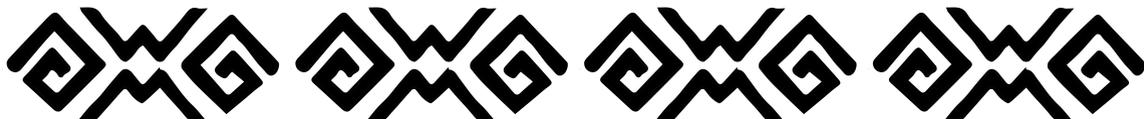


Schedule At-a-Glance

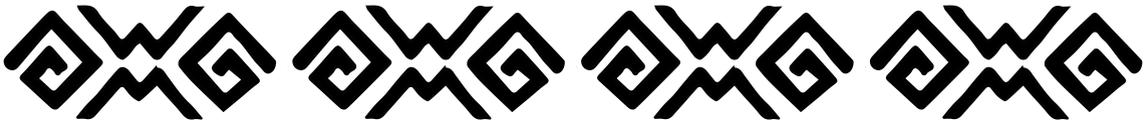
Monday, November 3, 2014				
7:30 - 8:30 am	Registration and Continental Breakfast			Orca Foyer
8:30 - 8:45 am	Tulip Honor Guard			Orca 3
8:45 - 9 am	Opening Prayer and Welcome			Orca 3
9 - 10:15 am	Keynote	Storytelling As Healing: Traditions and Teaching of First Nations	Roger Fernandes	Orca 3
10:15 - 10:30 am	Break	Exhibitors and beverages		Orca Foyer
10:30 am - 12:15 pm	Clinical / Behavioral Health	Problem Gambling: Is It All In the Mind?	Wiley Harwell	Chinook 2
	Community / Culture	Storytelling As a Treatment Tool: An Interactive Workshop	Roger Fernandes	Chinook 3
	Innovative Topics	Best Practices in Motivational Interviewing	Oscar Sida	Chinook 4
12:15 - 1:45 pm	Lunch / Plenary	Gang Prevention: For Our Kids, For Our Community	Gabriel Morales	Orca 3
1:45 - 2 pm	Break	Exhibitors and beverages		Orca Foyer
2 - 4 pm	Clinical / Behavioral Health	Prevention of Problem Gambling: From Awareness to Connecting with the Recovery Community	Jim Wuelfing, Oscar Sida, and Kristin West	Chinook 2
	Community / Culture	Gang Prevention: For Our Kids, For Our Community	Gabriel Morales	Chinook 3
	Innovative Topics	Healing and Wholeness: Oops, Did I Forget to Breathe?	Bunny Czarnopys	Chinook 4
5:30 - 8:30 pm	A Cultural Journey to Experience: Hibulb Cultural Center Reception and Tour <i>(Shuttle service available in the lobby at 5pm; tickets \$15)</i>			Hibulb Cultural Center
Tuesday, November 4, 2014				
7:30 - 8:30 am	Registration and Continental Breakfast			Orca Foyer
8:30 - 8:45 am	Prayer and Welcome			Orca 3
8:45 - 10 am	Keynote	Good Morning Tulip!	Panel	Orca 3
10 - 10:15 am	Break	Exhibitors and beverages		Orca Foyer
10:15 am - Noon	Clinical / Behavioral Health	Understanding Recovery Coaching: Purpose, Practice and Role Delineation	Jim Wuelfing	Chinook 2



Tuesday, November 4 continued				
10:15 am - Noon	Community / Culture	The Lost Child Roots of Addictive Pattern Behavior	Alan Basham	Chinook 3
	Innovative Topics	Special Treatment Needs of Native American Clients	Gayl Edmunds	Chinook 4
Noon - 1:30 pm	Lunch / Plenary	All Nations - One Nation	Wiley Harwell	Orca 3
1:30 - 2 pm	Break	Exhibitors and beverages		Orca Foyer
2 - 3:30 pm	Clinical / Behavioral Health	Strategies and Techniques for Community Engagement	Panel	Chinook 2
	Community / Culture	The Healing Power of Ritual	Alan Basham	Chinook 3
	Innovative Topics	Special Treatment Needs of Native American Clients	Gayl Edmunds	Chinook 4
3:45 - 5:30 pm	Talking Circle			Chinook 1
Wednesday, November 5, 2014				
8 am - 5 pm	Basic Problem Gambling Counselor Training			Evergreen
7:30 - 8:30 am	Registration and Continental Breakfast			Orca Foyer
8:30 - 8:45 am	Prayer and Welcome			Orca 3
8:45 - 9:45 am	Keynote	Evidence Based vs. Culturally Based Practices: Honoring Traditional Approaches	Pam James	Orca 3
9:45 - 10 am	Break	Exhibitors and beverages		Orca Foyer
10 am- Noon	Clinical / Behavioral Health	Traditional Aboriginal Games In Understanding Culture and Development	BC Problem Gambling Indigenous Team	Chinook 2
	Community / Culture	Nation to Nation/Culture to Culture	Gordon James	Chinook 3
	Financial Management	Money Matters (Part 1 of 2)	Isabelle Duguay	Chinook 4
Noon - 1:30 pm	Lunch / Plenary	Current Trends and Topics for Discussion	Table Hosts	Orca 3
1:30 - 2 pm	Break	Exhibitors and beverages		Orca Foyer
2 - 4 pm	Clinical / Behavioral Health	Traditional Aboriginal Games In Understanding Culture and Development	BC Problem Gambling Indigenous Team	Chinook 2
	Community / Culture	Nation to Nation/Culture to Culture continued	Gordon James	Chinook 3
	Financial Management	Money Matters (Part 2 of 2)	Isabelle Duguay	Chinook 4



Wednesday, November 5 continued				
4:30 - 5:30 pm	Afternoon Meditation	Activating the Pharmacy in Your Brain – Tune In, Turn On & Drop In!	Bunny Czarnopys	Chinook 3
Thursday, November 6, 2014				
8 am - 5 pm	Basic Problem Gambling Counselor Training			Evergreen
8:30 - 8:45 am	Prayer, Welcome, and Special Acknowledgments			Orca 3
8:45 - 9:45 am	Keynote and Served Breakfast	Culture and Family: Around the Table, In the Community	Valerie Segrest and Louie Ungaro	Orca 3
9:45 - 10 am	Break	Exhibitors and beverages		Orca Foyer
10 am - Noon	Clinical / Behavioral Health	Two Spirits: Building Bridges to Belonging	Hiram Calf Looking, Sr. & Raven Heavy Runner	Chinook 2
	Community / Culture	Nation to Nation/Culture to Culture continued	Gordon James	Chinook 3
	Financial Management	Financial Literacy: Valuing & Managing Money (Part 1 of 2)	Sunny Guillory	Chinook 4
Noon - 1:30pm	Lunch / Plenary	Voices of Recovery	Voices of Recovery	Orca 3
1:30 - 2pm	Break	Exhibitors and beverages		Orca Foyer
2 - 4 pm	Clinical / Behavioral Health	Healing Trauma and PTSD	Oscar Sida	Chinook 2
	Community / Culture	Nation to Nation/Culture to Culture continued	Gordon James	Chinook 3
	Financial Management	Financial Literacy: Valuing & Managing Money (Part 2 of 2)	Sunny Guillory	Chinook 4
	Special Roundtable Session	Nuts and Bolts of Tribal Problem Gambling Programs	Daniel Felizardo, Ellie Lorenz, Sarah Sense-Wilson	Orca 3
Friday, November 7, 2014				
8 am - 5 pm	Basic Problem Gambling Counselor Training			Evergreen
Saturday, November 8, 2014				
8 am - 2 pm	Basic Problem Gambling Counselor Training			Evergreen



Problem Gambling and Health Awareness Conference

FOUR DIRECTIONS

Conference Schedule



Monday, November 3

7:30 – 8:30 am

Continental Breakfast

Orca Foyer

8:30 am

Presentation of Colors

Orca 3

8:45 am

Opening Prayer

8:50 am

Welcome

The Honorable Les Parks, Vice-Chairman of the Tulalip Tribes and The Honorable Brian Cladoosby, Chairman of the Swinomish Tribe

9 – 10:15 am

Keynote

Storytelling As Healing: Traditions and Teachings of First Nations

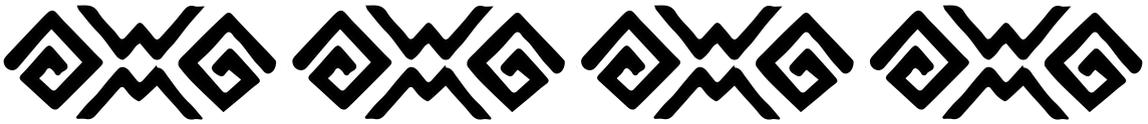
Roger Fernandes, Master Storyteller/Artist

Many traditional Native cultures believe we humans are made of stories. We all tell stories. We are walking stories. Storytelling is different. It is the act of sharing a story that has been told by your ancestors for countless generations. It is the telling of tales, legends, myths, and fables. These old stories have been kept alive from the earliest times and they help us understand what it means to live on the earth and how to live your life as a good person. Storytelling helps us understand the meaning of things and, in doing so, helps us see our own meaning.

10:15 – 10:30 am

Break

Exhibitors and beverages in Orca Foyer



Monday, November 3 continued

10:30 am – 12:15 pm

Concurrent Sessions

Chinook 2

Clinical / Behavioral Health Track

Problem Gambling: Is It All In the Mind?

Wiley Harwell, D. Min., Executive Director of the Oklahoma Association for Problem Gambling

For most every addict of any kind, the one linking factor is one or several underlying issues that prompt an individual to look for an escape from his or her reality and emotions. At some point in the lives of most people, there is a fantasy desire to “get away from it all” when things get too hectic or stressful. For those susceptible to addiction, the fantasy of being able to escape can be realized through almost any action, including gambling. Mindfulness and connection can be important tools in the treatment of the driven and dopamine mind.

Community / Culture Track

Chinook 3

Storytelling as a Treatment Tool: An Interactive Workshop

Roger Fernandes, Master Storyteller/Artist

Storytelling precedes writing and reading in the way humans have communicated and taught and shared knowledge. Some believe we humans are “hard-wired” for stories, that we truly don’t understand a complex issue or concept unless it is explained through a story. Traditional stories speak to the heart/spirit of the listener and teach them in a way that the modern literal mind often misses or dismisses.

Innovative Topics Track

Chinook 4

Motivational Interviewing

Oscar Sida, MS, NCC, Faculty-UNLV

This training session is designed to introduce the efficacy and benefits of the evidence-based practice and technique of motivational interviewing. Attendees will learn how to incorporate these skills into their clinical practice.

12:15 – 1:45 pm

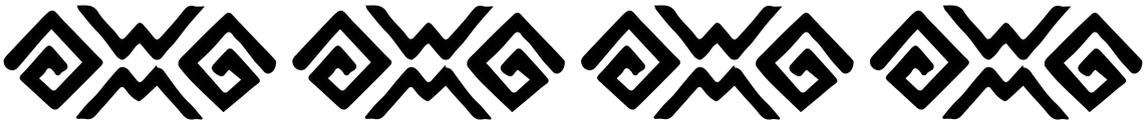
Lunch Plenary

Orca 3

Gang Prevention: For Our Kids, For Our Community

Gabriel Morales, Founder, Gang Prevention Services

What motivates a youngster to join a gang and be self-destructive? How do you divert youth away from negative activity and into legitimate pursuits? How do we protect ourselves as a community? Gabriel Morales has worked in the area of gang prevention and intervention, both in the adult and juvenile system, for more than 30 years. He received the Distinguished Service Medal by King County for his work in the area of gangs. His presentation will focus on helping all of us understand youth violence issues, gang risks, and gambling impacts; how to understand the importance of non-verbal and verbal communications; how to help parents set goals for discipline and nurturing children; and how to use intervention strategies to reduce risk and conflict.



Monday, November 3 continued

1:45 – 2 pm

Break

Exhibitors and beverages in Orca Foyer

2 – 4 pm

Concurrent Sessions

Clinical / Behavioral Health Track

Chinook 2

Prevention of Problem Gambling: From Awareness to Connecting with the Recovery Community

Jim Wuelfing, Director of Prevention, Massachusetts Council on Compulsive Gambling; **Oscar Sida**, MS, NCC, Faculty-UNLV; **Kristin West**, Outreach Coordinator, Evergreen Council on Problem Gambling

Ten years ago there were only a handful of problem gambling prevention efforts across the country. Fortunately, we now have access to prevention research, best practices, risk and protective factors, and model programs. This session will be an overview of problem gambling prevention with an emphasis on best practices, promising and model programs, and practical information.

Community / Culture Track

Chinook 3

Gang Prevention: Four Our Kids, For Our Community – In Depth

Gabriel Morales, Founder, Gang Preventions Services

Gangs are obviously not a new phenomenon, but there are still many issues around gangs in our communities that need to be addressed. Federal sources estimate that there are approximately 300 street gangs in Washington state. The number of jurisdictions with gang activity has increased and gangs are expanding from urban to suburban and rural communities. Go in depth with Gabriel Morales on what strategies we can take to address these issues for our kids and our communities.

Innovative Topics Track

Chinook 4

Healing and Wholeness: Oops, Did I Forget to Breathe?

Bunny Czarnopys, LCMFT

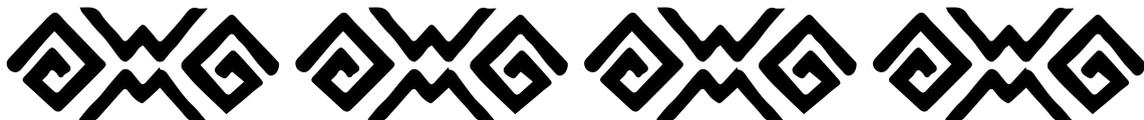
In this day and age of do, do, do, many of us have forgotten who we really are and essentially we have become “human doings” instead of human beings. Breathing is something we do every day. Yet as we get older, many of us have forgotten the importance of the breath to our sense of being healthy, alive, and feeling whole. This workshop will explore concepts of what it is to be a Whole Person through the Wholistic Lifestyle Recovery Model and how becoming aware of our breathing can enhance our healing journey home to “human beingness.”

5:30 – 8:30 pm

Reception and Tour

Hibulb Cultural Center

Join us for an evening of celebration and inspiration at the beautiful Hibulb Cultural Center. This welcome reception will include light food and beverages, sharing of song and dance, and an opportunity to experience some of the many interactive displays that introduce you to the legacy of the Tulip people. You'll gain an historic perspective of the bands that make up the Tulip Tribes while sharing an evening with friends and honored guests from around North America. See additional information on page 4.



Tuesday, November 4

7:30 – 8:30 am

Continental Breakfast

8:30 – 8:45 am

Opening Prayer and Welcome

8:45 – 10 am

Keynote

Orca 3

Good Morning Tulalip!

Maureen Greeley, Executive Director, Evergreen Council on Problem Gambling and a panel of experts.

From the pros and cons of evidence-based treatments to the benefits and barriers to self-care; from how to make integration more than a buzz word in the mental health and addictions field to the growing need for group treatment; and from prevention issues past and present to the fear of funding in the future (if not now) . . . Join us as some of your favorite presenters offer a panel that's sure to open up a lively dialogue and pique your interest.

10 – 10:15 am

Break

Exhibitors and beverages in Orca Foyer

10:15 am – Noon

Concurrent Sessions

Clinical / Behavioral Health Track

Chinook 2

Understanding Recovery Coaching: Purpose, Practice and Role Delineation

Jim Wuelfing, CPP-R, NRPP, Massachusetts Council on Compulsive Gambling

Recovery coaching, a form of peer-to-peer recovery support services, has grown exponentially over the past few years. Hundreds of recovery coaches have been trained in Washington State. Yet there is still a lot of confusion about the role and function of a recovery coach and how it is different from counseling and 12-Step sponsorship. This session will discuss these issues and pay particular attention to role delineation.

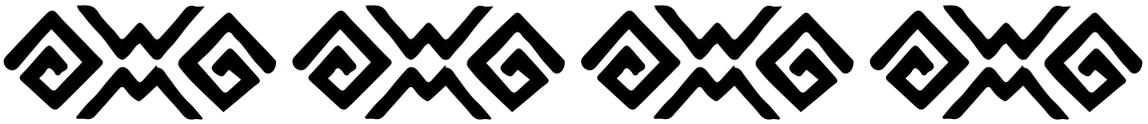
Community / Culture Track

Chinook 3

The Lost Child Roots of Addictive Pattern Behavior

Alan Basham, Counselor Educator, Eastern Washington University

This workshop will present three areas of knowledge relevant to treatment of addictive processes: 1) the Circumplex Model of family systems, examining the nature and effect of various forms of family dysfunction; 2) Bowlby's Attachment Theory and the adult results of childhood attachment disorders; and 3) the problematic interpersonal styles that lead some people to seek comfort and to avoid emotional pain through compulsive or addictive behaviors. The class format will include information, personal application, and collaborative interaction by participants.



Tuesday, November 4 continued

Innovative Topics Track

Chinook 4

Why Native American Clients Often Terminate Treatment Early or Fail to Successfully Complete Traditional Addiction Programs

Gayl Edmunds, CADC-II, Director of Indian Alcoholism Treatment Services

How can treatment providers develop cultural competency to better work with Native American clients? How can we blend mainstream treatment practices with culturally relevant clinical practices to meet the needs of Native American clients? Gayle Edmunds will address these issues and help clinicians formulate a treatment plan that works for Native American populations. Discussion includes specific ceremonies that enhance the recovery process and treatment retention and completion.

Noon – 1:30 pm

Lunch Plenary

Orca 3

All Nations – One Nation

Wiley Harwell, D.Min, Executive Director of the Oklahoma Association for Problem Gambling

How do we come together to identify commonalities among cultural perspectives and not focus only on differences? We will look at developing an understanding of cultural competency as the combination of a body of knowledge, a body of belief, and a body of behavior. We will work together to define goals and tools for developing positive intercultural programs and services. When we truly work together, we can work for the good of all.

1:30 – 2 pm

Break

Exhibitors and beverages in Orca Foyer

2 – 3:30 pm

Concurrent Sessions

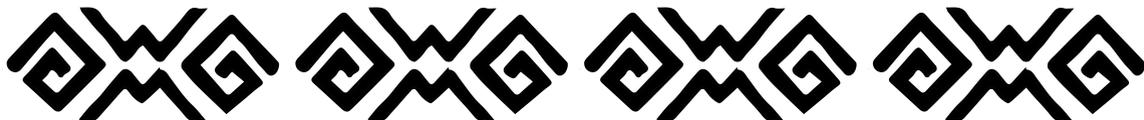
Clinical / Behavioral Health Track

Chinook 2

Strategies and Techniques for Community Engagement

Angela Voght, MA, RCC, **Janice Murphy**, MSW, RCSW, and **Dawna Silver**, RCC, British Columbia Responsible and Problem Gambling Program; **Gayl Edmunds**, CADC-II, Director of Indian Alcoholism Treatment Services ; **Carlos Reinoso**, Director, Mid-Fairfield Substance Abuse Coalition

Involving community stakeholders in the development of problem gambling and addiction prevention programs can be a challenging, resource-intensive, and often frustrating process. It can also be a highly creative, energizing, and rewarding experience leading to significant improvements in program design and outcomes. Research has shown that in programs that involve high levels of community participation and control, there is greater participation in health improvement activities. Community engagement builds "social capital" -- social ties, networks, and support -- which is associated with better community health and well-being.



Tuesday, November 4 continued

Community / Culture Track

Chinook 3

The Healing Power of Ritual

Alan Basham, Counselor Educator, Eastern Washington University

This session will discuss aspects of integrating client spirituality into the healing process of counseling and review the competencies for spiritual integration developed by recognized leaders on the topic. Thoughtful consideration and experience of several of these helpful spiritual practices in counseling will be discussed, with an emphasis on the development of personally meaningful ritual to aid in resolution of emotional pain.

Innovative Topics Track

Chinook 4

Feeding the Spirit – Food and Medicine In Native Culture

Valerie Segrest, Native Foods Educator, Northwest Indian College

In this hands-on workshop, explore herbal remedies and medicine-making techniques for addressing common winter health complaints including coughs, colds, sinus infections, and immune health.

3:45 – 5:30 pm

Talking Circle

Chinook 1

Gayl Edmunds, CADC-II, Indian Alcoholism Treatment Services

Wednesday, November 5

8 am – 5 pm Special 4-Day Intensive Basic Problem Gambling Counselor Training

7:30 – 8:30 am

Continental Breakfast

Orca Foyer

8:30 – 8:45 am

Prayer and Welcome

Orca 3

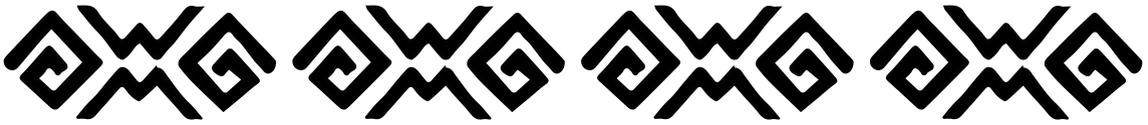
8:45 – 9:45 am

Keynote

Evidence-Based vs. Culturally-Based Practices: Honoring Traditional Approaches

Pam James, Culture 2 Culture, Native Strategies

Considerable evidence supports that culture and context influence almost every aspect of the diagnostic and treatment process. How do we determine whether evidence-based treatments developed within a particular cultural or linguistic context are appropriate for widely diverse ethnocultural groups that do not share the same language, cultural values, or both? Just because an approach has not been studied and affirmed as an evidence-based practice does not mean that the services are not effective. Practice-based evidence emphasizes the importance of learning from real-world practice and experience. What can we do in the fields of mental health and addictions treatment to ensure community engagement and contextual relevance of the treatment content and practices?



Wednesday, November 5 continued

9:45 – 10 am

Break

Exhibitors and beverages in Orca Foyer

10 am – Noon

Concurrent Sessions

Clinical / Behavioral Health Track

Chinook 2

Traditional Aboriginal Games In Understanding Culture and Development

British Columbia Problem Gambling Program Indigenous Team

Traditional gambling has been a part of indigenous cultures for many years. Our hope is to reconnect with the intentions, values and original purposes of these games and their traditional teachings. In this workshop, participants will explore the use of traditional games as a way to engage with the community over the topic of responsible and problem gambling.

Community / Culture Track

Chinook 3

Nation to Nation/Culture to Culture

Gordon James, Culture 2 Culture, Native Strategies

The 4-part (8 hour) training session covers a tribal historical perspective, legal issues, tribal sovereignty and tribal government. The training allows sufficient time for questions and should assist attendees in furthering their relationship and understanding of Washington State's twenty-nine Tribes. After completing the training, attendees should have a much better understanding of Tribes, their peoples and unique cultures, and an enhanced awareness of the importance of multi-culturalism.

Financial Management Track

Chinook 4

Money Matters

Isabelle Duguay, Clinical Counselor, MA Ps, LPCC, PCGC

Participants explore the emotional meaning of money and how personal beliefs and values surrounding money can cause dysfunction in the way clients deal with money. We will review common barriers manifested by clinicians, which impact them in helping clients explore their finances. Participants will also learn therapeutic tools to use in counseling sessions to help clients explore their distorted thinking with money and gambling addiction.

Noon – 1:30 pm

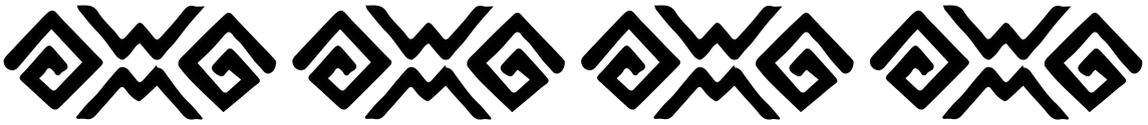
Lunch Plenary

Orca 3

Table Hosts – Current Trends and Topics for Discussion

Various **Four Directions** Presenters

Did you get all your questions answered by the presenters whose topics mean the most to you? Here is your opportunity to enjoy a rousing lunch discussion on a wide variety of topics. Each table will be hosted by an expert in a particular field. You choose where to sit and what you'd like to discuss.



Wednesday, November 5 continued

1:30 – 2 pm

Break

Exhibitors and beverages in Orca Foyer

2 – 4 pm

Concurrent Sessions

Clinical / Behavioral Health Track

Chinook 2

Traditional Aboriginal Games In Understanding Culture and Development

British Columbia Problem Gambling Program Indigenous Team

There is a movement towards Indigenous communities reconnecting with culture as one step toward healing the effects of colonization. Participants will explore traditional ways of partnering with communities to discuss responsible and problem gambling through playing Lahal and using the circle as a way to engage communities in a conversation around gambling.

Community / Culture Track

Chinook 3

Nation to Nation/Culture to Culture Continued

Gordon James, Culture 2 Culture, Native Strategies

The 4-part (8 hour) training session covers a tribal historical perspective, legal issues, tribal sovereignty and tribal government. The training allows sufficient time for questions and should assist attendees in furthering their relationship and understanding of Washington State's twenty-nine Tribes. After completing the training, attendees should have a much better understanding of Tribes, their people and unique culture, and an enhanced awareness of the importance of multi-culturalism.

Financial Management Track

Chinook 4

Money Matters Continued

Isabelle Duguay, Clinical Counselor, MA Ps, LPCC, PCGC

Participants explore the emotional meaning of money and how personal beliefs and values surrounding money can cause dysfunction in the way clients deal with money. We will review common barriers manifested by clinicians, which impact them in helping clients explore their finances. Participants will also learn therapeutic tools to use in counseling sessions to help clients explore their distorted thinking with money and gambling addiction.

4:30 – 5:30 pm

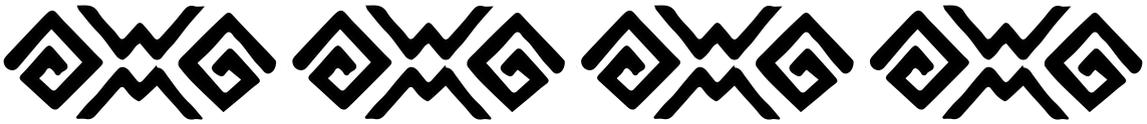
Afternoon Meditation

Chinook 3

Activating the Pharmacy in Your Brain – Tune In, Turn On & Drop In!

Bunny Czarnopys, LSCSW, LCMFT, LCAC

Especially in early recovery, it is important for clients and providers to learn skills to fill their recovery tool boxes. This workshop will help you understand why meditation is important to one's overall health and introduce you to several types of meditation. Participants will practice different meditation techniques.



Thursday, November 6

8 am – 5 pm Special 4-Day Intensive Basic Problem Gambling Counselor Training

8:30 – 8:45 am

Prayer and Special Acknowledgments

Orca Foyer

8:45 – 9:45 am

Keynote & Served Breakfast

Orca 3

Culture and Family: Around the Table, In the Community

Valerie Segrest and Louie Ungaro

Traditionally, food and nutrition are areas where culture, family, and community intersect. We will look at 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.

9:45 – 10 am

Break

Exhibitors and beverages in Orca Foyer

10 am – Noon

Concurrent Sessions

Clinical / Behavioral Health Track

Chinook 2

Two Spirits: Building Bridges to Belonging

Hiram Calf Looking, Sr. and Raven Heavy Runner

In many, though not all, Tribal communities, there was a time when the world wasn't simply divided into male and female and many Native American cultures held places of honor for people of integrated genders. How can we regain that sense of respect today and recognize that all of us — regardless of ethnicity, gender, sexuality, or cultural heritage — benefit from being free to be our truest selves?

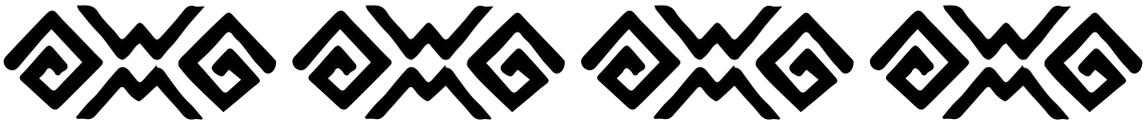
Community / Culture Track

Chinook 3

Nation to Nation/Culture to Culture continued

Gordon James, Culture 2 Culture, Native Strategies

The 4-part (8 hour) training session covers a tribal historical perspective, legal issues, tribal sovereignty and tribal government. The training allows sufficient time for questions and should assist attendees in furthering their relationship and understanding of Washington State's twenty-nine Tribes. After completing the training, attendees should have a much better understanding of Tribes, their peoples and unique cultures, and an enhanced awareness of the importance of multi-culturalism.



Thursday, November 6 continued

Financial Management Track

Chinook 4

Financial Literacy: Valuing and Managing Money – Part 1

Sunny Guillory, Financial Literacy Coordinator, Northwest Indian College

Financial literacy is an important topic for all of us. In many Tribal communities, per capita financial distributions can have both positive and negative impacts on individuals and on the community as a whole. This session (Part 1 of 2) will discuss per capita financial distributions, identify some of the healthy ways tribal members can put their per capita funds to good use, and offer information on how to employ a curriculum for financial literacy with tribal members.

Noon – 1:30 pm

Lunch Plenary

Orca 3

Voices of Recovery

Members of the Recovery Community

Celebrating successes and sharing recovery stories is an important way for the recovery community to help broaden awareness and educate others about addiction, treatment, and the journey that is recovery. The courage to share these stories is, we hope, matched by the positive impact they make on all of us who work in the fields of addiction treatment, prevention, training, and support.

1:30 – 2 pm

Break

Exhibitors and beverages in Orca Foyer

2 – 4 pm

Concurrent Sessions

Clinical / Behavioral Health Track

Chinook 2

Therapeutic Approach to Treating Trauma and Addiction

Oscar Sida, MS, NCC, Faculty UNLV

This training session is designed to provide a clinical understanding of the effects of trauma and how they are interrelated to addictions treatment. Emphasis will be placed on approaches to treatment. In addition, the diagnostic criteria for various trauma categories and appropriate treatment approaches will be explored.

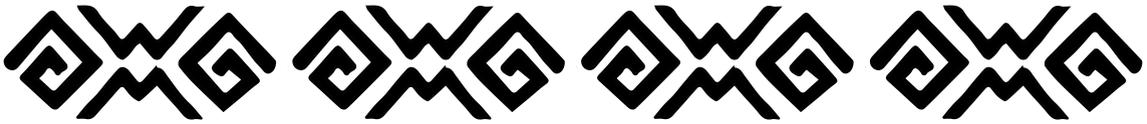
Community / Culture Track

Chinook 3

Nation to Nation/Culture to Culture continued

Gordon James, Culture 2 Culture, Native Strategies

The 4-part (8 hour) training session covers a tribal historical perspective, legal issues, tribal sovereignty and tribal government. The training allows sufficient time for questions and should assist attendees in furthering their relationship and understanding of Washington State's twenty-nine Tribes. After completing the training, attendees should have a much better understanding of Tribes, their peoples and unique cultures, and an enhanced awareness of the importance of multi-culturalism.



Thursday, November 6 continued

Financial Management Track

Chinook 4

Financial Literacy: Valuing and Managing Money – Part 2

Sunny Guillory, Financial Literacy Coordinator, Northwest Indian College

Financial literacy is an important topic for all of us. In many Tribal communities, per capita financial distributions can have both positive and negative impacts on individuals and on the community as a whole. This session (Part 2 of 2) will discuss per capita financial distributions, identify some of the healthy ways tribal members can put their per capita funds to good use, and offer information on how to employ a curriculum for financial literacy with tribal members.

Special Roundtable Session

Orca 3

Nuts and Bolts of Tribal Problem Gambling Programs

Daniel Felizardo, Puyallup; **Ellie Lorenz**, Private Practice; **Sarah Sense-Wilson**, Tulalip

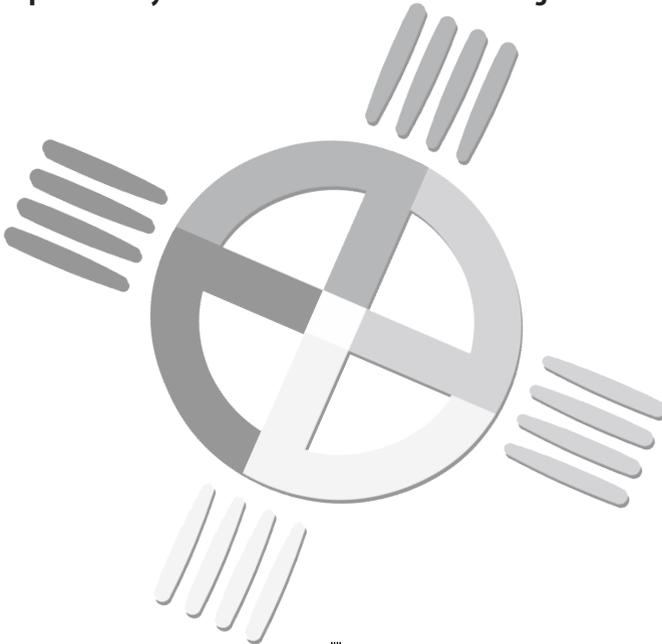
This session provides time to discuss with other Tribes how to start a problem gambling treatment program, successes and challenges from Tribes that currently have problem gambling programs, and a helping hand to Tribes considering adding problem gambling treatment.

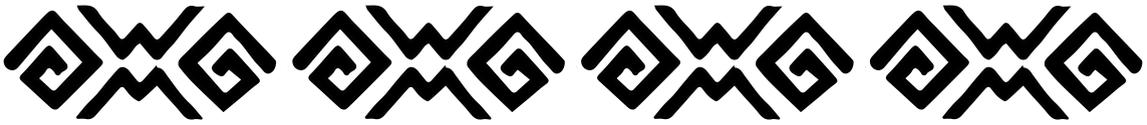
Friday, November 7

8 am – 5 pm **Special 4-Day Intensive Basic Problem Gambling Counselor Training**

Saturday, November 8

8 am – 2 pm **Special 4-Day Intensive Basic Problem Gambling Counselor Training**





Thank You to our Conference Sponsors!



**Tulalip Tribes and
Tulalip Family Services**



Muckleshoot Indian Tribe



**Bridgeway Recovery Services
GTECH**

Nisqually Indian Tribe

Providence St. Peter Chemical Dependency Center

Upper Skagit Tribe

WIGA - Washington Indian Gaming Association



**Chehalis Tribe
Yakama Nation**



Mr. and Mrs. Eric Durban

**Evergreen Council on Problem
Gambling Board of Directors and Staff**

Thank You for Additional Support!

British Columbia Responsible and Problem Gambling Program

**Washington State Department of Social and Health Services /
Behavioral Health and Service Integration Administration**



BHSIA Behavioral Health and Service Integration Administration

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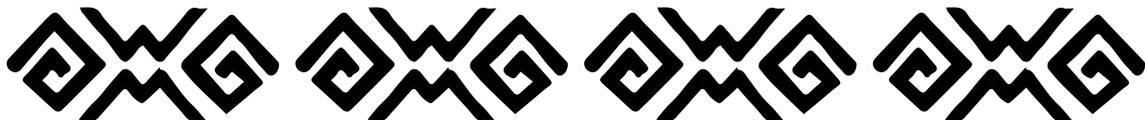
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TULALIP TRIBES PROBLEM GAMBLING PROGRAM



**“PROMOTING WELLNESS, HOLISTIC
BALANCE AND CULTURAL VALUES”**

Maintaining Balance



BC Responsible and Problem Gambling Program

Free Gambling Awareness, Education
and Counselling For Indigenous Peoples

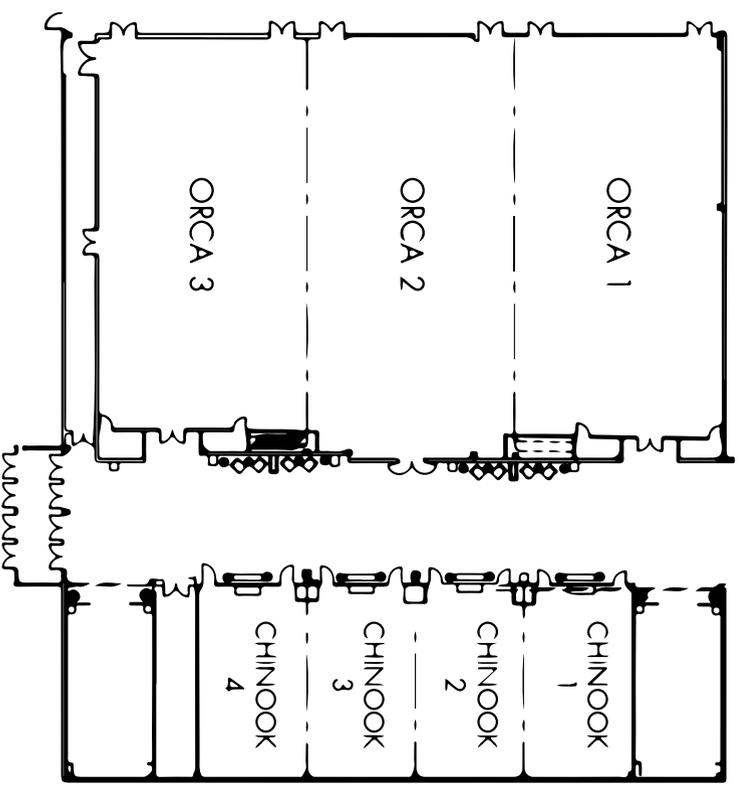
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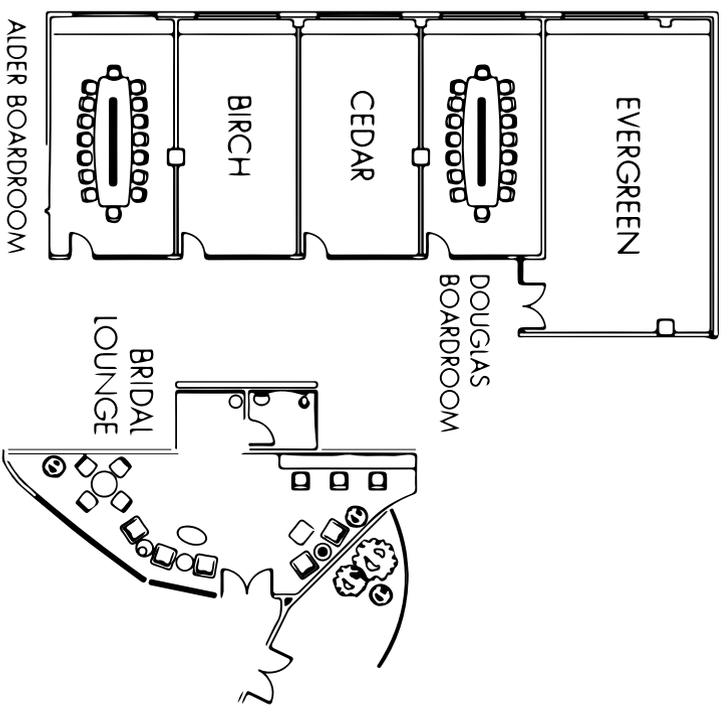
Funding is provided by the Province of British Columbia.²³

Tulalip Resort Map

FIRST FLOOR



SECOND FLOOR



SEPTEMBER 22-25, 2015

Vancouver / Richmond, British Columbia

SAVE the
date



FOUR DIRECTIONS

Problem Gambling and Health Awareness Conference

Conference Presenter



EVERGREEN
council on problem gambling

Conference Partner



British Columbia Responsible
& Problem Gambling Program

Problem Gambling and Health Awareness Conference

FOUR DIRECTIONS

November 3-6, 2014 TULALIP RESORT | TULALIP, WA

Conference At-A-Glance

Monday, November 3

7:30 - 8:30 am	Registration and Continental Breakfast
8:30 - 9 am	Tulalip Honor Guard and Opening Prayer
9 - 10:30 am	Morning Keynote / Break
10:30 am - 12:15pm	Morning Breakout Sessions
12:15 - 2 pm	Lunch Plenary / Break
2 - 4 pm	Afternoon Breakout Sessions
5:30 - 8:30 pm	Hibulb Cultural Center Reception and Tour

Tuesday, November 4

7:30 - 8:30 am	Registration and Continental Breakfast
8:30 - 8:45 am	Prayer and Welcome
8:45 - 10:15 am	Morning Keynote / Break
10:15 am - Noon	Morning Breakout Sessions
Noon - 1:30 pm	Lunch Plenary
1:30 - 2 pm	Break
2 - 3:30 pm	Afternoon Breakout Sessions
3:45 - 5:30 pm	Talking Circle

Wednesday, November 5

7:30 - 8:30 am	Registration and Continental Breakfast
8:30 - 8:45 am	Prayer and Welcome
8:45 - 10 am	Morning Keynote / Break
10 am - Noon	Morning Breakout Sessions
Noon - 1:30 pm	Lunch Plenary
1:30 - 2 pm	Break
2 - 4 pm	Afternoon Breakout Sessions
4:30 - 5:30 pm	Afternoon Meditation

Thursday, November 6

8:30 - 10 am	Welcome, Keynote and Served Breakfast / Break
10 am - Noon	Morning Breakout Sessions
Noon - 1:30 pm	Lunch Plenary
1:30 - 2 pm	Break
2 - 4pm	Afternoon Breakout Sessions

Wednesday, November 5 - Saturday, November 8

8 am - 5 pm Basic Problem Gambling Counselor Training