

**Restoring & Celebrating Family Wellness  
12th Annual Youth Conference  
June 26-27, 2018  
Newcomb High School**

**Co-Masters of Ceremonies**

**Jody Mike-Bidtah**

Jody is Naakaii Diné'é, born for Táchii'nii. Hooghan Łaní is her maternal grandfather's clan and the 'Áshjii' is her paternal grandfather's clan. In Spring 2016, she graduated from Fort Lewis College with a Bachelor's Degree in Environmental Studies and Native American Indigenous Studies. After graduation, Jody moved back to her hometown, Shiprock, NM, to work with adolescent youth and their parents. To this day, she is a Project Manager, Prevention Educator, and Youth Mental Health First Aid Trainer at Capacity Builders, Inc. On her free time, she likes to read, cook, hike, and cuddle with her dog.

**Anthony J. Lee**

Yá'át'ééh! Shimá is Ashihii and shicheii is Kiyá'ani. My father is Filipino and both of my parents met in the US Army. After being honorably discharged my mother came back home to the reservation where I was born and raised. Around the age of 11 I joined the homeless youth where I became involved in music, art and expression in attempts to fight my depression. Despite the economic status of Shiprock, I found myself in the care of my community. When I was 18 I became a father and at 22 I met my father for the first time. After a few business attempts I became affiliated with a group of people known as Diné Introspective. As of today I serve on the board as Director.

**Keynote Speakers**

**Nanabahzhon Bluehorse Tom, Miss Teen Navajo  
Youth Leadership in K'é, Respect, and Wellness**

I am of the Water Edge Clan, born for the Salt People Clan, my maternal grandfather is Red House Clan, and my paternal grandfather is the Folded Arm People Clan. I am 14 years old, and come from the community of Red Valley, Arizona. My parents are Jerilynn Goldtooth and Duane Neil Tom. My maternal grandparents are Kenneth Goldtooth and Ona Bluehorse. My paternal grandparents are Dorothy Tom and Late Robert Glen Tom. I have only one older brother, a niece and nephew.

Youth need to learn self-respect, self-discipline and develop a healthy relationship with others by using the traditional concept of K'é, and Respect. Self-care is very powerful and includes our emotions, spirituality, and psychologically in our well-being as we were taught by our elders, because we are the future leaders.

**Ernest Harry Begay  
Ádáhodíłzin – Respect and Reverence for Self**

Ernest Harry Begay is a Traditional Healer/Counselor with the Four Corners Regional Health Center in Red Mesa, Arizona. Ernest does diagnosis using the crystal ceremony, protection way prayers, blessing way prayers, corrective action ceremonies, tobacco and sweat lodge ceremonies. He counsels individually, for married couples, family and groups. He provides cultural education in Early Childhood Development, Parenting, Leadership, History, Substance Abuse, Indigenous Education, and Cultural Orientation for Health Care Providers. He worked with the Department of Behavioral

Health Services of the Navajo Nation for 12 years. He was a contributor and author of the Navajo Traditional Healing Component Policies and Procedures for DBHS. Ernest is a member of the Navajo Medicine Men Association as Traditional Practitioner, Counselor and Educator.

## **Lunch Speakers**

### **Ariana Young, Miss Northern Navajo 2017-18**

Ariana Roselyn Young is Miss Northern Navajo 2017-2018. She is the ambassador of the Northern Agency of the Navajo Nation but she represents the entire Navajo Nation. Ariana is 18 years old and originally from Teec Nos Pos, Az. Her clan is how she identifies herself as a young Diné woman; she is Bit'ahnii, born for Honágháahnii. Her Maternal Grandfather is Kintichíí'nii and her Paternal Grandfather is Táchii'nii. She is a student at San Juan College. She strives every day to become fluent in the Diné Bizaad and to continue to spread the message of her passion that is her platform. Her platform is to share the importance of self-awareness through K'é in prevention of larger issues, such as all forms of abuse (child, domestic, elderly drug & alcohol), bullying and suicide. Ariana has been doing motivational presentations to groups of all ages, even before her current title.

### **Edison Jim, Newcomb Chapter Manager**

Edison Jim is the Newcomb Chapter Manager.

## **Workshop Presenters**

### **Albert Avery**

I am a licensed social worker and employed at an elementary school; I also teach at New Mexico Highlands University about Diversity and Multiculturalism. I coach baseball in the ten and under division. I've grown up in and currently reside in Shiprock, NM.

I will share a narrative on how education changed a labeled troublemaker's life. Offering a Q & A session after the narrative focusing on education, change, hope, resiliency, and the reality of the change.

### **Dr. David Begay**

Dr. David Begay is a prominent educator, consultant and traditional knowledge keeper that works as an advisor and expert on policy development, educational leadership and the restoration of Traditional Diné lifeways and knowledge systems. Mrs. Janene Yazzie and Dr. Begay are part of the Diné Centered Research and Evaluation Team which is creating a model for community research.

Our Diné people are facing enormous struggles that impact our communities and families. We will present a Diné-centered lens to assist youth in understanding our collective and individual resiliency, and the tools provided by our cultural teachings that help them discover their capacity for leadership and for developing solutions that restore their sacred Self.

### **Edward T. Begay**

Edward T. Begay is Tótsohnii, born for Tł'ááshchí'í, Tódich'íinii are his maternal grandparents, and Tó'aheedlíinii are his paternal grandparents. He lives in Shiprock, NM, with his wife, daughter, and grandkids. He works for Navajo Treatment Center for Children and Families as a Treatment Coordinator for the last 9 years. His job includes working with sexually abused/mental health children ages 4-17. He is a traditional counselor, substance abuse counselor, and uses traditional teachings and ceremonies to help people.

**Ernest Harry Begay**

Ernest Harry Begay is a Traditional Healer/Counselor with the Four Corners Regional Health Center in Red Mesa, Arizona. Ernest does diagnosis using the crystal ceremony, protection way prayers, blessing way prayers, corrective action ceremonies, tobacco and sweat lodge ceremonies. He counsels individually, for married couples, family and groups. He provides cultural education in Early Childhood Development, Parenting, Leadership, History, Substance Abuse, Indigenous Education, and Cultural Orientation for Health Care Providers. He worked with the Department of Behavioral Health Services of the Navajo Nation for 12 years. He was a contributor and author of the Navajo Traditional Healing Component Policies and Procedures for DBHS. Ernest is a member of the Navajo Medicine Men Association as Traditional Practitioner, Counselor and Educator.

**Renaeg Begay**

Renaeg Begay has been a Drug Free Communities Program Coordinator with San Juan County Partnership (SJCP) for four years. She is Hashtlishnii (Mud Clan), born for Naaneesht'ézhi Tachii'nii (Charcoal-Streaked Division of Red Running into Water), her cheii are Ashííhi (Salt People Clan), and her nali are Tódich'ii nii (Bitter Water Clan). She is from Oak Springs, Arizona. Ms. Begay is a strong advocate for raising awareness of prescription disposal/misuse in San Juan County. She works on public policy related to Alcohol, Tobacco and Other Drugs, has experience at the state and tribal level with private and non-profit program management within environmental strategies. Ms. Begay received a BA in Bi-Cultural Studies and Elementary Education in Science from Fort Lewis College and is currently working on her Master of Public Administration from University of New Mexico. She is a Certified Prevention Specialist for 13 years with the New Mexico Behavioral Health Professionals.

“Marijuana and Kids' Brains—What's the Real Buzz? An Update on Marijuana Research: Effects on Adolescent Brain and Behavior.” Marijuana affects brain development, and when used heavily by young people, its effects on thinking and memory may last a long time or even be permanent. This session will highlight current and planned NIDA-support research to understand how and why marijuana use impacts adolescent brains and how what we are learning can enhance community-based education and prevention efforts.

**Regina BlueEyes**

Regina BlueEyes works at the Four Corners Regional Health Center (FCRHC) in Red Mesa, AZ, as a Recreational Specialist. She is Tábaahá, Water Edge Clan, born for Naakai Diné é, Mexican Clan, Maternal Grandfather is Ta'neezahnii, Tangle Clan, and Paternal Grandfather is Táchii'nii, Red-Running-Into-Water People Clan. She has fun working with all age groups implementing several aspects of physical activity from fitness classes to SPARK for kids.

Tai Chi is a low-impact, slow motion exercise which allows “meditation in motion” to happen. We will focus on breathing, strengthening, meditating while learning basic forms of Tai Chi that can be done anywhere.

**Capacity Builders, Inc.****Paula P. Claw**

Paula P. Claw is a member of the Navajo tribe and works as a Mental Health Specialist at Northern Navajo Medical Center – Teen Life. Paula earned a Master of Social Work and Master of Public Administration from Arizona State University in May 2014. Paula also received a Bachelor of Social Work and minor in Political Science from Arizona State University in May 2002. Paula has experience working with Native American urban and rural communities, she is knowledgeable with intergovernmental relations/agencies (i.e., State, Tribal and Federal) and actively involved with non-profit organizations. Paula currently provides both group and individual therapy through Teen Life's School Based Health Clinics and enjoys working with the young adult population. Paula specializes in Mindfulness-based cognitive therapy (MBCT) and Eye Movement Desensitization and Reprocessing (EMDR) therapy. She will present on *Mindfulness and Relaxation*.

**Deputy Jamar Cotton**

My name is Deputy Jamar Cotton. I am a former New Mexico State University starting Linebacker. Graduated in 2010 with a Bachelors in Early Childhood and a Masters in 2012 in Curriculum and instruction. I am originally from Irvington, NJ, move to NM in 2005 for school and football. I'm a 7 year law enforcement vet who specializes in community outreach and crime prevention. I am also, a certified nutrition, fitness, and Defensive Tactics instructor.

With over 10 years of experience, I pride myself on helping others reach and live a healthier and stronger life style. In 2014 I started a group called "Team Get Right Fitness" which offered free health and fitness services to of Dona Ana County. It was a success helping people lose hundreds of pounds, gain muscle, better eating habits, and how to make the health importance a lifestyle.

The course I will be implementing on the 26th-27th is going to cover some of the basic of nutrition, exercises, and body components, how to prevent and address injuries as well as some exact exercises. This exercises will encourage increase heart rate, sweat, and breathing. If there are any medical concerns be sure there are address prior to the physical session.

### **Guila Curley**

Tabaaha nishli. Bilagaana bashishchiin. Honaghaanii dashichei. Bilagaana dashinali. I am originally from Newcomb, New Mexico. I am currently a teacher at Newcomb High School and I coach cross country and track. I will share some Running Games.

### **Jodee Dennison**

Jodee Dennison is a member of the Navajo Tribe and originally from Tohatchi, NM. Jodee resides in Gallup, NM. Jodee's maternal clan is Weaver-Zia Clan (Ti'ogai) and paternal clan is Mexican Clan (Naakai Dine'é). Jodee graduated from the University Of Oklahoma Health Sciences Center, Oklahoma, OK. Jodee worked for the Indian Health Service for 21 years as an Injury Prevention Specialist. She retired from the U.S. Public Health Service Commissioned Corps, Billings Area Indian Health Service, Billings, Montana. Jodee is the Chapter Director for the ThinkFirst Navajo Injury Prevention Program, Eves Fund from 2016 to current.

The educational presentations entails the following: Introduction of presenters and to provide innovative safety lessons of the anatomy of the brain and spinal cord to the students/staff; safety video, ThinkFirst Voice for Injury Prevention (VIP) speaker's personal testimony; bike helmet demonstration; questions from the students/youth.

### **Tommy Denny-Martins**

Tommy Denny-Martins is 12 years old, and will be an incoming 8<sup>th</sup> grader at Tibbetts Middle School in the fall. His favorite sport is playing soccer. He loves math and science, designing/making board games, and helps his family with their farming efforts in exchange for wifi time. His favorite video game is Skyrim. His favorite treat is Nutella. He is a cat owner to Tully, a naughty tabby cat. He will co-present Simple Math and Science Experiments for Kids.

### **Desiree Deschenie**

Ya'at'eeh Desiree Deschenie yinishye. Ta'neezahnii nishli, Ta'neezahnii bashishchiin, Tó'aheedlínii ei dashichei, Naakai Dine'é (Nicaragua) dashinali. Born and raised in Farmington. She works at the New Mexico State University Agricultural Science Center on a small pilot project aiming to study the effects a gardening and nutrition curriculum has on elementary students and their families in Shiprock that concluded in May. She most often found either donking around at the Ag Science Center or at Dream Diné Charter School Garden.

Why compost? What is compost? Making compost is a sped-up way of imitating nature's cycle of life and death. The end product in the composting process is a dark, loose, partially decomposed form of organic matter that improves the soil's ability to absorb water, conserve resources, and reduce landfill. Join us as we make a small compost bin for Newcomb High's up and coming agriculture department.

**Tina Deschenie, Ed.D.**

Tina Deschenie, Ed.D., is Ta'neesahnii, born for Tó'aheedlíini, her cheii are the Tewa from First Mesa at Hopi in AZ, and her náli are Bit'ahnii. She has enjoyed reading and writing poetry since she was in high school.

Why Poetry? Poetry as hané, self-expression and creativity. Not only does poetry involve your listening skills but it also hones your writing skills. Poetry allows you to see, hear and feel something. It can be fun or thoughtful verse.

**Roberta Diswood**

Roberta Diswood is Ta'baaha (Water Edge) born for Tsinsikaadnii (Tree Clamp) raised in Gadi'í'ahi but currently reside in Nenahnezad, NM. Working as a Recreation Specialist at Shiprock Health Promotion at Northern Navajo Medical Center allows me to bring about awareness on physical activity across the Northern Navajo area communities. The Diné Positive Kinship Model provides cultural teachings about proper and positive kinship roles and responsibilities as well as the importance of positive relationship through K'é between individuals and their families, grandparents, clan relations, and Diné society.

**Dr. Henry H. Fowler**

Henry H. Fowler is from Tonalea, Arizona. Mr. Fowler is born for Bitter-water and born into Zuni-Edgewater; his maternal grandparents are the Many Goats, and his paternal grandparents are the Red-running-into-the-Water. Dr. Fowler received his Bachelor's degree in mathematics education and Master's degree in Education from Northern Arizona University in Flagstaff, Arizona, and received his Doctor of Education in Educational Leadership and Change from Fielding Graduate University in Santa Barbara, California. He has been teaching math for over 20 years.

Dr. Fowler is the co-founder of the Navajo Math Circles. The Navajo Math Circles provides teacher workshops for grades K-12 and works with over 40 mathematicians to promote math education for students of the Navajo Nation. His research interests lie in the area of Ethnomathematics. Dr. Fowler's passion is promoting math literacy and advocating for social justice through mathematics. He strongly supports relevant cultural materials to guide instruction.

Model math lessons are based on problem-based math strategies and Navajo culture and songs to strengthen deep conceptual mathematical understanding for the participants to engage in a culturally relevant Navajo math lesson. The participants will create a Navajo hogan using Navajo knowledge and geometry.

**Brandon Francis**

Ya'at'eeh, Brandon William Francis yinishye. Nát'oh Diné'é Táchiiní nishli, Tótsohnii bashishchiin, Tódich'ii'nii ei dashichei, Kínfichii'nii dashinali. I was born and raised in Black Mesa, Arizona. Currently, I am a research lab tech at NMSU Agricultural Science Center researching and monitoring the impact the 2015 Gold King Mine Spill had on the San Juan River agriculture. I am also a project coordinator for the Earth Mother Agricultural Initiative, helping to teach Diné farmers permaculture and cool season growing techniques combining traditional and modern farming methods to help revitalize agriculture on the Navajo Nation.

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**Cecelia Fred**

Cecelia Fred is a member of the Navajo Tribe from Red Rock, NM. Cecelia's maternal clan is One-Walks-Around Clan (Honaghaahnii) and paternal clan is Black Streak Wood People Clan (Tsi'naajinii Clan). Cecelia is a VIP (Voice for Injury Prevention) for the ThinkFirst Navajo Injury Prevention Program, Eves Fund. Cecelia is a paraplegic and sustained a gunshot wound to her spinal cord at the age of six years. Cecelia has dedicated her life to advocating for the rights of people with disabilities and also talks to the Navajo youths across the Navajo Nation on preventing brain and spinal cord injury. She tells her personal story of how she became injured. Cecelia works for the San Juan Center for Independence,

Gallup, NM. She is an ambassador for the Christopher and Dana Reeve Foundation and board member for Native American Disability Law Center. Cecelia is a peer advocate and mentor for individual with disabilities.

The educational presentations entails the following: Introduction of presenters and to provide innovative safety lessons of the anatomy of the brain and spinal cord to the students/staff; safety video, ThinkFirst VIP speaker's personal testimony; bike helmet demonstration; questions from the students/youth.

### **Cheryl George**

Cheryl is the Health and Wellness Specialist with Central Consolidated School District.

### **Jimmy L. Hall**

I work for Navajo Nation Department of Behavioral Health. I have been employed there for thirteen years with my title being a family therapist. At the present moment I work at the adolescent unit with children who are school age struggling with substance use. I graduated from Highland University with my Masters in Social work in 2004 and have held several places of employment to include my last place of employment at Wingate High School as a school social worker. I enjoy working with the youth to help display to them that change is possible. I relocated from New York in 1994 where I had begun working as a detention officer which helped me get me started with my education and I am a veteran which I served in the U.S. air Force.

The program that will be shown is called the Family Wheel which focuses on the family as a whole. Illustration will be shown when the communication breaks down in the home everything else goes wrong.

### **Nelvin Hanley**

Nelvin Hanley will share about his health and wellness success story.

### **John Hosten**

Tl'aashchi'i' / Nat'oh Tachii'nii / Bit'ahnii / Tse'nahabilnii

I am the Health Promotion Specialist at Four Corners Regional Health Center in Red Mesa, AZ. I collaborate with local communities on health and wellness projects focused on prevention and health literacy. I integrate outdoor recreation activities such as hiking, biking, and rafting with the Navajo Wellness Model that includes photo, video and audio projects. I enjoy being outdoors especially rafting and kayaking.

Using photo, video, and audio technology to capture content on space and place and the human, family, societal, and environmental challenges we face.

### **Emily Hoxie**

I'm a proud New Orleanian who moved to beautiful New Mexico in 2012. Currently, I am lucky enough to work alongside teachers as a coach for Teach for America. In my freetime, I get to have fun by coaching a youth soccer team.

Soccer Skill Development: Participants will be exposed to and apply the fundamental skills of soccer including dribbling, shooting and passing. This application will acquire through the use of soccer games.

Session 1: Soccer ABCs- under the age of 10; (Objective: PWB exposed to fundamental soccer skills by playing games emphasizing dribbling and passing)

Session 2: Soccer Fundamentals- Above age 10 (Objective: PWB exposed to fundamental soccer skills by playing games emphasizing dribbling and passing)

Session 3: World Cup-All ages (Objective: PWBAT apply dribbling and shooting skills by playing world cup)

Session 4: Soccer Freestyle-All Ages (objective: PWBAT apply soccer fundamentals by playing in soccer games)

Session 5: World Cup (Objective: PWBAT apply dribbling and shooting skills by playing world cup)

Session 6: Soccer Freestyle (objective: PWBAT apply soccer fundamentals by playing in soccer games)

### **Jeremy Joe**

We are Hip-Hop practitioners from the Navajo Nation. We teach the fundamentals of music production and creative writing through Hip-Hop. The Medicinal Hip-Hop Foundation is a culture of music producers, artist, and entrepreneurs. Our focus is to educate and heal with the process of style writing and applied sciences through Hip-Hop.

Session 1: Applied Sciences / Creative Writing Fundamentals

Session 2: Song Orientation/ Development/ Recording

Session 3: Recording/ Writing Circle

Session 4: Recording/ Open Cypher Session

Session 5: Applied Sciences/ Creative Writing Fundamentals

Session 6: Recording/ Open Cypher Session

### **Officer Melvin Joe**

Melvin Joe joined the Navajo Police in 1985 and has been a Police Officer for over 30 years. He did Patrol, Motorcycle, K-9, and currently doing Sex Offender Registration and Notification Act (SORNA). Melvin's spouse is a Police Officer and their two sons are also Police Officers. He will present on Personal Safety and on the Office for Sex Offender Registry.

### **Nikki John**

Nikki John has been conducting and organizing a variety of trainings and workshops for the Navajo Department of Workforce Development for the past 10 years as the Counselor, and will offer a workshop on Career Building Skills.

### **Randy W. John, Sr.**

Randy is Tódich'iini – Bitter Water Clan, born for Hashk'ąą Hadzohíí – Yucca Fruit Clan, his maternal grandparents are Bit'aahni – Folded Arms Clan, and his paternal grandparents are Naakaii Diné'ée – Mexican People Clan. He is a Public Health Advisor with Office of Environmental Health in Shiprock. He will share about the Navajo Wellness Model, Shá Bik'ehgo As'ah Oodááí.

### **Raymond M. Keeswood, Jr, LADAC, CPS**

Hello, I am of the Yucca Fruit Clan and born for Red Streak Running into the Water. I currently work for the Navajo Nation Division of Behavioral and Mental Health Services. My job title is Prevention Specialist and I have been in the Substance Abuse Prevention for 19 years.

I will present on Native American Question, Persuade, Refer. The program is about reducing self-destructive behaviors and increasing protective factors to live a harmonious and productive life. This program offers you to become a Gate Keeper to help others in need.

### **Trini King**

Trini King, is a filmmaker, actress, mentor and advocate against domestic violence from Shiprock, NM. After graduating high school, she continued her education studying Biology and later majoring in Film & Media. Trini worked on various television and film productions with Fox Studios, Sundance Film Institute, Showtime Entertainment, Imagine Native Film & Media, AMC Television, Sony, and Paramount Studios. She works as a Leadership Development Coordinator at Healing Circle Drop-In Center and volunteers with local nonprofit organizations, facilitating women's support groups, LGBTQ support groups, community gardening, women's sweat lodge sessions, mentoring troubled youth and advocating for Natives in Sobriety. She is currently working on her master's degree in Criminal Justice with the emphasis in Human Services and various film projects across the country.

Her workshop will focus on understanding and living amongst the LGBTQ community, stress management, coming out of the "closet", rediscovering inner strength, and living harmonious in the 21<sup>st</sup> century.

### **Cathy Y. Manus, LPN**

I am the Newcomb High School Nurse. Achiih dzitlah are my main clans. I am a wife to Bill Manus of 34 years, a mom to Denise, Daniel, Dewayne, a nali to Kylie, MyKayla Manus, my tsoi is Sequoyah Manus. I have worked as a LPN for 34 years. I love my job, the staff and students. I recently received my certification to do Acudetox.

Acudetox – Traditional Chinese medicine. Acupuncture and ear seeds can be used to offer gentle support for stress reduction, allows healing to take place. 30-45 minutes resting. Five points associated mind/body/spirit:

1. Sympathetic – Strong pain relief
2. Shen Men – “Spirit gate” relieves pain
3. Kidney – Detoxifies “relieves cramp”
4. Liver – Detoxifies “relieves muscle”
5. Lung – Detoxifies and aids in regulation grief/sadness/letting go

### **Dr. Zoey McKenzie**

Naneesht’ezhi Tachiinii nili, Kinlahchiinii ei yashchiin, Haltsoi Dine’é ei dabicheii, doo Tlaashchi’I ei dabinali. Zoey McKenzie is currently the Area Injury Prevention Specialist for Indian Health Service and a Veterinarian. Zoey was part of the team that successfully reconfigured and prepared Navajo Technical University (NTU) Veterinary Technology Program for American Veterinary Medical Association (AVMA) Accreditation. NTU’s Veterinary Technology Program is accredited, and graduates are now eligible to take the exam to become Registered Veterinary Technicians. Zoey values courage, kindness and creativity. Zoey is a huge fan of avocado toast. She lives in Shiprock with her cat Nermal and dog Foxy.

Veterinary Public Health Math and Science Games. In these workshops we will explore math and science and how they are used in veterinary medicine and public health.

- Conversion Races—Play games and learn to speed calculate conversions that you will need every single day in veterinary medicine.
- Data Analysis and Creative Data Presentation – Students will brainstorm creative ways of presenting data using playdough, rocks, etc.
- I want to go into Veterinary Medicine. Steps to becoming a veterinarian.

### **Jody Mike-Bidtah**

Jody is Naakaii Diné’é, born for Táchii’nii. Hooghan Łaní is her maternal grandfather’s clan and the ‘Áshjǫ́ is her paternal grandfather’s clan. In Spring 2016, she graduated from Fort Lewis College with a Bachelor’s Degree in Environmental Studies and Native American Indigenous Studies. After graduation, Jody moved back to her hometown, Shiprock, NM, to work with adolescent youth and their parents. To this day, she is a Project Manager, Prevention Educator, and Youth Mental Health First Aid Trainer at Capacity Builders, Inc. On her free time, she likes to read, cook, hike, and cuddle with her dog.

### Playground to Prom: How To Have a Conversation to Your Child(ren) About Sex (Part 1 and Part 2)

This is a 2-hour session. Parents, guardians, teachers, and any adult who wants to acquire the tools and learn about the available resources to help have the difficult, but necessary conversation with your kids and youth about the importance of good sexual health.

### Social & Emotional Changes of Adolescence

This is a 1-hour session where participants will be able to learn how hormones produced during puberty influence emotional and social wellbeing during adolescence. Not to mention, participants will be able to identify at least 3 healthy, age-appropriate stress relieving strategies.

### Netflix & Chill: Prevention 101

Come join Jody in a workshop on why prevention matters when it comes to “Netflix & Chill”. Participants will be able to learn about STI/Ds in a safe space and how to prevent getting an STI/Ds.

**Joshua Mike-Bidtah**

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Session 6: Recording/ Open Cypher Session

**Wilfred Moses**

My Clans are Tlaashchi'í, Kinyaa'aanii, Bit'ahnii and To'aheedliinii. I work for Navajo Treatment Center for Children and their Family as a Traditional Practitioner under the NN/DSS. I go out to the school with in our Diné' Nation with the school's request. Our program has 6 clinics across the Diné' Nation.

I provide Traditional Cultural Teaching and Awareness/Prevention with Methamphetamine/ Suicide Prevention Program. Been with this program for 8 years and I am certified under Diné' Hataafii Association also going on 8 years.

**Sarah Saganey, MS, PAC**

I am Tábaahá, born for Tlááschi'í. My maternal Grandfather is Naakai Diné'é, and my paternal Grandfather is Bit'ahnii. I am a Physician Assistant and I work at HP/DP Teen Life doing School Based Clinics in the Central Consolidated School District schools. I enjoy working with adolescents age 10-19 years old, providing health care for adolescents, like School Physical Exams, reproductive care, and minor illnesses.

Acu-seeds is a nonverbal connection to healing that supports all aspects of our body: physically, mentally, emotionally, and spiritually. The seeds/pellets have a milder effect, but stay on longer up to 2 weeks of constant low pressure to areas in the ear. Three points in the ear we will concentrate on is Shen Men – that alleviates anxiety, nervousness, and produces a relaxing effect; Liver – resolves anger, aggression, influences mental states and happiness, relieves fear and the body system moving smoothly and relieves cramps; Lung – protects the body from disease, aids in regulation, in grief and sadness with letting go.

**Shine Salt**

Shine is Navajo and Ute from Kayenta, Ariz. She received her Bachelor's degree at Arizona State University for Journalism and Mass Communications and received her second Bachelor's degree at Northern Arizona University in Indigenous Studies Research. Her first-two clans' Bit'ahnii and Naakaii Diné'é. She works with the Community Outreach & Patient Empowerment Program as the MEQ Coordinator, to promote healthy, prosperous and empowered Navajo communities. COPE is patient-focused and community-based. We partner with health care teams and community advocates to develop programs that address structural barriers to good health.

Through funding with the Notah Begay III (NB3) Foundation, COPE is helping to promote healthier beverages and awareness to sugary beverages in health. This workshop will preview healthier beverage demos and how you can be advocate in your own community to promote healthier beverages.

**Brian Sandoval**

Brian Sandoval is the Tó'aheedliinii water flows together clan, born for Tó'áhaní near water. His cheis are Tsin sikaadnii clamptree clan and nali are Kinyaa'áanii Towering House. His children are the Hasht'ishnii mud clan. He works at Shiprock Health Promotion as a Recreation Specialist promoting physical activity as a Red Eagle Challenge outdoor instructor and personal trainer for Partners for Wellness.

He will present a workshop on Bike Safety and Physical Activity, showing the proper wear and fitting of bike helmets and how to size up a bike for participants. There will be a limit to 10-15 participants due to limited number of bikes.

**Briana Todacheenie**

Briana Todacheenie is Ta'baaha (Water Edge) born for Honaghaahnii (One Walks Around). Her maternal grandfather is Bit'ahnii (Folded Arms) and her paternal grandfather is Todich'ii'ni (Bitter Water). Briana works with the Shiprock Office of Diné Youth as a Prevention Specialist.

Internet Safety. The internet has drastically changed the way our children socially interact with others. They have in-depth access to information at all levels, whether that be positive or negative. The internet may offer exciting new ways to connect with others on a global scale, but it also offers new risk; such as cyberbullying, exposure to inappropriate material, online predators, etc. This workshop will offer basic internet safety for those that attend this class.

**Telletha Valenski**

Telletha Valenski is Kinyaa'áanii, born for Hasht'ishnii. Her maternal grandfather is Tódich'ii'nii and paternal grandfather is Ta'neesahnii. She is originally from the Crownpoint, NM, area and currently resides in the Four Corners area. Telletha has worked as a school health education specialist on the Navajo Nation. Her passion is to continue empowering youth to excel in academics and to inspire them to give back to their communities. She is an author of an autobiographical book, *I Met the Enabler*. She will present on Leadership is Love, sharing teachings from the Diné Cultural Leadership model.

**Janene Yazzie**

Janene is born for Tsinajini and Todichiini clans. She is a community organizer and human rights advocate that works across the Southwest and at the International level. Her projects include nurturing water security, food security, sustainable development and Youth leadership and capacity building. Mrs. Yazzie and Dr. David Begay are part of the Diné Centered Research and Evaluation Team which is creating a model for community research.

Our Diné people are facing enormous struggles that impact our communities and families. We will present a Diné-centered lens to assist youth in understanding our collective and individual resiliency, and the tools provided by our cultural teachings that help them discover their capacity for leadership and for developing solutions that restore their sacred Self.

**Sharon Yazzie**

Sharon Yazzie is Red Running into the Water Clan, born for the Folded Arms Clan. Her maternal grandparents are the Red House Clan and her paternal grandparents are the Water Edge clan. Mrs. Yazzie works with the Shiprock Office of Diné Youth as a Program & Projects Specialist.

Internet Safety. The internet has drastically changed the way our children socially interact with others. They have in-depth access to information at all levels, whether that be positive or negative. The internet may offer exciting new ways to connect with others on a global scale, but it also offers new risk; such as cyberbullying, exposure to inappropriate material, online predators, etc. This workshop will offer basic internet safety for those that attend this class.

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**THANK YOU TO THE SPEAKERS AND WORKSHOP PRESENTERS FOR  
THEIR TIME AND WILLINGNESS TO SHARE THEIR TEACHINGS, LESSONS,  
AND EXPERIENCES.**

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# **THANK YOU TO OUR SPONSORS!**

**Central Consolidated School District #22**

**Division of Behavioral and Mental Health Services, Shiprock**

**Fitness Instructors for RCFW Fitness Party Fundraiser – Sherri Helton ZIN Member, Chelsea Begay, Leyandra Joe-Begaye**

**Mountain Chief Institute**

**Newcomb High School**

**Navajo Nation Office of the President and Vice-President**

**Navajo Transitional Energy Corporation**

**Newcomb Chapter**

**Navajo Agricultural Products Industry – Navajo Pride**

**Office of Diné YOUTH, Shiprock**

**San Juan Collaboratives for Health Equity**

**Together Growing Our Dreams (T-GOD)**

# Thank You

## Restoring & Celebrating Family Wellness Committee

Northern Navajo Chapters & Communities  
Community Volunteers  
Newcomb High School  
Central Consolidated School District  
Health Promotion/Disease Prevention  
Navajo Division of Behavioral and Mental  
Health Services  
Shiprock Office of Diné YOUTH  
Healthy Hunger Free Kids Act Demonstration  
Project  
Diné Introspective  
Navajo Department of Workforce  
Development  
Shiprock Law Enforcement  
Shiprock Office of Environmental Health  
NNMC Intensive Care Unit

San Juan Collaboratives for Health Equity  
NMSU Agricultural Science Center  
New Mexico State University Agricultural  
Science Center  
Together Growing Our Dreams (T-GOD)  
Capacity Builders, Inc.  
San Juan County Partnership/Diné Ba Hozho  
Coalition  
Johns Hopkins University Center for  
American Indian Health  
NNMC Sexual Assault Care Coordination  
Healthy Native Communities Partnership  
Healing Circle Wellness Center  
Health Education Center for Wellness  
Tse Daa K'aan Americorps

***We are committed to strengthening families and nurturing positive changes in our communities.***

Since 2007, Restoring & Celebrating Family Wellness hosts interactive workshops and conferences for youth and families on issues they are concerned about and interested in addressing. These include substance abuse, crime prevention, employment, youth opportunities, suicide prevention, parental involvement and Diné values and cultural teachings.

### What We Hope You Take Home with You

#### A Deeper Understanding of:

- The public perception of Diné and how we are viewed as Navajo people
- The passion we have as Diné, Navajo people
- The compassion for our social situation, self-esteem, values and history
- The history, statistics and social policy influencing our individual and our community in a regional and cross-cultural way
- The positive skills, integrity of Diné, resilience and positive identity to address family and youth lifestyles

#### AND Knowledge about:

- Job availability, services, resources, and opportunities that will help us improve our education, take charge of our lives and reduce dependence on others
- How to celebrate and restore family and community wellness

#### AND a Sense of:

- Connection & networking
- How the parts of the whole fit together
- Motivation, inspiration & HOPE
- Participation, action & VOICE

*Join us every last Tuesday of each month at a different Northern Navajo community for an evening workshop, 5:30-8:00 PM near you. We also sponsor the Restoring & Celebrating Family Wellness Winter Family Conference every year in December in Shiprock. Find us on Facebook at: [www.facebook.com/groups/restoring.celebrating.family.wellness/](http://www.facebook.com/groups/restoring.celebrating.family.wellness/)*