Problem Gambling and Health Awareness Conference

FOUR DIRECTIONS
Honoring Our Past - Protecting Our Future
Through Holistic Health, Wellness, and Recovery Support

November 3-6, 2014
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Stay Social!
Share your photos and your thoughts during the conference! Tag them #FourD14

Facebook.com/ECPG
@EvergreenCPG
ECPGambling

EVERGREEN
council on problem gambling
www.evergreenCPG.org
Welcome to Four Directions

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

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

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

Thank you for being a part of this great event.

The Honorable Herman Williams, Sr.
Chairman, Tulalip Tribes

The Honorable Brian Cladoosby
Chairman, Swinomish Indian Tribal Community
President, National Congress of American Indians
Evergreen Council on Problem Gambling

The Evergreen Council on Problem Gambling (ECPG) is dedicated to increasing public awareness of problem gambling, expanding the availability of services for those affected by problem gambling, and supporting research and programs for education, prevention, treatment, and responsible gambling. We provide confidential support for Washington State residents through our 24-hour Problem Gambling Helpline (800.547.6133) and public awareness, education, prevention, and resource development services for individuals, families, employers, students, the gaming industry, and business and community groups. ECPG also provides qualified training and certification programs and continuing education units (CEUs) for treatment professionals.

The Council offers support for residential treatment for problem gamblers and outpatient treatment for problem gamblers and family members, as well as education and public awareness programs to a wide variety of community and professional groups through presentations. The Council works with the Gaming Industry to provide employee training and responsible gaming policy and program development, and offers a Responsible Gaming Certification program.

The Evergreen Council on Problem Gambling is pleased to work with schools and youth groups, educators and PTAs, civic and social service organizations, and others to develop and tailor education and awareness programs to meet your needs. For more information, or to schedule a presentation, call our office at 360.352.6133.
Tulalip Tribes and Tulalip Family Services

Welcome friends and neighbors. We are the Tulalip Tribes, successors in interest to the Snohomish, Snoqualmie, Skokomish, and other allied tribes and bands signatory to the 1855 Treaty of Point Elliott. Our tribal population is about 4,100 and growing, with 2,600 members residing on the 22,000 acre Tulalip Indian Reservation located north of Everett and the Snohomish River and west of Marysville, Washington.

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

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

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

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

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

Sweat Lodge Ceremony presented by the Tulalip Tribe

The Sweat Lodge Ceremony offers a refuge and a safe place to seek guidance and healing for spirits, minds, bodies, and hearts. Members of the Tulalip Tribal Community have honored us by offering two opportunities to join in a Sweat Lodge Ceremony during Four Directions. Capacity is limited. Sweat lodges are offered on Wednesday, November 5. More information and registration materials will be available at the Tulalip Family Services exhibit table.
## Monday, November 3, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:30 - 8:30 am</td>
<td>Registration and Continental Breakfast</td>
<td>Orca Foyer</td>
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<tr>
<td>8:30 - 8:45 am</td>
<td>Tulalip Honor Guard</td>
<td>Orca 3</td>
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<tr>
<td>8:45 - 9 am</td>
<td>Opening Prayer and Welcome</td>
<td>Orca 3</td>
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<tr>
<td>9 - 10:15 am</td>
<td>Keynote</td>
<td>Orca 3</td>
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<tr>
<td>10:15 - 10:30 am</td>
<td>Break</td>
<td>Exhibitors and beverages</td>
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<tr>
<td>10:30 am - 12:15 pm</td>
<td>Clinical / Behavioral Health</td>
<td>Wiley Harwell, Chinook 2</td>
</tr>
<tr>
<td>12:15 - 1:45 pm</td>
<td>Lunch / Plenary</td>
<td>Gabriel Morales, Orca 3</td>
</tr>
<tr>
<td>1:45 - 2 pm</td>
<td>Break</td>
<td>Exhibitors and beverages</td>
</tr>
<tr>
<td>2 - 4 pm</td>
<td>Clinical / Behavioral Health</td>
<td>Jim Wuelfing, Oscar Sida, and Kristin West, Chinook 2</td>
</tr>
<tr>
<td>5:30 - 8:30 pm</td>
<td>A Cultural Journey to Experience: Hibulb Cultural Center Reception and Tour</td>
<td>Hibulb Cultural Center</td>
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## Tuesday, November 4, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:30 - 8:30 am</td>
<td>Registration and Continental Breakfast</td>
<td>Orca Foyer</td>
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<tr>
<td>8:30 - 8:45 am</td>
<td>Prayer and Welcome</td>
<td>Orca 3</td>
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<tr>
<td>8:45 - 10 am</td>
<td>Keynote</td>
<td>Orca 3</td>
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<tr>
<td>10 - 10:15 am</td>
<td>Break</td>
<td>Exhibitors and beverages</td>
</tr>
<tr>
<td>10:15 am - Noon</td>
<td>Clinical / Behavioral Health</td>
<td>Jim Wuelfing, Chinook 2</td>
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*Shuttle service available in the lobby at 5pm; tickets $15*
### Tuesday, November 4 continued

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Topic</th>
<th>Speaker</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15 am - Noon</td>
<td>Community / Culture</td>
<td>The Lost Child Roots of Addictive Pattern Behavior</td>
<td>Alan Basham</td>
<td>Chinook 3</td>
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<tr>
<td></td>
<td>Innovative Topics</td>
<td>Special Treatment Needs of Native American Clients</td>
<td>Gayl Edmunds</td>
<td>Chinook 4</td>
</tr>
<tr>
<td>Noon - 1:30 pm</td>
<td>Lunch / Plenary</td>
<td>All Nations - One Nation</td>
<td>Wiley Harwell</td>
<td>Orca 3</td>
</tr>
<tr>
<td>1:30 - 2 pm</td>
<td>Break</td>
<td></td>
<td></td>
<td>Orca Foyer</td>
</tr>
<tr>
<td>2 - 3:30 pm</td>
<td>Clinical / Behavioral Health</td>
<td>Strategies and Techniques for Community Engagement</td>
<td>Panel</td>
<td>Chinook 2</td>
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<tr>
<td></td>
<td>Community / Culture</td>
<td>The Healing Power of Ritual</td>
<td>Alan Basham</td>
<td>Chinook 3</td>
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<tr>
<td></td>
<td>Innovative Topics</td>
<td>Special Treatment Needs of Native American Clients</td>
<td>Gayl Edmunds</td>
<td>Chinook 4</td>
</tr>
<tr>
<td>3:45 - 5:30 pm</td>
<td>Talking Circle</td>
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<td>Chinook 1</td>
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### Wednesday, November 5, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Topic</th>
<th>Speaker</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>8 am - 5 pm</td>
<td>Basic Problem Gambling Counselor Training</td>
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<td></td>
<td>Evergreen</td>
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<tr>
<td>7:30 - 8:30 am</td>
<td>Registration and Continental Breakfast</td>
<td></td>
<td></td>
<td>Orca Foyer</td>
</tr>
<tr>
<td>8:30 - 8:45 am</td>
<td>Prayer and Welcome</td>
<td></td>
<td></td>
<td>Orca 3</td>
</tr>
<tr>
<td>8:45 - 9:45 am</td>
<td>Keynote</td>
<td>Evidence Based vs. Culturally Based Practices: Honoring Traditional Approaches</td>
<td>Pam James</td>
<td>Orca 3</td>
</tr>
<tr>
<td>9:45 - 10 am</td>
<td>Break</td>
<td></td>
<td></td>
<td>Orca Foyer</td>
</tr>
<tr>
<td>10 am - Noon</td>
<td>Clinical / Behavioral Health</td>
<td>Traditional Aboriginal Games In Understanding Culture and Development</td>
<td>BC Problem Gambling Indigenous Team</td>
<td>Chinook 2</td>
</tr>
<tr>
<td></td>
<td>Community / Culture</td>
<td>Nation to Nation/Culture to Culture</td>
<td>Gordon James</td>
<td>Chinook 3</td>
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<tr>
<td></td>
<td>Financial Management</td>
<td>Money Matters (Part 1 of 2)</td>
<td>Isabelle Duguay</td>
<td>Chinook 4</td>
</tr>
<tr>
<td>Noon - 1:30 pm</td>
<td>Lunch / Plenary</td>
<td>Current Trends and Topics for Discussion</td>
<td>Table Hosts</td>
<td>Orca 3</td>
</tr>
<tr>
<td>1:30 - 2 pm</td>
<td>Break</td>
<td></td>
<td></td>
<td>Orca Foyer</td>
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<tr>
<td>2 - 4 pm</td>
<td>Clinical / Behavioral Health</td>
<td>Traditional Aboriginal Games In Understanding Culture and Development</td>
<td>BC Problem Gambling Indigenous Team</td>
<td>Chinook 2</td>
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<tr>
<td></td>
<td>Community / Culture</td>
<td>Nation to Nation/Culture to Culture continued</td>
<td>Gordon James</td>
<td>Chinook 3</td>
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<tr>
<td></td>
<td>Financial Management</td>
<td>Money Matters (Part 2 of 2)</td>
<td>Isabelle Duguay</td>
<td>Chinook 4</td>
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### Wednesday, November 5 continued

<table>
<thead>
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<th>Time</th>
<th>Session</th>
<th>Location</th>
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<tbody>
<tr>
<td>4:30 - 5:30 pm</td>
<td>Afternoon Meditation, Activating the Pharmacy in Your Brain – Tune In, Turn On &amp; Drop In!</td>
<td>Chinook 3</td>
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### Thursday, November 6, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
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<tbody>
<tr>
<td>8 am - 5 pm</td>
<td>Basic Problem Gambling Counselor Training</td>
<td>Evergreen</td>
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<tr>
<td>8:30 - 8:45 am</td>
<td>Prayer, Welcome, and Special Acknowledgments</td>
<td>Orca 3</td>
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<tr>
<td>8:45 - 9:45 am</td>
<td>Keynote and Served Breakfast, Culture and Family: Around the Table, In the Community</td>
<td>Orca 3</td>
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<tr>
<td>9:45 - 10 am</td>
<td>Break, Exhibitors and beverages</td>
<td>Orca Foyer</td>
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<tr>
<td>10 am - Noon</td>
<td>Clinical / Behavioral Health, Two Spirits: Building Bridges to Belonging</td>
<td>Chinook 2</td>
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<td></td>
<td>Community / Culture, Nation to Nation/Culture to Culture continued</td>
<td>Chinook 3</td>
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<tr>
<td></td>
<td>Financial Management, Financial Literacy: Valuing &amp; Managing Money (Part 1 of 2)</td>
<td>Chinook 4</td>
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<tr>
<td>Noon - 1:30 pm</td>
<td>Lunch / Plenary, Voices of Recovery</td>
<td>Orca 3</td>
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<tr>
<td>1:30 - 2 pm</td>
<td>Break, Exhibitors and beverages</td>
<td>Orca Foyer</td>
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<tr>
<td>2 - 4 pm</td>
<td>Clinical / Behavioral Health, Healing Trauma and PTSD</td>
<td>Chinook 2</td>
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<tr>
<td></td>
<td>Community / Culture, Nation to Nation/Culture to Culture continued</td>
<td>Chinook 3</td>
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<tr>
<td></td>
<td>Financial Management, Financial Literacy: Valuing &amp; Managing Money (Part 2 of 2)</td>
<td>Chinook 4</td>
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<td></td>
<td>Special Roundtable Session, Nuts and Bolts of Tribal Problem Gambling Programs</td>
<td>Orca 3</td>
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### Friday, November 7, 2014

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8 am - 5 pm</td>
<td>Basic Problem Gambling Counselor Training</td>
<td>Evergreen</td>
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### Saturday, November 8, 2014

<table>
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<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
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<tbody>
<tr>
<td>8 am - 2 pm</td>
<td>Basic Problem Gambling Counselor Training</td>
<td>Evergreen</td>
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Monday, November 3

7:30 – 8:30 am
Continental Breakfast
Orca Foyer

8:30 am
Presentation of Colors
Orca 3

8:45 am
Opening Prayer

8:50 am
Welcome
The Honorable Les Parks, Vice-Chairman of the Tulalip Tribes and The Honorable Brian Cladoosby, Chairman of the Swinomish Tribe

9 – 10:15 am
Keynote
Storytelling As Healing: Traditions and Teachings of First Nations
Roger Fernandes, Master Storyteller/Artist

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

10:15 – 10:30 am
Break
Exhibitors and beverages in Orca Foyer
Monday, November 3 continued

10:30 am – 12:15 pm

**Concurrent Sessions**

**Clinical / Behavioral Health Track**

*Problem Gambling: Is It All In the Mind?*

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

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

**Community / Culture Track**

*Storytelling as a Treatment Tool: An Interactive Workshop*

**Roger Fernandes**, Master Storyteller/Artist

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

**Innovative Topics Track**

*Motivational Interviewing*

**Oscar Sida**, MS, NCC, Faculty-UNLV

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

12:15 – 1:45 pm

**Lunch Plenary**

*Gang Prevention: For Our Kids, For Our Community*

**Gabriel Morales**, Founder, Gang Prevention Services

What motivates a youngster to join a gang and be self-destructive? How do you divert youth away from negative activity and into legitimate pursuits? How do we protect ourselves as a community? Gabriel Morales has worked in the area of gang prevention and intervention, both in the adult and juvenile system, for more than 30 years. He received the Distinguished Service Medal by King County for his work in the area of gangs. His presentation will focus on helping all of us understand youth violence issues, gang risks, and gambling impacts; how to understand the importance of non-verbal and verbal communications; how to help parents set goals for discipline and nurturing children; and how to use intervention strategies to reduce risk and conflict.
### Monday, November 3 continued

#### 1:45 – 2 pm

**Break**
Exhibitors and beverages in Orca Foyer

#### 2 – 4 pm

**Concurrent Sessions**

**Clinical / Behavioral Health Track**

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

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

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

**Community / Culture Track**

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

**Gabriel Morales**, Founder, Gang Preventions Services

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

**Innovative Topics Track**

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

**Bunny Czarnopys**, LCMFT

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

#### 5:30 – 8:30 pm

**Reception and Tour**

Hibulb Cultural Center

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

7:30 – 8:30 am
Continental Breakfast

8:30 – 8:45 am
Opening Prayer and Welcome

8:45 – 10 am
Keynote

Good Morning Tulalip!

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

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

10 – 10:15 am
Break
Exhibitors and beverages in Orca Foyer

10:15 am – Noon
Concurrent Sessions

Clinical / Behavioral Health Track

Understanding Recovery Coaching: Purpose, Practice and Role Delineation
Jim Wuelfing, CPP-R, NRPP, Massachusetts Council on Compulsive Gambling

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

Community / Culture Track

The Lost Child Roots of Addictive Pattern Behavior
Alan Basham, Counselor Educator, Eastern Washington University

This workshop will present three areas of knowledge relevant to treatment of addictive processes: 1) the Circumplex Model of family systems, examining the nature and effect of various forms of family dysfunction; 2) Bowlby’s Attachment Theory and the adult results of childhood attachment disorders; and 3) the problematic interpersonal styles that lead some people to seek comfort and to avoid emotional pain through compulsive or addictive behaviors. The class format will include information, personal application, and collaborative interaction by participants.
Tuesday, November 4 continued

Innovative Topics Track  Chinook 4

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

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

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

Noon – 1:30 pm

**Lunch Plenary**  Orca 3

*All Nations – One Nation*

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

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

1:30 – 2 pm

Break  Exhibitors and beverages in Orca Foyer

2 – 3:30 pm

**Concurrent Sessions**  Chinook 2

Clinical / Behavioral Health Track

*Strategies and Techniques for Community Engagement*

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

Involving community stakeholders in the development of problem gambling and addiction prevention programs can be a challenging, resource-intensive, and often frustrating process. It can also be a highly creative, energizing, and rewarding experience leading to significant improvements in program design and outcomes. Research has shown that in programs that involve high levels of community participation and control, there is greater participation in health improvement activities. Community engagement builds “social capital” -- social ties, networks, and support -- which is associated with better community health and well-being.
Tuesday, November 4 continued

Community / Culture Track

The Healing Power of Ritual

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

Innovative Topics Track

Feeding the Spirit – Food and Medicine In Native Culture

Valerie Segrest, Native Foods Educator, Northwest Indian College
In this hands-on workshop, explore herbal remedies and medicine-making techniques for addressing common winter health complaints including coughs, colds, sinus infections, and immune health.

3:45 – 5:30 pm

Talking Circle

Gayl Edmunds, CADC-II, Indian Alcoholism Treatment Services

Wednesday, November 5

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

7:30 – 8:30 am
Continental Breakfast

8:30 – 8:45 am
Prayer and Welcome

8:45 – 9:45 am
Keynote

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

Pam James, Culture 2 Culture, Native Strategies
Considerable evidence supports that culture and context influence almost every aspect of the diagnostic and treatment process. How do we determine whether evidence-based treatments developed within a particular cultural or linguistic context are appropriate for widely diverse ethnocultural groups that do not share the same language, cultural values, or both? Just because an approach has not been studied and affirmed as an evidence-based practice does not mean that the services are not effective. Practice-based evidence emphasizes the importance of learning from real-world practice and experience. What can we do in the fields of mental health and addictions treatment to ensure community engagement and contextual relevance of the treatment content and practices?
Wednesday, November 5 continued

9:45 – 10 am
Break
Exhibitors and beverages in Orca Foyer

10 am – Noon

Concurrent Sessions

Clinical / Behavioral Health Track

*Traditional Aboriginal Games In Understanding Culture and Development*

British Columbia Problem Gambling Program Indigenous Team

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

Community / Culture Track

*Nation to Nation/Culture to Culture*

Gordon James, Culture 2 Culture, Native Strategies

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

Financial Management Track

*Money Matters*

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

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

Noon – 1:30 pm

Lunch Plenary

Table Hosts – Current Trends and Topics for Discussion

Various *Four Directions* Presenters

Did you get all your questions answered by the presenters whose topics mean the most to you? Here is your opportunity to enjoy a rousing lunch discussion on a wide variety of topics. Each table will be hosted by an expert in a particular field. You choose where to sit and what you'd like to discuss.
Wednesday, November 5 continued

1:30 – 2 pm
Break
Exhibitors and beverages in Orca Foyer

2 – 4 pm

Concurrent Sessions

Clinical / Behavioral Health Track

Traditional Aboriginal Games In Understanding Culture and Development
British Columbia Problem Gambling Program Indigenous Team

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

Community / Culture Track

Nation to Nation/Culture to Culture Continued
Gordon James, Culture 2 Culture, Native Strategies

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

Financial Management Track

Money Matters Continued
Isabelle Duguay, Clinical Counselor, MA Ps, LPCC, PCGC

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

4:30 – 5:30 pm

Afternoon Meditation

Activating the Pharmacy in Your Brain — Tune In, Turn On & Drop In!
Bunny Czarnopys, LSCSW, LCMFT, LCAC

Especially in early recovery, it is important for clients and providers to learn skills to fill their recovery tool boxes. This workshop will help you understand why meditation is important to one's overall health and introduce you to several types of meditation. Participants will practice different meditation techniques.
Thursday, November 6

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

8:30 – 8:45 am
Prayer and Special Acknowledgments
Orca Foyer

8:45 – 9:45 am
Keynote & Served Breakfast
Orca 3

Culture and Family: Around the Table, In the Community
Valerie Segrest and Louie Ungaro

Traditionally, food and nutrition are areas where culture, family, and community intersect. We will look at how traditional foods today can still be incorporated in a modern meal and how the revival of native gardens and restoration of traditional fishing and hunting techniques can support native wellness programs and honor the traditions of our ancestors.

9:45 – 10 am
Break
Exhibitors and beverages in Orca Foyer

10 am – Noon
Concurrent Sessions

Clinical / Behavioral Health Track
Chinook 2

Two Spirits: Building Bridges to Belonging
Hiram Calf Looking, Sr. and Raven Heavy Runner

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

Community / Culture Track
Chinook 3

Nation to Nation/Culture to Culture continued

Gordon James, Culture 2 Culture, Native Strategies

The 4-part (8 hour) training session covers a tribal historical perspective, legal issues, tribal sovereignty and tribal government. The training allows sufficient time for questions and should assist attendees in furthering their relationship and understanding of Washington State’s twenty-nine Tribes. After completing the training, attendees should have a much better understanding of Tribes, their peoples and unique cultures, and an enhanced awareness of the importance of multi-culturalism.
Thursday, November 6 continued

Financial Management Track

Financial Literacy: Valuing and Managing Money – Part 1

Sunny Guillory, Financial Literacy Coordinator, Northwest Indian College

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

Noon – 1:30 pm

Lunch Plenary

Voices of Recovery

Members of the Recovery Community

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

1:30 – 2 pm

Break

2 – 4 pm

Concurrent Sessions

Clinical / Behavioral Health Track

Therapeutic Approach to Treating Trauma and Addiction

Oscar Sida, MS, NCC, Faculty UNLV

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

Community / Culture Track

Nation to Nation/Culture to Culture continued

Gordon James, Culture 2 Culture, Native Strategies

The 4-part (8 hour) training session covers a tribal historical perspective, legal issues, tribal sovereignty and tribal government. The training allows sufficient time for questions and should assist attendees in furthering their relationship and understanding of Washington State’s twenty-nine Tribes. After completing the training, attendees should have a much better understanding of Tribes, their peoples and unique cultures, and an enhanced awareness of the importance of multi-culturalism.
Thursday, November 6 continued

Financial Management Track

Financial Literacy: Valuing and Managing Money – Part 2

Sunny Guillory, Financial Literacy Coordinator, Northwest Indian College

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

Special Roundtable Session

Nuts and Bolts of Tribal Problem Gambling Programs

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

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

Friday, November 7

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

Saturday, November 8

8 am – 2 pm  Special 4-Day Intensive Basic Problem Gambling Counselor Training
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Problem Gambling and Health Awareness Conference

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British Columbia Responsible & Problem Gambling Program
Problem Gambling and Health Awareness Conference

FOUR DIRECTIONS

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

Conference At-A-Glance

Monday, November 3
7:30 - 8:30 am  Registration and Continental Breakfast
8:30 - 9 am  Tulalip Honor Guard and Opening Prayer
9 - 10:30 am  Morning Keynote / Break
10:30 am - 12:15 pm  Morning Breakout Sessions
12:15 - 2 pm  Lunch Plenary / Break
2 - 4 pm  Afternoon Breakout Sessions
5:30 - 8:30 pm  Hibulb Cultural Center Reception and Tour

Tuesday, November 4
7:30 - 8:30 am  Registration and Continental Breakfast
8:30 - 8:45 am  Prayer and Welcome
8:45 - 10:15 am  Morning Keynote / Break
10:15 am - Noon  Morning Breakout Sessions
Noon - 1:30 pm  Lunch Plenary
1:30 - 2 pm  Break
2 - 3:30 pm  Afternoon Breakout Sessions
3:45 - 5:30 pm  Talking Circle

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

Thursday, November 6
8:30 - 10 am  Welcome, Keynote and Served Breakfast / Break
10 am - Noon  Morning Breakout Sessions
Noon - 1:30 pm  Lunch Plenary
1:30 - 2 pm  Break
2 - 4 pm  Afternoon Breakout Sessions

Wednesday, November 5 - Saturday, November 8
8 am - 5 pm  Basic Problem Gambling Counselor Training