

KUNHI-YO' "I'm Healthy" Conference 2025



Yukwe?ti-yo' (One has Integrity)

Overdose Awareness Day | Awareness and Prevention
Hope and Healing | Improving Mental Health



Oneida Behavioral Health | August 29, 2025

Yukwatuhahele ne ^skwatatyatlhahs (We are excited you will join us)

8 a.m.

Sign-in and Registration

Check out our Kunhi-Yo Vendor Market in Iroquois South & Resource Fair near the 3 Clans Room.

Breakfast Provided

**will be served until 9 a.m.*

8:30 a.m.

Randy Cornelius - Edge of the Woods/Thanksgiving Address

9:30 a.m.

Keynote Speaker - Perspectives of Integrity: Joan Grossel, MSW, PHD, LCSW

10:30 a.m.

Break

10:45 a.m.

Breakout Session 1

For more information about breakout session options, see page 2.

11:45 a.m.

Moment of silence for the loved ones we lost

Oneida Hymn Singers - Honoring those we lost

Noon

Lunch Provided

Oneida Recovery Nest's Art/Fashion Show - Jonas Hill-MC - 3 Clans Room

For more information about the Art/Fashion Show, see page 2.

1 p.m.

Recovery Panel: Sharing Strength, Hope and Healing - 3 Clans Room

For more information about the Recovery Panel, see page 2.

1:45 p.m.

Breakout Session 2

For more information about breakout session options, see pages 2 & 3.

2:45 p.m.

Break

3 p.m.

Recovery Stories - Open Mic (Participants tell their story) - 3 Clans Room

For more information about the Recovery Stories Open Mic, see page 3.

4 p.m.

Tourism - Smoke Dancers - 3 Clans Room



Continuing education hours (CEH) and continuing education units (CEU) will be approved as follows: One clock hour=1 CEH and 1 CEH=.1 CEU. Hours are calculated based on start and end times of the presentation, excluding mealtimes but including breaks not greater than the equivalent of ten minutes per clock hour.

Breakout Session 1

Treatment Modalities for Healing Trauma - Elizabeth Creapeau LPC/Emma White LPC - 3 Clans Room

At Oneida Behavioral Health, our mission is to provide the highest quality, holistic health care to ensure wellness for our Oneida community. We offer a variety of therapy options to meet the diverse needs of our community, including individual therapy (ages 5+), couples therapy, family therapy, child therapy and Brainspotting. These services are designed to support emotional well-being, strengthen relationships, promote healing and self-growth through compassionate, culturally-sensitive care.

What Treatment Looks Like - Rachel Seegers MAC, LPC-IT, CSAC/Ernest Allard MS, CSAC - Michigan Room

Oneida Behavioral Health's substance use services are unique to each individual. Listen as Ernie Allard MS, CSAC and Rachel Seegers MAC, LPC-IT, CSAC share information about individualized treatment services. This presentation will cover services offered by Oneida Behavioral Health including levels of care, medication assisted treatment, harm reduction and the importance of individualized recovery.

Wellbriety Talking Circle - Patrick Danforth & Lori Elm Recovery Coaches - Huron Room

Join us for an immersive experience in the Wellbriety Talking Circle, hosted by the Oneida Recovery Nest. Rooted in Indigenous values and founded by Don Coyhis of the Mohican Nation, the Wellbriety Movement offers a culturally grounded approach to healing and recovery. This session will explore how Native American spiritual teachings are blended with the principles of 12-Steps to promote holistic wellness and sobriety. Participants will engage in a traditional Talking Circle, fostering connection, reflection and community healing.

DBT (Dialectical Behavior Therapy) - Timothy Lambert MA, LPC - Ontario Room

DBT, or Dialectical Behavior Therapy, is an evidenced-based therapy that helps individuals manage intense emotions, improve relationships and develop a more balanced life. An overview of the goals, skills and dialectical abstinence will be discussed. The session will accomplish the following objectives: an increased understanding of what DBT is about and the goals of DBT, identify the four skills of DBT, the three minds talked about with DBT and an increased understanding about dialectical abstinence and harm reduction.

Oneida Recovery Nest's Art/Fashion Show

This art/fashion show is a showcase of resilience, creativity and cultural connection, featuring artwork by recoverees made while attending activities/groups offered at the Oneida Recovery Nest.

Recovery Panel: Sharing Strength, Hope, and Healing

The Recovery Panel features individuals who will share their personal recovery stories. Each panelist brings a distinct perspective highlighting the courage, vulnerability and strength that define the recovery experience. This session will include dialogue about stigma, support systems and the importance of community. The Recovery Panel is not just a conversation-- it's a celebration of resilience and a call to action for compassion, understanding and change.

Breakout Session 2

You Belong - Cultural Heritage: Stephenie Muscavitch - Wolf Clan Manager - Michigan Room

LIMITED TO 30 PARTICIPANTS. This activity will be a guided meditation that is curated by the audience members that takes them through the experience of a spirit in a sky world making their way down to earth.

Continued on page 3 >>>

Breakout Session 2 *Continued from page 2*

Man Clan Talking Circle – Paul Ninham - Ontario Room

Join us at this breakout session to learn more about The Oneida Man Clan which was created in the fall of 2022 on the Oneida Reservation in Wisconsin. The grass roots mobilization started when seven men sat around a table and decided it was time to gather and take action as brothers in our community. We decided to create a venue for continual, cultural teachings based on our duties and responsibilities as men, which were bestowed upon us from the Creator. It has been our intent to provide a safe place for men to share their story without fear, shame and judgement. It is our priority to understand and address historical trauma, generational trauma, unresolved grief and incomplete relationships.

When we gather collectively, we burn our original tobacco, use our language, receive the teachings, constructively listen, pass the powerful Eagle Fan around and speak from our heart. Oneida Man Clan was created to support, encourage and uplift the men in our community. We are holding each other accountable to be the best man, friend, father, husband, partner, grandfather, grandson, son, brother and uncle that we can be. We practice love, compassion, kindness, peace, power and righteousness. Our collective power is dispersed throughout the community as we model those positive behaviors while understanding and practicing the importance of mental health and wellbeing, and its inextricable connection to holistic health. We are adhering to our original instructions, we are adhering to our duties and responsibilities and we understand sharing is healing.

How to stop Nicotine Misuse - Scott Lalonde MSW, CSAC - Huron Room

We will discuss nicotine cessation and the nicotine cessation supplies to assist in quitting such as gum, lozenges and or patches. We will cover how to use these, possible drug reactions, what to do if this happens and talk about the benefits of being smoke free.

What is Grief? - Torland Cornelius-Adkins MSW, LCSW - 3 Clans Room

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. This session will cover the difference between grief and mourning, identify the grieving styles and types of grief, identify the different types of losses, learn the stages of grief, learn myths and facts about grief, identify the differences between grief and depression and learn coping skills.

Recovery Stories - Open Mic

Recovery Stories are personal narratives shared by individuals who have experienced and overcome challenges related to mental health, substance use, trauma or other behavioral issues. These stories often highlight the journey of healing, resilience and growth and they can serve multiple purposes.

Key Elements of Recovery Stories

1. **Personal Experience:** The storyteller shares their unique journey, including struggles, turning points and milestones.
2. **Hope and Empowerment:** These stories often emphasize the possibility of recovery and inspire others facing similar challenges.
3. **Support Systems:** They may highlight the role of therapy, peer support, family, community or spiritual practices.
4. **Tools and Strategies:** Many stories include practical approaches that helped the individual cope and heal.
5. **Ongoing Journey:** Recovery is often described as a continuous process rather than a final destination.

Why Recovery Stories Matter

1. Reduce stigma around mental health and addiction.
2. Promote empathy and understanding.
3. Encourage others to seek help and believe in the possibility of change
4. Inform professionals and policymakers about lived experiences.

Sponsored by Oneida
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Opioid Response Grant



Yaw^ko (thank you) for
attending the 2025
KUNHI' YO Conference