



FOUR DIRECTIONS

Cultural Awareness and Healing Support Conference

September 18 – 21, 2023



**Conference
Coordinator**



**Conference
Partners**



THANK YOU TO OUR SPONSORS

CONFERENCE PARTNERS



PLATINUM PEAK PATRON



The Puyallup Tribe



GOLDEN EAGLE GUARDIAN



Nisqually Indian Tribe

People of the River



Treaty of Point No Point
1855

UPPER SKAGIT INDIAN TRIBE





FOUR DIRECTIONS

Cultural Awareness and Healing Support Conference

Celebrating 15 years since the first *Four Directions*!

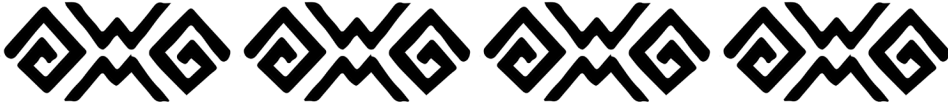
We are honored to celebrate fifteen years of working together, learning together, and sharing together at ***Four Directions***. Without the focused commitment and dedication of Tribal leaders, behavioral health directors and counselors, education and prevention experts, gaming industry representatives, and organizations such as the Evergreen Council on Problem Gambling, to improving access to programs and services that really make a difference, we simply would not be where we are today.

Where we are is a very exciting place. Treatment services, prevention and awareness programs and, of course, important training opportunities such as ***Four Directions***, continue to grow in quality and to reach more and more people in our communities. There is still much work to be done and many goals that require continued collaboration and support. Ensuring both greater awareness of and enhanced access to quality treatment and recovery supports that meet individual needs with cultural awareness and respect is crucial.

Four Directions is a starting point for some of those changes – and with your help, we want to do our best to make sure we are setting off in the right direction. We have more than a decade of good work at ***Four Directions*** behind us, and an exciting, if challenging, future ahead of us. We're very pleased to have you here to learn and share in order to help others on their journey as well.

Thank you!





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, recovery, and responsible gambling and gaming. We provide confidential support for Washington State residents through our 24-hour Problem Gambling Helpline (**800.547.6133**), available through phone, text, and chat.

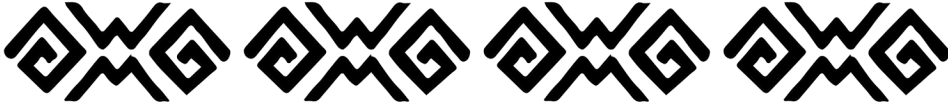


EVERGREEN
council on problem gambling

The Council offers support for residential and outpatient treatment for people suffering from gambling-related problems and family members, as well as education and public awareness programs to a wide variety of community and professional groups through presentations, including qualified training for certification and continuing education hours. The Council supports Recovery Community services, including peer/coach trainings. ECPG works with the Gaming Industry to provide employee training and responsible gaming policy and program development, and offers a Responsible Gaming Certification program.

The Evergreen Council on Problem Gambling is pleased to work with schools, civic and social service organizations, and others to develop and tailor education and awareness programs. For more information call **360.352.6133** or visit **www.evergreencpg.org**.





CONFERENCE PARTNER



**COWLITZ
INDIAN TRIBE**
The Forever People



Cowlitz Indian Tribe

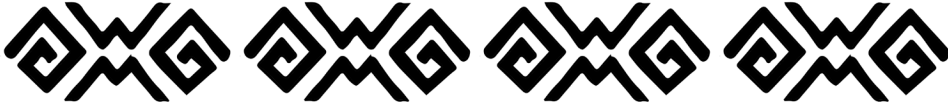
The Forever People

The Cowlitz Indian Tribe is a growing force in community building in the Pacific Northwest. The Cowlitz Reservation neighbors Ridgefield, WA, and is home to ilani, the Pacific Northwest's premier gaming, dining, meeting, and entertainment destination. The mission of the Cowlitz Indian Tribe is to preserve and honor the legacy of its elders and ancestors by empowering a tribal community that promotes social justice and economic well-being, secures aboriginal lands, respects culture and sovereignty, and fosters justice, freedom, and mutual welfare. More information can be found at www.cowlitz.org.



Honorary Chair Patty Kinswa-Gaiser
Chairwoman, Cowlitz Indian Tribe





Schedule At-a-Glance

Monday, September 18, 2023 - Pre-Conference Workshops				
7 - 8 am	Breakfast Buffet			Tahoma Ballroom
8 am - noon	Clinical / Behavioral Health	<i>Group Therapy</i>	Sarah Sense-Wilson	Cowlitz River
	Recovery Community	<i>An Experiential Workshop Introducing the Benefits of Equine Assisted Services</i>	Healing Animals Partners Team	Off-site (departure at 7:30 am)
	Community & Culture	<i>Mat Weaving</i>	Kyle Folden, Christine Hawkins, Sheryl Whitlinger	Salish
1 - 5 pm	Recovery Community	<i>Medicine Wheel as it Pertains to Recovery</i>	Reuben Twin	Cowlitz River
1 - 3 pm	Community & Culture	<i>Outreach/Prevention in Rural Communities</i>	Jose Garcia	Salish
3 - 5 pm	Community & Culture	<i>Let Me Tell You Why: Working with a Forgotten Community</i>	Ala Shaikh-Khalil and Abdallah Mobaideen	Salish
Tuesday, September 19, 2023 - Pre-Conference Workshops				
7 - 8 am	Breakfast Buffet			Tahoma Ballroom
8 am - 5 pm	Community & Culture	<i>Improving Government to Government Relations with the Federally Recognized Tribes</i>	Gordon James	Cowlitz River
8 am - noon	Clinical / Behavioral Health	<i>Culturally Responsive Assessment and Treatment Planning</i>	Tae Son Lee	Salish
1 - 3 pm	Clinical / Behavioral Health	<i>The Strong Black Woman Schema and Gambling Disorder Recovery - Cultural Considerations for Treatment/Prevention/Community Wellness</i>	Deborah Haskins	Salish
3 - 5 pm	Innovative Trends & Topics	<i>Slow it Down! Organizing Finances in a Digital Age of Gambling, Stock Trading, Bitcoin, Financial Shockwaves, and Retirement Planning</i>	Brent Neiser	Salish
6 - 8:30 pm	Fireside Chat and S'Mores-gasbord			Patio





FOUR DIRECTIONS

Pre-Conference Workshop Schedule

Monday, September 18

7 - 8 am

TAKHOMA BALLROOM

Breakfast Buffet

8 am - Noon

COWLITZ RIVER

Group Therapy

Sarah Sense-Wilson, LMHC,
SUDP, WSCGC-II

Participants will engage in experiential learning activities, exercises, and role play for learning specific techniques and skills, within a culture-based model of therapeutic framework. Challenges and strengths of diverse group counseling and positives/negatives of different group structures will be discussed.

8 am - Noon

OFF-SITE

An Experiential Workshop Introducing the Benefits of Equine Assisted Services

Nancy Davies, MSW, LSWAIC,
Megan Ingersoll, Jeannette
Lopez, LMHCA, Michelle Ruff,
and Kara Seibert, LICSW

In this unique hands-on workshop, the Healing Animal Partners Program, a service of Lifeline Connections, will offer an opportunity for participants to learn about and experience the benefits of equine assisted services. Participants will leave with an understanding of why we partner with horses in therapeutic activities and the various healing benefits they offer.
(Departure from ilani at 7:30 am)

8 am - Noon

SALISH

Mat Weaving

Kyle Folden, Christine Hawkins,
and Sheryl Whitlinger, LMHC

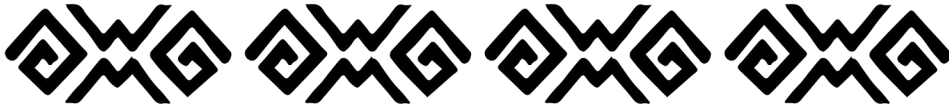
This workshop will be a hands-on project with teachers instructing the participants in how to properly weave mats.

Noon - 1 pm

TAKHOMA BALLROOM

Lunch





Monday, September 18 (continued)

1 - 5 pm

COWLITZ RIVER

Medicine Wheel as it Pertains to Recovery

Reuben Twin

Reuben Twin will share his work with substance use programs and how he has integrated medicine wheel teachings into his practice. Reuben will cover three medicine wheel uses: the internal medicine wheel which covers the physical, mental, emotional, and Spiritual; the second wheel covers the individual, family, relationships, and ceremonies; and the third wheel covers the basic traditional practices of Native American Communities, for example: women, earth, energy, and spirit, as well as the traditional medicine sage, tobacco, cedar, and sweetgrass. Reuben will discuss how these medicine wheels can be utilized in recovery for an individual.

1 - 3 pm

SALISH

Outreach/Prevention in Rural Communities

Jose Garcia, CGAC-I, CADC-II

This session will discuss outreach efforts to hard-to-reach communities and farm workers, accessibility, retention, and treatment approach methods.

3 - 5 pm

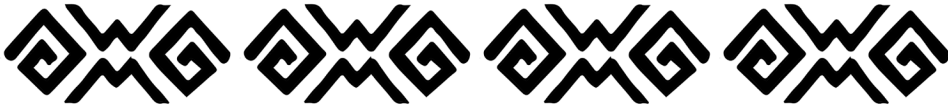
SALISH

Let Me Tell You Why: Working with a Forgotten Community

Ala Shaikh-Khalil, MD and
Abdallah Mobaideen, MA

This session will explore the lessons learned while raising awareness of problem gambling within the Arab community of Ohio through a diverse collaborative approach. Arab Americans are undercounted and asked to identify as "White," creating an "invisible" minority. Problem gambling is prevalent among Arab youth struggling with identity and integration. Conversations about gambling are difficult due to stigma and community messaging. Youth expressed frustration at being told things were "forbidden" and preferred to understand why. This inspired "Let me Tell you Why," a multi-platform bilingual campaign to raise awareness of the dangers of problem gambling and erase stigma through engaging, factual, and personable content.





Tuesday, September 19

7 - 8 am

TAKHOMA BALLROOM

Breakfast Buffet

8 am - 5 pm

COWLITZ RIVER

***Improving Government to Government
Relations with the Federally Recognized
Tribes***

Gordon James

This training covers four main topic areas: Cultural Considerations, Selected Legal Impacts, Tribal Sovereignty, and Tribal Government. The training continues to evolve as differing issues present themselves as priorities for understanding the historical and present status of the relationships between the State and Federally recognized tribes in Washington State.

8 am - Noon

SALISH

***Culturally Responsive Assessment and
Treatment Planning***

Tae Son Lee, MBA, SUDP,
WSCGC-II

This presentation will present an overview of the general characteristics of Asian culture and enhance the basic knowledge about Asian culture that counselors should know to address gambling issues among Asians in the United States. Participants will also explore the challenges Asian individuals face when seeking counseling assistance and discuss effective methods and approaches to diagnose and treat them during the counseling process.

1 - 3 pm

SALISH

***The Strong Black Woman Schema and
Gambling Disorder Recovery - Cultural
Considerations for Treatment/Prevention/
Community Wellness***

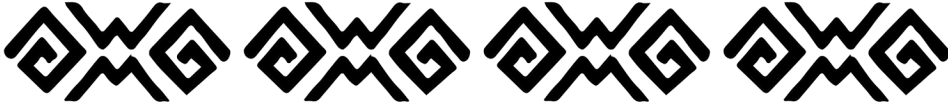
Deborah Haskins, PhD, LCPC,
ACS, MAC, ICGC-II, CCGSO, BACC,
CGT

Black women have historically exhibited psychological and cultural strength beginning with the Middle Passage, systemic racism, social injustices, and challenges in life. The Strong Black Woman Schema resiliency model, while a strength, can also create conflicts and barriers for Black women who often will not seek gambling disorder, SUD, or mental health treatment. The presenter will discuss how to engage Black women clients and use increased understanding about the SBWS to support Black women and expand community wellness opportunities that acknowledge cultural humility for supporting Black women during treatment.

Four Directions

7





Tuesday, September 19 (continued)

3 - 5 pm

SALISH

Slow it Down! Organizing Finances in a Digital Age of Gambling, Stock Trading, Bitcoin, Financial Shockwaves, and Retirement Planning

Brent Neiser, MA, CFP, AFC

This session will discuss how and why gambling, day-trading, and crypto are not financially smart investment decisions – they have little long-term wealth building or financial potential. They tap into people's emotions and views of money that do not use the best behavioral finance approaches. Recovering and Preparing for Financial Shockwaves and a holistic eight-part view of retirement planning will be covered.

Noon - 1 pm

TAKHOMA BALLROOM

Lunch

6 - 8:30 PM

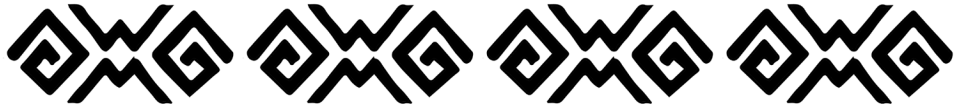
PATIO

Fireside Chat and S'Mores-gasbord



You may have thought the classic S'mores couldn't be topped, but have you tried a Samoa S'mores, S'mOreos, Sin-amon S'mores, or Striped S'mores with milk chocolate, white chocolate, or dark chocolate? Now is your chance to taste-test and pick your favorite! Come for the S'mores-gasbord, stay for the stories by the fire with friends. You won't want to miss this unique experience.





FOUR DIRECTIONS

Main Conference Schedule

Wednesday, September 20

7 - 8:15 am

TAKHOMA BALLROOM

Breakfast Buffet

8:15 - 8:30 am

TAKHOMA BALLROOM

Welcome and Opening Ceremony

8:30 - 10 am

TAKHOMA BALLROOM

Healed Enough

Keynote

Susan Aglukark, OC

Susan blends her singing with her messages of hope for, and the history of, her people, the Inuk of Arctic Canada. She weaves words and music and lyrics into hopes and ideas for a better, hopeful, thriving future for the Aboriginal people. Susan addresses universal issues such as social problems, health problems in Aboriginal communities and its links to rapid change, how to cope with rapid change, and the effects of colonization, along with many other issues.

10 - 10:30 am

PREFUNCTION

Break / Exhibits

10:30 - 11:30 am

**CONCURRENT
WORKSHOPS**

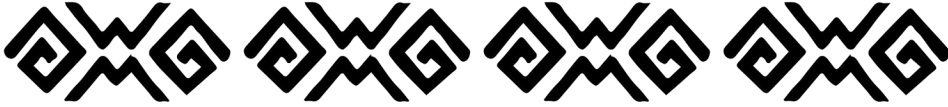
***Intersection of Evidence-Based Interventions
and Indigenous Traditional Healing***

Cowlitz River

Leon Leader Charge, MA

This session will examine how evidence-based best practices intersect well with traditional approaches. Participants will also review the impact traditional culture has on Indigenous populations and succession rates pertaining to treatment, prevention, and recovery.





Wednesday, September 20 (continued)

Words Have Power: Breaking Through Stigma and Negative Bias with Supportive and Respectful Language

Huckleberry

Harlan Pruden, Ryan Stillwagon, and Oblio Stroyman, MEd, QMHP-R, CGAC-II, ICGC-II, BACC, LMFT

Language is power and power operates within language. Yet often, in our daily lives, we have few opportunities to reflect on its usage. There is a dizzying array of new phrases, words, and ways of respectfully engaging historically stigmatized communities, identities, and behaviors that our talk will begin to address. Using the recently published BC CDC COVID-19 Language Guide as our starting point, we wade into this conversation with curiosity and cultural humility to figure out ways to better engage with people and communities, both within a clinical setting and within our daily lives. We will also reflect on ways to maintain ongoing safety through the language we use within these settings. Participants will be provided with a BC CDC COVID-19 Language Guide and leave with strategies to disarm and inhibit hateful and hurtful ways of referring to others, strategies they may take into their lives to practice better cultural humility within their respective communities.

Building a Healthy Foundation on Healthy Habits

Salish

Mitch Factor

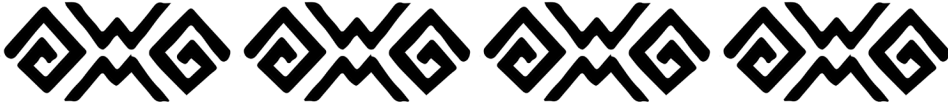
The day-to-day stress can lead to unhealthy habits. In some cases, this could lead to financial stress, developing unhealthy habits or irreversible health conditions. If you are ready to prevent or avoid stress in your life, this breakout is for you. Join Native American Comedian Mitch Factor on a journey to a healthier lifestyle. Mitch will give you a better view of identifying the stress that can lead to unhealthy habits. He will also give you ideas and suggestions on building a better foundation at home and at work to develop healthier habits. Warning: This breakout may cause laughter.

11:30 - 11:45 am

PREFUNCTION

Break / Exhibits





Wednesday, September 20 (continued)

11:45 am - 1:30 pm

TAKHOMA BALLROOM

The Wisdom of the Drum

Lunch Plenary

Javoen Byrd, MA

This presentation will be a discussion on the use of music and rhythm for healing. We will explore West African drumming from the southwest region of Nigeria, and evidence-based drum programs created in the United States.

1:30 - 2 pm

PREFUNCTION

Break/Exhibits

2 - 3 pm

**CONCURRENT
WORKSHOPS**

Healing Hearts, Calming Minds: Harnessing Meditation for Addiction Recovery

Cowlitz River

Ken Martz, PsyD, CAS, ICGC-II, BACC

Meditation is a powerful approach to support addictions recovery. While the term is used widely, it is often misunderstood and not properly applied. This session will review research on meditation, basic principles and techniques of meditation, and how it creates change in the cognitive, emotional, and behavioral growth of those we serve. Specific emphasis will explore how the meditation process parallels the relapse trigger and response pattern to teach an effective approach to establish and grow long term recovery. Parallels will be drawn for self-care and practice to improve our credibility and effectiveness in these techniques. The session will balance didactic review of research basis and experiential techniques to facilitate through principles of effective adult learning and varied learning styles.


UPPER SKAGIT INDIAN TRIBE



Four Directions

11







I WON MY CULTURE BACK

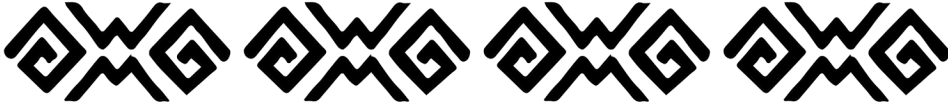
**PROBLEM GAMBLING HURTS
TREATMENT WORKS**

1.800.547.6133
helpline

 **EVERGREEN**
Council on Problem Gambling

 **MUCKLESHOOT**
INDIAN TRIBE





Wednesday, September 20 (continued)

The Rainbow Connection: We Are All in This Together

Huckleberry

Oblio Stroyman, MEd, QMHP-R, CGAC-II, ICGC-II, BACC, LMFT

In 2022, more than 400 anti-LGBTQIA+ legislative bills were introduced to block access to healthcare, formalize legal discrimination in housing and employment, and make gender self-expression illegal. These outward attacks significantly impacted LGBTQIA+ folks, especially as it pertains to wellness and addiction. These laws also impact our loved ones, and the allies committed to providing us with affirming care. While this may seem daunting, our time together will take us through skills and tools we can apply right away as individuals, community members, and professionals to support our LGBTQIA+ family across intersecting systemically marginalized identities.

Improving Cultural Connectedness Within Native American Clients: A Paradigm Shift that Improves Mental Health Outcomes

Salish

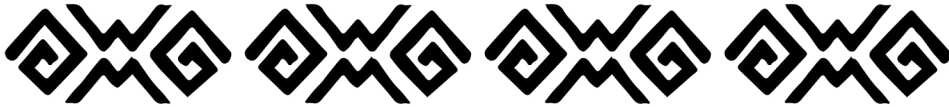
John Dennem, MA, CADC-II, LPC

The research on the Cultural Connectedness Scale – California (CCS-CA) will be presented. This scale was adapted within and by the San Francisco Bay Area Native Community and Native American Health Center - Oakland. Funded by the California Reducing Disparities Project - a multi-year grant project to establish culturally-based and community defined evidence-based practices within Native communities. The CCS-CA is a valid and reliable measure and is predictive of improved mental health as measured by hope, satisfaction with life, depression, and substance use/abuse. The use of the Western psychological model only within this community has had an iatrogenic effect. The two-eyed theoretical framework will be discussed as well as how to become more effective within this community. We will discuss the paradigm shift from cultural expectancy to cultural humility.



Join us tomorrow morning by the pool at 7 am for yoga, meditation, and delicious fruit smoothies to start your day relaxed and refreshed!





COMMUNITY CELEBRATION EVENT

Wednesday, September 20 from 6 - 8:30 pm

Included in Main Conference Registration

Guest Tickets available at Registration Desk:

Adult \$49, Youth (ages 8-12) \$39

Event will be held in the Takhoma Ballroom



Featured Artists:

* Susan Aglukark

* Javoen Byrd

* Cowlitz Drum Group

* Mitch Factor

* Swil Kanim

* Gene Tagaban

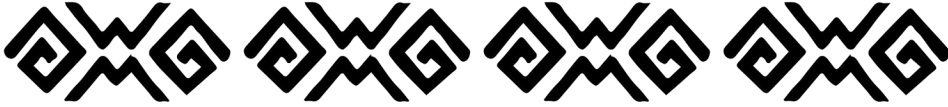
"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

—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.





Wednesday, September 20 (continued)

3 - 3:30 pm

PREFUNCTION

Break / Exhibits

3:30 - 5 pm

TAKHOMA BALLROOM

Gambling and Elders

Afternoon Plenary

Tanna Engdahl

In this session participants will hear lessons and wisdom from the life of a Cowlitz Tribal Elder and Spiritual leader who has devoted her life to advocating for tribal needs, rights, and the historical to present-day role of gambling in tribal cultures.

6 - 8:30 pm

TAKHOMA BALLROOM

Community Celebration Event and Dinner

For details on the event, please see page 14 of the program. Please join us for this celebration dinner and Community Event – included in your main conference registration. Guest tickets are available at the Registration Desk.

Thursday, September 21

7 - 8:10 am

POOL

Breakfast and Yoga / Meditation

8:20 - 8:30 am

TAKHOMA BALLROOM

Welcome and Announcements

8:30 - 9:45 am

TAKHOMA BALLROOM

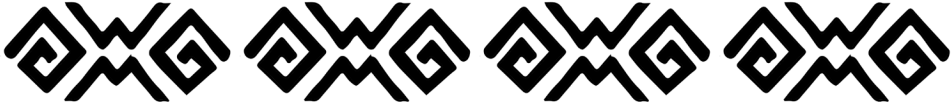
***Substance Use Disorders and Gambling in the
Latinx Community: Raising Our Community Voices***

Keynote

Cristina Rabadán-Diehl, PharmD, PhD, MPH

The prevalence of substance use disorders and gambling has increased exponentially in the last years, but the experience is different depending on your racial and ethnic background. While potential approaches to address these conditions are being developed, many lack the cultural and social component that are relevant and resonate with the Latinx community. This lecture will discuss how the current opioid crisis is affecting the Latinx community, the social-cultural factors that are unique to that population, the role of stigma, and the co-occurrence of substance use disorder and gambling disorder.







SAVE-THE-DATE!

Evergreen Council on Problem Gambling
Winter Quarterly Training

Virtual | January 29–February 1, 2024

Two online training options available:

- **Gambling Counselor Core Training**
- **Advanced Training in Behavioral Health**

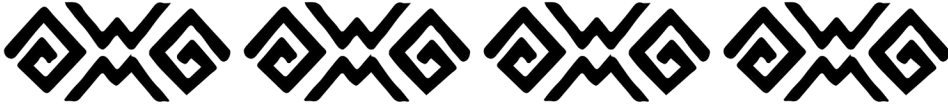


[EVERGREENCPG.ORG/TRAINING](https://evergreencpg.org/training) 



When facing
gambling addiction,
we are all in it together.





Thursday, September 21 (continued)

9:45 - 10:15 am

PREFUNCTION

Break / Exhibits / Hotel Checkout

10:15 - 11:45 am

CONCURRENT WORKSHOPS

Reflections on the Treatment of Sports Bettors with Gambling Disorder

Cowlitz River

Tim Fong, MD

This presentation will review the latest clinical experiences and best practices on how to screen, diagnose, assess, and manage sports betting clients with gambling disorders. Emphasis will be placed on covering similarities and differences in clinical characteristics between sports bettors and non-sports bettors with gambling disorder. A contemporary review of the sports betting landscape and trends will be presented to increase the familiarity of this culture for therapists. Clinical and research data from the CALGETS and UCLA Gambling Studies Program treatment database will be reviewed, highlighting the impact of sports betting on mind, body, and brain. Finally, innovative and practical treatment strategies for sports bettors (and their families) with gambling disorder will be discussed.

Against All Odds: Native Youth Gambling

Huckleberry

Katy Morseau and David Vialpando, MBA, CFE, CFCS

This presentation will discuss the challenges to Native American communities in discouraging youth gambling activity and preventing gambling addiction, potential strategies to overcome these challenges, protective factors within Native American communities that may be leveraged, and current trends in gambling by youth.

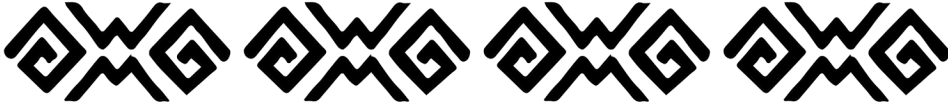
Retuning: Supporting Attunement in Recovery

Salish

Kitty Martz, CGRM, CGAC-II

What if, as a core construct to seeking "recovery", we sought to "retune" our ability to form attachments with others that become misaligned in childhood? Ms. Martz, a person with lived experience in gambling harm, explores the SCARF model by David Rock. Kitty explores, using her own wellness journey as a case study, that perhaps other individuals with disordered gambling have unmet needs related to Status, Certainty, Autonomy, Relatedness and Fairness (SCARF). Attendees will then investigate whether enduring solutions to addictions could be found by working towards "attunement" as described in the prolific teachings of Canadian physician, Gabor Mate.





Thursday, September 21 (continued)

11:45 - 1:30 pm

TAKHOMA BALLROOM

The True Impact of Gambling on AAPI Individuals, Families, and Communities

Lunch Plenary

Tim Fong, MD

This presentation will provide an overview of clinical presentations and characteristics of gambling disorder and the impact it can have on the physical and mental health of Asian-American/Pacific Islander clients, families, and communities. Best practice for the screening, assessment, and treatment of gambling disorder and co-occurring disorders will be reviewed. An overview of the cultural contributions that increase risk and vulnerabilities for addictive disorders will be presented. Emphasis on how clinicians can deliver culturally impactful treatment will be discussed, including reviewing treatment resources that are currently available.

1:30 - 1:45 pm

PREFUNCTION

Break / Exhibits

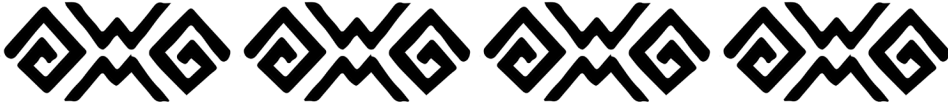


**RECOVERY
CAFÉ
NETWORK**

**Bring a Recovery Café
to your community**

recoverycafenetwork.org





Thursday, September 21 (continued)

1:45 - 3 pm

CONCURRENT WORKSHOPS

Battle Buddies: Supporting Those Who Served with Service Dogs to Combat PTSD

Cowlitz River

Panel: Nick Carefelle, Dodi Louis, Ovie Muntean, and DL Thomas

Twenty-two Veterans a day, more than 8000 a year, commit suicide on American soil. Northwest Battle Buddies is dedicated to providing life-changing service dogs to American heroes suffering from PTSD. Battle buddies are intensely trained service dogs that create a life-changing and mutually beneficial bond with their Veteran handlers that reduces PTSD symptoms, negative thoughts and feelings, and reduces risk of suicide. This session will discuss the health and healing benefits of service dogs for veterans.

Youth Gaming, Culture, and Parental Support

Huckleberry

Joshua Germain, MA, LMHC and Kelvin Peprah, MA, LMHC

This presentation will provide a deeper understanding of the impact that internet and technology addiction has on youth and their families, while also offering practical tools that can be implemented for sustainable technology use. The presentation will outline what internet and technology addiction is (how it presents itself, as well as how it operates neurobiologically), the negative consequences that it can have on child development, and specific treatment strategies that can be used in therapy. The presenters will offer informed perspectives and effective tools that parents can use as they try to support their child's recovery, and will highlight the importance of systemic and holistic support for addicted youth.

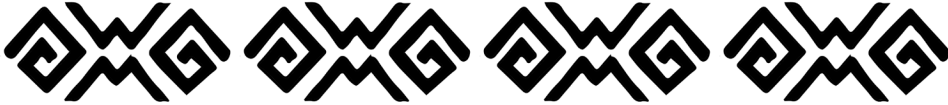
From Being in Action to Taking Action: Crisis Intervention

Salish

Kitty Martz, CGRM, CGAC-II

This skill-building workshop covers a range of crisis intervention techniques: participants will populate a safety plan based on Cognitive Behavior Therapy methods of the Beck Institute. Additionally, motivational interviewing techniques to shift the trajectory from the sense of hopelessness to concrete steps individuals can take towards wellness will be explored. Acceptance and Commitment Therapy (ACT) tools will be employed to help individuals pivot away from harm and towards their values while in the throes of the gambling cycle.





Schedule At-a-Glance

Wednesday, September 20, 2023				
7 - 8:15 am	Breakfast Buffet			
8:15 - 8:30 am	Welcome and Opening Ceremony			Takhoma Ballroom
8:30 - 10 am	Keynote	<i>Healed Enough</i>	Susan Aglukark	Takhoma Ballroom
10 - 10:30 am	Break / Exhibits			Prefunction
10:30 - 11:30 am	Clinical / Behavioral Health	<i>Intersection of Evidence-Based Interventions and Indigenous Traditional Healing</i>	Leon Leader Charge	Cowlitz River
	Community & Culture	<i>Words Have Power: Breaking Through Stigma and Negative Bias with Supportive and Respectful Language</i>	Panel	Huckleberry
	Innovative Trends & Topics	<i>Building a Healthy Foundation on Healthy Habits</i>	Mitch Factor	Salish
11:30 - 11:45 am	Break / Exhibits			Prefunction
11:45 am - 1:30 pm	Lunch Plenary	<i>The Wisdom of the Drum</i>	Javoen Byrd	Takhoma Ballroom
1:30 - 2 pm	Break / Exhibits			Prefunction
2 - 3 pm	Recovery Community	<i>Healing Hearts, Calming Minds: Harnessing Meditation for Addiction Recovery</i>	Ken Martz	Cowlitz River
	Innovative Trends & Topics	<i>The Rainbow Connection: We Are All in This Together</i>	Oblio Stroyman	Huckleberry
	Community & Culture	<i>Improving Cultural Connectedness Within Native American Clients: A Paradigm Shift that Improves Mental Health Outcomes</i>	John Dennem	Salish
3 - 3:30 pm	Break / Exhibits			Prefunction
3:30 - 5 pm	Afternoon Plenary	<i>Gambling and Elders</i>	Tanna Engdahl	Takhoma Ballroom
6 - 8:30 pm	Community Celebration Event and Dinner			Takhoma Ballroom

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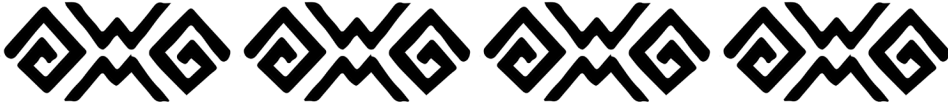


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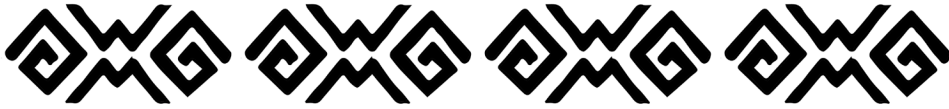


Thursday, September 21, 2023				
7 - 8:10 am	Breakfast and Yoga / Meditation			Pool
8:20 - 8:30 am	Welcome and Announcements			Tahoma Ballroom
8:30 - 9:45 am	Keynote	<i>Substance Use Disorders and Gambling in the Latinx Community: Raising Our Community Voices</i>	Cristina Rabadán-Diehl	Tahoma Ballroom
9:45 - 10:15 am	Break / Exhibits / Hotel Checkout			Prefunction
10:15 - 11:45 am	Clinical / Behavioral Health	<i>Reflections on the Treatment of Sports Bettors with Gambling Disorder</i>	Tim Fong	Cowlitz River
	Community & Culture	<i>Against All Odds: Native Youth Gambling</i>	Katy Morseau, David Vialpando	Huckleberry
	Recovery Community	<i>Retuning: Supporting Attunement in Recovery</i>	Kitty Martz	Salish
11:45 am - 1:30 pm	Lunch Plenary	<i>The True Impact of Gambling on AAPI Individuals, Families, and Communities</i>	Tim Fong	Tahoma Ballroom
1:30 - 1:45 pm	Break			Prefunction
1:45 - 3 pm	Community & Culture	<i>Battle Buddies: Supporting Those Who Served with Service Dogs to Combat PTSD</i>	Panel	Cowlitz River
	Innovative Trends & Topics	<i>Youth Gaming, Culture, and Parental Support</i>	Joshua Germain, Kelvin Peprah	Huckleberry
	Recovery Community	<i>From Being in Action to Taking Action: Crisis Intervention</i>	Kitty Martz	Salish
3 - 3:15 pm	Break / Exhibits			Prefunction
3:15 - 5 pm	Afternoon Plenary	<i>Talking Circle Traditions for Treatment Providers</i>	Swil Kanim	Tahoma Ballroom

CEU ACCREDITATION AVAILABLE FROM:

Mental Health and Addiction Certification Board of Oregon (MHACBO); American Academy of Health Care Providers in the Addictive Disorders (AAHCPAD); Association for Addiction Professionals (NAADAC); International Gambling Counselor Certification Board (IGCCB); and Canadian Problem Gambling Certification Board (CPGCB).





Thursday, September 21 (continued)

3 - 3:15 pm

PREFUNCTION

Break

3:15 - 5 pm

TAKHOMA BALLROOM

Talking Circle Traditions for Treatment Providers

Afternoon Plenary

Swil Kanim

Talking circles, peacemaking circles, or healing circles are deeply rooted in the traditional practices of Indigenous peoples. Talking Circles foster respectful listening and reflection. Swil Kanim will explain the healing tradition of the Talking Circle and how it can be used as a powerful tool for treatment to create a safe, non-judgmental place to engage in sharing authentic personal reactions and feelings that are owned by each individual and acknowledged by others. Attendees are welcome to participate or observe.



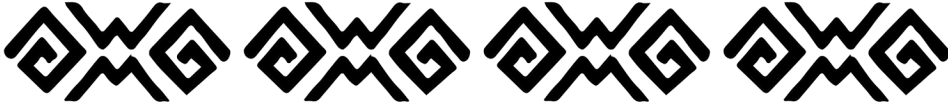
Join in a Special Talking Circle Event

***Thursday, September 21, from 3:15 - 5 pm in the
Takhoma Ballroom (CEs available)***

Swil Kanim 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.





Presenters

Susan Aglukark, OC is Nunavut's first ever Juno Award winning Inuk singer/songwriter. She grew up in Arviat, Nunavut and with "no musical orthodoxy" to draw from, Susan's early years were spent learning as she was headlining. Susan's early writing (The Arctic Rose-1992) was a series of songs drawn from the thing she had left, a life of uncertainty. The past 25 years and the following 7 albums has seen Susan set on a path of personal discoveries, cultural reconnections and personal healing, a very different path than the one she imagined when she left her home.



Javoen Byrd, MA is an Olympia-based Ethnomusicologist. He received his BA at The Evergreen State College and his Masters at the University of Washington. He is dedicated to providing multicultural education and healing through drum facilitation across the Pacific Northwest and beyond. He is a serial entrepreneur who created the nonprofit "The Hawk Foundation for Research and Education in African/African American Culture", and is also owner of Awodi Drumming LLC, which has won a state contract through the Department of Children and Family Services to provide African music education for incarcerated youth.

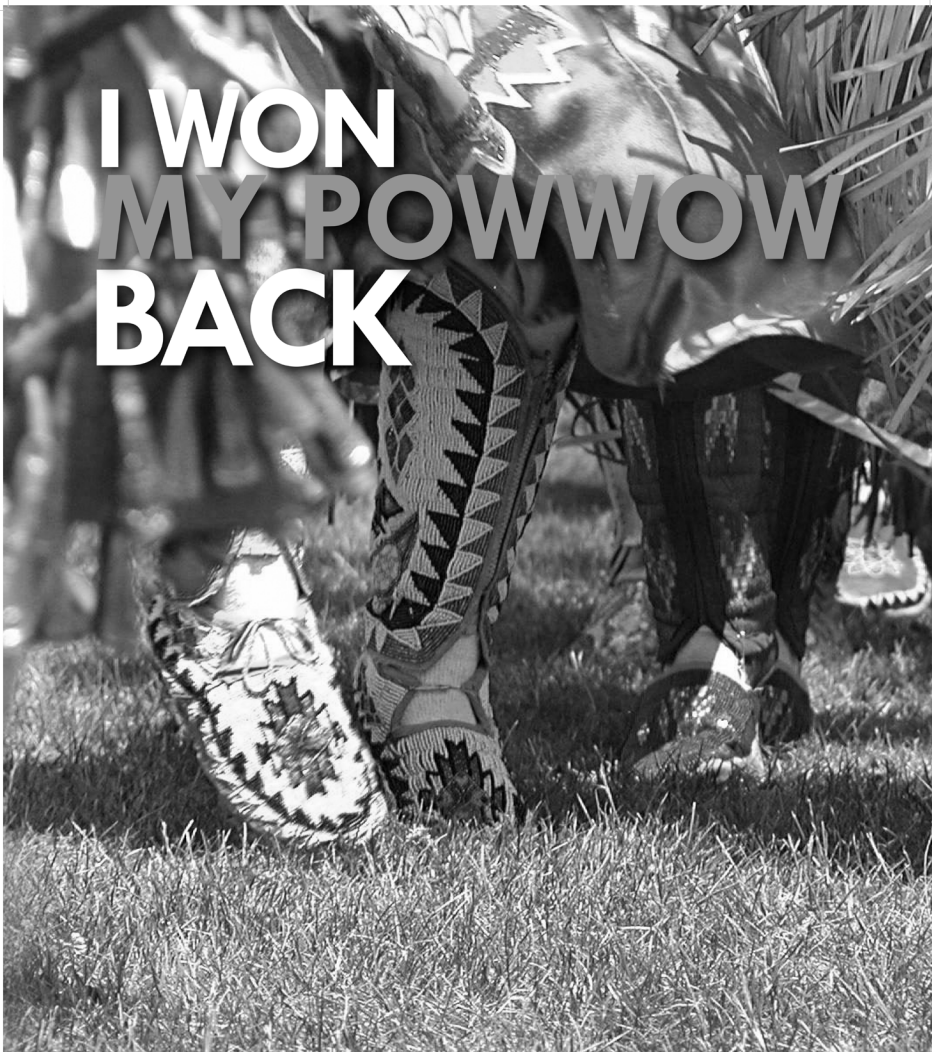
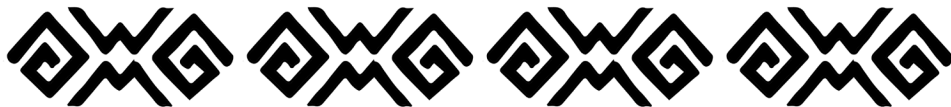


Nancy Davies, LSWAIC is certified in Natural Lifemanship, a trauma informed equine-assisted therapeutic modality that supports clients in building attuned, connected relationships with self, horses, and others. Nancy provides individual counseling to clients, often intersecting Internal Family Systems, Mindfulness, and Somatic Experiencing into her approach. Nancy experienced the benefits of sharing space with horses at a young age. Nancy does this work, "To be a witness to the felt sense of connection that people experience with horses and how that contributes to healing."



John Dennem, MA, CADC-II, LPC is a Co-principal Investigator on the California Reducing Disparities Project grant. He also consults on the Culture is Prevention Project within the Native American Health Center – Oakland. He is currently a 4th year PhD student at Claremont Graduate University and serves as Adjunct Faculty at CSU San Bernardino. He has more than 15 years of clinical and research experience. He researched, developed, and presented the culturally sensitive Needs Assessment for the Downtown LA homeless population and oversaw the implementation of the Transitional Age Youth Program in Inglewood, CA.





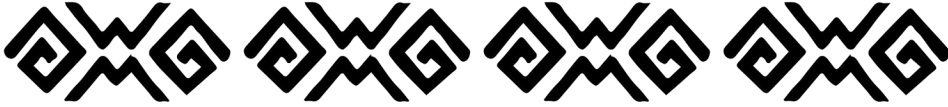
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Presenters

Tanna Engdahl is an Elder and Spiritual Leader in the Cowlitz Indian Tribe. At the beginning of her career, Tanna was hired by KIRO-TV as the first major-market American Indian TV news reporter in the US. At the same time, she served as the Tribe's Vice-President. She left the newsroom to engage in a thirty-year career in public land agencies. Upon retirement, she has been actively presenting Cowlitz history to schools, colleges, community organizations, Federal and State agencies, and other public venues, as well as teaching a more formal Cowlitz history class at Clark College. Tanna serves as a volunteer on the Ridgefield National Wildlife Refuge Board and WSU's Native American Board.



Mitch Factor has been a lead teacher in Tribal Head Start for more than 30 years. Mitch now presents to Tribal employees across the United States, Alaska, and Canada. Mitch specializes in wellness, parent and family involvement, male involvement, and staff working as a collective unit to benefit the child and family. Mitch presents at conferences and Tribal events. Mitch Factor is also a humorist and enjoys laughing and having fun while presenting.

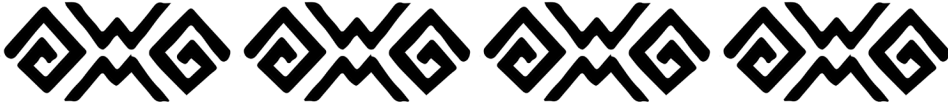


Kyle Folden is an enrolled member of the Cowlitz Indian Tribe. He has taken a number of weaving classes with the Chehalis Tribe over the last couple of years. He recently wove a 52" x 32" cedar ceremonial mat for a fellow tribal member's wedding, and four Coast Salish-style hats. He will also be teaching a processing bark class to fellow Tribal members in September. He is very thankful for his teachings and looks forward to passing them on to others.



Tim Fong, MD is a Professor of Psychiatry at the Semel Institute for Neuroscience and Human Behavior at UCLA. He is the Director of the UCLA Addiction Psychiatry Fellowship, a one-year program that provides clinical training in the management of addictive disorders. Dr. Fong is also the co-director of the UCLA Gambling Studies Program; the purpose of the program is to examine the underlying causes and clinical characteristics of gambling disorder to develop effective, evidence-based treatment strategies. Dr. Fong is the Director of the Steering Committee to the UCLA Cannabis Research Initiative, a multi-disciplinary effort to examine the impact of cannabis on body, mind, and brain.





Presenters



Jose Garcia, CADC-II, CGAC-I, has been the Director of New Horizon Programs since 2008 and has been in the field of addictions for more than 24 years. He currently serves on the MHACBO Board of Directors as Secretary. At City Hall, he chairs the Hispanic Advisory Committee, working with local and state representatives. Jose has been a member of the Multicultural Advisory Committee on Problem Gambling at Oregon Health Authority for more than 11 years.



Joshua Germain, MA, LMHC has become recognized for his work with adolescents and young adults who struggle with internet and technology addiction. After graduating with a Master of Arts degree in Marriage, Couple, and Family Counseling from George Fox University, Josh became one of the primary therapists at the nation's first and foremost internet and technology addiction treatment program, reSTART Life. In March of this year, Josh opened his own private practice where he has been able to find effective ways of treating internet and technology addiction within the context of outpatient care. Josh received the AI Stiefel award for excellence, and taught multiple graduate-level counseling theory courses as an adjunct professor at George Fox University.

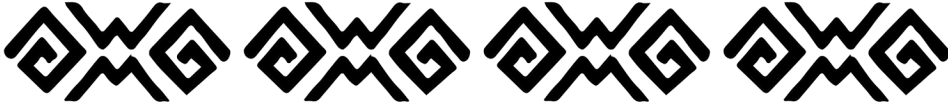


Deborah Haskins, PhD, LCPC, ACS, MAC, ICGC-II, CCGSO, BACC, CGT is a retired Counselor Educator (25 years). She is President Emeritus of the Maryland Council on Problem Gambling and has been a recognized leader for more than 20 years in disordered gambling. Dr. Haskins has trained mental health professionals in the US and abroad to understand disordered gambling and provide culturally relevant services. Her expertise and publications include gambling disorders, cultural competency, and social justice attuned mental/wellness. Her current efforts include equipping faith/spiritual communities to support disordered gambling and homicidal loss/trauma advocacy and trainings, teaching diversity in psychology at Johns Hopkins University, and working on a book project on culture and disordered gambling treatment, prevention, and community wellness.



Christine Hawkins has worked for the Washington Attorney General's Office since 2004 and is currently a supervising paralegal. For her, it is an honor to serve the citizens of Washington State in this way. As an enrolled member of the Cowlitz Indian Tribe, she has been weaving for more than 10 years. Part of the teaching for cedar weaving was to start in the woods at the tree to give thanks and prayers to the tree for the gifts it gives to the people. She enjoys cedar and pine needle weaving along with many other native arts such as beading and making ribbon skirts. She has had the pleasure of teaching arts for the last 4 years and is also a silversmith and enjoys making beautiful jewelry.





Presenters

Megan Ingersoll began her horse journey in 2015 where she began volunteering with abused and neglected horses. After her own experience of going through a horse therapy program, she realized how transformative horse therapy is. She volunteered with the Windhaven Therapy program for 3 years, supporting veterans with PTSD. She has been working as an Equine Specialist for Lifeline Connections for their Recovery with Horses group, Mindfulness with the Herd, and the Windhaven Veterans Program. Megan does this work "because the incredible thing about working with horses in therapy is that the horses always show us the internal landscape."



Gordon James has spent more than 30 years working in Government-to-Government relationships in direct service positions, administrative roles, and in elected capacity, having served on the governing body of the Skokomish Tribe, including eight years as Chairman of the Skokomish Tribal Council. On behalf of the Washington State Governor's Office of Indian Affairs, he co-designed the Government-to-Government Training currently provided for various state agency administrators and staff.



Leon Leader Charge, MA is an enrolled member of the Rosebud Sioux Tribe and a part of the Oglala Sioux Tribe. Leon holds a Bachelor of Science in Addiction Counseling and Prevention from the University of South Dakota, with an emphasis in Treatment and Prevention Continuum, and a Master of Arts in Interdisciplinary Studies with an emphasis in Educational Administration & Leadership, and Addiction Counseling and Prevention from the University of South Dakota Graduate School. Currently Leon works as a Tribal Technical Assistance Coordinator for the SAMHSA Tribal Training and Technical Assistance Center (TTAC), and provides culturally appropriate prevention for tribal communities on a national level. Leon served as the Chairman of the Board for the Rosebud Scholarship Fund, was a member of the South Dakota Urban Indian Health Board of Directors, and the South Dakota State University President Wokini Advisory Council.



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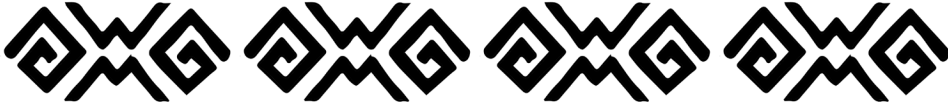
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Presenters



Tae Son Lee, MBA, SUDP, WSCGC-II became the first Korean-speaking Chemical Dependency Professional in Washington State in May 2000. Since then, he has been providing culturally relevant SUD treatment for Korean and Vietnamese communities. In 2003, he founded Asian Counseling Treatment Services (ACTS) and extended their services into outpatient treatment for gambling disorder. ACTS first provided Substance Use Disorder services in King County in 2003, then opened a branch in Lynnwood, and later Pierce County. The mission of ACTS is to be a primary SUD, Mental Health, and Problem Gambling treatment program for the Asian-American community and provide an avenue to their pathway of recovery from addiction problems based on cultural understanding and analyzing approaches.



Jeannette Lopez, LMHCA had a successful career as a structural welder in the building trades, then committed herself to working with people who have experienced complex trauma and adverse childhood experiences, as well as other issues of life. Jeannette provides equine assisted therapy to individuals and groups. She is certified in EAGALA and trained in the Equine Assisted Therapy for PTSD curriculum. Jeannette does this work to "help clients reach the highest quality of life they can experience in partnership with horses."

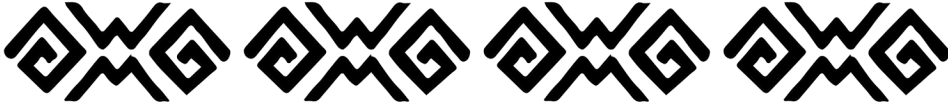


Kenneth Martz, PsyD, CAS, ICGC-II, BACC is a licensed psychologist with more than 30 years' experience in the treatment and management of gambling and other addictive disorders. He was formerly the Special Assistant to the Secretary for the Department of Drug and Alcohol Programs in the Commonwealth of Pennsylvania. Dr. Martz has a Doctorate in Clinical Psychology from Argosy University. He has a dozen publications, including multiple bestsellers such as "Manage My Emotions: What I Wish I'd Learned in School about Anger, Fear, and Love," "Manage My Addiction," and "Counselor: Tricks for Blossoming from Good to Great."



Kitty Martz, CGRM, CGAC-II is the Executive Director of Voices of Problem Gambling Recovery in Portland, OR. She is the current Chair of the Oregon Council on Problem Gambling's Board of Directors, and a member of the National Council on Problem Gambling's Recovery Committee. She oversees Oregon's HOPE Peer Program, where she works directly with dozens of peers to promote gambling recovery, trains peers, and establishes best practices and policies to share with other developing gambling peer programs. Her passion is participating in the evolution of legislative policies as they relate to mitigating gambling harm.





TYPES OF GAMBLING

- Bingo
- Card/table games
- Horse betting
- Internet gambling (poker/bingo sites)
- Lottery games, scratch offs
- Other games (betting on pool, bowling)
- Raffle tickets
- Slot machines/VLT's
- Sports Betting
- Stock market speculation

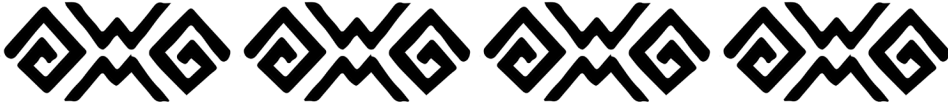
DO YOU OR A LOVED ONE NEED HELP?

- Individuals struggling with responsible gaming can lead to financial, emotional, social, occupational, and physical harms.
- An individual lacking education with responsible gaming that leads to problematic behaviors will affect 7-10 people in their immediate circle.
- Without immediate intervention, for some, this may lead to criminal behaviors to recoup losses.



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Presenters



Abdallah Mobaideen, MA is the founder and Editor-in-Chief of *Ohio in Arabic* and CEO of the Foundation. Abdallah is a Jordanian journalist who immigrated to Ohio in late 2017. He holds a master's degree in journalism and news media. Before immigrating to the US, Abdallah worked as a news editor, press reporter, writer, and trainer in media and academic institutions for many years.



Katy Morseau is enrolled with the Pokagon Band and is the Executive Assistant for the Pokagon Band Gaming Commission, where she also serves on the Commission's Training and Education Committee. In addition to her experience at the Gaming Commission, she has also worked in the Pokagon Band Education, Language and Culture, Administration, Enrollment, and Elections Departments. She authored an article entitled, "Against All Odds – Native Youth Gambling" which was published in their tribal newsletter, *Pokégnek Yajdanawa* as well as the *Indian Gaming Magazine* in May 2023.



Ovie Muntean is the COO of Northwest Battle Buddies. On a daily basis he is serving our American Heroes battling PTSD as they learn to live life with freedom and Independence with a Service Dog at their side. Ovie and his wife Adrianna, both US citizens and business owners, are the proud parents of 3 children – Christina, Timothy and Briana. Today, Timothy and Briana are serving our country in the US Marine Corp and US Air Force, respectively. Ovie loves his adoptive country and has raised his children to understand the value of freedom.

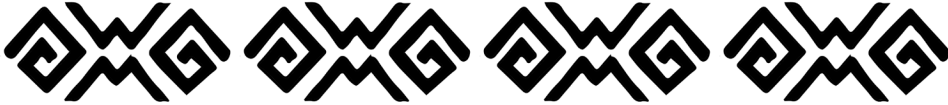


Brent Neiser, MA, CFP, AFC is Host and CEO of *What's Next with Money*, a bi-monthly YouTube program on Personal Finance, Foresight, and Public Issues. Brent was Senior Director of Strategic Partnerships and Alliances for the Denver-based National Endowment for Financial Education. He created national programs on personal finance for the American public including more than 100 partnerships with groups such as Sesame Workshop, National Council on Problem Gambling, and Habitat for Humanity. He was appointed (three terms) to the Consumer Financial Protection Bureau's Consumer Advisory Board and served as chair in 2020 and is a 2023 Colorado Governor's Fellow. He is a Certified Financial Planner™ and an Accredited Financial Counselor®.



Kelvin Peprah, MA, LMHC is a Licensed Mental Health Counselor in Seattle with more than six years' experience as a mental health therapist. His experience includes work with adolescents, families, and adults. He currently practices in private practice in Seattle with a focus on anxiety, depression, racial trauma, men's issues, and impostor syndrome.





Presenters

Harlan Pruden (nehiyo/First Nations Cree) is currently the Indigenous Knowledge Translation Lead at Chee Marnuk, an Indigenous health program at BC Centre for Disease Control. He is also a co-founder of the Two-Spirit Dry Lab, Turtle Island's first research group or lab that exclusively focuses on Two-Spirit people, communities and/or experiences. He is the co-chair of the BC CDC's COVID-19 Indigenous Knowledge Translation Working Group. Harlan is also the Managing Editor of the Two-Spirit Journal and an Advisory Member for the Canadian Institutes of Health Research's Institute of Gender and Health.



Cristina Rabadán-Diehl, PharmD, PhD, MPH is a member of the Substance Abuse and Mental Health Services Administration (SAMHSA) National Advisory Council and works with community-based and national non-profit organizations as well as local and state governments. Dr. Rabadán-Diehl has been involved in Latino Health issues for more than three decades and has developed programs addressing the health needs of the Hispanic/Latino population in the US and the countries of the Americas. As the Director of Office of the Americas, she worked closely with the Pan American Health Organization (PAHO) and served as the HHS Secretary's Representative to the US-Mexico Border Health Commission.

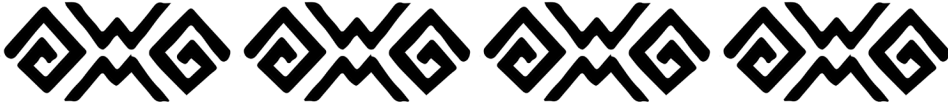


Acosia Red Elk is a jingle dancer and regalia maker of Umatilla, Cayuse and Walla Walla, Nez Perce, and Colville heritage on her father's side. Red Elk has been the World's Champion jingle dance champion seven times. Red Elk began dancing seriously in 1997 when she was 18. She practiced for a year and then competed in her first powwow. She ended up winning in a field that included many accomplished dancers.



Michelle Ruff is a lifelong horse woman with more than 30 years of experience. She is a horse trainer, an Eagala equine specialist, and certified in equine guided education. Michelle has dedicated her life to supporting equine wellbeing and sharing the powerful healing ability of horses with others. She shared that she does this work because, "Horses provide unique learning opportunities that are fun, challenging, and supportive of self-discovery. Our horses are gentle, kind, and patient. They are 100% honest 100% of the time which provides participants powerful feedback that facilitates change, learning, and growth."





Presenters



Kara Seibert, LICSW is a registered therapeutic riding instructor through PATH Intl, and certified in Eagala. Since 2014, Kara has been helping people discover empowerment, confidence, and overall enhanced wellbeing in partnership with horses. She stated, "Personally, many of my most refreshing and energizing moments occur when I am simply in the presence of horses. In a life filled with complexity, horses help us prioritize what is important and encourage us to show up with authenticity. I find meaning and purpose through sharing these powerful experiences with others."



Sarah Sense Wilson, LMHC, SU DP, WSCGC-II, (Oglala) has two decades of experience facilitating for a variety of therapeutic treatment groups, including outpatient. Sarah has a decade of training and experience in the field of Problem Gambling and has served as Tulalip Tribes Family Services' Problem Gambling Coordinator for the past six years. Sarah's specialized attention to cross-cultural and culturally responsive treatment approaches is in alignment with best practices and her tribal values and principles. Sarah's counseling approach and orientation supports a strength-based model for working within tribal community settings.

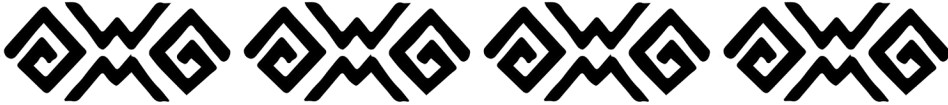


Ala Shaikh-Khalil is a founding member of the Ohio in Arabic Foundation and Deputy Executive Director. Ala, a Jordanian immigrant, has been living in Columbus, Ohio since 2009 where she is a pediatrician at Nationwide Children's Hospital and Associate Professor at the Ohio State University College of Medicine. Her career path aligns with her volunteer role at the Ohio in Arabic Foundation as she genuinely values the human part of each interaction, cares deeply about humanity, and is committed to the missions of service and mentorship.



Ryan Stillwagon (He/They) is a UBC Public Scholar, Killam Graduate Student Teaching award winner, and PhD Candidate in the Department of Sociology at the University of British Columbia. Their dissertation work explores queer food security in Canada. They have published work on queer place-making and sexual health in the Journal of Indigenous HIV Research, City & Community, The Conversation, Contexts, and JMIR Public Health and Surveillance.





Presenters

Oblio Stroyman, MEd, QMHP-R, CGAC-II, ICGC-II, BACC, LMFT holds a Master's degree in Education in Couples and Family Therapy, and an undergraduate degree in Sociology and Women and Gender Studies with a focus in family and sexuality. Oblio worked as a family therapist in the Eugene/Springfield community for 8 years, most specifically with LGBTQIA+ people and their significant others. Oblio sits on the Lane County Behavioral Health Mental Health and Addictions Advisory Board, The Trillium Community Advisory Board, is a backup for the WeCU city diversity advisory board, and the Dance Collective Northwest Board.



Swil Kanim, US Army Veteran, classically trained violinist, native storyteller and actor, is a member of the Lummi Nation. Performance of music helped him to process the traumas associated with his early placement into the foster care system. Swil Kanim's compositions incorporate classical influences as well as musical interpretations of his journey from depression and despair to spiritual and emotional freedom. The music and stories that emerge from his experiences have been transforming people's lives for decades.

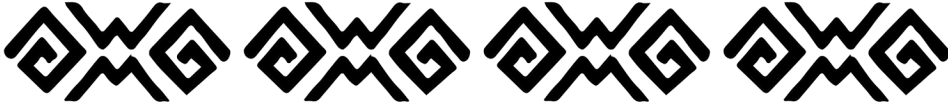


Gene Tagaban, "One Crazy Raven" is an influential storyteller, speaker, mentor, performer, and counselor of the spirit. Gene is of the Takdeintaan clan, the Raven, Freshwater Sockeye clan from Hoonah, AK. He is the Child of the Wooshkeetaan, the Eagle, Shark clan from Juneau, AK. He is of the Wolf Clan from his Cherokee heritage and his last name, Tagaban, comes from his Filipino heritage. Gene is a teller of stories that teach, entertain, and heal. Gene shares traditional Native American stories as well as stories from his personal experience, family, and historical events.



Reuben Twin is an Oglala Lakota from Pine Ridge, SD, who has worked in the Substance Use Disorder field for the last 22 years. He has worked with the Coast Salish Tribes of Muckleshoot, Puyallup, Snoqualmie, and Cowlitz Tribes of Washington as a Substance Use Disorder Professional and with Downtown Emergency Service Center in Seattle, WA with their housing program as a counselor. Reuben currently works as a Housing-Outreach Program Manager with Mother Nation, an Indigenous organization that provides Domestic Violence Advocacy, Housing Services, and Cultural services to individuals who are in need of housing assistance. Reuben has utilized the Medicine Wheel teaching in all aspects of his work in the Substance Use field as well as his community outreach work.





Presenters



David Vialpando, MBA, CFE, CFCS is a 37-year law enforcement veteran, having served as a police officer in Richmond, California, and for twenty-seven years as a Special Agent with the California Attorney General's Department of Justice (DOJ). Dave spent twenty years in DOJ's Bureau of Narcotic Enforcement where he supervised various drug trafficking and violent crime units. For the last seven years of his career with DOJ, Dave was assigned to the Bureau of Gambling Control where he served as the Special Agent-in-Charge of the Bureau's southern California offices. Dave currently serves as the Executive Director of the Pokagon Band Gaming Commission, for the Pokagon Band of Potawatomi Indians of Michigan and Indiana. Mr. Vialpando also serves as Vice-Chairman of the Board of Directors of the Tribal Gaming Protection Network.



Sheryl Whitlinger, LMHC is a member of the Cowlitz Indian Tribe and an employee at the Cowlitz Tribe. Monday through Friday, she works as a Licensed Mental Health Counselor (LMHC); and in her free time, she enjoys beading and weaving. She began beading around 2011 when she became more active with the tribe. Soon after, she was taught to make pine-needle baskets from one of the tribal elders. Since then, Sheryl has attended many weaving conferences where she has learned how to make head bands and several types of cedar baskets. Throughout her time weaving, she has also learned how and when to gather cedar, sweet grass, pine needles, and bear grass, and has made traditions of going to gather those items with family and friends. Gatherings in a good way is very important to bringing good medicine to your weaving projects.

Keep It Fun: Always Play Responsibly

- ✓ Gamble only if it's fun
- ✗ Don't borrow money to gamble
- ✓ Before you gamble, set a money/time limit and stick to it
- ✗ Don't sacrifice other activities with friends and family for gambling
- ✓ Accept losing as part of the game
- ✗ Don't gamble to win back losses





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Sq^wali ʔabš

people of the river ~ people of the grass



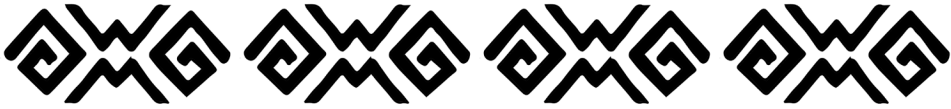
"Whatever the future holds, do not forget who you are!
Teach your children, your children's children, and then teach
their children also. Teach them the pride of a great people...
A time will come again when they will celebrate together with joy.
When that happens my spirit will be there with you."

Leschi, Last Chief of the Nisquallies
1808 ~ 1858

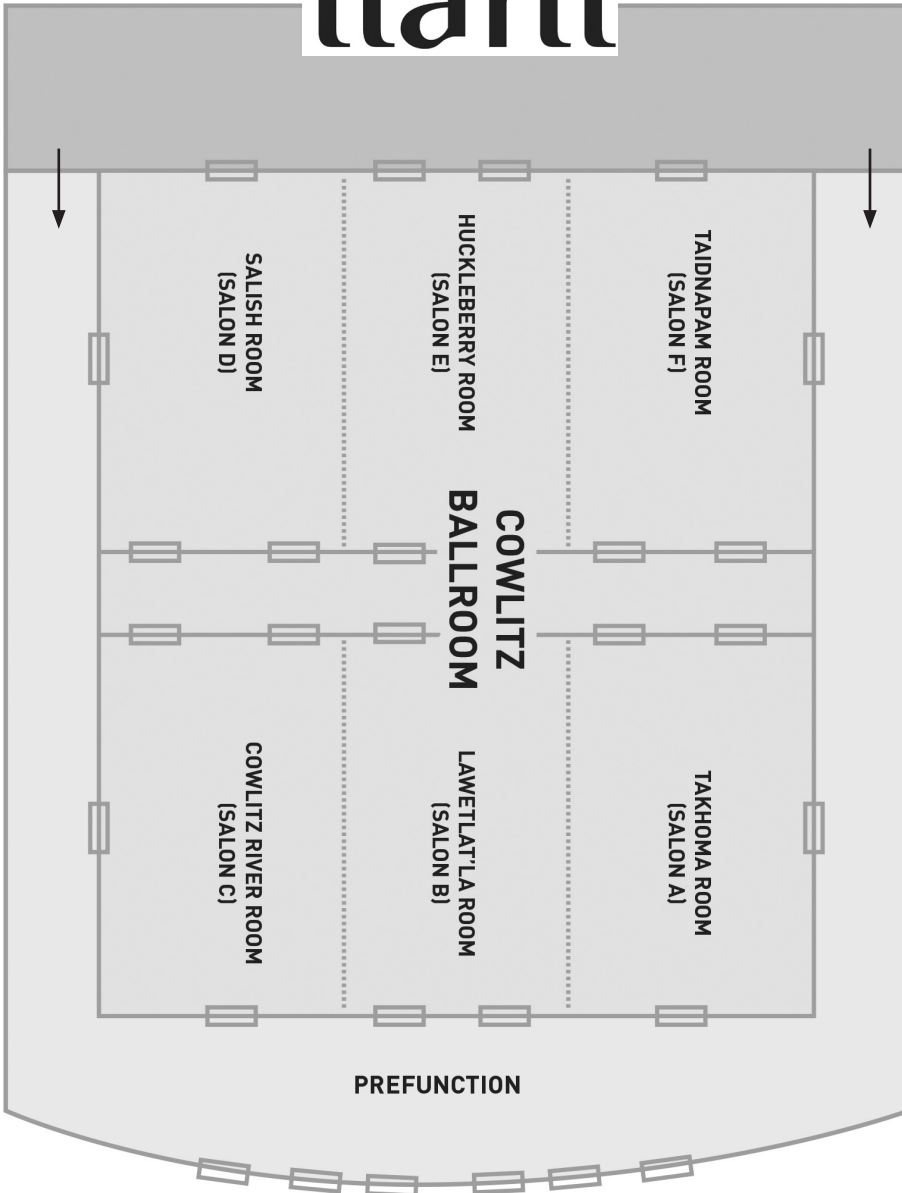
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SCHOLARSHIP & TRAINING PARTNERS





FOUR DIRECTIONS

Cultural Awareness and Health Support Conference

Conference At-A-Glance

MONDAY, SEPTEMBER 18

7 - 8 am	Breakfast Buffet
8 am - 5 pm	Pre-Conference Workshops
12-1 pm	Lunch Break

TUESDAY, SEPTEMBER 19

7 - 8 am	Breakfast Buffet
8 am - 5 pm	Pre-Conference Workshops
12 - 1 pm	Lunch Break
6 - 8:30 pm	Fireside Chat and S'Mores-gasbord

WEDNESDAY, SEPTEMBER 20

7 - 8:15 am	Registration and Breakfast Buffet
8:15 - 8:30 am	Welcome & Opening Ceremony
8:30 - 10 am	Morning Keynote
10 - 10:30 am	Break / Exhibits
10:30 - 11:30 am	Morning Breakout Sessions
11:30 - 11:45 am	Break / Exhibits
11:45 am - 1:30 pm	Lunch Plenary
1:30 - 2 pm	Break / Exhibits
2 - 3 pm	Afternoon Breakout Sessions
3 - 3:30 pm	Break / Exhibits
3:30 - 5 pm	Afternoon Plenary
6 - 8:30 pm	Community Celebration Event & Dinner

THURSDAY, SEPTEMBER 21

7 - 8:10 am	Breakfast and Yoga / Meditation
8:20 - 9:45 am	Welcome & Morning Keynote
9:45 - 10:15 am	Break / Exhibits / Hotel Checkout
10:15 - 11:45 am	Morning Breakout Sessions
11:45 am - 1:30 pm	Lunch Plenary
1:30 - 1:45 pm	Break / Exhibits
1:45 - 3 pm	Afternoon Breakout Sessions
3 - 3:15 pm	Break / Exhibits
3:15 - 5 pm	Afternoon Plenary - Talking Circle

