



Community Wellness Teams

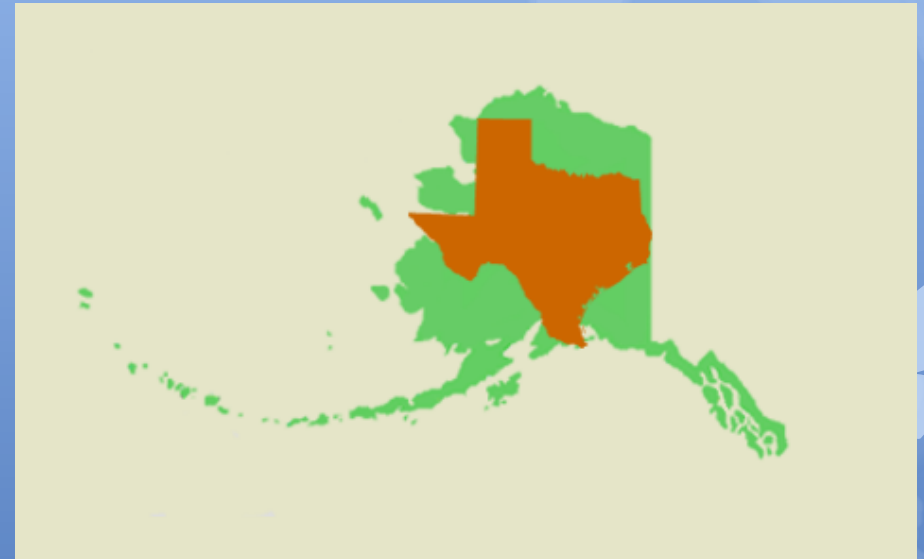
Cyndi Nation, Director
Community Health Outreach Programs
Tanana Chiefs Conference

Service Area



We service 42 villages, spanned across 235,000 square miles within the interior.

Alaska Size Comparison



Alaska is 586,412 square miles, which is two times the size of Texas. Texas is not much larger than the are we service.

Travel



Photo courtesy of Wright's Air

Travel in almost all of the communities within the Tanana Chiefs Conference region is done by small aircraft, only a handful of our communities are accessible by road.

During the summer months community members can travel by boat

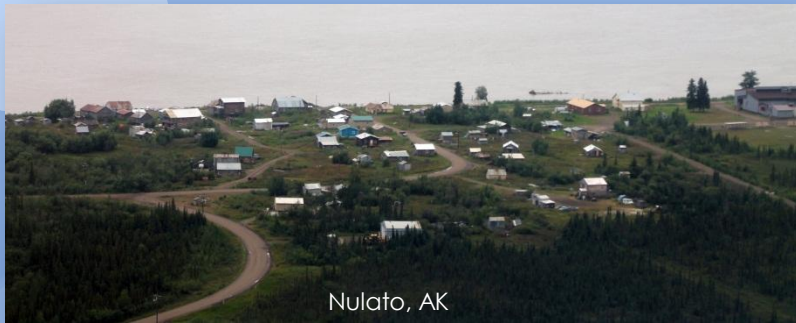


Photo courtesy of Rachel Saylor



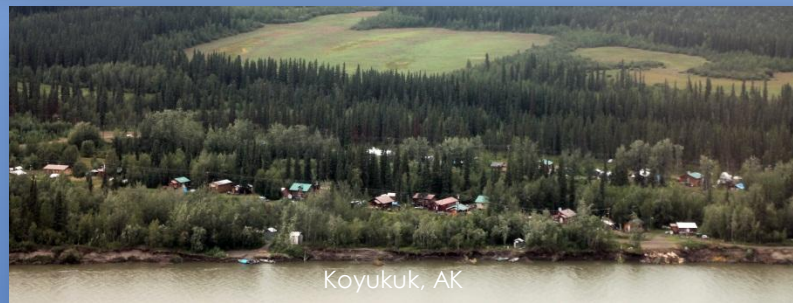
During the winter, community members can travel by snowmobile

Communities From the Air

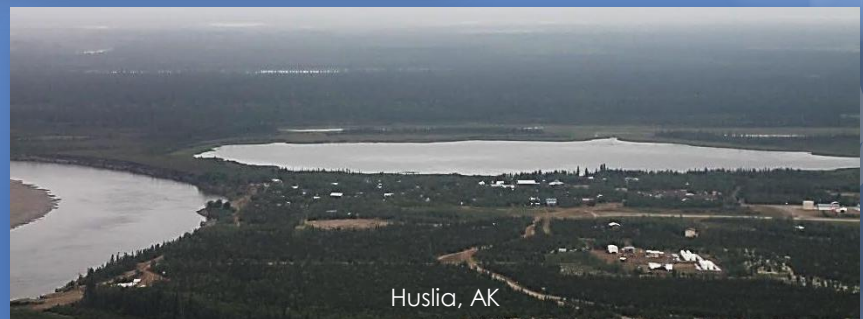


Nulato, AK

Population Range in the
villages we serve:
60 people to 500 people



Koyukuk, AK



Huslia, AK

Background:

- Wellness teams went from being an idea to a reality
- Began with Huslia as the pilot project in 2010, where the community identified it as a Wellness Team
- Huslia forged a path of what the Wellness Team could be and how they create wellness in their community
- Filmmakers volunteered to create a video on the project that follows Huslia and their efforts
- From the Huslia Project, we have branched to other communities and gained support from other programs

Wellness Team Objective

- TCC's Objective of a Wellness Team
 - Empower the community by providing a local voice to the individuals of the community
 - The community decides what is most important to them and how to solve their problems
- Who do you need to support you?
 - Tribal Council
 - Community Members: Elders, Adults, Youth anyone and everyone from that community

Meeting Spaces



Huslia Tribal Hall



Tetlin Tribal Hall



Allakaket Tribal Office

The Initial Visit



- What is your ideal community?
- What are the weaknesses of your community?
- What are the strengths of your community?

○ Responses:

- Ideal community:
 - More homes, new clinic
 - new youth/adult rec centers
- Weaknesses:
 - Too much drugs and alcohol
 - Not enough activities
- Strengths:
 - Respect each other, strong youth leaders



Second Visit

- Huslia Wellness Team Video is displayed
- Discuss what the community would like their Wellness Team to look like



- Questions posed to the community:
 - What is the role of the Wellness Team
 - When do we meet and how often?
 - Who does what?

Third Visit

- Security Cabinet Delivery
- Crisis Response Team Discussion
- Introduce the Strategic Prevention Framework (SPF) Coordinator from Behavioral Health



- Eligibility is based on:
 - Children and young adults aged 10-24 years of age
 - High risk for suicide, ideation, depression, and past attempts

Fourth and Fifth Visit

- We begin to ask suicide specific questions, starting slowly with:
 - What hurts when there is a suicide?
 - What hurts when there is a suicide?
- Some Responses:.
 - What helps:
 - Be with family, visitors, Elder inspiration
 - Traditional foods, Prayer, listening
 - What hurts:
 - Drugs and alcohol
 - Associating shame with it, talking bad
 - Nobody coming around
- Check security cabinets for proper usage

Youth Programs

We focus on messages of Hope, Help, and Strength

- Sources of Strength

- Designed to break the mold of silence and secret keeping among youth when it comes to suicidal behavior and thought
- Youth are more likely to listen to the messages from their peers

- American Indian Life Skills Curriculum

- American Indian Life Skills Curriculum was introduced to provide self-esteem and life skills.



Sources of Strength Training



Working with Young Peers

Older students stand up and talk with younger students about bullying and their strengths. Interactive games are played prior to identifying younger peer strengths

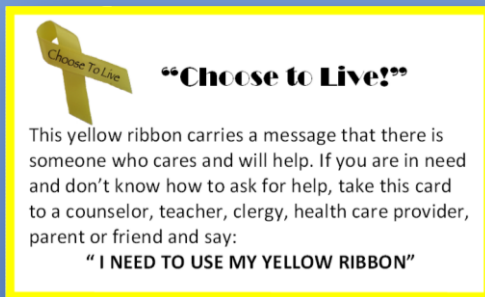


Sources of Strength will create change by youth teaching youth on all prevention topics, creating a revolving wheel that will continue with all grades as they grow up into adults.

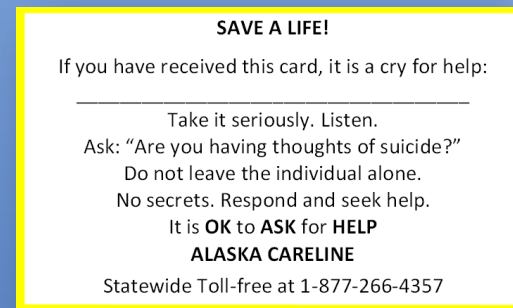


Yellow Ribbon Campaign

- Founded in Memory of Mike Emme, a young man who committed suicide. His family put words of hope, help and strength on yellow cards.
- Teens share the message.
- TCC Community Health Outreach Program adapted the Yellow Ribbon Campaign for their region.



Front



Back

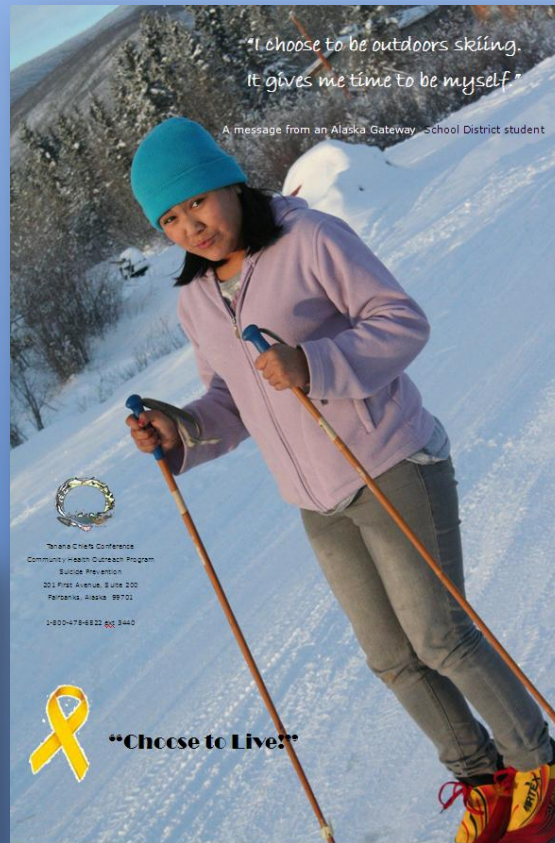
Choose To Live!
Suicide Prevention

My Name is _____ and I Pledge to Live.

Paper Chain Pledge to Live

Youth Messages of Hope, Help, and Strength

Students will receive digital story telling where they create stories on their strengths



In addition to digital story telling, students receive photo voice to create messages of hope, help, and strength to share with the community

Communities and the Yellow Ribbon



Sustainability

- Community Wellness Teams are driven and directed by the community, where all decisions are made based on what they want
 - Meetings will continue because there is a sense of ownership of the program
- Security cabinets are owned by the tribe (not TCC) for a period of two years at which point ownership passes on to the individual and/or moves on to another family who currently meet the criteria.