

**12<sup>th</sup> Annual Restoring & Celebrating Family Wellness Youth Conference**  
**Ádáhodíłzin – Respect and Reverence for Self**  
**Newcomb High School**  
**June 26-27, 2018**  
**8:00 AM – 4:00 PM**

**Co-Masters of Ceremony: Jody Mike-Bidtah and Anthony J. Lee**

**AGENDA**

**Day 1 – June 26, 2018**

**8:00 am – 3:00 pm**    **Registration – *Commons***

**8:30 am – 9:00 am**    **Opening Ceremonies – *Old Gym***

Positive Intention – Volunteer

Post Colors – Sheepsprings Veterans Color Guard

National Anthem – Autumn Dawn Tuni

Welcome – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

Restoring & Celebrating Family Wellness Overview – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

Introduce Keynote Speaker – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

**9:00 am – 9:20 am**    **Keynote Address – *Old Gym***

Nanabahzhon Bluehorse Tom, Miss Teen Navajo

Youth Leadership in K'é, Respect, and Wellness

**9:20 am – 9:35 am**    **Healthy Snack Break – *Cafeteria Area***

**9:35 am – 10:35 am**    **Workshop Breakout Sessions #1 – *Rooms 1-10 and other locations listed***

1. Native American QPR – Raymond M. Keeswood, Jr.
2. Internet Safety – Briana Todacheenie and Sharon Yazzie
3. Traditional Male and Female Youth Role – Wilfred Moses
4. Positive Kinship – Roberta Diswood
5. Mindfulness and Relaxation – Paula Claw
6. Navajo Wellness Model, Shá Bik'ehgo As'ah Oodááł – Randy W. John, Sr.
7. Standards: Using Culturally Relevant Math Materials to Improve Students' Success on the Common Core Standards for Mathematics – Dr. Henry Fowler
8. Playground to Prom – Part 1 – Jody Mike-Bidtah
9. Healthier Beverages – Shine Salt

10. Applied Sciences/Creative Writing Fundamentals – The Medicinal Hip-Hop Foundation (Joshua Mike-Bidtah and Jeremy Joe)
11. *(Old Gym)* Live a Healthier and Stronger Life Style – Part 1 of 2-hour session – Deputy Jamar Cotton
12. *(Outside – Meet at Old Gym Entrance)* Soccer ABCs (under the age of 10) – Emily Hoxie
13. *(Outside – Meet at Old Gym Entrance)* Running Games – Guila Curley
14. *(School Garden)* Why Compost? – Desiree Deschenie and Brandon Francis

**10:35 am – 11:35 am Workshop Breakout Sessions #2 – Rooms 1-10 and other locations listed**

1. Acudetox – Cathy Manus and Sarah Saganey
2. How Education Changed a Labeled Troublemaker’s Life – Albert Avery
3. Mindfulness and Relaxation – Paula Claw
4. Family Wheel – Jimmy Hall
5. Bike Safety and Commercial Tobacco Prevention – John Hosteen
6. Evolving Diné Centered Research and Evaluation – Janene Yazzie and Dr. David Begay
7. Why Poetry? – Tina Deschenie
8. Playground to Prom – Part 2 – Jody Mike-Bidtah
9. Western and Traditional Therapy for Teens – Edward T. Begay
10. Song Orientation/Development/Recording – The Medicinal Hip-Hop Foundation (Joshua Mike-Bidtah and Jeremy Joe)
11. *(Old Gym)* Live a Healthier and Stronger Life Style – Part 2 of 2-hour session – Deputy Jamar Cotton
12. *(Outside – Meet at Old Gym Entrance)* Soccer Fundamentals – Above the age of 10 – Emily Hoxie
13. *(Outside – Meet at Front Lobby)* Bike Safety and Physical Activity – Brian Sandoval
14. *(School Garden)* Why Compost? – Desiree Deschenie and Brandon Francis

**11:35 am – 12:30 pm Lunch – Cafeteria**

Door Prize Drawing – **Old Gym** – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

**12:30 pm – 12:50 pm Motivational Speaker – Old Gym**

Ariana Young, Miss Northern Navajo 2017-2018

**1:00 pm – 2:00 pm Workshop Breakout Sessions #3 – Rooms 1-10 and other locations listed**

1. Acudetox – Cathy Manus and Sarah Saganey
2. Social and Emotional Changes of Adolescence – Jody Mike-Bidtah

3. Navajo Wellness Model, Shá Bik'ehgo As'ah Oodááł – Randy W. John, Sr.
4. Family Wheel – Jimmy Hall
5. Leadership is Love – Telletha Valenski
6. Evolving Diné Centered Research and Evaluation – Janene Yazzie and Dr. David Begay
7. Traditional Clanship (K'é) – Wilfred Moses
8. Tai Chi – Regina BlueEyes
9. Health and Wellness Success Story – Nelvin Hanley
10. Recording/Writing Circle – The Medicinal Hip-Hop Foundation (Joshua Mike-Bidtah and Jeremy Joe)
11. (*Outside – Meet at Old Gym Entrance*) Soccer World Cup – All Ages – Emily Hoxie
12. (*Outside – Meet at Front Lobby*) Bike Safety and Physical Activity – Brian Sandoval

**2:00 pm – 2:15 pm    Healthy Snack Break – Cafeteria Area**

**2:15 pm – 3:15 pm    Workshop Breakout Sessions #4 – Rooms 1-10 and other locations listed**

1. Career Building Skills – Nikki John
2. Netflix and Chill: Prevention 101 – Jody Mike-Bidtah
3. Veterinary Public Health Math and Science Games – Dr. Zoey McKenzie
4. Family Wheel – Jimmy Hall
5. Living Amongst the LGBTQ Community in the 21<sup>st</sup> Century – Trini King
6. Tai Chi – Regina BlueEyes
7. Think First Navajo Injury Prevention – Jodee Dennison and Cecelia Fred
8. Cultural Consideration for School Wellness – Cheryl George and Cathy Manus
9. HIV/AIDS Prevention Poster Contest – Capacity Builders, Inc.
10. Recording/Open Cypher Session – The Medicinal Hip-Hop Foundation (Joshua Mike-Bidtah and Jeremy Joe)
11. (*Outside – Meet at Old Gym Entrance*) Soccer Freestyle – All Ages – Emily Hoxie

**3:15 pm – 4:00 pm    End of Day General Session – Old Gym**

Closing Comments – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

Door Prize Drawing

Positive Intention – Volunteer

## Day 2 – June 27, 2018

**8:00 am – 3:00 pm**    **Registration – *Commons***

**8:30 am – 9:00 am**    **Opening Ceremonies – *Old Gym***

Positive Intention – Volunteer

Welcome – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

Restoring & Celebrating Family Wellness Overview – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

Introduce Keynote Speaker – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

**9:00 am – 9:20 am**    **Keynote Address – *Old Gym***

Ernest Harry Begay

Ádáhodíłzin – Respect and Reverence for Self

**9:20 am – 9:35 am**    **Healthy Snack Break – *Cafeteria Area***

**9:35 am – 10:35 am**    **Workshop Breakout Sessions #5 – *Rooms 1-10 and other locations listed***

1. Native American QPR – Raymond M. Keeswood, Jr.
2. Positive Kinship – Roberta Diswood
3. Internet Safety – Briana Todacheenie and Sharon Yazzie
4. Leadership is Love – Telletha Valenski
5. Marijuana and Kids' Brains – What's the Real Buzz? An Update on Marijuana Research: Effects on Adolescent Brain and Behavior – Renae Begay
6. Veterinary Public Health Math and Science Games – Dr. Zoey McKenzie
7. Western and Traditional Therapy for Teens – Edward T. Begay
8. Tai Chi – Regina BlueEyes
9. Healthier Beverages – Shine Salt
10. Applied Sciences/Creative Writing Fundamentals – The Medicinal Hip-Hop Foundation (Joshua Mike-Bidtah and Jeremy Joe)
11. (*Outside – Meet at Old Gym Entrance*) Soccer World Cup – All Ages – Emily Hoxie
12. (*School Garden*) Composting – Desiree Deschenie and Brandon Francis

**10:35 am – 11:35 am**    **Workshop Breakout Sessions #6 – *Rooms 1-10 and other locations listed***

1. Bullying – Ernest Harry Begay
2. Bike Safety and Commercial Tobacco Prevention – John Hosteen
3. Internet Safety – Briana Todacheenie and Sharon Yazzie
4. Personal Safety and Office for Sex Offender Registry – Officer Melvin Joe
5. Simple Math and Science Experiments for Kids – Tommy Denny-Martins and Brandon Francis

6. Navajo Constellations – Dr. David Begay
7. Living Amongst the LGBTQ Community in the 21st Century – Trini King
8. Think First Navajo Injury Prevention – Jodee Dennison and Cecelia Fred
9. HIV/AIDS Prevention Poster Contest – Capacity Builders, Inc.
10. Recording/Open Cypher Session – The Medicinal Hip-Hop Foundation (Joshua Mike-Bidtah and Jeremy Joe)
11. *(Old Gym)* Live a Healthier and Stronger Life Style – Deputy Jamar Cotton
12. *(Outside – Meet at Old Gym Entrance)* Soccer Freestyle – All Ages – Emily Hoxie

**11:35 am – 12:30 pm Lunch – Cafeteria**

Door Prize Drawing – **Old Gym** – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

**12:30 pm – 12:50 pm Motivational Speaker – Old Gym**

Edison Jim, Newcomb Chapter Manager

**1:00 pm – 3:00 pm Opportunity Fair Booths & Activities for All – Cafeteria Area & Commons**

Healthy Snacks

**3:00 pm – 4:00 pm Closing General Session – Old Gym**

Closing Comments – Co-MCs Jody Mike-Bidtah and Anthony J. Lee

Final Door Prize Drawing

Evaluations

Positive Intention – Volunteer

**Thank You & Safe Travels Home**

**See You Next Year!**