

RMTLC Presents: Strengthening Indigenous Wellbeing

Doubletree by Hilton Hotel, downtown Billings, MT.

August 14-15, 2024



DRAFT

Day 1 - Wednesday, August 14, 2024

- 6:30 am to 7:30 am **Morning Yoga and Meditation** (Skyview room-20th floor) with Waylon Pahona, Hopi, Tewa, Maricopa Pee Posh
- 8:30 am to 8:40 am **Opening drum song and presentation of colors**, Josiah Hugs, Apsáalooke & Veterans
- 8:40 am to 8:45 am **Prayer** by Rick Wolfname, Northern Cheyenne Nation
- 8:45 am to 9:00 am **Welcome by Master of Ceremonies**, Ruben Little Head, Northern Cheyenne Nation
- 9:00 am to 10:00 am **Listening to the Language of the Land**, Chris LaTray, Little Shell Nation - Montana Poet Laureate
- 10:00 am to 10:30 am **Networking Break**
- 10:30 am to 11:30 am **The Good Road of Life, A Trauma Informed, Culture and Resilience based Approach to Healing and Wellness**, Dr. Clayton Small, Northern Cheyenne Nation
- 11:30 am to 1:00 pm **Lunch on your own**
- 1:00 pm to 2:15 pm **Breakout Sessions**
- **Tobacco-free Lifestyle**, Goldstein Little Light, Northern Cheyenne Nation

- **Maternal and Child Health: Perinatal Mental Health & Cultural Safety toolkit**, Dr. Amy Stiffarm, Healthy Mothers – Healthy Babies
- **Speaking of Syphilis**, Dr. Melanie Taylor, Centers for Disease Control and Prevention
- **Updates from Montana Poison Center**, Shireen Banerj, Director, Rocky Mountain Poison Center
- **Journey Through Addiction and Recovery**, Ashley Azure, Fort Peck Assiniboine & Sioux Tribal Nation

2:15 pm to 2:30 pm	Networking Break
2:30 pm to 2:45 pm	Be Smart Don't Start! Youth Anti-vaping Campaign , Debbie and Orville Desjarlais, Keya, LLC
2:45 pm to 3:30 pm	A Multidisciplinary Approach to Combating the Missing & Murdered Indigenous People's (MMIP) Crisis , Haylee Omeasoo, Hopi and Blackfeet Nation, Ohkomi Forensics
3:30 pm to 4:30 pm	Oníya Wicózani: An Indigenous-centric Somatic Healing Modality , Cinnamon Kills First, Northern Cheyenne Nation
4:30 pm to 4:45 pm	Closing & Door prizes
4:45 pm to 6:00 pm	Healing Circle through Song & Dance , Night Hawk Jrz., Apsáalooke Nation

Day 2 – Thursday, August 15, 2024

- 6:30 am to 7:30 am **Morning Yoga and Meditation** (Skyview room-20th floor) with Waylon Pahona, Hopi, Tewa, Maricopa Pee Posh
- 8:30 am to 8:40 am **Opening Prayer**
- 8:40 am to 9:00 am **Welcome by Master of Ceremonies**, Ruben Little Head, Northern Cheyenne Nation
- 9:00 am to 10:00 am **Live Life Powerfully**, Waylon Pahona, Healthy Active Natives Founder
- 10:00 am to 10:30 am **Networking Break**
- 10:30 am to 11:45 am **Breakout Sessions**
- **Addressing Commercial Tobacco Use Related Health Disparities**, RMTLC Good Medicine Keepers
 - **Partnering with Tribal Communities to Conduct the Title V Maternal Child Health Block Grant Needs Assessment**, Dr. Annie Glover, University of Montana and Al Garnsey, Rural Institute for Inclusive Communities
 - **Addressing Depression with Adult and Cultural Considerations**, Dr. Avis Garcia, Doya Natsu – Bellevue University
 - **Breathing Healing: An Embodied, Participatory Experience with Oníya Wicózani**, Cinnamon Kills First, Northern Cheyenne Nation
 - **Lessons Learned by Tribes and Urban Indian Organizations during COVID-19 to Plan for Future Pandemics and Emergencies**, Dr. Anna Whiting Sorrell, Montana State University
- 11:45 am to 1:15 pm **Lunch on your own**
- 1:15 pm to 2:15 pm **We've been doing mindfulness since time immemorial: Applications of Mindfulness**

Therapies in American Indian and Alaska Native Communities, Jalene Herron, MS, University of New Mexico

2:15 pm to 2:30 pm

Networking Break

2:30 pm to 3:30 pm

Unveiling the Invisible with Supaman,

Christian Parrish, Apsáalooke

3:30 pm to 3:45 pm

Closing, Evaluations, & Door Prizes

4:00 pm to 5:00 pm

Healing Circle through Song & Dance, Night Hawk Jrz., Apsáalooke Nation

SAVE The DATE: RMTLC Health Conference, August 19-20, 2025

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