



Depression over his father's death along with the abuse of drugs contributed to a suicide attempt at age eighteen. This path destroyed Arnold's original dreams which included a college athletic scholarship. After many years of healing and getting in touch with his Native American culture, Arnold earned a Master's degree in Social Work and has become a clinical therapist, discussing socially important topics such as suicide prevention.

### **Topics Include:**

- Personal Resiliency
- Identifying and overcoming self destructive behaviors
- Setting short and long term goals
- Maintaining success by utilizing family, friends and community support
- Substance abuse prevention and intervention strategies
- Suicide prevention and intervention strategies
- Post traumatic stress disorder (PTSD); culturally relevant interventions
- Grief and loss: the process of letting go
- Identity: importance of Indigenous culture and traditions
- the Value of Education
- Finding and maintaining balance within the physical, emotional, mental and spiritual dimensions
- Stress and anger management strategies
- Learning to live with disabilities
- Leadership
- Spirituality: The journey to inner peace
- Overcoming Adversity

### **Presentation Summary**

Arnold has been greatly affected by generational patterns of poverty, alcoholism, stereotypes, myths, and the passing of loved ones. The death of his father along with the consumption of mind-altering drugs contributed to his suicide attempt, a path that destroyed my original dreams and goals.

Since 1988, his journey has necessitated learning new life skills which have gone beyond the daily demands for living. In 1999, Arnold graduated from the University of Utah with a Masters degree in Social Work. Since losing his sight, he has also held various leadership roles, including coaching youth basketball and football and serving as president of the Intertribal Student Association at the University of Utah. For the past 4 years, Arnold has been a Traditional Dancer. Most importantly, he has relied on ancient ceremonies to help maintain a balance in his life.

Tribal history, dances, songs and craft work have helped Arnold gain insight and strength to achieve new dreams and goals in his life. Let Arnold share his story with students to help them find the faith, strength and the motivation to live life to its fullest, with gratitude for what they have.

### **Program Titles**

I Want To Live Suicide: Adults & Adolescents  
Resiliency for Each and Every One of Us

### **Overcoming Adversity**

The suicide of Arnold's dad had a profound impact on him and his family. He tried to drown his grief and sorrow by turning to alcohol and drugs, eventually leading to an attempted suicide. The suicide attempt severely damaged his face and left him completely blind, and also unable to speak for several years. With the steadfast support of the hometown community, his family and friends, along with his own renewed will to live, Arnold survived this challenging period of his life and slowly began to put the shattered pieces back together.

### **Education:**

Masters in Social Work, University of Utah.