



# Arctic Slope Native Association, Ltd. Suicide Prevention

Presented and Created by

Audrey M. Inukuyuq Saganna Sr. Social Services Director

# Geography



Provided by - <http://nsidc.org/data/arcss020.html>

- Arctic Slope Region is the northern most region in the state of Alaska.
- The borough has a total area of 94,763 square miles

# Weather

- Due to its extreme location far north the climate is extremely cold and dry.
- Winters are dangerously cold, and summers are cool even at their warmest.



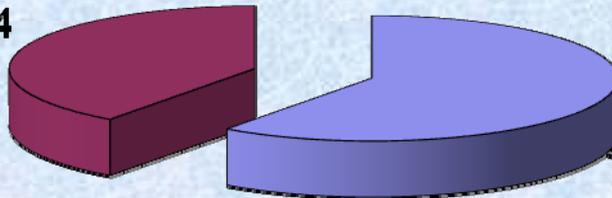
- Although we have cold weather it is still beautiful.

# Population



- The Arctic Slope population is 7,385 and 60% of this population is under the age of 18 years.

■ Adults 2954



■ Children 4431



# Who Are We

- The people here are the Inupiaq.
- Inupiaq means, “The Real People”.
- Inupiaq has inhabited the Arctic Slope for over 2,000 years.



# How We Learn

Traditional Knowledge is past on by:

- Speaking
- telling of stories
- Watching/Observing
- participating in activities.



# How We Learn

Types of Activities  
are:

- Eskimo Dancing
- Sewing
- Inupiaq Art
- Hunting
- Eskimo Games



# Inupiat Values



Nature

Humility

Knowledge of  
Language

Family

Compassion

Humor

Spirituality

Love & Respect for  
one another



Elders

Others

Avoidance of Conflict

Respect



# How We Eat

- It is an Inupiaq custom to share what we have this is part of survival.
- Subsistence is a way of life and provides for the winter months.
- Subsistence is crucial, especially with declining revenues and lack of employment.



# Whaling



- Whaling is part of our subsistence and we teach our children the man and woman roles. This is important for when our children are of age.

# How We Share Our Bounty



- Nalukataq is a whaling feast held in the month of June by successful whaling crews. Food is given to all attending the whaling feast.

# Entertainment

We have the following:

Family Dinners,  
Community Feasts,  
School Events,  
Eskimo Dances,  
Eskimo Games,  
Hunting, Camping,  
and Church.



# Community Social Concerns

- Villages are far from each other- transportation costs are high
- High cost of living verses lack of employment
- Not enough activities for youth
- Drugs and Alcohol are prevelent in the communities
- Lack of Child Care and Elder Care Services
- Self Identity
- High rate of Depression

# Current Needs

ASNA BHA is meeting the current needs of our communities which is

- Suicide-There has been a large number suicides on the North Slope
  - Prevention/Awareness of Suicide
  - Intervention/tools to intervene
  - Postvention/ tools to help heal
- Counseling, and Substance Abuse Counseling.
  - Emotional
  - Substance dependency

# Programs

- Arctic Slope Native Association, Ltd. has two (2) funding sources for suicide prevention, intervention, and postvention.
  - ANTHC Behavioral Health Aid Program
  - IHS Suicide Meth Prevention Grant

# Program Goal

- Arctic Slope Native Association, Ltd. (ASNA) Behavioral Health Aid Program (BHAP) will
  - Collaborate-
    - Alaskan Native Tribal Health Consortium (ANTHC),
    - Injury Prevention Program (IP),
    - North Slope Borough- (NSB) Integrated Behavioral Health Program
  - Efforts
    - reduce the number of suicides and substance abuse in the North Slope region by providing evidence-base or practice-base prevention and education programming.

# Program Activity

ANHTC Behavioral Health Aid Program has provided the following:

- Trained 2 people in ASIST
  - 7 suicide interventions since training
- Trained 2 people as Trainers of ASIST
  - First Training will be held February 2-3
  - Plans to hold trainings in all villages
- Held 2 CISM/ Healing with Nature Sessions

# Program Activity

IHS Suicide Meth Prevention provided the upcoming trainings by Chaplin McQueen,

- **Critical Incident Stress Management plus Suicide Prevention**

February 15-19 & March 15-19

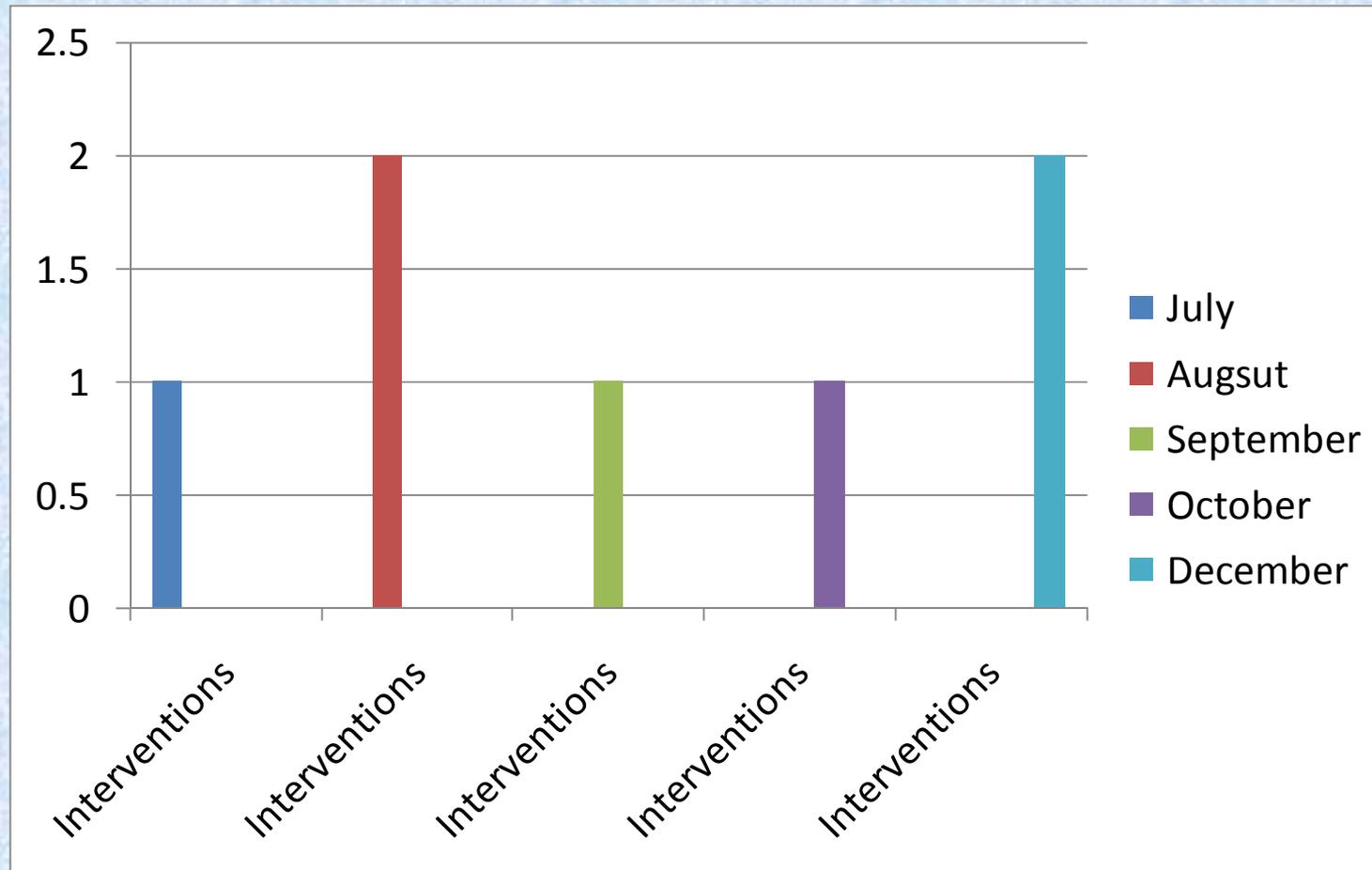
- **Advance CISM Training**

March 29 and 30

# Data Collection

- How Data is collected-
  - Prevention activities by ASAN Staff
  - Total number of person who have participated in trainings, meetings, or required services in a month.
  - Type of assistance, nature of problem, level of problem, risk factors, referral, and resources provided.
  - Type of prevention activity, survey response, and number of persons will be provided.

# Data Collection

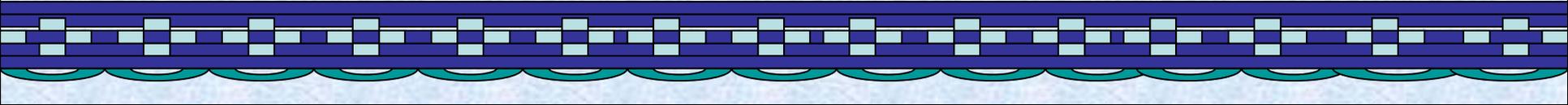


# Community Resources

- Barrow Community Improvement Core Group (BCICG), developed July 27, 2009
  - Community coming together to face suicide
  - Community Support for existing and new services and prevention programs



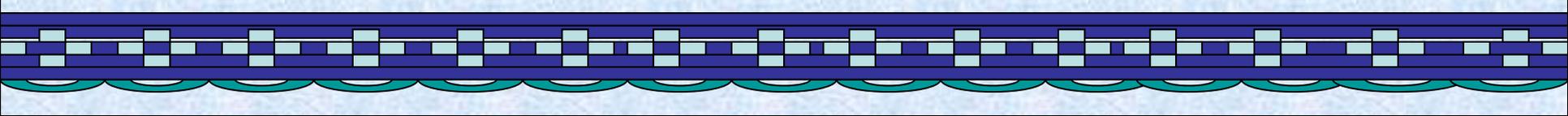
# Services Needed

- It is our responsibility to provide the adequate resources for our people, this means;
    - Permanent Village based counseling services
    - Community CARE Teams such as Barrow CORE group
    - Tutoring/Mentors/Leadership for children and adults alike
    - Day Care & Elder Care Services
    - Parent Counseling
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# NOW WHAT?

- Take Charge of our Communities
  - Community Responsibility
    - Suicide
    - Alcohol & Drugs
    - Child Welfare



# NOW WHAT?

- Take Charge of our Communities
  - Community Development
    - To bring awareness of Suicide
    - To create community protocol for Suicide
    - To create Suicide resources in communities

# Response To Suicide

- Planting the SEEDS

**S**uicide **E**nds through **E**ducation, **D**edication, and **S**afety

Education- Providing the Tools to our community

Public Safety

Community Administrators

Educators

Child Welfare Workers

Medical Staff

Behavioral Health Counselors

Providing Awareness to our children of healthy choices

# NOW WHAT?

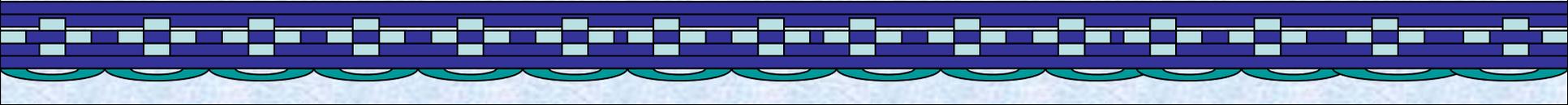
ASNA is currently working and creating media materials and resources for the following:

- Educational Material for helpers and peer helpers
- Public Service Announcements of Services Provided
- Combat the Stigma of Behavioral Health
- Advocating for the installation of gun lockers and locking medicine cabinets
- Website Media on Suicide and Methamphetamine in North Slope Region



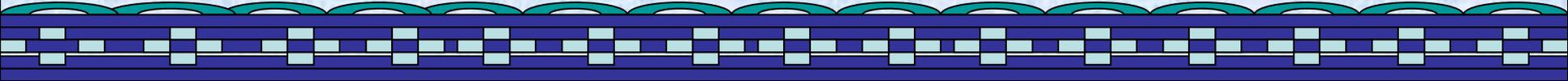
# NOW WHAT?

The whole mission of Healing with Nature is to

- provide healing and tools to self heal or help another individual.
  - teachings or methods would spread into the community.
  - to develop formal and regular setting such as this to allow community members to speak, share, learn, and once again care for each other.
  - to reconnect the generations into wholeness of inner healing that brings forth teachings of the past and focus into the future.
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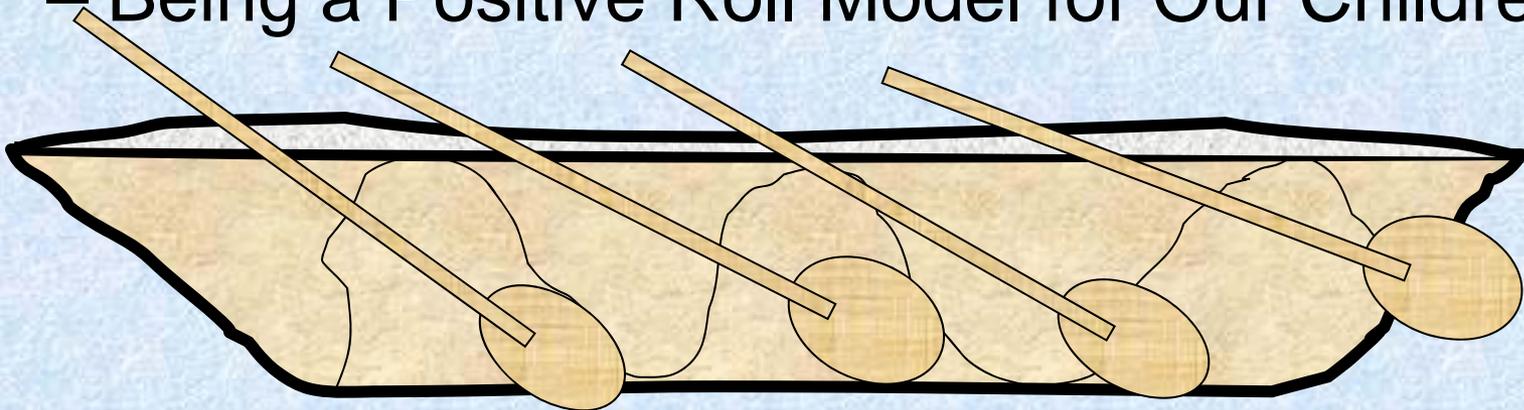


# Elders & Children are Our Greatest Resources

- We look at our elders as our resources.
  - Children will be living how we taught them.
  - It is important to teach children well .
  - To be proud of being Inupiaq and succeed in life.
  - To adapt with the rapid changing world and continue traditional knowledge and practices.
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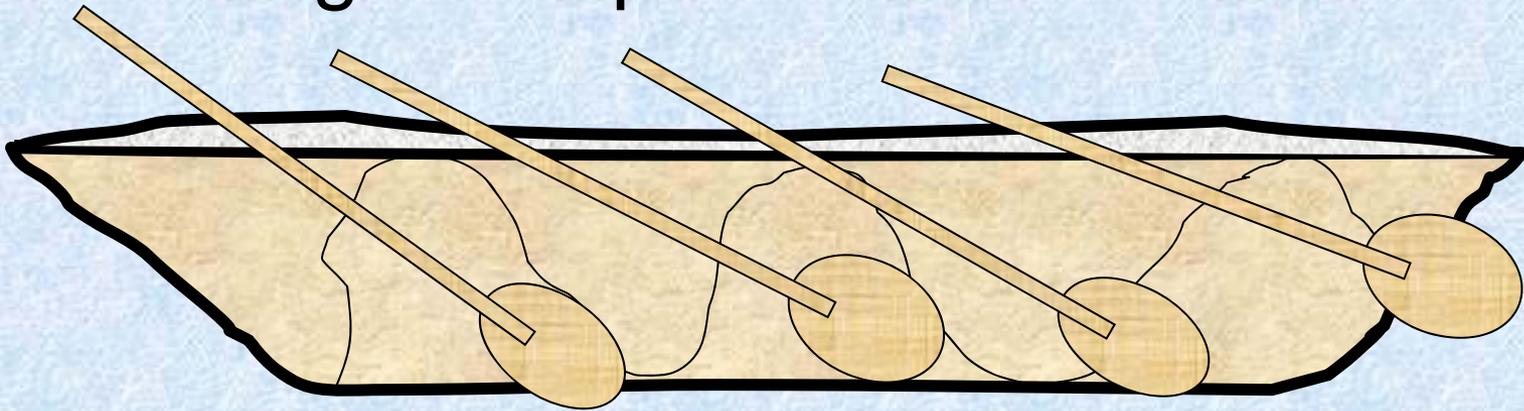
# Inupiaq

- Our people are automatically unique due to the fact that they are Inupiaq. We can improve peoples lives by:
  - Living our Inupiaq Values
  - Establish Healthy Lifestyles
  - Being a Positive Roll Model for Our Children



# Invest in our People

- With collaboration and cooperation of agencies we can provide
  - Healthier Communities
  - Brighter Tomorrows
  - Stronger People



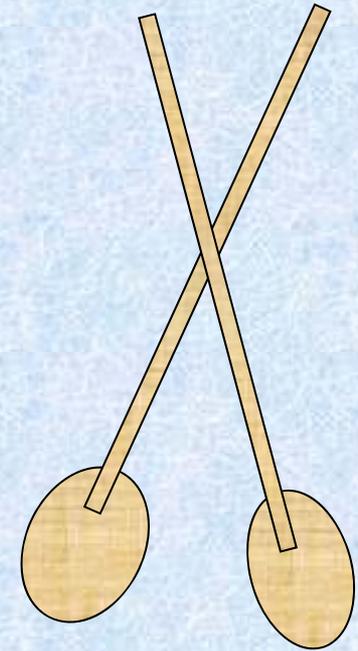
# Overall Wellbeing

- Overall wellbeing is important we were taught these three items; emotions, physical, and spiritual are like blood cells in our body. We need to keep our blood clean and healthy to grow, so it is important to understand our own emotional, physical, and spiritual wellbeing.



# Are You Interested?

- If you are interested in developing, collaborating, or cooperating services for suicide prevention please contact me.....



# Contact Information

- Audrey Marie Inukuyuq Saganna Sr.
  - Mail: PO Box 1232, Barrow, AK 99723
  - Phone: (907) 852-2762 ext. 351
  - Fax: (907) 852-2763
  - Email: [audrey.saganna@arcticslope.org](mailto:audrey.saganna@arcticslope.org)

