



**Our Nations, Our Journeys**  
*Indigenous Public Health Forum*  
*Transforming Our Health Systems*

**PROGRAM**

August 29-30, 2018 • InterContinental St. Paul Riverfront • St. Paul, MN



**SEVEN DIRECTIONS**  
A CENTER FOR INDIGENOUS PUBLIC HEALTH

# About the Forum

## Meeting Convener

Seven Directions is proud to convene the “Our Nations, Our Journeys: Indigenous Public Health Forum.” It is our great pleasure to welcome you to St. Paul! We are grateful to our hosts, the Mille Lacs Band of Ojibwe, for welcoming us to their land. We appreciate the Tribe’s warm welcome and hospitality at the InterContinental Saint Paul Riverfront, which is tribally owned and operated.

“Our Nations, Our Journeys” is a forum for strategic conversations. We will cover different perspectives on national public health questions that relate to American Indian and Alaska Native communities. From this national lens, we will include both tribal communities and urban settings. This year’s theme, “Transforming Our Health Systems,” is about collective action. We offer tools and examples for improving the health of American Indian and Alaska Native people through culturally grounded and integrated approaches to health services. Indigenous approaches to health and healing are holistic, encompassing the physical, mental, emotional and spiritual well-being of individuals, families, and communities. Despite this holistic view, our health services are often delivered in silos, without connection or coordination. Health system transformation occurs when public health (community focus) and health care (individual focus) services are connected and aligned with Indigenous values, beliefs, and practices.



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*Seven Directions is an indigenous public health institute that supports tribal and urban Indian public health systems in a way that embodies Indigenous knowledge, practices, and approaches to improving health. To learn more about Seven Directions, visit the website: <https://indigenousphi.org>.*





## Healthy Meeting Partner: American Indian Cancer Foundation (AICAF)

AICAF is the forum's official healthy meeting partner. Throughout the program, AICAF will be sponsoring activities and policies that promote the health and wellness of the attendees. Check out the following opportunities available to all attendees.

### *Healthy Menu Choices and Active Breaks*

Food and beverage options include choices that reflect the most current nutritional guidelines. Meals and refreshments will include fruits, vegetables, whole grain products, lean meats, and fish. Participants will have the opportunity to participate in movement breaks to avoid extended periods of sedentary time.

### *AICAF Wellness Lounge*

Open Access on August 29 from 8:00 am – 6:00 pm, and August 30 from 8:00 am – 4:00 pm

The Wellness Lounge offers a tranquil place for grounding, meditation, relaxation, and reflection. Expect stress-reduction activities such as mellow music, aromatherapy, a smudge bowl, Indigenous medicines and infused water for hydration. A lactation space with privacy screen will be available.

### *Native Pride Dancers*

August 29 from 5:00 am – 6:00 pm (Evening Reception)

Feel the beat of the drum, experience the power of dance, and enjoy the rhythm of the music as we share the cultural history, traditions, ways, beliefs, and spiritual importance of Indigenous peoples. More information at

<http://www.nativepridearts.org/>

### *Meditative Riverwalk*

August 30 from 7:00 am – 8:00 am

Join us for a morning walk along the Mississippi River! The walk will begin with a brief guided meditation which will allow attendees to start their morning in a good way. If the weather does not comply, there will be guided meditation and reflection in the AICAF Wellness Lounge. Meet in the lobby at 7:00 am.



*AICAF's mission is to eliminate the cancer burdens on AI/AN families through culturally-tailored education, prevention, early detection, treatment and survivor support. To learn more about AICAF, visit the website: <https://www.americanindiancancer.org/>.*

# Agenda

Wednesday, August 29

7:00 AM – 5:00 PM	<b>Registration and Check-in</b>	Minnesota Court
8:00 AM – 5:00 PM	<b>Exhibitor and Vendors</b>	Minnesota Ballroom West
8:00 AM – 6:00 PM	<b>American Indian Cancer Foundation (AICAF) Wellness Lounge</b>	Boardroom
8:00 AM – 9:00 AM	<b>Continental Breakfast</b> (provided)	Minnesota Court
9:00 AM – 10:30 AM	<b>Welcome and Opening Ceremony</b> Posting of the Colors Welcome Song and Prayer <i>Ringing Shield Singers</i> <i>Thorne Bordeaux (Sicangu Lakota) and Wakinyan LaPointe (Sicangu Lakota)</i> <b>Keynote – Integrating Traditional and Modern Medicine to Improve Health Outcomes</b> <i>Don Warne (Oglala Lakota), MD, MPH, School of Medicine and Health Sciences, University of North Dakota</i>	Minnesota Ballroom
10:30 AM – 10:45 AM	<b>Morning Break</b> (Light refreshments provided)	
10:45 AM – 12:00 PM	<b>Plenary Session</b> Facilitated session: <i>The community of practice will discuss topics in health systems transformation with a focus on population health.</i>	Minnesota Ballroom
12:00 PM – 1:00 PM	<b>Luncheon</b> (provided) <b>Keynote – Decolonize Data: Restoring Culture. Building Beauty</b> <i>Abigail Echo-hawk (Pawnee), MA, Urban Indian Health Institute</i> Facilitated session: <i>The community of practice will discuss topics in indigenous health systems transformation with a focus on indigenous pathways to health.</i>	Minnesota Ballroom
1:15 PM – 2:45 PM	<b>Breakout Sessions</b> Transforming Health Systems: A Yaqui-Centered Framework for Public Health Practice <i>Christina Oré (Quechua-mestiza), DrPH, Pascua Yaqui Health Services Division</i> Indigenous Epidemiology: An Introduction to the Urban Indian Health Institute’s Data Dashboard for Identifying Health Priorities among Urban Native Populations <i>Adrian Dominguez, MS, Urban Indian Health Institute</i>	Minnesota Ballroom East Governors I

1:15 PM – 2:45 PM	<p><b>Maximizing Collaboration to Achieve Collective Impact on Improving Cancer Outcomes Across American Indian Communities</b>  <i>Anne Walaszek (White Earth Band of Ojibwe), MPH, American Indian Cancer Foundation</i>  <i>Amber Ruffin (Mandan, Hidatsa and Arikara), MPH, American Indian Cancer Foundation</i></p> <p><b>When the Standards Align: Developing a Process of Performance Management and Quality Improvement for Health Care and Public Health</b>  <i>Carrie Sampson (Umatilla, Walla Walla, Cayuse), Yellowhawk Tribal Health Center, and</i>  <i>Beverly J. Larson, MPH, RN, CPHQ-Retired, Grayhorse Strategies, LLC</i></p>	Governors III  Governors IV
2:45 PM – 3:15 PM	<b>Afternoon Break</b> (Light refreshments provided)	Minnesota Court
3:15 PM – 4:45 PM	<p><b>Breakout Sessions</b></p> <p><b>The Interconnectedness of Wellness and Culture</b>  <i>Thosh Collins (On Akimel O’Otham/Haudenosuane), Well for Culture</i>  <i>Chelsey Luger (Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe), Well for Culture</i></p> <p><b>Good Health and Wellness in Indian Country: Indigenous Evaluation and Collaborations</b>  <i>Rose James (Lummi), PhD, Urban Indian Health Institute</i></p> <p><b>Strengthening Indigenous Research Pathways at Tribal Colleges and Universities (TCUs)</b>  <i>Deborah His Horse Is Thunder (Assiniboine), EdD, American Indian Higher Education Consortium</i></p> <p><b>Evidence-Based Practices in Tribal and Urban Indian Public Health and Health Care</b>  <i>Chelsey Saari, MPH, Public Health Accreditation Board</i>  <i>Michelle Adelman, MPH, American Indian Cancer Foundation</i>  <i>Amber Ruffin (Mandan, Hidatsa and Arikara), MPH, American Indian Cancer Foundation</i></p>	Minnesota Ballroom East  Governors I  Governors III  Governors IV
5:00 PM – 6:00 PM	<b>Reception</b> (Light refreshments provided) <b>Special Presentation</b> <i>Native Pride Dancers</i>	Minnesota Ballroom West

## Thursday, August 30

7:00 AM – 8:00 AM	<b>Meditative Riverwalk</b> (Meet in the Lobby by 7:00 am)	Offsite
8:00 AM – 12:00 PM	<b>Registration and Check-in</b>	Minnesota Court
8:00 AM – 3:30 PM	<b>Exhibitor and Vendors</b>	Minnesota Ballroom West
8:00 AM – 4:00 PM	<b>AICAF Wellness Lounge</b>	Governors Boardroom
8:00 AM – 9:00 AM	<b>Continental Breakfast</b> (provided)	Minnesota Ballroom

9:00 AM – 10:15 AM	<p><b>Keynote – The Elephant in the Room: One Tribe’s Data-Driven Approach to Re-entry and Population Health Through Collaboration</b></p> <p><i>Elva (Cookie) Allan, Owner, Advanced Management Strategies/Coeur d’Alene Tribe</i>  <i>Lindsey Holt, MSW, Marimn Health’s Behavioral Health Department</i></p> <p>Facilitated session: <i>The community of practice will discuss topics in indigenous health systems transformation with a focus on governance for health.</i></p>	Minnesota Ballroom
10:15 AM – 10:30 AM	<b>Morning Break</b>	Minnesota Ballroom
10:30 AM – 12:00 PM	<p><b>Breakout Sessions</b></p> <p>Providing Cultural and Social Services that Reconnect Indigenous People to their Heritage: An Overview of the Home Visitation Model in the Northwest Region  <i>Myra Parker (Mandan/Hidatsa), JD, MPH, PhD, Seven Directions: A Center for Indigenous Public Health</i></p> <p>Impact of Adverse Childhood Experiences on Indigenous Health  <i>Don Warne (Oglala Lakota), MD, MPH, School of Medicine and Health Sciences, University of North Dakota</i></p> <p>Improving Population Health Through Strategic Planning and Collaboration  <i>Wayne Weston (Oglala Lakota), Sanford Health USD School of Medicine</i>  <i>Elva (Cookie) Allan, Owner, Advanced Management Strategies/Coeur d’Alene Tribe</i>  <i>Lindsey Holt, MSW, Marimn Health’s Behavioral Health Department</i></p> <p>Clinic Team Strategies to Increase Colorectal Cancer Screening across American Indian Communities  <i>Anne Walaszek (White Earth Band of Ojibwe), MPH, American Indian Cancer Foundation</i>  <i>Sambridhi Shrestha, MPH, American Indian Cancer Foundation</i></p>	<p>Minnesota Ballroom East</p> <p>Governors I</p> <p>Governors III</p> <p>Governors IV</p>
12:00 PM – 1:15 PM	<p><b>Luncheon</b> (provided)</p> <p><b>Hiak Hitevi Kari (The Healer’s House)</b>  <i>Raquel E. Aviles (Yaqui), Pascua Yaqui Tribe Health Services</i></p>	Minnesota Ballroom
1:15 PM – 1:30 PM	<b>Afternoon Break</b>	
1:30 PM – 2:45 PM	<p><b>Plenary Session</b></p> <p><i>The community of practice will discuss topics in indigenous health systems transformation with a focus on performance and innovation.</i></p>	Minnesota Ballroom
2:45 PM – 3:30 PM	<p><b>Closing Remarks</b>  <i>Myra Parker (Mandan/Hidatsa), JD, MPH, PhD, Seven Directions: A Center for Indigenous Public Health</i></p> <p><b>Closing Ceremony</b>  <i>Retiring of the Colors &amp; Prayer</i>  <i>Honor Guard &amp; Ringing Shield Singers</i></p>	Minnesota Ballroom

# Breakout Session Descriptions

August 29, 2018, 1:30 pm – 3:00 pm

## Stream: Indigenous Pathways To Health

### Transforming Health Systems: A Yaqui-Centered Framework for Public Health Practice

*Christina Ore (Quechua-mestiza), DrPH,  
Pascua Yaqui Health Services Division*

This session presents findings of a study conducted with the Yaqui Tribe in Sonora, Mexico. The study aimed to privilege Indigenous knowledge, experience, and practice for tribally-driven health development. National governments and global initiatives have turned to health system strengthening to eliminate health inequity. This encompasses improving health system infrastructure, capacity, and capabilities for improved performance and quality. Traditional systems of governance and healing provide for the health, safety, and well-being of their people, as they always have. Yet they are often omitted from global and national health systems strengthening initiatives. From April 2014-2016, nine traditional healers and two lay health workers shared stories about their experience as practitioners, resulting in an Indigenous knowledge-based framework for practicing public health. The emergent framework is a strength-based, systems approach to practice that can be applied to current Indigenous health system strengthening efforts.

## Stream: Data As Knowledge

### Indigenous Epidemiology: An Introduction to the Urban Indian Health Institute's Data Dashboard for Identifying Health Priorities among Urban Native Populations

*Adrian Dominguez, MS, Urban Indian Health Institute*

Historically, a lack of data and data tools to assess the needs, health, and well-being of urban American Indian/Alaska Natives (AI/AN) has limited communities' ability to set health priorities. The Data Dashboard provides an overview of the health status of AI/AN living in selected urban counties served by the network of 33 Subchapter IV Urban Indian Health Programs across the country. The Dashboard provides data on demographics, social determinants of health, mortality, sexually transmitted diseases, maternal and child health, substance use, and mental health. The Dashboard demonstrates the disproportionality evident in health outcomes and behaviors that adversely affect urban AI/AN. Prior to the Dashboard, Urban Indian Health Programs (UIHPs) were limited in

their resources and ability to assess the health and well-being of urban AI/AN in their service area. This session will assist clinical providers, public health professionals, community members, and AI/AN organizations by providing the information necessary to plan and assess programs and interventions, assist with community needs and health assessments, and identify gaps in community resources and data. Moreover, the Data Dashboard can provide background information for grants and funding opportunities, and information for developing hypotheses for future surveillance, evaluation, and research.

## Stream: Governance For Health

### Maximizing Collaboration to Achieve Collective Impact on Improving Cancer Outcomes Across American Indian Communities

*Anne Walaszek (White Earth Band of Ojibwe), MPH,  
American Indian Cancer Foundation; and Amber  
Ruffin (Mandan, Hidatsa and Arikara and descendent  
of Keweenaw Bay Band of Ojibwa), MPH, American  
Indian Cancer Foundation*

The American Indian Cancer Foundation (AICAF) leverages resources and minimizes burden on American Indian (AI) health systems by promoting strategies for working collaboratively with local, state and national partners to address cancer issues within our communities. AICAF facilitates discussions on barriers and solutions with clinic teams to determine areas of improvement. Through this process, AICAF supports the clinic partner to lead discussions with organizations on how to maximize efforts through collaborative activities. Establishing collaborative efforts with partners strengthens activities within AI health systems and formalizes commitments to address cancer program efforts with state health departments and cancer organizations. Participants will identify areas of opportunities to partner with local, state, national and tribal organizations for addressing cancer issues with AI communities. Participants will discuss strategies for mobilizing partnerships to improve cancer screening rates and program services.

## Stream: Performance And Innovation

### When the Standards Align: Developing a Process of Performance Management and Quality Improvement for Public Health and Clinical Health Care

*Beverly J. Larson, MPH, RN, CPHQ-Retired, Gray Horse Strategies;*  
*Carrie Sampson (Umatilla, Walla Walla, Cayuse), Yellowhawk Tribal Health Center*

While not all tribal public health departments are seeking public health accreditation, many are working towards improving their services through use of performance management systems. As clinical departments prioritize accreditation and respond to requirements from granting entities, public health systems can identify common ground to better support efforts to work together in concert with these requirements and public health needs. The session will begin with an overview of the basics of a Performance

Management System for a tribal health center, public health department, or community health department. Participants will learn how terminology may be used differently by clinical and public health departments. Yellowhawk Tribal Health Center (Yellowhawk) staff will share how they have effectively leveraged the focus on population-based activities to bolster integration efforts and improve processes and programs, as explained through the lens of performance management and quality improvement efforts. Yellowhawk encompasses both health care delivery and public health programs and is accredited through the Accreditation Association for Ambulatory Health Care. Yellowhawk is on the journey towards pursuing public health accreditation, which has emphasized the need for a clear delineation of roles between the clinical and public health programs and services, while at the same time maintaining an integrated system.

# Breakout Session Descriptions

August 29, 2018, 3:15 pm – 4:45 pm

## Stream: Indigenous Pathways To Health

*The Interconnectedness of Wellness and Culture*  
*Thosh Collins (On Akimel O’Otham/Haudenosu-anee), Well for Culture; and Chelsey Luger (Turtle Mountain Band of Chippewa and Standing Rock Sioux Tribe), Well for Culture*

“Well for Culture” co-founders Chelsey Luger & Thosh Collins will offer an engaging presentation of videos, photography, and diagrams to outline their wellness model, The Seven Circles of Wellness, which is a contemporary spin on ancestral teachings aimed at promoting holistic health. By the end of the session, participants will be able to explain the interconnectedness of wellness and culture, especially in Indigenous public health and health care settings. Participants will discuss ways to incorporate Indigenous approaches to health and healing in healthcare and public health programs. Participants will take home key strategies for aligning Indigenous approaches to health and healing with our public health services and health care delivery. Get ready to activate your mind and body and join “Well for Culture” in finding proactive solutions to today’s greatest health concerns!

## Stream: Data as Knowledge

*Good Health and Wellness in Indian Country: Indigenous Evaluation and Collaboration*  
*Rose James (Lummi), PhD, Urban Indian Health Institute*

Good Health and Wellness in Indian Country (GHWIC) is the largest chronic disease prevention initiative sponsored by Centers for Disease Control and Prevention (CDC) to promote health and wellness for American Indians and Alaska Natives (AI/AN). Between 2014 and 2019, the CDC will invest over \$78 million in the GHWIC program through work with 23 grantees representing Tribes, Tribal-serving health organizations, and Tribal Epidemiology Centers (TECs) across the country. The GHWIC program supports revitalization of Indigenous values and traditional knowledge as integral components of implementing community-driven strategies to address chronic disease.

The Urban Indian Health Institute (UIHI), a Division of the Seattle Indian Health Board, serves as the national coordinating evaluation center for GHWIC. In this role, UIHI works closely with CDC and grantees to establish performance metrics and to develop and disseminate aggregate evaluation outcomes using a diversity of reports and multimedia platforms. This session will outline the



Indigenous Evaluation Framework and values that shape the GHWIC evaluation model. The presenter will also showcase some of the highlights and challenges associated with implementing a large national collaborative initiative to promote wellness and health among AIAN.

### **Stream: Governance For Health**

#### **Strengthening Indigenous Research Pathways at Tribal Colleges and Universities**

*Deborah His Horse Is Thunder, Ed.D.*

Tribal Colleges and Universities (TCU) are the oases in the higher education deserts in the United States and established to serve the American Indian people. The focus of these tribally controlled institutions has expanded from teaching and service to research. This presentation describes the novel Indigenous Research Methodology graduate certificate program and other curriculum strategies offered through and by TCUs to develop and enhance research capacity in behavioral health related areas.

### **Stream: Performance And Innovation**

#### **Evidence-Based Practices in Tribal and Urban Indian Public Health and Health Care**

*Chelsey Saari, MPH, Public Health Accreditation Board; Michelle Adelman, MPH, American Indian Cancer Foundation; and Amber Ruffin (Mandan, Hidatsa and Arikara), MPH, American Indian Cancer Foundation*

Tribal public health departments (TPHD) use promising practices or evidence-based public health to inform

program planning, engage in decision making, conduct evaluation, and provide public health services. Staff from the Public Health Accreditation Board (PHAB) will cover PHAB Standards and Measures requirements related to evidence-based practices. TPHD staff interested in pursuing accreditation as well as tribal and urban Indian health program staff will discuss:

- What does it mean to use evidence-based practice in an indigenous health setting? What does it mean to use evidence-based practice in meeting PHAB requirements?
- How should this be noted in your documentation?
- What can be done if there is no evidence-base for a process, program, or intervention being used or considered by your health department?

During the second part of the panel, American Indian Cancer Foundation (AICAF) staff will present on best practices, evidence-based and culturally tailored strategies that have been developed and implemented within tribal and urban clinic settings. AICAF recognizes the important role that urban and tribal providers and community members play in promoting health equity, preventing and treating cancer and ensuring access to quality health care. AICAF has created and implemented effective and sustainable policy, community engagement and partnership strategies for clinics and communities to address cancer prevention and control. These strategies raise awareness about cancer screening options, guidelines and recommendations, and the need to increase cancer screening access.

# Breakout Session Descriptions

August 30, 2018, 10:30 am – 12:00 pm

## Stream: Indigenous Pathways To Health

Providing Cultural and Social Services that Reconnect Indigenous People to their Heritage: An Overview of the Home Visitation Model in the Northwest Region

*Myra Parker (Mandan/Hidatsa), JD, MPH, PhD  
Seven Directions: A Center for Indigenous Public Health*

This session will provide an overview of the development and evaluation of the Ina Maka Family Program, based at the United Indians of All Tribes Foundation located in Seattle, Washington. Ina Maka engaged in a community-based process for adapting their home visiting curriculum and planning and conducting their rigorous program evaluation from 2014 to 2015. The program used a mixed methods evaluation design involving focus groups and interviews with parents, home visitors and elders to ensure that their culturally adapted curriculum content aligned with their communities needs and priorities. In addition to sharing both quantitative and qualitative findings, Dr. Parker will discuss the benefits and challenges of the evaluation process and the King County urban Indian community. Participants will discuss strategies for developing tribal or indigenous-focus evaluations of tribal public health and healthcare programs.

## Stream: Data As Knowledge

Impact of Adverse Childhood Experiences on Indigenous Health

*Donald Warne (Oglala Lakota), MD, MPH, School of Medicine and Health Sciences, University of North Dakota*

The negative health impact of Adverse Childhood Experiences (ACE) is well described in numerous populations. Understanding ACE scores in American Indian populations is critical to preventing and mitigating the negative effects of these traumatic exposures. Existing regional, state and national studies do not provide population data needed to link ACE scores to AI health status. In this session, the presenter will give an overview of ACE research as well as an overview of ACE data from Indigenous populations. The ACE disparities among American Indians in South Dakota will be highlighted. Participants will discuss the process for using a statewide health survey to produce a unique dataset for examining ACEs and describe strategies used to ensure sufficient representation within American Indian populations in statewide surveys. In addition, participants will explore a community-based participatory research (CBPR) framework to promote American Indian participation in research to address health disparities.



## **Stream: Governance For Health**

### Improving Population Health Through Partnerships and Collaboration

*Wayne Weston (Oglala Lakota), Sanford Health USD School of Medicine; Elva (Cookie) Allan, Owner, Advanced Management Strategies/Coeur d'Alene Tribe; and Lindsey Holt, MSW, Marimn Health's Behavioral Health Department*

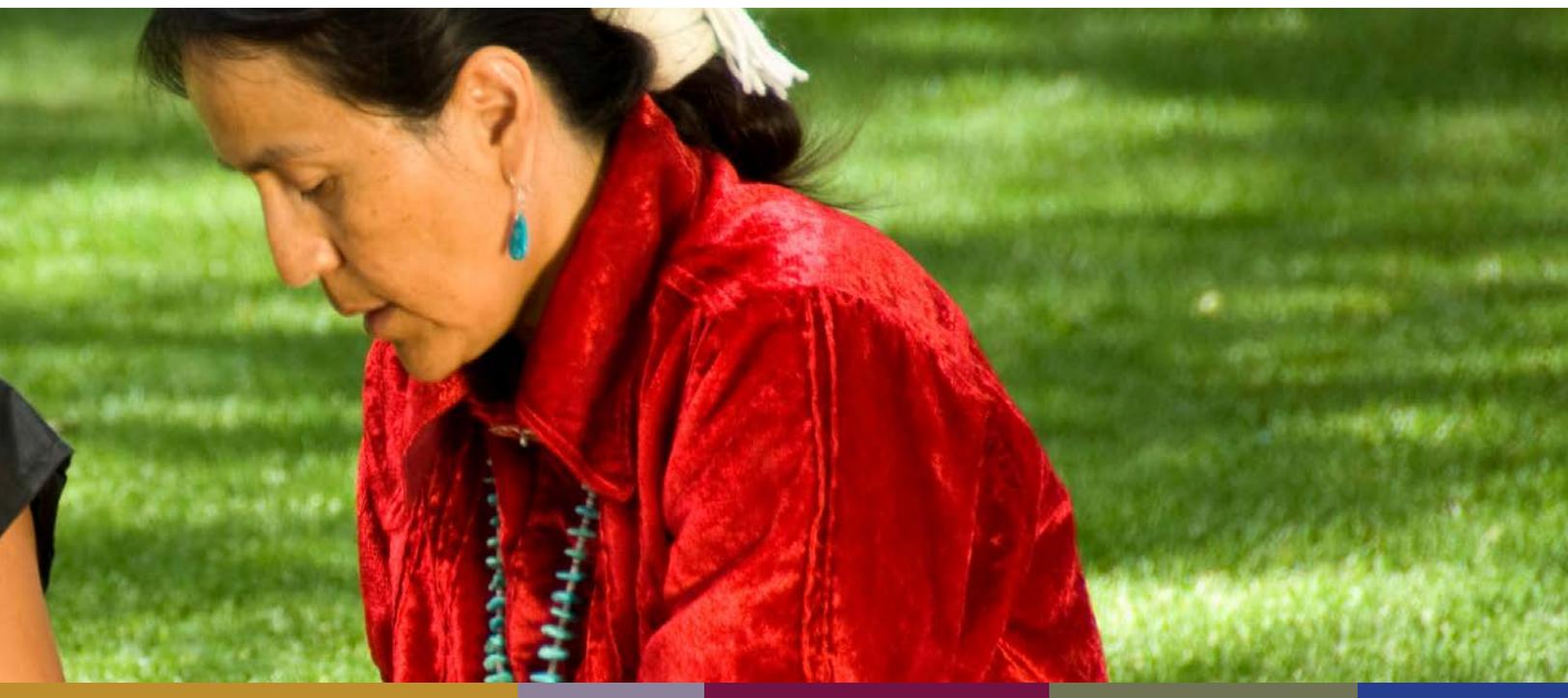
This panel will focus on strengthening strengthen public health authority and partnerships. Wayne Weston will discuss the importance of building partnerships with agencies other than federal agencies and how to build partnerships through education and open communications. Many services that are offered to Native people are often missed because of lack of education and misunderstanding of Tribes that can be corrected through open communications. Participants will explore the various approaches on how to open these communication gaps between non-native and native agencies to better services for Indigenous communities. In follow-up to the keynote address, Cookie Allan and Lindsey Holt will describe how the Coeur d'Alene Tribe has broken down long-standing barriers of communication between its many departments and entities through a collaborative forum to address large-scale community health and social issues. Panelists will describe strategies for successful community-driven calls to action. Participants will discuss strategies for strengthening partnerships for health in their communities.

## **Stream: Performance And Innovation**

### Clinic Team Strategies to Increase Colorectal Cancer Screening across American Indian Communities

*Anne Walaszek (White Earth Band of Ojibwe), MPH, American Indian Cancer Foundation; and Sambridhi Shrestha, MPH, American Indian Cancer Foundation*

The American Indian Cancer Foundation (AICAF) piloted the Clinical Cancer Screening Network (CCSN) to lead evidence-based colorectal cancer (CRC) screening strategies in partnership with clinic and community health systems in American Indian and Alaska Natives (AI/AN) across the Northern Plains. AICAF CCSN provided: support to clinic teams in the network with diverse settings at varying levels of readiness to support QI changes; on-site CME/CEU training on current CRC screening practices and clinic resources, and; facilitation to identify current screening processes and determined a customized plan to support clinic goals at each clinic. Session participants will identify quality improvement tools and resources to support team-led strategies within clinic and community health systems and identify practice change strategies to enhance processes in clinic and community health systems. AICAF staff will provide an interactive session with attendees using tools that help clinics assess their level of readiness and create a plan to implement.





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