A large, stylized illustration of hands holding a wheel. The wheel is divided into four quadrants of different colors: red, tan, black, and white. The hands are rendered in various colors and styles, some with multiple fingers, suggesting a collective effort or support.

Problem Gambling and Health Awareness Conference

# FOUR DIRECTIONS

**September 12-15, 2016**

**Conference Presenter**



**Conference Partner**



# THANK YOU TO OUR SPONSORS

## CONFERENCE PARTNER



THE SUQUAMISH TRIBE

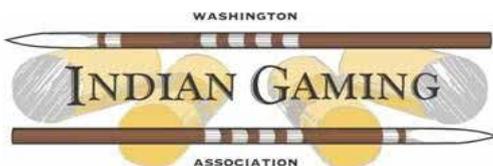
## PLATINUM PEAK SPONSOR



## GOLDEN EAGLE GUARDIAN SPONSORS



## SILVER SALMON SPONSORS





## Welcome to *Four Directions!*

We are honored to host the 8th annual Tribal Problem Gambling and Health Awareness conference. As the ***Four Directions*** conference theme suggests, our goal is to honor the past and protect the 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.

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 and influence your work and your life.

In addition to conference workshops and seminars, we hope that you will join us on Wednesday at the House of Awakened Culture for an evening of cultural sharing through traditional food, stories, song, and dance.

Thank you for being a part of this great event.

The Honorable Leonard Forsman  
Chairman, Suquamish Tribe





## 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**).



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** or visit **[www.evergreencpg.org](http://www.evergreencpg.org)**.





## HOUSE OF AWAKENED CULTURE

sg<sup>w</sup>əd<sup>z</sup>adad qə<sup>t</sup>?altx<sup>w</sup>

***Wednesday, September 14 from 5:30 - 8:30 pm***

For the Salish Tribes of the Puget Sound, a single large building, often called a longhouse, has served as the center of the community. Opened and dedicated in 2009, the House of Awakened Culture is constructed in the style of Old-Man-House, the previous home of the Suquamish for generations. The House of Awakened Culture indeed is a cultural hub of the community where we offer programs that teach and celebrate the living culture of the Suquamish. Community members participate in Lushootseed language classes, traditional weaving and carving, Tribal Journeys training, regalia making, and song and dance practice in the house. We welcome you to the House of Awakened Culture - sg<sup>w</sup>əd<sup>z</sup>adad qə<sup>t</sup>?altx<sup>w</sup>.

Please join us for an evening highlighting the Suquamish culture through traditional food, stories, song, and dance at the House of Awakened Culture on Wednesday, September 14 from 5:30–8:30 pm. Transportation will be provided. Sign up at the Registration Table by 8:30 am on September 14 to reserve your seat.

Please feel welcome to bring your drums, flutes, or other instruments.

Please join us in extending a special thank you to the **Suquamish Tribe**, for sponsoring and organizing the Culture Night Event. This important cultural opportunity is a focal point and touchstone of all we hope to share, learn, and take home with us from ***Four Directions***.



## MORNING CEREMONY

Chief Seattle's Gravesite

Thursday, September 15, 7:30-8 am

Shuttle departs from Main Lobby at 7 am

Please sign up at the Registration Table by Wednesday at 2 pm

*"Our dead never forget this beautiful world that gave them being. They still love its verdant valleys, its murmuring rivers, its magnificent mountains, sequestered vales and verdant lined lakes and bays, and ever yearn in tender fond affection over the lonely hearted living, and often return from the happy hunting ground to visit, guide, console, and comfort them."*

**Chief Seattle, 1854**



## Join in a Special Talking Circle Event

***Thursday, September 15 from 2:00 - 4:00 pm***

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.





## **The Suquamish Tribe Welcomes You for a Community Sweat Lodge Ceremony Tuesday evening, September 13**

Joining in a Sweat Lodge Ceremony can be a powerful experience. The Sweat Lodge is a place of healing for mind, body, and spirit.

Look for more details with location, directions, and time at the Four Directions registration table.





# I WON MY CULTURE BACK

**PROBLEM GAMBLING HURTS  
TREATMENT WORKS**

**1.800.547.6133**

helpline

 **EVERGREEN**  
Council on Problem Gambling





# FOUR DIRECTIONS

## Pre-Conference Workshop Schedule

### Monday, September 12

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

**DEER A**

*Traditional Plants and Wellness Healing*

Arianna Johnny-Wadsworth

This presentation will help participants to understand the history of plant medicine in traditional Coast Salish culture, as well as its applicability to our modern life. Participants will learn to identify, harvest, and prepare some prominent local plant medicines, including Devil's Club and Stinging Nettle. Each student will have the opportunity to prepare a healing salve with Devil's Club and a medicinal tea 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 - Noon**

**DEER B**

*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 understand better 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**

**DEER B**

*Creating Identity Safe Spaces that Inspire Motivation and Positive Wellbeing*

Stephanie Fryberg, PhD

Helping people make healthy choices may require creating identity safe spaces where people develop confidence, find respect and understanding, and feel it is safe to explore their own progress. Identity safe spaces account for social and cultural issues and differences, and allow for difficult exchanges and emotional exchanges. Identity safe spaces can be created when working not only one-on-one with individuals, but with groups, families, and communities as well.



## **Tuesday, September 22**

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

**DEER A**

*Reconnection with Self: A Path to Healing Our Addictions*

Marianne Rolland, PhD, LMSW  
and Floyd Guthrie

Participants will be given tools to use in the process of reconnecting with self, as they gain a deeper understanding of the truth that addiction is a symptom and not an underlying cause of the disconnection from ourselves. Content will emphasize and explore how the mechanism of addiction operates very similarly regardless of the object of addiction. The session will explore how repressed emotions block our capacity for connection with self, and the role addictions play in the cycle of self-numbing that perpetuates disconnection. Demonstrations of practice tools and guided imagery exercises will provide for experiential learning.

**8 am - Noon**

**DEER B**

*Caught in the Crossfire*

Don Chapin

This session will address the parallel issues of Intimate Partner Violence and Addiction - dual issues that affect our communities/agencies, and which need to be addressed together but in different ways. Attendees will learn that these issues affect each other but are not the cause of each other, and that without a clearly defined perspective on the nature and differences of these issues, treatment providers may be caught between the two, resulting in collusion, confusion, a slowing of the recovery process, and increased harm to families and communities.

**1 - 5 pm**

**DEER B**

*Standing at the Crossroads of Recovery: Where to Now?*

Alan Basham, MA

Much of addictive process treatment focuses on identification of the need for treatment, motivation for change, cessation of addictive behavior, and response to relapse. Once they have achieved a stable period of recovery, however, clients (and sometimes clinicians!) may not know how to develop a healthy life. In addition, the aftermath of damaged relationships, financial consequences, and personal loss can be very discouraging to the person in recovery. This workshop will address the aftermath of addiction, including grief, loss, shame, and decreased self-esteem; how to foster hope, forgiveness, trust, and self-acceptance; and helping the client to create a personal life plan and healthy identity as s/he moves with confidence toward the future.

### **Tuesday evening**

The Suquamish Tribe welcomes you for a Community Sweat Lodge Ceremony on Tuesday evening, September 13.



# FOUR DIRECTIONS

## Main Conference Schedule

### Wednesday, September 14

**7:30 - 8:30 am**

**FOYER**

Registration and Continental Breakfast

**8 - 8:45 am**

**WHALE HALL**

*Welcome & Opening Ceremony*

Suquamish Honor Guard

**8:45 - 10:30 am**

**WHALE HALL**

*Taking Responsibility for Ourselves as We Heal and Recover*

Keynote

Marianne Rolland, PhD, LMSW and Floyd Guthrie

Our society rewards us for being caretakers of others, and too frequently we discover we haven't been taking care of ourselves. Caretaking can become another form of addiction as we use it in an attempt to fill ourselves up. In Native cultures, it is an important and inherent value to take care of each other—our family, our clan, our tribe, and our communities. In this session, participants will use self-evaluation to take greater responsibility of their own healing, and learn to apply practical tools to heal from trauma and addiction.

**10:30 - 10:45 am**

**FOYER**

Break

**10:45 am - 12:15 pm**

**DEER A**

*Brain and Behavior: Helping Your Clients Understand the Neurobiology of Addiction*

Clinical / Behavioral Health Track

Matt Magrath, PhD, MSC, CDP and Brad Galvin, LMHC, CDP, NCGC-I

In this session, participants will explore the neurobiology of addiction, connecting the dots between chemical dependency and gambling disorder. The presenters will demonstrate how to present neurobiology to chemical dependency groups to raise awareness about gambling disorder, and present practical tools for recovery for both problem gambling and substance abuse disorders.



## **Wednesday, September 14 Continued**

**10:45 am - 12:15 pm**

**DEER B**

*Suicide Prevention for the NW Tribes*

Community & Culture Track

Colbie Caughlan, MPH

During this session, participants will learn about increasing suicide prevention and awareness among those who work with Northwest Tribes, using culturally-appropriate media campaigns, tools, and resources. Participants will learn about ways to use the Zero Suicide Model as a health care system tool for AI/AN to prevent suicide, and to reduce stigma by promoting a system-wide approach.

**10:45 am - 12:15 pm**

**CHICO**

*Traditional Tools and Contemporary Components of  
Addiction Treatment and Recovery*

Innovative Topics Track

Gayl Edmunds, LAC

Treatment for addictions of any kind should be a caring, collaborative, respectful effort that focuses on understanding the needs of the client. This session will weave some of the contemporary treatment modalities with traditional tools that are important when working with Native American clients. Understanding that Motivational Interviewing is a positive therapeutic conversation to strengthen motivation for and commitment to change is good; Mindfulness is effective; EMDR is proving an important tool when dealing with past trauma. Understanding that these contemporary treatment methods alone might not meet the needs of Native American clients is also crucial. We will discuss a variety of traditional tools that help clients reconnect to self and to community, such as Sweat Lodges, Vision Quests, Storytelling, Sacred Dances, Talking Circles, the Medicine Wheel, Smudging Ceremonies, Drumming, and more, that help clients in their recovery through physical, psychological, relational, and spiritual health.

**12:20 - 2 pm**

**WHALE HALL**

*An Overview of the Wellbriety Movement*

Lunch Plenary

Don Coyhis

This session will introduce the concept of Wellbriety as balance and connection to the natural laws that create healing within the native community. Culturally based tools are discussed as a way for changing families. A combination of immense losses and traumatic events that have perpetrated an entire culture need healing as natives across the nation are encouraged to seek to reinstate cultural ways, language, and sacred traditions. The unfortunate consequences of trauma include not believing you have a future, difficulties within families, and a distrust of the outside world. This is passed down through direct parent-child interactions and also through interactions with extended family and the community. Healing will take place through application of cultural and spiritual knowledge.



## Wednesday, September 14 Continued

**2 - 2:15 pm**

**FOYER**

Break

**2:15-4:15 pm**

**DEER A**

*The Lost Child Roots of Addiction*

Clinical / Behavioral Health Track

Alan Basham, MA

Family of origin dysfunction and maladaptive childhood bonding with caregivers are among the many factors contributing to the development of addictive processes. This session will address the basics of family dysfunction and its impact on childhood attachment, the subsequent ineffective relationship patterns that can emerge in adults, and a specific therapeutic approach to address these behavioral patterns and their connection to addiction.

**2:15 - 4:15 pm**

**DEER B**

*Community Response to Problem Gambling*

Community & Culture Track

Kody Russell, MSW and Robin Sigo, MSW

This session will be an engaging and interactive presentation focused on the connection between early childhood trauma, the Adverse Childhood Experiences (ACEs) study, and complex social issues. Participants will learn about the prevalence of trauma and the impact trauma can have on the development and functioning of our brains and bodies. Most importantly, we will discuss how communities can work collaboratively to build resilience in all children and adults.

**2:15 - 4:15 pm**

**CHICO**

*Culture as Prevention*

Innovative Topics Track

Don Ramos, NCGC-I, Martin Flores, and Sarah Sense-Wilson, CDP, LMHC, NCGC-I, WSCGC-II

This presentation will provide participants with examples of how to integrate culture/tradition and contemporary creative expression for strengthening tribal values, and honoring Native perspective and worldview while addressing issues related to problem gambling, and utilizing a strength-based approach to reinforce tribal values while systematically engaging Native youth, adults, and elders in critical discussions impacting their sense of self and identity.

**5:30 - 8:30 pm**

**CULTURE NIGHT EVENT**

For details on the event, please see page 4 of the program. Please sign up at the registration table by 8:30 am on Wednesday, September 14 to reserve your seat. Meet in the Lobby 4:30 - 5:30 for shuttles to the event.



## **Thursday, September 15**

**7:30 - 8 am**

**MORNING CEREMONY**

Morning Ceremony at Chief Seattle's Gravesite

**7:30 - 8:30 am**

**WHALE HALL**

Registration & Continental Breakfast

**8:45 - 10:15 am**

**WHALE HALL**

*Feeding the Spirit*

Keynote

Roger Fernandes, Master Storyteller

This presentation will look at the traditional use of storytelling as a tool for teaching and healing. During the session, participants will hear several Coast Salish and other tribal stories, and be challenged to look beyond the initial analysis of the story for deeper meanings and implications. Participants will also learn the basic elements of oral presentations of stories and be given resources to learn and strengthen this innate talent.

**10:15 - 10:30 am**

**FOYER**

Break

**10:30 am - Noon**

**DEER A**

*The Shift: Tribal Sovereignty and the Peace Circle Process*

Clinical / Behavioral Health Track

Cheryl Fairbanks, JD

Participants in this session will analyze and compare indigenous models of peace making and core values, including the Circles of Peace dispute resolution model. Circles of Peace use the core values of listening and respect to enable a shift from adversarial behaviors to those of wellness. Participants will learn about the need to shift from an adversarial process to a consensus process when dealing with addictions.

**10:30 am - Noon**

**DEER B**

*Weaving Your Basket of Stories*

Community & Culture Track

Roger Fernandes, Master Storyteller

Traditional stories were used at a time when there were no therapists, no psychologists, and no social workers. People helped one another solve problems or find solutions through the telling of stories that served as a path to finding the answers one sought. During this session, participants will understand the concept of metaphor in storytelling and its potential in counseling. The metaphorical meanings in traditional native stories will be identified and discussed.



## Schedule At-a-Glance

| <b>Pre-Conference Workshops &amp; Trainings</b> |                         |   |                                 |        |
|---|-------------------------|---|---------------------------------|--------|
| <b>Monday, September 12, 2016</b>               |                         |   |                                 |        |
| 8 am - 5 pm                                     | Pre-Conference Workshop | <i>Traditional Plants and Wellness Healing</i>                                      | Arianna Johnny-Wadsworth        | Deer A |
| 8 am - Noon                                     | Pre-Conference Workshop | <i>Rebuilding a Strong Family Foundation for Recovering Families</i>                | Mitch Factor                    | Deer B |
| 1 - 5 pm  | Pre-Conference Workshop | <i>Creating Identity Safe Spaces that Inspire Motivation and Positive Wellbeing</i> | Stephanie Fryberg               | Deer B |
| <b>Tuesday, September 13, 2016</b>              |                         |   |                                 |        |
| 8 am - 5 pm                                     | Pre-Conference Workshop | <i>Reconnecting with Self: A Path to Healing Our Addictions</i>                     | Marianne Rolland, Floyd Guthrie | Deer A |
| 8 am - Noon                                     | Pre-Conference Workshop | <i>Caught in the Crossfire</i>  | Don Chapin                      | Deer B |
| 1 - 5pm   | Pre-Conference Workshop | <i>Standing at the Crossroads of Recovery: Where to Now?</i>                        | Alan Basham                     | Deer B |

| <b>Main Conference</b>               |   |  |                                 |            |
|--------------------------------------|---|--|---------------------------------|------------|
| <b>Wednesday, September 14, 2016</b> |   |  |                                 |            |
| 7:30 - 8:30 am                       | Registration and Continental Breakfast                |  |                                 | Foyer      |
| 8 - 8:45 am                          | Welcome & Opening Ceremony with Suquamish Honor Guard |  |                                 | Whale Hall |
| 8:45 - 10:30 am                      | Keynote   | <i>Taking Responsibility for Ourselves as We Heal and Recover</i>                        | Marianne Rolland, Floyd Guthrie | Whale Hall |
| 10:30 - 10:45 am                     | Break / Exhibits                                      |  |                                 | Foyer      |
| 10:45 am - 12:15 pm                  | Clinical / Behavioral Health                          | <i>Brain and Behavior: Helping Your Clients Understand the Neurobiology of Addiction</i> | Matt Magrath, Brad Galvin       | Deer A     |
|                                      | Community & Culture                                   | <i>Suicide Prevention for the NW Tribes</i>  | Colbie Caughlan                 | Deer B     |
|                                      | Innovative Topics                                     | <i>Traditional Tools and Contemporary Components of Addiction Treatment and Recovery</i> | Gayl Edmunds                    | Chico      |
| 12:20 - 2 pm                         | Lunch Plenary   | <i>An Overview of the Wellbriety Movement</i>  | Don Coyhis                      | Whale Hall |
| 2 - 2:15 pm                          | Break / Exhibits                                      |  |                                 | Foyer      |



| <b>Wednesday, September 14 continued</b> |  |   |  |             |
|--|--|---|--|-------------|
| 2:15 - 4:15 pm                           | Clinical / Behavioral Health   | <i>The Lost Child Roots of Addiction</i>  | Alan Basham                                  | Deer A      |
|  | Community & Culture  | <i>Community Response to Problem Gambling</i>   | Kody Russell, Robin Sigo                     | Deer B      |
|  | Innovative Topics  | <i>Culture as Prevention</i>  | Don Ramos, Martin Flores, Sarah Sense-Wilson | Chico       |
| 4:15 - 5:30 pm                           | Break and Travel to Culture Night at the House of Awakened Culture ( <i>see page 4 for details</i> ) |   |  |             |
| 5:30 - 8:30 pm                           | Dinner & Culture Night Event   |   |  |             |
| <b>Thursday, September 15, 2016</b>      |  |   |  |             |
| 7:30 - 8 am                              | Morning Ceremony at Chief Seattle's Gravesite  |   |  |             |
| 7:30 - 8:30 am                           | Registration and Continental Breakfast   |   |  | Foyer       |
| 8:45 - 10:15 am                          | Keynote  | <i>Feeding the Spirit</i>   | Roger Fernandes                              | Whale Hall  |
| 10:15 - 10:30 am                         | Break / Exhibits   |   |  | Foyer       |
| 10:30 am - Noon                          | Clinical / Behavioral Health   | <i>The Shift: Tribal Sovereignty and the Peace Circle Process</i>                           | Cheryl Fairbanks                             | Deer A      |
|  | Community & Culture  | <i>Weaving Your Basket of Stories</i>   | Roger Fernandes                              | Deer B      |
|  | Innovative Topics  | <i>Healthy and Whole: A Grassroots Approach to Healing Trauma</i>                           | Lorraine Glover                              | Chico       |
| Noon - 12:15 pm                          | Break / Exhibits   |   |  | Foyer       |
| 12:15 - 1:45 pm                          | Lunch Plenary  | Roundtable Discussion   |  | Whale Hall  |
| 1:45 - 2 pm                              | Break / Exhibits   |   |  | Foyer       |
| 2 - 4 pm                                 | Clinical / Behavioral Health   | <i>How Can I Help You? Addressing Factors Associated with Treatment Success and Failure</i> | David Ledgerwood                             | Deer A      |
|  | Community & Culture  | <i>Talking Circle: Traditions &amp; Tools for Healing</i>                                   | Gayl Edmunds                                 | Salmon Hall |
|  | Innovative Topics  | <i>"Gambling is a Spirit That Talks in Your Ear so That You Can't Hear Your Heart"</i>      | Ted Hartwell, Sydney Smith                   | Deer B      |
| 4 - 4:30 pm                              | Closing Ceremony   | <i>Special Presentations, Singing, and Drumming</i>   |  | Whale Hall  |



## **Thursday, September 15 Continued**

**10:30 am - Noon**

**CHICO**

*Healthy and Whole: A Grassroots Approach to  
Healing Trauma*

Innovative Topics Track

Lorraine Glover, LICSW, LMHC

This session will present an overview of the key components and consistent structure which contribute to the success of the Healthy and Whole Program, an innovative, grassroots prevention program. Participants will learn about how trauma can interrupt development and impact the lifespan of an individual, and how the Healthy and Whole Program helps individuals to heal from trauma.

**Noon - 12:15 pm**

**FOYER**

Break

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

**WHALE HALL**

Roundtable Discussions

Lunch Plenary

Roundtables are excellent venues for giving and receiving targeted feedback, engaging in in-depth discussions, and meeting colleagues with similar interests. They offer unique opportunities for learning and professional exchange. There will be 17 different roundtable topics, giving lots of options from which the participants may select.

**1:45 - 2 pm**

**FOYER**

Break

**2 - 4 pm**

**DEER A**

*How Can I Help You? Addressing Factors Associated  
with Treatment Success and Failure*

Clinical / Behavioral Health Track

David Ledgerwood, PhD

This session will provide an overview of recent research on factors that influence the effectiveness of problem gambling treatment, including individual, treatment-related, and environmental factors. The presentation will highlight strategies that therapists can use to stress positive aspects of the therapeutic alliance, as well as approaches that may help therapists to minimize the negative impact of influences that increase the possibility of treatment failure.



## **Thursday, September 15 Continued**

**2 - 4 pm**

**SALMON HALL**

*Talking Circle – Traditions and Tools for Healing*

Community & Culture Track

Gayl Edmunds, LAC

Talking circles, peacemaking circles, and healing circles are deeply rooted in the traditional practices of indigenous peoples. Gayl Edmunds, Sincangu Lakota Elder, will explain the healing tradition 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.

**2 - 4 pm**

**DEER B**

*“Gambling is a Spirit that Talks in Your Ear so that  
You Can’t Hear Your Heart”*

Innovative Topics Track

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

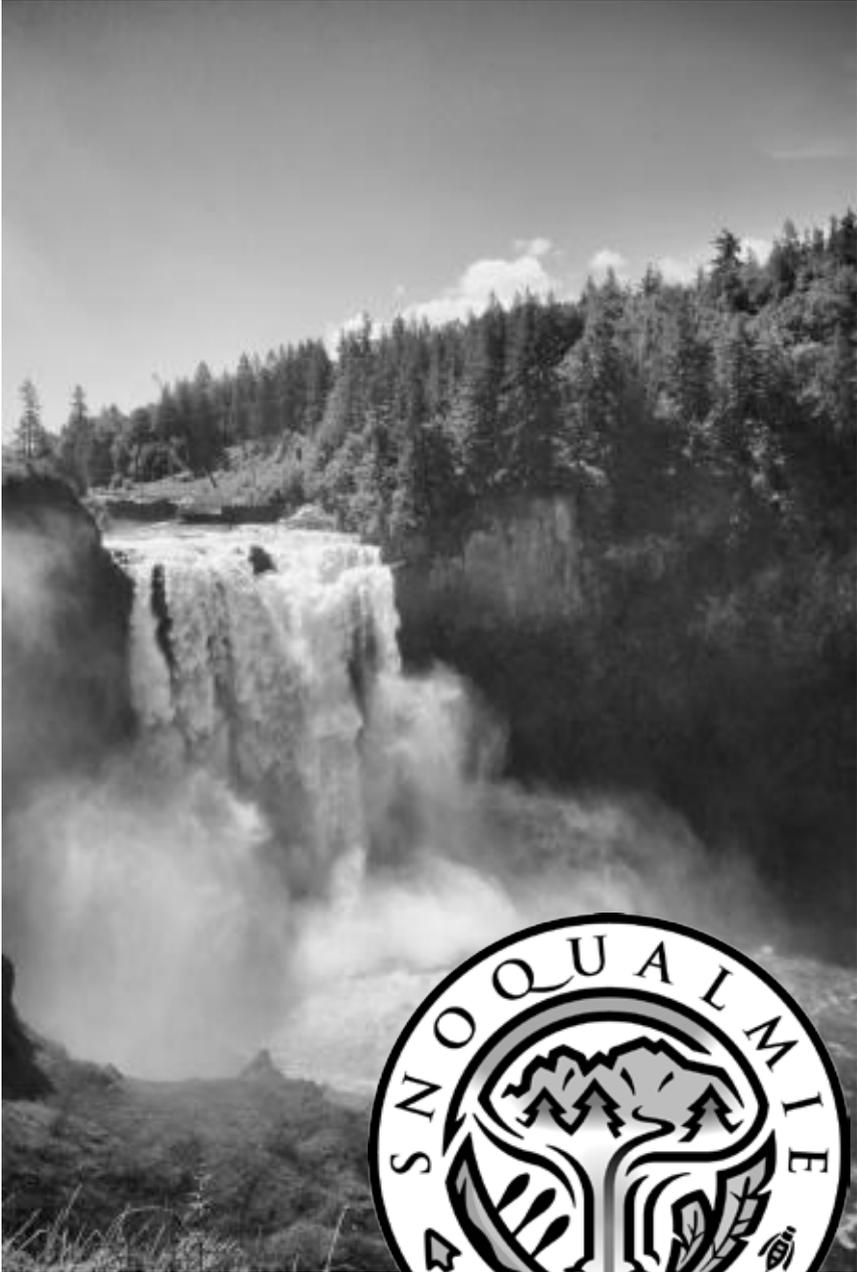
The presenters will provide an update on a research study on problem gambling in tribal communities begun in 2015 in Nevada, which strives to accomplish data collection within the context of community outreach and storytelling. Results to date will be discussed, along with the implications of responses in the context of designing culturally appropriate treatment strategies to address this public health issue. This approach presents a unique way to begin directly engaging communities at the same time research data are gathered that can help shine a light on the impact of problem gambling on individuals and families in tribal communities.

**4:30 - 5:30 pm**

**WHALE HALL**

*Special Presentations, Singing, and Drumming*

Closing Ceremony





WASHINGTON



INDIAN GAMING

ASSOCIATION



IGT

UPPER SKAGIT INDIAN TRIBE



NISQUALLY TRIBE



## Presenters



**Alan Basham, MA** is a counselor educator at Eastern Washington University, where he has helped train mental health counselors and school counselors for over twenty years. Alan is Past President of the Washington Counseling Association and the Association for Spiritual, Ethical, and Religious Values Issues in Counseling, a national division of the American Counseling Association.



**Colbie Caughlan, MPH** is the Suicide Prevention Project Manager for Project THRIVE (Tribal Health: Reaching out InVolves Everyone) at the Northwest Portland Area Indian Health Board (NPAIHB), and works closely with Project Red Talon and We R Native. She manages the SAMHSA Garret Lee Smith youth suicide prevention and IHS Substance Abuse and Suicide Prevention grants at the NPAIHB, and provides suicide prevention training and technical assistance to northwest tribes. Colbie completed her Masters of Public Health concentrating in Health Promotion at Portland State University.

**Don Chapin** is the Director/Men's Program Supervisor for Crossroads Nonviolence Education in Lincoln County, Oregon. In addition, he recently spent four years coordinating the Lincoln County Community Works/Work Crew Program as a Probation Technician for Community Corrections (Probation and Parole). He is a member of the American Probation and Parole Association, and has worked on a number of projects with them since 1999. He has also been a publicly-elected official for his home district, Otter Rock, Oregon, since 2005.



**Don Coyhis**, of the Mohican Nation, is the President and Founder of White Bison, Inc., an American Indian non-profit organization located in Colorado Springs, CO. Don originally set out to raise awareness and treat alcoholism among Indian youth on the reservations; after studying the underlying causes of alcoholism, White Bison's mission expanded to include drug addiction, dysfunctional families and relationships, and the American Indian suicide rate. From this, the Wellbriety Movement was born. The teachings of Wellbriety go beyond being sober to include thriving in the community and being balanced emotionally, mentally, physically, and spiritually.



**Gayl Edmunds, LAC** 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.



**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.



**Cheryl Fairbanks, JD** is Tlingit-Tsimpshian and was born in Ketchikan, Alaska. She is currently a Contract Attorney for the Cuddy McCarthy Law Firm, and was previously a partner with the law firm of Roth, VanAmberg, Rogers, Ortiz, Fairbanks & Yepa, LLP, where she specialized in Indian law. She is a visiting Professor of Law at the University of New Mexico's Southwest Indian Law Clinic. Cheryl received a BA from Fort Lewis College in 1969 and a JD in 1987 from the University of New Mexico. She has also been a teacher for the Albuquerque Public Schools, Zia Day School, and Administrator for Acomita Day School and the Santa Fe Indian School.



**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 S'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.



**Martin Flores** is a Cultural Advisor with the Comanche Nation Prevention and Recovery Center. At the CNPRC, he focuses on the prevention aspect of the fight against drugs, alcohol, and problem gambling. He is a teacher of the Comanche language and cultural way of life. Mr. Flores helped to create the I Am Indian Native Drug-free Nations (IAMNDN) youth



movement. CNPRC uses culture as a prevention method to heal and empower the native people, and hopes to positively impact the negative effects of prescription drug and alcohol abuse that often plague Native communities.



**Stephanie Fryberg, PhD**, a member of the Tulalip Tribes, accepted a joint appointment as Associate Professor in American Indian Studies and Psychology at the University of Washington. She previously served as an Associate Professor of Psychology and affiliate faculty member in American Indian Studies at the University of Arizona, and as the Director of Cultural Competency, Learning Improvement and Tulalip Community Development for the Marysville School District in Marysville, WA. She received her

Masters and Doctorate degrees in Social Psychology from Stanford University, where in 2011 she was inducted into its Multicultural Hall of Fame.



**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.



**Lorraine Glover, LICSW, LMHC** has worked as a clinical social worker for forty years. Her training and experience as a play therapist with children, as well as her work with adult and geriatric populations in diverse settings, such as nursing homes, hospitals, clinics, schools, and in private practice, contributes to knowledge of the lifespan that benefits her clients, patients, and staff. Since 1978, she has worked with Native populations, including eight years for the Lummi, Nooksack, Upper Skagit, and Swinomish Tribes.

For the last twenty years, Lori has been employed by the Suquamish Tribe Wellness Center, a co-occurring outpatient treatment facility, as the Senior Mental Health Counselor and supervisor.



**Floyd Guthrie**, Tsimshian, Tlingit, and Haida, is a graduate of the University of Washington, a Vietnam veteran, and a leader and role model in the Alaska Native sobriety movement. His exceptional work with children, youth, and families has earned him a superior reputation as a gifted therapist, and a past appointment to the Governor's Children's Cabinet. With more than 35 years of experience in the health care fields,



Floyd is one of the most advanced therapeutic practitioners in Alaska for treating trauma and PTSD. He has studied Native American, Western, and Eastern treatment modalities, and blends all three to meet the needs of his clientele. Mr. Guthrie is also a traditional artist, singer, and dancer who lives by the spiritual teachings of his ancestors.



**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. Mr. Hartwell 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.



**Arianna Johnny-Wadsworth** is a proud daughter of the Quw'ustun' people, and is working to uphold the traditional knowledge of her ancestors by passing it on to the next generation. Ms. Johnny-Wadsworth received a Wellness Councilor Certificate and a Life Skills Coach Certificate from the Rhodes Wellness College in Vancouver, BC in 2009. She combines the lessons she has received from her elders with her formal holistic wellness education to create learning experiences accessible to people of all ages. She uses this knowledge to help with ailments plaguing the Native community, including arthritis, eczema, and psoriasis, and teaches others to do the same at workshops at colleges and retirement centers.



**David Ledgerwood, PhD** is a Clinical Psychologist and Associate Professor in the Substance Abuse Research Division, Department of Psychiatry and Behavioral Neurosciences at Wayne State University School of Medicine in Detroit, MI. He has published several research articles on problem gambling focusing on co-occurring psychopathology, impulse control and executive function, treatment outreach, and treatment effectiveness. He is also a paneled provider of problem gambling treatment services in the State of Michigan through HMSA and President of the Michigan Association on Problem Gambling.



**Matt Magrath, PhD, MSC, CDP** has been a licensed chemical dependency counselor for more than 28 years. He has worked for the Lummi Nation for the past 20 years. He also has a Master of Arts degree in Clinical and Counseling Psychology, as well as his PhD in Leadership and Change, with a specialty in Addiction Medicine. He is currently the Program Sponsor/



Director for the Healing Spirit Clinic OTP (Opiate Treatment Program). Matt has an extensive background in physiology and pharmacology and the mechanisms that work to classify addiction as a brain disorder. He has also been in personal recovery for 30 years.



**Don Ramos, NCGC-I** is a member of the Comanche Nation and the Assistant Director of the Comanche Nation Prevention and Recovery Center (CNPRC). Mr. Ramos has worked in the field of recovery for 18 years, and with his tribal substance abuse and prevention program for the last 10 years.



**Marianne Rolland, PhD, LMSW** is the director and a practitioner at the White Raven Center, which she founded in rural Alaska in 1997. Dr. Rolland holds advanced degrees from the University of Washington School of Social Work, and is a long-time student of traditional healing practices and ceremonies (Lakota and Yupik) and other American Indian and Alaska Native teachings. She is a former faculty member with the University of Alaska Anchorage School of Social Work. She has traveled, lectured, and taught internationally, and has published numerous articles on the topic of health and healing in Native American communities.



**Kody Russell, MSW** is the Project Director for Kitsap Strong and one of only 25 Washington State ACE Interface certified NEAR (Neuroscience, Epigenetics, ACEs, and Resiliency) Master Trainer/Coaches. Kody has more than ten years of experience working with children and families in the child welfare system who have experience significant trauma and struggled with a myriad of associated social and health problems. Kody received his Bachelors degree in Psychology from Seattle University in 2004 and a Masters in Social Work from Eastern Washington University in 2014.



**Sarah Sense-Wilson, CDP, LMHC, NCGC-I, WSCGC-II** (Oglala, Sioux) is currently employed with Tulalip Tribes Behavioral Wellness Problem Gambling Program as the Problem Gambling Coordinator. Ms. Sense-Wilson has been in the chemical dependency field for over 14 years and has served as a problem gambling counselor for more than 5 years. She has worked in both urban and tribal settings professionally and as a volunteer for countless years. Ms. Sense-Wilson is co-founder of the Intertribal Problem Gambling Providers Coalition, and co-founder and elected Chair for the Urban Native Education Alliance, a 501(c)3 Native-based volunteer organization.



**Robin Little Wing Sigo, MSW**, a Suquamish tribal member, is a graduate of the MSW program in the School of Social Work, University of Washington. Ms. Sigo has worked for 18 years in Indian Country, focusing on behavioral health counseling, administration, and research. She was recently re-elected to the Suquamish Tribal Council, and has focused her political career on addressing mental health parity, poverty alleviation, substance abuse prevention and treatment, and community engagement on tribal, county, state, and federal lands.



**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 in 2016.

**CEU/PDH 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)
- Washington Mental Health Counselors Association (WMHCA)
- Employee Assistance Certification Commission (EACC)

**HOURS ACCREDITATION AVAILABLE FROM:**

- Canadian Problem Gambling Certification Board (CPGCB)
- Indigenous Certification Board of Canada (ICBOC)

# SAVE THE DATE!

## INTRODUCTORY AND ADVANCED TRAINING WORKSHOPS

Did you know that as a Certified Problem Gambling Counselor:

- you will be listed on our Website and our Helpline Service for referrals to treatment
- You may refer eligible clients to residential treatment with funding support from ECPG

Level I Certification requires 30 CEU hours with the core Introductory Problem Gambling Counselor Training. Re-certification and Level II require advanced training CEUs. **Both will be offered during the Introductory and Advanced Training in January 2017.** Topics include:

- Introduction to Problem Gambling Counseling
- Test Prep Overview for the National Counselor Certification Exam
- Cognitive Behavioral Therapy
- Gender Identity and Problem Gambling Services
- Mindfulness
- Relapse Prevention

### Introductory & Advanced Training

January 9-12, 2017

Seattle, WA (location TBD)

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ECPGambling

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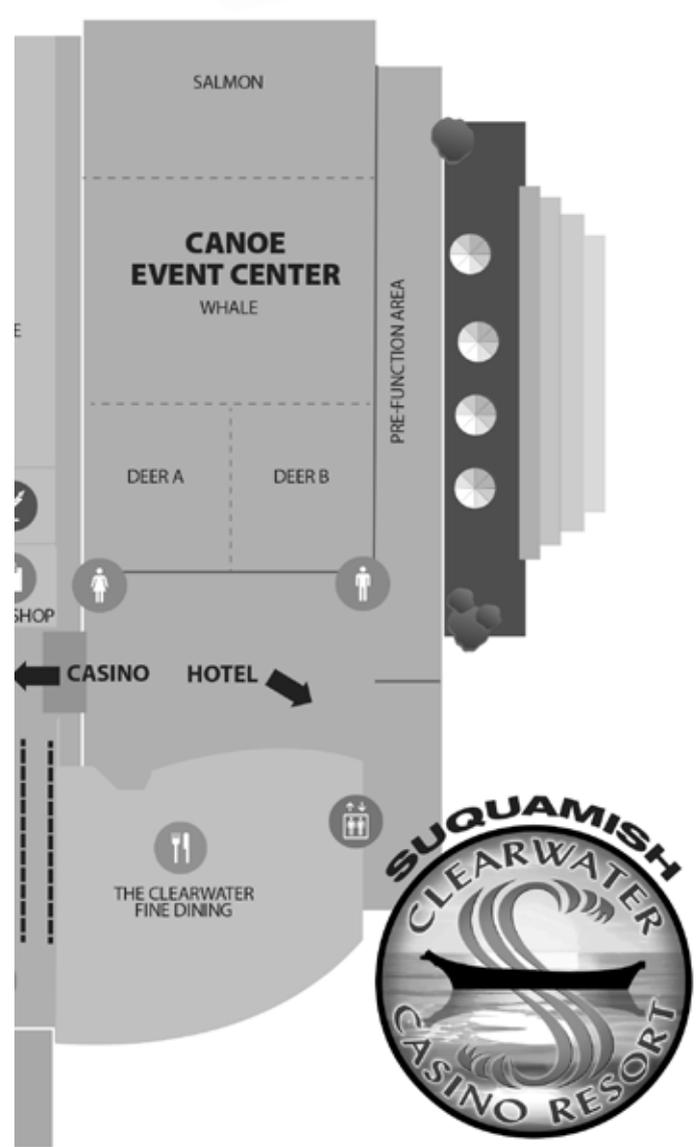
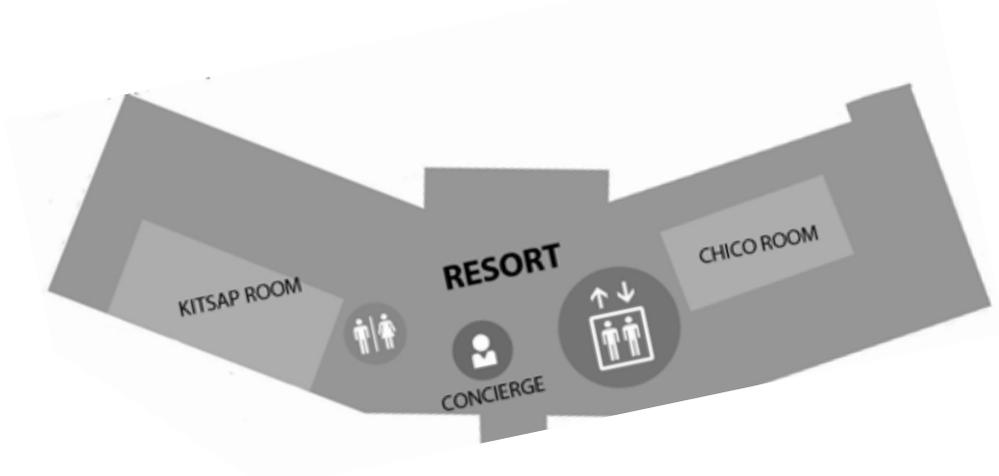
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## Problem Gambling and Health Awareness Conference

# FOUR DIRECTIONS

### Conference At-A-Glance

#### Monday, September 12

|             |                         |
|-------------|-------------------------|
| 8 am - Noon | Pre-Conference Workshop |
| 1 - 5pm     | Pre-Conference Workshop |

#### Tuesday, September 13

|             |                         |
|-------------|-------------------------|
| 8 am - Noon | Pre-Conference Workshop |
| 1 - 5pm     | Pre-Conference Workshop |

#### Wednesday, September 14

|                     |  |
|---------------------|--|
| 7:30 - 8:30 am      | Registration and Continental Breakfast |
| 8 - 8:45 am         | Welcome & Opening Ceremony             |
| 8:45 - 10:30 am     | Morning Keynote                        |
| 10:30 - 10:45 am    | Break                                  |
| 10:45 am - 12:15 pm | Morning Breakout Sessions              |
| 12:20 - 2 pm        | Lunch Plenary                          |
| 2 - 2:15 pm         | Break                                  |
| 2:15 - 4:15 pm      | Afternoon Breakout Sessions            |
| 5:30 - 8:30 pm      | Culture Night                          |

#### Thursday, September 15

|                  |   |
|------------------|---|
| 7:30 - 8 am      | Morning Ceremony at Chief Seattle's Gravesite |
| 7:30 - 8:30 am   | Registration and Continental Breakfast        |
| 8:45 - 10:15 am  | Morning Keynote                               |
| 10:15 - 10:30 am | Break   |
| 10:30 am - Noon  | Morning Breakout Sessions                     |
| Noon - 12:15 pm  | Break   |
| 12:15 - 1:45 pm  | Lunch Plenary                                 |
| 1:45 - 2 pm      | Break   |
| 2 - 4 pm         | Afternoon Breakout Sessions                   |
| 4 - 4:30 pm      | Closing Ceremony                              |