



39<sup>TH</sup>  
ANNUAL



# PROTECTING OUR CHILDREN

Connectedness, Resilience,  
and Persistence

## Resources for Conference Presenters and Participants

At times, content at the annual Protecting Our Children Conference may be upsetting or triggering to some participants. With that in mind, every year NICWA develops a mental health plan to have support available for participants who may need it. Historically, through board, staff, and partners, NICWA provides three types of support to participants at our in-person conference: emotional, spiritual, and clinical. In the virtual conference environment, which presents some challenges to identifying when participants may need help or support, we provide similar types of support but in different ways. Here's what is available:

- During the lunch hour on Monday, White Bison is facilitating a Wellbriety meeting especially for conference participants. See the conference Attendee Hub for the Zoom link.
- On Tuesday morning, from 7:30–8:15 a.m. PT, the NICWA board and partners are offering a prayer to honor the National Day of Prayer for Native Children. Conference participants are welcome to join. See the conference Attendee Hub for the Zoom link.
- During the conference, emotional and spiritual support will be provided through a talking circle held 30 minutes after the last conference session of each day (4:30–5:30 p.m. PT on Monday and Tuesday, 3:00–4:00 p.m. PT on Wednesday). See the conference Attendee Hub for the Zoom link.
- Any conference participants who may need clinical support can email [training@nicwa.org](mailto:training@nicwa.org) during conference hours (8:30 a.m.–4:00 p.m. PT on Monday and Tuesday, 8:30 a.m.–2:30 p.m. PT on Wednesday) and provide their cell phone number. Within an hour, they will be contacted by one of our clinical support providers.

Remember that your local community resources and personal support network may be helpful to you.

Finally, additional national resources include:

- **White Bison Wellbriety meetings:** A daily online Native American Wellbriety 12-Step meeting
  - Held Monday–Friday at 11:00 a.m. PT / 12:00 p.m. MT / 1:00 p.m. CT / 2:00 p.m. ET.
  - Zoom Meeting ID: 548-538-0164 Password: 488-123
  - A list of other Wellbriety meetings is available at <https://whitebison.org/WellBriety.aspx>
- **Online Alcoholics Anonymous meetings and resources:**
  - <https://aa-intergroup.org/>

- <https://recoverycentersofamerica.com/recovery-resources-during-coronavirus/virtual-na-and-aa-meetings/>
- **Virtual Narcotics Anonymous meetings:** <https://virtual-na.org/>
- **Substance Abuse or Mental Health National Helpline:** The Substance Abuse and Mental Health Service Administration's National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
  - Call 1-800-662-HELP (4357) or TTY: 1-800-487-4889
  - Also visit the online treatment locator: <https://findtreatment.samhsa.gov/>
  - The website has many other service locators on a menu on the left-hand side: <https://www.samhsa.gov/find-help/national-helpline>
- **Al-Anon and Alateen:** Help and hope for families and friends of alcoholics.
  - Meetings are listed at <https://al-anon.org/al-anon-meetings/>
- **StrongHearts Native Helpline:** Anonymous domestic, dating and sexual violence helpline for American Indians and Alaska Natives, offering culturally appropriate support and advocacy.
  - 1-844-762-8483: Call, text, or live website chat 24/7
  - More information is available at <https://strongheartshelpline.org/>
- **National Domestic Violence Hotline:**
  - Call 1-800-799-7233
  - Live website chat at <https://www.thehotline.org/>
- **National Suicide Prevention Lifeline:**
  - Call 1-800-273-8255
  - Live website chat at <https://suicidepreventionlifeline.org/>
- **Veterans Crisis Line:**
  - Call 1-800-273-8255 (and press 1)
  - Text 838255
  - Live website chat at <https://www.veteranscrisisline.net/>
- **Crisis Text Line:** text HOME to 741741 for free crisis support 24/7
- **National Human Trafficking Hotline:**
  - Call 1-888-373-7888
  - Text 233733 to chat