



**Coconino Coalition for
Children & Youth**
Connect. Inspire. Engage. Act.

Igniting collective action to
cultivate, honor & empower
resilient, thriving communities

Finding My Strength; Hope in Connection

CCC&Y's Annual Prevention Conference Features:

Professional
& Personal
Development

Keynote: Deanna Singh, JD, MBA

Accomplished author (including *Purposeful Hustle*), educator, business leader, and champion for marginalized communities. She is the Founder of Flying Elephant and strives for social change. Her TEDx talk is: ***We All Have the Power to Build Bridges***
<https://www.youtube.com/watch?v=Xg40leTHayQ>



Join us for developing personal missions in our work, being agents of change, healing, equity & voice in our community, and hope through the scientific healing power of the heart.

Plenary: Sandra Solano, MD

Experienced public health professional, founder of Integro, and certified HeartMarth trainer; Dr. Solano has created a holistic wellness model that bridges the gap between science and complimentary medicine, through a new understanding of balance, connection, peace, and hope.



September 9, 2020 Flagstaff, Arizona

High Country Conference Center at Northern Arizona University



This journey has been designed to help us find healing both individually and collectively.

Event Schedule

8:00 – 8:30 Registration/Breakfast (please allow time for registration and getting settled)

8:30 – 8:45 Opening (please be seated prior to 8:30 as we will begin promptly)

8:45– 9:50 *Keynote Presentation, Deanna Singh* **- Hustle with Purpose**

Deanna Singh, author of Purposeful Hustle, will guide you through how to use your talents, skills, and resources to create a greater impact in your work and life. This session will help you deconstruct your real and perceived challenges. It will also give you the opportunity to reflect on your personal leadership skills while guiding you through the techniques you need to thrive. There is a particular emphasis placed on the core leadership competencies of purpose, initiative, curiosity, resilience, and courage.

10:05-11:05 *Plenary Session, Dr. Sandra Solano* **- From a Smart Brain to a Wise Heart – A Scientist’s Journey**

As a physician and an epidemiologist, Dr. Solano’s journey into the power of the heart was personal and rooted in skepticism. Through her story as a trauma survivor and a scientist, Dr. Solano will take us on a journey to discover the science behind the heart-brain connection, the power of coherence and the ability to reprogram our nervous system to increase our personal, group and global resilience. In this journey, Dr. Solano will guide us through the practice of a coherence tool and how to integrate it in our daily lives. In addition, Dr. Solano will discuss the Global Coherence Initiative and how HeartMath® tools are being used in the areas of trauma, emotional health and recovery.

Personal Impact: Deanna Sign & Purposeful Hustle

Deanna’s message came to me at just the right time. As I contemplated a risky career move, I sought a podcast on leadership. I came across an interview with Deanna Singh. As she spoke, I said, “Yes!” out loud...many times. I bought her book Purposeful Hustle and promptly began reading. Purposeful Hustle provided me both a tool to **clarify my personal purpose statement and the inspiration necessary to courageously live it! I now work to ensure my greatest time investment aligns with my purpose.** Indigenous wisdom reminds us we are carrying out the purpose set forth by our ancestors seven generations before us and for the next seven generations to come. That thing we do that brings us joy...that’s our purpose! My purpose directly aligns with CCC&Y’s mission to ignite collective action to cultivate, honor, and empower resilient, thriving communities.

-Rene RedDay, M.Ed, Family and Community Engagement Consultant, Building Community, LLC, and Reading Room Coordinator, Flagstaff Family Food Center



11:15- 12:00 Talking Circle Demonstration, Carrie Dallas

Talking Circle is a safe place for individuals to communicate thoughts, feelings and ideas. Respectful listening is provided to each who hold the symbolic talking stick. Talking circles are conducted in a respectful and meaningful manner to fit the needs of the People. A circle is symbolic in that it is continuous, and movement within a circle, is sacred. Utilization of prayer and purification are common practice within Talking Circles. Talking Circles can be found in many Native programs, across Mother Earth. Carrie learned about talking circle from Tribal Elders, Spiritual Advisors and Cultural Practitioners, at the various talking circles she has participated in. As a Native woman, she is continuously amazed at how many tribal healing ways exist. In Native culture, the mind, body, spirit and space are all connected and affect one another.

***Luncheon Keynote Presenter
Ursula Knoki-Wilson***

Ursula serves as Community Relations Liaison Officer for the Office of the Chief Executive Officer (CEO) at Chinle Service Unit (CSU), Navajo Area Indian Health Service (NAIHS), Chinle, AZ. She also served as Chief of Nurse Midwifery Service within the Department of Obstetrics and Gynecology at Chinle Comprehensive Health Care Facility, CSU, NAIHS, from March 1996 to March 2013. From 2000 to 2013, she served as the IHS Chief Clinical Consultant for Advance Practice Nurses.

Ursula has worked many years in promoting the integration of Navajo cultural concepts into health care practice for health care professionals. She serves as Chairperson of the Traditional Navajo Medicine Committee at CSU, NAIHS. She served on the Navajo Cultural Experts Committee to assist in developing the Navajo Wellness Model curriculum, funded by the Navajo Area Indian Health Service, and now used Navajo area wide by various human and social service agencies. She has lectured locally, nationally and internationally on various Navajo cultural topics.

Luncheon

12:00 – 12:20 Buffet
(please grab food and be seated quickly)

**12:30 Program Begins –
Welcome** (please continue to eat!)

***Keynote Address,
“Walking with
My People”*** Ursula

will describe her personal journey using Navajo traditions for healthy living with self, family, community and environment. She will share daily rituals and ceremonies to sustain inner peace and balance for daily life. **Thank you to NACA for sponsoring our lunch keynote address!!!**

**Annual Caring for
Children Awards**

**Closing Remarks-
Please move to breakout
sessions.**



1:50- 3:20 Breakout Session A Choices

-How to Win at Failure

Deanna Singh, JD, MBA

Is the fear of failure holding you back from fulfilling your purpose? Deanna Singh will share how to build up courage, one of the main principles she tackles in her book *Purposeful Hustle*. Everyone is afraid of something, but there are ways to take that fear and transform it into an asset. Deanna will teach you how to use fear as fuel: how to move from being afraid of failure to embracing it and allowing it to propel you forward. This program is perfect for people who are ambitious and highly motivated but struggle to step outside of their comfort zones out of fear of failure. You will leave with three techniques that will help you handle failure like winners:

1. **Fear Mitigation Strategy:** How to articulate what you are afraid of and come up with a simple plan to prepare for that fear.
2. **"Regardless If" List:** A way to spin the threat of failure before you even start, so that you can stay encouraged through the process.
3. **Fantastic Fails:** A method you can use to celebrate your failures!

Or

- The Power of Coherent Communication for Personal and Professional Relationships

Sandra Solano, M.D., M.S., and James Gillis

Certified HeartMath Trainers

"Ineffective communication can be one of the biggest sources of energy drains and can have a major effect on our happiness, performance, relationships and health." HeartMath Institute, Resilience Advantage Program®.

In this session, Dr. Solano and Mr. Gillis will describe the science behind the energetics of relationships and communication; and how to connect through the heart before any type of communication to eliminate drama and increase effectiveness. You will learn how to listen for understanding and how to speak expressively without the drama and stories we tell ourselves. This session will include several opportunities to practice the technique through guided exercises.



3:35- 5:00 Breakout Session B Choices

-Building Resiliency: A Dance/Movement Therapy Perspective

Brigitte Steinken Kollath, MA, LAC, R-DMT

Learn what Dance/Movement Therapy (DMT) is and experience how DMT concepts can support resiliency. Participants will be guided through dance/movement activities that support resiliency skills including: supporting the nervous system towards regulation, increasing body and emotional awareness, building a feeling of connection to others/community, and fostering joy. Information, based in DMT and other mind-body neuroscience research, will be discussed. Verbal processing of participants' experiences will be supported in order to aid integration of cognitive concepts introduced and embodied experiences of the activities. References and resources will be provided.

As a trauma therapist at Northland Family Help Center, Brigitte provides support to youth in crisis living in emergency shelter due to runaway/homelessness, child abuse and/or neglect, legal system involvement and lack of family stability and safety. She has extensive training and experience ranging from early childhood to being certified as a Clinical Trauma Specialist-Sex Trafficking & Exploitation. Her therapeutic philosophy is grounded in trauma-informed care and the belief that healing happens through the mind, body and human connection.

Or

- Recognizing and Addressing Shame

Bethany Camp, LCSW

Join us as we explore shame and how to build shame resiliency. In working with children and families, we may overlook a major issue that occurs with toxic stress and trauma – shame. Shame triggers the same physiological responses as trauma and toxic stress and yet, it's often ignored and avoided. In this training we will: define shame and responses to shame; explore the differences between shame, guilt, and blame and how they drive disconnection; explore shame as a bonding method; and explore how to build connection and shame resiliency. Bethany Camp provides professional development trainings for licensed therapists and behavioral health providers throughout Arizona. She obtained her BSW from NAU and her MSSW (Clinical Concentration) from the University of Texas at Austin. Bethany has her LCSW in both Arizona and Texas. Her specialties include play therapy, complex trauma, sexual trauma and grief and loss. In addition to training, Bethany has a private practice in Flagstaff working with youth and adults.

Thank you to our Protector Level + sponsors



DEADLINE TO REGISTER: April 13, 2020 (Your choice to register early helps us tremendously)

Prices (Include full access to the program described above plus all meals and snacks)

General Admission: \$145

Individual/ Family Member Admission: \$100

Become a Member: \$135 (includes an individual annual membership)

Organization Member Admission: \$120 (covers your entire team- personal memberships are not required)

Bulk Organization Member: \$110 (when purchasing 10+ tickets)

Visit <https://coconinokids.org/> to learn more about CCC&Y

Luncheon-only options are being reserved as an option for our sponsors this year. Due to the value of this conference we are encouraging folks to participate in the full day. If you have a specific need around this type of ticket please reach out to inquire.

***Special Sponsorship Level!!**

(*Commitment to Growth Level*) This level will be recognized for agencies that purchase and register 8+ full conference attendees. Their commitment to ongoing professional development for their teams will be recognized by name in the program the day of the event.

****** We have additional sponsorship opportunities ranging from personal (250) to business (500-5,000). Please inquire if you might be interested in supporting our initiatives.

*******We do have a small selection of need-based scholarships available for foster parents and those responsible for preventing or responding to child abuse and substance abuse in our communities.

********Refunds will not be given after 3/23/20 to allow for ordering with our venue. Paid tickets can be transferred with notice and approval prior to 4/22/20.

To Register-Please visit this link

<https://www.eventbrite.com/e/2020-annual-cccy-conference-finding-my-strength-hope-in-connection-tickets-93956290795>

Contact Virginia Watahomigie, CCC&Y executive director, at virginia@coconinokids.org with any questions you may have- thank you!!

Thank you to our Ongoing Partners!!!!

