

2022 PROFESSIONAL DEVELOPMENT WORKSHOP

“MENTAL WELLNESS, ADDICTIONS AND HEALING: PROMISING RESPONSES TO ENDING THE OPIOID EPIDEMIC IN INDIGENOUS COMMUNITIES”

- CURRENT ISSUES AFFECTING MENTAL WELLNESS, ADDICTIONS AND HEALING OF INDIGENOUS PEOPLE
- STORYTELLING AND THE USE OF THE MEDICINE WHEEL TEACHINGS
- THE TRAUMA TRIANGLE: TRAUMA, CHRONIC PAIN AND OPIOID MISUSE

NOVEMBER 23 - 24, 2022

**RADISSON HOTEL EDMONTON AIRPORT
LEDUC, ALBERTA, CANADA**

PRESENTED BY

W. ZARCHIKOFF & ASSOCIATES

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DAY 1 - WEDNESDAY, NOVEMBER 23, 2022

TIME	ACTIVITY
0830 - 0900	Registration - Lobby Area
0900 - 0915	Welcome, Introductions and Opening Remarks
Presenter:	Ernie Cardinal, B.A. CYCC: Youth Manager and Indigenous Cultural Liaison Advisor for Spirit of the Children Society, New Westminster, British Columbia. He originates from the Sucker Creek First Nations, Alberta, a part of the Cree Nation. He is an Indigenous Knowledge Keeper, Traditional Storyteller, and Cultural Facilitator. He is skilled in leading Healing Circles, facilitating the Aboriginal Family Healing Court Conference, and running psychoeducational groups and Traditional Parenting Programs.

Territorial Acknowledgment

We would like to respectfully acknowledge that the land on which we gather is situated in the unceded territories of the people of the Coast Salish People.

0915 - 1030 Understanding Cultural Safety Through an Indigenous Lens

-a stepping back to understand one's own assumptions, biases, and values, and a shifting of one's gaze from self to others and conditions of injustice in the world.

This Cultural safety session will consider the power imbalances found in the workplace, educational system, and in our own self. Cultural safety is an outcome based on respectful engagement that recognizes and strives to address power imbalances. It results in an environment free of racism and discrimination, where all people can feel safe and included.

This session will focus on deconstructing Myths about Indigenous peoples by identifying and discarding logical fallacies, by being aware of these biases and avoiding them.

Cultural safety seeks to achieve mindfulness by being aware of difference through decolonization, and implementing reflective practice. These include the ability to think systematically and look at and accept other perspectives.

1030 - 1045 Tea and Coffee Service

DAY 1 - WEDNESDAY, NOVEMBER 23, 2022 - CONTINUED

TIME

ACTIVITY

1045 - 1200

Storytelling and the Use of the Medicine Wheel Teachings

Ernie will show Cree medicines from each quadrant of the medicine wheel. The participants will be able to smell and touch all medicines while he explains the cultural importance of each medicine. He will end with a traditional story that incorporates the medicine teaching. This will close with a follow-up and an open discussion from the morning's storytelling of Indigenous issues.

1200 - 1330

No-Host Lunch

1330 - 1415

An Indigenous lens on co-occurring disorders - mental health and addictions

Ernie Cardinal will be sharing an Indigenized approach to supporting those with co-occurring disorders -mental health and addictions.

A few of the topics to be covered include:

- What is co-occurring disorders?
- What does an Indigenous perspective on co-occurring disorders look like?

How do Indigenous ways differ than a non-Indigenous ways when it comes to supporting those with co-occurring disorders

1415 - 1430

Tea and Coffee Service

1430 - 1600

Mental Wellness, Addictions and Healing: An introspection of current issues and the marginalization caused by systematic racism: Truth & Reconciliation, MMIW, The Moose Hide Campaign, Orange Shirt and 215 movement.

This session will introduce some of the current Indigenous issues that put stressors onto today's populace in Canada, both in the racialized communities and the effects that ripple into mainstream society. This will give us a better understanding of indigenous child, youth, and adult mental wellness, through an Indigenous lens. This session will be a personal storytelling of the life of an Aboriginal person in Canada.

DAY 2 - THURSDAY, NOVEMBER 24, 2022

TIME **ACTIVITY**

0900 - 0915 **Welcome, Introductions and Opening Remarks**

DAY 2 Presenter: Martha Teater, Marriage & Family Therapist, M.A., LMFT, LPC, LCAS, Denver, Colorado, USA

Martha Teater has been a practicing therapist for over 30 years. She has been in private practice and has worked in such settings as primary integrated care, outpatient substance treatment, skilled nursing care, home health, free clinic, and in a medication-assistance program.

She has published over 175 articles in newspapers and magazines and is coauthor of *Overcoming Compassion Fatigue: A Practical Resilience Workbook*, and *Treating Chronic Pain: Pill-Free Approaches to Move People from Hurt to Hope..*

She has provided hundreds of trainings in all 50 states and internationally. This training will be engaging, interactive, and relevant for those who attend.

0915 - 1545 **The Trauma Triangle: Trauma, Chronic Pain, and Opioid Misuse**

We have ample evidence that trauma, chronic pain, and opioid misuse often co-occur. Each of these conditions has a negative impact on the others, causing distress and impairment to the people we serve. It often looks like a tangled web that leads to frustration for us and for our clients.

Finally, we have treatment tools that work. We can clarify our goals and use effective tools that will lead to a better quality of life for men and women.

In this training, you will learn how to best support those dealing with trauma, chronic pain, and opioid misuse, even when you're presented with all three conditions in one person. You'll be armed with practical and effective tools and will apply evidence-supported approaches that will bring relief to men and women in need.

You'll build your skill base and be able to use cutting-edge, innovative approaches that work. We'll discuss trauma and its treatments, as well as how trauma intersects with both chronic pain and opioid misuse. You'll have a thorough understanding of chronic pain, central sensitization, and appropriate behavioral interventions for pain treatment. You will learn the science of opioids and their impact on people in pain. You will clearly see the overlap between these conditions and build confidence in your ability to help.

We'll also discuss the personal impact of working with those who have trauma, pain, and opioid misuse. Working with people in need can have a negative impact on professionals. Developing skills for managing the risks can help you thrive, not just survive, in challenging work.

A No-Host Lunch from 1200 - 1330 and tea and coffee services in the morning and afternoon

DAY 2 - THURSDAY, NOVEMBER 24, 2022 - CONTINUED

TIME	ACTIVITY
1545 - 1600	CLOSING AND EVALUATION

Your comments and suggestions are very important to us. Please take a moment to complete the evaluation form located in your workshop folder. Thank you

MANAGEMENT INFORMATION

Contact: W.W. (Bill) Zarchikoff

President

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CANCELLATION POLICY

Registrations cancelled 5 or more days prior to the workshop are refundable, minus \$50.00 administrative fee. or you may receive a full credit to attend a future training. Cancellations less than 5 days prior to the workshop are non-refundable. If at any time you are unable to attend, you are welcome to transfer your registration to another individual at no extra cost. In this case, please notify us of the name of the alternate person who will be attending.

If you register and do not attend without prior notification, you will be charged for the full amount of the registration fee.

We reserve the right to cancel workshops due to unforeseen circumstances or under-enrolment. Liability is limited to a refund of workshop fees only. Please make travel arrangements with this in mind.

LIMITED SEATING

Register early! To better facilitate group interaction, seating is limited in most workshops. Children and unregistered guest are not permitted in the meeting rooms.

YOU WILL RECEIVE

All training material associated with this course, a workshop Certificate of Completion. The Certificate of Completion will allow you to apply for course credit at various credit issuing organizations.

REGISTRATION INFORMATION

If you do not have a registration form, you can download one from our website, www.aboriginaltrainingandconsultingservices.com or contact us by phone (See above contact numbers). We accept payment by Visa, Mastercard, check, purchase orders or cash. Onsite registration is allowed

providing there is space, but we encourage you to register in advance in order to be notified of any potential changes (See above Cancellation Policy).

ONSITE TRAINING OPTIONS

If you are interested in bringing this, or other training opportunities to your community, please contact W.W. (Bill) Zarchikoff to get more information (contact information above).