11th Annual Native American Healthcare Conference

October 14th-15th, 2020
Pechanga Resort & Casino
Temecula, CA
Sign-up sheets for One-on-One Meetings will be made available at the registration desk. Delegates are encouraged to meet with our sponsors and exhibitors for one-on-one meetings throughout the event in a designated area. Sign-up sheets will be available starting on Wednesday, October 14th at the registration desk for you to schedule a time to meet. This is a perfect time to execute what you learn throughout the day so come prepared with questions. These meetings are completely voluntary and for all delegates who participate in a minimum of two (2) one-on-one meetings, you will be entered into a raffle drawing where two winners will receive a $100 gift card!

7:30-8:30 AM  
Registration & Networking Breakfast

8:30-8:45 AM  
Welcoming Remarks

Justin O’Connor  
President  
Native Nation Events

8:45-10:15 AM  
General Session

Coronavirus in Indian Country Roundtable

- The Coronavirus (COVID-19) global pandemic has affected the entire world and almost every industry. What has been the specific impact on Indian Country?
- How have Tribal leaders and executives addressed the outbreak? It was incredibly important to raise public awareness and to plan and prepare for the spread of the virus in your region.
- Do you have BCP (Business Continuity Plans) in place in cases of national disruptions like COVID-19?
- How have tribes in remote parts of the country with limited access to basic resources handled the pandemic?
- What responses and procedures were put in place? Preparedness Teams, travel bans, closures, declaration of a state of emergency, etc.
- Federal funding is needed for prevention and response efforts and to provide medical supplies and testing kits. How was it ensured that tribal leaders and urban Indian health departments were not left out of the conversation to combat the coronavirus?
- For the first time, Congress had set aside money in these kinds of cases just to combat a health problem in Indian Country.
- How do we even begin to discuss the economic impact of this pandemic and mitigate future losses?
- The closure of casinos means that some tribal governments have lost their primary source of revenue. American Indian casinos employ a combined 700,000-plus people directly and indirectly and generated over $37 billion in 2017, making them the largest segment of the U.S. gaming industry.
Wednesday, October 14th

10:45-11:45 AM  
**Keynote Presentation: The Leader Within**

This motivational leadership message will empower you to motivate and inspire others to outperform themselves. In this energizing talk, you will discover the importance of Working Together, Struggling Together and Achieving Together. Kendal presents effective leadership strategies he developed from a kid who changed his life through sports to building an award-winning business while employing over 100 staff as CEO. Kendal empowers audiences to remember what it takes to activate The Leader Within!

Attendees will gain:
- How ONE person can change an organization.
- Gain deep insights into the habits of successful leaders.
- Developing a high performance team built on trust & transparency.
- Understand how leaders impact change at work & outside of work.
- Discover the 3 secrets leaders use to grow high performance teams that get results.

**Presenter:**
Kendal Netmaker  
*Leading Entrepreneur & Speaker*  
Netmaker Enterprises Corp.  
Sweetgrass First Nation

11:45-12:30 PM  
**Cannabis Post 2020 Election - What Are You Doing Now to Prepare?**

Tom Rodgers of Carlyle Consulting who is viewed as a national cannabis policy strategist and assembled the very first national cannabis revenue and tax study, which has historically been utilized by the United States Congress, will discuss the triad of post 2020 cannabis public policy — research, public health concerns and the need for governmental revenue. What is Indian Country doing, and what should it be doing, to protect itself in this emerging market?

**Presenter:**
Tom Rodgers  
*Principal*  
Carlyle Consulting
Wednesday, October 14th

12:30-1:30 PM

Networking Lunch

1:30 PM

Healthcare General Sessions

1:30-2:30 PM

Coronavirus Pandemic — The Healthcare Response & Impact

• What has been the impact of COVID-19 on Indian Country’s healthcare system?
• How has your public health staff and Tribal leaders addressed this outbreak locally?
• Tribal communities are among the most vulnerable and least resourced to address a public health outbreak such as this.
• Certain conditions make Indian Country more vulnerable such as multigenerational families living in close quarters, struggling with poverty, poor nutrition and underfunded health-care programs.
•Were testing kits available when and where they were needed? Was the necessary funding provided?
• Health conditions and existing disparities that commonly impact Tribal communities, such as diabetes, heart conditions, barriers to accessible healthcare, etc. can increase the risk of a more serious COVID-19-related illness. What can you continue to do to keep your community safe?

2:30-3:15 PM

Access to Healthcare — Telehealth & Caring for Patients in Their Homes

• IHS and tribal healthcare facilities are overwhelmingly located in rural and isolated settings with little access to specialty services, making telemedicine an ideal if not essential component of care delivery.
• Discuss advances in telehealth for tribes and services available to help with services such as behavioral health, cardiology, orthopedics, allergies, depression, diabetes, physical therapy, endocrinology, internal medicine, etc.
• Employers offering telemedicine services to their employees is becoming much more common in benefits packages.
• What costs are associated and how can a process be implemented?
• How is privacy, security and personal medical data handled with telehealth appointments?
• How were telemedicine practices used during the Coronavirus pandemic to keep people safe?
• What are some creative approaches that can be used to care for elders in their homes and communities instead of sending them to distant long-term care centers?
American Indian adults are more than twice as likely as white adults to be diagnosed with type 2 diabetes, according to the Office of Minority Health at the U.S. Department of Health and Human Services. Native American youth experience the highest and fastest-growing rate of the disease of any racial or ethnic group.

The death rate due to diabetes is 1.8 times higher than the general U.S. population.

What is being done to change and improve the statistics?

COVID-19 is a challenge for people with diabetes. Diabetes has been reported to be a risk factor for the severity of the disease.

Discuss lifestyle changes that can help prevent or treat the disease. A healthy diet, adequate exercise, and modest weight loss can dramatically reduce a person’s risk for getting diabetes.

There are several risk factors related to diabetes including obesity, hypertension, high cholesterol, smoking, etc.

Discuss the complications that can come from inadequate management of diabetes.

What grants or federal funding is available for treatment or support programs? Preparing and submitting successful diabetes grant applications is key.

Clarify Medicare and Medicaid coverage of diabetes prevention services.

What are the newest management programs, technologies and treatments that have proven to be effective?

**Diabetic Charcot Foot/Ulceration: Internal Vs. External Fixation**

- History of Diabetic Charcot Foot.
- Internal Fixation Screws/Plates.
- Ilizarov External Fixation.
- Stem Cell/Biologics/External Fixation Maintenance.
- Case Studies with Radiographs.

**Presenter:** Dr. Daryl B. Wever  
*Director of Health Services and Physician Trauma,  
Reconstructive and Elective Surgeon*  
Little River Band of Ottawa Indians
Healthcare General Sessions

8:30-9:15 AM   Promoting Good Health & Wellness in Your Community

- Is your community or enterprise promoting physical activity and coming up with innovative ways to promote wellness and get all generations involved?
- According to the CDC, 38% of American Indians and Alaskan Natives are obese and 32% smoke commercial tobacco products.
- 46.4% of American Indian adults 18 and over do not meet federal physical activity guidelines.
- How have you been promoting health and wellness programs in the wake of the COVID-19 pandemic?
- Regular exercise has been proven to help older adults stay or become more independent, prevent and manage health complications, and provide other benefits that can help with combating hazards that may come with age.
- What environmental factors contribute to the health of American Indians/Alaska Natives?
- Discuss strengthening connections to culture and traditional lifeways that can help improve health and wellness.
- Good Health and Wellness in Indian Country, a 5-year $98 million program, is CDC’s largest investment to improve health among American Indians and Alaska Natives and covers:
  - Tobacco
  - Obesity
  - Vaping
  - Secondhand Smoke
  - Third Hand Smoke
  - Cardiovascular and Stroke Prevention
  - Policy Development
  - Data Collection - Barriers and lessons learned
  - Community Clinical Linkages

Presenter: Mitzi M. Racine  
Program Director/Doctorate Candidate  
Good Health and Wellness in Indian Country  
Rocky Mountain Tribal Leaders
9:15-9:45 AM  NativeWellness.Life Magazine: Integrating Native Culture Into Health Promotion & Disease Prevention

- Examples of how this national, monthly magazine captures and keeps the attention of its American Indian readers.
- A one-of-a-kind publication that focuses on cultural renewal, which includes a proud past that respects elders and children; and a proud people, who honor heritage and nature.
- The publication’s desire is to emphasize the positive aspects of life, focusing on strategies that improve physical, mental and emotional well-being.
- How NativeWellness.Life empowers readers with trustworthy health and wellness information and shares good ideas from tribes across the nation.
- Discuss suicide prevention, diabetes awareness, the opioid epidemic, food sovereignty, elders, smoking cessation, community gardens, and much more.
- Monthly magazine departments include self-care, cooking healthy, food sovereignty, fitness, an elders’ page, and a section for kids.
- NativeWellness.Life is a publication written and designed by native people for native people.

Presenters:

Orville Desjarlais  
Managing Editor  
NativeWellness.Life  
Member, Turtle Mountain Chippewa Tribe

Debbie Desjarlais  
Creative Director  
NativeWellness.Life  
Member, Turtle Mountain Chippewa Tribe

9:45-10:15 AM  Morning Networking Break
Healthcare General Sessions

10:15-11:00 AM   TBD – Seven Generations Building

11:00-11:45 AM   Mental Health – Impact on Native American Communities

- Native Americans have the highest suicide rates of any other population group in the U.S.
- The national suicide rate has gone up 33% since 1999, and the rates have jumped by an alarming 139% for Native American women and 71% for Native American men according to a recent report from the Centers for Disease Control and Prevention.
- Discover some common causes that lead to poor mental health and feeling hopeless and how to address them.
- Behavioral and mental health issues are not always isolated, there are important correlations with physical health and other social and economic conditions in communities.
- How has the Coronavirus pandemic affected mental health? Quarantines, economic instability, loss of jobs, health risks and having to find a “new normal” can have a large impact on someone’s mental wellbeing.
- What are some barriers that stop people from accessing mental health services? Cost, lack of awareness, stigma, mistrust or lack of culturally trained health providers, etc.
- In the American Indian and Alaskan Native community, there is a small supply of mental health resources and awareness programs that don’t always reach those in need.
The National Opioid Crisis & How It’s Affecting Your People

- The opioid epidemic is posing an ever increasing threat to Indian Country.
- According to the Center for Behavioral Health Statistics and Quality, American Indians and Alaska Natives have the highest rate of substance dependence or abuse compared with other racial groups.
- The current opioid-related overdose death rate is 15.7 deaths per 100,000 Native Americans, which exceeds the national rate of 13.1 per 100,000.
- What leads to drug and alcohol abuse? Poverty, unemployment, health concerns and historical trauma could all be factors.
- What types of prevention, support and treatment programs have been implemented and are successful?
- Discuss non-pharmacologic treatments for pain and safe, effective alternatives to opioids.
- There is a need for more culturally sensitive programs for intervention, education, outreach, and treatment that reflect the traditions of Native Americans.

Healthcare Conference Concludes

EXHIBITOR RAFFLE DRAWING

Followed by

***GRAND PRIZE DRAWING***

***Winners must be Present to Win***