



AMERICAN INDIAN INSTITUTE  
*The UNIVERSITY of OKLAHOMA*

# 2018 Native Women and Men's Wellness and Diabetes Prevention Conference

March 25-28, 2018  
New Orleans, Louisiana





## Registration

### Sunday

10:00 a.m. – 5:00 p.m.

### Monday and Tuesday

7:30 a.m. – 5:00 p.m.

### Wednesday

7:30 a.m. – 12:00 p.m.

## Breakfast

### Monday, Tuesday and Wednesday

8:15 a.m. – 9:00 a.m.

## Exhibits Open

### Sunday

2:00 p.m. – 5:00 p.m.

### Monday and Tuesday

8:00 a.m. – 5:00 p.m.

### Wednesday

8:00 a.m. – 1:00 p.m.

## SUNDAY, MARCH 25, 2018

## Sunday Session

2:00 p.m. – 2:30 p.m.

### *Chilling in a Goot Way*

Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

2:30 p.m. – 3:30 p.m.

## Keynote Speaker

### *Emotional Intelligence*

Dr. Emma Seppala, Director of Stanford University's Center for Compassion and Altruism, and author of *The Happiness Track* (2016). Dr. Seppala is an international speaker on the science of happiness.

3:30 p.m. – 4:00 p.m.

### *Right Brain, Left Brain*

Carol LaRue, Occupational Therapist, Integrative Wellness, Speaker, Mentor, Owner of LifeCentrics and author of *The Art of Self-Health*

## Reception

4:00 p.m. – 5:00 p.m.

## MONDAY, MARCH 26, 2018

8:45 a.m. – 9:00 a.m.

## Welcome and Opening Session

Norma Neely, Director, American Indian Institute (Citizen Potawatomi); Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

9:00 a.m. – 9:45 a.m.

## Keynote Speaker

### *A Message of Hope to Diabetics*

Dr. Kham V Ung, podiatrist and surgeon, Sioux City, Iowa. Dr. Ung is nationally famous and is an expert on the prevention of amputations.

9:45 a.m. – 10:00 a.m.

## Break

## Session 1

10:00 a.m. – 11:00 a.m.

### *Healing Ancestral Trauma with the Emotion Code*

Dr. Brad Nelson, CEO and Owner of the Healers Library, and author of *The Emotion Code*

### *Using Humor to Rekindle the Spirit Within*

Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

### *Cultural Resilience: An Indigenous Framework Approach for Addressing Public Health Issues in Indian Country*

Madison Fulton, Inter Tribal Council of Arizona, Inc. (Navajo Nation); JT Nashio, Director of Community Health Representative (White Mountain Apache Tribe)

### *How to Perform Foot Exams on Reluctant Patients and Other Tidbits From a Shy LPN*

Shaw Marie Tso, LPN, Patient Coordinator/Shining Mountain Health and Wellness (Navajo); Kendra Tortalita, RN, Ute Mountain Ute Diabetes Program



***Getting Youth and Elders Excited about Gardening and Community Gardens***

Debra Mae Byrd, Yakama National Diabetes Program Manager (Yakama)

11:00 a.m. – 11:15 a.m.

**Break**

**Session 2**

11:15 a.m. – 12:15 p.m.

***Happy Brains***

Tod C Robertson, Director/Seminole Nation FNS (Seminole); and Melissa Mack, Outreach, the Seminole Nation Food and Nutrition Program

***Plain Language for Health Communication***

Susan Gay, M.A.Ed., CHES, Public Health Training Coordinator of Southern Plains Tribal Health Board

***Public Health Approach to Evaluating the Traditional Western Apache Diet Project***

Emery Tahy, Epidemiologist II/Inter Tribal Council of Arizona (ITCA) Tribal Epidemiology Center (TEC) (Dine' Navajo)

***Magic 8 – Transforming Your Life in 8 Minutes***

Susan Nelson, Diabetes Exercise Specialist, Washoe Tribal Health Center, Gardnerville, Nevada

**Healthy Lunch Provided**

12:15 p.m. – 1:00 p.m.

1:00 p.m. – 1:45 p.m.

**Keynote Speaker**

***The Emotion Code: How to Release Your Trapped Emotions***

Dr. Brad Nelson, CEO and Owner of the Healers Library, and author of *The Emotion Code*. Dr. Nelson offers a program that is both powerful and a simple way to rid yourself of unseen baggage.

1:45 p.m. – 2:00 p.m.

**Break**

**Session 3**

2:00 p.m. – 3:00 p.m.

***Make Your Home Your Heart***

Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

***Healing Through Culture and Art: American Indian Women's Heart Health Awareness***

Suzanne Cross, LMSW, ACSW, PhD, LLC, Consultant (Saginaw Chippewa Indian Tribe of Michigan)

***Reclaiming Our Path of Well-Being***

Eva Renee Thomas-Hill, Elder-McMaster University, Indigenous Studies Program (Mohawk)

***Radical Resilience: Transforming STRESS to Yes!***

Carol LaRue, Occupational Therapist, Integrative Wellness, Speaker, Mentor, Owner of LifeCentrics and author of *The Art of Self-Health*

***Sleep Better***

Lisa Millington, University of Oklahoma Health and Wellness, University of Oklahoma's Chief Wellness Officer

3:00 p.m. – 3:15 p.m.

**Break**

**Session 4**

3:15 p.m. – 4:15 p.m.

***A Question and Answer Session with Dr. Ung***

Dr. Kham V Ung, podiatrist and surgeon, Sioux City, Iowa

***Albuquerque Area Tribal Southwest Epi Centers's (AASTEC) Good Health and Wellness in Indian Country (GHWIC) Program***

Daytona Raye, Program Coordinator - Albuquerque Area Southwest Tribal Epidemiology Center (Navajo); Shaw Marie Tso, Southern Ute GHWIC program; Kendra Tortalita, RN, Ute Mountain Ute Diabetes Program

***Getting the Point Across: Advocating for Support for Native Public Health Needs***

Vicki Peterson, MA, Training Coordinator, Tribal BEAR Project, Salish Kootenai College



***Destressing on a Shoestring Budget***

Charlotte Ross, Consultant (Montreal Lake Cree Nation)

***Walk this Weigh***

Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee)

**Special Session**

4:20 p.m. – 5:20 p.m.

***Healing Circle***

Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

**TUESDAY, MARCH 27, 2018**

9:00 a.m. – 9:45 a.m.

**Keynote Speaker**

***Politics Aside: How Tribal Nations Come Together to Prepare Youth For Success***

Dr. Lancer Stephens, Associate Director of Outreach, Department of Endocrinology and Diabetics, University of Oklahoma Medical Center. Dr. Stephens' research interest lies in disease prevention programs for youth and health literacy for all ages.

9:45 a.m. – 10:00 a.m.

**Break**

**Session 5**

10:00 a.m. – 11:00 a.m.

***Happy Brains***

Tod C Robertson, Director/Seminole Nation FNS (Seminole); and Melissa Mack, Outreach, the Seminole Nation Food and Nutrition Program

***Avoiding Chronic Disease with Exercise and Nutrition***

Chance Adams, Wellness Director, Choctaw Nation of Oklahoma (Choctaw)

***Plain Language for Health Communication***

Susan Gay, M.A.Ed., CHES, Public Health Training Coordinator of Southern Plains Tribal Health Board

***TOUR DE UTE: A Journey of Wellness***

Beverly Santicola, Certified Grant Professional; DeAnne House, BS Degree, Behavioral Health Professional, Tribal Councilwoman, Ute Mountain Ute Tribe; Bernadette Cuthair, Planning Director; Priscilla Blackhawk Rentz, Elder/Courts; Maraya Killsmall, Youth; Kermit Palmer, Executive Director

11:00 a.m. – 11:15 a.m.

**Break**

**Session 6**

11:15 a.m. – 12:15 p.m.

***Power to Heal, Power to Love***

Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

***Interval Circuit***

Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee)

***De-stressing on a Shoestring Budget***

Charlotte Ross, Consultant (Montreal Lake Cree Nation)

***Promoting Culture in Wellness Programs***

Sara Peterson, Ho-Chunk Nation Health and Wellness Coordinator (Ho-Chunk Nation)

***Strategies for Prevention of Type 2 Diabetes in Your Communities***

Tonya Wapskineh, Diabetes Prevention Manager/Cherokee Nation (Cherokee)

**Healthy Lunch Provided**

12:15 p.m. – 1:00 p.m.

1:00 p.m. – 1:30 p.m.

**Keynote Speaker**

***Stretching and Movement***

Lisa Millington, Chief Wellness Officer, University of Oklahoma. Lisa Millington is a certified yoga instructor, personal trainer and certified wellness coach.

1:30 p.m. – 1:45 p.m.

**Break**



## Session 7

1:45 p.m. – 2:45 p.m.

### *A Little Bit of Spice Can Be Really, Really Nice*

Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

### *Healing Through Culture and Art: American Indian Women's Heart Health Awareness*

Suzanne Cross, LMSW, ACSW, PhD, LLC, Consultant (Saginaw Chippewa Indian Tribe of Michigan)

### *Wellness in the Workplace*

Birdie K. Wermey, EpiCenter National Evaluation Project, Specialist/NW Portland Area Indian Health Board

### *The Medicine Wheel with a Mental Health Aspect*

John Lee Soap Jr., Out-Patient Therapist for Behavioral Health Services (Absentee Shawnee)

2:45 p.m. – 3:00 p.m.

### **Break**

## Session 8

3:00 p.m. – 4:00 p.m.

### *Women's Self Defense in the Choctaw Nation: An Effort to Reduce Domestic Violence*

Melanie L. Jones, Grant Manager, Choctaw Nation of Oklahoma; Ray Harp, Master Instructor, 7th Dan Tae Kwon Do; Elizabeth Dew, LPC, LADC, 4th Dan Tae Kwon Do

### *The Soul's Journey*

Melanie Jill Fraser, Senior Counselor at Native Horizons Treatment Centre (Cayuga); Tammy General, Senior Counselor at Native Horizons Treatment Centre (Seneca)

### *Reclaiming Our Path of Well-Being*

Eva Renee Thomas-Hill, Elder-McMaster University, Indigenous Studies Program (Mohawk)

### *Radical Resilience: Transforming STRESS to Yes!*

Carol LaRue, Occupational Therapist, Integrative Wellness, Speaker, Mentor, Owner of LifeCentrics and author of *The Art of Self-Health*

## Special Session

4:05 p.m. – 5:05 p.m.

### *Healing Circle*

Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

## WEDNESDAY, MARCH 28, 2018

9:00 a.m. – 9:15 a.m.

## Closing Session

Norma Neely, Director, American Indian Institute (Citizen Potawatomi); Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

9:15 a.m. – 9:30 a.m.

### *Chair Exercises*

Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee)

## Keynote Speaker

9:30 a.m. – 10:15 a.m.

### *Participatory Research and Policy Work to Address Diabetes, Obesity and Cardiovascular Disease in Native American Communities: Challenges and Opportunities*

Dr. Valarie Blue Bird Jernigan (Choctaw), Community-based Participatory Researcher. Dr. Jernigan is principal investigator for the "THRIVE" study which is implementing healthy makeovers in tribally owned convenience stores in the Chickasaw and Choctaw Nations of Oklahoma

10:15 – 10:30

### **Break**

10:30 – 12:00 p.m.

### *Closing Circle*

Patrick Trujillo, Executive Director, Native American Training Institute and Wellness / Health Education Consultant (Cochiti Pueblo/Jemez Pueblo)

12:00 p.m. – 12:30 p.m.

### *Distribution of CEUs and Evaluations*