

Rural Providers' Conference - Kodiak

Sponsored by: KANA and RurAL CAP

Kodiak High School, 722 Mill Bay Road

TIME	Monday, 6/7/10
Location	Lobby and Cafeteria
3:00 PM	Exhibitor and Vendor Setup
5:00-7:00 pm	Registration and Refreshments
Location	Main Theater
7:00-8:00	Opening Ceremony

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TIME	Tuesday, 6/8/10				
Location	Lobby Area and Cafeteria				
8:00-9:00	Registration and Continental Breakfast				
Location	Main Theater				
9:00-9:15	Announcements & Door Prizes, Lighting the Lamp				
9:15-10:00	Keynote speaker: Amy Modig				
10:00-10:15	Break				
Location	Gym				
10:15-12:00	Circle Talks				
12:00-1:30	Lunch [University Credits and CEU Meeting-Library]				
Location	Main Theater	Choral Pod	Drama Pod	Pillar Mt.	Youth Track (green room)
1:30-3:00	Stress Management for Couples in Recovery	Incorporating HIV Prevention into the Care of Persons Living with HIV	Wellness Through The Arts- Art Promotes Resilience	Fetal Alcohol Syndrome Disorder (FASD) 101 Pt 1	1-2:30 Youth Keynote: Shane Nukwak (DLG) and Brianna Jeffers (Nenana) on Substance Abuse and Prevention
Presenter	Jim Miller	Joe Cantil and Fransing Daisy	Carol Loftfield	Nancy Wells and Elaine Loomis-Olsen	
3:00-3:15	Break				
3:15-4:45	The Twelve Steps and Early Recovery	Responding to a Child's Disclosure	Cultural and Spiritual Interpretation of Tobacco	FASD 101 Pt 2	2:30-3 WreckED (Amy & youth) 3-5:45 Hike to Pillar Mtn- wind turbine tour
Presenter	Cisco Penamora and Heidi Barrett-McNerney	Melody Livingston	Betty MacTavish and Nick Gonzales	Nancy Wells and Elaine Loomis-Olsen	
	Evening Activities				
5:30-6:00	Kodiak Drummers				
6:00-8:00	Community Pot Luck at Kodiak High School Cafeteria				

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TIME	Wednesday, 6/9/10				
Location	Lobby Area and Cafeteria				
8:00-9:00	Registration and Continental Breakfast				
Location	Main Theater				
9:00-9:15	Announcements and Door Prizes				
9:15-10:00	Keynote speaker: Gloria Gorman				
10:00-10:15	Break				
Location	Gym				
10:15-12:00	Circle Talks				
12:00-1:30	Lunch				
Location	Main Theater	Choral Pod	Drama Pod	Pillar Mt.	Youth Track (green room)
1:30-3:00	A Journey to Wellness	Honoring the Truth: Healing from Childhood Sexual Abuse	Advocacy Skills: Igniting the Spark in the Recovery Community	Fetal Alcohol Syndrome Disorder (FASD) 201 Pt 1	1-1:30 Icebreakers
Presenter	Nick Gonzales and Marilyn Balluta	Elsie Boudreau, Linda McLaughlin and Tiny Devlin	Anna Sappah	Nancy Wells and Elaine Loomis-Olsen	(therapy/instruction): Kodiak Island Drummers
3:00-3:15	Break				
3:15-4:45	Holistic Nutrition in Recovery	Grief Recovery: A Tool for Healing	Raising Grandchildren, the hidden heroes	FASD 201 Pt 2	2:30-5 White Sands Beach Outing - Bonfire: "What Is A Leader?" (youth led)
Presenter	Dr. Gary Ferguson and Martha Abbot	Ron Dempsay	Linda Price, BSSW, MS	Nancy Wells and Elaine Loomis-Olsen	
Evening Activities					
5:00-6:00	Open Mic				
6:00-8:00	Town Hall Meeting on Underage Drinking				
8:00-10:00	Culture Share (all talents. arts, music welcome)				

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TIME	Thursday, 6/10/10				
Location	Cafeteria				
8:00-9:00 am	Continental Breakfast				
Location	Main Theater				
9:00-9:15	Announcements and Door Prizes				
9:15-10:00	Keynote speaker: Nick Pavloff				
10:00-10:15	Break				
Location	Gym				
10:15-12:00	Circle Talks				
12:00-1:30	Lunch				
Location	Main Theater	Choral Pod	Drama Pod	Pillar Mt.	Youth Track (green room)
1:30-3:00	Traditional Healing: Alternative Health Care Options	Dream Catching: Dare to Dream Dare to Soar Darlene Kawennano:ron Johnson MSW	Increasing Youth Resiliency: a Strategy to Prevent Substance Use and Suicide Becky Judd	Moving through the Steps (movement therapy techniques) Pt 1 Martha Abbot and Dr. G. Ferguson	Alaska Teen Media Institute: Communication Intro
Presenter	Maria Dexter				
3:00-3:15	Break				
3:15-4:45	Hope for the Homeless	In an Instant, for a Lifetime: Traumatic Brain Injury Jennifer Charvet	Voices of our Children Lureta Porter and Facing Foster Care in Alaska Native Youth Alumni	Healing Our Future Doug and Amy Modig and Camille Booth	Media Project and Skills Building
Presenter	Ben Kanohokula				Reflection, closing reflection
Evening Activities					
5:00-6:00	Open Mic / Exhibit Take-down				
8:00-11:00	Sober Dance at Kodiak High School (featuring live music by Pilot Bread)				

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TIME	Friday, 6/11/10
Location	Cafeteria
8:00-9:00 AM	Continental Breakfast
Location	Lobby Area
8:00 AM	Conference Evaluations
	Library
8:30-9:00	Stakeholder Meeting
	Main Theater
9:00-10:00	Announcements, Door Prizes, Closing Remarks, Invitation to the 2011-2012 RPC from Bristol Bay Native Assn.
10:00-12:00	Staking Ceremony

Tuesday, June 8, 2010

Workshop Name

Stress Management for Couples in Recovery

Description

This presentation was developed for Llangarwik Residential Treatment program. Attendees will learn about myths/facts about stress as well as gender differences in regards to stress response and stress management. Participants learn to effectively handle stress for relapse prevention, health and relationship satisfaction. Emphasis will be on spouses or other family members learning to be helpful in the recovery process instead of being an antagonist.

Taking Care of Each Other: Incorporating HIV Prevention into the Care of Persons Living with HIV

Encounters with clients in recovery means you have to know about HIV. Providing brief, tailored interventions works better than mere education about HIV. This workshop will practice how to recognize someone's attitudes, beliefs, skills and readiness to make a change. We believe your clients want to talk about these issues, as private as they are. The conversation with them will be ongoing, not covering everything at once. Think about how to address circumstances of their sexual practices. Learn that reducing risk for HIV comes in increments with degrees of change in attitudes and beliefs. Local and statewide resources will be discussed and identified.

Responding to a Child's Disclosure

This workshop will cover the importance of how one responds to a child's disclosure of abuse. The response to a disclosure can make the difference between the child's ability to work through the victimization in the present or having the effects of trauma throughout their lives. We will cover ways to help the child feel safe, connected and empowered.

FASD 101 Parts 1 and 2

The goal of FASD 101 is for participants to see FASD as brain based disorders and to provide basic, useful strategies to use when working with affected individuals. The presentation will provide insights into how alcohol interferes with prenatal development causing permanent damage. Emphasis will be on damage to the brain and neurologic system and how that affects an individual over their life span.

The Twelve Steps and Early Recovery

Based on our practical experience we will explore how working the Twelve Steps can enhance an individual's early recovery and help them maintain long-term sobriety. There will be a group discussion of the pros and cons of AA and how it has worked or not worked as a tool for recovery with our clients and in our personal lives.

Wellness through the Arts-Art Promotes Resilience

This program addresses stress reduction and anger management, interpersonal and intrapersonal communication, creative cooperation. Participants will consider how the techniques can be applied in their homes and communities. This workshop offers a multimedia presentation with interactive skill-building, through music, inspiring text, artwork, video and art-activity. Participants are taught how to foster relaxation, healing and creative problem solving. The multimedia presentation and techniques taught are upbeat, and focus on building specific skills that help people make healthy choices. The techniques taught for optimizing the power of expectation and self-fulfilling prophecy foster personal growth and enrichment.

Cultural and Spiritual Interpretation of Tobacco as it leads to Tribal Tobacco Policy in Alaska

Discussion of the traditional, medicinal and ceremonial uses of tobacco. What is commercial use of tobacco doing to our Alaskan culture? How we can make positive changes for the health of our villages through Tribal Tobacco Policy? Tobacco education digital stories will be shared by 2010 AmeriCorps Members. Five (5) members and five (5) youth created digital stories on tobacco education and cessation. They will share their experiences, stories, and digital movies. Each movie is about two (2) minutes long and carries a personal story that can help heal, educate, and entertain all those who watch.

Wednesday, June 9, 2010

Workshop Name

A Journey to Wellness

Description

Through digital stories this presentation will focus on the power of storytelling as a change agent. It will combine stories about alcohol/tobacco use and stories about traditions. Presenters will share how both are living a healthy lifestyle and relationship, serving as good role models for the community. This workshop will include information about traditional activities, values and culture; wellness and health; spirituality and healing.

Honoring the Truth: Healing from Childhood Sexual Abuse

Presenters will focus on steps to healing from childhood sexual abuse, incorporating wisdom from Elders. Allowing time for participation in a safe process.

Advocacy Skills: Igniting the Spark in the Recovery Community

Advocacy skills are a valuable tool for treatment providers and the recovery community. One of the greatest challenges for providers is to educate and advocate in their communities. For policy makers it is the importance of treatment and recovery services in their area. People seeking recovery services as well as those who have successfully completed treatment can be the best advocates for programs. Teaching staff, clients and alumni how to tell their story in the most effective way is one goal of the workshop.

FASD 201

The goal of FASD 201 is for participants to learn what interventions and supports have been found effective and promising for individuals with FASD and to practice using problem solving tools that may be helpful in their environment when living and/or working with individuals with FASD.

Holistic Nutrition in Recovery

Creating a greater degree of consciousness around nutrition and its profound effect on overall health for people in recovery. This talk also incorporates wellness and self-care for the Provider/Clinician/Community Worker; "walking the talk" in recovery around nutrition, wellness, being "whole." This workshop is designed to be co-taught with Martha Abbot, Yoga/Movement therapist - who will share her work around "moving through the steps." Nutrient-dense food samples will be available, as well as simple meal ideas.

Grief Recovery: A Tool for Healing

This session will offer a look at grief recovery and how it can be a positive step for healing and recovery. Victims for Justice(VFJ) is a non-profit organization that specializes in serving and advocating for victims of all violent crimes, and the surviving family and friends of homicide victims. VFJ helps victims cope with trauma and grief, ensures their rights are respected within the judicial system, advocates for change that will make a balanced justice system, and implements community programs for violence prevention

Alaskan Grandparents Raising Grandchildren, the hidden heroes

The presenter will share information about grandparents who are caring for their grandchildren and support that is available to them through Volunteers of America, Alaska. Many grandparents are raising their own grandchildren due to drug and alcohol abuse or mental health issues of their own adult children.

Thursday, June 10, 2010

Workshop Name

Hope for the Homeless

Description

The award-winning Homeward Bound program assists residents by providing outreach to homeless camps and shelters and facilitating access to detoxification, substance abuse and mental health treatment. Residents are offered transitional housing, case management, housing information, employment assistance, mental health counseling, gender specific services for men and women, reintegration activities, volunteer work, individual and group counseling, and life skills classes.

Traditional Healing: Alternative Health Care Options

Learn about the power of natural healing. The session will provide an introduction to traditional hands on health care to help patients overcome chronic pain associated with injuries, increase circulation, and improve overall health.

Increasing Youth Resiliency: a Strategy to Prevent Substance Use and Suicide

What does resiliency have to do with youth substance use and suicide? What does it mean to be resilient? How do we nurture resiliency in ourself and others? This interactive workshop will discuss these questions, and more! (For people working in program settings, there will be a brief overview of ways to measure resiliency.)

Moving through the Steps

"Moving Through the Steps" applies the process of Movement Therapy to the principles of the Twelve Steps of Recovery. Participants are led through a process for the purpose of gaining personal insight, exploring and integrating that insight through creative expression, and then 'owning' that insight by sharing with the group. The result is greater self-awareness and a sense of empowerment. Participants are given a holistic (body/mind/spirit) experience of the principles of recovery and learn how to apply those principles in their daily lives. While participants would get only a sample of the entire program, they would be led through a deep personal exploration and get a good sense of the whole program.

Dream Catching: Dare to Dream...Dare to SOAR!

In this practical and informative workshop, you will learn to relax physically for increased health, wellness, and vitality. You will also learn techniques to become better focused, develop innovative, and creative thinking, and develop abilities to manifest your goals and dreams.

In an Instant, for a Lifetime: Traumatic Brain Injury

Traumatic brain injury is a health crisis in this state, especially in rural Alaska. This session will cover the rates, causes, prevention techniques, as well as what you can do after sustaining a brain injury. Official brain injury rehabilitation may be far from home, but there are some things that can be done at home.

Voices of Our Children: Opening our Hearts to the Children who have been Removed from their Families because of Abuse and Neglect

Listen and watch through "digitelling" (digital storytelling) and in-person stories from the voices of youth who share their experiences of being in custody of the State Office of Children's Services (OCS) and in the foster care system. Foster parents, kinship guardians and grandparents will discuss the challenges and the rewards of taking care of children who are in need of stable and loving homes. The presenters, who are alumni of the Alaskan foster system, will emphasize the importance of establishing and maintaining cultural identity and connection for children, and they will offer their ideas and suggestions as to what they need from their relatives, tribes and communities for support. Information about licensed, and unlicensed kinship or guardian tribal homes in Alaska will be provided, including ICWA preference placements, and working with OCS.

Healing Our Future

There have been several innovations that have proven effective in working with Native Communities across the State. Our intention is to share what we have learned about effective strategies that work with Native Communities toward creating Health and Wellness as well as inviting other to share what gains they have made...