

2023 USET THPS Best Practices Conference Agenda

Tuesday (8/1/23):

Track Locations:

General Session and Breakfast: Salon D-E

Behavioral Health: Salon C

Health Promotion and Disease Prevention: Salon B

Clinical Practices: Knoxville

Indigenous Methods: Chattanooga

7:00 am – 8:30 am: Breakfast

8:30 am – 9:45 am:

Keynote: Strength in Community: Renewing Indigenous Support Structures for Girl & LGBTQ+ Youth Mental Resilience/ Kelly Hallman and Lisa Polen (Indigenous Justice Circle)

Strength in Community: Renewing Indigenous Support Structures for Girl & LGBTQ+ Youth Mental Resilience Indigenous Justice Circle's program supports mental health by renewing Native mentored inter-generational leadership structures that provide safety, skills, opportunities for girls, women, 2SLGBTQ+ people to thrive in their power. Participants will learn about "Girl Societies" across Indian Country and tools to undertake them locally.

9:45 am – 10:15 am: Break

10:15 am -11:15 am:

Behavioral Health:

ShockTalk: Culture as Prevention & Treatment/ Austin Sero and Dominique Negrette (ShockTalk)

During this session, we'll explore the key barriers to sustainable mental healthcare delivery in Indian Country, the role Indigenous cultural institutions can play in bridging care delivery gaps, and the development of ShockTalk's telemental health platform.

Health Promotion and Disease Prevention:

The Power of Fun for Health & Wellness/ Robin Callahan, Keahana Lambert Sluder, Yolanda Saunooke (Eastern Band of Cherokee Indians)

1. The importance of making health promotion interventions fun & engaging
2. The benefits of fun in promoting wellness: mind, body, and spirit.
3. The incorporation of culturally based fun and engaging Interventions for chronic disease prevention for the Eastern Band of Cherokee Indians.

Clinical Practices:

Closing the Gap: Strategies for Effective Medical-Dental Integration/ Crystal Spring (Smiles Across Montana)

Objectives:

- Understand strategies to address access-to-care and oral health disparities
- Explore various medical procedures that dental professionals can utilize to improve the overall health of their patients.
- Develop strategies for integrating medical instruments into a dental practice

10:15 am -11:15 am:

Indigenous Methods:

Weaving Together Cultural Practices to Promote Health and Well-Being/ Jessica Stewart, Loyita Adkins and Stormie Miles (Chickahominy Indian Tribe)

Participants will learn about:

1. CDC's Tribal Practices for Wellness in Indian Country (TPWIC)
2. Ways to engage the Tribal Community
3. Understanding your Tribal Communities health needs
4. Benefits of internal and external partnerships
5. Incorporating cultural practices via contemporary avenues
6. Making wellness fun!

11:15 am – 11:45 am: Break

11:45 am – 12:45 pm:

Behavioral Health:

The Native and Strong Lifeline: How we got here and where we are headed/ Rochelle Hamilton (Volunteers of America Western Washington)

July 17th, 2022 marked the launch of 988 across the nation. Incredibly, one state, in consultation with the Tribes, took the initiative to put First People first when it came to implementing 988 services. In this session, our relatives will learn about what the Native and Strong Lifeline is, how it was developed, where we are at in the journey and what is to come. Participants will receive tips and practical advice on starting a tribal specific crisis line and learn about our challenges and opportunities as the first Tribal 988 in the country.

Health Promotion and Disease Prevention:

Life Stories That Connect Us: An Empathetic and Intentional Approach to Public Health Outreach/Taylor Anderson and Paul Anderson (KAT Productions)

Leading with empathy and intention is key to creating lasting change in any facet of public health. Learn how changing your approach and utilizing ever-changing technology can help you connect your outreach objectives to real people with real lived experiences, creating real change.

Clinical Practices:

Cardiometabolic Disease: Diabetes and the interplay of the heart and kidneys/ Matt Strum, PharmD, CDCES, Scientific Director (CardioRenal Southeast)

At the conclusion of the presentation, participants should be able to discuss the importance of the interaction between the heart and kidneys as it relates to cardiovascular outcomes in patients with diabetes. Participants should also be able to describe optimal guideline directed medical therapy based on recently completed cardiovascular outcomes trials to guide optimal diabetes management therapy in patients.

11:45 am – 12:45 pm:

Indigenous Methods:

Sweat lodges in Maine/Brian Altvater Sr.(Passamaquoddy-Pleasant Point)

The invisibility of Indigenous people in our homeland is one of the most shameful things about our American society. We have the highest rates of police shootings and incarceration but we are not part of the National Conversation because of our low numbers and the refusal to include us in both National and State statistics. We are working in Wabanaki Communities in Maine to promote healing by addressing the harm caused by the racist and oppressive policies of Maine's Institutions and continued Genocidal Practices of its government. The damaging and destructive conditions continue to harm our people but has never been acknowledged or addressed. By exposing and acknowledging the truth, we are able to deal with the pain and heal from the trauma because the past informs the future. Wabanaki People are sharing their experiences and telling their stories, reconciling the past with the present and creating a greater understanding of generational and inter-generational trauma and how it affects themselves, their families and their communities. It allows them the opportunity to create a new and sustaining existence for themselves and future generations. Our ceremonies, historical teachings and traditional spiritual ways are rooted in compassion and love with a communal connection to the natural world. It helps develop a sense of belonging, identity, and repairs the harm that the present day systems and racist institutions continue to oppress and keep us marginalized. Education, Historical Wabanaki Teachings, Language and Cultural Ceremonies help Native people more deeply understand what happened and they instinctively want to be a part of writing a different history for our children and grandchildren by building a broader and stronger community of people who understand the long term impact of the generational harms done to Indigenous people since first contact. Issues of substance abuse, suicide, lack of medical and mental health resources, broken families with lost connections to their community and pandemic death rates that continue the traumatization and Pain. By building and celebrating community, reclaiming Wabanaki traditional ways and protecting the earth, we are changing the dynamics that prevent individuals and families from being truly whole and claiming their place in this world grounded in Wabanaki Traditional Values.

12:45 pm – 2:15 pm: Lunch

2:15 pm- 3:30 pm:

Behavioral Health:

Healing through Reconnection / Kelly R. Vallo, MSW (Navajo Nation)

Healing through Reconnection is a program that implements an Indigenous framework to help individuals reconnect with themselves, their culture and their community. This program is to assist in identifying strengths than challenges and utilizing those strengths to make positive change in their environment and behaviors. The program utilizes a framework called the Four Rs by a Native American Authors Verna Kirkness and Ray Barnhardt. This approach creates a journey of healing and reconnection to self, family and community. The Four Rs are: Respect For others and nature Relationship Developing positive relationships with others and nature Responsibility To self, others and nature Reciprocity To give appreciation and pay it forward Along with the Four R's we are also implementing the Gathering of Native Americans (GONA) framework. It is a culture-based intervention. GONA is about healing and transformation. The GONA four themes are: Belonging Making others feel welcome and safe. To build a trusting environment Mastery Understand historical trauma impacts of their community Identifies resiliency and unity Interdependence Assess resources and relationships Strengthen interconnectedness Generosity Giving back Through this framework, individuals are able to reconnect with their surroundings in all aspects of the mind, body and spirit. Implementing these simple elements allows individuals to develop and reconnect with themselves, family and community.

2:15 pm – 3:30 pm

Health Promotion and Disease Prevention:

Syphilis Outbreaks in American Indian/Alaska Native Communities - A Syndemic Approach / Jessica Leston (Northwest Portland Area Indian Health Board)

In this session, you will learn about the Indigenous HIV/AIDS Syndemic Strategy: Weaving Together the National HIV, STI, and Viral Hepatitis Plans in the context of the rising rates of syphilis and congenital syphilis in American Indian and Alaska Native communities. Best practices for a syndemic syphilis response will be discussed alongside current community efforts to strengthen capacity at local levels.

Clinical Practices:

GPRA Overview and Updates/ Kristina Rogers (Indian Health Service)

This session will provide an overview of the Government Performance and Results Act (GPRA) as well as provide updates as they relate to current and upcoming measure logic changes and reporting deadlines.

2:15 pm – 4:45 pm:

Indigenous Methods:

The Moving Stories Method: Telling therapeutic stories in the sandtray/
Alahna Roach and Amy Francis (Passamaquoddy-Pleasant Point)

Children can struggle to express themselves for a variety of reasons. This workshop provides an experiential overview of the Moving Stories play therapy method, an intermodal expressive arts approach that integrates story, sandtray, and play therapy to support children in expression and skill building. Developed by Dr. Susanne Carroll Duffy, PsyD, RPT-S, this play therapy method can be adapted for use with individual children, families, groups and classrooms.

Wednesday (8/2/23):

7:00 am – 8:30 am: Breakfast

8:30 am – 9:45 am:

Cultural Healing in Action / Ken Kraybill, Holly Echo-Hawk, Livia Davis (C4 Innovations) and Bernice Jordan(USET)

Using the Reclaiming Native Psychological Brilliance approach which incorporates Native music videos as heart-soaring examples of Native strengths, presenters will provide specific planning-to-program strategies of how to incorporate cultural practices as the foundation of healing. Audience interaction will be encouraged as presenters discuss new ways to view traditional practice teachings on our way of being.

9:45 am – 10:15 am: Break

10:15 am -11:15 am:

Behavioral Health:

Best practices of integration of cultural interventions and re-engagement with client communities post COVID/ Melanie J. Cain, PhD, MPA (American Indian Counseling Center (AICC))

Best practices of integration of cultural interventions and re-engagement with client communities post COVID. The purpose of this presentation is to define strategies utilized by a directly operated, outpatient mental health setting to integrate culture within a Westernized, public mental health system. A discussion of the purpose and planning methods to promote cultural integration will be discussed as provided in an outpatient clinic setting. Specific methodologies, such as identification of need through cultural integration meetings, research, and community events will be discussed. Methods for event and activity planning, community outreach, and client engagement will be shared. The purpose of cultural integration as a means of mental health promotion and method to decrease stigma will be provided. Implications for service delivery and lessons learned will be presented with the intention to guide future clinical practices.

Health Promotion and Disease Prevention:

Sacred Wisdom: Healing from the Devastating Legacy of American Indian Historical Trauma/Dr. Tommy K. Begay, PhD, MPH (University of Arizona)

Objectives: 1) Understand the interrelationship of adverse childhood experiences, intergenerational trauma, and historical trauma – and the impact to culture, health, and wellness. 2) Examine the basic neuroscience of behavior, and behavior modification - as applicable to trauma-informed care practices. 3) Understand the “culture” of violence.

Clinical Practices:

Effective Grants Management Part 1/ Marsha Brookins, Jami Bjorndahl, Denise Clark, Donald Gooding (Indian Health Service)

Description: Coming Soon

Indigenous Methods:

Understanding Two Spirit/Native LGBTQ Identity for the Clinical Setting/
Elton Naswood (Independent Consultant)

Description: Coming Soon

11:15 am – 11:45 am: Break

11:45 am – 12:45 pm:

Behavioral Health:

Culture is Prevention: Healing Of the CLAY/Clarklyn George, Cynthia Wallace, and Ashley Garris (Catawba Indian Nation)

Strategies for substance use/suicide prevention, engaging youth, childcare facilities, parents/guardians, and other partners through a cultural lens.

Health Promotion and Disease Prevention:

Beyond the Reservation: Navigating the Health Landscape for Urban Natives in the U.S./Sutton King, MPH (Urban Indigenous Collective)

This presentation provides a deep dive into Urban Indian Health Programs (UIHPs) in the United States, offering valuable insights into their purpose, functionality, challenges, and impact on the health of urban Native individuals. With approximately 70% of Native Americans residing in urban areas, UIHPs play a pivotal role in bridging the healthcare gap and addressing the unique needs of this population. The session commences with a comprehensive overview of UIHPs, tracing their origins and highlighting the underlying reasons for their establishment. Attendees will gain a clear understanding of the objectives and target population of these programs, shedding light on their essential role in providing culturally responsive healthcare. Further exploring the inner workings of UIHPs, the presentation delves into their funding mechanisms and organizational structures. It emphasizes the collaborative efforts among UIHPs, tribal entities, and federal agencies, which enable the provision of a comprehensive range of services and programs. Through showcasing success stories and positive outcomes, the audience will witness the transformative impact of UIHPs on urban Native communities. However, UIHPs encounter significant challenges. Limited funding and resources, coupled with disparities in healthcare access and quality, pose obstacles to their effectiveness. The presentation critically examines these challenges and emphasizes the importance of addressing cultural competency, geographical barriers, and transportation limitations. The session also draws attention to the health status of urban Native people, exploring prevalent health issues and disparities faced by this population. It underscores the role of UIHPs in addressing these disparities, with a specific focus on the significance of culturally appropriate healthcare and healing practices that respect and honor Native traditions. Ultimately, the presentation underscores the vital importance of UIHPs in improving health outcomes and reducing healthcare disparities among urban Native populations. Attendees will also learn about the Urban Indigenous Collective and their innovative efforts developing an UIHP with community consultation to address some of the most pressing challenges faced by urban Native individuals in so called New York City. The audience will be encouraged to support these programs, advocate for policy changes, and strengthen partnerships with community organizations. By addressing the broader social and structural determinants of health, we can collectively strive towards achieving equitable and culturally appropriate healthcare for all urban Native individuals

Clinical Practices:

Effective Grants Management Part 2/ Marsha Brookins, Jami Bjorndahl, Denise Clark, Donald Gooding (Indian Health Service)

Description: Coming Soon

11:45 am – 12:45 pm:

Indigenous Methods:

Incorporating Culture in Treatment and Prevention/Recovery Programming/ Raymond Rourke Jr. and Chrystal Cree (Saint Regis Mohawk Tribe)

Presenting sustainable strategies and techniques incorporating culture into programming by utilizing local resources and partnerships.

12:45 pm – 2:15 pm: Lunch

2:15 pm- 3:30 pm:

Behavioral Health:

How to successfully navigate or introduce new Behavioral Health programs in Indian Country/Shylia Barnes (Mashantucket-Pequot Tribal Nation)

This presentation will focus on how to build successful programs (specifically ones pertaining to mental health) within tribal communities. I will be providing best practices, tips and showing how MPTN has been able to implement multiple programs.

Health Promotion and Disease Prevention:

Community health aide program implementation outside of Alaska/Christina Peters TCHP Director for Northwest Portland Area Indian Health Board

We will discuss NPAIHBs CHAP development, federal and area challenges, CHAPs unique characteristics, and provide an overview of the program and what type of infrastructure is necessary for successful implementation. We will discuss the role of self determination and self governance in CHAP

Clinical Practices:

Effective Grants Management Q & A / Marsha Brookins, Jami Bjorndahl, Denise Clark, Donald Gooding (Indian Health Service)

Description: Coming Soon

Indigenous Methods:

Traditional Workplace Practices/ Steven S. Benally and Lucy Benally

Session will entail information about the important ingredients needed to develop and maintain a space in one's life that positively correlates to one's valuable contribution to the success of one's mission .

Thursday (8/3/23):

7:00 am – 8:30 am: Breakfast

8:30 am – 9:45 am:

Strengthening our Kinship to Place: Indigenous Eco-Relational Engagement and the Importance of language, Land-based Cultural, Traditional and Spiritual activities to American Indian health / Kyle Hill (University of North Dakota, School of Medicine and Health Sciences, Department of Indigenous Health)

This presentation will discuss the importance of land-based, traditional, cultural and spiritual activities to indices of positive mental health. In addition, the presentation will provide information on the implications of settler-colonialism and land dispossession on Indigenous health and life ways.

9:45 am – 10:15 am: Break

10:15 am -11:15 am:

Behavioral Health:

The Drug Crisis: How Did We Get Here?/ Dr. Harry Brown (USET Medical Epidemiologist)

Current drug use in the US is at epidemic levels. How did this happen? This presentation reviews the history of the current problem and the factors that contributed to it. It also offers some perspectives and possible solutions.

Objectives for the presentation:

Be familiar with the extent of substance use disorder in the USA

Be familiar with the course of the Substance Use Disorder epidemic over the past 30 years in the USA

Be able to list at least 3 medical and 3 psychosocial complications of Substance Use Disorder

Health Promotion and Disease Prevention:

Cultural Connections and Competencies/Toniya Lay (Mississippi Band of Choctaw Indians)

Participants will learn the importance and definition of cultural competence and be able to discuss how cultural concepts and aspects of different cultures can be successfully incorporated into services provided to others. Participants will also learn aspects of Choctaw culture and examples of how aspects of the culture have been successfully incorporated into services provided by mental health professionals. Participants will also gain an understanding of the professional obligation of providers to become self-aware of cultural differences, become culturally informed, and respect how culture impacts decision-making for those we serve.

Clinical Practices:

Community Health Aide Program (CHAP) Best Practices in implementing the CHAP from Southern Plains/ Julie Seward, RDH Med (Southern Plains Tribal Health Board)

Tips for establishing a Community Health Aide Program to expand access to healthcare. Strategies in cultivating partnerships. Collaborative approaches to launch the academia components to strengthen capacity, infrastructure, resources. CHAP best practices in NPAIHB and SPTIHB. Update on Community Health Aide Program Tribal Advisory Committee and recommendations to IHS

10:15 am -11:15 am:

Indigenous Methods:

Trauma: From Dealing to Healing in Indian Country/ Dr. Darryl Tonemah (Tonemah Consulting Group)

Trauma is pervasive in Indian Country. It has been passed down generationally through numerous modes: biology through sociology. What is heartening is that we have Native People who have all the tools we need to address and overcome trauma, not just deal with it, but to heal! Re-visiting our internal tools as well as community tools has proved to be transformational. We will unpack these ideas, look at research and move from dealing to healing.

11:15 am – 11:45 am: Break

11:45 am – 12:45 pm:

Behavioral Health:

Sustainable Care through Third Party Billing Revenue/ Marcia Carlson (Tribal Health Innovations / Encompass Health Solutions) and Onawa Miller (USET THPS Director)

Description coming soon

Health Promotion and Disease Prevention:

Learning About Lead in Drinking Water/Jakira Saunders and Ben Payton (USET Office of Environmental Resource Management)

Participants will learn about EPA's 3Ts module: training, testing, and taking action. More specifically, participants will learn about: 1) Health effects of lead; 2) Sources of lead; 3) How lead gets into drinking water; 4) Your facility and the public water system relationship; 5) How lead in drinking water is regulated. Participants will increase their awareness of the impacts of lead exposure in Tribal children and how to test for lead exposure in facilities where Tribal children gather.

Clinical Practices:

National CHAP Tribal Advisory Group - CHAPTAG experiences in implementation. CHAPTAG updates and recommendations to IHS/ Martha Ketcher (Yona Consulting Services)

Tips for establishing a Community Health Aide Program to expand access to healthcare. Strategies in cultivating partnerships. Collaborative approaches to launch the academic components to strengthen capacity, infrastructure, resources. CHAP best practices in NPAIHB and SPTIHB. Update on Community Health Aide Program Tribal Advisory Committee.

Indigenous Methods:

Protecting the Vulnerable: Narcan Training

12:45 pm – 2:15 pm: Lunch/Closing