

Department of Preventative Services

Yukon Kuskokwim Health Corporation, Behavioral Health

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- Ann Koester**, SOC Project Manager
- Jim Chaliak**, SOC Youth Coordinator
- Agnes Roland**, SOC Cultural Specialist
- Mark Anaruk**, Evaluator
- Dr. Bernie Naruyak Segal**, Consultant
- Raymond Taquralek 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)

Training Activities

UNDERSTANDING

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



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


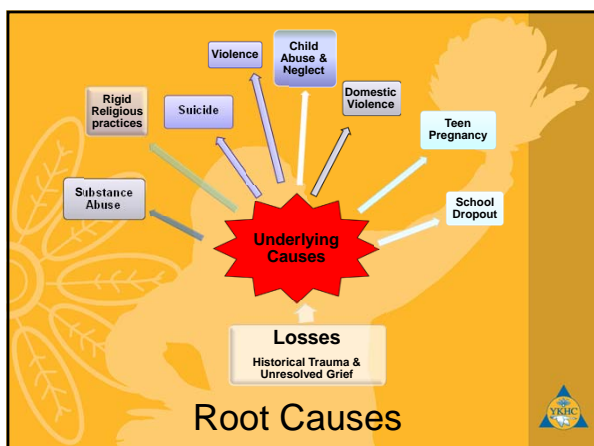
Kass' artaq

- 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

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

CALRICARAQ



Yup'ik	English
Anqiyaaq	Infancy
Yun'erraaq	Pre-teen/ teenager
Taaneq	Adult
Temirta	Elder

Kangliiyaraq Tuquutet Teggutvut....	Introduction
Qingalrim Iiyautai.....	Pregnancy
Kenka	Unconditional love
Kevgiyaraq, Tuvqataryaq.....	Value of being helpful & generous
Amam Ayuquia/Angutem.....	Transitioning from girlhood/boyhood
Uingellerkaq Nulirtullerkaq-llu.....	Healthy Relationships
Nakmiin Ilakellriani	Family
Nutaan Allakammeng.....	Family leaving home
Yuungnatuulleq	

