

Title: Root Causes of Suicide

Date: Tuesday, October 25, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated Time: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

Unresolved childhood trauma, often referred to in scientific literature as adverse childhood experiences (ACEs), guide individuals to adopt a variety of negative behaviors, including suicide, which have very serious consequences for the individual. ACEs are quite common among the U.S. population, with multiple ACEs contributing to increased potential for adopting negative behaviors. Integrating primary health care with behavioral health care, utilizing a 1-page assessment tool based on the Adverse Childhood Experience Study, and restoring our tribal culture to the respectful relationships we once had can help reduce our suicide rates as well as other health care and behavioral health issues.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. describe, compare, and contrast primary health care and behavioral health care; and
2. discuss and demonstrate integration of primary health care with behavioral health care.

Intended Audience: Lay Person, Mental/Behavioral Health Professionals

Intended Audience Level: Beginning, Intermediate, or Advanced Level Practitioners

Presenter(s):

Patrick Anderson

Patrick Anderson (Tlingit/Alutiiq) is Executive Director of Chugachmiut, serving seven Alaska Native tribes. He is a graduate of Princeton University (1975) and the University of Michigan Law School (1978) and was admitted to the Alaska Bar Association in 1978. Selected as an Outstanding Young Man of America in 1988, he served as Anchorage's municipal lobbyist, Director of the Alaska Economic Development Center, and as an Assistant Professor of Public Administration and Law Science at the University of Alaska Southeast. A proven leader and recognized expert on corporate governance and parliamentary procedure, Mr. Anderson has pioneered innovative approaches to non-profit service provision and business management in Alaska.

Title: Traditional Healing

Date: Tuesday, October 25, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated Time: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

This workshop will explain what traditional healing offers customer-owners. Participants will discover details about traditional healing and how it integrates with Southcentral Foundation's Nuka System of Care. It will also include a discussion on how we use traditional healing practices in conjunction with Western medicine to incorporate Alaska Native values, beliefs, and practices for the ultimate benefit of customer-owners, families, and communities.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss traditional healing and Nuka Care System; and
2. discuss traditional versus Western medicine and the incorporation of both in Alaska Native care.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Ted Mala

Ted Mala, MD, MPH, is Eskimo/Russian from the Native village of Buckland IRA. He has worked as the Director of Tribal Relations and Traditional Healing Clinic with Southcentral Foundation for 11 years.

Buzz Daney

Buz Daney, MPH, Choctaw Nation, has worked as a manager for the Traditional Healing Clinic, with Southcentral Foundation for 21 years.

Lisa Dolchok

Lisa Dolchok is Yupik Phillipino from Clarks Point, AK. She has worked as a tribal doctor in the Traditional Healing Clinic with Southcentral Foundation for 11 years.

Title: Ways We Can Prevent Suicide: Recognizing Red Flag Warnings

Date: Tuesday, October 25, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated Time: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

We often hear that knowledge is power; this is a skill-building workshop that explains how. This is a youth- and young adult-oriented workshop that focuses on raising awareness of suicide prevention risk factors, which we will call “Red Flag Warnings.” It is based on two best practice programs: Brain Wise, 10 Wise Ways to Stop and Think; and Gatekeeper Suicide Prevention Training. In this workshop, participants will learn to recognize warning flags for risk and danger based on what they can observe and how their bodies feel. Through building awareness, we can be empowered to make choices and decisions before situations become highly risky and very dangerous.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss Red Flag Warning signs based on the Brian Wise, 10 Wise Ways to Stop and Think as well as the Gatekeeper Suicide Prevention programs; and
2. discuss awareness of warning signs for risk and danger and decisions regarding these situations.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Matthew Sena

Matthew Sena is a doctoral candidate in the University of Alaska’s Joint Doctoral Program in Clinical Community Psychology. He manages the Fatherhood Program and several others related to community prevention and family wellness at Chugachmiut tribal consortium. He is originally from Colorado, with relatives throughout the Southwest. Mr. Sena enjoys teaching, spending time with family and friends, traveling, and variety of hobbies, including fishing, hiking, drumming, and gaining new stories through adventures.

Title: FASD

Date: Tuesday, October 25, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated Time: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

This workshop will provide research and anecdotal information on the link between Fetal Alcohol Spectrum Disorders (FASD) and a vulnerability to suicidal behavior. New approaches to suicide prevention, based on this information will be discussed. Mr. Fawcett will discuss his own person experience with suicide and the event that brought him to the point of attempting suicide. By sharing the experiences of his family and self, he will showcase the tightly woven subjects of historical traumatic events, FASD, and suicide. The main focus of the workshop, however, will be the discussion of methods that we have implemented and feel will help others.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss research findings and anecdotal information on the link between FASD and a vulnerability to suicidal behavior; and
2. discuss various aiding methods that have been implemented.

Intended Audience: Lay Person, Mental/Behavioral Health Professionals

Intended Audience Level: Beginning, Intermediate, or Advanced Level Practitioners

Presenter(s):

Morgan Redmon Fawcett

Morgan Fawcett is a Self and Youth Advocate for FAS/FASD and at-risk youth. He is a 19-year-old college student that does not sound like anything special, but the story on how he came to be this student is anything but normal. Mr. Fawcett is enrolled in two colleges: College of the Siskiyous in Northern California, and the University of Alaska Southeast. He started his public speaking at the age of 15 and was diagnosed at that same age with FAS/FASDs. He had started playing the Native American flute the year before and he truly would not have made it through all of the doctors' appointments without it. He decided that his flute was like Medicine. It truly was. Native American flute music releases serotonin, something that Mr. Fawcett and many others with depression issues do not have enough of or does not release on its own. From the first year of his speaking and educating the youth and others, it was a given that this was what he was going to be doing for a while.

Mr. Fawcett was honored by the Alaska State Legislature in 2010 in Juneau, AK; by the National Organization of Fetal Alcohol Syndrome, Washington, DC, in June 2011; and received the Youth Leadership Award from the National Indian Health Board in Anchorage, AK, at their annual award ceremonies in September 2011.

Without the help from family and advocates, Mr. Fawcett and many others that live with FASDs would not be able to have the opportunities that are afforded them. This is just one person's story; there are over 250,000 children that live without their mothers in this country because of incarceration of their parent. FASD affects everyone. He is not the minority here; he is one of the majority.

Title: Suicide Prevention

Date: Tuesday, October 25, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated Time: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

Using youth-produced digital stories and prior research as a guide, the session will encourage participants to identify and build on cultural and community assets as viable strategies for suicide prevention. This is important since Alaska Native suicide is associated with cultural disruptions, namely colonization, which has led to both collective and personal disempowerment. It follows that reduced rates of suicide are linked to empowerment, community connectedness, spirituality, family involvement, and cultural revitalization. Participants will leave with ideas for how to incorporate these broader ideas and values into their work.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss community assets as strategies for suicide prevention; and
2. discuss the links between colonization and culture disruptions and how to counteract these into positive outcomes.

Intended Audience: Lay Person, Mental/Behavioral Health Professionals

Intended Audience Level: Beginning, Intermediate, or Advanced Level Practitioners

Presenter(s):

Lisa Wexler

Lisa Wexler is an Assistant Professor at the University of Massachusetts Amherst, School of Public Health and Health Sciences. She has been working with Alaska Native organizations in Northwest Alaska for over a decade, focusing on the local context of suicide and prevention, substance use and misuse, positive youth development, and processes of resilience. She graduated from the University of Minnesota in 2005 after completing her 5-year community-based, participatory dissertation focused on Alaska Native suicide prevention. Her current research is focused on indigenous resilience, suicide prevention, cross-cultural behavioral health service provision, and the intergenerational transmission of culture as a source of personal strength and wellbeing.

Bridie Trainor

Bridie Trainor resides in Nome, AK, as Director of Wellness for Kawerak, Inc. in the Bering Strait region. She graduated from the University of Alaska Fairbanks and has been working as a GLS Suicide Prevention recipient for the past 3 years. Kawerak will continue through SAMHSA in partnership with the Northwest Alaska Wellness Initiative.

Title: Family Wellness Warriors

Date: Tuesday, October 25, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated Time: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

Southcentral Foundation's award winning Family Wellness Warriors Initiative (FWWI), thoroughly grounded in Alaska Native traditional values and strengths as well as recognized internationally for its innovative approach is ending domestic violence, child abuse, and child neglect in Alaska. This workshop demonstrates using the power of *story* as a means to identify the root cause of behaviors and discusses the importance of spirituality as a cultural resiliency factor, inseparable from traditional belief systems that played an important role in historical survival.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss the Wellness Warriors Initiative;
2. discuss the root cause of behaviors and discuss in relation to culture, spirituality, and beliefs; and
3. discuss the role of historical survival.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Maxim Dolchok

Maxim Dolchok is proud of being active with FWWI as a speaker, group leader, storyteller, and the current chair of the FWWI steering committee. He has worked with FWWI for over 10 years. Mr. Dolchok is also extremely proud of being married to his wife, Lisa, for 52 years as well as being a father of four, grandfather of nine, and great-grandfather of five. Originally from Kenai, AK, he is of Kenaitze Indian descent.

Maggie Napoleon

Maggie Napoleon was born and raised in Kodiak, AK. She is the daughter of the late Pete and Nina Olsen. Her father was from Cordova in Prince William Sound, and her mother was born and raised in the village of Afognak. Ms. Napoleon is the seventh child of eight, consisting of three brothers and four sisters. She has three grown children, a 12-year-old "mid life miracle," four grandchildren, and a grandbaby girl, Chloe Rose who went to heaven in February of this year. She attended the SALTS version of Beauty for Ashes in 2003 at Cooper Landing. She has volunteered since 2006 with FWWI and Hearts Going toward Wellness, the Kodiak version. Ms. Napoleon loves the process at FWWI, loves watching what happens with people in group when they start connecting the "dots," and enjoys the transformation. Mostly, she loves working with the "faith" part of this, because she believes that apart from God, healing cannot happen at the level of Alaska Natives' generational pain. She is currently the lead clinician for FWWI and has been with Southcentral Foundation since 2008.

Kyle Newman

Kyle Newman, of Norwegian and Yup'ik descent, was born in Bethel, AK. He has served as a member of FWWI's outreach team for 9 months, and he previously worked at The Pathway Home, Southcentral Foundation's residential treatment program for adolescent males. He enjoys his work and is honored to be a part of the effort to help his Native community achieve physical, mental, emotional, and spiritual wellness. He is married to his best friend, Jeni, and recently the two celebrated their 1-year wedding anniversary.

Title: TeleBehavioral Health

Date: Wednesday, October 26, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated Time: 3:00 p.m. – 4:30 p.m.
(1.5 CEs)

Summary Workshop Description:

Past, Present, and Future. This presentation will provide the conference participant with an overview of the API TeleBehavioral Health Program, important historical milestones in Alaska, and a look into the future and what opportunities technology may provide for behavioral health.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss an overview of the API TeleBehavioral Health Program; and
2. identify benefits of technological opportunities.

Intended Audience: Lay Person, Mental/Behavioral Health Professionals

Intended Audience Level: Beginning, Intermediate, or Advanced Level Practitioners

Presenter(s):

Ronald Adler

Ron Adler is the Chief Executive Officer of the Alaska Psychiatric Institute in Anchorage, AK. Mr. Adler holds undergraduate and graduate degrees from Rutgers University and has been involved with behavioral health for over 31 years. He has held direct service, management, and senior/executive leadership positions in New Jersey, Arizona, and Alaska. In 2001, Mr. Adler established the pilot high bandwidth demonstration telepsychiatry project linking the Gateway Center for Human Services, Metlakatla Social Services, and Bartlett Regional Hospital with a closed circuit T-1 line for the evaluation and assessment of children and adolescents with a Board Certified Child Psychiatrist. At that time, it was the first demonstration project applying telemedicine to child and adolescent consumers for mental health services. In 2003, Mr. Adler established a robust TeleBehavioral Health Program at the state psychiatric hospital serving rural and frontier areas of Alaska. He has been a featured speaker on this topic at numerous conferences within Alaska and at a national level through SAMHSA and NASMHPD.

Robin L. Hobbs

Robin Hobbs, LCSW, is the Telebehavioral Health Program Coordinator for the Alaska Psychiatric Institute. Her career spans over 30 years conducting behavioral research, conducting program/project management and program evaluations, performing direct behavioral health services, and performing administrative and clinical supervision. After obtaining a bachelor's degree in psychology, she began her career as a research assistant in a National Transportation Safety Board project involving the impact of the combined effects of alcohol and marijuana on driving behavior. (Yes, it involved subjects smoking government provided marijuana cigarettes!) While completing her master's degree in psychology at San Jose State University, CA, under a research internship at the National Aeronautics and Space Administration, she assisted with development activities involving voice synthesis and voice recognition for cockpit applications to improve helicopter pilot performance. After receiving her master's degree, she moved to Monterey, CA, and for 7 years, worked for the Army as a government civilian Engineering Research Psychologist as part of a team that conducted operational tests of new Army weapon systems. She was the leader of the team that specifically examined behavioral aspects of the soldier operator. She moved with her husband to Amman, Jordan for 2 years after he was assigned as an exchange pilot. Afterwards, she and her husband moved to Alaska. She decided to change her career thus obtained a Master of Social Work degree, worked for the Office of Children's Services for 2 years and for 5 years as the program/assistant director of a community-based mental health center.

She joined the staff at API in 2005 to manage the Telebehavioral Health Program. She has taught as an adjunct faculty member at the University of Anchorage, Department of Social Work since 1998.

Title: Improve Access to Care
Date: Wednesday, October 26, 2011
Time: 10:00 a.m. – 11:30 a.m.
Repeated: 3:00 p.m. – 4:30 p.m.
(1.5 CEs)

Summary Workshop Description:

Learn methods that Southcentral Foundation uses in the Denaa Yeets' (Our Breath of Life) program to help Alaska Native people work through difficult times and to overcome stress related to suicide risk and ideation. Various activities and methods of connecting to the heart of the person and serving their basic needs will be shared along with lessons learned about important aspects of suicide prevention.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss the Denaa Yeets' program and methods; and
2. identify activities and methods of suicide prevention.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Maesha Champion-Read

Maesha Champion-Read is the Clinical Supervisor for Southcentral Foundation suicide prevention and psychiatric urgent response team. She is an LCSW who has worked in the field of social services in the Anchorage area since 1987. She attended University of Alaska-Anchorage where she earned her bachelor's degree in social work and completed her graduate degree at University of Nevada-Las Vegas. Ms. Champion-Read serves on a number of work groups at Southcentral Foundation to improve service delivery to our customer owners and the general public. She is focusing her efforts to prevent suicide and improve area and statewide response to emergency services.

Genie Dillon

Genie Dillon is a Performance Improvement Advisor in the Behavioral Services Division and is on various Southcentral Foundation projects, change/redesign strategies, and improvement-focused activities, including focus on suicide prevention. Ms. Dillon's qualifications include over 35 years in project management, training, improvement, leadership, and facilitation. Her experience also includes collaboration work with multiple disciplines in the organization, external community groups, and strategic partners.

Diana Velez

Diana Velez is a Program Coordinator II for the Behavioral Urgent Response Team and Denaa Yeets' Suicide Prevention Program at Southcentral Foundation. Ms. Velez organizes events for youth, plans outreach and networking events, works on contracts and memorandum of agreements, arranges travel, and helps with various advertising and promotion activities for Denaa Yeets. Prior to working in her current position, she worked in the Behavioral Health Clinic assisting customer owners' access services and providing information to the community. In addition, Ms. Velez has experience in facilitating trainings, implementing EHR, creating manuals, and training employees to navigate through programs.

Title: Integration of Care 3P for Chugachmiut's Restoration to Health Initiative: Creating the Linkages between Health Services and Behavioral Health

Date: Wednesday, October 26, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

The Adverse Childhood Experience Study (ACES) details how childhood traumas can influence the physical and behavioral health of children, youth, and adults. Results of ACES can vary from obesity to suicide, which sadly prevalent in Alaska Native communities right now. In a Restoration to Health Initiative, Chugachmiut is working to prevent those childhood traumas in children and is working to address the childhood traumas that still haunt adults today. We will discuss how our Restoration to Health Initiative started and how we are using Lean Management to ensure that we have a system that maximizes value and reduces or eliminates waste. In this way, we can strive to promote happy, healthy people and families in all of our communities.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss the ways in which childhood traumas can influence the physical and behavioral health of children, youth, and adults; and
2. explain and demonstrate Lean Management.

Intended Audience: Lay Person, Mental/Behavioral Health Professionals

Intended Audience Level: Beginning, Intermediate, or Advanced Level Practitioners

Presenter(s):

Cheri P. Hample

Cheri Hample is a dynamic leader with over 40 years of experience in health and human services. Her background includes clinical expertise and administration/management. She has a long standing passion for and commitment to a holistic, integrated approach to health care.

Kert LaBelle

Kert LaBelle comes from the Alaska Native village of Port Graham, one of the communities served by Chugachmiut. Mr. LaBelle is a 14-year employee of Chugachmiut who has served in many capacities including Office Manager, Facility Manager, and currently is the organization's Lean Coordinator. Mr. LaBelle received his bachelor's degree in organizational management from Alaska Pacific University.

Title: Youth Ambassador Program
Date: Wednesday, October 26, 2011
Time: 10:00 a.m. – 11:30 a.m.
Repeated: 3:00 p.m. – 4:30 p.m.
(1.5 CEs)

Summary Workshop Description:

This presentation will introduce the Southeast Alaska Regional Health Consortium Youth Ambassador Program. The objective of the Youth Ambassador Program is to encourage high school students to become strong positive advocates within their communities and their region, while establishing a network of strong Youth Leaders. Youth are more likely to tell their friends about their problems than anyone else. The Youth Ambassador Program offers opportunity and exposure to high school students by defining participants' goals for their communities, addressing and uncovering issues affecting their community, furthering participants' professional development, and enhancing participants' skills while developing new ones.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. advocate within your own community and region while establishing a network of strong Youth Leaders;
2. define, uncover, and address issues affecting your community; and
3. enhance and develop participant skills.

Intended Audience: Lay person, Mental/Behavioral Health Professionals

Intended Audience Level: Beginning, Intermediate, or Advanced Level Practitioners

Presenter(s):

Megan Gregory

Megan Gregory currently works in Juneau, AK, as the Youth Ambassador Program Director/Community Project Assistant for the Southeast Alaska Regional Health Consortium Behavioral Health/Suicide Prevention Program. As part of her work with the program, Ms. Gregory is a member of the "1 is 2 Many" Southeast Alaska Regional Suicide Prevention Task Force. She is the founder of the Youth Ambassador Program and recently launched the new Youth Ambassadors teen suicide prevention program for high school juniors and seniors around Southeast Alaska this fall. Last spring, Ms. Gregory completed her term as the Youth Representative for the Central Council Tlingit and Haida Indian Tribes of Alaska. She also served as the inaugural Youth Advisor to the Sealaska Corporation Board of Directors. In February 2011, Ms. Gregory was one of three youth board members named to the Center for Native American Youth Board of Directors and has been working very closely with the Center to reach out to youth all over Indian Country. Ms. Gregory was also recently selected to serve as a Youth Council Member with the University of Alaska Fairbanks Cooperative Extension Service. Ms. Gregory looks forward to taking a more active role with 4H and other Cooperative Extension programs dealing with growing more local food and community gardening and incorporating it in the Youth Ambassador Program.

In August 2011, Ms. Gregory was selected as a 2011 National Indian Health Service Behavioral Health Achievement Award recipient and was honored for Outstanding Youth Leadership in Suicide Prevention. She received her award on August 3 at the Indian Health Service/Bureau of Indian Affairs/Bureau of Indian Education/Substance Abuse and Mental Health Services Administration (IHS/BIA/BIE/SAMHSA) Action Summit for Suicide Prevention in Scottsdale, AZ. Ms. Gregory has also been nominated to serve on the IHS Suicide Prevention Committee and will find out next spring if she has been selected. In her free time, Ms. Gregory volunteers as a coach with the international Girls on the Run program.

Title: Intergenerational Trauma: Its Effect on Youth and a Model for Suicide Prevention

Date: Wednesday, October 26, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

During the last decade, researchers are beginning to understand how intergenerational trauma, stemming from the Boarding School Era, is being passed down from generation to generation in our Native American and Alaska Native communities. This workshop will focus on the effects of intergeneration trauma on our youth. It will present the latest healing and recovery model, which can be used for suicide prevention.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss the boarding school era and its effects passed down from generations; and
2. discuss healing and recovery models for suicide prevention.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Sharyl WhiteHawk

Sharyl WhiteHawk is a trainer for White Bison, working primarily with Mothers Of Tradition. She is an enrolled member of the Lac Courte Oreilles Band of Ojibwe Indians of Northwest Wisconsin and is the mother of 10 children and grandmother of 23. She has been in recovery from alcoholism for the past 32 years and is a survivor of childhood and adult physical and sexual violence. She has devoted her life to using her experience and knowledge to help other Native people to heal from the devastating effects of addiction and family and sexual violence.

Title: The Qungasvik Initiative: A Cultural Model for Community Intervention to Build Reasons for Life and Well-being among Alaska Native Youth in Rural Southwest Alaska

Date: Wednesday, October 26, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

This presentation will describe the Qungasvik Initiative, which is a multi-site, multi-level, long-term universal prevention effort. The initiative is a cultural model of community intervention that promotes reasons for life and well-being among Alaska Native youth and their families in Southwest Alaska. The initiative is a positive, community response to the twin concerns of youth suicide and alcohol abuse. The project makes use of the local expertise resident in each of its communities to devise and implement cultural intervention activities directed to promote protective factors from suicide and alcohol abuse. The protective factors emerged from People Awakening, a 5-year state-wide NIH-funded process of discovery research with Alaska Native people. The intervention is based on a program manual, the Qungasvik (toolbox), which is a flexible and adaptive intervention manual that emphasizes the function of each intervention activity to deliver these protective factors, over a cookbook approach to manualized intervention that would instead insist on the same form of the intervention activities. This allows the initiative to adapt to the unique local cultural circumstances of each rural Alaska community with which it works. The project is currently engaged in a 5-year NIH-funded prevention trial exploring its effectiveness. In this presentation, the Qungasvik cultural intervention model will be described, one of the intervention activities will be presented, and outcome data on the program feasibility and the measurable effects of the intervention will be profiled.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss the Qungasvik Initiative;
2. devise and implement cultural intervention activities directed to promote protective factors from suicide and alcohol abuse; and
3. Describe the Qungasvik cultural intervention model.

Intended Audience: Lay Person, Mental/Behavioral Health Professionals

Intended Audience Level: Beginning, Intermediate, or Advanced Level Practitioners

Presenter(s):

James Allen

James Allen, PhD, is a licensed clinical psychologist, professor of psychology, and Associate Director of the Center for Alaska Native Health Research. He was co-investigator on the People Awakening Project and is principal investigator on the NIH Elluam Tunginuun Project as well as the State of Alaska Qungasvik Initiative.

Title: Working with Youths and Suicide in a Substance Abuse Setting

Date: Wednesday, October 26, 2011

Time: 10:00 a.m. – 11:30 a.m.

Repeated: 3:00 p.m. – 4:30 p.m.

(1.5 CEs)

Summary Workshop Description:

This workshop will provide information related to youth, suicide, and the relation to substance abuse. It also will help participants understand the dynamics of the youth and his/her thought process while on treatment and how to work with youth during difficult situations.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. discuss the relation to youth, suicide, and substance abuse; and
2. discuss the youth thought processes in difficult situations.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Benjamin Ramos-Nieves

Ben Ramos-Nieves graduated from Postdam College in New York State after being discharged with Honors from the United State Army due to combat-related injuries. Mr. Ramos-Nieves has over 20 years of experience working as a supervisor, manager, and director in a diversity of settings to include both correctional facilities and community-based organizations. For the past 12 years, he has worked in Florida and Alaska in several facilities, such as residential, outpatient treatment, and work release centers, as both clinical supervisor and director. Currently, he is working as a Program Director for the Fairbanks Native Association at GRAF Rheeneerhaangii “The Healing Place.”

Title: Suicide Intervention

Date: Thursday, October 27, 2011

Time: 9:00 a.m. – 12:00 p.m.

Repeated: 1:00 p.m. – 5:00 p.m.

(3 CEs)

Summary Workshop Description:

This session will explore the issue of suicide, the warning signs some people may exhibit, and how to conduct a suicide intervention. This session will also include a discussion on the personal impacts of suicide and the importance of self-care for healing.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. describe the suicide warning signs that some people may exhibit;
2. describe how to complete a suicide intervention;
3. compare the personal impacts of suicide; and
4. contract the importance of self-care for healing.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Rene Brown

Rene Brown, PhD, is the Assistant Director of behavioral health services for Norton Sound Health Corporation in Nome, AK. She is director of village services for the Norton Sound Region; working intensively in the area of suicide prevention and intervention with the joint efforts of Behavioral Health Aides, itinerant clinicians, and Kawerak's Wellness Program. Dr. Brown is a licensed marriage and family therapist, and holds a doctorate in clinical sexology with a focus on sexual trauma.

Title: Accessing and Managing Suicide Risk

Date: Thursday, October 27, 2011

Time: 9:00 a.m. – 12:00 p.m. – Part I

Time: 1:00 p.m. – 5:00 p.m. – Part II

(6 CEs – Must attend both Parts to receive CEs)

Summary Workshop Description:

This 1-day workshop for mental health professionals was developed by the Suicide Prevention Resource Center and the American Association of Suicidology. Course development began with a consensus process among leading clinician-researchers. Their first task was to establish the core competencies for effectively assessing suicide risk, planning treatment, and managing the ongoing care of the at-risk patient. After identifying 24 key competencies, the expert task force determined what they believed to be the best way to train those in a single day and meet the ambitious learning objectives.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. describe the core competencies for effectively assessing suicide risk;
2. compare planning treatments and managing the ongoing care of at-risk patients; and
3. discuss the 24 key competencies needed to train those in a single day.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Iva Greywolf

Iva GreyWolf, PhD, is a licensed clinical psychologist and Master Addiction Counselor. She serves on the American Psychological Association Committee on Ethnic Minority Affairs (CEMA) and the Alaska Commission for Behavioral Health Certification. She has over 30 years of experience delivering quality behavioral health services to Native people in rural areas. Her areas of expertise include serving individuals who have experienced multiple traumas. She is a trainer and consultant on a variety of behavioral health issues for Indigenous people nationally and internationally. Dr. GreyWolf is an enrolled member of the Ft. Peck Assiniboine Tribe and is on the Ancillary Rolls of the Lac Courte Oreilles Ojibwe (Anishinabe) Tribe.

Title: Gathering of Alaska Natives (GOAN)

Date: Thursday, October 27, 2011

Time: 9:00 a.m. – 12:00 p.m.

Repeated: 1:00 p.m. – 5:00 p.m.

(3 CEs)

Summary Workshop Description:

The GOAN curriculum has been an important tool for providing structure to communities in their effort to address the effects of alcohol and substance abuse. Community healing from historical and cultural trauma is a central theme of the GOAN approach. This includes an understanding and healing of self, family, and community. The curriculum focuses not only on alcohol and substance abuse, but the many underlying issues, which may lead to individuals, families, and communities becoming at risk for addictions and self-destructive behaviors. The curriculum recognizes the importance American Indian/Alaska Native values, traditions, and spiritual play in healing from the effects of historical trauma and substance abuse.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. describe, compare, and contrast primary health care and behavioral health care; and
2. discuss and demonstrate integration of primary health care with behavioral health care.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenters:

Gene Tagaban

Gene Tagaban has 20 years of experience as a performing artist, speaker, trainer, and motivator. His heritage is Cherokee, Tlingit, and Filipino. He is of the Tak'deintaan Raven Freshwater Sockeye clan of Hoonah, AK, and the Child of a Wooshkeetaan Eagle Shark clan of Juneau, AK. Mr. Tagaban's passion for his work shines through in his polished, powerful, yet playful manner of engaging participants. Believing that learning and laughter go hand-in-hand, he educates and entertains through a skillful blend of knowledge, humor, examples, stories, discussion, and activities. His very real and genuine approach often turns even the most reluctant attendee into an eager participant. He is not afraid to get personal. By openly sharing his traditions, culture, and past experiences, he helps audiences identify and laugh at their own faults while simultaneously sparking in them a desire to improve.

Title: Survivor Support

Date: Thursday, October 27, 2011

Time: 9:00 a.m. – 12:00 p.m.

Repeated: 1:00 p.m. – 5:00 p.m.

(3 CEs)

Summary Workshop Description:

All she does is sit and cry. He takes a 3-hour walk. Grieving styles, stressors, and self-care is important; let's talk! One day I cried tears of sorrow, then another to happy memories. The theme says it all; let's make a path for others to heal, to live again!

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. describe methods to support the survivors after suicide; and
2. discuss grieving methods and styles and how to identify.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s)

James Gallanos

James Gallanos is the lead suicide prevention coordinator for the state of Alaska. He currently manages the Garrett Lee Smith Memorial Act (GLSMA) Alaska Youth Suicide Prevention Project as well as several other statewide projects, including the Alaska Gatekeeper Suicide Prevention Training program and the Community-Based Suicide Prevention Program. In addition, he is the former staff coordinator for the Statewide Suicide Prevention Council. Mr. Gallanos also conducts on-call crisis intervention services for the Juneau Emergency Services Team.

Barbara Jean Franks

Barbara Jean Franks (Tlingit originally from Hoonah, Alaska on Chichagof Island) is the Program Associate for CISM and Suicide Prevention Programs for the ANTHC, Division of Behavioral Health & Rural Services. A life-changing event from losing her youngest son to suicide at the age of 23, two days before her husband of 25 years died of cancer let her to seek some counseling to get back on her feet. The counselor told her, "It's been 6 months, get over it," which prompted her to go back to school. She received her associate's degree in human services. She is compassionate about the work but most important wants to let others know they are not alone. She is trained on the ASIST, safeTALK, QPR, Level One on CISM, and most recently trained in the AFSP's Workshop on Bereavement Help for Suicide Survivors. Her position on the Statewide Suicide Prevention Council helps her get the overall picture of what else is happening with suicide across Alaska and her volunteer position on the AFSP SPAN connects her with Alaska's congressional delegation.

Title: Strengthening Alaska Native Families

Date: Thursday, October 27, 2011

Time: 9:00 a.m. – 12:00 p.m.

Repeated: 1:00 p.m. – 5:00 p.m.

(3 CEs)

Summary Workshop Description:

There is no greater opportunity than to work with families for preventing suicide and promoting wellness. Traditional cultural knowledge is rich in this area, scientific research is limited, and all-around action is very neglected. Families are sometimes both helpful and hurtful with respect to suicide and self-harm behaviors. This session will involve a presentation, an audience dialogue, and practical skill-building for take-away ideas. We will focus the session on suicide prevention, and broaden it to family wellness. Audience members will gain a review of research, contribute a review on traditional ecological knowledge, and gain information on best practice family programs relevant to Alaska.

Learning Objectives:

At the conclusion of the session, participants will be able to:

1. describe how families can be helpful with respect to suicide and self-harm behaviors;
2. compare suicide prevention and broaden it to family wellness; and
3. describe best practice family programs relevant to Alaska.

Intended Audience: Mental/Behavioral Health Professionals

Intended Audience Level: Intermediate or Advanced Level Practitioners

Presenter(s):

Matthew Sena

Matthew Sena is a doctoral candidate in the University of Alaska's Joint Doctoral Program in Clinical Community Psychology. He manages the Fatherhood Program and several others related to community prevention and family wellness at Chugachmiut tribal consortium. He is originally from Colorado, with relatives throughout the Southwest. Mr. Sena enjoys teaching, spending time with family and friends, traveling, and variety of hobbies, including fishing, hiking, drumming, and gaining new stories through adventures.