

2024 ANNUAL AMERICAN INDIAN SUICIDE PREVENTION CONVENING

March 29, 2024

9:00 AM - 3:00 PM

📍 DESERT WILLOW CONFERENCE CENTER

JOURNEY TO

COMMUNITY

HEALING



ARIZONA DEPARTMENT
OF HEALTH SERVICES



Urban Indian
Coalition
of Arizona

PHOENIX
INDIAN
CENTER
ESTABLISHED 1947



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AGENDA

8:30 - 9:00 AM	Registration & Continental Breakfast
9:00 - 9:05 AM	Opening Prayer
9:05 - 9:20 AM	Welcome & Land Acknowledgment
9:20 - 9:30 AM	Opening Remarks: Jolyana Begay-Kroupa, CEO Phoenix Indian Center
9:30 - 10:00 AM	BCBS Video Premiere
10:00 - 11:00 AM	Keynote Address: Al Pooley, President/Founder Native American Fatherhood & Families Association
11:00 - 11:10 AM	Break & Raffle
11:10 - 12:00 PM	Youth Mental Health Panel: Tateum Elthie, Lola Manuelito, & Ohíya Walker
12:00 - 12:45 PM	Lunch - Optional Presentation by Solari: Laboraex Abeita & Jenny Franciose
12:45 - 1:00 PM	Transition to Breakout Sessions
1:00 - 2:00 PM	Breakout Sessions (See pgs. 3-5)
2:00 - 2:15 PM	Break & Raffle
2:15 - 2:45 PM	Cultural Presentation: Chi'Chino Spirit
2:45 - 3:00 PM	Closing Remarks



SESSION DESCRIPTIONS

Key Note Address

Location: Main Ballroom

- Al M. Pooley, MSW, MPA, Native American Fatherhood & Families Association

This presentation discusses the importance of hope and helps individuals recognize the beauty of life and living. Other powerful messages of attitude, gratitude, and humility, in building strong relationships to prevent suicide are included. With emphasis on strategies that help prevent suicide and identifies a range of factors and situations that can increase the risk of suicide, participants learn the behaviors, signs, and emotional pain and suffering that someone feels when thinking about suicide. This presentation also provides ways to process the death of a loved one by better understanding ways of coping and healing from loss.

Optional Lunch Presentation: A Bridge to Healing

Location: Main Ballroom

- Laboraex Abeita, MS, Manager of Marketing & Communications, Solari Crisis & Human Services,
- Jenny Franciose, Education & Training Specialist II, Solari Crisis & Human Services

A Bridge to Healing is an enlightening and uplifting presentation that delves into the profound significance of building a bridge of hope in our community amidst adversity. Led by seasoned speakers and experts in resilience, this presentation offers a beacon of light for individuals and communities grappling with crisis. Through powerful narratives, insightful reflections, and practical resources, attendees will embark on a journey of discovery, exploring the transformative power of hope in the face of adversity.

BREAKOUT SESSIONS

Healing the Spirits of the Youth: Utilizing Traditional Healing Camps for Our Most Vulnerable Relatives

Location: Main Ballroom

- Elicia Goodsoldier, Language & Culture Manager, Phoenix Indian Center
- Čanté Zephier, BAE, Youth Development Specialist, Phoenix Indian Center

The session will explore the efforts of community advocates, elders and traditional healers on the Pine Ridge Indian reservation who are using traditional healing and western modalities to mitigate modern day psychosocial issues affecting children and youth. We will look at how the community uses the Adverse Childhood Experiences (ACE) and Suicidal Ideation questionnaire assessments to inform traditional healing alongside cultural teachings that also address inter-generational trauma within the family. The session will also discuss how families, youth, service providers, schools and Tribal governments play a role in the aftercare healing plan of our youth.

Sustainable Approach to Suicide Prevention & Programs

Location: Ocotillo

- Jacob Kaulaity, B.S, School Prevention Specialist, Fort Defiance Indian Health Board Inc. & Tséhootsooí Medical Center
- Mariah Tsosie, Behavioral Health Aide, Fort Defiance Indian Health Board Inc. & Tséhootsooí Medical Center

Fort Defiance Indian Hospital Board Inc. Suicide Prevention, Intervention, Postvention (SPIP) grant provides an upstream approach to reduce the prevalence of suicide within our service area. Implementation of prevention initiatives increases coordination in the schools and communities by expanding prevention and Navajo cultural services through appropriate evidence-based trainings and practice-based programs.



BREAKOUT SESSIONS

Navigating the Path to Resilience: Understanding Historical Barriers & Applying Self-Care in Community Healing

Location: Brittlebush

- Maria Aguilar-Amaya, DM, Director of the Office of Evaluation & Partner Contracts, Arizona State University - Southwest Interdisciplinary Research Center (ASU SIRC)
- Jeremiah Kaplan, MSW, Senior Research & Training Specialist, Arizona State University - Southwest Interdisciplinary Research Center (ASU SIRC)
- Kathryn Hamm, MPA, Senior Research Analyst, Arizona State University - Southwest Interdisciplinary Research Center (ASU SIRC)

This workshop seeks to describe the impact of compassion fatigue and promotes strategies and skills for self-care to improve participants' mental, emotional and spiritual health. The facilitators will guide the attendees in hands-on activities and exercises for conscious, intentional self-care. The learning objectives are to:

- Become aware of how historical barriers and inequities have impacted our lives and the lives of those we serve.
- Become aware of how compassion fatigue is impacting one's professional and personal life.
- Develop intentional means of experiencing life through self-care strategies and basic principles of mindfulness.
- Understand how these skills can be taught and instilled with those they serve.

This session is directly tied to the theme of working to improve physical, mental, spiritual and/ or emotional health and is built on research and evidence-based practices as well as previous success in working with professionals who work in education, prevention, social work and the health and human services. This session will benefit the attendees with knowledge and hands-on practical strategies and skills and will also impact those who receive future care from the providers.

BREAKOUT SESSIONS

Return to First Medicines: Health, Healing & Happiness as a Whole

Location: Chia

- Celina Mahinalani Garza, Tribal Liaison, Community Outreach Coordinator & Study Coordinator, Native Lifeway & Strong Heart Study

This interactive, intercultural, and FUN workshop is facilitated by an energetic Kanaka Maoli (Native Hawaiian) Wellness Practitioner. This workshop will invite participants to remember and share our traditional ecological knowledge to collectively create suicide-safer communities for our urban native families starting within. Participants will explore ways to improve the Mind/Body/Spirit/Emotional connection to Whole-Health and into our journey to community healing. Participants will also hear and participate in easy, holistic approaches to healing, self-care, and healthy coping approaches. Each participant will learn stress-less stretching and movement exercises (even from a seated position), important conscious breathing techniques, and engage by participating in a relaxing, mindful meditation. Join us for some good music, smiles, and medicine you didn't know you really needed. Each participant will receive a medicine bundle made especially for YOU!



SPEAKERS



Allen King

Founder & Owner,
Whispering Creek
Health

Allen King started at the Centers for Medicare and Medicaid Services, Native Health Services, and Phoenix Indian Medical Services. Allen also speaks at many conferences across the United States as a Keynote Speaker on behalf of Native American healthcare from 2013 to the present. In 2015, Allen was recognized by the White House for Outstanding Community Service by former President Obama. He was also named 2022 Man of the Year for the Arizona American Indian Excellence in Leadership Awards.

Not only is he a voice for his community, but Allen also volunteers with many different Native American Health Services and dances in prayer at community pow wow events. He has been headman dancer on numerous occasions, dancing Northern Traditional and Gourd. Allen is also an advocate for the Wellbriety Movement, a certified Firestarter with over 11 years of sobriety under his belt. Allen King now guides the community as a Consultant, as a business owner and founder of Whispering Creek Health. He focuses on business development that helps sustain sobriety in patients, provide high-quality patient care for trauma and other mental health issues, and reconnect patients with their culture for spiritual healing.

Jolyana Begay-Kroupa is an enrolled member of the Navajo Nation and is originally from Fort Defiance, Arizona. She has a Master of Arts in social and philosophical foundations of education with an emphasis in American Indian educational policy from Arizona State University, and a Bachelor of Arts in elementary education, along with certificates in Diné (Navajo) language. She is the current CEO of the Phoenix Indian Center and is also a part-time Diné language instructor at ASU and Stanford University. Additionally, she provides a vital lens for language and culture interwoven and incorporated into all aspects of the Phoenix Indian Center's client-centered services.



Jolyana Begay-Kroupa

CEO, Phoenix Indian
Center

SPEAKERS



Warren Kontz

Director of Programs,
Phoenix Indian Center

Warren Kontz is Muscogee (Creek) and Diné (Navajo) and was born and raised in Fort Defiance, Arizona on the Nation Nation. He has a Bachelor's degree in Counseling Psychology from San Diego Christian College and a Master's degree in Social Work from Arizona State University. His work history and experience have been in the fields of Social/Family and Health Services either for a Native American Tribe or for an organization that serves Native American tribes and their families. He enjoys the outdoors, hunting, and playing and watching sports.

Belén Santistevan (Southern Ute) is the Prevention Coordinator at the Phoenix Indian Center and Urban Indian Coalition of Arizona. Belén oversees the coalition as well as the trainings and workshops executed by the Prevention Team including suicide and substance prevention, parenting and middle school curriculums, cultural awareness, historical trauma, community healing such as Gathering of Native Americans, and cultural workshops. Belén is also the advisor for the F.I.N.A.L Youth Council Prevention Committee. Belén holds a Bachelor of Science in Psychology with a background in education and behavioral health. Belén is passionate about preventing suicide and substance use, especially amongst the Native community, and turning to culture and tradition to bring about healing.



Belén Santistevan

Prevention Coordinator,
Phoenix Indian Center



SPEAKERS



Adrian Salliego

Community Liaison,
Beechtree Diagnostics

Adrian Salliego is an enrolled member of the Navajo Tribe. His Maternal clan is Bitterwater and born for the Deerspring Clan. His Mother is from Tuba City, AZ and Father from Cedar Ridge, AZ. Adrian grew up on the Navajo Reservation his whole life. He was raised with the Traditional way of the Navajo people. Adrian surrendered to the disease of addiction on November 3, 2004. He started a new way of life in a 12-step fellowship. Today, Adrian is a productive member of society currently working for Beechtree Diagnostics. He is also a trainer for Generation Red Road working with Carlos Rivera. Adrian has traveled across Turtle Island meeting with many Tribal members to help the people seeking recovery. Adrian lives in Tempe, AZ and continues to work with a sponsor in the fellowship of Narcotics Anonymous. Helping the fellow addict seeking recovery has become a service commitment for Adrian Salliego.

Albert M. Pooley is the Founder and President of the Native American Fatherhood and Families Association, based in Mesa, AZ. He was born to the Hopi and Navajo tribes in Northern Arizona. He grew up close to both tribal cultures on the reservation where the love of a father taught him outstanding life lessons. He holds a Master of Social Work (MSW) and Master of Public Administration (MPA) and has extensive experience as a marriage and family counselor. In 2002, Mr. Pooley founded the Native American Fatherhood and Families Association with a mission of strengthening, reuniting, and keeping families together.

Throughout his professional career, Mr. Pooley has worked with over 250 tribes throughout North America in promoting responsible fatherhood and motherhood roles. As a father of six children, he appreciates his role of being a father, and grandfather, and finds joy in teaching principles that are relevant to his Native American culture. He was named the 2022 Kent C. Ware Lifetime Achievement Award for the Arizona American Indian Excellence in Leadership Awards.



Albert M. Pooley

Founder & President,
Native American
Fatherhood &
Families Association

SPEAKERS



Laboraex Abeita

Marketing &
Communications Manger,
Solari Crisis &
Human Services

Laboraex Abeita (Pronounced Lab-oh-Ray) (He/Him) is the Manager of Marketing and Communications with Solari Crisis and Human Services. He is a proud member of the Diné Nation and Pueblo of Isleta of the Southwest. He was born in Gallup, New Mexico, and was raised in Los Lunas, New Mexico. His love for storytelling was nurtured throughout his childhood by his family, while his passion for art and creativity were foundations in his life due to his parents being stone sculpture artists. For the past decade, Laboraex has developed his creative design and marketing career by helping organizations around the southwest tell their stories and connect with their desired audiences. Laboraex's mission in life is to help others by telling engaging, captivating stories of hope.

Jenny Franciose is an Education and Training Specialist II with Solari Crisis and Human Services. Jenny specializes in providing mental health awareness and suicide intervention training. She is a certified instructor in Mental Health First Aid for Adults, Teens, and Youth. Jenny has extensive experience working within the community and organizations to provide behavior assistance, mental health guidance, and crisis intervention. She has facilitated mental health and trauma lectures on local podcasts, public speaking events, and in local organizations. She is passionate about mental health advocacy and working within our social justice system as a proponent for clearing the way for every voice to be heard and ensuring her local community feels supported and strong.



Jenny Franciose

Education &
Training Specialist II,
Solari Crisis &
Human Services



SPEAKERS



Lola Manuelito (Diné) is a freshman at Xavier College Preparatory. Lola's clan is Tséńjikiní (Honeycomb Rock people clan) born for Ta'neesdzahnii (Tangle people clan) which is how she identifies herself as a Navajo woman in her culture. Lola joined the F.I.N.A.L Youth council to experience new opportunities and to represent Native youth across the valley in Phoenix.



Lola Manuelito

F.I.N.A.L Youth Council



Tateum Elthie

F.I.N.A.L Youth Council

Tateum Elthie is 16 years old and is Navajo and White Mountain Apache. She is currently a sophomore at Xavier College Preparatory. She joined the F.I.N.A.L Youth Council to be involved with her community, whether it be taking on a leadership role or assisting health for others. In addition, she wants to aid other youth to reconnect with their culture for she believes the younger generation is our future.

Ohíya Walker (Cheyenne River Sioux, Red Lake Ojibwe, and Mvskoke) is 15 years old and identifies as nonbinary. Their pronouns are they/them. They were born in South Dakota but moved to Arizona 8 years ago. Their gender and overall queer identity are a big part of who they are. Their Indigenous culture played a big role in figuring out what they identify as and who they are as a person. They joined the F.I.N.A.L Youth Council to help and support their community and provide support in any way they can. They have spent their whole life finding ways to include their people in education correctly, protesting injustice and advocating for their people's rights, and educating others about Indigenous issues. They are thankful that the F.I.N.A.L Youth Council is giving them a space to grow and learn better and more effective ways for our Indigenous communities to be seen and heard.



Ohíya Walker

F.I.N.A.L Youth Council

SPEAKERS



Elicia Goodsoldier

Language & Culture
Manager,
Phoenix Indian Center

Elicia Goodsoldier (she/her/hers) is To'aheedliinii (Water Flows Together Clan) and born for Nakaii' (Mexican People). She is an enrolled member of the Navajo Nation and is also a relative to the Spirit Lake Dakota people of Ft. Totten, ND. Elicia is originally from Tse'si'ani, Arizona also known as Lupton, AZ. Her spiritual L/Dakota name is Itokagatahan Win which means Comes from the South Woman. Elicia previously served the Phoenix Indian Center as the Language and Culture Coordinator and has recently stepped into the role of Language and Culture Program Manager. She has served on the Board of Directors for the National Native American Boarding School Healing Coalition and the Cultural Competency Advisory Council for the Office of Behavioral Health, Colorado Department of Health and Human Services. Elicia served as Co-Chair of the Denver American Indian Commission and the Colorado Commission to Study American Indian Representation in Public Schools. Her most important roles are being a good relative and ama' (mother) to her three adult children.

Čanté Zephier is a citizen of the Yankton Sioux Tribe, as well as comes from the Navajo Nation. Čanté is Tó'aheedliinii, born for the Dakota people, hailing from Lupton, Arizona and Pine Ridge, South Dakota. She holds a Bachelor of Education in Secondary Education with a concentration in history from Arizona State University. During her time at ASU, Čanté served as Miss Indigenous ASU 2022-23, where she gained a valuable and cherished relationship with the Native community of Phoenix. Čanté is passionate about working with youth and fostering relationships surrounding education, culture, and leadership.

Čanté enjoys beading, powwow dancing, traveling, and spending time with her family.



Čanté Zephier

Youth Development
Specialist,
Phoenix Indian Center



SPEAKERS



Jacob Kaulaity (Navajo/Kiowa) (he/him/his) was born and raised in Fort Defiance, AZ. He lived and learned in Flagstaff, AZ. Mr. Kaulaity received his bachelor's degree from Northern Arizona University in Sociology. His professional career has been geared towards working with youth and adolescents in settings of schools, community, sub-acute youth treatment centers, juvenile detention and youth shelters. He has been working in mental health and suicide prevention since 2013 and brings that knowledge into the public health and the Health Promotion Department. He currently serves as a School Prevention Specialist. Jacob appreciates and acknowledges his family values and teachings. He enjoys working out, listening to music, and catching rock concerts.



Jacob Kaulaity
School Prevention
Specialist,
Fort Defiance
Indian Health Board
Inc. & Tséhootsooi
Medical Center



Mariah Tsosie
Behavioral Health Aide,
Fort Defiance
Indian Health Board Inc.
& Tséhootsooi Medical
Center

Mariah Tsosie (Diné) is a member of the Navajo Nation. She was born and raised in Saint Michaels, Arizona. Mariah is currently enrolled as a student with Diné College, where she is pursuing her B.S. in Public Health. Her role as a Behavioral Health Aide within the Fort Defiance Service Delivery Area focuses on suicide and mental health prevention services that meet the needs of the youth in local communities and schools. Her passion involves working with youth and cultural revitalization efforts on traditional Navajo Weaving to students and community members. Mariah is driven to learn public health efforts based on mental health awareness and suicide prevention that will best serve her community.



SPEAKERS



Dr. María Aguilar-Amaya

Director of the Office
of Evaluation &
Partner Contracts,
ASU Southwest
Interdisciplinary
Research Center

Dr. María Aguilar-Amaya is Director of the Office of Evaluation and Partner Contracts at SIRC at ASU. She is a Faculty Associate in the School of Social Work. She is a bilingual and bicultural researcher. Dr. Aguilar-Amaya is a citizen of Mexico and the United States of America; her ancestral roots are Apache from Chihuahua, Mexico and Tarasco from Michoacán, Mexico. She possesses an Associates in General Studies, a BS in Administration of Justice with a minor in Communications, an MA in Organizational Management, and a Doctorate in Management and Organizational Leadership. She served as President for the Arizona Evaluation Network (AZENet), as a Director at Large for the Arizona Courts Association, and as a member of the Arizona Governor's Office Substance Abuse Epidemiology Work Group. She is an active member of the Arizona Health Equity Conference Committee.

Kathryn Hamm, MPA is a Senior Research Analyst at ASU, SIRC. She holds a master's in Public Administration and a Bachelor of Science in Communications, Journalism and English. She has nearly 30 years of experience in conducting all types of evaluations. Ms. Hamm serves as the project lead for three Native Youth literacy grants on the Gila River Indian Community and with Blackwater Community School and Gila Crossing Community School. She is well versed in survey design and development and has expanded into social network analysis using the PARTNER tool as part of the evaluation for several projects. She has also evaluated a parent education drug prevention program and two evaluations for the Blackwater Community Preschool programs. Previously, she conducted the evaluation for the Childsplay Arts in Education grant (AEMDD) and completed a six-year follow-up study of Project Challenge graduates, a residential program for high-risk youth administered by the Arizona National Guard.



Kathryn Hamm

Senior Research
Analyst,
ASU Southwest
Interdisciplinary
Research Center



SPEAKERS



Jeremiah Kaplan, MSW is a Senior Research & Training Specialist at the Southwest Interdisciplinary Research Center at Arizona State University. He has an AS in computer-Aided Drafting & Design, a BS in Human Services, and a Master's in Social Work. He has over 23 years in workforce development, business development, and the management of process-related data; he has been an educator in the social services fields for 8 years specializing in Motivational Interviewing, Trauma-Informed Care, Mindfulness, Professional & Personal Resilience, Youth Development, and the application of Collaborative Storytelling in educational and interventive.



Jeremiah Kaplan

Senior Research & Training Specialist,
ASU Southwest Interdisciplinary Research Center



Celina Mahinalani Garza

Tribal Liaison,
Community Outreach Coordinator & Study Coordinator,
Native Lifeway & Strong Heart Study

Celina Mahinalani Garza, Kanaka Maoli (Native Hawaiian) specializes in creating meaningful connections as an Indigenous Advocate & Practitioner of Wellness: Mind/Body/Spirit and Emotions. She is a Full Spectrum Indigenous Doula, a mother and "G-ma." Known as an energetic Motivational Facilitator, she integrates traditional ecological knowledge, holistic modalities, Mind/Body Transformational Psychology, personal empowerment coaching, cardiovascular health, and wellness; Movement is Medicine to inspire people. Celina travels to Native communities to facilitate wellness and motivation workshops, staff development, cultural exchanges, talking circles, Ho'oponopono, and Hawaiian entertainment. Celina is the founder of Native Lifeway and author of "365 Days of HA"





A note from the artist:

The watercolor art piece depicts a desert scenery of different-shaped cacti, bushes, patches of grass, mountains, and an O’odham lady covered up to harvest the saguaro to put in her basket. The reason I created this watercolor piece was inspired by when I was younger, my Nana and Tata would take my sister and I to our Tohono O’odham Reservation during the summer, around mid to late June when the saguaro fruit was ready to be picked, to teach us how to harvest the saguaro fruit.

This piece relates to Journey to Community Healing by going back to our roots and learning our traditional ways to help keep our culture(s) alive especially since Indigenous peoples have endured so much cultural trauma that still needs to be talked about and healed from. For me, being able to go back to my reservation and learn from my Nana about our tribal traditions is so important and demonstrates the importance of how culture plays a big part in healing ourselves: mentally, physically, spiritually, and emotionally.

WINNER



Elise Lamas, 18
Tohono O’odham



PREVENTION SERVICES



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