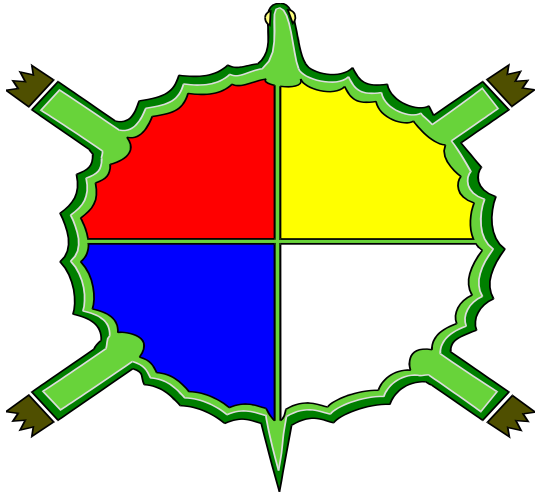


**WELLNESS/HEALING SKILLS TRAINING -**

**STRATEGIES FOR INDIAN COUNTRY IN THE NEW MILLINIEUM CONFERENCE**

**"It's Time to Live - Enjoy Life Fully Through Wellness & Healing"**



**Longevity**

**April 20-23, 2010**

**Inn at Rio Rancho Hotel & Conference Center**

**1465 Rio Rancho Blvd., SE**

**Rio Rancho, New Mexico**

**505-892-1700**

Conference Sponsorship

New Years Eve Sobriety Powwow Association

Sandoval County DWI Program, Albuquerque IHS, and New Mexico Behavioral Health Services

**Conference theme,** “It’s Time To Live - Enjoy Life Fully Through Wellness & Healing “ reminds us all of a personal choice of being able to lead a wellness journey and living a healthy life style. The

theme further embellishes balance we need within our families, personal & physical health, mental & emotional attitude and, spirituality. The thing to do is to ask yourselves; How am I physically, mentally, emotionally and spiritually? Am I depressed and stressed to the point I am lashing out. Are the abnormalities attributed to what is happening within myself, my family, community and where I work? If your answers are questionable, the New Year’s Eve Sobriety Powwow Association cordially invite you to the 10<sup>th</sup> Annual Wellness/Healing Skills Training: Strategies For Indian Country In The New Millennium Conference.

### **TARGET AUDIENCE**

Addiction, Residential, Treatment, Prevention, Medical, Education, Law Enforcement & Court professionals, Board of Education, Counselors, Youth, Social & Mental Health Workers, CHR, Tribal Council, Elders, Community members, Tribal, State and Federal Government Program employees & Administrators, High School & College students. The conference is also open to anyone wishing to improve themselves mentally, emotionally, physically and spiritually.

### **TRAINING TRACTS**

The empowering and interactive 3 ½ days conference will reinforce vision, reaffirming life for us and others, to become more aware of our health and physical being, thus embracing proactive approaches towards personal, family and community wellness. As a result of attending the conference, participants will be able to: Identify principles in Trust and Team Building; implement tools acquired in proactive & prevention alternatives; Describe levels of prevention in substance abuse, domestic violence, anti-social behavior, and other risk factors among Indian youth and adults; Describe models and ideals that effectively demonstrate culturally competent American Indian communities/ systems mobilization, and focusing on health and wellness; Describe multi-generational Trauma and its impact on individuals and how they can move towards resolution; Identify skills and strategies for individuals who practice unhealthy and dangerous coping skills; and, Creating a safe working environment by reducing stress and promoting healing through self care strategies. The conference makes available effective prevention models and programs which could be utilized. Conference participants take active roles in practical exercises & scenarios. Presentations are facilitation format rather than lecture. “**Tell Me, I Forget, Show Me, I Remember, Involve Me, I Understand**” is the concept for this conference. **TALKING CIRCLE, SOCIAL & HONORING POWWOW (Bring your dancing regalia), AND**

### **ENTERTAINMENT**

### **CONFERENCE COST & REGISTRATION**

Conference registration and fees to be directed to Frank and/or Corie Moran Adakai, Conference Coordinators, at 9816 Academy NW, Albuquerque, NM 87114. Email: [Navachip@aol.com](mailto:Navachip@aol.com), Phone 505-897-1489, Fax 505-898-3768. Registration fee \$250 per person; covers conference sessions/workshops, Wellness activities, break refreshments and CEU.

## **LOCATION**

Conference site at the Inn at Rio Rancho Hotel & Conference Center, 1465 Rio Rancho

Blvd. SE, Rio Rancho, New Mexico. For room reservations call (505) 892-1700.

## **CONFERENCE STAFF & FACILITATORS**

Trujillo, Dr. James Pete, and other renown national and local

Frank Adakai, Corie Moran Adakai, Patrick

facilitators have also been invited to present at the 3 ½ day conference.

## **SCHOLARSHIPS**

Limited numbers of scholarships to cover conference fees are available. First come-first serve. letter of request be written to Frank Adakai, Conference Coordinator, outlining reason for request. Letters should be co-signed by subordinate's supervisor, authorizing attendance of the conference. (21) hr. of CEU's granted through State of New Mexico.

**REGISTRATION**

Name \_\_\_\_\_

Department/Program \_\_\_\_\_

Position \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Billing Address \_\_\_\_\_

Work Phone (        ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Staying at Inn at Rio Rancho Hotel:    Yes \_\_\_\_\_ No \_\_\_\_\_

**Note:** Please make Business, Cashier Checks and/or Money Orders payable to:

**New Years Eve Sobriety Powwow Association.** (No Personal Checks please)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_