



# Maniilaq Wellness Program

Introduction of our Suicide and Substance Abuse Prevention Efforts

# Community Based Prevention Efforts

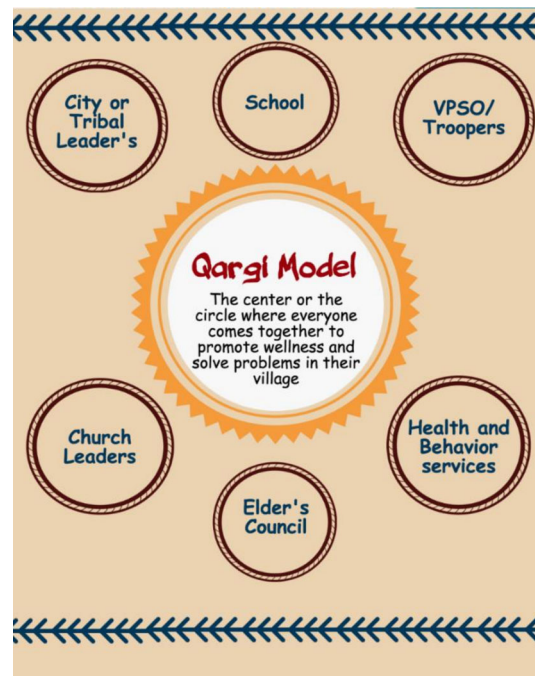
- ▶ Our goal is to empower communities to seek solutions to the problems they are facing
- ▶ Our Inupiaq values tell us that each of us are responsible to our communities and tribal members
- ▶ Through hard work and cooperation we can stem the tide of youth substance abuse and suicide in our region

# Why community empowerment?

- ▶ We know that our region's rate of suicide that is about 10X the national average
- ▶ We know that historical and intergenerational trauma plays a part in higher rates of substance abuse, domestic violence, child abuse which contributes to higher rates of suicide
- ▶ The solution to the cycle of helplessness and hopelessness brought on by historical trauma is to help people find their voice and power to heal and break the cycle

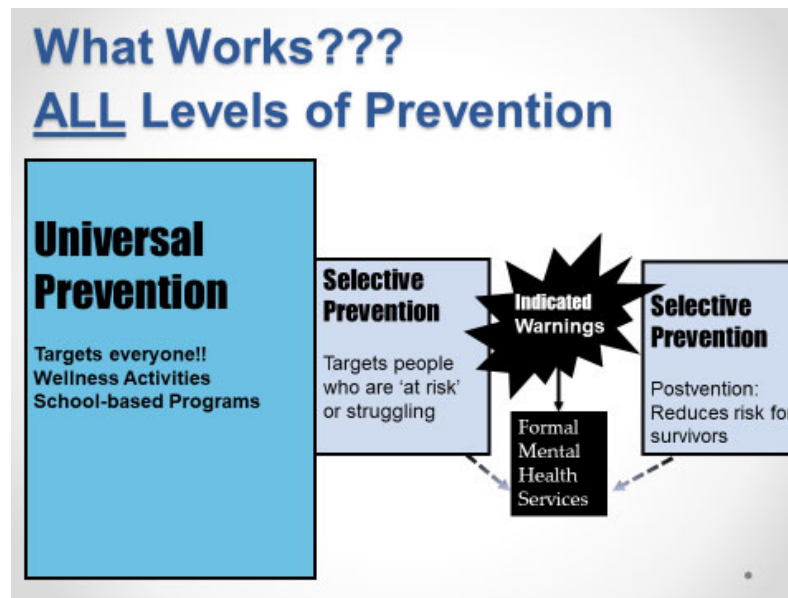


# Building Healthy Communities through partnerships



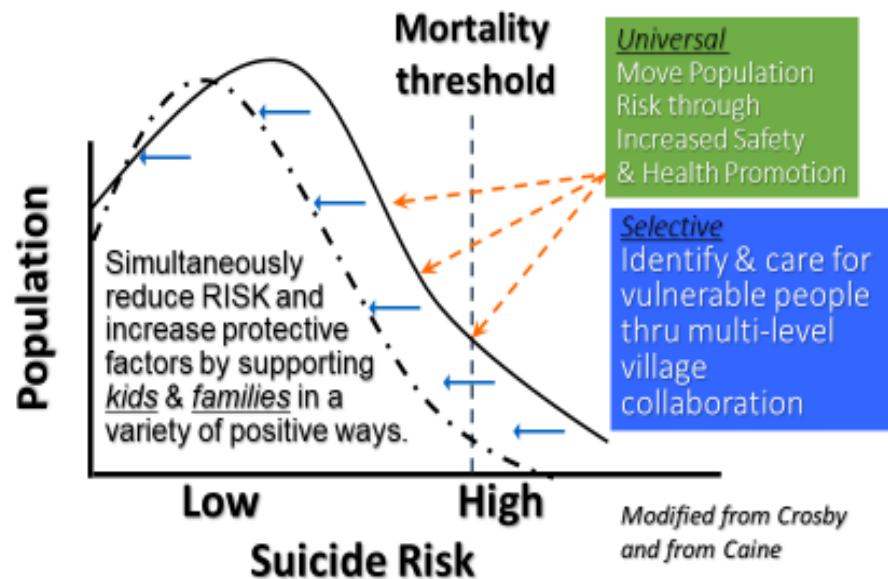
# Suicide Prevention happens on many levels

Maniilaq Wellness Program focuses on helping communities host activities that would fit in the Universal Prevention box in the overall approach to suicide prevention in our region



# Community Based Prevention is an upstream model of prevention

## *Up-Stream Prevention Model*



Maniilaq Behavioral Health Services works with at risk youth who have been identified through referrals from the health care and school system.

The Maniilaq Wellness Program aims to lower the number of people who are at high risk for suicidal behavior through community based prevention activities. We know that culture is a protective factor for the youth in our region. We know that informal supports like activities run by caring, positive adults is a protective factor.

# How Village Wellness Teams create change

Under the Qargi model of care, natural helpers are asked to form Village Wellness Teams that host wellness activities. Recovery Support Leaders provide a safe space for people who are recovering from substance abuse to gather and talk. Tribal Youth Mentors host activities for youth and teach them skills and support them in their growth. Learning Circles are hosted by PCCARES volunteer facilitators for service providers in the community to connect and generate ideas to promote wellness.



# Examples of village wellness activities





# Walk For Life made possible with donations from AKIMA



# Elliot Sampson Memorial Run

