



NACA

Native Americans For Community Action, Inc.

Northern Arizona Suicide Prevention Conference

Welcome All



Where: Twin Arrows Navajo
Casino & Resort

When: Wednesday July 15 &
Thursday July 16, 2015

Time: 8:00 am –5:00 pm

Pre-register at

<https://www.eventbrite.com/e/northern-arizona-suicide-prevention-conference-tickets-17031044312>

For this year's Conference, NACA's Reach UR Life Program are pleased to announce and welcome our Keynote Speakers

- Kevin Berthia, The Parson's Company, Inc
*"The Impact of Listening:
A Suicide Survivors Story"*
- Ian Stanley, Florida State University
"Why do people die by Suicide?"

REACH UR LIFE
Connect. Heal. Prosper.

Be the voice of our generation, our community, our people.

For more information, please contact Brandy Judson at bjudson@nacainc.org or at (928)526-2968

Thursday, July 16, 2015

Registration begins at 8:00am

*Check sessions you
will be attending*

9:00am—10:30am Keynote

16.1	Why do people die by suicide?	
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10:45am—12:15pm Morning Concurrent Sessions

16.2	Building Resistance to Stress	
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16.3	Digital Storytelling	
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16.4	Increasing Emotional Intelligence and Coping through Music	
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16.5	The Group is More Important than the Individual	
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1:30pm—4:30pm (3 Hour) Concurrent Sessions

16A	Community Empowerment through Dance	
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16B	Ethical and Legal Issues of Suicide	
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1:30pm—3:00pm Afternoon Concurrent Sessions

16.6	Resiliency and Coping—Healthy Responses to Adverse Social Environments	
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16.7	Trauma—Suicide Connection: What We All Need to Know, and How You Can Help	
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3:15pm—4:45pm Afternoon Concurrent Sessions

16.8	Becoming Whole Again After Suicide of Family and Friends	
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16.9	Beyond Project Red: An After Care Model for High Risk Youth	
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Wednesday, July 15th

8:00am—8:45am	Registration
9:00am—10:30am Dine BEH	Keynote Kevin Berthia <i>“The Impact of Listening: A Suicide Survivors Story”</i>
10:45am—12:15pm AD	Concurrent Sessions Debi Lavergne <i>“Current Drug Trends & Identification”</i>
Dine BEH	John Jordan, Ph.D <i>Grief After Suicide: Walking the Journey with Survivors</i>
CF	Glorinda Segay & Ericke Willie <i>“Siihodiindzin Bee Na’nitin: Teaching by Kinship with Compassion and Love”</i>
Twin Arrows	Celina Garza <i>“Youth Empowerment and Peer Support”</i>
12:15pm—1:30pm	Lunch
1:30pm—3:00pm Twin Arrows	Concurrent Sessions Elaine de Mello <i>“Connect Postvention: Community Approach in the Aftermath of a Suicide”</i>
AD	Byron Bizardi <i>“Anti-Bullying—Project HEAR”</i>
1:30pm—4:30pm Dine BEH	3 Hour Concurrent Sessions Jasmine Stack <i>“Community Empowerment through Dance”</i>
CF	Cheri Wells <i>“Ethical and Legal Issues of Suicide”</i>
3:15pm—4:45pm Twin Arrows	Concurrent Sessions Liz Smithhart & Sarah Schol <i>“Resiliency & Coping Skills”</i>
AD	Millicent Kane, Emlyn George, Ginger Myers <i>“Life is Precious—Nowhi’ Ida’ bagoye”</i>

Thursday, July 16th

8:00am—8:45am	Registration
9:00am—10:30am Dine BEH	Keynote: Ian Stanley <i>“Why do people die by suicide?”</i>
10:45am—12:15pm AD	Concurrent Sessions Richard Dienstber <i>“Building Resistance to Stress”</i>
Dine BEH	Marian Bitsui <i>Digital Storytelling</i>
CF	Aaron Rasband <i>“Increasing Emotional Intelligence and Coping Through Music”</i>
Twin Arrows	Waylon Honga <i>“The Group is More Important than the Individual”</i>
12:15pm—1:30pm	Lunch
1:30pm—3:00pm Twin Arrows	Concurrent Sessions Bruce Kahler <i>“Resiliency and Coping—Healthy Responses to Adverse Social Environments”</i>
AD	Kate Sorensen <i>“Trauma-Suicide Connection: What We All Need to Know, and How You Can Help”</i>
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AD	Elaine de Mello <i>“Beyond Project Red: An Aftercare Model for High Risk Youth”</i>

Northern Arizona Suicide Prevention Conference

Day 1 – Wednesday July 15, 2015

Presentation Descriptions

Keynote Address: The Impact of Listening: A Suicide Survivors Story
Presenter: Kevin Berthia, The Parsons Company, Inc.

Mr. Kevin Berthia is a Grateful Suicide Prevention advocate, encouraging people to talk through their problems rather than think about ending their lives. In 2005, at the age of 22, Kevin attempted to take his own life by jumping from the Golden Gate Bridge. After jumping the rail, he stood on a 4 inch narrow cord about 220 feet in the air. For 96 minutes, with nothing to stop him from falling except a listening ear, Kevin spoke with a first responder who eventually talked him back over the railing.

Kevin believes that depression may be a part of you, but it is not who you are and that no one knows better the darkness that surrounds suicide than those who have walked in its shadow, or the light that comes from knowing that they might be able to help others avoid similar grief.

Concurrent Sessions: 10:45am – 12:15 pm

Current Drug Trends & Identification

Room: AD

Presenters: Debi Larvergne, DAL Consulting LLC

New drug use trends bursts on the scene rapidly. The more informed we are, the more we can affect positive change in our youth. This presentation will provide an overview of the signs and symptoms displayed by students who may be abusing substances. Information on current trends, including illegal substances, new designer drugs, synthetics, over the counter and prescription drugs will be presented. In addition, new methods of ingestion and concealment will be covered. Examples of paraphernalia and concealment will be displayed. *Viewer discretion is advised*

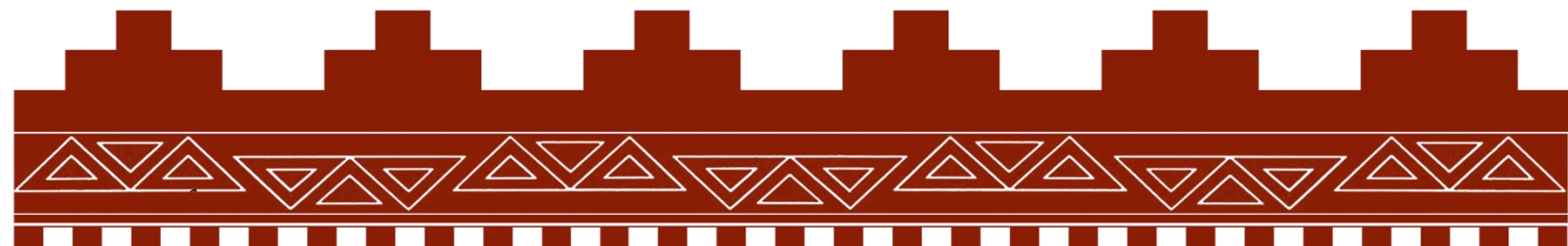
Grief After Suicide: Walking the Journey with Survivors

Room: Dine' BEH

Presenter: John Jordan, Ph. D

This presentation will provide an overview of the impact of suicide on survivors, the clinical and support responses that are needed after a suicide occurs. The workshop will include didactic presentation; case examples from the presenter's practice and video. At the end of the workshop, participants will be able to:

- identify at least five common themes in bereavement after suicide
- describe principles of immediate and longer term clinical work with suicide bereavement
- consider options for the development of organized support services for survivors.



Siihodiindzin Bee Na'nitin:**Room: CF****Teaching by Kinship with Compassion and Love****Presenter: Glorinda Segay, Ph. D. (Navajo), Navajo Nation DBHS – Fort Defiance OTC and Ericke Lewis Wills (Navajo), Care Express Transportation and Consultation**

Topic utilizes a balanced comprehensive approach of western and traditional Navajo pro-life knowledge to address self-harm and self-injurious behaviors on the Navajo Reservation, specifically suicide. Siihodiindzin Bee Na'nitin harnesses traditional Navajo pro-life knowledge of teaching compassion, love and kinship to support and facilitate a strong prevention based dialogue; to initiate constructive family interventions; and to educate the dangers of self-harm and self-injurious behaviors with respect to culture, family, knowledge, belief, and behaviors. More specifically, Siihodiindzin Bee Na'nitin links traditional Navajo life-ways to improve the well-being for disconnected adults and youth.

Youth Empowerment and Peer Support**Room: Twin Arrows****Presenter: Celina Garza, Native Lifeway**

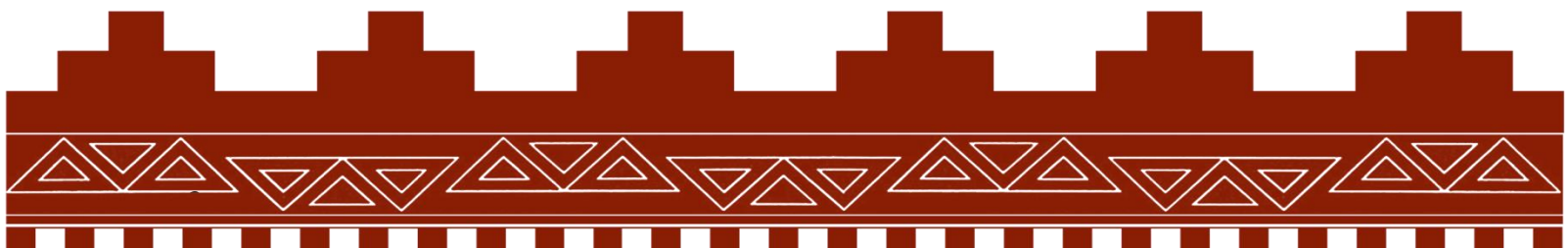
A youth focused, fun interactive workshop to learn insightful ways to find balance from the inside out. Youth members will learn to embrace leadership and find exciting ways to be a Youth Peer Support Mentor in their community. This workshop empowers youth to find motivation from within to encourage and inspire self and others to live in a more positive, empowering way. This workshop includes embracing new communication skills and how to use them daily.

Concurrent Sessions: 1:30pm – 3:00 pm**Connect Postvention:****Room: Twin Arrows****Community Approach in the Aftermath of a Suicide****Presenter: Elaine de Mello, NAMI NH**

This workshop familiarizes participants with nationally recognized best practices for responding to a suicide, examines the risk of contagion and strategies for reducing this risk, explores concepts and strategies to promote healing for survivors and communities, and identifies the roles of key service providers in a coordinated community response to a suicide. Communities may be defined by geography, but might also be defined as organizations, schools, campuses, tribal nations, or other organized entities. Utilizing NAMI NH's Connect Postvention program, the workshop will give an overview of Best Practices for postvention can be implemented proactively to reduce risk and promote healing after a suicide event. Strategies are identified for engaging key stakeholders/service providers to incorporate postvention protocols into suicide response plans, organizations and schools prior to crisis situations to ensure seamless communication and interface when a traumatic incident occurs.

Anti-Bullying – Project HEAR**Room: AD****Presenter: Byron Bizardi, BA (Dine'), Arizona Army National Guard**

H.E.A.R. is a new anti-bullying presentation designed specifically for high school students. This presentation was developed in collaboration with nationally renowned subject matter experts at the Harvard Graduate School of Education and the University of Nebraska-Lincoln. H.E.A.R. has been designed for high school students to have an opportunity to reflect on bullying, cruelty situations and brainstorm appropriate ways to respond. By providing structured discussion and personal reflection opportunities as part of this presentation, students will be more informed about the causes of bullying and better engaged resolution.



Training Workshop: 1:30pm – 4:30pm

Community Empowerment through Dance

Room: Dine' BEH

Presenter: Jasmine Stack

Presentation is a movement based workshop, structured to be accessible to anyone, with or without dance experience. Workshops will consist of two classes: Creative Movement Experience and Movement Composition. Creative Movement Experience class will consist of a variety of structured improvisation exercises. This section is all about the enjoyment of moving your body! Improvisation based dance allows participants to find comfortable and exciting way to access movement in a way that is unique to their own bodies. *This is a 2-part workshop. Part two will take place on day 2 of this conference*

Ethical and Legal Issues of Suicide

Room: CF

Presenter: Cheri Wells, LPC

This interactive session will examine ethical and legal considerations in suicide prevention and intervention based on the American Counseling Association Code of Ethics. Participants will consider and discuss professional standards regarding confidentiality, consultation with colleagues, supportive documentation, Title 36, scope of practice, and other relevant topics. *Participants must be present for all 3-hours to receive certificate of completion. *

Concurrent Sessions: 3:15pm – 4:45pm

Resiliency & Coping Skills

Room: Twin Arrows

Presenters: Beth Malterud & Sarah Schol, Crisis Response Network

Resiliency and coping skills are essential not only to recovery, but to a balanced and harmonious existence. Every individual should be treated as unique and honored with dignity and respect. Clinicians should seek first to understand and recognize the value of each individual and maintain a solid foundation of knowledge around coping mechanisms and cultural resilience.

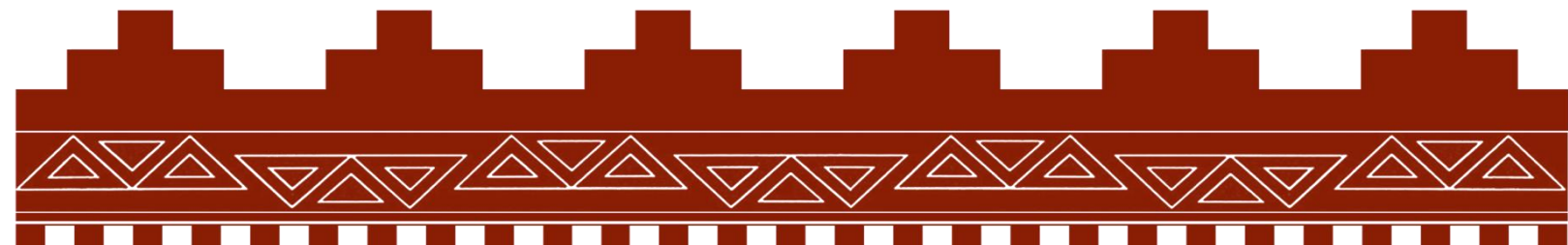
Each individual has the inherent strength, wisdom, and resiliency to be successful (success is defined by the individual.) There are many components to resilience: family supports, other relationships that create love, trust and provide encouragement, ability to make plans and carry them out, self-efficacy, problem solving skills, and emotion regulation. There are numerous ways to build resilience, many of which include coping skills. Resilience occurs in ordinary people, but it can have extraordinary outcomes. We hope to engage individuals in being resilient by first inspiring hope.

Life is Precious “Nowhi’ Ida’ Bagoye”

Room: AD

Presenters: Millicent Kane, Emlyn George, Ginger Myers, Apache Behavioral Health Services

Presentation includes an overview of the Nowhi’ Ida’ bagoye’, Life is Precious Suicide Prevention Program at Apache Behavioral Health Services. Descriptions of program structure and services offered will be provided.



Northern Arizona Suicide Prevention Conference

Day 2 – Thursday July 16, 2015

Presentation Descriptions

Keynote Address: Why do people die by Suicide?

Room: BEH

Presenter: Ian Stanley, Florida State University

An understanding of the causes of suicide has eluded clinicians, philosophers, and the general public for centuries. While there exists a long list of risk factors for suicide (e.g., psychiatric disorders), no risk factor alone has sufficient explanatory power for why individuals engage in self-injurious behaviors. Theory-driven approaches have the ability to synthesize the complex constellation of risk factors for suicide, and in doing so, explain the previously unexplained, expose gaps in our knowledge, and identify mechanisms that point to clinical interventions. Drawing from decades of research and clinical experience, Distinguished Professor of Psychology and Licensed Clinical Psychologist, Dr. Thomas Joiner, developed the Interpersonal Theory of Suicide to provide a cogent, parsimonious explanation of why people die by suicide. This theory has received widespread scientific support. Beyond its scientific significance, the theory also has implications for community- and individual-level action. In this talk, the Interpersonal Theory of Suicide will be reviewed, including its core components, evidence base, and implications for research and practice. Applications of the theory to specific populations, including youth and Native Americans, will be discussed. Further, suicide prevention science is most useful when it is clinically actionable. Thus, at all points throughout the talk, the relevance of the theory to suicide prevention and treatment will be highlighted.

Concurrent Sessions: 10:45am – 12:15pm

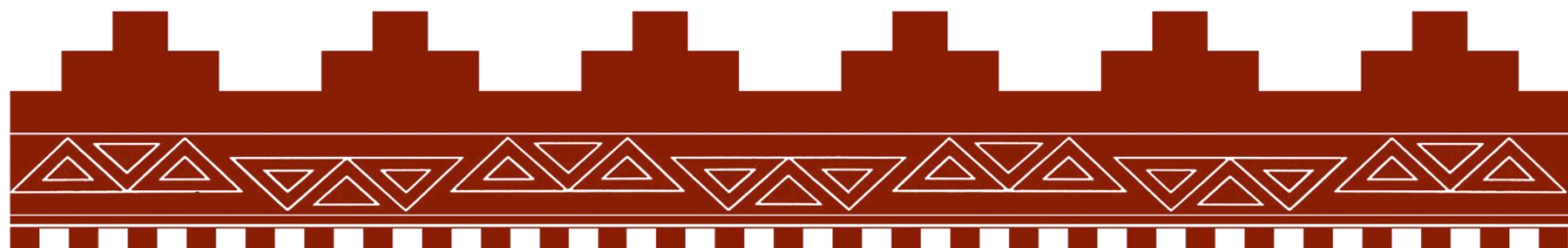
Building Resistance to Stress

Room: AD

Presenter: Richard Dienstber, University of Nebraska

Presentation will explain how chronic or severe stress damages the brain and degrades various mental and psychological characteristics. Those changes in our brains and then in our mental capacities result from environmentally-caused modifications of genetic functions. Those genetic modifications are sometimes temporary, but they may last for a lifetime, and they reduce stress tolerance and lead to emotional *instability*, degraded mental abilities, and even diminished self-control.

In opposition to those devastating impacts from chronic stress, when various “toughening” activities are experienced or undertaken periodically, and when they are regularly followed by recovery periods, we become more resilient. That strengthening results from specific genes being turned on or off. The resilience that develops includes enhanced stress tolerance, emotional stability, self-control, and efficient mental processes. Activities that lead to such resilience include challenging mental activities ranging from studying to meditation, programs of physical exercise, and both giving and receiving nurturance; even confronting manageable stressors can toughen.



Digital Storytelling**Room: BEH****Presenter: Marian Bitsui (Navajo), NACA**

This presentation incorporates technology with one of the most traditional aspects of Native American culture. We will use the lens of digital storytelling to focus on the traditional craft and attributes of storytelling. The purpose of this presentation is to introduce the audience to a form of catharsis. Its core is based on the practice of using computer-based tools to tell meaningful and powerful stories. This presentation bridges the gap of the technology and tradition, while promoting connectedness and self-expression.

Increasing Emotional Intelligence and Coping through Music**Room: CF****Presenter: Aaron Rasband, NACA**

Music can be a very powerful emotional tool. All cultures have musical traditions going back as far as we can measure, and presumably beyond. Emotions, though as universal and powerful as music, can be overwhelming at times. Often we feel alone in our emotions – the feeling that, “No one understands me or feels the way I feel right now.” Through music, we are reminded of the connectedness of the human experience. In this presentation, we will explore how we can use music and/or lyrics to express our emotions, as well as recognize the connectedness to others who make music with the same emotions.

The Group is More Important than the Individual**Room: Twin Arrows****Presenter: Waylon Honga (Hualapai)**

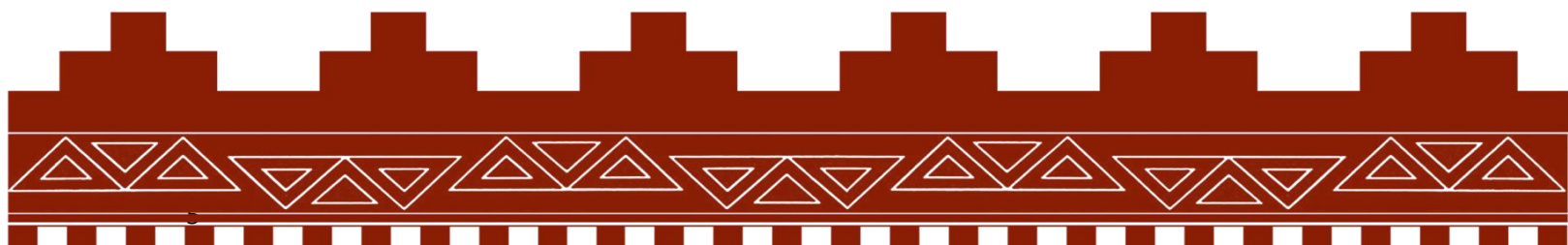
Presentation is focused on understanding and explaining Native American values, specifically “the group is more important than the individual.” This value is learned from one’s family, community, village and tribe. We learn it from our tribal groups, which influence our behaviors. This value system is adhered to by many indigenous groups on this planet. This value is gained through experiences of historical trauma, for example, the forced removal of the Hualapai tribe from ancestral land and boarding schools.

Concurrent Sessions: 1:30pm – 3:00pm**Resiliency and Coping –
Healthy Responses to Adverse Social Environments****Room: Twin Arrows****Presenter: Bruce Kahler, The Guidance Center**

Presentation regarding the current epidemic of depression and suicide (50% increase in suicide and attempts since 1999), exploring causes of depression and focusing mainly on risk factors related to the current adverse social environment—“depression as a disease of civilization.” Recommendations for building resiliency are based on elements of the program “Therapeutic Lifestyle Change” recommended by Dr. Stephen Ilardi, University of Kansas. Presentation includes an up to 20-minute online “Ted Talk” video presentation by Dr. Ilardi, citing his research and conclusions regarding the origins and prevention of depression.

Trauma-Suicide Connection:**Room: AD****What We All Need to Know, and How You Can Help****Presenter: Kate Sorensen, Trauma Transformation Network**

This workshop will provide an overview of the trauma-suicide connection, and an introduction to basic Energy Psychology skills which are often remarkably effective. Effective methods of trauma resolution are now known which can not only be provided by mental health professionals, but by paraprofessionals, peer



counselors, spiritual advisors, and the Natural Helpers in our families and communities. We will also discuss support networks, Trauma Informed Community efforts, and other resources.

Concurrent Session: 1:30pm – 4:30pm

Community Empowerment through Dance

Room: Dine' BEH

Presenter: Jasmine Stack

Presentation is a movement based workshop, structured to be accessible to anyone, with or without dance experience. Workshops will consist of two classes: Creative Movement Experience and Movement Composition. The Movement Composition class participants will create movement through different games and exercises to stimulate minds and create dance movements arranged into a completed dance piece at the end of the day. The purpose of this portion is to help participants find ability and confidence in their creative voice.

Ethical and Legal Issues of Suicide

Room: CF

Presenter: Cheri Wells, LPC

This interactive session will examine ethical and legal considerations in suicide prevention an intervention based on the American Counseling Association Code of Ethics. Participants will consider and discuss professional standards regarding confidentiality, consultation with colleagues, supportive documentation, Title 36, scope of practice, and other relevant topics. *Participants must be present for all 3-hours to receive certificate of completion. *

Concurrent Sessions: 3:15pm – 4:45pm

Becoming Whole Again After Suicide of Family and Friends

Room: Twin Arrows

Presenter: Kate Sorensen, Trauma Transformation Network

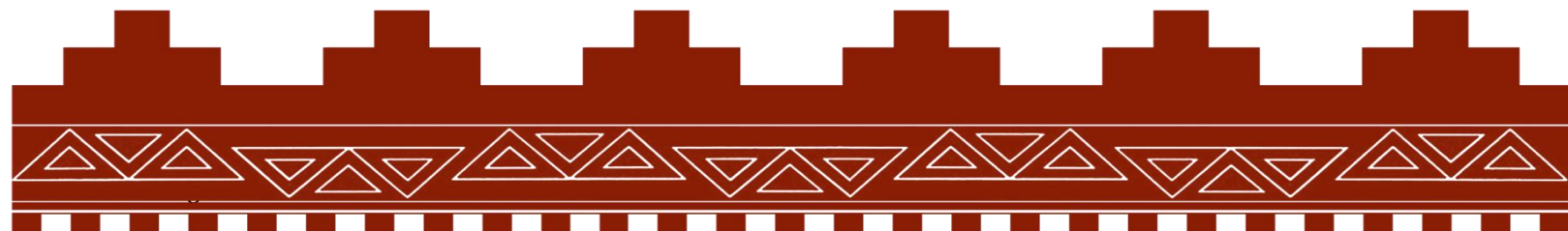
This presentation is intended for those who have lost family members or friends to suicide, for professionals who work to help these families, and for those who care about community members who have experienced the loss of loved ones. In this session we will touch upon some of the ways that friends and professionals often inadvertently add to the pain of grieving families. Then we will move on to explore how we can help each other, and create conditions that support a profound degree of healing.

Beyond Project Red: An Aftercare Model for High Risk Youth

Room: AD

Presenter: Elaine de Mello, NAMI NH

This workshop will examine a project in implementation in New Hampshire for youth aged 24 and under who have been hospitalized involuntarily after a suicide attempt and look at the strategies, tools, lessons learned, and successes in the pilot phase of this this project. The project has a goal of smooth re-entry into the community with decreased risk of readmission and suicidal behavior among high risk youth at the point of hospitalization. This workshop will discuss engagement of the youth and their family as well as other key support persons in safety planning and education about suicide risk, both an essential part of the dialogue prior to discharge into the community



Northern Arizona Suicide Prevention Conference

Get to know our Keynote Speakers

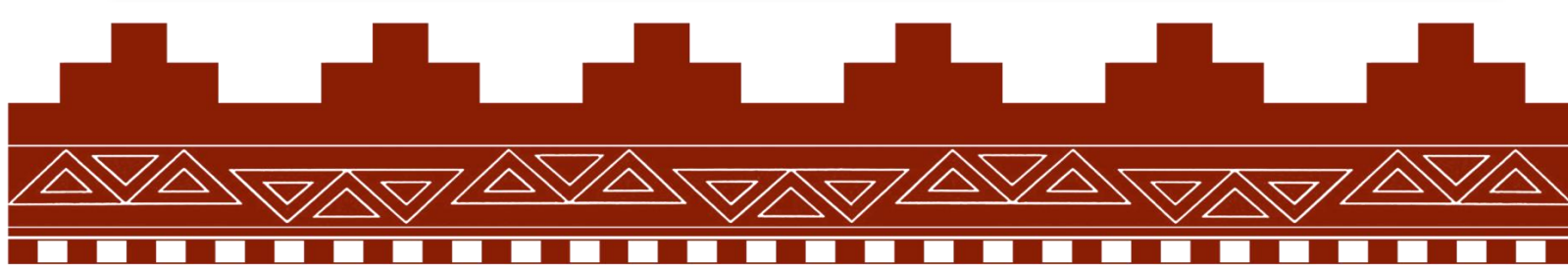
Kevin Berthia, The Parsons Company, Inc.
Presentation: “The Impact of Listening: A Suicide Survivors Story”

Kevin Berthia is a grateful suicide survivor and suicide prevention advocate. Kevin was born with a genetic major depression disorder that he inherited from his biological mother. Kevin is a suicide prevention advocate, encouraging people to talk through their problems rather than think about ending their lives. In May of 2013, 8 years after his attempt at the Golden Gate Bridge, Kevin was invited by The American Foundation for Suicide Prevention (AFSP) to present The Life Savers Award to the officer who talked him back to safety. Kevin spoke publicly for the first time about the events that led up to that day March 11, 2005. Since, his story of HOPE has been featured by multiple media outlets including Nightly News with Brian Williams, ABC Fusion, The Steve Harvey Show, Men's Health Magazine and People Magazine. Kevin is now the father of three beautiful children and resides with his family in Northern California.



Ian Stanley, Florida State University
Presentation: “Why do people die by suicide?”

Ian Stanley is a Doctoral Student in Clinical Psychology at Florida State University, working under the mentorship of Dr. Thomas Joiner. His research and clinical interests include suicide prevention, including mental health services, use and treatment engagement of individuals at elevated risk for suicide. Ian has previously held research assistantships in the Department of Psychiatry at the University of Rochester Medical Center, the Intramural Research Program at the National Institute of Mental Health, and in the Center for Innovative Care in Aging at Johns Hopkins University. He has authored or co-authored numerous scientific publications and book chapters.



Northern Arizona Suicide Prevention Conference

Get to know our Presenters

Aaron Rasband M.A. LAC

Native Americans for Community Actions

Presentation: “Increasing Emotional Intelligence and Coping through Music”

Aaron believes in the power of therapy and wholeheartedly loves his work. Aaron is a Licensed Associate Counselor (LAC) in the state of Arizona. Aaron earned his Master's degree (M.A.) in Counseling from Northern Arizona University. Aaron's background is in community mental health, working with adolescents, families, couples, and individuals, as well as extensive group experience. His life experiences and background has led to hone his approach to accommodate multicultural perspectives and to see a person as not just an individual, but as also being influenced by the culture/family/communities they come from. Aaron has a personal background as a musician, and has developed a psychoeducational group curriculum to help individuals learn to assess music better for emotional content, to use in coping with trials in their lives.

Beth Malterud LAC

Crisis Response Network

Presentation: “Resiliency & Coping Skills”

Beth Malterud is a licensed associate counselor and certified crisis worker through the American Association for Suicidology. Beth has counseled children and families, taught drug and violence prevention in the classroom for grades K-8, provided crisis and case management services to adults who were diagnosed with a serious mental illness and held progressively responsible leadership positions. Beth is currently the Manager of Recovery and Professional Development for Crisis Response Network and is responsible for the development, organization and facilitation of learning and professional development objectives, as well as infusing recovery and resiliency throughout the agency. Beth also serves on the education and conference committees for the Arizona Coalition to End Homelessness and is a volunteer for Free Arts AZ.

Bruce Kahler M.A. LPC, The Guidance Center

Presentation: “Resiliency and Coping – Healthy Response to Adverse Social Environments

Bruce Kahler is a Mental Health Therapist at the Guidance Center since March 2014. His previous work includes a program coordinator in Franklin, Pennsylvania and therapist in Parkersburg, West Virginia. Bruce is also a certified EMDR Basic Trainer.

Byron Bizardi, BA (Dine’),

Arizona Army National Guard

Presentation: Anti-Bullying – Project H.E.A.R.

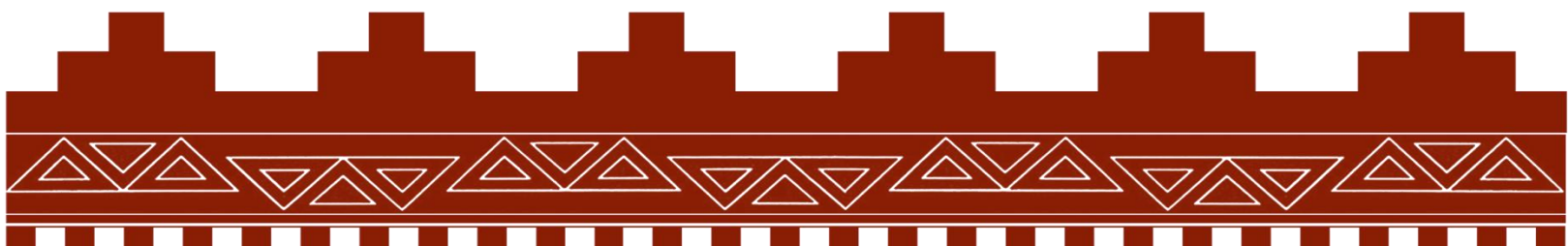
Byron has been in the US Army and Army National Guard for over 15 years and worked as an educator and coach for high schools in Arizona and Montana. Byron has a Bachelor of Arts degree in History from Grand Canyon University. He has worked with youth in correctional settings for over 8 years in parts of Indian country. Byron has worked with the Joint Counter Narco-Terrorism Task Force with National Guard. Currently Byron is a recruiter for the National Guard for potential Citizen-Soldiers to serve in their communities.

Celina Garza (Native Hawaiian)

Native Lifeway

Presentation: Youth Empowerment and Peer Support

Celina is of the Kanaka Maoli (Native Hawaiian) people. She is Mind/Body Wellness Practitioner and Advocate who incorporates tradition, spirituality, holistic modalities and interactive, educative-based activities; all serving as motivational tools to success. Celina is a Certified Facilitator in Chronic Illness & Disease Self-



Management Programs (CDSMP) and Diabetes Self-Management Program (DSMP) of Stanford University and Arizona Living Well Institute. Celina is a School Health Index Trainer with the Association of Indian Physicians and Center of Disease Control (CDC). She is also a trained as a QPR Suicide Prevention Gatekeeper Program through QPR Institute.

Cheri Wells, LPC

Presentation: Ethical and Legal Issues of Suicide

Cheri Wells is a client-centered Psychotherapist who has been in practice since 2000. She graduated with a M.S. in Clinical Counseling with an emphasis in Cultural Counseling from Western Washington University. Her previous experiences have been working with NACA in Flagstaff, Tuba City Unified School District and in Juneau, Alaska. Cheri is a member of the American Counseling Association. Cheri's philosophy is that each person has a unique worldview that guides his/her decisions, values, and priorities and that these beliefs must be taken into consideration throughout the therapeutic relationship in order to successfully achieve identified treatment goals.

Debi Larvergne,

DAL Consulting, LLC

Presentation: Current Drug Trends & Identification

Debi Larvergne served as a police officer in Arizona, specializing in DUI Enforcement and Drug Recognition. She holds a degree in Criminal Justice, Business Administration and Counseling. Debi has enjoyed 20+ years of educating adults and is currently contracted with the University of Arizona as a Safe and Supportive Schools Grants Coach.

Elaine de Mello, LCSW

NAMI NH

Presentation: "Connect Postvention: Community Approach in the Aftermath of a Suicide"

Elaine de Mello is a licensed clinical social worker who has worked in the mental health field since 1978 as a clinical program manager in inpatient and community settings. Elaine has worked full time with NAMI NH since 1999 where she had a lead role in the development of the Connect Suicide Prevention and Postvention Program, a national best practice. Elaine has provided training and consultation in mental health and suicide prevention throughout the United States and Canada in a variety of settings including state and tribal entities, community coalitions, schools and campuses, health care facilities, and military and paramilitary organizations.

Emlyn George (White Mountain Apache)

Apache Behavioral Health Services

Presentation: "Life is Precious – Nowhi' Ida' bagoye"

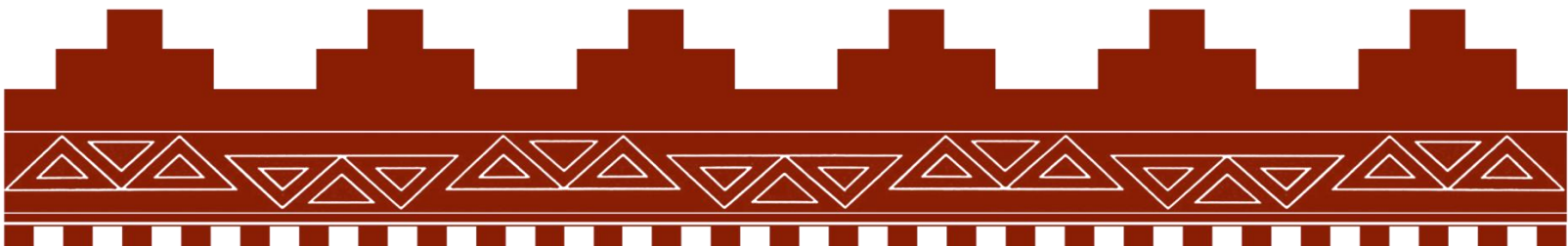
Emlyn is a Suicide Prevention Specialist; with Life is Precious providing community outreach to tribal members at risk. She is compassionate and dedicated to her family and her community in restoring hope when hope is lost, to seeing a future when the past seems overwhelming and finding the strength and courage to continue in the face of challenges.

Erick Lewis Willie (Navajo)

Siihoodindziin Bee Na'nitin

Presentation: "Siihodiindzin Bee Na'nitin: Teaching by Kinship with Compassion and Love"

Mr. Ericke Lewis Willie is Corporate Director of Care Express Transportation and Consultation Inc. Mr. Willie is Bead Clan, born for Edge Water Clan



Ginger Myers,**Apache Behavioral Health Services****Presentation: “Life is Precious – Nowhi’ Ida’ bagoye”**

Ginger Meyer is a licensed marriage and family therapist with over 14 years’ experience providing clinical therapy services for children, adolescence, adults, couples and families in outpatient and residential clinic settings as well as school and military installation settings. Ginger’s specialized training includes suicide risk assessment/intervention, trauma therapy (EMDR Level II). Ginger currently provides clinical assessment, treatment interventions and resource referral with the Life is Precious team.

Glorinda Segay, Ph. D., (Navajo)**Navajo Nation DBHS – Fort Defiance OTC****Presentation: “Si̱hodiindzin Bee Na’nitin: Teaching by Kinship with Compassion and Love”**

Dr. Glorinda M. Segay was born and raised in Blue Canyon, AZ on the Navajo Nation. She is originally from Cornfields, AZ. Dr. Segay is Navajo, Yellow House Honey Comb and born for Bitter Water. Her maternal grandparents are Edge Water and her paternal grandparents are One Who Walks Around. Dr. Segay obtained her Doctorate in Behavioral Health degree from Arizona State University in December 2014. Dr. Segay is a licensed therapist employed with Department of Behavioral Health Services- Fort Defiance Outpatient Clinic.

Jasmine Stack, BA**Presentation: “Community Empowerment through Dance”**

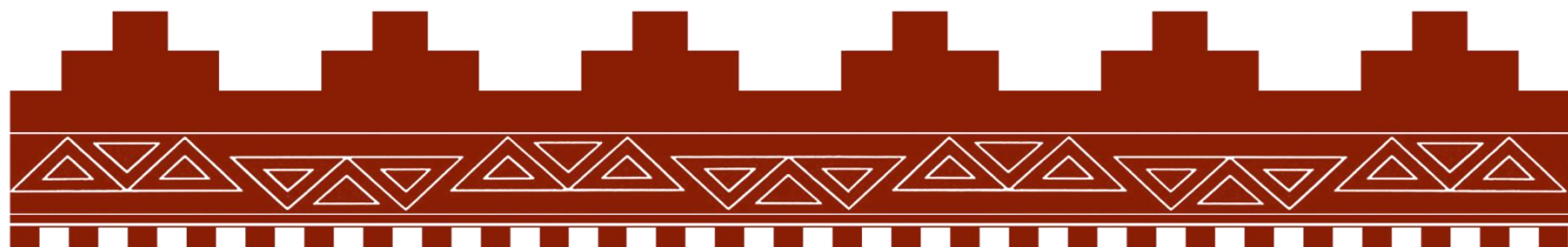
Jasmine is a Phoenix, AZ native with a concentrated interest in studying the human figure and movement language through dance and painting. In 2010, she graduated from NAU in Flagstaff with a degree in Fine Arts in Painting and a minor in Art History. Currently, Jasmine is entering her second year as a graduate student at the University of Utah’s Department of Modern Dance in Salt Lake City, UT. Jasmine’s own choreographic works have been presented in numerous venues. Her most recent work, “Little Ninja” will debut this summer at the Beta Dance Festival in Phoenix, AZ.

John Jordan, Ph. D.**Presentation: “Grief after Suicide: Walking the Journey with Survivors”**

John (Jack) Jordan is a licensed psychologist in private practice in Pawtucket, Rhode Island where he has specialized in work with survivors of suicide and other traumatic losses for more than 35 years. He is co-chair of the Survivors of Suicide Loss Task Force of the National Action Alliance for Suicide Prevention, where he is helping to write new national guidelines for suicide postvention in the United States. For over 30 years, Jack has provided provided training nationally and internationally for professional caregivers, and has helped to lead many healing workshops, for suicide survivors. Jack has published over 50 clinical and research articles, chapters, and full books in the areas of bereavement after suicide, support group models, the integration of research and practice in thanatology and loss in family and larger social systems.

Kate Sorensen,**Trauma Transformation Network****Presentation: “Becoming Whole Again After Suicide of Family and Friends”**

Kate Sorensen is Director of the Trauma Transformation Network, and Co-founder of the STAR School, a pre-K to 8th grade charter school serving families in her home area near the Navajo Nation. Kate has pioneered effective techniques of trauma resolution since becoming Arizona’s first Certified Trauma Specialist in 1992. Her passion for healing trauma has led Kate to train thousands of professionals and peer helpers, and organize the first International Energy Psychology Conferences. She is currently writing a book on post-traumatic growth entitled “Trauma as a Path to Enlightenment: a Game-Changing Approach to Harvesting the Wisdom You Have Earned”. She welcomes ideas from colleagues and community members about how we can all work together for the benefit of our own area and the world.



Marian Bitsui (Navajo)**Native Americans for Community Action****Presentation: Digital Storytelling**

Marian Bitsui hails from Flagstaff, Arizona. Originally from Shiprock, New Mexico, her life was steeped in the rich tradition of K'è (family), agriculture, cattle herding, and livestock maintenance, sports, and the pursuit of knowledge and wisdom. Marian Bitsui is of the Red House clan and was born of the Zuni people clan. Her maternal grandfather is of the Mexican people clan and her paternal grandfather is of the Two

Waters Flowing Together clan. Marian Bitsui currently works for Native Americans for Community Action, Inc. as the Circles of Care Social Marketing/Public Education Coordinator and Full Circle Program Manager.

Millicent Kane (White Mountain Apache)**Apache Behavioral Health Services****Presentation: "Life is Precious – Nowhi' Ida' bagoye"**

Born and raised in Whiteriver, AZ, Millicent is an NAU graduate and has been the Program Manager of Life is Precious since 2013. Being a tribal member she feels familiar with struggles some of the people deal with and also knows what kind of resiliency the people have as a tribe. Millicent likes to support other tribal members letting them know that they are important and they can strive to whatever they want when they can begin to believe in themselves.

Richard Dienstber, Ph. D.,**University of Nebraska****Presentation: "Building Resistance to Stress"**

Originally from the northeast, Dick Dienstbier had a slow academic start in Chemical Engineering, followed by service in the US Army. Dick eventually received a Ph.D. in social psychology from the University of Rochester. Ever since, he has taught and researched in the Psychology Department of the University of Nebraska. At home in the UNL Psychology Department he served as Director of the Program in Social and Personality Psychology, as the Department Chair, and the Series Editor of the annually published "Nebraska Symposium on Motivation." His research interests evolved from early papers and chapters on racial prejudice and moral decision making to more recent publications on stress and aging, with those later interests leading to his recent book: "Building Resistance to Stress and Aging: The Toughness Model."

Sarah Schol, LMSW**Crisis Response Network****Presentation: "Resiliency & Coping Skills"**

Sarah Schol is currently the Director of Strategic Initiatives at Crisis Response Network. She previously lived in Flagstaff and worked at The Guidance Center before moving to Phoenix to pursue her Masters of Social Work, and is currently a Licensed Master Social Worker. She has previous intern experience at Teen Lifeline, Phoenix Fire Department Crisis Response, and worked at Terros on the mobile crisis teams for 4 and a half years. She plans to move back to Flagstaff this summer to assist with Crisis Response Networks plan to expand their crisis line services and SMI determinations, with long term aspirations to improve the delivery of services to those across all of Northern Arizona.

Waylon Honga (Hualapai)**Presentation: "The Group is More Important than the Individuals"**

Waylon received a Bachelor's Degree in Business Administration from Northern Arizona University in May 1994. He also served on the Hualapai Tribal Council from 1994 to 2012. Waylon believes job creation, healing from historical/personal trauma and cultural revitalization could help Native Americans improve socioeconomic conditions on Indian reservations. In May 2013, Waylon joined Peaks Advocacy Group and his focus is strategic planning and economic development on tribal lands.

