<table>
<thead>
<tr>
<th>Time</th>
<th>Title/Description</th>
<th>Presenter(s)</th>
<th>Activities and Readings</th>
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</thead>
</table>
| 9:00 am | Welcome  
* Blessing & Introductions  
* Overview of Institute            | Nate St. Pierre, Ed.D., President, NARCH Project PI, Stone Child College  
Deborah His Horse is Thunder, Ed.D., NARCH Project Director, AIHEC | Where are you from?  
What do you hope to gain from this training?                                              |
| 9:45 am | American Indian Historical Experience with Research  
* Overview of American Indians experience with research in the past and its contribution to distrust. | Nate St. Pierre, Ed.D., President, NARCH Project PI, Stone Child College | Didactic Presentation and Group Discussion  
READINGS:  
### Monday, May 23, 2016—Introduction to Building Research Capacity: Historical Trauma and CBPR

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<tbody>
<tr>
<td>2:45 pm</td>
<td>Break</td>
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<tr>
<td>3:00 pm</td>
<td>Effectively Working with IRBs</td>
<td>William Freeman, M.D., NARCH Project Director, Northwest Indian College</td>
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<tr>
<td>4:00 pm</td>
<td>Closing the Circle</td>
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### Tuesday, May 24, 2016—Building Research Capacity: Review Boards and Data Analysis

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<tr>
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<tbody>
<tr>
<td>9:00 am</td>
<td>Greet the Day</td>
<td>Deborah His Horse is Thunder, Ed.D., NARCH Project Director, AIHEC</td>
<td>One-word check in.</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Protection of Human Subjects</td>
<td>Cynthia Pearson, Ph.D., Research Associate Professor and Associate Director of Research, Indigenous Wellness Research Institute, University of Washington</td>
<td>READING: Code of Federal Regulations, Title 45, Public Welfare Department of Human Services and Part 46, Protection of Human Subjects.</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Break</td>
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<tr>
<td>Time</td>
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<td>Presenter(s)</td>
<td>Activities and Readings</td>
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| 10:45 am | **IRB Experiences**                                          | **FACILITATOR:** Deborah His Horse is Thunder, Ed.D., NARCH Project Director, AIHEC  
**RESPONDENT:** William Freeman, M.D., NARCH Project Director, Northwest Indian College | Experiences of Cohort One TCUs with their respective TCUs.                               |
| Noon     | Lunch                                                       |                                                                               |                                                                                        |
| 1:00 pm  | **Qualitative Research: Strengthening Your Data Collection and Analysis**  
*This interactive session will use actual data from one of the TCU's Research Projects to describe the types of qualitative research analysis that can be done.*  
**Quantitative Research: Crunching Numbers and Analyzing Results**  
*This interactive session will use actual data from one of the TCU's Research Projects to describe the types of quantitative research analysis that can be done.* | **Joan LaFrance**, Ph.D., President, Mekanak Consulting; co-author, AIHEC Indigenous Evaluation Framework  
**Janet Gordon**, Ph.D., Researcher/Evaluator/Adjunct Faculty, Research and Evaluation, Montana State University | (Sessions repeated to allow for smaller groups and to facilitate greater interaction.) |
| 2:30 pm  | Break                                                       |                                                                               |                                                                                        |
| 2:45 pm  | **Qualitative Research: Strengthening Your Data Collection and Analysis**  
*Repeat of 1:00 pm session* | **Joan LaFrance**, Ph.D., President, Mekanak Consulting; co-author, AIHEC Indigenous Evaluation Framework | (Sessions repeated to allow for smaller groups and to facilitate greater interaction.) |
|          | **Quantitative Research: Crunching Numbers and Analyzing Results**  
*Repeat of 1:00 pm session* | **Janet Gordon**, Ph.D., Researcher/Evaluator/Adjunct Faculty, Research and Evaluation, Montana State University |                                                                                        |
| 5:00 pm  | **Wahkpa Chu’gn Buffalo Jump Tour**  
*Wahkpa Chu’gn is a prehistoric buffalo jump dating back to 2,000 years before present. Generally recognized as the best-known site regionally documenting several early cultures, this tour includes a demonstration of a method of stone boiling buffalo meat.* | Tour location: 3993 6th Street West, Havre, MT, (behind Holiday Village Mall on Highway 2 West). |                                                                                        |
### Wednesday, May 25, 2016—Building Research Capacity: Current Practices

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>Greet the Day&lt;br&gt;Thoughts from yesterday’s discussion?</td>
<td>Deborah His Horse is Thunder, Ed.D., NARCH Project Director, AIHEC</td>
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</tr>
<tr>
<td>9:15 am</td>
<td>Comprehensive Community Behavioral Health Needs Assessment&lt;br&gt;The goal of conducting a comprehensive community behavioral health assessment can seem overwhelming. Cankdeska Cikana Community College presents their process of accomplishing this task within a two-year time frame, and describes their success in leveraging additional resources and partnerships with community organizations.</td>
<td>Patricia Conway, Ph.D., Evaluator, Cankdeska Cikana Community College</td>
<td>READING: Spirit Lake Nation Comprehensive Community Assessment 2015</td>
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<tr>
<td>10:15 am</td>
<td>Break</td>
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<tr>
<td>10:30 am</td>
<td>Neurodecolonization: Examining the connections between mindfulness practices and traditional Indigenous knowledge and contemplative practices&lt;br&gt;In this presentation, Dr. Yellow Bird uses neuroscience research to examine how mindfulness approaches and traditional Indigenous contemplative practices can train the mind and positively change the structure and function of the brain. He discusses how experiences and perceptions change our brain (neuroplasticity); shape our DNA and affect the expression of our genes; activate different brain regions, change our brain waves, and shape specialized brain cells such as mirror neurons; and alter our neurotransmitters and modulators.</td>
<td>Michael Yellow Bird, Ph.D., Director, Tribal and Indigenous Peoples Studies Program; Professor, Department of Sociology and Anthropology, North Dakota State University</td>
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<tr>
<td>Noon</td>
<td>Lunch</td>
<td>NOTE: Student participants will have lunch together.</td>
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### Wednesday, May 25, 2016—Building Research Capacity: Current Practices

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<tbody>
<tr>
<td>1:15 pm</td>
<td><strong>Applying Positive Community Norms</strong></td>
<td>Mark Bauer, Ph.D., Professor, Diné College</td>
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<td>Too frequently, research in our communities is from a deficit perspective—this presentation describes Diné College’s asset-based approach and their work around positive community norms.</td>
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<tr>
<td>3:00 pm</td>
<td><strong>Resources to Help Close the Gap Between Research and Effective Practice in Behavioral Health</strong></td>
<td>Al Kuslikis, M.A., Senior Associate for Strategic Initiatives, AIHEC</td>
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<td>Discussion on key resources for furthering TCU behavioral health research and implementing effective practices including submitting a NARCH application for your institution.</td>
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<tr>
<td>5-7:30 pm</td>
<td><strong>Picnic Dinner</strong></td>
<td>Stone Child College Elder Advisors and Other Cultural Experts</td>
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<td>Stone Child College has arranged for a picnic dinner in Beaver Creek Park. Cultural presentations and activities will be provided in addition to the meal.</td>
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### Thursday, May 26, 2016—Building Research Capacity: Curriculum

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<tr>
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<tbody>
<tr>
<td>9:00 am</td>
<td><strong>Greet the Day</strong></td>
<td>Deborah His Horse is Thunder, Ed.D., NARCH Project Director, AIHEC</td>
<td>Other topics we should explore today?</td>
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<tr>
<td></td>
<td>Thoughts from yesterday’s discussion?</td>
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</tr>
<tr>
<td>9:30 am</td>
<td><strong>American Indian Life Skills Curriculum</strong></td>
<td>Teresa LaFrombois, Ph.D., Professor, Developmental and Psychological Sciences in the Graduate School of Education; affiliated faculty member, Child Health Research Institute, School of Medicine, Stanford University</td>
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<td></td>
<td>AILSDC is a Native American based framework for life skills development and suicide prevention. Like many life skills programs, AILSDC strives to instill self-respect and self-esteem, teach communication and conflict management skills, encourage goal setting and future planning, etc. AILSDC also has a specific focus on self-harm and suicide, both in understanding personal issues conducive to suicide such as depression and loss of hope, and suicide awareness and prevention or intervention in others.</td>
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<tr>
<td>10:30 am</td>
<td><strong>Break</strong></td>
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**READINGS:**
### Thursday, May 26, 2016—Building Research Capacity: Curriculum

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<tbody>
<tr>
<td>10:45 am</td>
<td>Review of Relevant Curriculum in Behavioral Health at TCUs</td>
<td>Billie Jo Kipp, Ph.D., President, Blackfeet Community College</td>
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<td>Overview of current behavioral health certificates and degree programs at TCUs is presented with an emphasis on Blackfeet Community College.</td>
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<tr>
<td>Noon</td>
<td>Lunch</td>
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<tr>
<td>1:30 pm</td>
<td>Historical Trauma Course Series</td>
<td>LaVerne Parker, M.S., Instructor, Rural Health Program, Stone Child College</td>
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<td></td>
<td>Stone Child College presents its three course series on historical trauma: 1) Theory of HT; 2) Cycles of Trauma and Addiction; and 3) Researching the Phenomenon of HT.</td>
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<tr>
<td>3:00 pm</td>
<td>Break</td>
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<tr>
<td>3:15 pm</td>
<td>Knowledge Sharing Through Curriculum</td>
<td>Billie Jo Kipp, Ph.D., President, Blackfeet Community College</td>
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<td>This is a facilitated discussion about curriculum development need, process, and issues to address when teaching behavioral health. This session will also ascertain what and how to share curriculum among the TCUs.</td>
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<tr>
<td>4:00 pm</td>
<td>Closing Comments</td>
<td>Deborah His Horse is Thunder, Ed.D., NARCH Project Director, AIHEC</td>
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### Friday, May 27, 2016—Next Steps in Behavioral Health Research Capacity Building

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<tr>
<td>9:00 am</td>
<td>Greet the Day</td>
<td>Deborah His Horse is Thunder, Ed.D., NARCH Project Director, AIHEC</td>
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<td>Presentation: writing peer-reviewed journal articles including knowing your audience, defining your message, presentation of evidence, and effective writing tips; and also includes advice from an editorial perspective.</td>
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<td>10:30 am</td>
<td>Break</td>
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<tr>
<td>10:45 am</td>
<td>First Cut: A Journal Manager’s Perception of Quality Research</td>
<td>Natasha Floersch, B.A., Journal Manager, American Indian and Alaska Native Mental Health Research</td>
<td>Author Guidelines for the AI/AN Mental Health Research</td>
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<td>Presenter shares her experience as a manager for a major mental health journal with regard to reviewing potential articles for publication.</td>
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<tr>
<td>Noon</td>
<td>Lunch</td>
<td>Deborah His Horse is Thunder, Ed.D., NARCH Project Director, AIHEC</td>
<td>Set intentions for further work together.</td>
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*Thank You and Safe Travels!*