

# GATHERING TO BRING HEALING: IT IS TIME



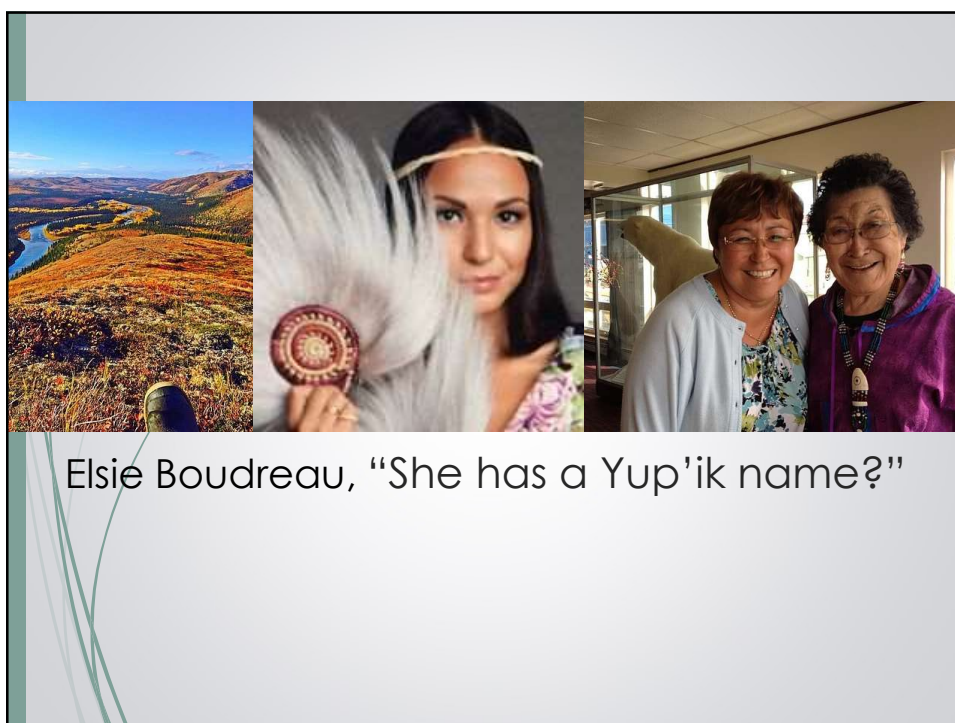
Capacity Building  
CENTER FOR TRIBES

## Introductions

**JACKIE CROW SHOE**  
Turtle Mountain Band



**ELSIE BOUDREAU**  
Yup'ik



Elsie Boudreau, "She has a Yup'ik name?"



## Healing: What is it and what does it mean?

Webster dictionary defines healing as:

- "to make free from injury or disease. To make sound or whole."
- For me, it's all about connection to all that is sacred. It is our sense of spirituality that what will bring healing. It's our connection to the land, universe, each other and ourselves. We all have a right to healing. Healing is possible. Your healing belongs to you. No one heals alone.

## It is TIME

We must begin to use our own tribal lens to look into our own communities, to interpret our own needs, to create our own movements so we can give our Communities a voice for change to bring healing



**Ethleen  
Iron Cloud-  
Two Dogs**

**Welcome  
Quyana tailuci  
Biindigen  
Wolasihkawotuwakon  
Tanyan yahipi**



**Esther  
Anne**



**Jackie Crow Shoe**



**Richard Two  
Dogs**



**Elsie Boudreau**

**We Are All Connected**



- What are your greatest strengths in your community?



## Healing in our Communities

Arctic Winds Healing Winds

VISION: Those who lead with a healing heart will change the world.

*We are from the Arctic.  
When we speak,  
we create WIND,  
when we speak the truth,  
we HEAL.*



## Arctic Winds Healing Winds Leadership for Results

<https://youtu.be/GqSGNf2Sgtw>



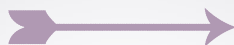
## Action Learning Groups

Community projects were developed addressing the following issues:

1. Domestic and Sexual Violence
2. Substance Abuse and Tobacco Use
3. Suicide Prevention and Youth Wellness
4. Substance Abuse and Mental Health.

Between the first and second sessions, the Action Learning Groups completed a survey from within their communities. In between the second and third session, they carried out the action learning projects I'm going to talk about.

## “Discovery” Group



The “Discovery” comprised of all women living in Fairbanks are creating an app that lists community resources, educational material around historical trauma and the issues that stem from that. They plan to hold an annual community resource discussion/collaboration as a way to maintain relevancy.

### Discovery


**RESEARCH QUESTION:**  
*What are the major challenges or issues in our community, and what untapped strengths or resources can be deployed to help?*

**COMMUNITY OF FOCUS**  
**FAIRBANKS AREA**  
The “Discovery Group” comprised of all women living in Fairbanks are creating an app that lists community resources, educational material around historical trauma and the issues that stem from that. They plan to hold an annual community resource discussion/collaboration as a way to maintain relevancy.

Focusing on the curation of community resources and educational materials surrounding historical trauma and the issues arising from it


**POPULATION SURVEYED**  
*Adults*

**COMMUNITY OF FOCUS**  
**FAIRBANKS, AK**  
POPULATION: 32,193



Because many of the group members work within a health setting, they wanted to create a useful mechanism for their clients to access various resources.

One demographic group that members wanted to reach, in particular, was homeless youth, as many of them have cell phones but no access to the internet. With the app, they can access information at their fingertips.



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FOR MORE INFORMATION, VISIT:  
[www.arcticwinds.org](http://www.arcticwinds.org)



*Don't Puff Your Life Away*

Focusing on the enrichment through Alaska Native culture to support people to move away from tobacco use

**RESEARCH QUESTION:**  
What is the biggest obstacle to stopping tobacco smoking, and what can leaders in our area do to assist people in quitting?

**STATEWIDE COMMUNITY GROUP**  
Flyers were created by this group to promote a Facebook page to provide support for those wanting to quit smoking. The group allows visitors to report the number of days they have stopped smoking and gives encouragement and resources.

**POPULATION SURVEYED Adults**

**COMMUNITIES OF FOCUS**

|  |
|--|
| <b>CIRCLE, AK</b><br>POPULATION: 118       |
| <b>NENANA, AK</b><br>POPULATION: 406       |
| <b>HUSLIA, AK</b><br>POPULATION: 420       |
| <b>FAIRBANKS, AK</b><br>POPULATION: 32,193 |

**222+ Facebook group members**

Find the Facebook group online:  
facebook.com/groups/1980985765463931

"Today is the day I have chosen to get off tobacco. I have been here before. This is not my first time at this. I am in need of some help and support. In the past, I have tried on my own with no SUCCESS. So if anyone in this group feels they can assist me with this please do, I will be grateful. Here I go."  
- Facebook group member

FOR MORE INFORMATION, VISIT:  
www.arcticwinds.org

Capacity Building CENTER FOR YOUTH

This group created a Facebook Page: "Don't Puff your Life Away Alaska". They are focusing on the enrichment through Alaska Native culture to support people to move away from tobacco use.

<https://www.facebook.com/groups/1980985765463931/>

## “Tan’qik” Group



The “Tan’qik” Group (Yup’ik word meaning “bright light”) created an informational flyer on suicide that includes resources for people to call. Flyers were placed in four villages: Allakaket, Tanana, Huslia, Hughes.

### Tan’qik

Focusing on suicide prevention of Alaska Natives, this group, named for the Yup’ik word meaning “bright light”, worked on a public awareness campaign in members’ communities throughout the state.

**RESEARCH QUESTION:**  
How can we encourage Alaska Native youth wellness, and how can we make a positive impact in suicide prevention efforts?

**COMMUNITY OUTREACH**  
ALLAKAKET, HUGHES, HUSLIA, TANANA PLUS FAIRBANKS

Group members created informational flyers on suicide prevention including resources for people to call for help. Flyers were posted in the four villages plus Fairbanks.

**POPULATION SURVEYED**

### Youth & Adults

**ALLAKAKET, AK**  
POPULATION: 105

**HUGHES, AK**  
POPULATION: 88

**HUSLIA, AK**  
POPULATION: 420

**TANANA, AK**  
POPULATION: 258

**COMMUNITY OUTREACH**

Group members created informational flyers on suicide prevention including resources for people to call for help. Flyers were posted in the four villages plus Fairbanks.

**COMMUNITIES OF FOCUS**

**ALLAKAKET, AK**  
POPULATION: 105

**HUGHES, AK**  
POPULATION: 88

**HUSLIA, AK**  
POPULATION: 420

**TANANA, AK**  
POPULATION: 258

“All the adults [are] coming into the school saying, ‘If you want to talk, we are here!’. If they had come in and opened up and said, ‘You may be feeling like this or you may be confused, I am here to listen, and maybe I can answer your questions.’ It really put a lot of pressure on us to talk, but we didn’t know what we were supposed to talk about...”

– An Alaska Native Youth

**FOR MORE INFORMATION, VISIT:**  
[www.arcticwinds.org](http://www.arcticwinds.org)



**Chasing the Dragon** Bringing awareness of substance abuse, particularly opioid addiction, to Alaska Native villages

**RESEARCH QUESTION:**  
How can we use community resources and leaders to decrease the rate of substance abuse in the Fairbanks area?

**POPULATION SURVEYED**  
*Fairbanks youth & adults*

**FAIRBANKS AREA**  
The group hosted a night of activities surrounding the showing of the film "Chasing the Dragon". A panel discussion, dinner and door prizes were part of this event to encourage community members to be aware of the impact of opioid addiction on individuals, families, and communities.

**COMMUNITY OF FOCUS**  
FAIRBANKS, AK  
POPULATION: 32,193

**COMMUNITY EVENT**  
The group hosted a night of activities surrounding the showing of the film "Chasing the Dragon". A panel discussion, dinner and door prizes were part of this event to encourage community members to be aware of the impact of opioid addiction on individuals, families, and communities.

**PANELISTS:**  
- Two Village Police Safety Officers  
- Head of the DEA  
- Attorney General  
- Chief of Police  
- ER doctor  
- Family doctor  
- Clinical Director of a substance abuse program

**150+**  
*event attendees*

"This should be a requirement for parents to watch ...and taken out to villages."  
- Attendee/Community Member

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FOR MORE INFORMATION, VISIT:  
[www.arcticwinds.org](http://www.arcticwinds.org)

This next group hosted a night of activities with the showing of the film "Chasing the Dragon" that focuses on opiate addiction.

Afterwards, they hosted a panel discussion comprised of two Village Police Safety Officers (VPSO's), the Head of the DEA, an attorney general, the Chief of Police, an ER doctor, a Family doctor and a Clinical Director from a substance abuse program.

## "Be the Change" Group



**Be the Change** Focusing on healthy relationships, this group worked to address the issues of domestic violence and sexual assault in their Alaska Native communities.

**RESEARCH QUESTION:**  
Why are domestic violence and sexual assault present in our villages?

**POPULATION SURVEYED**  
*12-70*  
year olds

**COMMUNITY EVENTS**  
**CIRCLE & HUSLIA**  
"Love the One You're With": a community date night of 40 adult participants where family members discussed what makes a happy home and what they appreciate about each other.

**COMMUNITIES OF FOCUS**  
**CIRCLE, AK**  
POPULATION: 118  
**NENANA, AK**  
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POPULATION: 420  
**FAIRBANKS, AK**  
POPULATION: 32,193

**NENANA**  
"Ice Cream Social": a video project where youth in the community created videos focused on the impact of domestic violence and sexual assault on youth.

"Talking about and taking action to prevent domestic violence and sexual assault is a difficult challenge for communities after living with it "hidden" for generations. People are willing to take charge now. Voices are getting louder. It's an exciting time with positive growth on the horizon."  
- Cesa Agnes, Huslia.

**100+**  
community members impacted

**FOR MORE INFORMATION, VISIT:**  
[www.arcticwinds.org](http://www.arcticwinds.org)

**Capacity Building CENTER FOR YOUTH**

Focus on Domestic Violence and Sexual Assault.

Participants surveyed people from ages 12-70 years old from Huslia, Circle, Nenana and Fairbanks.

All in all, the community impacted **at least 100 people** directly.

*Note: The questions that were answered adorn the walls in tribal halls and tribal offices and there is talk of making these activities an annual event within communities and surrounding villages such as Hughes and Allakaket.*

## Healing in our Communities

- ▶ Come up a name for your Community
- ▶ What is the greatest challenge facing your community right now?



- What is the vision or focus for your community?
- What is the greatest source of untapped potential in your community?
- What do leaders need in your community to be more effective?



"We are free to be who we are—  
To create our own life  
Out of the past and out of the present.  
We are our ancestors.  
When we can heal ourselves,  
We also heal our ancestors,  
Our Grandmothers,  
Our Grandfathers and  
Our Children.  
When we heal ourselves, we heal  
Mother Earth."

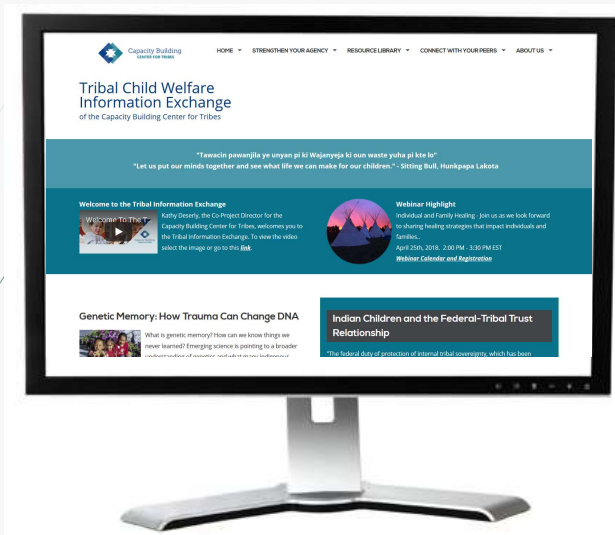
- Dr. Rita Pita Blumenstein



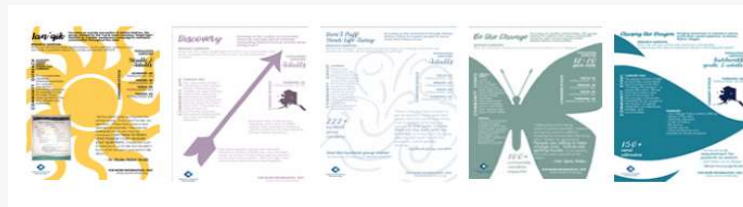
Archives, University of Alaska, Fairbanks

# Where can I find these resources?

Updated Site Coming Soon!



[www.tribalinformationexchange.org](http://www.tribalinformationexchange.org)





## Tools from Tribes, For Tribes

*Designed to help save  
you time and effort*

We're launching **a new space on the TIE soon  
for Tribes**  
to share child welfare forms, agreements, tools  
and templates with one another.

### Topics Will Include:

- Intake and Assessment Forms
- Risk and Safety Related Documents
- Case Plans / Service Plans / Treatment Plans
- Policy/Procedure Samples
- Foster Care Licensing Standards and Home Study Templates
- Job Position Descriptions
- Tribal-State Child Welfare Agreements/MOUs
- Data Sharing Agreements
- Child Welfare Performance-Based Contracts
- ICWA Compliance/Monitoring Tools
- Customary Adoption Orders
- And more....



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## Thank You



- Quyana—Central Yup'ik
- Miigwetch-Objiwe