

Kunhi-Yo' "I'm Healthy"

August 28, 2026

CHANGE ONE'S LIFE

Tekatunhatényehse'
Willingness to Change One's Life for the Better



Overdose Awareness Day - Awareness and Prevention - Hope & Healing - Improving Mental Health

8:00AM	Sign-in and Registration Breakfast Provided (<i>will be served until 9:00 am</i>) <i>Check out our Kunhi-Yo Vendor Market in Iroquois South & Resource Fair within the entrance area of the 3 Clans Ballroom</i>
8:30–9:30AM	Winds of Change: A Spiritual Awakening Robert “BJ” Jones
9:30–10:30AM	Keynote Speaker – Thomas R. Porter (Sakokwenionkwas - “The One Who Wins”)
10:30–10:45AM	Break
10:45–11:45AM	Breakout Session 1 <i>For more information about breakout session options, see page 2.</i>
11:45AM	Moment of silence for the loved ones we lost <i>Oneida Hymn Singers – Honoring those we lost</i>
12PM–1PM	Lunch Provided – Recovery Stories - 3 Clans Room - (MC) <i>Please take the time to visit our vendor tables featuring artwork by recoverees made while attending activities/groups offered at the Oneida Recovery Nest.</i>
1:00–1:45PM	Recovery Panel: Sharing Strength, Hope, and Healing – 3 Clans Room – Jonas Hill <i>For more information about the Recovery Panel, see page 2.</i>
1:45–2:45PM	Breakout Session 2 <i>For more information about breakout session options, see page 2.</i>
2:45–3:00PM	Break
3:00–4:00PM	Recovery Stories - 3 Clans Room <i>For more information about Recovery Stories – Open Mic, see page 2.</i>
4:00–5:00PM	Tourism – Smoke Dancers – 3 Clans Room

Breakout Session 1

- **Sports Betting, Gaming and Online Apps: Entertainment or Risk Taking** – Susan Exworthy LCSW, CSAC – Michigan Room
- **Wellbriety and Warrior Down Recovery Coaching as a Pathway for Culturally Appropriate Recovery and First Nations Recovery Resources** – Patrick Danforth Recovery Coach Professional, Lori Elm Recovery Coach – Huron Room
- **HER Alliance-Human Trafficking 101** – Kasia Klaus Executive Director – Ontario Room

Recovery Panel: Sharing Strength, Hope, and Healing – 3 Clans Room – Jonas Hill

- 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

- **Cultural Heritage** – Stephenie Muscavitch Wolf Clan Manager – Michigan Room
 - The Peacemaker Presentation
- **Diabetes Management** – Scott Lalonde MSW, CSAC – Huron Room
- **Inclusion of Holistic Mental Health Care** – Dr. Amy Williams - Ontario Room

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

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. **Educate** professionals and policymakers about lived experiences.

Yukwatuhahele ne ^skwatatyathahs | We are excited you will join us



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.



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