



Cultural Awareness and Healing Support Conference

# FOUR DIRECTIONS

September 8-11, 2025

*Honoring the Past and Protecting the Future*  
through holistic health, wellness, and recovery support.

Conference Coordinator



EVERGREEN  
council on problem gambling

Conference Partner



THE SUQUAMISH TRIBE



# THANK YOU TO OUR SPONSORS

## CONFERENCE PARTNER



THE SUQUAMISH TRIBE

## PLATINUM PEAK PATRON



Nisqually Indian Tribe

## GOLDEN EAGLE GUARDIAN



## SILVER SALMON SPONSOR

UPPER SKAGIT INDIAN TRIBE



## COPPER RIVER CONTRIBUTOR



## SCHOLARSHIP & TRAINING PARTNER



Washington State  
Health Care Authority



Honoring the Past  
and Protecting the Future

# FOUR DIRECTIONS

Cultural Awareness and Healing Support Conference

The **Four Directions** conference has grown so much since it was first launched in 2009. Perhaps more importantly, the **Four Directions** conference has expanded its scope and purpose over the more than 15 years since it began. In the spirit of promoting community wellness and individual holistic health that is a long-standing tradition of Tribal communities, today's **Four Directions** conference is the result of collaborative partnerships with representatives from many Tribal Nations, BIPOC communities, Peer and Recovery Support Service Providers, LGBTQIA and Two-Spirit Members, Veterans/Active Duty/Military Families, and more. It is a true vision of Honoring Our Past and Protecting our Future – TOGETHER – with inclusive and collaborative efforts and respect for individuals, families, and communities as a whole through Spiritual, Mental, Emotional, and Physical wellbeing.

We invite you to join in a fantastic celebration as our **Four Directions** conference gathers for training, professional development opportunities, networking, learning, sharing successes and challenges, and celebrating together at Suquamish Clearwater Casino Resort. Please take a look at the full conference schedule to see all of the exciting opportunities for both training and cultural enrichment. From expanding knowledge and skills to experiencing healing and teaching tools that honor the traditional heritage of many cultures, your journey at **Four Directions** will illuminate your work and your life.



The Honorable Leonard Forsman  
Honorary Chair

Presented by



EVERGREEN  
council on problem gambling





## CONFERENCE COORDINATOR

### Evergreen Council on Problem Gambling



The Evergreen Council on Problem Gambling (ECPG) is a 501 (c) (3) nonprofit organization dedicated to

increasing awareness of public health issues around problem gambling and gaming in diverse cultures, expanding the availability and integration of services, and supporting advocacy, research, and programs for education, prevention, treatment, recovery, and responsible gambling and gaming. ECPG provides confidential support for Washington State residents through our 24-hour Problem Gambling Helpline (800.547.6133) via phone, text, and chat, and public awareness, education, prevention, and resource development services for individuals, families, employers, students, treatment professionals, the gaming industry, and business and community groups. ECPG also provides qualified training and certification programs and continuing education units (CEs) for treatment professionals.

The Council offers support for residential and outpatient treatment for those affected by gambling and their loved ones, as well as education and public awareness programs to a wide variety of community and professional groups through presentation. 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 the ECPG office at 360.352.6133.





## Honoring the Past and Protecting the Future

### CONFERENCE PARTNER

## The Suquamish Tribe and Land Acknowledgement



THE SUQUAMISH TRIBE

*dx<sup>w</sup>səq<sup>w</sup>əb*, meaning “place of clear salt water” in the Lushootseed language, has been home to the Suquamish people since time immemorial. It is the ancient place on Agate Passage, the site of Old-

Man-House village, the winter home of Chief Seattle, and the heart of the Suquamish People. It is here, past, present, and future, that the Suquamish People live on the land of their ancestors and of their great-grandchildren.

Suquamish is a federally recognized sovereign Tribe. The village of Suquamish and seat of the Suquamish Tribal Government are located on the Port Madison Indian Reservation, along the shores of the Puget Sound near Seattle, WA. The Suquamish Tribe provides comprehensive government, economic, and social programs. The Suquamish Tribe has become a key economic partner in the region, operating several Port Madison Enterprises, business ventures, a growing seafood company, and performing property management duties for leased land on the reservation.

As we come together to learn and heal, let us be mindful of honoring the true history and impacts that have shaped not only the past, but also this day and all our tomorrows.





## WE WILL WALK WITH YOU

The 2025 **Four Directions** conference is being hosted by the Suquamish Tribe at the Suquamish Clearwater Casino Resort. In our quest to provide the best conference experience for all, and with the greatest respect for members of our community in recovery who choose to attend, we are happy to share that a team of Recovery Ambassadors will be available to all attendees throughout the conference—we will walk with you.

Some presentations may include sensitive content and, for some, may be emotionally challenging or triggering.

While you're attending **Four Directions**, please practice self-care and take a break if needed. Need something more? Peer and/or Counselor Recovery Ambassadors will be available to offer support and to walk with you – figuratively and literally. Need a friendly face – a supportive person to talk to or walk with while you attend sessions in the meeting space or travel between the hotel and event sites?

Look for the Recovery Ambassador button or let any ECPG staff member know when you could use a little support.





## Honoring the Past and Protecting the Future

### FOUR DIRECTIONS IS A WELCOMING GATHERING

Thank You for choosing to join us at **Four Directions** 2025! We invite you to help us continue the tradition of making **Four Directions** an experience that is welcoming and respectful to all participants. We encourage respectful, healthy dialogue, embrace diversity and inclusivity, and strive to ensure a positive environment for learning, sharing, and networking. Please join us in welcoming all voices and treating everyone with respect, dignity, and consideration, in the spirit of valuing a diversity of views and opinions. Presenters may express a wide variety of opinions and views that do not necessarily represent the opinions and view of ECPG and/or you as an individual. Presenters were invited for their expertise and experience to offer diverse views on a wide variety of topics related to problem gambling, behavioral health, and cultural awareness.

### CONTINUING EDUCATION UNITS

All ECPG-related workshops and trainings qualify toward gambling-specific education required by the Washington State Gambling Counselor Certification Committee and the International Problem Gambling and Gaming Certification Organization. Please visit [evergreencpg.org](http://evergreencpg.org) and IPGGC for a full list of all Certification requirements. Evergreen Council on Problem Gambling is an Approved Provider of Continuing Education by the Association for Addiction Professional (NAADAC) and the International Problem Gambling and Gaming Certification Organization (IPGGC). Our workshops have also been approved for continuing education by the Mental Health and Addictions Certification Board of Oregon (MHACBO), and the American Academy of Health Care Providers in the Addictive



American Academy  
of Health Care Providers  
IN THE  
Addictive Disorders



# FOUR DIRECTIONS

## PROGRAM: PRE-CONFERENCE

**Monday, September 8**

**7 – 7:45 a.m. Registration and Breakfast**

**Registration**

**Event Center Foyer**

**Breakfast**

**Whale/Salmon Ballroom**

**8 a.m. – Noon Concurrent Workshops**

***Cycles of Life, Circles of Meaning***

**Deer B**

Alan Basham, MA

This session focuses on enhancing understanding of the differences between Euro-Centric work views and indigenous (native) community: perceptions, beliefs, cultural norms, and way of being. Included topics: Understanding one's culture, thoughts on building trust, the importance of living mindfully with nature, and important cultural traditions.

**8 a.m. – 10 a.m.**

***Mindfulness Through an Indigenous Cultural Lens***

**Deer A**

Erin D. Dixon

This interactive session includes two key sections. "Dreams, Vision, and Our Grandmother Moon:"The cultural significance of dreams and visions and how these correlate to the moon energies of the body through sleep and circadian rhythms. Addresses the sleep cycles and key roles of hormones that aid in vivid dream imagery and the importance of dep relaxation during meditation for optimal physiological responses. "Movement and Healing Through the Drum:" sharing of ceremonial sundance experience and movement-based baling through dance.

**10 a.m. - Noon**

***Avoiding Emotions: Leaning into Discomfort to Revitalize Connections with Yourself, Others, and the World Around You***

**Deer A**

Joshua Germain, MA, LMHC

This presentation explores how embracing discomfort and uncertainty can help individuals align with their values, reduce anxiety symptoms, and build deeper connections with themselves, others, and the world around them. Participants will gain insights into how avoidance and the pursuit of certainty can reinforce the very barriers that hinder growth and fulfillment. Through the lends of mindfulness, the presentation will encourage a shift in perspective: viewing discomfort and uncertainty not as threats, but as opportunities for growth and self-discovery.

**Noon – 12:45 p.m. Lunch Break /Exhibits**

**Whale/Salmon Ballroom**



## Honoring the Past and Protecting the Future

<b>1-5 p.m. Concurrent Workshops</b>	
<b>1-5 p.m. Ethics: Bridging Practice and Policy in Gambling Services</b>	<b>Deer B</b>
Kitty Martz, CGRM, CGAC II, IGRS, BARA, MBA	
This ethics class will examine best practices as we apply ethical standards to real-world situations. We'll explore common dilemmas around boundaries, dual roles, and disclosure, especially when trying to maintain trust and promote engagement. Kitty brings lived experience as a former client, peer mentor, counselor, and regulatory professional, offering a multidimensional perspective. Whether you work in peer support, counseling, or supervision, this session offers grounded tools for ethical decision-making that respects both the rules and the real-life complexity of this work.	
<b>1-4 p.m. Darkness to Light: End Child Sexual Abuse</b>	<b>Deer A</b>
Lisa Wahl, FNP	
Preventing child sexual abuse is essential for the well-being of children, the health of our communities, and the future of our society. It requires a collective effort from individuals, families, communities, and institutions. This training offers a mix of survivor stories, expert advice, and practical guidance for preventing child sexual abuse. You will learn about making choices, taking risks, and support each other. You will gain simple strategies to prevent and respond to sexual abuse. Our work empowers adults and organizations to bring child safety to their own communities. Darkness to Light empowers adults to prevent, recognize, and react responsibly to child sexual abuse through awareness, education, and stigma reduction.	
<b>2 – 3 p.m. Refreshments Available/Exhibits</b>	<b>Event Center Foyer</b>
<b>5:30-7:30 p.m. Welcome Reception</b>	<b>Resort (Lodge) Lobby and Chief Chico Terrace</b>
Join us in the Beautiful Resort (Lodge) Lobby and (weather permitting) Chief Chico Terrace for a Welcome Reception with light foods and beverages. Bring you stories, your musical instruments, and your questions to share and network with friends and colleagues. Thank You for helping us kick off the first day of <b>Four Directions</b> 2025!	

# FOUR DIRECTIONS

## Welcome

### RECEPTION

Monday 5:30-7:30 p.m. | Resort (Lodge) Lobby and Chief Chico Terrace





<b>Tuesday, September 9</b>	
<b>7 – 7:45 a.m. Registration and Breakfast</b>	
<b>Registration</b>	<b>Event Center Foyer</b>
<b>Breakfast</b>	<b>Whale/Salmon Ballroom</b>
<b>8 a.m. – Noon Concurrent Workshops</b>	
<b><i>Trauma Informed Approach to Addressing Suicide and Self Harm, Part 1 Note: Participants must attend both Part 1 from 8 a.m. to Noon and Part 2 from 1-3 p.m. to receive full CE credit.</i></b>	<b>Deer A</b>
Gabriella Grant, MA	
Approaching the suicide topic in a trauma-informed and safety-focused manner is the key to working with people who have self-harming and suicidal thoughts, actions, or plans. Ample research shows people who have self-harm with suicidal ideation and/or who have survived suicide attempts have extremely high rates of trauma exposure and PTSD diagnoses. The rates of trauma and PTSD among people impacted by problem gambling is also very high. Themes related to trauma/PTSD, gambling, and suicide will be explored.	
<b>8 a.m. – 10 a.m.</b>	
<b><i>Stories of Trauma, Treatment Planning, Traditional Knowledge, and Daddy/Daughter Dances... and Braiding Them All Together</i></b>	<b>Deer B</b>
Jerry Crowshoe, MA	
This presentation will cover the importance of planning, treatment planning, and /or strategic planning in Indian Country, and provide strategies and approaches for use in practice. We will cover the important skill of planning and its significance for many tribal communities. The session will also share impacts of historical and generational trauma and its impacts on planning historically for tribal communities. Mr. Crowshoe will also thread trauma-informed care with the importance of planning skills using the Daddy/Daughter Dance in Indian Country as an example.	





## Honoring the Past and Protecting the Future

<b>10 a.m. – Noon</b>	
<b><i>Disordered Gambling: False Gods and Broken Promises</i></b>	<b>Deer B</b>
Jerry Bauerkemper, BS, CCGC	
This workshop will look at the many motivations and paths to disordered gambling and the fantasy and falsehoods of gambling that many times lead to gambling disorder. Participants will be given some possible treatment processes to help in the recovery of disordered gambling and fantasy-based behaviors.	
<b>Noon – 12:45 p.m. Lunch Break/Exhibits</b>	<b>Whale/Salmon Ballroom</b>
<b>1-5 p.m. Concurrent Workshops</b>	
<b><i>1-3 p.m. Trauma Informed Approach to Addressing Suicide and Self Harm, Part 2 Note: Participants must attend both Part 1 from 8 a.m. to Noon and Part 2 from 1-3 p.m. to receive full CE credit.</i></b>	<b>Deer A</b>
Gabiella Grant, MA	
Approaching the suicide topic in a trauma-informed and safety-focused manner is the key to working with people who have self-harming and suicidal thoughts, actions, or plans. Ample research shows people who have self-harm with suicidal ideation and/or who have survived suicide attempts have extremely high rates of trauma exposure and PTSD diagnoses. The rates of trauma and PTSD among people impacted by problem gambling is also very high. Themes related to trauma/PTSD, gambling, and suicide will be explored.	



**UPPER SKAGIT INDIAN TRIBE**





<b>1-4:30 p.m.</b>	
<p><b>Part I (1-3 p.m.): Applying Mind-Body-Spirit Practices within the Organizational Culture: Implementation Strategies for Staff in Recovery Care Settings.</b></p> <p><b>Part II (3-4:30 p.m.): Applying Mind-Body-Spirit Practices with the Organization Culture: Practicing Community Care for Staff and Indigenous Relatives.</b></p>	<b>Deer B</b>
Tori Wynecoop, LSW	
<p>As service providers and staff, we often come alongside indigenous relatives to help support their healing. Through this support, we are often witnesses to the hardships and re-traumatization of our relatives. Too often, staff feel like we must push our needs aside to continue offering help, ignoring our own personal trauma responses while trying to build safe and healing environments for those accessing services. Establishing healing environments is not effective if programs are not creating healing environments for staff, too.</p> <p>Part 1: A didactic presentation about a the impacts of secondary trauma and burnout at the organization, staff, and individual levels.</p> <p>Part 2: Includes individual and group activities that focus on strategizing and identifying wellness practices for their programs.</p>	
<b>2 – 3 p.m. Refreshments Available/Exhibits</b>	<b>Event Center Foyer</b>
<b>3 – 5 p.m. Concurrent Workshops</b>	
<p><b>3-4:30 p.m. Part II : Applying Mind-Body-Spirit Practices with the Organization Culture: Practicing Community Care for Staff and Indigenous Relatives. See Description Above.</b></p>	<b>Deer B</b>
Tori Wynecoop, LSW	
<p>Part 2: Includes individual and group activities that focus on strategizing and identifying wellness practices for their programs.</p>	





## Honoring the Past and Protecting the Future

**3-5 p.m. "I'm Sorry I don't Know How to Say I'm Sorry":  
Apologizing to a Romantic Partner in the Aftermath of a  
Gambling Problem**

**Deer A**

Rory Reid, PhD, LCSW, ICGC-II

Romantic partners of people impacted by problem gambling frequently state the apologies they receive lack depth, specificity, or sincerity. Such apologies fail to provide reassurance that the person impacted by problem gambling understand the impact their choices have on others. Interestingly, individuals impacted by problem gambling report wanting to apologize but say they don't know how and feel frustrated that efforts they make are ineffective. Sadly, this can lead to negative interactions between couples and create further pain and suffering in the relationship. This presentation will focus on how to offer a meaningful apology to a romantic partner, including how to avoid common pitfalls, the steps of a meaningful apology, and how to navigate the challenges that arise when offering an apology.

## Healing Animal Adoptions

Supporting Healing Animal Therapy and Service Programs



### Symbolically Adopt a Service Dog and/or Equine Therapy Horse

Limited Quantities Available at the Reception Desk

[HealingAnimalAdoptions.org](http://HealingAnimalAdoptions.org)




# FOUR DIRECTIONS

<b>PROGRAM: MAIN CONFERENCE</b>	
<b>Wednesday, September 10</b>	
<b>7 - 8:15 a.m. Registration and Breakfast</b>	
<b>Registration</b>	<b>Event Center Foyer</b>
<b>Breakfast</b>	<b>Whale/Salmon Ballroom</b>
<b>8:30 - 10 a.m. Opening Ceremony/Welcome and Keynote</b>	
<b><i>Tribal Representation on Boards of Health - the Passage of HB 1946</i></b>	<b>Whale/Salmon Ballroom</b>
Rep. Natasha Hill, D 3 <sup>rd</sup> District, Washington State House of Representatives	
Rep. Natasha Hill, D-Spokane, will share the story of how House Bill 1946 became law in Washington state, ensuring Tribal representation on local boards of health. The presentation will include a background on the current state of Native health care in Washington, how COVID helped shine a light on the inequities in health care, and the steps advocates and lawmakers from Spokane took to begin addressing the lack of representation in spaces where health care and public health decisions are made. The presentation will conclude with an in-depth discussion of House Bill 1946 and how it's provisions will help promote health equity, strengthen public health policy, and foster trust and accountability.	
<b>10 – 10:30 a.m. Break/Exhibits</b>	<b>Event Center Foyer</b>
<b>10:30 – Noon Concurrent Breakout Sessions</b>	
<b><i>Loving the Warriors Home</i></b>	<b>Deer B</b>
Alan Basham, MA	
This workshop will highlight the psychological effects of military service, the differences between veterans (1%) and those who have not had military service (99%), and the responsibility of our society to understand and help veterans (especially the young) to readjust to civilian life.	

TRAINING // COUNSELOR CERTIFICATION

## Washington State Gambling Counselor Certification

Learn More by scanning the QR Code or visiting:  
[evergreencpg.org/training/counselor-certification](http://evergreencpg.org/training/counselor-certification)





## Honoring the Past and Protecting the Future

<b><i>Helpful Coping Strategies for Gambling Cravings</i></b>	<b>Deer A</b>
Rory Reid, PhD, LCSW, ICGC-II	
<p>Cravings play a central role in problem gambling, acting as a powerful psychological and physiological force that sustains and reinforces gambling. Behavior. Craving often become conditioned responses to internal (emotions, stress) or external (people, places, situations) cues. When craving arise, they can powerfully influence an individual to gamble, even after periods of abstinence. Every time a craving is satisfied, the brain reinforces the association between the craving and the relief or pleasure that follows. Craving are one of the most common causes of relapse. Een after therapy, cravings can persist – sometimes for years – because of long-term changes in brain chemistry and use. This presentation provides valuable information and strategies on relationships with craving, irrational beliefs about cravings, and cultivating new patterns of behavior that provide alternative ways to respond to cravings.</p>	
<b>Noon - 1:30 p.m. Prayer/Lunch/Announcements/Keynote</b>	
<b><i>Spirit of Sisterhood – Culturally Informed Healing</i></b>	<b><i>Whale/Salmon Ballroom</i></b>
Norine Hill	
<p>Traditional Native medicines, including prayer, stories, song, ceremony, art, kinship, humor, laughter, food, and earth-based teachings are powerful, indeed. Mother Nation was founded in 2013 by Norine Hill, with a mission to deliver social and cultural healing services for Native women that nurture, create stability, and inspire growth through sisterhood. A trauma survivor herself, Norine will offer insights from lived experience and share ways to offer culturally informed healing services, advocacy, mentorship and homeless prevention. She will share how programs support Native and Indigenous women during times of transition from chronic homelessness and gender-based violence to stable housing by providing counseling, connection to social services, sisterhood, community, and spiritual support and using traditional Native medicines and wisdom built on ancestral strength.</p>	

## Veterans, Active-Duty Military, and Their Loved Ones

Scan the QR code to watch the video, or visit: [evergreencpg.org/watch](http://evergreencpg.org/watch)





<b>1:30 -2 p.m. Break/Exhibits</b>	<b>Event Center Foyer</b>
<b>2 – 3:15 pm Concurrent Breakout Sessions</b>	
<b><i>Supporting Indigenous Survivors of Domestic Violence Within Treatment and Recovery Settings</i></b>	<b>Deer B</b>
Tori Wynecoop, LSW	
Indigenous survivors of domestic violence who are impacted by substance use and other disorders often experience unique systemic barriers that highlight the need for culturally attuned and equity-based approaches in treatment and recovery settings. Through implementing the Accessible, Culturally Responsive, and Trauma-Informed (ACRTI) framework, organizations can offer strengths-based relational environments that are accessible for a wide range of experiences. In this session, we will focus on the core components of building healing environments that help address the holistic need of indigenous survivors through connection, sovereignty, and community-building with cultural resources.	
<b><i>The Nuts and Bolts of Building a Tribal Gambling Treatment Program</i></b>	<b>Deer A</b>
Panel: Brad Galvin, MS, LMHC, LPC, SUDP, ICGC-II; Ginger Johnson, SUDP, WSCGC-I; Eric Posey, SUDP	
Building and growing a tribal gambling treatment and education program presents a challenging and rewarding opportunity? This interactive panel discussion will provide a space where we will be able to learn from one another, our common experiences, difficulties, and successes in starting and sustaining these valuable programs. We will be covering the nuts and bolts of setting up and running a program. From how a client flows through the program, to individual and group curricula, to community outreach and marketing. We will cover many components to help you get your program off the ground.	



**Residential Treatment Services for Gambling Disorder**  
(for Washington State Residents)

To determine if your clients may be eligible for funding support for residential treatment contact the Evergreen Council on Problem Gambling: [info@evergreencpg.org](mailto:info@evergreencpg.org)





## Honoring the Past and Protecting the Future

<b>3:15 - 3:45 p.m.</b>	<b>Refreshment and Networking Break</b>	<b>Event Center Foyer</b>
<b>3:45 – 4:45 p.m.</b>	<b>Plenary Session</b>	
<b><i>Mindful Movement: Supporting Spiritual and Mental Health, Trauma and Addiction Recovery, and Lifestyle through Indigenous Practices</i></b>		<b>Deer A &amp; B</b>
Kylee Butler, CPC		
<p>This session explores how mindful movement through yoga and Indigenous practices can support spiritual and mental wellness, trauma healing, addiction recovery, and lifestyle balance. Drawing from personal lived experience and training through Native Strength Revolution, Kylee will share how yoga as ceremony reconnects us to the body, helps process trauma, and creates space for authentic expression. Participants will learn simple, culturally grounded tools that honor Indigenous wisdom and support holistic healing in community.</p>		
<b>5:30 - 8 p.m.</b>	<b>Community Cultural Celebration Dinner Hosted by The Suquamish Tribe - Included in Main Conference Registration. Guest Tickets Available at Registration Desk.</b>	<b>Whale/Salmon Ballroom</b>

# Community Cultural Celebration Dinner

Hosted by The Suquamish Tribe





<b>Thursday, September 11</b>	
<b>7 - 8:15 a.m. Registration and Breakfast</b>	
<b>Registration</b>	<b>Event Center Foyer</b>
<b>Breakfast</b>	<b>Whale/Salmon Ballroom</b>
<b>8:30 - 10 a.m. Welcome, Announcements, and Keynote</b>	
<b><i>Complementary and Integrative Treatments for Gambling Disorder</i></b>	<b>Whale/Salmon Ballroom</b>
Timothy Fong, MD	
<p>This presentation will focus on describing how complementary and integrative treatments for gambling disorder can be used to support individuals and their family members in their recovery journeys. Includes an overview of the different types of complementary and integrative health practices (e.g. acupuncture, yoga, Tai-Chi, meditation, sound baths) that have been studied and used clinically in gambling disorder. Emphasis on the possible benefits and risks these practices offer and how they may be incorporated into cultural practices. The importance of using complementary and integrative practices as adjunct therapies alongside evidence-based traditional treatments, rather than replacing them.</p>	
<b>10-10:30 a.m. Break/Exhibits/Hotel Checkout</b>	<b>Event Center Foyer</b>
<b>10:30 a.m. – Noon Concurrent Breakout Sessions</b>	
<b><i>A Scoping Review of Digital Health Tools for Gambling Disorder</i></b>	<b>Deer A</b>
Timothy Fong, MD	
<p>Digital health tools, including internet-based interventions and mobile applications are emerging as important parts of the treatment toolbox for gambling disorder as well as for prevention. Digital health tools can increase access to treatment, improve treatment equity and flexibility, and can reach many more communities than standard treatment approaches. This presentation will review the most prevalent and most reviewed and studied digital health tools (gambling software blockers, podcasts, recovery and educational apps, computer-based therapies) in use in today's treatment and prevention settings. Considerations and strategies on how to use these tools and how to improve their long-term effectiveness and impact will be presented along with known and unforeseen risks and consequences to these digital resources.</p>	





## Honoring the Past and Protecting the Future

### *LatinX Community and Problem Gambling: Stigma, Strategies, and Solutions*

Deer B

Victor Ortiz, MSW, LADC I, CADCI II

Problem gambling is governed by a complex set of interrelating factors, causes, and determinants ranging from biology and family history to social norms and existing statutes (Messerlian, Derevensky, Gupta, 2005). Research indicates that gambling is interrelated with various health issues and disproportionately impacts individuals with mental health disorders, substance misuse disorders (Kessler, Hwang, Petukhova, Sampson, Winters, & Shaffer 2008), and communities of color (Alegria, Petry, Hasin, Liu, Grant & Blanco, 2009). In this workshop, we will explore the historical context, lived experiences, and cultural dynamics of the LatinX community and problem gambling and its relationship to stigma and barriers to service and care. Additionally, we will explore key strategies and solutions to enhance cultural awareness and effective engagement strategies to enhance problem gambling services.

**(Schedule continued on page 22)**



**RECOVERY  
CAFÉ  
NETWORK**

**Bring a Recovery Café  
to your community**

[recoverycafenetwork.org](http://recoverycafenetwork.org)



## SCHEDULE-AT-A-GLANCE: PRE-CONFERENCE

Monday, September 8				
<b>7 – 7:45 a.m.</b>	Registration			<b>Event Center Foyer</b>
	Breakfast and Announcements/Welcome/Keynote			<b>Whale/Salmon Ballroom</b>
<b>8 a.m. - Noon</b>	Concurrent Workshops	Alan Basham, MA	<i>Cycles of Life, Circles of Meaning</i>	<b>Deer B</b>
<b>8 - 10 a.m.</b>		Erin Dawn Dixon	<i>Mindfulness Through an Indigenous Cultural Lens</i>	<b>Deer A</b>
<b>10 a.m. - Noon</b>		Joshua Germain, MA, LMHC	<i>Avoiding Emotions: Leaning Into Discomfort to Revitalize Connections with Yourself, Others, and the World Around You</i>	<b>Deer A</b>
<b>Noon – 12:45 p.m.</b>	<b>Lunch Break/Exhibits</b>			<b>Whale/Salmon Ballroom</b>
<b>1 - 4 p.m.</b>		Lisa Wahl, FNP	<i>Darkness to Light: End Child Sexual Abuse</i>	<b>Deer A</b>
<b>1 - 5 p.m.</b>		Kitty Martz, CGRM, CGAC II, IGRS, BARA, MBA	<i>Ethics: Bridging Practice and Policy in Gambling Services</i>	<b>Deer B</b>
<b>2 – 3 p.m.</b>	<b>Refreshments Available/Exhibits</b>			<b>Event Center Foyer</b>
<b>5:30-7:30 p.m.</b>	Monday Evening Welcome Reception			<b>Resort (Lodge) Lobby and Chief Chico Terrace</b>

Tuesday, September 9				
<b>7 – 7:45 a.m.</b>	Registration			<b>Event Center Foyer</b>
	Breakfast and Announcements/Welcome			<b>Whale/Salmon Ballroom</b>
<b>8 a.m. - Noon</b>	Concurrent Workshops	<i>Gabby Grant, MA</i>	<i>Trauma Informed Approach to Addressing Suicide and Self Harm, Part 1</i>	<b>Deer A</b>
Note: Participants must attend both Part 1 from 8 a.m. to Noon and Part 2 from 1-3 p.m. to receive full CE credit.				
<b>8 - 10 a.m.</b>		Jerry Crowshoe	<i>Stories of Trauma, Treatment Planning, Traditional Knowledge, and Daddy/Daughter Dances... and Braiding Them All Together</i>	<b>Deer B</b>



<b>10 a.m. - Noon</b>		Jerry Bauerkemper, BS, CCGC	<i>Disordered Gambling: False Gods and Broken Promises</i>	<b>Deer B</b>
<b>Noon - 1 p.m.</b>	<b>Lunch Break/Exhibits</b>			<b>Whale/Salmon Ballroom</b>
<b>1 - 3 p.m.</b>	Concurrent Workshops	Gabby Grant, MA	<i>Part II: Trauma-Informed Approach to Addressing Suicide and Self-Harm</i>	<b>Deer A</b>
<b>1 - 3 p.m.</b>		Tori Wynecoop, LSW	<i>Part I - Applying Mind-Body-Spirit Practices within the Organizational Culture: Implementation Strategies for Staff in Recovery Care Settings</i>	<b>Deer B</b>
Note: Participants must attend both Part 1 from 1-3 p.m. and Part 2 from 3-4:30 p.m. to receive full CE credit.				
<b>2 – 3 p.m.</b>	<b>Refreshments Available/Exhibits</b>			<b>Event Center Foyer</b>
<b>3-4:30 p.m.</b>	Concurrent Workshops	Tori Wynecoop, LSW	<i>Part II - Applying Mind-Body-Spirit Practices within the Organizational Culture: Practicing Community Care for Staff and Indigenous Relatives</i>	<b>Deer B</b>
<b>3-5 p.m.</b>		Rory Reid, PhD, LCSW, ICGC-II	<i>"I'm Sorry I Don't Know How to Say I'm Sorry": Apologizing to a Romantic Partner in the Aftermath of a Gambling Problem</i>	<b>Deer A</b>

Evergreen Council on Problem Gambling//Training //

## Virtual Training Opportunities



Online self-directed training opportunities that provide the same ECPG training experience you've come to know and trust:

**Foundations in Gaming Disorder, IPGGC (formerly IGCCB) Exam Prep eCourse, Gambling Counselor Core Training, and Problem Gambling Specialty Endorsement for Financial Professionals.**

[evergreencpg.org/training/virtual](http://evergreencpg.org/training/virtual)



## SCHEDULE-AT-A-GLANCE: MAIN CONFERENCE

Wednesday, September 10				
<b>7 – 8:15 a.m.</b>	Registration and Breakfast			<b>Event Center Foyer</b>
<b>8:30 - 10 a.m.</b>	Announcements/Welcome/Keynote			<b>Whale/Salmon Ballroom</b>
	Keynote	Rep. Natasha Hill, D 3rd District, Washington State House of Representatives	<i>Tribal Representation on Boards of Health - the Passage of HB 1946</i>	<b>Whale/Salmon Ballroom</b>
<b>10 - 10:30 a.m.</b>	<b>Break / Exhibits</b>			<b>Event Center Foyer</b>
<b>10:30 a.m. - Noon</b>	Concurrent Breakout Sessions	Alan Basham, MA	<i>Loving the Warriors Home</i>	<b>Deer B</b>
		Rory Reid, PhD, LCSW, ICGC-II	<i>Helpful Coping Strategies for Gambling Cravings</i>	<b>Deer A</b>
<b>Noon - 1:30 p.m.</b>	<b>Lunch/Announcements</b>			<b>Whale/Salmon Ballroom</b>
	Lunch Plenary	Norine Hill	<i>Spirit of Sisterhood – Culturally Informed Healing</i>	<b>Whale/Salmon Ballroom</b>
<b>1:30 - 2 p.m.</b>	<b>Break / Exhibits</b>			<b>Event Center Foyer</b>
<b>2-3:15 p.m.</b>	Concurrent Breakout Sessions	Tori Wynecoop	<i>Supporting Indigenous Survivors of Domestic Violence Within Treatment and Recovery Settings</i>	<b>Deer B</b>
		Panel	<i>The Nuts and Bolts of Building a Tribal Gambling Treatment Program</i>	<b>Deer A</b>
<b>3:15- 3:45 p.m.</b>	<b>Refreshment and Networking Break</b>			<b>Event Center Foyer</b>
<b>3:45-4:45 p.m.</b>	Plenary Session	Kylee Butler, CPC	<i>Mindful Movement: Supporting Spiritual and Mental Health, Trauma and Addiction Recovery, and Lifestyle through Indigenous Practices.</i>	<b>Deer A/B Combined</b>
<b>5:30 - 8 p.m.</b>	<b>Community Cultural Celebration Dinner Hosted by The Suquamish Tribe</b> – Included in Main Conference Registration. Guest Tickets Available at Registration Desk.			<b>Whale/Salmon Ballroom</b>



Thursday, September 11				
7 - 8:15 a.m.	Registration and Breakfast			Event Center Foyer
8:30 - 10 a.m.	Announcements/Welcome/Keynote			Whale/Salmon Ballroom
	Keynote	Tim Fong, MD	<i>Complementary and Integrative Treatments for Gambling Disorder</i>	Whale/Salmon Ballroom
10 - 10:30 a.m.	Break/Exhibits/Hotel Checkout			
10:30 a.m. - Noon	Concurrent Breakout Sessions	Tim Fong, MD	<i>A Scoping Review of Digital Health Tools for Gambling Disorder</i>	Deer A
		Victor Ortiz, MSW, LADC I, CADC II	<i>LatinX Community and Problem Gambling: Stigma, Strategies, and Solutions</i>	Deer B
Noon - 12:30 pm.	Prayer/Lunch/Announcements and Awards			
12:30 - 1:30 p.m.	Lunch Plenary	Swil Kanim	<i>The Power of Metaphor: Challenging Negative Metaphors Through Self-Awareness</i>	Whale/Salmon Ballroom
1:30 - 2 p.m.	Break / Exhibits / Networking			Event Center Foyer
2 - 3:15 p.m.	Concurrent Workshops	Iris PrettyPaint, PhD	<i>Cultural Humility: Learn to Honor</i>	Whale/Salmon Ballroom
		Panel	<i>Perspectives on Prevention: Understanding Prevention's Role on the Continuum of Behavioral Health</i>	Deer A
3:15- 3:30 p.m.	Break / Exhibits - Afternoon Beverage Buffet Break			Event Center Foyer
3:30-5 p.m.		Carolyn Hartness	<i>Talking Circle Traditions for Treatment and Healing</i>	Deer B

## Don't Get Lost in the Crowd! **FLASH YOUR BADGE!**

If you're counting on Continuing Education Credits  
Don't leave the room without getting  
your name badge scanned.





<b>Noon – 12:30 p.m. Prayer/Lunch/Announcements and Awards</b>	<b>Whale/Salmon Ballroom</b>
<b>12:30 – 1:30 p.m. Keynote</b>	<b>Whale/Salmon Ballroom</b>
<b><i>The Power of Metaphor: Challenging Negative Metaphors Through Self-Awareness</i></b>	<b>Whale/Salmon Ballroom</b>
Swil Kanim	
The narratives we create about ourselves (positive or negative) are powerful and impact our mental health, behaviors, overall wellbeing, and self-worth/self-esteem. How do we take time to truly become aware of our own narratives? How can these narratives create positive mental health impacts; help us find resilience; foster hope? How can we reframe narratives that keep us in negative places and/or result in harmful behaviors such as gambling and substance disorders?	
<b>1:30– 2 p.m. Break/Exhibits/Networking</b>	<b>Event Center Foyer</b>
<b>2 – 3:15 p.m. Concurrent Breakout Sessions</b>	
<b><i>Cultural Humility: Learn to Honor</i></b>	<b>Whale/Salmon Ballroom</b>
Iris PrettyPaint, PhD	
This presentation will unveil cultural humility through the lens of counseling, prevention, and service. The conceptual framework of cultural humility will be discussed through the cultural lens of background, way of life, self-reflection, self-critique, and communication. Integrated throughout will be essential understandings, foundations of resilience, and concludes with an overview of the PrettyPaint theory on Indigenous persistence.	
<b><i>Perspective on Prevention: Understanding Prevention's Role on the Continuum of Behavioral Health</i></b>	<b>Deer A</b>
Roxane Waldron, MBA; (Facilitator). Panel: Matthew McCoy, SUDP; Ben Spooner, BA, CPS; Jeremy Whitaker, EdD, MPH; Paulina Zyskowski, MPH	
Panelists representing Tribal, Nonprofit, and State organizations will present on prevention efforts they've engaged in as well as respond to questions from the facilitator and the audience. Both behavioral health prevention overall and problem gambling will be highlighted. Rather than a comprehensive overview of prevention, this panel prevents an opportunity to dive more deeply into specific characteristics of communities that are at increased risk for behavioral health impacts as a result of the Social Determinants of Health (SDoH) and provide strategies that can be employed to help reduce harm.	





## Honoring the Past and Protecting the Future

<b>3:15 – 3:30 p.m. Break/Exhibits</b>	<b>Event Center Foyer</b>
<b>3:30 – 5 p.m. Plenary</b>	
<b><i>Talking Circle Traditions for Treatment and Healing</i></b>	<b>Deer B</b>
Carolyn Hartness	
<p>Talking circles, peacemaking circles, or healing circles are deeply rooted in the traditional practices of Indigenous peoples. Talking Circles foster respectful listening and reflection. This is an experiential session of this sacred traditional practice that explores 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.</p>	



### *Join in a Special Talking Circle Event*

Thursday, September 11, from 3:30-5 p.m.

Deer B (CEs Available)





# FOUR DIRECTIONS

## SUPPORTING HEALTHY, SAFE, AND FUN PLAY



**RG STAR**  
Responsible Gaming  
Support, Training, And Resources



**SPEAK WITH OUR TEAM  
TO GET STARTED**

360-352-6133 | [info@evergreencpg.org](mailto:info@evergreencpg.org)

### It Takes a Community To Overcome Problem Gambling

We're here to help those struggling with gambling problems, find help and community.

24/7 Confidential Helpline:




**CALL. TEXT. CHAT.**  
**1-800-547-6133**  
[evergreencpg.org](http://evergreencpg.org)





Sq<sup>w</sup>ali ʔabš  
people of the river - people of the grass



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

Leschi, Last Chief of the Nisquallys  
1808 - 1858

Washington  
tribes are  
committed to  
**supporting  
responsible  
gaming.**

Learn more:





**IF GAMBLING  
STOPS BEING FUN...**

Take a Break, Take a Breath,  
and Reconnect.

Have Questions?  
Chat with a live Helpline Specialist 24/7  
**1-800-547-6133**



**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.

Call us today 360-575-3316  
Serving all Cowlitz Indian Tribe locations





## Problem Gambling Specialty Endorsement

for Financial Professionals

**There are a lot of problem gambling warning signs that financial service professionals may be better equipped to address or to spot than others.**

Learn about problem gambling, the warning signs of gambling addiction and how it relates to financial issues, and most importantly how and when to refer to a certified problem gambling counselor.

### TRAINING OPTIONS:

#### FULL FSE PROGRAM

- 12 CPE credits
- Downloadable 150-page workbook
- Access to Fact Sheet and Resource List
- **Support Service Locator** Directory Listing\*

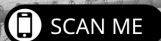
#### FSE INTRO COURSE ONLY

- 1 CPE credit
- Access to Fact Sheet and Resource List

\* Must meet eligibility requirements

### REGISTER TODAY!

[www.evergreencpg.org/fse](http://www.evergreencpg.org/fse)



EVERGREEN  
council on problem gambling





# FOUR DIRECTIONS

## Presenters

**Alan Basham, MA**, is Professor Emeritus from the Department of Psychology at Eastern Washington University, where he taught in counselor education for more than 20 years. He is a published author on topics of learning from nature, effective and ethical leadership, and the integration of client spirituality into the counseling process. He is Past President of the Washington Counseling Association and the Association of Spiritual, Ethical and Religious Values in Counseling, a national division of the American Counseling Association.



**Jerry Bauerkemper, BS, CCGC**, is the retired Executive Director of the Nebraska Council on Compulsive Gambling. Mr. Bauerkemper was the first director of problem gambling for the state of Nebraska. He is an internationally recognized trainer on Problem Gambling. Currently, he is a consultant for the Iowa gambling program helping agencies increase gambling utilization after COVID!



**Kylee Butler, CPC**, Yoga found Kylee more than 10 years ago and helped Kylee reconnect with her body in a way she didn't know she needed. Through her recovery from alcohol, ceremony and spirituality became lifelines and yoga became a form of prayer. She trained with Native Strength Revolution, where she was empowered to teach in a way that honors who she was as an Indigenous woman. Yoga is ceremony for her. It's where she shows up fully, expresses herself honestly, and offers others the chance to do the same. Being connected to her body through yoga and ceremony helps her stay balanced in mind, body, and spirit, and that's what she hopes to share with every class she leads.



**Jerry Crowshoe, MA**, is an enrolled member of the Pilikani Nation, Blackfoot Confederacy from Brocket, Alberta, Canada. He graduated from Eastern Washington University with a degree in Developmental Psychology and from Gonzaga University with a Master's degree in Community Counseling. Jerry worked as a Mental Health Counselor with the Kalispel Tribe's Behavioral Health Program (Camas Path) for many years. He worked on a Substance Abuse and Mental Health Services Administration (SAMHSA) contract as a Community Coordinator, and provided training and technical assistance for tribal communities to address substance use and suicide. He currently serves as the Native American Health Sciences Director at Washington State University.






# REGISTER TODAY!

**Evergreen Council on Problem Gambling  
Winter Quarterly Training**  
Virtual | January 12–15, 2026

Two online training options available:

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



SCAN ME

[EVERGREENCPG.ORG/TRAINING](https://EVERGREENCPG.ORG/TRAINING)

EVERGREEN  
council on problem gambling





Free youth and young adult gambling and gaming prevention program

# YOUTH HAVE THE POWER

Learn. Earn. Have Fun!

★ Get started at: [YouthHaveThePower.org](https://YouthHaveThePower.org)





## Honoring the Past and Protecting the Future

### Presenters

**Erin D. Dixon**, is an enrolled tribal member of the Nabahé Diné tribe also known as the Navajo Nation. She is Kinlichii'nii clan, born for Tachii'nii clan and currently resides in Shiprock, NM on the Northern Navajo Nation. She lives her work and life through the lens of universal kinship for all beings seen and unseen. She is the founder of Shining Stone Wellness LLC specializing in the integration of a spectrum of mind-body practices to aid in the holistic wellbeing of her client relatives through as lived experience of culture, connection and authenticity.



**Timothy Fong, MD**, is a Professor of Psychiatry at the Semel Institute for Neuroscience and Human Behavior at UCLA. Dr. Fong is also the co-director of the UCLA Gambling Studies Program. 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.



**Brad Galvin, MS, LMHC, LPC, SUDP, ICGC-II**, has been working as a clinician in the behavioral health field for 20 years. He is grateful to be able to partner with Washington Coast Salish tribal behavioral health programs for the past 15 years, providing direct client service, consultation, and gambling supervision. He is passionate about helping tribal behavioral health departments build their gambling programs. In his clinical work, he serves clients throughout Washington, Alaska, and Florida from his downtown Seattle office. He is Chair of the Washington Gambling Counselor Certification Committee.



**Joshua Germain, MA, LMHC**, holds a Master of Arts in Marriage, Couple, and Family Counseling from George Fox University. He spent two years at reSTART Life, where he provided individual, group, and family therapy focused on internet and technology addiction. Through this work, Joshua developed a deep appreciation for the essential role discomfort plays in growth, healing, and connection—and how the urge to avoid or quickly “fix” discomfort often keeps individuals and relationships stuck. In early 2023, he opened his own private practice, where he works with individuals, couples, and families to confront unhelpful patterns and move toward healthier ways of relating.





## Presenters



**Gabriella Grant, MA**, is the director of the Trauma Informed California located in Santa Cruz, California. Through Gabriella Grant Consulting, Inc., Ms. Grant consults with publicly funded agencies and trains professionals in the social services topics that cover trauma/PTSD and compulsive self-destructive behaviors. Her focus on effective programming and enhancing safe policies and procedures for staff has provided a strong public health foundation to agencies in healthcare, criminal and juvenile justice, housing and mental health treatment.



**Carolyn Hartness**, Eastern Band Cherokee/Norwegian, is committed to a life of service assisting individuals, families, communities and organizations to create holistic, collaborative, evidence and spiritually based wellness for themselves, and future generations. For 30 years, Carolyn has served Indigenous and non-indigenous communities, in the United States, Canada, Norway, Australia and New Zealand, offering consultation to agencies, schools, families and individuals around cultural diversity and wellness, and prevention/intervention strategies relating to fetal alcohol spectrum disorders (F.A.S.D.), wellness and recovery. Carolyn co-created and co-authored an award-winning series on Fetal Alcohol Spectrum Disorders, "Journey Through the Healing Circle", with Dr. Robin LaDue, was nominated for an Emmy.



**Rep. Natasha Hill**, Representative Natasha Hill represents the 3rd Legislative District encompassing Spokane and just finished her first legislative session. She sits on the House Capital Budget Committee, House Early Learning Human Services Committee, and is the vice-chair for the House Housing Committee. Natasha Hill is a practicing attorney with her own civil law practice in Spokane where she lives with her two children. She has had the opportunity to represent people from diverse backgrounds and all walks of life and is a zealous advocate for our most vulnerable communities.





## Honoring the Past and Protecting the Future

### Presenters

**Norine Hill**, is the CEO/Founder of Mother Nation, a grassroots nonprofit offering cultural healing support to Native women facing homelessness, domestic violence, sexual assault, addictions and trauma including Missing and Murdered Indigenous Relatives family support. Services span across Indian Country with the Spirit Journey Healing Village Capital project and direct service based in Washington State extending to several regions in the northwest. Mother Nation provides direct services with a cultural response team supported by traditional healing practices by Elders, Traditional Healers, and 30 Native American staff carrying teachings from their Tribes/Nations.



**Ginger Johnson**, SUDP, WSCGC-I, has been serving individuals in the field of substance and gambling disorders since 1999. She has worked multiple levels of care, from detox (voluntary and involuntary) to long-term inpatient. This include the service levels between 3.7 and 1.0. She is passionate about serving individuals who are affected by gambling.



**Richard Marshall (Swil Kanim)** is a US Army Veteran, storyteller, actor, and classically trained violinist who grew up in Washington State and is a member of the Lummi Nation. He currently serves on the board of the Seattle Symphony. Swil Kanim considers himself and his music to be the product of a well supported public school music program. Music and the 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.



**Kitty Martz, CGRM, CGAC II, IGRS, BARA, MBA**, brings an engaging and multidimensional perspective to the practical realities of ethics in gambling services, having personal experience as a client, peer mentor, counselor, and regulatory/vocational professional. She currently serves as the Executive Director of Voices of Problem Gambling Recovery, where she leads advocacy efforts and oversees the peer training programs. At the Mental Health and Addiction Certification Board of Oregon (MHACBO), she serves as the Gambling Certification Program Specialist, ensuring high standards for workforce development and credentialing. As President of the Oregon Council on Problem Gambling, she supports research and informational initiatives aimed at reducing gambling harm.





## Presenters



**Matthew McCoy**, SUDP, is the SUD Supervisor for Cowlitz Indian Tribe Behavioral Health (CITBH) Program, where services are offered for many people experiencing mental health struggles who may turn to substances and gambling as a coping mechanism. Matthew and other staff at CITBH foster true healing by identifying needs in all aspects of a person’s life and addressing them together with integrated planning and care.



**Victor Ortiz, MSW, LADC I, CADCI II**, is a social worker with more than 25 years of experience in the development of programs and services in the area of addiction, youth development, child welfare, and behavioral health. He has worked extensively with a wide range of populations, especially in addressing health disparities, promoting equity and social justice. Victor has served in various professional positions aimed at improving access, and advocacy of care for individuals and families.



**Eric Posey, SUDP**, has been working as a Substance Use Disorder Professional with 21 years of experience in the field of chemical dependency, which includes youth residential treatment., intensive outpatient treatment, outpatient treatment, and drug court treatment. He is currently the Lead Clinician for the Youth Services program and the Gambling program at Stillaguamish Tribe of Indians Behavioral Health Programs. He revels in using his positive attitude and dynamic energy to encourage others to work hard and succeed at recovery. He is inspired by his two children, who teach him patience and serenity daily.



**Iris PrettyPaint, PhD**, has 45 years of experience as an educator, researcher, and facilitator. She is a leading authority on cultural resilience and indigenous evaluation with American Indian and Alaska Native communities. Dr. PrettyPaint serves as Senior Facilitator at Kauffman & Associates, Inc. She provides facilitation for organizations and Tribes in the areas of educational sovereignty, strategic management, board governance, community engagement, prevention, and culture-based interventions.





**»»» EVEN THE STRONGEST NEED HELP**

**Veterans**  
**in Treatment for PTSD**  
 may be as much as 60 times more likely  
 to have a gambling problem



Scan the QR code or visit: [MilitaryGamblingSupport.org](https://MilitaryGamblingSupport.org)  SCAN ME



**IT ALL COMES DOWN TO THIS**


If you're going to bet on sports, know the risks and set your limits.


If things feel out of hand, we're here to help. Learn more and get help now 24 hours a day and 7 days a week:


**KeepItFunWA.org**

 **EVERGREEN**  
 council on problem gambling

Best Practices and Broad Perspectives for  
**Voluntary Self Exclusion Program Development**



  
 Also Available in eBook






## Presenters



**Rory Reid, PhD, LCSW, ICGC-II**, is a Research Psychologist trained at UCLA and Harvard. He is nationally recognized specialist in gambling addiction. He is the Clinical Director of the Las Vegas Gambling Addiction Treatment Center and also a part-time Assistant Professor of Psychiatry at UNLV. He has published numerous research articles on problem gambling in scientific journals and has worked clinically with hundreds of individuals, couples, and families negatively impacted by various addictions and other mental health issues. He was appointed by Nevada's Governor to serve on the Nevada State Board for Alcohol, Drug, and Gambling Counselors.



**Ben Spooner, BA, CPS**, is Assistant Director and a Training and Technical Assistance specialist (TTA) for the Massachusetts Center of Excellence on Problem Gambling Prevention. He also brings an extensive background in substance misuse prevention with more than 15 years in the field, and served as Co-Project Director and TA Specialist for the Center for Strategic Prevention Support (CSPS). He has conducted in-person and virtual trainings, building the capacity of prevention professionals on topics such as centering equity in PGP and he nexus of substance misuse and PGP.



**Lisa Wahl, FNP**, has been a Registered Nurse for 25 years, and a Family Nurse Practitioner for the past 18 years, specializing in child abuse, neglect, and torture, at Providence Abuse Intervention Center, collocated with Monarch Children's Justice and Advocacy Center. Lisa has been a certified forensic nurse examiner. previously known as sexual assault nurse examiner, for 17 years, conducting medical-legal examinations and collection of forensic evidence regarding sexual assault and nonfatal strangulation. Lisa has been a courthouse facility dog handler for 12 years, and for 16 years, a trained facilitator for Stewards of Children, Darkness to Light, Preventing Child Sexual Abuse in Your Community.



**Roxane Waldron, MPA**, is the Administrator of the WA State Problem Gambling Program, Division of Behavioral Health & Recovery, Washington State Health Care Authority. She's worked as a project and program manager in the health field since 2006, including at the WA State Dept. of Health, the Evergreen Council on Problem Gambling, the WA Association for Community Health, and as a Mental Health Training Coordinator for the University of WA.





## Honoring the Past and Protecting the Future

### Presenters

**Jeremy Whitaker, EdD, MPH**, is the Problem Gambling Prevention Coordinator at the Washington Health Care Authority. He spent the last eight years as a college professor, overseeing two public health degree programs. Prior to teaching, he was the Director of Health Care Policy for the Iowa Hospital Association, ran the tobacco quitline for the state of Iowa, and started his public health career doing infectious disease education and policy in California.



**Tori Wynecoop, LSW**, is a citizen of the Spokane Tribe located in Eastern Washington State and the Training and Technical Assistance Manager at the National Center on Domestic Violence, Trauma, and Mental Health. After graduation from Illinois College, she returned home to the Spokane Indian Reservation and worked as a Domestic Violence Advocate providing assistance to survivors of domestic violence, sexual assault, teen dating violence, stalking, and elder abuse. This position encouraged Tori to pursue and complete a Master of Social Work at the University of Chicago Crown Family School of Social Work, Policy, and Practice. Previously Tori provided SAMHSA-funded training and technical assistance to tribal communities and nations with a focus on building program capacity and sustainability in the areas of suicide prevention, substance use, and mental health. School of Education and Counseling.



**Paulina Zyskowski, MPH** has a varied background in prevention education; she has experience as a consultant offering skills in community outreach, writing community health assessments, collecting qualitative data, and collaborating with community leaders. She has worked in the Department of Diversity and Inclusion in the RWJ Barnabas Hospital system, in state agencies developing education materials, and with the YMCA building equitable youth services. She earned her Master's in Public Health and is working toward becoming a Certified Prevention Professional (CPP). Paulina joined the ECPG staff in 2024 and is the team lead for the development and launch of the Youth Have the Power interactive online prevention program.





# HELP IS THERE

Scan the QR code or visit: [GamblingHelpForAll.org](https://GamblingHelpForAll.org) SCAN ME

**IT'S YOUR LIFE**

**IT'S YOUR TIME**

Connect With the Help You Need To Live the Life You Want

**EVERGREEN**  
council on problem gambling

Washington State Health Care Authority

**FGD**

**FOUNDATIONS IN GAMING DISORDER**

CORE TRAINING

[WhatsGamingDisorder.com](https://WhatsGamingDisorder.com)

SCAN ME





## Honoring the Past and Protecting the Future



### Have fun in your free time. What activities do you enjoy?

If you or a friend are struggling with gambling, contact the Washington State Problem Gambling Helpline.

Call, text, or chat **1-800-547-6133** Available 24/7





# NATIONAL RECOVERY MONTH

## 2025 Recovery Month Toolkit

With the right treatment, support, and resources, recovery is REAL (Restoring Every Aspect of Life) for everyone. Use this toolkit to learn more about what SAMHSA is doing to support people in recovery and how to share this information with your audiences. Together, we can make a difference in the lives of people in or seeking recovery from mental and substance use disorders. Learn more at: [samhsa.gov](https://samhsa.gov)

Scan the code or visit:  
<https://qrco.de/NRM2025>



Si el juego está creando problema a usted y a su familia,  
**hay ayuda y esperanza.**

## PAUSA. RESPIRA. CONECTA.

Recuerda que no estás solo

**Cuando el juego se convierte en un problema, hay esperanza ...  
LA AYUDA COMIENZA AQUÍ**

Comuníquese con la línea de ayuda confidencial del Estado de Washington  
las 24 horas del día en español. Llama. Mensaje. Chat.

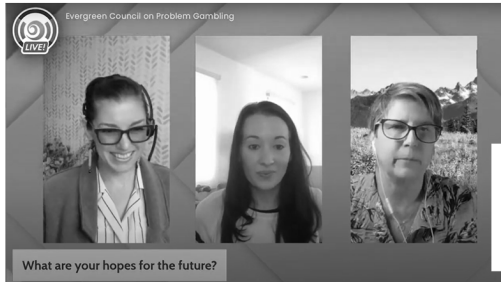
**1-800-547-6133**

Para chat, [www.evergreencpg.org/es](http://www.evergreencpg.org/es)



# Problem Gambling: State of the Nation and Washington State

Scan the QR code to watch the video, or visit: [evergreencpg.org/watch](http://evergreencpg.org/watch)



*Sports Betting can Stretch the Fun to its Limits.  
If Things Feel Out of Hand, We're Here to Help*

## KeepItFunWA.org

Visit to Chat 24/7 with a live Problem Gambling Helpline Specialist  
or Call/Text **1-800-547-6133**.

**EVERGREEN**  
council on problem gambling

# Healing Animal Adoptions

Supporting Healing Animal Therapy and Service Programs



Lifeline Connections

hope. help. Healing.

Equine Therapy



**NORTHWEST  
BATTLE BUDDIES**



Symbolically Adopt a Service Dog and/or Equine Therapy Horse

[HealingAnimalAdoptions.org](http://HealingAnimalAdoptions.org)

*Four Directions*



WESTERN REGIONAL CONFERENCE ON GAMBLING AND GAMING HEALTH AWARENESS

# FOCUS ON THE FUTURE

## SAVE-THE-DATE!

# April 27-30, 2026

### Who Should Attend?

Addictions Professionals  
 Mental Health Counselors  
 Prevention Specialists  
 Peer and Recovery Community  
 Responsible Gaming Representatives  
 Policy Makers



The Heathman Lodge  
 Vancouver, WA

# 2026





# FOUR DIRECTIONS

Cultural Awareness and Healing Support Conference

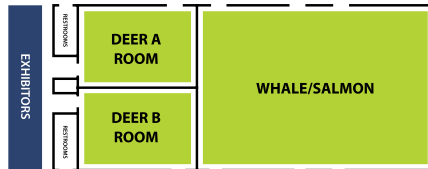


## ZEN ROOM

Wednesday (9/10) - Thursday (9/11)

Escape to a place of calm to de-stress and unwind.

Create a moment of peace without phone calls or meetings.



OUTDOOR AREA





# FOUR DIRECTIONS

## Main Conference At-A-Glance

### Wednesday, September 10

7 - 8:15 a.m.	Registration and Breakfast
8:30 - 10 a.m.	Welcome & Keynote
10 - 10:30 a.m.	Break / Exhibits
10:30 - Noon	Morning Breakout Sessions
Noon - 1:30 p.m.	Prayer/Lunch/Announcements/ Keynote
1:30 - 2 p.m.	Break / Exhibits
2 - 3:15 p.m.	Afternoon Breakout Sessions
3:15 - 3:45 p.m.	Refreshments and Networking Break
3:45 - 4:45 p.m.	Afternoon Breakout Sessions
5:30 - 8 p.m.	Community Cultural Celebration Dinner Hosted by The Suquamish Tribe

### Thursday, September 11

7 - 8:15 a.m.	Registration and Breakfast
8:30 - 10 a.m.	Welcome & Keynote
10 - 10:30 a.m.	Break / Exhibits / Hotel Checkout
10:30 - Noon	Morning Breakout Session
Noon - 12:30 p.m.	Prayer/Lunch/Announcements and Awards
12:30 - 1:30 p.m.	Lunch Plenary
1:30 - 2 p.m.	Break / Exhibits
2-3:15 p.m.	Afternoon Breakout Sessions
3:15 - 3:30 p.m.	Break / Exhibits
3:30 -5 p.m.	Plenary: Talking Circle Traditions for Treatment and Healing