

# 2021 ANNUAL CONFERENCE FINDING MY STRENGTH; HOPE IN CONNECTION



Coconino Coalition for  
Children & Youth  
CONNECT. INSPIRE. ENGAGE. ACT.

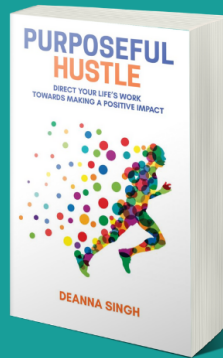
PROFESSIONAL & PERSONAL DEVELOPMENT

Deanna Singh,  
JD, MBA

Author, TEDx  
Speaker, Justice and  
Equity Advocate



Personal Purpose



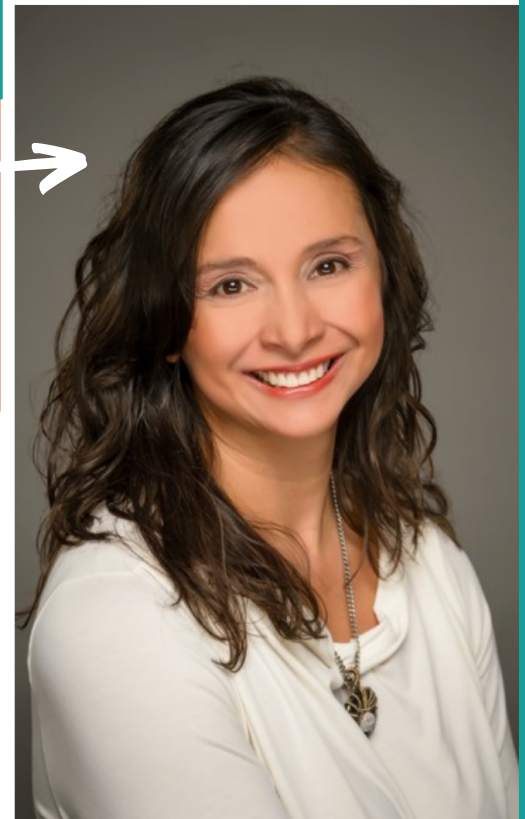
Trauma Healing

+  **HeartMath.**  
Certified Trainer

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.

Dr. Sandra  
Solano, MD, MS

Public Health  
Professional and  
HeartMath Master  
Trainer



**WED MORNINGS 8/18/21-9/8/21**

Virtual Community Experience

**CLICK HERE FOR TICKETS**

**EVENT  
↓  
DETAILS**

# PREVENTION & HEALING



## DAY 1

Wednesday, August 18, 9am-12pm MST/AZ

### DEANNA SINGH, JD, MBA

9:00AM- 10:00AM

#### *Hustle with Purpose*

You will be guided 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.

### BETHANY CAMP, LCSW

10:15 AM- 11:45 AM

#### *Recognizing and Addressing Shame*

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. 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.

## DAY 2

Wednesday, August 25, 9am-12pm MST/AZ

### DR. SANDRA SOLANO, MD, MS

9:00 AM- 10:00 AM

#### *From a Smart Brain to a Wise Heart – A Scientist's Journey*

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/physician, 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 coherence and how to integrate it in our daily lives. Dr. Solano will discuss the Global Coherence Initiative and how HeartMath® tools are being used in the areas of trauma, emotional health and recovery.

### JACELYN SALABYE, MSW AND ANDREA MERONUCK, MA, LPC, SEP

10:15 AM- 11:45 AM

#### *Honoring Our Grief*

The experience of grief has a massive impact, personally and collectively. The COVID pandemic has led to loss of loved ones, and loss of ways we connect while grieving. The pandemic has not impacted our communities in an equal manner, and has intersected with the public health impacts of racism and toxic stress. We aim to provide support and acknowledgement for session participants' own experience of grief in these contexts, as well as offer resources for further exploration. Come prepared with a journal for some guided personal reflection.

# PREVENTION & HEALING



## DAY 3

Wednesday, September 1, 9am-12pm MST/AZ

### DEANNA SINGH, JD, MBA

9AM-10:30AM

*How to Win at Failure*

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 2. "Regardless If" List 3. Fantastic Fails

### CARRIE DALLAS

10:45AM-11:45AM

*Talking Circle*

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.

## DAY 4

Wednesday, September 8, 9am-12pm MST/AZ

### DR. SANDRA SOLANO, MD & JAMES GILLIS, BS CERTIFIED HEARTMATH TRAINERS

*The Power of Coherent Communication  
for Personal and Professional Relationships*

9AM-10:30AM

"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®. 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.

**CARING FOR CHILDREN AWARDS CELEBRATION 10:45-11:15**

### URSULA KNOKI-WILSON, RN CNM

11:15AM-12:00AM

*Walking With My People*

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.

# PRESENTERS



## THOUGHT LEADERS

*Expertise, Compassion, Skill, Changemakers*

### DEANNA SINGH, JD, MBA

[Click to view Deanna's TEDx Talk](#)



Deanna Singh wants to live in a world where marginalized communities have power. As an expert social entrepreneur, she is obsessed with making the world a better place, and she will build or break systems to create positive change. While tackling complex social challenges, Deanna gives audiences the tools and courage to imagine, activate, and impact the world as agents of change. She is described as a trailblazer and dynamic speaker who is at the forefront of social change. She is an accomplished author, educator, business leader, and social justice champion who speaks to over 50,000 people annually!



### DR. SANDRA SOLANO, MD, MS

Dr. Solano is an 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.



### BETHANY CAMP, LCSW

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.



### CARRIE DALLAS

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.



# PRESENTERS



## THOUGHT LEADERS

*Expertise, Compassion, Skill, Changemakers*

### **JAMES GILLIS, BS**



is a HeartMath Coach and Director of Social Programs with the Integro Team. While spending 20 years in the restaurant industry, James was becoming overwhelmed by the lack of kindness and true human interaction in his day-to-day work. In his journey to his Heart, James found a different way of thinking, making decisions, and of living. After completing training, James decided to make a change. James' focus as a HeartMath Coach is with Social Programs and working with those in recovery. Being in long-term recovery himself, he is eager to share the tools HeartMath provides.

### **URSULA KNOKI- WILSON, RN, CNM**



has worked many years in promoting the integration of Navajo cultural concepts into health care practice. She serves as Community Relations Liaison Officer for the Office of the Chief Executive Officer at Chinle Service Unit, Navajo Area Indian Health Service and as Chairperson of the Traditional Navajo Medicine Committee at CSU, NAIHS. She has previously served as Chief of Nurse Midwifery Service within the Department of Obstetrics and Gynecology, as the IHS Chief Clinical Consultant for Advance Practice Nurses, and served on the Navajo Cultural Experts Committee. She has lectured locally, nationally and internationally on various Navajo cultural topics.

### **ANDREA MERONUCK, MA, LPC, SEP**



is the Clinical Director at Northland Family Help Center, and Board Secretary of CCC&Y. Andrea is a somatic psychotherapist and a Mindful Self-Compassion Teacher. Andrea has experience working in the community mental health system in Northern AZ as a child and family therapist and behavioral consultant. She specializes in trauma and toxic stress recovery working with clients, and is passionate about anti-oppression and trauma/resiliency-informed organizational structures for human service providers.

### **JACELYN SALABYE, MSW, DINE'**



is Towering House Clan born for Zuni People of the Red-Running-Into-the-Water Clan. She is a mother first and lives in Flagstaff, Arizona. Jacelyn currently works at Native Americans for Community Action, Inc. as a Program Manager. Jacelyn has been a social worker for more than 10 years, working in various roles advocating for children and families, systemic change, community cohesion in roles as a mentor, instructor, motivator, and helper for individual healing and family wellness.

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THE FIRST 200 TICKETS  
PURCHASED WILL RECEIVE A  
COPY OF DEANNA'S BOOK

ALL TICKETS WILL RECEIVE  
AN AWESOME CARE PACKAGE  
WITH EXCITING GOODIES

A SELECTION OF  
SCHOLARSHIPS  
ARE AVAILABLE  
FOR **COCONINO  
COUNTY  
RESIDENTS**  
WITH FINANCIAL  
NEED

EMAIL [COALITION@COCONINOKIDS.ORG](mailto:COALITION@COCONINOKIDS.ORG) FOR QUESTIONS

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