

Problem Gambling and Health Awareness Conference

# FOUR DIRECTIONS

October 29-November 1, 2017

**Conference Coordinator**



**Conference Partner**



Nisqually Indian Tribe

# THANK YOU TO OUR SPONSORS

## CONFERENCE PARTNER



Nisqually Indian Tribe

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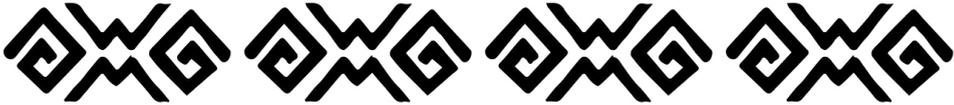


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# Welcome to *Four Directions!*

We are honored to have so many people come together for this 9th annual ***Four Directions*** Problem Gambling and Health Awareness Conference. As the ***Four Directions*** conference theme suggests, our goal is to ***Honor Our Past and Protect Our Future Through Holistic Health, Wellness, and Recovery Support.***

This gathering brings together Tribal leaders, behavioral health directors and counselors, education and prevention experts, and families to support each other with knowledge on health issues, problem gambling and other addictions, and financial and safety concerns that affect all our communities. For the first time, we are offering a full Youth Track at the ***Four Directions*** Conference!

***Honoring Our Past and Protecting Our Future*** means including our Youth in important issues that will allow them to make healthy decisions and find their voice. Young people are often the ones to be most affected by the problems that beset communities, and they can have powerful and positive effects on adults and communities when we encourage them to become involved.

Through empowering processes such as learning decision-making skills, developing confidence, critical awareness, and working with others, both youth and adults become better equipped to initiate changes in our communities. We hope this ***Four Directions*** Conference will have a lasting, positive effect on all our attendees, whatever age. May what you learn and take away illuminate and influence your work and your life. And, may you give and share to help others on their journey, as well.

Thank you for being an important part of this great ***Four Directions*** event!

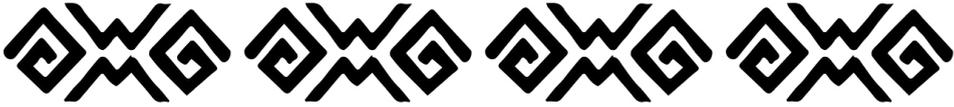


The Honorable Farron McCloud  
Chairman, Nisqually Indian Tribe



Cleo Frank  
Nisqually Tribal Elder





## 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, 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.



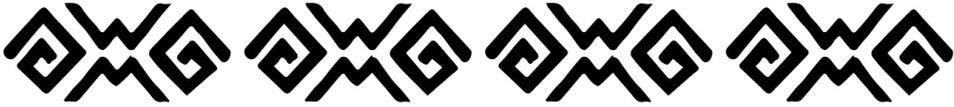
EVERGREEN  
council on problem gambling

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](http://www.evergreencpg.org)**.





## CONFERENCE PARTNER

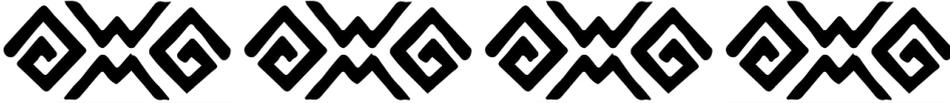
### Nisqually Indian Tribe and Nisqually Behavioral Health

The Nisqually people have lived in the Nisqually River Watershed region for thousands of years. As a fishing people, the Nisqually are prime stewards of the Nisqually River fisheries resources, and the salmon have been not only the mainstream of their diet, but a foundation of their culture as well. The Nisqually Tribe has built a national reputation for environmental stewardship programs that protect and enhance the natural environment. Programs that protect and enhance the



wellness and cultural traditions of the Nisqually people are also strong. The Nisqually Behavioral Health staff support community members in developing self-esteem, self-respect, and family harmony. Behavioral and mental health programs, chemical dependency, and problem gambling services are enhanced throughout the year with engagement in community and cultural activities that support health and wellness for elders, youth, and more, such as Canoe Journey, Huckleberry Camp, and this ***Four Directions*** conference.





## COMMUNITY CELEBRATION EVENT

***Tuesday, October 31, from 5:30 - 7:30 pm***

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 our past, the successes and challenges of our present, and the hopes and dreams for our future. What better way to do this than to honor the wisdom of our elders and honor the life work of Billy Frank, Jr. – whose incredible passion and leadership was a shining example of how to leave the world a better place by our actions and efforts. Then, hear the voices of our youth – voices that are empowered and engaged and can share what these youth have learned and how they hope to give back.

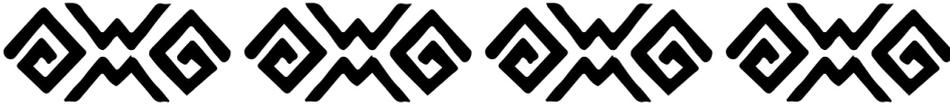
This special event; this beautiful meal; this wonderful celebration is a chance to share as a community, enjoy traditional and contemporary music, dance, and performance art.

**Please feel welcome to bring your drums, flutes, or other instruments to join in this Community Celebration.**

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





## HONORING BILLY FRANK, JR.

Billy Frank, Jr. was a Nisqually Tribal member and an environmental leader. Through his wisdom, guidance, and unfaltering determination, Billy Frank, Jr. promoted cooperative management of natural resources, particularly on the Nisqually River, and he had an intense dedication to the treaty fishing rights cause. He held the position of Chairman of the Northwest Indian Fisheries Commission for more than 30 years.

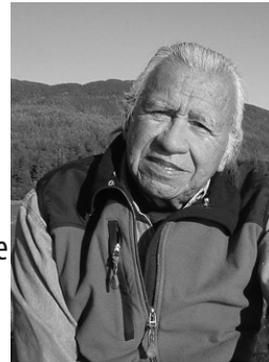


Photo courtesy of Michael Harris

**Billy Frank, Jr.**

(March 9, 1931 - May 5, 2014)

In November 2015, President Barack Obama announced that Frank would receive a posthumous Presidential Medal of Freedom. The following month, the Nisqually National Wildlife Refuge was renamed in Billy Frank, Jr.'s honor. Please join us at the Community Celebration Event on Tuesday, October 31, honoring Billy Frank, Jr.

## Join in a Special Talking Circle Event

***Wednesday, November 1, from 2:45 - 4:30 pm in the Chehalis Ballroom***

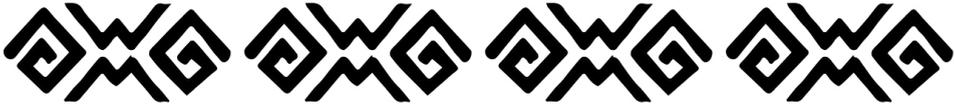
Sincangu Lakota Elder Gayl Edmunds, LAC will facilitate this session about the healing tradition of the Talking Circle and how it can be used as a powerful treatment tool.

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.



***Four Directions***





# FOUR DIRECTIONS

## Pre-Conference Workshop Schedule

### Sunday, October 29

**8 am - Noon; 1 - 5 pm**

**CHEHALIS SALON E**

*Introductory Training in Problem and Disordered Gambling (Day 1 of 4-day Session)*

Colin Hodgen, PhD, LADC-S, CPGC-S,  
ICGC-II and Denise Quirk, MA, MFT,  
LCADC, BACC, ICGC-II, CPGC-S

This four-day workshop serves as an introduction to early intervention and treatment of problem and pathological gambling disorders. Participants will learn about the scope and prevalence of gambling and problem gambling on a national scale. The DSM-5 criteria for pathological gambling will be discussed, and participants will learn practical application of the most commonly used screening and diagnostic tools. Participants will learn about the disorders that most often co-occur with problem gambling, and the effects of the disorder on family and loved ones. Introductory Training includes specifics of Gambling Disorder programs in Washington, counselor certification procedures, and an overview of topic areas covered on the National Counselor Certification Exam.

**1 - 5 pm**

**CHEHALIS SALON F**

*Rebuilding a Strong Family Foundation for Recovering Families*

Mitch Factor

Mental health and addictions issues affect not only the individual, but families and communities as well. Families who are affected by negative consequences of a loved one's addiction often struggle to understand why these "bad things" are happening to them. In recovery, a family seeks to better understand how to support one another and how to regain a sense of stability – and a foundation upon which to rebuild healthy relationships.

**1 - 5 pm**

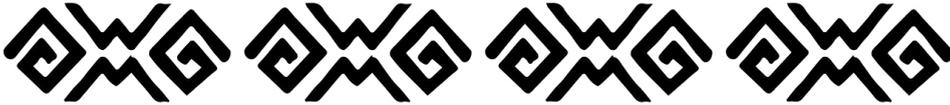
**CHEHALIS SALON D**

*ACT and Mindfulness - Tools to Help Problem Gamblers*

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

This session will cover the Acceptance and Commitment Therapy (ACT) model of Pathology and the six core processes of ACT, as well as how to apply ACT principles with problem gamblers. Participants will also learn about the meaning of Mindfulness, including the core concepts and practices, and Mindfulness as a process of developing the observer self.





## **Monday, October 30**

**8 am - Noon; 1 - 5 pm**

**CHEHALIS SALON E**

*Introductory Training in Problem and Disordered Gambling (Day 2 of 4-day Session)*

Colin Hodgen, PhD, LADC-S, CPGC-S, ICGC-II and Denise Quirk, MA, MFT, LCADC, BACC, ICGC-II, CPGC-S

**8 am - Noon; 1 - 5 pm**

**CHEHALIS SALON F**

*Financial Realities and Therapeutic Strategies for Gambling Treatment*

Marc Lefkowitz, CCGC-I, NCGC-I

This full-day session will provide clinically proven, therapeutic tools that support positive changes in the financial behavior of gambling treatment clients. This workshop will examine the impact of money on clients' values, self-concept, and sense of safety; explore common resistance experienced by counselors when addressing financial issues; and provide an overview of the role and meaning of money in contemporary culture. The workshop includes facilitated learning exercises and open discussion of all topics. Participants will receive training materials and exercises for use in personal development, individual clinical sessions, and group settings.

**8 am - Noon; 1 - 5 pm**

**NW TERRITORY SALON C**

*Devil's Club Healing from Our Forests: Traditional Foods, Teas, and Salves*

Janell Blacketer and Grace Ann Byrd

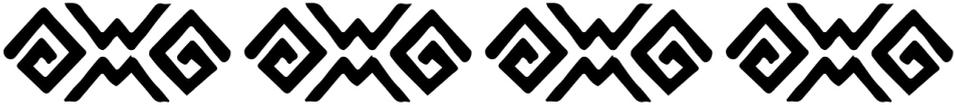
This presentation will help participants to understand the history of plant medicine in traditional culture as well as its applicability to our modern life, and teach students to identify, harvest, and prepare some prominent local plant medicines, including Devil's Club. By the end of the presentation, each student will know how to make a tea bar and healing salve that they can share with their community. This knowledge of our ancestors empowers us to take responsibility for our own wellness and the wellness of our community by reminding us of the healing power of the natural world that has nourished our bodies, our hearts, and our spirits.

**8 am - 5 pm**

**CHEHALIS BALLROOM ABC**

*Community Health and Wellness Fair*





## **Monday, October 30 (continued)**

**8 am - Noon**

**CHEHALIS SALON D**

*Ceremonial and Medicinal Uses of Tobacco: Using  
Traditional Healing in Tobacco Reduction and Cessation*

Gayl Edmunds, LAC and Alfred Gibson

This session will provide participants with a historical perspective of tobacco usage for ceremonial and medicinal purposes. Presenters will compare and contrast medicinal/ceremonial use versus smoking reduction and/or cessation. Tobacco products from early beginnings to present use will be discussed. The workshop will be interactive, with audience input and experiences encouraged.

**1 - 5 pm**

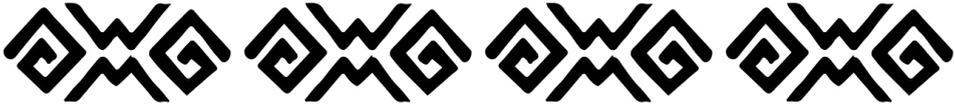
**CHEHALIS SALON D**

*Learning to Tell Your Story Through Art: Developing Your  
Narrative Skills Through Drawing*

Roger Fernandes, MA

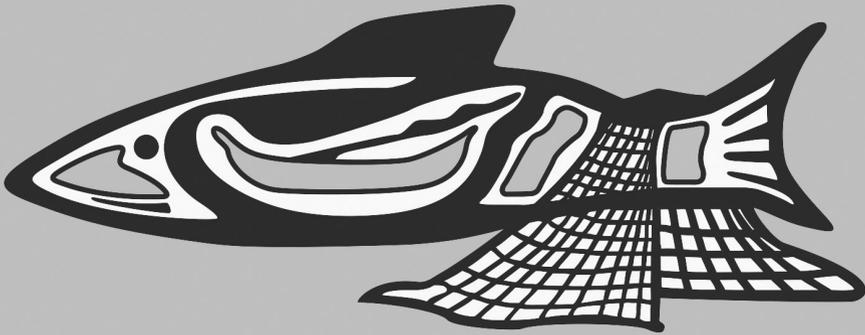
This presentation will share art and drawings as means for sharing story, expressing emotion, and teaching and learning. The participants will learn basic drawing and illustration techniques to translate their personal stories into visual expressions.





# Sq<sup>w</sup>ali ʔabš

people of the river ~ people of the grass



“Whatever the future holds, do not forget who you are!  
Teach your children, your children’s children, and then teach  
their children also. Teach them the pride of a great people...  
A time will come again when they will celebrate together with joy.  
When that happens my spirit will be there with you.”

Leschi, Last Chief of the Nisquallies

1808 ~ 1858





# FOUR DIRECTIONS

## Main Conference Schedule

### Tuesday, October 31

**7 - 8 am**

**FOYER**

Registration and Continental Breakfast

**8 am - 12:15 pm; 1:45 - 5 pm**

**CHEHALIS SALON E**

*Introductory Training in Problem and Disordered Gambling  
(Day 3 of 4-day Session)*

Colin Hodgen and Denise Quirk

**8 - 9 am**

**CHEHALIS BALLROOM ABC**

*Welcome & Opening Ceremony*

**9 - 10 am**

**CHEHALIS BALLROOM ABC**

*The Art of Healing Through Storytelling*

Keynote

Gene Tagaban

Words are energy, and when we use stories to release energy like pain, hurt, shame, guilt, unresolved grief, and more, we make room for new stories that bring love, kindness, and compassion. How do we use storytelling as a healing tool? Gene will share his experience in using stories to inform, nurture, inspire, and heal. "Our life is a story, tell a good story."

**10 - 10:15 am**

**FOYER**

Break / Exhibits

**10:15 am - 12:15 pm**

**CHEHALIS SALON F**

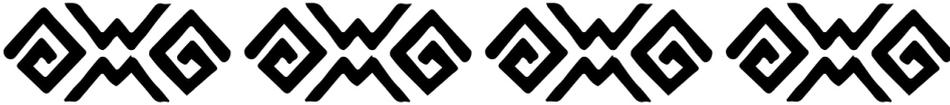
*Ethics and Professional Considerations for Counselors - Part I*

Clinical / Behavioral Health Track

Janese Olalde, M.Ed, QMHP, CADC-II, CGAC-II

Participants will expand their knowledge of the diversity of ethical perspectives and attitudes between professionals, and understand how it affects the effectiveness of ethical treatment services. Participants will also complete a self-inventory and have the ability to assess potential countertransference issues related to different values and attitudes between self as helper and addiction clients. Participants will have an opportunity to apply ethical concepts to practice by discussing ethical dilemmas and scenarios which might present themselves in the field of social services and addictions.





**10:15 am - 12:15 pm**

**CHEHALIS SALON D**

*Domestic Violence Treatment on Reservations:  
Restorative Justice Model*

Community & Culture Track

Randy Kempf, LMHC

Restorative Justice involves legal consequences and healing alternatives to break the domestic violence cycle. Participants will learn how the incongruency of Federal, State, and Tribal definitions of domestic violence affect law, coordinated response, and treatment, and will learn about accountability, respect, dignity, and the therapeutic bond of healing that is the goal of Restorative Justice.

**12:15 - 1:45 pm**

**CHEHALIS BALLROOM ABC**

*Escaping the Web of Video Game Addiction, Bullying,  
and Rejection*

Lunch Plenary

Cam Adair

Rejection is something we've all experienced before. In this session, Cam Adair shares his personal journey overcoming a video game addiction of ten years. A talented hockey player, Cam's life took a dramatic turn at the age of 11 when he began to experience intense bullying that led him to drop out of high school. Soon, he found himself recoiling from the world, depressed and fantasizing about suicide. Then, something surprising happened that changed the way Cam saw rejection forever. This turning point allowed him to change his life around and become a successful entrepreneur. Now a public speaker, he travels around the country sharing his message about overcoming the heartbreaking pain of rejection and using it as fuel for growth, connection, and purpose. He shares key insights he's learned along the way on the power of our habits, including strategies to thrive in a world dominated by technology. The audience will be invited to participate by asking relevant questions and sharing experiences.

**1:45 - 2 pm**

**FOYER**

Break / Exhibits

**2 - 4 pm**

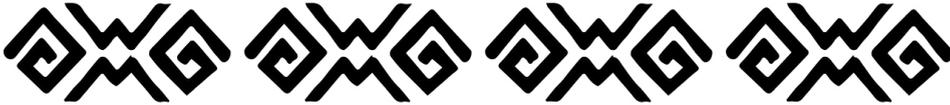
**CHEHALIS SALON F**

*Ethics and Professional Considerations for Counselors - Part II*

Clinical / Behavioral Health Track

Janese Olalde, M.Ed, QMHP, CADC-II, CGAC-II





## **Tuesday, October 31 (continued)**

**2 - 4 pm**

**CHEHALIS SALON D**

*Addiction's Attachment to Domestic Violence, Suicide, and Sexual Assault*

Innovative Trends Track

Roger Fernandes, MA and Gene Tagaban

Our native ancestors helped one another confront spiritual/emotional/mental health problems through a variety of strategies, ceremony, talk, counseling and storytelling. This presentation will look at the concept of "Storytelling is Healing". Through sharing of stories, we can see they touch us at multiple levels and can be guides to finding wellness.

**5:30 - 7:30 pm**

**COMMUNITY CELEBRATION  
EVENT**

For details on the event, please see page 4 of the program.

## **Wednesday, November 1**

**7 - 8 am**

**FOYER**

Registration & Continental Breakfast

**8 - 11:30 am; 1:15 - 4:30 pm**

**CHEHALIS SALON E**

*Introductory Training in Problem and Disordered Gambling  
(Day 4 of 4-day Session)*

Colin Hodgen and Denise Quirk

**8 - 8:15 am**

**CHEHALIS BALLROOM ABC**

Welcome

**8:15 - 9:45 am**

**CHEHALIS BALLROOM ABC**

*Voices of the Family*

Keynote

Recovery Community

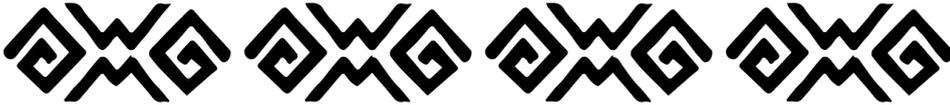
Celebrating successes and sharing recovery stories is an important way for the recovery community to help broaden awareness and educate others about addiction, treatment, and the journey that is recovery. The courage to share these stories is, we hope, matched by the positive impact they make on all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

**9:45 - 10 am**

**FOYER**

Break / Exhibits





**10 - 11:30 am**

**CHEHALIS SALON F**

*Introduction to Gambling and Co-occurring Disorders -  
Screening Tools and Assessment*

Clinical / Behavioral Health Track

Brad Galvin, MS, CDP, LMHC, NCGC-I, Jim Leingang, BA, CDP, TTS, WSCGC-II, and Ricki Peone, NCGC-II, BACC

Have you ever wondered where to start when a new client enters your services? Which screening tools to use? Which issues to treat first? Depression? Lack of housing? Opiate addiction? Excessive gambling losses? It can feel overwhelming, even for seasoned behavioral health professionals. Through examining a complex case study within the context of three different behavioral health settings, we hope to demystify the challenging process of prioritizing client needs. Using a “no wrong door to the right services” approach, we will examine how providers within a tribal mental health clinic, community chemical dependency agency, and private practice setting would support our sample client - which services we would provide directly and which we would refer to other professionals. Participants will be encouraged to share their experience and insight in this interactive session.

**10 - 11:30 am**

**CHEHALIS SALON D**

*Supporting Long-Term Health: Recovery Cafés and  
Community Care Centers*

Community & Culture Track

Anne Artman, Barbara Gerior, MSW, and TJ Larocque

Long-term recovery is a reality for millions of individuals who have attained degrees of health and wellness, are leading productive lives, and making valuable contributions to society. There are many paths to recovery. People will choose their pathway based on their cultural values, their socioeconomic status, their psychological and behavioral needs, and the nature of their addictive disorder. Recovery support programs and organizations are a key part of the system of continuing care in the United States, including in schools, health care systems, housing, and community settings. According to the National Institute of Health, those in recovery from addictions need a foundation of at least two years free from their addiction to ensure long-term recovery. Recovery Cafés and Community Care Centers provide this crucial support to women and men who want to rebuild their lives and break the cycle of addiction, homelessness, and other mental health challenges by focusing holistically on a person’s needs, and empowering them to build a life that realizes their full potential. This person-centered system of care supports a person as she or he establishes a healthy life and recognizes that we all need a meaningful sense of membership and belonging in community.





## **Wednesday, November 1 (continued)**

**11:30 am - 1:15 pm**

**CHEHALIS BALLROOM ABC**

*We Only Live Free (WOLF): Empowering Youth to Rise and Find Their Voice*

Lunch Plenary

Anthony Fernandes, MA and Mike Frease

This presentation will showcase the work that has been done with youth participants in order to speak to the need for Indigenous communities to work toward allowing youth to find their voice, as well as to utilize that voice as a means to learn from and create change in Indigenous communities.

**1:15 - 1:30 pm**

**FOYER**

Break

**1:30 - 2:45 pm**

**CHEHALIS SALON D**

*Internet Addiction and Our Youth*

Community Health Track

Cam Adair and Hilarie Cash, PhD, LMHC

What is it that youth need in order to grow into healthy adults? In this presentation we will look specifically at the influence of digital technology on our youth. We will together consider how this generation's relationship to technology can influence social, sexual, intellectual, mental health, and physical development. There are both positive and negative aspects to this influence. The audience will be invited to participate by asking relevant questions and sharing experiences. Included will be recommendations for ways to help youth achieve a sustainable, healthy relationship to digital media, and resources to find help.

**1:30 - 2:45 pm**

**CHEHALIS SALON F**

*Native Americans and Gambling - Stigma and Stereotypes in Indian Country*

Community & Culture Track

Ted Hartwell, MA and Sydney Smith, LPC, LADC, NCGC-II

Many Native American tribes have a rich traditional history of gambling games. While this type of gambling has been used most often for social or ceremonial occasions, there are some accounts from the past of entire communities losing their possessions during gambling activities. With the introduction of the Indian Gaming Regulatory Act in 1988, tribal communities gained the opportunity to reap substantial economic benefit from developing gaming enterprises. But these benefits are not without potential consequences. This session offers a brief history of gambling in Native American culture. Review the stigma and stereotyping that often accompanies the idea of investing in commercial gaming enterprises, can stifle conversations around problem gambling, and sometimes prevents those most impacted by it from seeking help. Ideas for positive engagement will be discussed.





2:45 - 4:30 pm

CHEHALIS SALON A

*Talking Circle Traditions for Treatment Providers*

Gayl Edmunds, LAC

Talking circles, peacemaking circles, or healing circles are deeply rooted in the traditional practices of indigenous peoples. The Talking Circle fosters respectful listening and reflection. Gayl Edmunds, Sincangu Lakota Elder, 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 a sharing of authentic personal reactions and feelings that are owned by each individual and acknowledged by others. Attendees are welcome to participate or observe.

WASHINGTON



TULALIP TRIBES FAMILY SERVICES

# Problem Gambling Program

PROVIDING A RANGE OF FREE SERVICES

- INDIVIDUAL COUNSELING
- COUPLES COUNSELING
- FAMILY COUNSELING
- GROUP THERAPY
- FAMILY NIGHT EVENTS/ACTIVITIES
- PREVENTION EDUCATION
- REFERRALS
- CONSULTATION AND OUTREACH

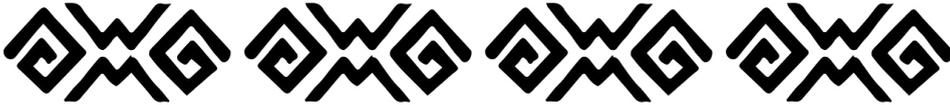


For more information call:  
Sarah Sense-Wilson  
Problem Gambling Coordinator  
(360) 716-4304



Location:  
Tulalip Tribes Family Services  
2821 Mission Hill Rd.  
Tulalip, WA 98271

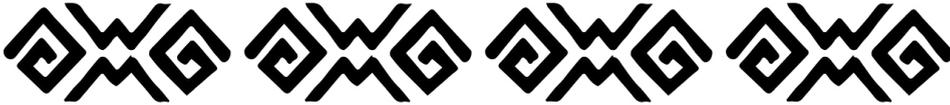




## Schedule At-a-Glance

<b>Introductory Gambling Counselor Training</b>				
<b>Sunday, October 29 - Wednesday, November 1, 2017</b>				
8 am - 5 pm	Gambling Counselor Certification Core Course	<i>Introductory Training in Problem and Disordered Gambling</i>	Colin Hodgen, Denise Quirk	Chehalis Salon E
<b>Pre-Conference Workshops &amp; Trainings</b>				
<b>Sunday, October 29, 2017</b>				
1 - 5 pm	Pre-Conference Workshop	<i>ACT and Mindfulness - Tools to Help Problem Gamblers</i>	Wiley Harwell	Chehalis Salon D
1 - 5 pm	Pre-Conference Workshop	<i>Rebuilding a Strong Family Foundation for Recovering Families</i>	Mitch Factor	Chehalis Salon F
<b>Monday, October 30, 2017</b>				
7 - 8 am	Registration and Continental Breakfast			Foyer
8 am - 5 pm	Pre-Conference Workshop	<i>Financial Realities and Therapeutic Strategies for Gambling Treatment</i>	Marc Lefkowitz	Chehalis Salon F
8 am - 5 pm	Pre-Conference Workshop	<i>Devil's Club Healing from Our Forests - Traditional Foods, Teas, and Salves</i>	Janell Blacketer, Grace Ann Byrd	NW Territory Salon C
8 am - Noon	Pre-Conference Workshop	<i>Ceremonial and Medicinal Uses of Tobacco: Using Traditional Healing in Tobacco Reduction and Cessation</i>	Gayl Edmunds, Alfred Gibson	Chehalis Salon D
1 - 5 pm	Pre-Conference Workshop	<i>Learning to Tell Your Story Through Art: Developing Your Narrative Skills Through Drawing</i>	Roger Fernandes	Chehalis Salon D
<b>Tuesday, October 31, 2017</b>				
7 - 8 am	Registration and Continental Breakfast			Foyer
8 - 9 am	Welcome/Opening Ceremony			Chehalis Ballroom
9 - 10 am	Keynote	<i>The Art of Healing Through Storytelling</i>	Gene Tagaban	Chehalis Ballroom
10 - 10:15 am	Break / Exhibits			Foyer
10:15 am - 12:15 pm	Clinical / Behavioral Health	<i>Ethics and Professional Considerations for Counselors - Part I</i>	Janese Olalde	Chehalis Salon F
	Community & Culture	<i>Domestic Violence Treatment on Reservations: Restorative Justice Model</i>	Randy Kempf	Chehalis Salon D



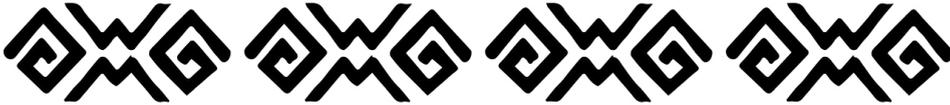


<b>Tuesday, October 31, 2017 (continued)</b>				
12:15-1:45 pm	Lunch Plenary	<i>Escaping the Web of Video Game Addiction, Bullying, and Rejection</i>	Cam Adair	Chehalis Ballroom
1:45 - 2 pm	Break / Exhibits			Foyer
2 - 4 pm	Clinical / Behavioral Health	<i>Ethics and Professional Considerations for Counselors - Part II</i>	Janese Olalde	Chehalis Salon F
	Innovative Topics	<i>Addiction's Attachment to Domestic Violence, Suicide, and Sexual Assault</i>	Roger Fernandes, Gene Tagaban	Chehalis Salon D
5:30 - 7:30 pm	Community Celebration Event			Chehalis Ballroom
<b>Wednesday, November 1, 2017</b>				
7 - 8 am	Registration and Continental Breakfast			Foyer
8 - 9:45 am	Welcome and Keynote	<i>Voices of the Family</i>	Recovery Community	Chehalis Ballroom
9:45 - 10 am	Break / Exhibits			Foyer
10 - 11:30 am	Clinical / Behavioral Health	<i>Introduction to Gambling and Co-occurring Disorders - Screening Tools and Assessment</i>	Panel	Chehalis Salon F
	Community & Culture	<i>Supporting Long-Term Health: Recovery Cafés and Community Care Centers</i>	Panel	Chehalis Salon D
11:30 am - 1:15 pm	Lunch Plenary	<i>We Only Live Free (WOLF): Empowering Youth to Rise and Find Their Voice</i>	Anthony Fernandes, Mike Frease	Chehalis Ballroom
1:15 - 1:30 pm	Break / Exhibits			Foyer
1:30 - 2:45 pm	Community Health	<i>Internet Addiction and Our Youth</i>	Hilarie Cash, Cam Adair	Chehalis Salon D
	Community & Culture	<i>Native Americans and Gambling - Stigma and Stereotypes in Indian Country</i>	Ted Hartwell, Sydney Smith	Chehalis Salon F
2:45 - 4:30 pm		<i>Talking Circle Traditions for Treatment Providers</i>	Gayl Edmunds	Chehalis Salon A

**CEU ACCREDITATION AVAILABLE FROM:**

- Addiction Counselor Certification Board of Oregon (ACCBO)
- American Academy of Health Care Providers in the Addictive Disorders (AAHCPAD)
- Association for Addiction Professionals (NAADAC)
- National Council on Problem Gambling (NCPG)





# Youth Track Schedule

## Sunday, October 29

**1 - 5 pm**

**FALLEN TIMBERS**

*Your Sacred Drum - Your Sacred Voice: Living Your Sacred Life* Wayne Franks and Anita Torres

Youth will have the opportunity to learn about the importance of the drum and the “heartbeat” of each drum. They will learn techniques of drum-making by making their own drums and rattles in this interactive session.

## Monday, October 30

**8 am - Noon**

**FALLEN TIMBERS**

*Storytelling and Paper Mask Making* Shaa Gunaaxookwaan

Youth will learn the many lessons that are found in traditional Trickster stories and make their own animal masks to help them share their stories.

**1 - 5 pm**

**FALLEN TIMBERS**

*Self-Discovery and Cultural Awareness through Expressive Arts - Part I* Legends and Lyrics

Self-discovery and finding your unique voice is important for all young people. In this dynamic session, youth will express their experiences, strengths, dreams, fears, and hopes for their future through music, poetry, and creative writing.

## Tuesday, October 31

**8 am - 12:15 pm**

**FALLEN TIMBERS**

*Self-Discovery and Cultural Awareness through Expressive Arts - Part II* Legends and Lyrics

**12:15 - 1:45 pm**

**CHEHALIS BALLROOM ABC**

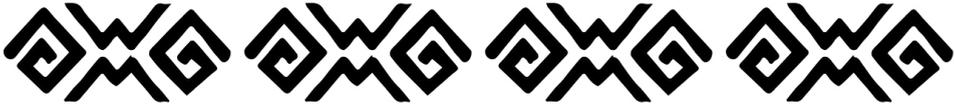
*Escaping the Web of Video Game Addiction, Bullying, and Rejection* Cam Adair

**1:45 - 5 pm**

**FALLEN TIMBERS**

*Self-Discovery and Cultural Awareness through Expressive Arts - Part III* Legends and Lyrics





## Wednesday, November 1

**8 - 11:30 am**

**FALLEN TIMBERS**

*Empowerment and Expression Through Traditional and Contemporary Performing Arts - Part I*

Red Eagle Soaring

Red Eagle Soaring will guide the youth in performing arts activities that will promote wellness, cultural identity, healthy risk-taking, and teamwork, along with confidence and clarity of expression.

**11:30 am - 1:15 pm**

**CHEHALIS BALLROOM ABC**

*We Only Live Free (WOLF): Empowering Youth to Rise and Find Their Voice*

Anthony Fernandes, MA  
and Mike Frease

**1:15 - 4:30 pm**

**FALLEN TIMBERS**

*Empowerment and Expression Through Traditional and Contemporary Performing Arts - Part II*

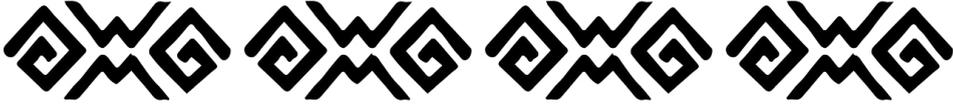
Red Eagle Soaring



*Four Directions*

19





## Presenters



**Cam Adair** is the founder of Game Quitters, the world's largest support community for problematic gaming and technology use serving 50,000 members each month in 82 countries. A pioneer in the field, Cam's work has been featured in two TEDx talks, and in Forbes, BBC, ABC News, Vice, CBC, CTV, The Star, The Huffington Post, SiriusXM, and TV Asia, amongst many others. He is an internationally recognized speaker, host of the Game Quitters podcast, and has received over one million views on YouTube. Born in Canada, he currently lives in California.



**Anne Artman** developed a nonprofit with a grassroots approach to recovery, combined with the strong philosophy that clients should be treated with respect. This respect strengthens their belief in self; empowers and encourages the client in a supportive family environment. Anne has worked eleven years with individuals with a variety of substance abuse, social concerns, limited education and support systems. The experience, including her education in Psychology and Master's in Addiction Counseling has provided a strong, clear understanding of peer support, motivational interviewing, and person-centered approach. Anne is the Executive Director of the Tacoma Recovery Café. She is a member of the Washington Recovery Alliance and a true advocate for recovery.



**Janell Blacketer** is a Nisqually/Yakama Native American. Most of her adult life she spent wandering the streets finding emptiness in everyone and everything. Janell took nothing seriously. Even after having her son, she struggled and still could not manage to put her needs aside. After hitting rock bottom, she decided to put herself first to make herself better for her son. She was able turn her life around and has not looked back since, except to remind herself where she came from. She now works as the Tribal Master Gardener and is taking classes to become the Tribe's herbalist. She has found a new way of living chemical-free, and enjoys sharing this knowledge with her people to help advance their knowledge that the land and plants heal as well as reiterate our traditions as Natives.





## Presenters



**Russell Brooks** attended Montana State University-Billings and received degrees in Organizational Communications and Native American Studies in 2000. He worked with the Northern Cheyenne tribal youth for years before making his way to Seattle. He came to Red Eagle Soaring Native Youth Theatre after spending five years with the Quileute Tribe as their Events Coordinator. He also managed the development of their Tribal youth program and teen center. Russell serves on the Board of Directors of the Olympia Film Collective.



**Grace Ann Byrd** is a Nisqually Tribal Member, born and raised on the Nisqually Reservation, where she learned about the native plants and wildlife. After serving in Community Service positions for the Oregon Department of Revenue, State of Washington, and the Nisqually Tribe, Grace became a Master Gardener. She currently works full time and attends Northwest Indian College.

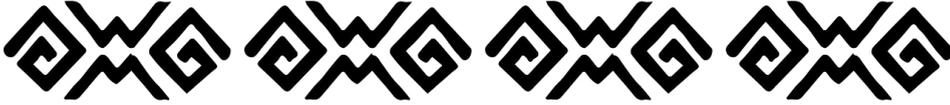


**Dr. Hilarie Cash** is co-founder of reSTART Life, LLC, the first long-stay retreat program in the US or Canada for adults who are experiencing serious problems with their digital screen use. She began her pioneering work in this new field in the mid-90s. By 1999, she had co-founded an outpatient clinic called Internet/Computer Addiction Services (now closed) in Redmond, WA. In 2008, she co-authored the book *Video Games and Your Kids: How Parents Stay in Control* and in 2009, she co-founded reSTART Life. All of these ongoing endeavors have brought her recognition as one of the nation's leading experts in the growing field of Internet addiction.



**Gayl Edmunds** is Sicangu Lakota from the Rosebud Reservation in South Dakota. He is a graduate of the University of Kansas, holding a Bachelor's degree in Philosophy and Personnel Administration. Gayl remains a Kansas State licensed alcohol and drug abuse counselor, and was in the field for over 40 years. Gayl has recently retired and now serves on the Board of Directors of Recovery Concepts, Inc. (RCI), which specializes in alcohol and drug abuse rehabilitation and prevention services.





## Presenters



**Mitch Factor** is a Seminole and Menominee Indian who was born the youngest of ten and raised in Oklahoma. He has been involved in Indian Head Start since the early nineties, and has served as a teacher as well as an education manager of Head Start. Mitch is one of the top Indian comedians in the United States, and has performed for thousands over the last ten years, from Anchorage, Alaska to Germany, and most of Indian country. Mitch has performed for National Indian conferences, casinos, Indian music festivals, Pow Wows, Indian Head Start programs, Indian banquets, and private corporate events across the US.

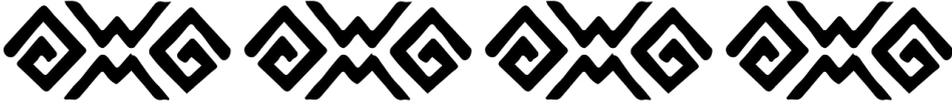


**Anthony Fernandes, MA**, an enrolled member of the Lower Elwha Klallam Tribe, is the creator of the innovative youth empowerment program Legends and Lyrics. Anthony's combined experience as an Indigenous activist, hip-hop artist, and his Master's degree in Indigenous Governance afford him a unique perspective into empowerment of Indigenous youth. His methodology has most recently been showcased on the Viceland's RISE documentary series featuring stories of Indigenous Resistance. From his thought-provoking hip hop lyrics to his concise critique of colonialism, Anthony peels back the veneer of the status quo. In doing so, he challenges Indigenous peoples to comprehend the root of the challenges they face, and draw upon traditional Indigenous principles to address the effects of colonization, and empower Indigenous youth to make healthy, lasting change in their communities.



**Roger Fernandes, MA** is a Native American artist, storyteller, and educator who has worked in the field of American Indian education for over 40 years. He is a member of the Lower Elwha Klallam tribe and has a Master's degree in Whole Systems Design from Antioch University. He was born and raised in the city of Seattle and has worked in the local urban Native community in a variety of jobs and roles. As an artist, he has done a variety of public and commissioned pieces that share the culture of the local tribal cultures. As a storyteller, he shares the wisdom and knowledge held in the traditional myths and legends of his people and other tribes across the region. With his degree in systems change, he seeks to use both art and storytelling as primary communication styles to help people identify and create new models for community transformation.





## Presenters

**Wayne Franks** teaches culture classes at Nisqually Behavioral Health in beadwork, medicine bags, drum making, carving, and painting. He discovered his own culture while being raised by a boarding school parent. He passes down what he has learned from the Tribal Elders.



**Michael Frease** was born and raised in the city of West Sacramento. After spending five years in the California youth authority as a ward of the state, he attended Haskell Indian Nations University. He dropped out of college when his brother was murdered. He joined up with his college friend, Anthony Fernandes, to become a facilitator in the WOLF program. For more than 10 years, he has created change through the direct action of the WOLF program. The program has saved lives as well as given native youth a voice. Empowering native youth to rise up is his purpose on this earth.



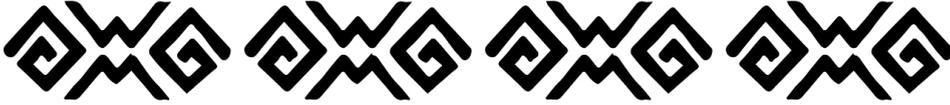
**Brad Galvin, LMHC, CDP, NCGC-I** has more than a decade of experience working in the chemical dependency, mental health, and problem gambling fields. During this time, Brad has served in multiple capacities within tribal behavioral health programs, including managerial and direct service roles. He helped to develop the Evergreen Council on Problem Gambling's Responsible Gaming Certification Program, researching and authoring the policies and procedures manual and training modules to help ensure that potential gambling-related harm to casino employees and patrons are minimized. Brad currently runs the responsible gambling treatment program at Lummi Nation.



**Barbara Gerrior, MSW** is the Program Coordinator for the Clark County Department of Community Services, Alcohol & Drug/Specialty Court Program. She holds an MSW degree from Portland State University, and has been the Lead Recovery Support Specialist for Access to Recovery in Clark County for more than 12 years. Currently, she is working with community members to implement a Recovery Café in Clark County.

**Alfred Gibson**, of the Navaho Tribe, was taught by his late grandfather about traditional healing and ceremonies. Many of the healing practices and traditional ceremonies he facilitates have medical value as psychotherapy or cognitive techniques in addition to their cultural and historical significance as healing arts.





## Presenters



**Ann Gray, M.Ed** is the Problem Gambling Program Manager for the Behavioral Health Administration. She is a graduate of the University of Texas with a Bachelor of Science degree in Special Education and Spanish. She received her Master's in School Counseling and Student Services from the University of North Texas. She has more than thirty years of experience in public education as a teacher, counselor, assistant principal, principal, and district office administration.



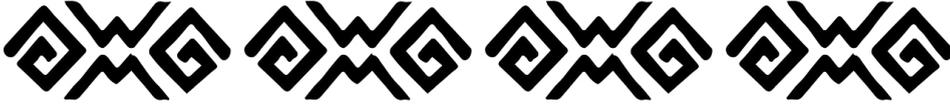
**Maureen Greeley, BS** has worked with and for ECPG since 1998, becoming Executive Director in 2006. She has served on the Board of the National Council as a board member and as President. In 2013, Maureen received the NCPG Award for Advocacy. In Washington State, she serves on the Problem Gambling Advisory Council for the DSHS Behavioral Health and Recovery Administration.

**Shaa Gunaaxookwaan**, Nisqually Indian Tribe



**Ted Hartwell, MA** has a Master's degree in Anthropology from Texas Tech University, with an emphasis in Archaeology. He has served on the research faculty of the Desert Research Institute of the Nevada System of Higher Education since 1991. Ted is a disordered gambler in long-term recovery, and he serves in an advocacy position for the Nevada Council on Problem Gambling, promoting awareness, prevention, and treatment of problem gambling. He has served on the Nevada State Advisory Committee on Problem Gambling since 2012, and he was the 2014 recipient of the Nevada Council's Shannon L. Bybee Award. He is currently engaged in research and outreach on the effects of problem gambling in Nevada tribal communities.





## Presenters



**Wiley D. Harwell, D.Min, LPC, NCGC-II** is the 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 also a certified employee assistance professional and has an advanced certification in hypnotherapy. Wiley has served as the director of employee assistance programs for twenty years and has provided counseling to employees and family members for more than fifty companies. He has provided training programs to those companies and currently leads trainings for tribal casinos, as well as continuing education for mental health professionals on problem gambling.



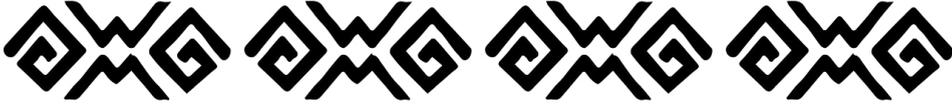
**Colin Hodgen, PhD, LADC-S, CPGC-S, ICGC-II** holds advanced degrees in Counseling and Educational Psychology from the University of Nevada, Reno, with an emphasis in Addictions Counseling. His areas of interest include psychoeducation and the screening, assessment, and placement of individuals with addictive disorders. Colin wrote and taught coursework in aging and addictions for the University of Nevada, Reno, is co-author of *Gambling Patient Placement Criteria* (2010), and was a field reviewer for *The ASAM Criteria* (2013).



**Randy Kempf, LMHC** is a Licensed Mental Health Counselor, Domestic Violence Treatment Provider/Consultant, and author. He has worked on Reservations and in private practice, is bilingual (Spanish), with 20 years facilitating Relational Life Skills (RLS)/DV classes. He is the founder of InnerVoice Counseling, which specializes in RLS/DV programs on Indian Reservations. He is the author of *Happiness Lost & Found*, which is the backbone of the DV curriculum he developed and teaches. Randy also provides consulting in the development of Tribal DV Protocol.

**TJ Larocque**, Providence St. Peter Behavioral Health





## Presenters



**Marc Lefkowitz, CCGC-I, NCGC-I** is a California/National Certified Gambling Counselor, receiving his CCGC in 1999. He has facilitated multiple counselor and therapist certification trainings for the California Council on Problem Gambling and UCLA Gambling Studies Program. He was an adjunct instructor in California, teaching courses on problem gambling and addiction. He has a degree in Human Services, and is a recovering gambler with over 34 years of recovery. He currently is Program Director for Algamus Gambling Treatment Services. In 2012, Marc received California's Life-time Achievement Award for his work with problem gamblers and affected individuals. Marc is a national speaker on gambling and financial recovery, including Gamblers Anonymous Pressure Relief Program.



**Jim Leingang, BA, CDP, TTS, WSCGC-II** served the community as a Chemical Dependency Professional and Certified Problem Gambling Counselor with Providence St. Peter Hospital. In addition to his experience in the treatment world, he brings experience in promotion, advocacy, and public speaking from working in broadcast media. He received his BA in Human Services from The Evergreen State College and is a graduate of the Addiction Certification program at Pierce College. Jim is now the Community Engagement and Advocacy Specialist for the Evergreen Council on Problem Gambling.



**Janese Olalde, M.Ed, QMHP, CADC-II, CGAC-II** has more than 20 years' experience in the addiction and education fields. Having lived in Mexico for four years, she worked as an addictions counselor with Spanish-speaking clients for nine years and has been involved in the Latino community for more than 30 years. Janese previously worked for the State of Oregon DHS as a Problem Gambling Treatment Specialist, has a Master's in Couples and Family Therapy and currently is a Human Services instructor at Lane Community College.





## Presenters



**Ricki Peone, MSW, NCGC-II, BACC** is an enrolled Upper Spokane Tribal member, and is also from the Arrow Lakes Band of the Colville Confederated Tribes. Ricki obtained her Bachelor of Science degree in Developmental Psychology, as well as her Bachelor in Education from Eastern Washington University in 1998. In 2003, Ricki obtained her Master's Degree in Social Work from Eastern Washington University. She has more than 20 years in providing direct services in the behavioral health arena, and has been working in the field of Responsible Gaming for over 14 years, assisting multiple tribes in their responsible gaming efforts. She assisted the Kalispel Tribe of Indians in developing the first known Comprehensive and Independent Tribal Responsible Gaming program in 2003-2004. The Kalispel Tribal program included community outreach, awareness, prevention, gaming venue education and training programs, as well as outpatient treatment for problem gamblers and their family members.



**Denise Quirk, MA, MFT, LCADC, BACC, ICGC-II, CPGC-S** is certified as a clinical supervisor and gambling counselor specializing in treatment for families. She is the CEO and Clinical Director of the Reno Problem Gambling Center, a nonprofit outpatient treatment center. Denise created and teaches an online problem gambling course for the University of Nevada, Reno. She serves as a Board member for the Nevada Council on Problem Gambling and is a member of the Nevada Governor's Advisory Committee for Problem Gambling. Denise is co-author of Gambling Patient Placement Criteria, and was a field reviewer for The ASAM Criteria.

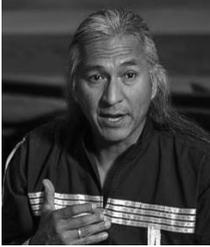


**Sydney Smith, LPC, LADC, NCGC-II** is a PhD candidate and the CEO of RISE Center for Recovery. Devoting 15 years to the counseling field, she has spent the majority of her career working with co-occurring disorders as a substance abuse and gambling addiction therapist practicing in both inpatient and outpatient settings. She is currently active in clinical practice, and will also be opening a Residential Gambling Treatment Center in Las Vegas, NV.





## Presenters



**Gene Tagaban**, “One Crazy Raven” is an influential storyteller, speaker, mentor, performer and counselor of the spirit. He is a board member of the Native Wellness Institute, head trainer for COMPASS, a men’s mentorship program with the Alaska Network of Domestic Violence and Sexual Assault, an Adult Care Caseworker with the Nisqually Tribe, and a specialty instructor with the Wilderness Awareness School. Gene is of the Takdeintaan clan, the Raven, Freshwater Sockeye clan from Hoonah, AK. He is the Child of the Wooshkeetaan, the Eagle, Shark clan from Juneau, AK. He is of the Wolf clan from his Cherokee heritage, and his last name comes from his Filipino heritage.

**Anita Torres**, BA, CDP has worked with youth and adults at Nisqually Behavioral Health for the past two years, and has been in the addiction field for seven years.

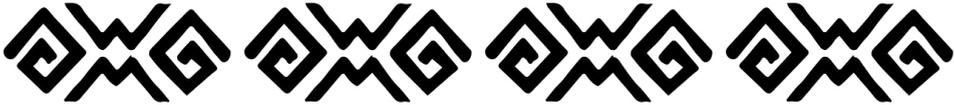
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# SAVE THE DATE!

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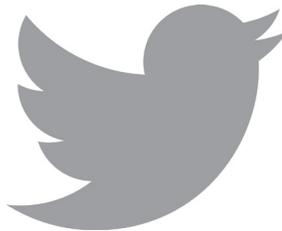




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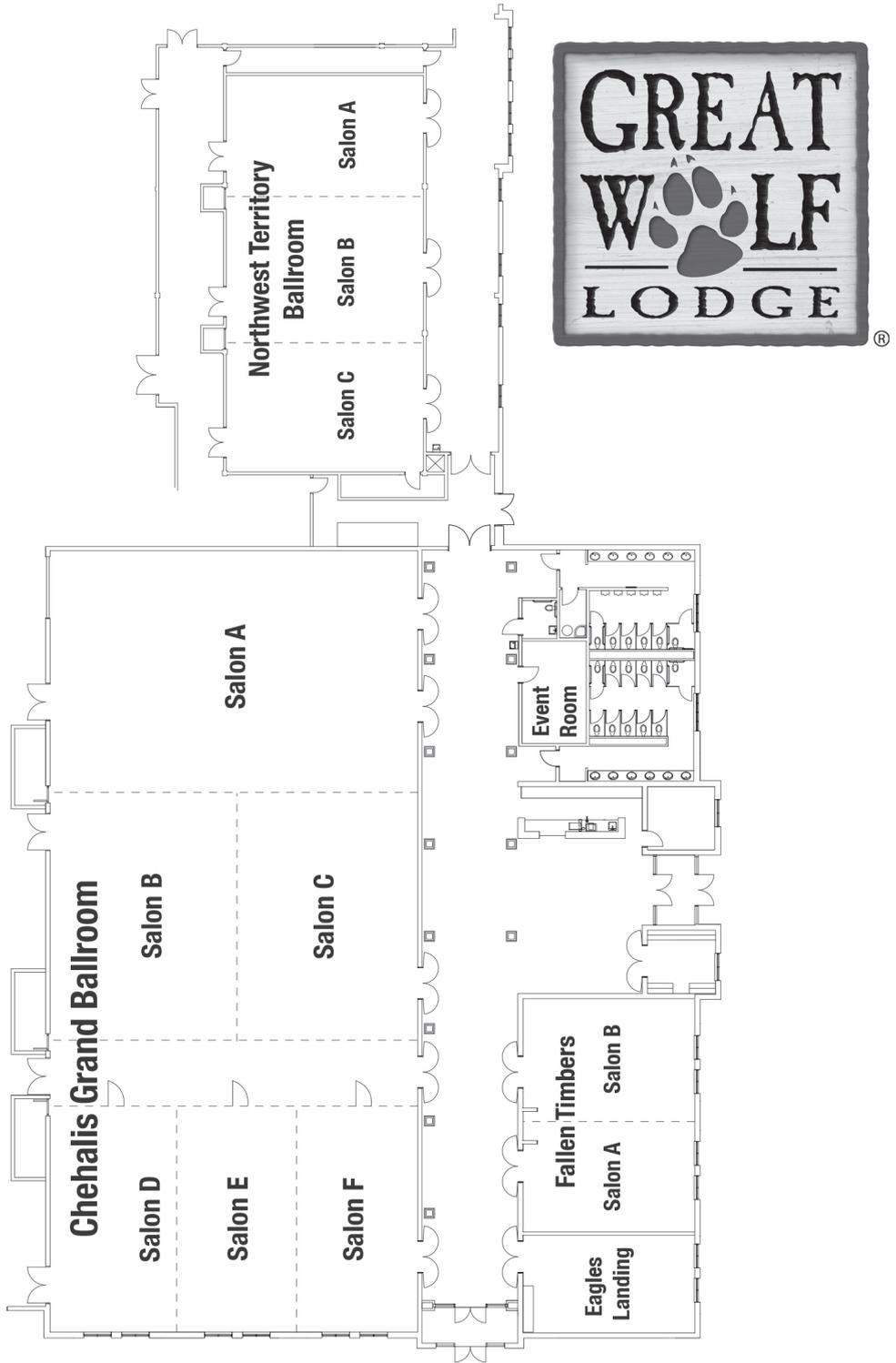
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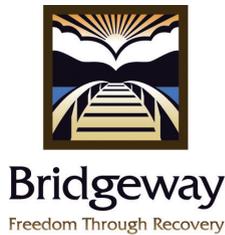
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# Problem Gambling and Health Awareness Conference

# FOUR DIRECTIONS

## Conference At-A-Glance

### Sunday, October 29

8 am - 5 pm	Introductory Training
1 - 5 pm	Pre-Conference Workshops, Youth Track

### Monday, October 30

8 am - 5 pm	Introductory Training
8 am - 5 pm	Health and Wellness Fair
8 am - Noon	Pre-Conference Workshops, Youth Track
1 - 5 pm	Pre-Conference Workshops, Youth Track

### Tuesday, October 31

7 - 8 am	Registration and Continental Breakfast
8 am - 5 pm	Introductory Training
8 am - 5 pm	Youth Track
8 - 9 am	Welcome & Opening Ceremony
9 - 10 am	Morning Keynote
10 - 10:15 am	Break
10:15 am - 12:15 pm	Morning Breakout Sessions
12:15 - 1:45 pm	Lunch Plenary
1:45 - 2 pm	Break
2 - 4 pm	Afternoon Breakout Sessions
5:30 - 7:30 pm	Community Celebration Event

### Wednesday, November 1

7 - 8 am	Registration and Continental Breakfast
8 am - 4:30 pm	Introductory Training
8 am - 4:30 pm	Youth Track
8 - 9:45 am	Welcome & Morning Keynote
9:45 - 10 am	Break
10 - 11:30 am	Morning Breakout Sessions
11:30 am - 1:15 pm	Lunch Plenary
1:15 - 1:30 pm	Break
1:30 - 2:45 pm	Afternoon Breakout Sessions
2:45 - 4:30 pm	Talking Circle