



*“Working together with people of all ages and cultures, to develop community wellness and prevention awareness.”*



## **The 17<sup>th</sup> Creating Cultural Harmony Conference**

### ***“Celebration From Within”***

**February 6, 2015**

**San Juan College Henderson Fine Arts Center**

### **CONFERENCE AGENDA**

Please join us for a day of learning and entertainment as we celebrate the 17<sup>th</sup> Creating Cultural Harmony Conference. This one day conference offers residents of the Four Corners and the rest of the State of New Mexico an exciting and fun day with presentations and entertainment that celebrate our diverse cultures. The theme of this year’s conference acknowledges the fact that it is only after we celebrate our own culture, that we are able to celebrate other people’s cultures.

#### **Participant Arrival, Continental Breakfast**

*7:30 AM - 8:30 AM*

Participant Check-In.....Lobby

#### **Opening Ceremony**

*8:30 AM*

#### **Keynote Address**

*9:15 AM- 10:15 AM*

### **“The Celebration Within” – For Individuals, For Organizations and For Communities Presented by Christine Wendel**

*Our morning keynote is Christine Wendel of Santa Fe, New Mexico. Christine received a Bachelor’s of Science cum laude in Environmental Science and Forestry from the State University of New York at Syracuse and received her Master’s in Business Administration from Cornell University. Christine has worked in the corporate world, as a forester for New York State Electric and Gas Co., as a buyer for IBM, Federal Systems Division, she renovated houses, did interior landscaping in office buildings and co-owned a high-end furniture business in Baltimore. Since moving to Santa Fe in 1994, she has devoted her time to volunteer work. For 11 years she volunteered as a firefighter, EMT and handled purchasing and county finances at the El Dorado Fire and Rescue Service. In 2007, Christine was appointed to the New Mexico Behavioral Health Planning Council by Governor Richardson, and then re-appointed in 2011 by Governor Martinez. She served as Chair from 2008-2012.*

As a person in long term recovery from substance use disorders, which for me means that I have not had a drink or a drug in over 29 years, I know what personal transformation means firsthand. Having worked for the last 7 years on behavioral health policy both at the state and national level, I know firsthand the challenges and rewards of developing successful behavioral health initiatives. “Recovery” needs to happen not only at the personal level but also at the community level. Too often, we focus on the “face of addiction”; I believe that we need a paradigm shift and begin to focus on the “face of recovery” – and those faces should be celebrated!!! My only objective is to inspire people that recovery is not only possible but it is happening – at all levels.

## **Morning Workshops**

*10:30 AM – 12:00 Noon*

### **Workshop A: *Cultural Diversity—The Challenge and The Gift***

**Presented By:** *Jona Olsson, Director, Cultural Bridges to Justice Training Consortium*

Participants will be guided through interactive exercises to view both the challenges presented by racism, sexism and classism, as well as the gifts that cultural diversity brings to their organization and/or community. Through interactive activities, participants will examine the roots of prejudice, illustrate the interconnections of racism, sexism and classism, probe the reality and daily experience of personal and institutional oppression and privilege and identify gifts that diversity brings to an organization or community.

**\*\*This workshop will be repeated in the afternoon session**

### **Workshop B: *Overview Navajo Wellness Model***

**Presented by:** *Randy John, Public Health Advisor, Office of Environmental Health/Indian Health Service*

The Navajo Health and Wellness Curriculum for Health Promotion “Sha’bek’ehogo As’ah Ooda’a’l”, *A Journey with Wellness and Healthy Lifestyle Guided by the Journey of the Sun*. is a curriculum developed to increase awareness and knowledge of core Navajo teachings about personal and family health, healthy communities, and healthy environments. The curriculum uses a cultural model incorporating the Navajo philosophical teachings of wellness according to the natural daily cycles. The teachings emphasize four domains of self-care, family health, healthy communities, and healthy environments from the Navajo perspective.

**\*\*This workshop will be repeated in the afternoon session**

### **Workshop C: *Civility First: It’s the Little Things- Taking Small Steps towards Big Changes***

**Presented by:** *Karen McPheeters, Farmington Public Library Director, Farmington Public Library*

Participants will learn to initiate small conversations to improve their face-to-face communications in an increasingly digital world. Participants will be able to evaluate a project approach by identifying step-by-step strategies for best results and will be able to identify three small changes that they can incorporate into their daily routines for improved communications at work or home.

**\*\*This workshop will be repeated in the afternoon session**

## **LUNCH WILL BE SERVED IN ROOM 9006**

*12:00 noon – 1:00 PM*

## **Afternoon Workshops**

*1:15 PM – 2:45 PM*

### **Workshop A: *Cultural Diversity--The Challenge and The Gift***

**Presented By:** *Jona Olsson, Director, Cultural Bridges to Justice Training Consortium*

**\*\*See description of workshop above**

### **Workshop B: *Civility First: It’s the Little Things – Taking Small Steps towards Big Changes***

**Presented by:** *Karen McPheeters, Farmington Public Library Director, Farmington Public Library*

**\*\*See description of workshop above**

### **Workshop C: *Clearing the Air – Passing Policies in Tribal Lands***

**Presented By:** *Char Day, Program Manager, Americans for Nonsmokers' Rights, Berkeley, CA*

The purpose of this workshop is to learn how to build sustainable programs with tribal specific policy development, implementation and enforcement. Participants will gain an understanding of other successful policy programs and hear about their journey. Participants will leave with tools for assisting you to be successful with passing policies.

### **Afternoon Workshops**

*3:00 PM – 4:30 PM*

### **Workshop A: *Need for Everyone to Come Out During College***

**Presented By:** *David Wright, Director, Native American Student Success, Fort Lewis College--Native American Center*

Session members will explore the need for every person to tell their “Coming out Story.” This story helps to bring understanding of GLBTQ++ individuals who on a daily basis are confronted with having to choose to come out or not. In the larger scope of Ally work the need to understand the identity challenges of GLBTQ++ individuals is important. In addition to their “Coming out Story” session members will explore the Riddle Scale of attitudes towards and assumptions about people who identify as GLBTQ++. Furthermore, session members will also explore how race, class, spirituality and gender intersect identity development for GLBTQ++ individuals.

### **Workshop B: *Overview Navajo Wellness Model***

**Presented by:** *Randy W, John, Public Health Advisor, Office of Environmental Health/Indian Health Service, Shiprock NM*

**\*\*See description of workshop above**

### **Workshop C: *Speak Up! Learn Tools to Respond to Everyday Bigotry***

**Presented By:** *Shirena Trujillo-Long, Coordinator, El Centro De Muchos Colores at Fort Lewis College*

SPEAK UP! Learn new tools to actively Speak Up when we encounter acts of bigotry, hatred and discrimination. Professionally trained facilitators with Fort Lewis College’s Diversity education program called “Common Ground” will actively engage workshop participants in sharing stories and learning from each other before providing handouts and tools that will assist to empower us to action.

### **Closing Ceremony**

*4:40 PM*

### **\*\*\*\*\*YOUTH TRACK INSTRUCTIONS\*\*\*\*\***

**If you are an adult who will be attending the Youth Track workshops, please fill in the Youth Track registration form. 3 CEU’s may be obtained for attendance at Youth Track Workshops.**

**If you have any questions, please contact us at: [office@sjcpartnership.org](mailto:office@sjcpartnership.org); or call 505-566-5867**

*The Holiday Inn Express, 2110 Bloomfield Blvd., Farmington, NM 87401, 505-325-2545 is offering a discounted rate of \$95 per night for conference attendees until January 23, 2015. When booking your room please tell them it is for the Creating Cultural Harmony Conference to get the discount.*



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## Registration Form

**17<sup>th</sup> Creating Cultural Harmony Conference - February 6, 2015**

*“Celebration From Within”*

To ensure a seat in your chosen workshop, please send completed registration form with the registration fee to:

**Mail:** San Juan County Partnership-CCHC, 3535 E. 30<sup>th</sup> St., Ste. 239, Farmington, NM 87402

**Fax:** (505) 566-5870

**Email:** [office@sjcpartnership.org](mailto:office@sjcpartnership.org)

**Make checks or money orders payable to:** San Juan County Partnership

*We are sorry we cannot accept credit cards; payment must be cash, check, money order or a purchase order.*

*If you will be paying the day of the conference, please make a note at the bottom of the form.*

- \$40.00 non-refundable registration fee**, includes CEU’s, morning snack, and lunch.
- \$20.00 F/T Student - non-refundable registration fee**, includes CEU’s, morning snack, and lunch

<b>Participant Information</b>		
Please type or print. Complete a separate form for each registrant. We must have an address in order to mail CEU certificate.		
<b>First Name</b>	<b>Last Name</b>	<b>**CEU:    Yes    No</b>
<b>Organization</b>		
<b>Address</b>		
<b>City</b>	<b>State</b>	<b>Zip Code</b>
<b>Telephone</b>	<b>Fax</b>	<b>Email</b>

*We will make every effort to give you your first choice of workshops. Workshops will be assigned on a first come, first served basis.*

*Please select the letter for your first and second choice of workshops for each session:*

**MORNING SESSION: 10:30 – 12:00    First Choice \_\_\_\_\_ Second Choice \_\_\_\_\_**

A – “Cultural Diversity – The Challenge and the Gift” – Jona Olsson

B - “Overview Navajo Wellness Model” -- Randy John

C – “Civility First: It’s the little things, taking small steps towards big changes” – Karen McPheeters

**AFTERNOON SESSION: 1:15 – 2:45 First Choice:** \_\_\_\_\_ **Second Choice:** \_\_\_\_\_

A – “Cultural Diversity – The Challenge and the Gift” – Jona Olsson

B – “Civility First: It’s the little things, taking small steps towards big changes” – Karen McPheeters

C – “Clearing the Air – Passing Policies in Tribal Lands” – Char Day

**AFTERNOON SESSION: 3:00 – 4:30 First Choice:** \_\_\_\_\_ **Second Choice:** \_\_\_\_\_

A – “Need for Everyone to Come Out During College” – David Wright

B – “Overview Navajo Wellness Model” – Randy John

C – “Speak Up! Learn Tools to Respond to Everyday Bigotry” – Shirena Trujillo Long

\*\*Please note that 5 CEUs are pending from the New Mexico Credentialing Board for Behavioral Health Professionals, in Cultural Competency/Awareness. CEU certificates will be mailed to participants who complete their paperwork, after the conference concludes.

*San Juan College Henderson Fine Arts Center is an accessible facility. However, if you need special accommodations or interpreters, please contact San Juan County Partnership at (505) 566-5867 prior to the conference.*

If you have any special dietary needs, please specify here: \_\_\_\_\_

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**For Office Use Only:**

**Date Received** \_\_\_\_\_ **Cash** \_\_\_\_\_ **CK#** \_\_\_\_\_ **MO/PO#** \_\_\_\_\_

**Recorded by:** \_\_\_\_\_ **AM Workshop** \_\_\_\_\_

**PM Workshop-1** \_\_\_\_\_ **PM Workshop -2** \_\_\_\_\_

**CEU's Requested:** \_\_\_\_\_ **CEU Certificate Mailed** \_\_\_\_\_



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## **Youth Track Workshops**

**17<sup>th</sup> Creating Cultural Harmony Conference**

***"Celebration From Within"***

**February 6, 2015**

**San Juan College Henderson Fine Arts Center**

**Once again, San Juan County Partnership is offering three workshops especially for Youth! The dynamic speakers will be presenting workshops designed specifically for High School students. Lunch will be provided.**

***Youth Track Check-in – 9:30 a.m. - in lobby of Fine Arts Center***

**Each youth group must have at least one adult for every 6 youth. Adults will be expected to stay with youth at all times.**

### **YOUTH TRACK WELCOME AND OPENING**

*10:15 A.M. – 10:30 A.M.*

### **YOUTH TRACK MORNING WORKSHOP**

*10:30 A.M. – 12:00 NOON*

***"It's the Thinking, Not the Drinking"***

**Presented by Peter DeBenedittis, PhD**

*Dr. Benedittis is President of Peter D & Co., Inc, Media Literacy for Prevention, Critical Thinking and Self-Esteem. He has given Media Literacy presentations to over a quarter million students, and trainings for more than 10,000 teachers and health promotion specialists. He is the author of 11 volumes of curricula teaching media literacy for prevention. In 1999 he was featured on CBS 48 Hours for youth alcohol prevention work.*

This presentation teaches that it's the Thinking, not the Drinking that causes most of the good Effects associated with alcohol. Participants will learn how alcohol advertising has shaped their beliefs about the effects of drinking. Once participants understand they cause most of the good effects of drinking due to the beliefs they hold, participants are empowered to drink less or not at all and still enjoy all the positive social effects associated with alcohol.

**LUNCH WILL BE SERVED IN THE SUNS DINING ROOM**

*12:00 noon – 1:00 p.m.*

## YOUTH TRACK AFTERNOON WORKSHOPS

1:10 P.M. – 1:55 P.M.

*Youth will be divided into two groups in the afternoon, group A will attend “A” workshops and group B will attend “B” workshops.*

### **Workshop A: *Fun and Laughter is Good Medicine/Don’t Take Life So Serious***

**Presented by:** *Orlando Pioche, Substance Abuse Program Specialist/Trainer Coordinator for Red Eagle Challenge Experiential Outdoor Program and Brian Sandoval, Recreation Specialist, Shiprock Health Promotion.*

Using Games and team building exercises we will share Cultural/Traditional/Spiritual Awareness, importance of knowing where we come from (Identity), teachings on Respect, Importance of having balance in life (mental, physical, emotional/social and spiritual, alcohol and drug prevention, and living healthy). Will Cover the importance of teamwork, individual leadership and collective leadership.

### **Workshop B: *Diné Wellness Model***

**Presented by:** *Wilfred Moses, Traditional Practioner*

This presentation will cover where we come from, our home, protection and culture. The path that we follow every day Sha’bik’ehgo As’ah Ooda’aai. The four main parts of the day and the important things we do within these parts of the day, practicing kinship in our journey every day. Things we do to have a better life, thought and concern for self, respect, reverence, taking care of self, knowing your limits. The stages of life that we all go through, infant, adolescence, adult, elder and also the amount of time to complete our journey. How to work with the challenges and barriers that we face in life.

## YOUTH TRACK AFTERNOON WORKSHOPS

2:00 P.M. – 2:45 P.M.

### **Workshop A: *Diné Wellness Model***

**Presented by:** *Wilfred Moses, Traditional Practioner*

**\*\*see description above**

### **Workshop B: *Fun and Laughter is Good Medicine/Don’t Take Life So Serious***

**Presented by:** *Orlando Pioche, Substance Abuse Program Specialist/Trainer Coordinator for Red Eagle Challenge Experiential Outdoor Program and Brian Sandoval, Recreation Specialist, Shiprock Health Promotion.*

**\*\*see description above**

*If you are an adult/chaperone who will be attending the Youth Track workshops, please fill in the Youth Track registration form. 3 CEU’s may be obtained for attendance at Youth Track Workshops. Individual Youth may fill out the Youth Track form, or if you are bringing a group from a school, you may submit a list of students, who will be coming, no later than January 30<sup>th</sup>, instead of filling out individual forms. Each youth group must have at least one adult for every 6 youth. Adults will be expected to stay with youth at all times. Youth Track check-in begins at 9:30 and opening/welcome is at 10:15. Last workshop ends at 2:45, please make arrangements for bus pickup at that time.*



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### **\*\*Youth Track Conference Registration Form\*\***

**Youth Track registration will be limited to 75 youth and leaders due to space restrictions and will be on a first come, first served basis.**

To ensure a seat in the youth workshops, please send completed registration form with the registration fee to:

**Mail:** San Juan County Partnership-CCHC, 3535 E. 30<sup>th</sup> St., Ste. 239, Farmington, NM 87402

**Fax:** (505) 566-5870

**Email:** [office@sjcpartnership.org](mailto:office@sjcpartnership.org)

Make checks or money orders payable to: San Juan County Partnership

***We are unable to accept credit cards; payment must be made by cash, check, money order or purchase order.***

- \$20.00 Student - non-refundable registration fee, includes lunch**
- \$20.00 Adult Chaperon – non refundable registration fee, includes lunch**

Youth Track Participant Information			
<b>First Name</b>	<b>Last Name</b>	<b>CEU'S: Yes No</b>	
<b>Organization/School</b>			
<b>For adults requesting CEU's only:</b>			
<b>Address:</b>	<b>City:</b>	<b>State:</b>	<b>Zip Code:</b>
<b>Phone:</b>	<b>E-mail address:</b>		

**For Office Use Only:**

**Date Received** \_\_\_\_\_ **Cash** \_\_\_\_\_ **CK#** \_\_\_\_\_ **Money Order#** \_\_\_\_\_

**PO#** \_\_\_\_\_ **Recorded by** \_\_\_\_\_ **CEU Requested** \_\_\_\_\_

**CEU Mailed** \_\_\_\_\_