

Celebrating 10 Years

FOUR DIRECTIONS

Problem Gambling and Health Awareness Conference
Honoring Our Past + Protecting Our Future

ABOUT THE CONFERENCE

Celebrate the 10th Annual **Four Directions** conference with us at Little Creek Resort!

Many representatives of Tribal Nations and organizations working on community wellness programs throughout the Pacific Northwest have come together to plan this important four-day event for learning and sharing. As our **Four Directions** conference theme suggests, our goal is to **Honor Our Past and Protect Our Future** through holistic health, wellness, and recovery support. We hope to bring together Tribal leaders, behavioral health directors and counselors, education and prevention specialists, recovery and peer coaches, and representatives of the gaming industry to support each other with knowledge and experience around health issues, gambling disorder and other addictions, and financial and safety concerns that affect all our communities.

The first **Four Directions** conference in 2009 was a great success—so much so that interest grew rapidly in offering an expanded conference program. Today, we invite you to join in a fantastic celebration of our **10th Annual Four Directions** conference. Please take a look at the full conference schedule to see all of the exciting opportunities for both training and cultural enrichment. From expanding knowledge and skills to experiencing healing and teaching tools that honor the traditional heritage of many cultures, your journey at **Four Directions** will illuminate your work and your life.

We hope you will join us for this 10th Anniversary Celebration of Four Directions!

Presented By



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EvergreenCPG



Honorary Co-Chair
Arnold Cooper
Chairman, Squaxin Island Tribe



Honorary Co-Chair
Charlene Krise
Vice-Chair, Squaxin Island Tribe

CONFERENCE SCHEDULE* AT-A-GLANCE

MONDAY, OCTOBER 1			
8 am - 5 pm	Recovery Coach Advanced Training	Vince Collins, MSW, CPRC	<i>Ethical Considerations for Recovery Coaches - Part I</i>
	Community and Culture	Roger Fernandes, MA and Gene Tagaban	<i>Creations of the First People: Storytelling and Art as Teaching and Healing</i>
8 am - noon	Clinical/Behavioral Health	Kathryn Korslund, PhD	<i>Dialectical Behavior Therapy: Principles and Application</i>
1 - 5 pm	Clinical/ Behavioral Health	Wiley Harwell, D.Min, LPC, NCGC-II	<i>Follow the Money: Working with Problem Gamblers</i>
TUESDAY, OCTOBER 2			
8 am - 5 pm	Recovery Coach Advanced Training	Vince Collins, MSW, CPRC	<i>Ethical Considerations for Recovery Coaches - Part II</i>
	Clinical and Community	Tony Cloud, MHA	<i>Mental Health First Aid</i>
8 am - Noon	Community and Culture	Lois Ellen Frank, PhD and Walter Whitewater	<i>The History of Native American Cuisine: Using Ancestral Native American Ingredients and Foods for Health and Wellness</i>
1 - 5 pm	Clinical/Behavioral Health	Denise Quirk, MA, MFT, LADC, CPGC-S, NCGC-II	<i>Title TBD</i>
5:30 - 7 pm	Open GA/AA meetings		
WEDNESDAY, OCTOBER 3			
7- 8 am	Registration & Continental Breakfast		
8 - 8:30 am	Welcome/Opening Ceremony		
8:30 - 10 am	Keynote	Swil Kanim	<i>The Honor of Connection</i>
10 - 10:15 am	Break/Exhibits		
10:15 am - Noon	Clinical/ Behavioral Health	Bonnie Lee, PhD	<i>How Communication Goes Sideways in Families Affected by Problem Gambling</i>
	Community and Culture	Sally Spencer-Thomas, PsyD	<i>Violence Goes to School: Creating a Culture of Safety</i>
	Community and Culture	Mitch Factor	<i>Identifying Unhealthy Behaviors that Contribute to Addiction and Refocusing on Healthy Choices</i>
Noon - 1:30 pm	Lunch Plenary	Sally Spencer-Thomas, PsyD	<i>Hope Illuminated: Aspiring to a Zero Suicide Mindset</i>
1:30 - 3:15 pm	Clinical/ Behavioral Health	Wiley Harwell, D.Min, LPC, NCGC-II	<i>Motivational Interviewing: Engaging Clients and Enhancing Motivation for Personal Change</i>
	Global and Responsible Gaming	Kahlil Philander, PhD	<i>Educational Needs of Responsible Gambling Specialists</i>
	Clinical/ Behavioral Health	Bonnie Lee, PhD	<i>Connecting the Dots: Couple Communication, Childhood Trauma, and Problem Gambling</i>
3:15 - 3:30 pm	Break/Exhibits		
3:30 - 5 pm	Afternoon Plenary	Bo Bernhard, PhD	<i>WEIRD Science: A Cultural Analysis of Gambling Research</i>
6 - 8:30 pm	Community Celebration Event and Dinner		
THURSDAY, OCTOBER 4			
7 - 8:15 am	Registration & Continental Breakfast		
8:15 - 8:30 am	Welcome		
8:30 - 10 am	Keynote	Jeanne Manese, PhD	<i>Redefining Mental Health and Addressing Stigma with Diverse Populations</i>
10 - 10:15 am	Break/Exhibits/Hotel Checkout		
10:15 am - Noon	Clinical/ Behavioral Health	David Hodgins, PhD	<i>Preventing Relapse in Gambling: An Evidence-Based Review</i>
	Clinical/Behavioral Health	Brooksi Bottari, MA, LMHC	<i>Self-Care for Trauma-Exposed Veterans and Those Who Care for Them</i>
	Global and Responsible Gaming	Bo Bernhard, PhD and Chris Stearns	<i>Sin City Raiders: Notes on the Merging of Sports, Gambling, and Sports Gambling in America</i>
Noon - 1:30 pm	Lunch Plenary	Bea Aikens, BS	<i>Hope and Healing</i>
1:30 - 3 pm	Global and Responsible Gaming	Julie Hynes, MA, CPS	<i>How Video Games are Crossing Definitions and Generations: Preparing for 2019 and Beyond</i>
	Community and Culture	Kristen Lindgren, PhD, ABPP	<i>Implicit Bias: What is It and What are Its Implications for Addictive Behaviors?</i>
	Clinical/Behavioral Health	Bea Aikens, BS	<i>No Wrong Door</i>
3 - 3:15 pm	Break/Exhibits		
3:15 - 5 pm	Clinical and Community	Wiley Harwell, D.Min, LPC, NCGC-II	<i>Talking Circle Traditions for Treatment Providers</i>

*Schedule is subject to change. Visit www.evergreencpg.org for the latest schedule updates!

COMMUNITY CELEBRATION EVENT

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

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

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

Please join us in a Celebration of Community and Dinner

Wednesday, October 3, 6 - 8:30 pm

Included in all Main Conference Registrations - Guest tickets available (see Page 5)

Featured Artists:



Gene Tagaban – "One Crazy Raven" – is a storyteller, a counselor, a trainer, a teacher. Gene is of the Takdeintaan clan, the Raven, Freshwater Sockeye clan from Hoonah, Alaska. He is the Child of the Wooshkeetan clan, the Eagle, Shark clan from Juneau, Alaska. He is Cherokee, Tlingit, and Filipino.



Swil Kanim, US Army Veteran, world class virtuoso violinist, Native storyteller, and actor, is a member of the Lummi Nation. Swil brings healing and hope through music, fine arts, and storytelling to explore how authentic expression contributes to healthy communities. He encourages all to Honor Your Vision – Follow Your Passion.



Roger Fernandes, Native American artist, storyteller, and educator, is a member of the Lower Elwha Klallam Tribe. As an artist, he has done a variety of public and commissioned pieces that share the culture of the local tribes. 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.



Mitch Factor, Seminole and Menominee Indian, comedian and teacher. Mitch is one of the top Indian comedians in the United States, and has performed for thousands over the last ten years. Mitch has performed for National Indian conferences, casinos, music festivals, Pow Wows, Indian Head Start programs, Indian banquets, and private corporate events across the US.

GENERAL CONFERENCE INFORMATION

CONFERENCE REGISTRATION DEADLINES



- Early Bird registration deadline is **Monday, September 3, 2018**.
- Regular registration deadline is **Friday, September 21, 2018**.
- On-site registration only after **Friday, September 21, 2018**. Please do not mail, email, fax, or drop off registration after this date. Visa® or MasterCard® credit or debit cards will be accepted for on-site payment at the conference.

Fill out the attached registration form (page 5) or visit www.evergreencpg.org to register. Call 360.352.6133 if you need assistance.

CONFERENCE SCHOLARSHIPS

Scholarship opportunities available for Washington State treatment providers, peer/recovery coaches, and students/professors in behavioral health, addictions, and counseling programs!



Thanks to a partnership with Health Care Authority, ECPG offers a limited number of scholarships. Scholarships include full registration fee, hotel stipend (\$50 per night, up to three nights), and Washington State Problem Gambling Certification application fee. **The deadline to apply is September 21**; applications received after that will be considered only if funding is still available. Call 360.352.6133 or visit www.evergreencpg.org for more details.

HOTEL ACCOMMODATIONS

We have reserved a block of rooms for conference attendees at very special rates at the Little Creek Casino Resort. Conference rates are offered to attendees based on availability. Room quantities are limited, so reserve your room early.

LITTLE CREEK CASINO RESORT

Little Creek Casino Resort is nestled among the diverse landscape of sun-dappled rain forests, deep canyons, and mountain ridges of the Kamilche Valley. Guest rooms and suites are spacious, airy, and well-appointed, and include complimentary high-speed internet and flat panel HD TVs with expanded channels. The resort includes an indoor pool, fitness center, and state-of-the-art spa.



LITTLE CREEK CASINO RESORT

91 W State Route 108
Shelton, WA 98584
Reservations: 800.667.7711

Conference Guest Room Rates:
\$95/night plus tax - Standard
\$115/night plus tax - Premium

Special rate cut-off date is
September 17, 2018

When making reservations, identify yourself as a **Four Directions attendee and use Group Code 100118EVER.*



Problem Gambling and Health Awareness Conference

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REGISTRATION FORM

Register online at www.evergreencpg.org | DEADLINE IS SEPTEMBER 21, 2018

REGISTRANT INFORMATION

Name: _____ Credentials: _____

Position / Title: _____ Agency / Organization: _____

Address: _____

City: _____ State/Province: _____ Zip / Postal Code: _____

Day phone: _____ Cell/Alternate phone: _____

Email address: _____

REGISTRATION OPTIONS

All amounts shown in US Dollars

	EARLY BIRD ECPG MEMBER Before –September 3–	EARLY BIRD NON-MEMBER Before –September 3–	ECPG MEMBER After –September 3–	NON-MEMBER After –September 3–	COLLEGE STUDENT	ON-SITE (FOR ALL) After –September 21–
FOUR DIRECTIONS Four-Day Full Conference (includes Community Event) <input type="checkbox"/> (October 1-4)	\$275	\$295	\$295	\$335	\$195	\$375
FOUR DIRECTIONS Two-Day Pre-conference Workshops <input type="checkbox"/> (October 1-2) <input type="checkbox"/> RCA Ethics	\$95	\$115	\$95	\$115	\$80	\$135
FOUR DIRECTIONS Two-Day Main Conference (includes Community Event) <input type="checkbox"/> (October 3-4)	\$180	\$195	\$195	\$230	\$125	\$250
FOUR DIRECTIONS One-Day Option <input type="checkbox"/> Oct 1 <input type="checkbox"/> Oct 2 <input type="checkbox"/> Oct 3 <input type="checkbox"/> Oct 4	\$75	\$90	\$85	\$100	\$75	\$110

Guest Meals (Breakfast and Lunch): _____ Adults @ \$50/day = \$ _____ Children (8-12 years of age*) @ \$35/day = \$ _____

Community Dinner Event (included in registration fee for Full and Main Conference, RSVP required): yes, I will attend no, I will not attend

Guests - Community Event (RSVP required): _____ Adults @ \$39 = \$ _____ Children (8-12 years of age*) @ \$29 = \$ _____

*We are unable to accommodate children younger than 8 years old.

TOTAL AMOUNT ENCLOSED:

US \$

How did you hear about this conference?

- Brochure mailing Referral Search Engine
 ECPG Website Email Other _____

YES! I'D LIKE TO BECOME A MEMBER OF ECPG AND SAVE ON MY REGISTRATION! (see reverse for membership form)

- CANCELLATION POLICY:** Refunds will be issued, less a \$35 administrative fee, if received in writing by **September 23, 2018**. Refunds will not be issued after that date.
- Students must provide proof of current enrollment.
- To become an ECPG member, fill out the application on the Special Membership Offer page or visit www.evergreencpg.org/Membership.

DIETARY RESTRICTIONS and/or DISABILITIES

I have the following dietary restrictions: Gluten-Free Lactose-Intolerant Peanut Allergy Sugar-Free Vegan Vegetarian

I require the following under the Americans with Disabilities Act: _____

METHOD OF PAYMENT

___ Visa® ___ MasterCard® ___ Money Order Credit Card #: _____

Check # (US dollars only): _____ Expiration Date: _____ CSC #: _____
 Make checks payable to Evergreen Council on Problem Gambling (3 digits on back of credit card)

Name on check: _____ Signature: _____
 (if different from registrant)

MAIL, EMAIL, FAX, OR DROP OFF THIS FORM WITH PAYMENT TO:

Evergreen Council on Problem Gambling

1821 Fourth Avenue East | Olympia, WA 98506

P: 360.352.6133 | F: 360.352.4133 | info@evergreencpg.org



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Honoring Our Past ⊕ *Protecting Our Future*

SPECIAL MEMBERSHIP OFFER

Join both  EVERGREEN and  NCPG save up to **\$50!**

That's like getting your ECPG membership FREE!

As an ECPG Member, you'll receive member discounted rates on all of our Quarterly Trainings and Conferences - all of which offer Continuing Education Units from many association and certification boards, such as:

- Addiction Counselor Certification Board of Oregon (ACCBO)
- American Academy of Health Care Providers in Addictive Disorders (AAHCPAD)
- The Association for Addiction Professionals (NAADAC)
- Washington Mental Health Counselors Association (WMHCA)

ECPG Individual Member benefits also include discounts on Certification Training Workshops, a subscription to our Quarterly Newsletter, and a Member Certificate suitable for display.

NEW MEMBER INFORMATION

Name: _____ Company: _____

Address: _____ Apt./Suite: _____

City: _____ State/Province: _____ Zip/Postal: _____

Phone: _____ Fax: _____

Email address: _____

All fields are required

MEMBERSHIP OPTIONS

___ **\$39 USD** ECPG Membership—Special member discounted fees on quarterly trainings and conference registration (all offer CEUs), certification training workshops, quarterly newsletter, and member certificate.

___ **\$79 USD** Joint ECPG & NCPG Individual Membership—Includes ECPG Membership plus full National voting rights, 1-year subscription to NCPG newsletter, member certificate, bimonthly subscription to *Addiction Professional* as well as discounts on literature and conferences. This special offer is a \$119 value! The cost of NCPG Individual Membership alone is \$80 when purchased directly. Save \$40 through ECPG!

___ **\$114 USD** Joint ECPG & NCPG Individual Plus Member—Includes all the benefits of ECPG & NCPG Individual Member level, with the addition of a subscription to *International Gambling Studies*, a peer-reviewed interdisciplinary journal in gambling studies. This special offer is a \$164 value! The cost of NCPG Individual Plus Membership alone is \$125 when purchased directly. Save \$50 through ECPG!

MEMBERSHIP PAYMENT

Today's Date: _____ Credit Card #: _____

Method of Payment: ___ Visa® ___ MasterCard® ___ Money Order Expiration Date: _____ CSC #: _____

Check # (US dollars only): _____ (3 digits on back of credit card)

Checks payable to Evergreen Council on Problem Gambling Signature: _____

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) via phone, chat, and text.



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 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.

CONFERENCE HOSTS



Squaxin Island Tribe

We are descendants of the maritime people who lived and prospered along the shores of the southernmost inlets of the Salish Sea for untold centuries. Because of our strong cultural connection with the water, we are also known as the People of the Water. We are the Noo-Seh-Chatl of Henderson Inlet; Steh-Chass of Budd Inlet; Squi-Aitl of Eld Inlet; Sawamish/T'Peeksin of Totten Inlet; Sa-Heh-Wa-Mish of Hammersley Inlet; Squawksin of Case Inlet; and S'Hotle-Ma-Mish of Carr Inlet.

Northwest Indian Treatment Center

Northwest Indian Treatment Center (NWITC) opened in 1994 to provide residential alcohol and drug treatment. It received national accreditation by CARF in 1998 and was recognized by the reviewers as one of the best residential programs in the nation. The treatment center specializes in unresolved trauma and grief related to chronic relapse patterns. NWITC was given the spiritual name "D3WXbi Palil" meaning "Returning from the Dark Deep Waters to the Light".



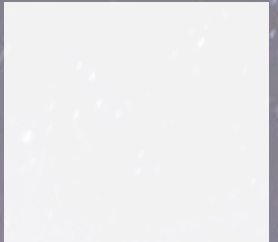
CONTINUING EDUCATION UNITS

Evergreen Council on Problem Gambling

The Evergreen Council on Problem Gambling's training workshops qualify toward the 30 hours of gambling-specific education required by the Washington State and National/International Problem Gambling Certification Boards for certification. Additionally, ECPG is an Approved Provider of Continuing Education by The Association for Addiction Professionals (NAADAC) and the National Council on Problem Gambling (NCPG). Our workshops have also been approved for continuing education by the Addictions Counselor Certification Board of Oregon (ACCBO), and the American Academy of Health Care Providers in the Addictive Disorders (AAHCPAD). We also apply for CEU approval from the Washington Mental Health Counselors Association (WMHCA). Contact us with further questions.



1821 Fourth Avenue East
Olympia, WA 98506



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Problem Gambling and Health Awareness Conference

Honoring Our Past  *Protecting Our Future*

October 1 - 4, 2018

LITTLE CREEK CASINO RESORT | SHELTON, WA

Conference Highlights

- **Clinical/Behavioral Health:** DBT; Motivational Interviewing; Self Care for Trauma-Exposed Veterans; Relapse Prevention, and more!
- **Community and Culture:** Implicit Bias Implications for Addiction; Mental Health First Aid; Violence Goes to School: Creating a Culture of Safety
- **Global and Responsible Gaming:** How Video Games are Crossing Definitions and Generations
- **Recovery Supports:** Recovery Coach Ethics – Advanced Training for Recovery and Peer Coaches



Squaxin Island Tribe
Northwest Indian Treatment Center



EVERGREEN
council on problem gambling

