



AGENDA | TUESDAY, FEBRUARY 28, 2023

Care: We take care of ourselves to take care of one another. What do people need to be well? Where and how do we show up? How do lived experiences guide our purpose?

“I have to use my life to leverage a shift in the system by how I am, as much as with the things I do.”

—adrienne maree brown

8:30-9:30 Registration, Check-in, and Breakfast

9:30-10:00 Welcome & Announcements

Led by Johon Atkinson and Stephanie Stillwell

10:00-11:00 Anchor Session: Care

Elizabeth Ripley, Chuck Seaca, and Christina Love. Facilitated by Dr. Gary Ferguson.

11:00-12:30 Lunch

12:30-3:00 Afternoon Sessions

Time	Event Type, Location	Presenters	Sessions
12:30-3:00	Healing Circles Boardroom, 3rd floor	Facilitated by Tara Stiller, Paula Bogdan	
12:30-3:00	Learning Sessions Main Room	Annette Alfonsi, Melanie Bladow, Jenna Larson, and Loyd Platson	12:30-1:00 Having a Voice—Self Care: The Start of All Care 1:00-2:00 Finding Your Voice—Energy Balance Workshop 2:00-3:00 Using Your Voice—Consent Based Decisions
12:30-1:30	Educational Session Breakout Room 2	Gail Jackson	Coming Home
12:30-1:45	Educational Session Breakout Room 1	Dr. Linda Chamberlain	Good News and Simple Tools
2:00-3:00	Educational Session Breakout Room 1	Sharon Kanuk	Calricaraq
2:00-3:00	Educational Session Breakout Room 2	Dr. Linda Chamberlain	Rest and Restore: An Introduction to iRest Guided Meditation

3:00-3:30 Reflection and Closing



AGENDA | WEDNESDAY, MARCH 1, 2023

Love (Sobriety Awareness Month): We often work to identify our similarities. To exist in beloved community, we must love beyond difference. How do we overcome difference to all community members?

“The word ‘love’ is most often defined as a noun, yet we would all love better if we used it as a verb.”

—bell hooks

8:30-9:30 Registration, Check-in, and Breakfast

9:30-10:00 Welcome & Announcements
Led by Jenna Larson

10:00-11:00 Anchor Session: Love
Dr. Charlene Apok, and Tom Begich. Facilitated by Dr. Gary Ferguson,

11:00-12:30 Lunch

12:30-3:00 Afternoon Sessions

Time	Event Type, Location	Presenters	Sessions
12:30-3:00	Healing Circles Boardroom, 3rd floor	Facilitated by Tara Stiller, Liz Sunnyboy, and Amelia Simeonoff	
12:30-3:00	Learning Session Main Room	Dr. Charlene Apok, Dr. Travis Hedwig, and Dr. Ruby Fried	Data Equity Conversation
12:30-1:45	Educational Session Breakout Room 2	Dr. Stacy Rasmus	Because We Love You (BeWeL): Building Strengths as Suicide Prevention Through Culturally-Centered Services with Alaska Native Youth
12:30-1:45	Educational Session Breakout Room 1	Elisa Rosier, Jen Galvan	How and Why We Care: Peer Support in Alaska
2:00-3:00	Educational Session Breakout Room 2	Dr. Jessica Ullrich	Building a Connectedness Curriculum for Child Wellbeing
2:00-3:00	Educational Session Breakout Room 1	Brenda Hannah	Parents Who Host, Lose the Most

3:00-3:30 Reflection and Closing



AGENDA | THURSDAY, MARCH 2, 2023

Healing: What helps us be well? How do we overcome the harms of the past to build our collective, liberated future?

“Imagine if we institutionalize healing in the same way we have institutionalized violence. What kind of world could we create?”
— **Kazu Haga**

8:30-9:30 Registration, Check-in, and Breakfast

9:30-10:00 Welcome & Announcements
Led by Aaron Osterback

10:00-11:00 Anchor Session: Healing
David Westlake, Mary Aperazuk, and Elizabeth Sunnyboy. Facilitated by Dr. Gary Ferguson.

11:00-12:30 Lunch

12:30-3:00 Afternoon Sessions

Time	Event Type, Location	Presenters	Sessions
12:30-3:00	Healing Circles Boardroom, 3rd floor	Facilitated by Tara Stiller, Nick Gonzalez	
12:30-3:00	Learning Session Main Room	Chuck Seaca	Public Narrative: Sharing Your Values Through Story
12:30-1:45	Educational Session Breakout Room 2	Lola Tobuk, Maria Guerra, Amanda McAdoo, Deborah Northburg, Serena Solesbee, & Will Kronick	Tribal Child Welfare Program
12:30-1:45	Educational Session Breakout Room 1	Kate Henry, Ptery Lieght	Regenerative Building Blocks for Joyful Living
2:00-3:00	Educational Session Breakout Room 1	Til Beetus	In Rural Alaska, Escaping Loss is NOT an Option: Processing Pain Using the Grief Recovery Method
2:00-3:00	Educational Session Breakout Room 2	Johon Atkinson	Cultural Healing Through Community Engagement

3:00-3:30 Closing Remarks, Reflection, and Commitment