

FAMILY WELLNESS
WARRIORS
INITIATIVE



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Warning

The depth and sensitivity of the stories and the information that is shared in this presentation can be difficult to hear

We ask, in advance that anyone under the age of 18, be excused from participating



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Presentation Objectives

- Recognize the purpose, goals, and process of the Family Wellness Warriors Initiative (FWWI)
- Understand the FWWI process of large group teachings, the small group experiential component
- Analyze how the FWWI program deals with root issues not just the symptoms
- Understand the benefits of looking below the surface and using the power of story to address unresolved wounds



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Southcentral Foundation Vision

Vision

A Native Community that enjoys physical, mental, emotional and spiritual wellness

Mission

Working together with the Native Community to achieve wellness through health and related services



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Key Points

Shared

Responsibility

We value working together with the individual, the family, and the community.

We strive to honor the dignity of every individual.

We see the journey to wellness being traveled in shared responsibility and partnership with those for whom we provide services.

Commitment to

Quality

We strive to provide the best services for the Native community.

We employ fully qualified staff in all positions and we commit ourselves to recruiting and training Native staff to meet this need.

We structure our organization to optimize the skills and contributions of our staff.

Family Wellness

We value the family as the heart of the Native community.

We work to promote wellness that goes beyond absence of illness and prevention of disease.

We encourage physical, mental, social, spiritual, and economic wellness in the individual, the family, the community, and the world in which we live.



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FAMILY WELLNESS WARRIORS INITIATIVE

Goal

To End Domestic Violence, Child Sexual Abuse,
and Child Neglect in the State of Alaska in this
Generation.



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FAMILY WELLNESS
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Philosophy

Embracing the entire family - to include those who have been harmed and those who have caused harm using the strengths of the Alaska Native People and culture to end domestic violence, child sexual abuse and child neglect.



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FWWI History



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FWWI Program

continued

- 1980's the conversations began
- 1990's An international search resulted in selection of a program to adapt from
- FWWI was named and formalized in 1999
- FWWI is one of 65 programs within SCF
- FWWI is the only program in SCF that serves the whole state of Alaska



FWWI Program

- FWWI is a faith-based program
- Provides education and training to adults in the helping professions, natural helpers, as well as adults with histories of harm or at-risk for extending harm.
- Utilizes best practices
- ANYONE is welcome to attend (21+)



Alaska Native Culture

- FWVI was created by and continues to be led by Alaska Native people
- FWVI is thoroughly grounded in Alaska Native traditional values
- Our Elders are “leading the way” and are giving permission by sharing their stories
- Alaska Native people have made the decision to break the silence



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Domestic Violence

- More than three-quarters of Alaska Native and American Indian women have been physically assaulted in their lifetime¹
- Alaska ranks first in the nation with the highest homicide rate for female victims of domestic violence with a male perpetrator¹

1. Tjaden, P. & Thoennes, N. (2000). Extent, Nature and Consequences of Intimate Partner Violence: Findings from the National Violence Against Women Survey. National Institute of Justice and the Centers of Disease Control and Prevention.



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Sexual Assault

- During the last 32 years, Alaska has ranked within the top five states in the nation for forcible rape. For 25 of those years, Alaska ranked number one²
- More than a third of Alaska Native and American Indian women will be raped in their lifetime¹

1. Tjaden, P. & Thoennes, N. (2000). *Extent, Nature and Consequences of Intimate Partner Violence: Findings from the National Violence Against Women Survey*. National Institute of Justice and the Centers of Disease Control and Prevention.)

2. *State Rankings for Rate of Rape*, Federal Bureau of Investigation, *Uniform Crime Reports 1976-2007*)



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Child Sexual Assault and Abuse

- Child sexual assault in Alaska is almost six times the national average³
- One in every six boys and one in every four girls will be sexually abused in their lifetime⁴
- In the past decade reports of child maltreatment have increased 107% in Alaska, with close to ½ of all reports of child abuse and neglect substantiated⁴

3. *Alaska Network on Domestic Violence and Sexual Assault, (2006). 2006 Annual Report.: Working in Alaska Communities For: Safety, Justice, Advocacy and Education, Violence Prevention, Juneau, Alaska.*

4. *Childhelpusa.org, 2005; U.S. Dept. of Health and Human Services, 2006. National Coalition Against Domestic Violence, 2005. Office of Children Services, Anchorage, AK, 2010*



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Adverse Childhood Experiences

- Kaiser Permanente and Centers for Disease Control
- Over 17,000 participants
- Types of childhood trauma studied (ACE):
 - Physical abuse
 - Emotional abuse
 - Sexual abuse
 - Household alcohol / drug abuser
 - Incarcerated household member
 - Mother treated violently
 - One or no parents
 - Divorce
 - Emotional or physical neglect
 - Parent who is mentally ill, depressed, or suicidal

ACEStudy.org



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Adverse Childhood Experiences

- One type of ACE nearly doubled the risk of perpetrating domestic violence as an adult⁵
- Four or more ACEs was associated with five times greater risk for domestic violence as an adult⁵

5. CDC Study – Adverse Childhood Experiences



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Adverse Childhood Experiences

- Exposure to one type of ACE increased likelihood of suicide attempt by two to five times⁶
- Exposure to seven ACEs
 - Increased likelihood of suicide attempts by 51 times during adolescence⁶
 - Increased likelihood of suicide attempts by 30 times in adults⁶

6. Dube SR, Anda RF, Felitti VJ, Chapman DP, et al. Childhood abuse, household dysfunction, and the risk of attempted suicide throughout the life span: Findings from the Adverse Childhood Experiences Study. JAMA. 2001;286:3089-3096.



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Calling out the **FAMILY WELLNESS** **WARRIORS** INITIATIVE

INVOLVING OUR MEN . . .

Calling them to take back their place as protectors of the family

INVOLVING OUR WOMEN . . .

It is important that men and women walk alongside each other in unity when instilling family values



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Root Issues

FWWI trainings focus on the source not just symptoms

- We look below the surface
- We provide tools to help deal with unresolved wounds



We believe to truly break the cycle of abuse we need to work with:

- Those who have been harmed
- Those who have caused or are at risk of causing harm



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The Power of Story Generational Healing

Numerous studies have shown that generational patterns of parenting exist

About 30% of abused and neglected children will later abuse their own children

(Long - Term Consequences of Child Abuse and Neglect. Child Welfare Information Gateway. Washington, D.C.: U.S. Department of Health and Human Services, 2006. Retrieved from http://www.childwelfare.gov/pubs/factsheets/long_term_consequences.cfm)



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DVD

- **WARNING:** The depth and sensitivity of what is shared verbally and shown in the video is difficult to hear and is appropriate for ages 18 and older.
- Anyone who is not comfortable hearing stories of harm, feel free to excuse yourself from this part of the presentation.



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The Power of Story Generational Healing

Attachment research shows that adults who remember and “tell their story” in a full and honest way are unlikely to repeat generational abuse.

(Main, M. & Goldwyn, R. (1984). Child Abuse and Neglect v8:20317)



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FWWI Trainings

FWWI holds numerous multi-day trainings per year as well as weekly support groups and gatherings

- **Beauty for Ashes (urban) / Arrigah House (rural):** These five-day intensive trainings are designed to educate and train Natural Helpers to use culturally appropriate means to work with individuals and communities impacted by violence
- **Advanced Leader Education and Training:** These intensive workshops provide the tools and techniques necessary to teach the FWWI curriculum, co-facilitate small group sessions and implement the FWWI philosophy in their communities



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Large Group Teachings

30 minute teachings with presenters' personal stories woven through topics (12 topics)

Small Group Experience

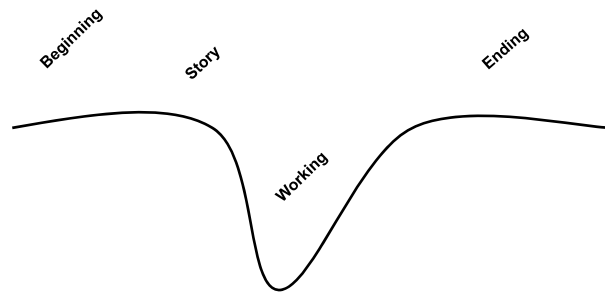
Two trained group leaders and six participants

- Silence is broken
- Shame is lifted
- Replacing lies with the truth – Changing the Messages!
- Voice is gained
- Hope is provided



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The Process



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The Tiers of Safety

THE PRESCREENING PROCESS

MANDATORY LODGING

GROUP LEADERS

CARE TEAM

INDIVIDUALIZED CARE



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Some of the Benefits

During the training participants:

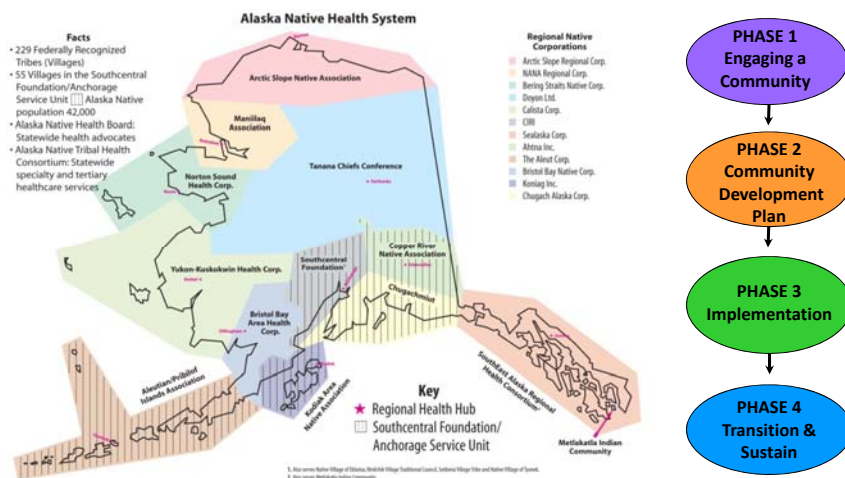
- Identify illegitimate shame and lies
- Gain tools to understand how past harm plays into the current ways we relate to and interact with others
- Practice how to safely enter conflict in a way that invites healthier relationships
- Build hope and establish healthy boundaries

College Credits (3) and CEU's available



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FWWI 3 Year Model for Alaska Native Areas



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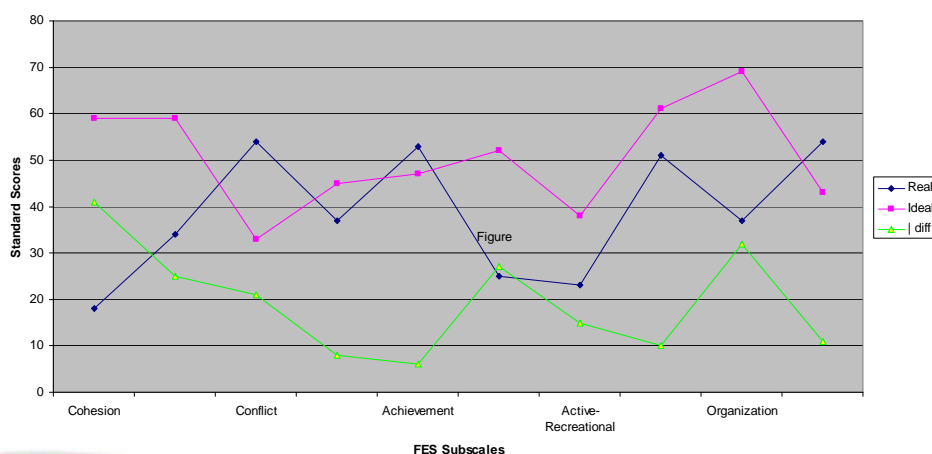
Measuring Success

- Family Environment Scale survey measures individual change
- Focus groups measure changes occurring in the home communities of the individuals
- Professional reviews
- We are measuring change in the Native communities in the State of Alaska

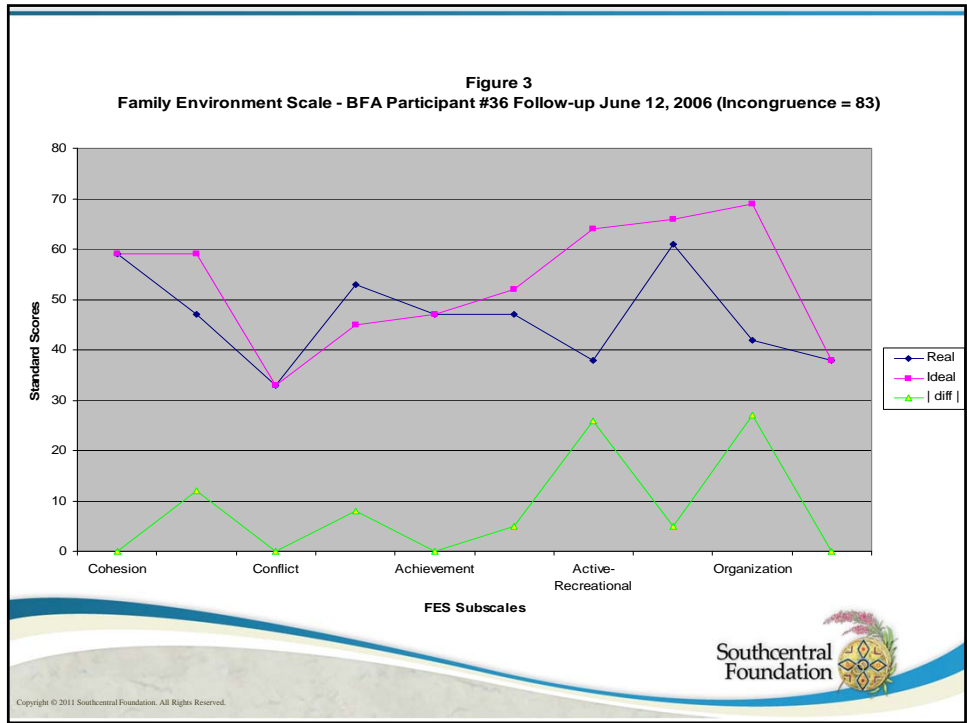


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Figure 2
Family Environment Scale - October 2005 BFA Participant #36 - Pre (Incongruence = 196)



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Professional Reviews

“In my practice I have found that I listen more closely to Alaska Native people and this has helped me understand the stunning experiences of Alaska Native peoples.”

-Dr. Allan Crandell, MD
 (Child Psychiatrist)

“Because of BFA I am better able to understand and help those I see with their story and healing.”

-Mark Erickson, MD
 (Psychiatrist)

“As a psychologist evaluating the safety and effectiveness of the overall program I have found it to be a cutting edge program built upon the very best of “best practices”.

-Bob Chaney, Ph.D



Participant Quotes

“Through Arrigah House, I gained better listening skills so I can now be there for someone who needs to be heard.”

“I am learning to be a better father and to break the cycle of abuse.”

“I realized that in order to change my future, I have to be willing to talk about my past.”



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Recognition

Summer 2009

FWWI was highlighted on a TV series as a national model for impacting men's health by the National Aboriginal Health Organization in Ottawa, Ontario

Fall 2009

The National Indian Health Board Regional / Area Impact Award

October 20, 2010

Gov. Sean Parnell honored FWWI with his administration's Shirley Demientieff Award

November 17, 2010

The Mary Byron Project awarded FWWI with the Celebrating Solutions Award – 1 of 4 award winners nationwide

In 2010

The Alaska Public Health Association awarded FWWI a Community Service Award for Health in recognition of the significant contributions Alaska Native people have made to improve the health of Alaskans in 2010



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Appreciation to Our Funders

- Rasmuson Foundation
- M.J. Murdock Charitable Trust
- Paul G. Allen Family Foundation
- State of Alaska
- Mary Byron Project
- The Alaska Children's Trust
- Robert Wood Johnson Foundation
- U.S. Department of Justice
- ConocoPhillips
- Southcentral Foundation
- Alaska Federation of Natives
- Alaska Children's Trust
- Alaska Native Health Board
- Aleutian Pribilof Islands Association
- Bristol Bay Native Association
- ChangePoint
- Fishing CO of Alaska Inc.
- Indian Health Services
- Neeser Construction
- Open Hearts Ministry
- Robert Wood Johnson Foundation
- Yukon-Kuskokwim Health Corporation
- U.S. Dept. of Justice
- U.S. Dept. of Health & Human Services
- U.S. Dept. of Health & Social Services
- Additional private donors



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How can you be involved?

- Pray before, during and after events for staff, volunteers and participants
- Train to be BFA Speaker/Presenter or train to lead small groups
- Refer others to FWWI
- Write letters to the legislature in support of FWWI
- Contribute financially for the growing needs of the FWWI campus
- Sponsor scholarships for those who could not otherwise attend training
- Donate Alaska Airlines miles



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Southcentral Foundation Employees

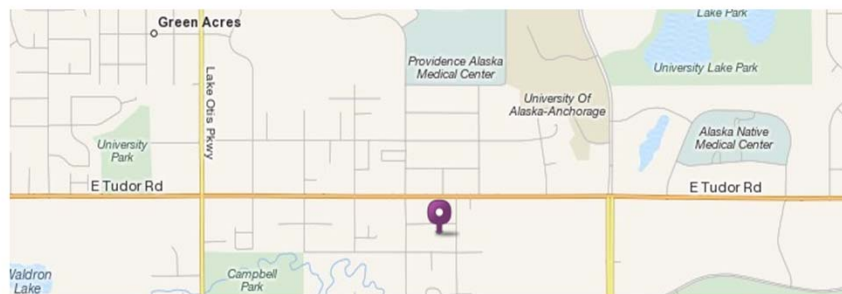
After receiving approval from supervisor:

- Employee's program pays \$1,500 for training
- Employees do not have to take personal leave (they are still on-the-clock while attending the FWWI training)
- Housing and all meals are included in the cost
- All SCF employees with six+ months are eligible to attend



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FWWI Campus



3210 Lark Street



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