Registration Form

Print Form

Pilot Training

Community Owned Wellness Planning

September 17-18, 2008

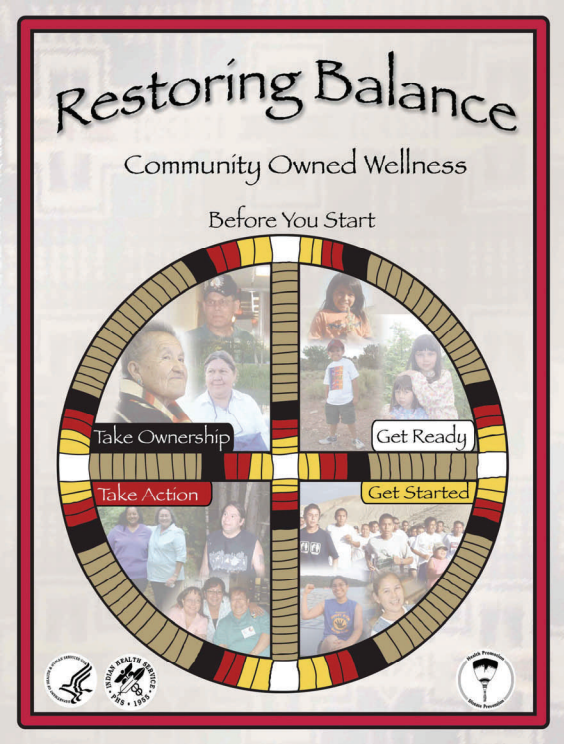
Host Site: United American Indian Involvement
1125 W. 6th Street, Los Angeles 90017

Offered By: IHS HP/DP Initiative, supporting integration of the Dir's 3 Prevention Initiatives.

For more information visit:
http://www.hncp.org/wst/hpdp/restoringbalance/default.aspx

Training Limited to 15 Participants

This pilot training will present the revised Restoring Balance manual, including materials from the Healthy Native Communities Fellowship, and obtain input from participants.



Complete below and return by fax or email:

Fax: (760) 735-6893
Attn: HP/DP

Email: Click here to submit, after completing participant information

Participant Information

Name:_____ Title:_____
Organization/Tribe:_____
ADDRESS:_____
CITY:_____STATE:____ZIP: _____
EMAIL:_____
PHONE: _____FAX:_____
Relationship to community: _____
_____

Suggested lodging
Wilshire Grand Hotel, 213-688-7777
930 Wilshire Ave, Los Angeles 90017
The Hotel only offers valet parking only, at an additional cost.

Airport Options
Burbank/Bob Hope Airport, 16 miles away training site/lodging Airport, 18 miles away
Both airports offer shuttle service

*** No registration fee and all learning materials included**

***Travel cost self-funded**

Restoring Balance - Pilot Training
Draft AGENDA
September 17-18, 2008

Goal: Support integration of the IHS three initiatives, behavioral health, health promotion/disease prevention and chronic care, by focusing on community-owned wellness to honor the creativity, resiliency, and resources of local communities to bring about positive change and build long-term health and quality of life.

Secondary goal: obtain input to assist in evaluating potential benefit of future training provided to communities supporting success in community wellness.

Learning Objectives:

1) Describe wellness planning from the perspective of traditional views of health that includes the concept of balance, an understanding of mind, body, and spirit and a sense of the well-being of all.
2) Distinguish a wellness planning approach that considers the impact of decisions for seven generations into the future, from others approaches.
3) Demonstrate a process for communities to use in addressing wellness, identify their own resources, and use the knowledge and ability of community members to promote change.
4) Illustrate the view that Native people are the best people to decide what changes are needed and to bring wellness.

DAY 1 September 17	Day 2 September 18
8:30 am – 9:00am: Registration	7:00 a.m. – 8:00 a.m.: Just Move It walk
9:00 a.m. – 9:40 a.m.: Welcome, Setting Intentions/ Opening Prayer, Introductions, Training Objectives	9:00 a.m. – 9:30 a.m.: Welcome, Setting Intentions/ Opening Prayer, Recap Training Objectives
9:40 a.m. – 10:20 a.m.: Activity - community-owned wellness, what works and what doesn't	9:30 a.m. – 10:30 a.m.: Review day one morning activity and feedback, community wellness visioning
10:20 a.m. – 10:30 a.m.: Break	10:30 a.m. – 11:30 a.m.: "Take Action" section overview, application activity, feedback
10:30a.m. – 11:30 a.m.: Overview of Restoring Balance, web published version and feedback	11:30 am 12:30 p.m.: Putting it together activity
11:30 a.m. – 12:30 p.m.: On your own	12:30 p.m. – 2:00 p.m.: Lunch on you own
12:30 p.m. – 1:30 p.m.: "Before You Start" section an overview, applications and feedback	2:00 p.m. – 3:00 p.m.: "Take Ownership" section overview, application activity and feedback
1:30 p.m. – 2:00 p.m.: Break - walking tour of UAII	3:00p.m. –3:10p.m.: Break
2:00 p.m. – 3:00 p.m.: "Get Ready" section an overview, applications and resources, feedback	3:10 p.m. – 4:30 p.m.: Wrap-up, present Healthy Native Communities Fellowship, discuss potential next steps and training results.
3:00 p.m. – 4:30 p.m.: "Get Started" section an	