Department of Preventative Services
Yukon Kuskokwim Health Corporation, Behavioral Health
Rose Nuyalinguq Domnick, Director
Sophie Qasgillugun Jenkins, Family Spirit Coordinator
Ida Qakvaq Charlie, Suicide Prevention Coordinator
Marita Angilan Hanson, Secondary Prevention C.M.
Ann Koester, SOC Project Manager
Jim Chaliak, SOC Youth Coordinator
Agnes Roland, SOC Cultural Specialist
Mark Anaruk, Evaluator
Dr. Bernie Naruyak Segal, Consultant
Raymond Taquraek Daw, Administrator B.H.

All encompassing of our Yup’ik ancestral wisdom & knowledge, skills, values, teachings, ceremonies, activities & subsistence living. All put together, it is our holistic approach to instill the necessary tools & skills for both survival and living a healthy, balanced life as well as passing it on to the next generation.

Implementation of traditional healing and promotion of healthy living
Yup’ik-based curriculum built upon traditional and prescribed ways-of-life. Values that have been passed down by our Elders developed into curriculum that aims to address family and community issues.

Using What we know to help ourselves and our families restoring health & balance

Trainings
BUY-IN
- Awareness & Understanding (Historical Trauma & Impacts)
- Traditional Healing (Calricaraq)

UNDERSTANDING
- Strengthens & builds regional capacity to provide support services in partnership
- Training Activities

Delivery of Calricaraq
3-Day Community Gathering
- Invitation by Tribe
- Planning with Tribe
- Community Gathering
- Follow-up Gatherings
- Healing circles
- Training activities

Partnership Efforts
Training
- Tribes
- Regional
- State
- Local
- Community
- Educational
- Faith Community
- Youth and Elders
Calricaraq Activities

Services
- Children’s M.H.
- National Guard
- TANF Clients
- Sex Offender Program
- Substance Abuse
- High School Calricaraq

Training Facilitators & New partners
- Calricaraq
- Tuvqakiyaraq
- Ilakuyucaraq
- Facilitation Shadowing
- ASIST/Safetalk
- CISM
- Undoing Racism
- Knowing Who You Are
- AVCP Healthy Families

COUNCIL OF ELDERS

Elders from the region providing on-going training for Prevention Staff on Calricaraq & all aspects of promoting healthy living

CURRICULUM & PROGRAM DEVELOPMENT

Mark Anaruk-Evaluator
Dr. Bernard Segal-Consultant
Elders, Community Members and other Consultants

Understanding Basic Differences

Kass’artaq
- Structured system
- Rooted in western way of Illness
- Referral & Assessment
- Diagnosis & TX

Yugtaq
- Awareness Skills
- Elders (apercetaartet
- Ancestral Wisdom/Teachings
- Way of Life: Therapeutic
- How community functions

If we are to become involved in addressing our issues, it is vital that we understand the differences so that we can integrate the 2 different systems.

Cultural Trauma

Underlying Causes
- Losses
  - Historical Trauma & Unresolved Grief
- Root Causes
  - Substance Abuse
  - Domestic Violence
  - Teen Pregnancy
  - School Dropout
  - Teenage Violence
  - Child Abuse & Neglect
  - Teenage Pregnacy
  - Rigid Religious practices
  - Domestic Violence
  - Sudden Losses
  - Civilian Violence
  - Losses
UNDERSTANDING OUR PAST

Our history has a big impact on us today.

OUR COMMUNITY STORY

Our communities experienced wave after wave of debilitating traumas that left people reeling and broken. These shock waves came in many forms.

UNDERSTANDING AND AWARENESS

• It becomes clear that impact of trauma has generated a wide range of dysfunctional and hurtful behavior that began to be recycled in our communities.

• Descendants of those originally traumatized by historical events are now traumatized by patterns that continue to be recycled in families and communities.

Traditional Healing

Yup’ik

- Angiyarraq
- Yun’erraq
- Tapraq
- Tenerta

English

- Infancy
- Pregnancy
- Unconditional love
- Value of being helpful & generous
- Transitioning from girlhood/boyhood
- Healthy Relationships
- Family
- Family leaving home
- Adult
- Elder