

Child Abuse & Neglect Prevention & Healing



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Our Team



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Prevention & Healing

Community Training
& Support



History & Hope

History and Hope curriculum, the foundation of the Alaska Resilience Initiative (ARI) to develop, implement, and evaluate an Alaska Adverse Childhood Experiences Curriculum. 2016-2022

Principles into Practice: Trauma-Informed

PIP was developed to support the movement of creating a trauma-informed state, in which organizations work to develop strategies/policies to support knowledge, skill, and awareness of Trauma Informed Practices.

Pathway to Hope

An Alaska Native Curriculum that works within the framework of culture, history, and traditional values of the community to prevent and heal from Child Sexual Abuse.



Prevention & Healing

Community Training
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Hope :: Healthy Outcomes from Positive Experiences

Healthy outcomes from positive experiences support children's growth and development that benefits across the lifespan. Developed by Tufts Medical Center, the Introduction to HOPE training introduces audiences to the benefits of positive childhood experiences (PCEs) and sparks conversation on how our communities and systems of care can ensure equitable access to PCEs and support families' strengths.



Everything everyone needs to know to prevent child sexual abuse (EENK)

prepares attendees to protect children from sexual abuse. Participants will learn about child sexual abuse including risks and impacts, how to foster healthy relationship skills in children, and how to recognize and respond to grooming and sexually abusive behaviors. Participants will learn the knowledge and skills they need to prevent and respond to child sexual abuse. Training developed by Prevent Child Abuse Vermont.



Youth Mental Health First Aide

Youth Mental Health First Aid (YMHFA) is designed to teach after school professionals, parents, family members, caregivers, teachers, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (aged 12-18) who is experiencing a mental health or addiction challenge or is in crisis.



Prevention & Healing

Community Engagement
& Support

Alaska Native Advisory Group

ANAG works to provide guidance on how to best serve Alaska Native Communities in a good way. If you would like to be a part of this group, we have meetings bi-annually or as appropriate to project development .

Coming soon! Alaska Native Youth ment or /community grants

We are working to develop mini-grants to support youth mental health in supporting the costs to do cultural activities and ways of being. This grant also looks to support healthy youth and adult relationships by requiring at least one adult and one youth are participating in the cultural activity to support cultural teachings and Alaska Native Ways of Knowing.





9/30 National Day of Remembrance for U.S. Indian Boarding Schools

ACT connected with many around the State, to brainstorm and plan activities we can do together to create an awareness, support education of true history that is not accounted for in history books to this day.

Prevention & Healing

Community Engagement
& Support



Prevention & Healing

Community Engagement
& Support



APPLY TODAY!
ONLY 10 SPOTS
AVAILABLE!

*You're
Invited!*

Apply by
**NOVEMBER
18TH!**

Positive Indian Parenting



FREE TRAINING

December 7-9, 2022, in Anchorage, AK
\$15,000 Grants for Tribes & Organizations
Participant Travel & Lodging Provided

RSVP/LEARN MORE

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Honoring Our Children by Honoring Our Traditions



Pathway to Hope

an Alaska Native framework
to prevent child sexual
abuse and heal unresolved
historical trauma.



Pathway to Hope

- Alaska Native Framework
- Community Led by community Facilitators
- Building capacity in Indigenous Health/Prevention/Healing skills
- Revitalizing our way of life by restoring balance
- Community Action Planning



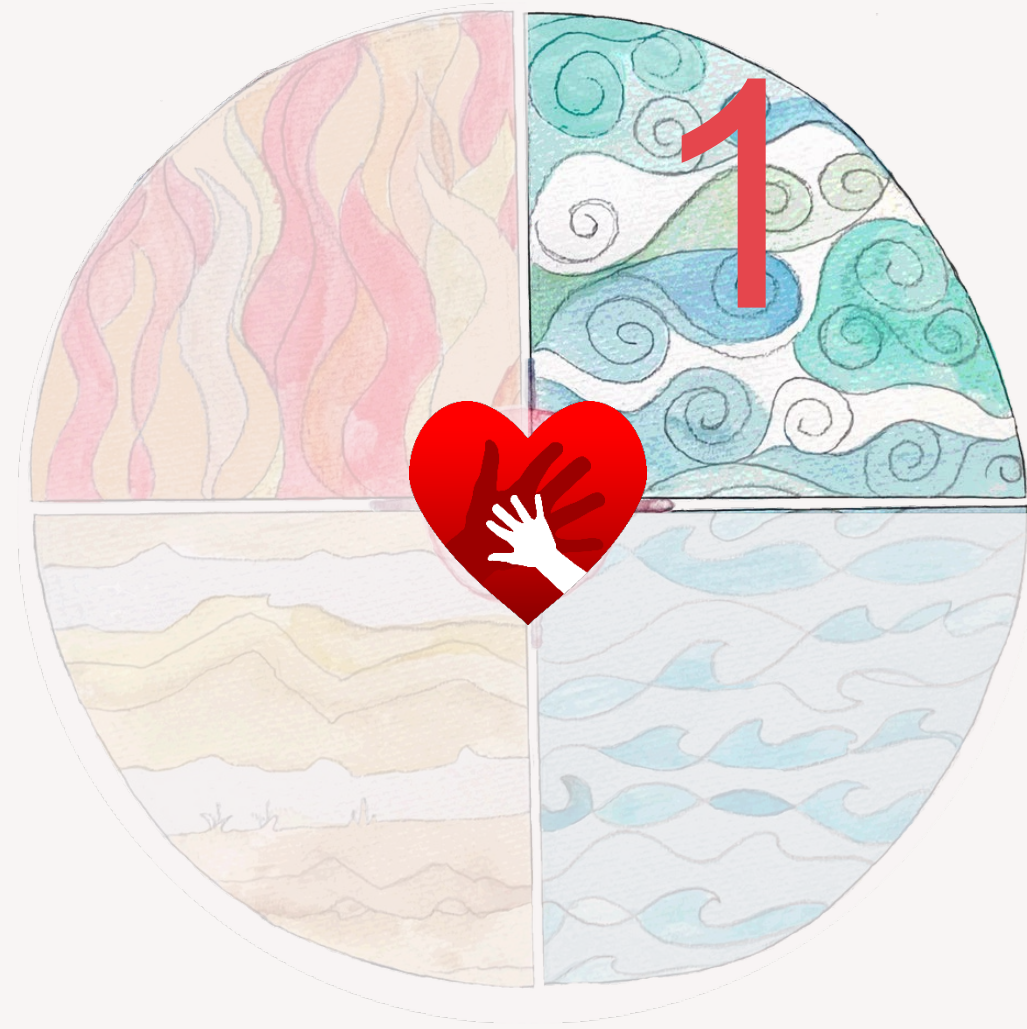
Pathway to Hope

4 Pillars of Framework: Community Strategies

- Coming Together
- Teaching of Adults & Children
- Revitalizing Traditional Values
- Whole Community Healing



Pathway to Hope



Coming together

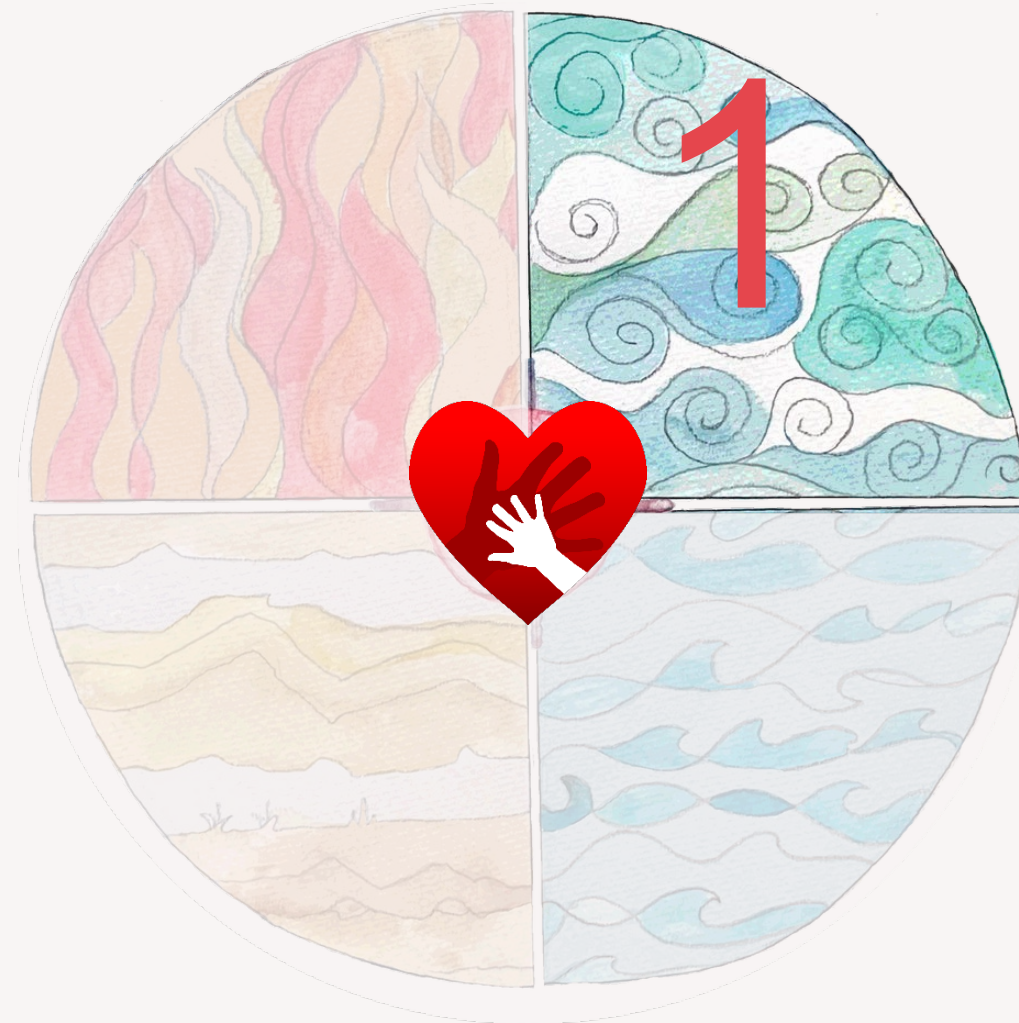
To return our Children to their sacred place in our community, **the heart center**, they are the future of our people. It is all our responsibility to ensure they are all protected.



Pathway to Hope

Coming together

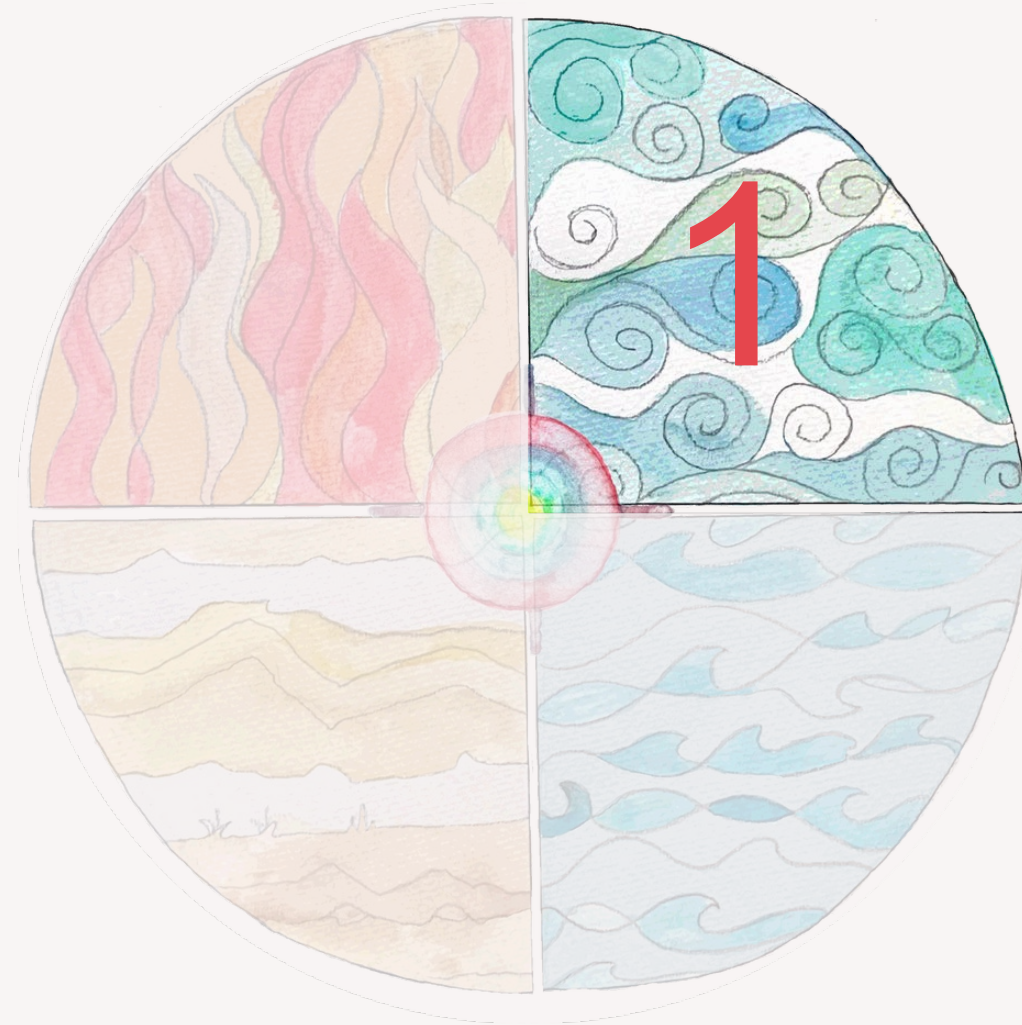
Stop the video at the scene of an airplane touching down on the landing strip and begin to discuss ending community silence about child sexual abuse. Possible discussion topics include:



- What are our unique strengths and resources?
- What are our unique challenges or needs?
- What are our core community values?
- How do we value the safety of children?
- What is the importance of involving/including Elders & recognizing them as experts?
- What are our traditional healing methods?
- What are the barriers to trust in our community? How can we resolve them?
- Is confidentiality respected or practiced? If not, how can we get better at honoring it?
- What are our unique Stages of Breaking the Silence?
- What will it take to end child sexual abuse in our community?
- What will an effective community response to child sexual abuse look like?
- How can we keep going when we get discouraged?



Pathway to Hope



What Are Barriers to Trust in The Community? How Can They Be Resolved?

The process of establishing trust will be different for each community and may depend in part on how it has handled issues of child sexual abuse in the past. For example, if there were confidentiality issues in the past or community members gossiped about abuse, community members may have a harder time establishing trust compared to a community that kept survivors' stories confidential. Sometimes it helps to begin the community healing process by identifying and working to resolve issues related to trust before moving on to address the more difficult issues surrounding child sexual abuse.

The “Training of Community Facilitators” will guide you through exercises to help address these issues, but the hard work of identifying and eliminating barriers to trust will likely be done after your return to the village.

Confidentiality May Not Be Respected Practiced...How Can We Get Better?

Confidentiality is the privacy granted to individuals sharing personal information. It is an understanding between two or more people that anything shared between them will not be shared with others without the prior approval of the individual sharing the information. People have difficulty trusting others if their confidential information was shared by others in the past. Addressing what confidentiality means, how confidential information will be handled, and how it was handled in the past – including an honest discussion of how it could have been handled better – before discussions about sexual abuse begin is an important first step in the healing process.



Pathway to Hope



Teaching of Adults & Children





Teaching of Adults & Children



We can't move forward till we know our past.

Historical Trauma: What happened to our Ancestors

Intergenerational Trauma: What we see across a lifespan of trauma



Talking circle topics

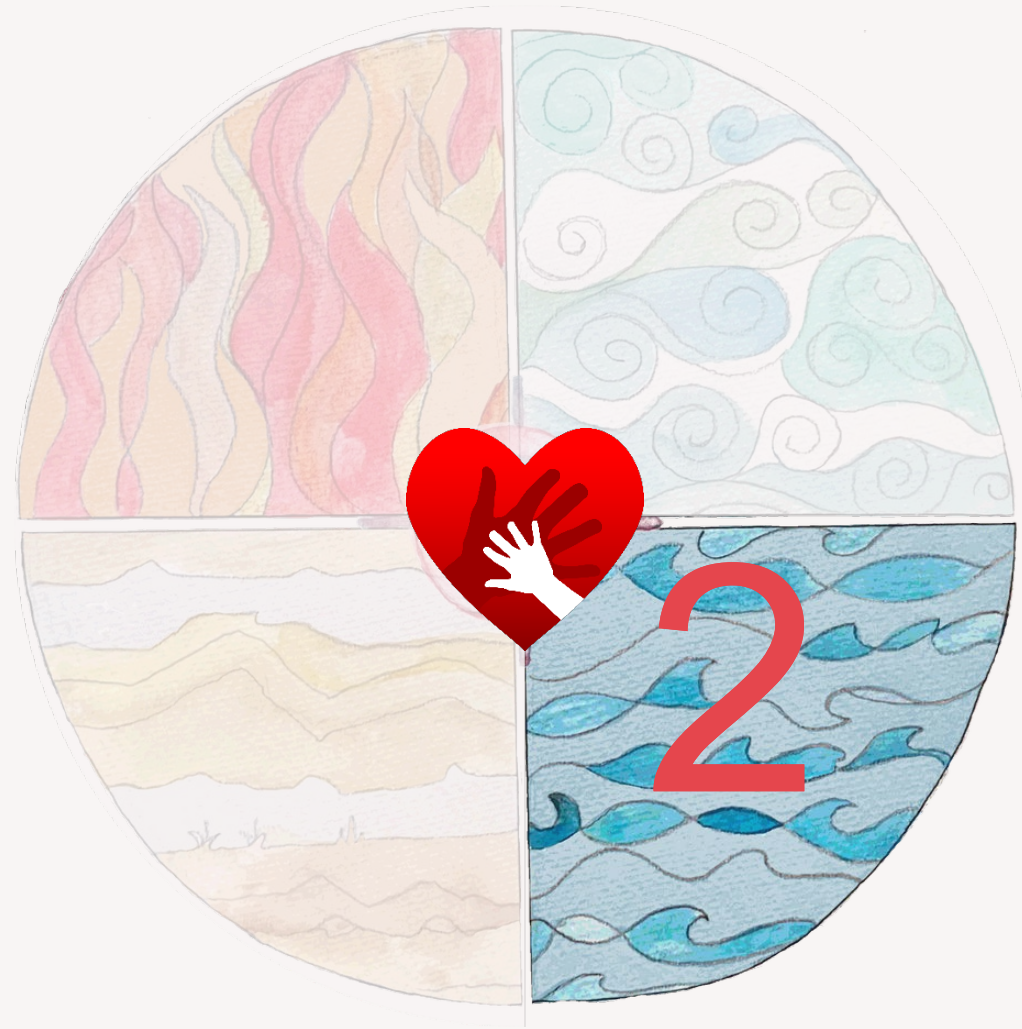
What Are Our Community Values?

Dealing with sexual abuse in a small village is difficult. Using core community values to build upon your community's unique strengths and resources will help build trust, aid in the creation of a working team of individuals, and help survivors, offenders, and community members heal.

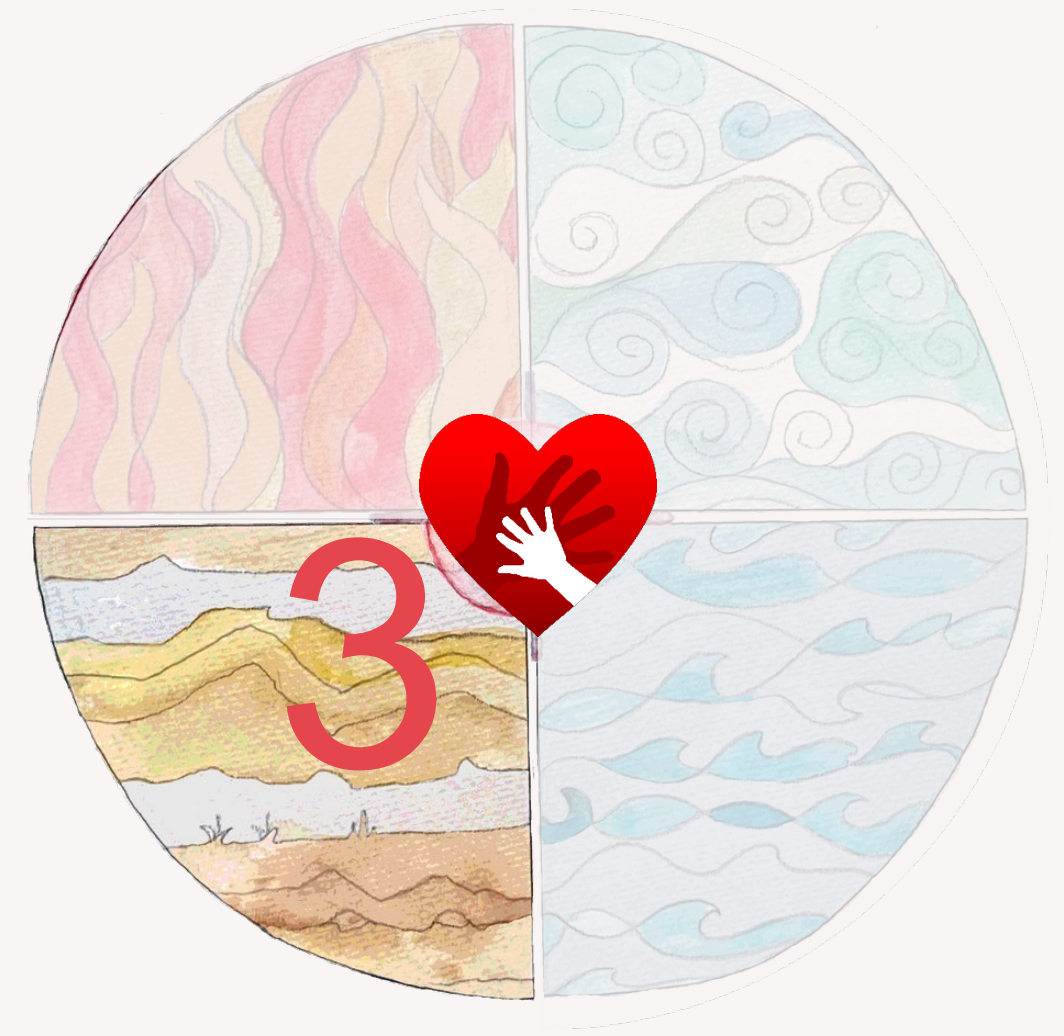
Consider the core community values that have sustained the village in other difficult times. Talk to Elders and community leaders to learn about the values that have enabled the village to survive for thousands of years. An understanding of past trials and tribulations and what helped the village overcome them can help community members better understand where they are today in terms of child sexual abuse and how they can overcome it. These values will hold the community together while it works to heal from past abuse and create a community that supports survivors and holds abusers accountable.

How Do We Value Safety of Children?

What specific steps has the community taken to ensure children's safety? How do you teach children that they are important and valued community members? Do children in the village feel safe? Who do they go to if they are hurt or scared? What messages do we give children about their personal safety? When a child is abused, are they listened to, respected, and protected, or are they blamed, ignored, or removed from their family? Do children have fun, safe activities to enjoy? Are children encouraged to get help when they need it? Do we model healthy, happy lifestyles for children to follow?



Pathway to Hope



Revitalizing Traditional Values

"To see from one eye with the strengths of Indigenous ways of knowing, and to see from the other eye with the strengths of Western ways of knowing, and to use both of these eyes together."

Mi'kmaw, Elder Albert Marshall

Pathway to Hope

Revitalizing Traditional Values

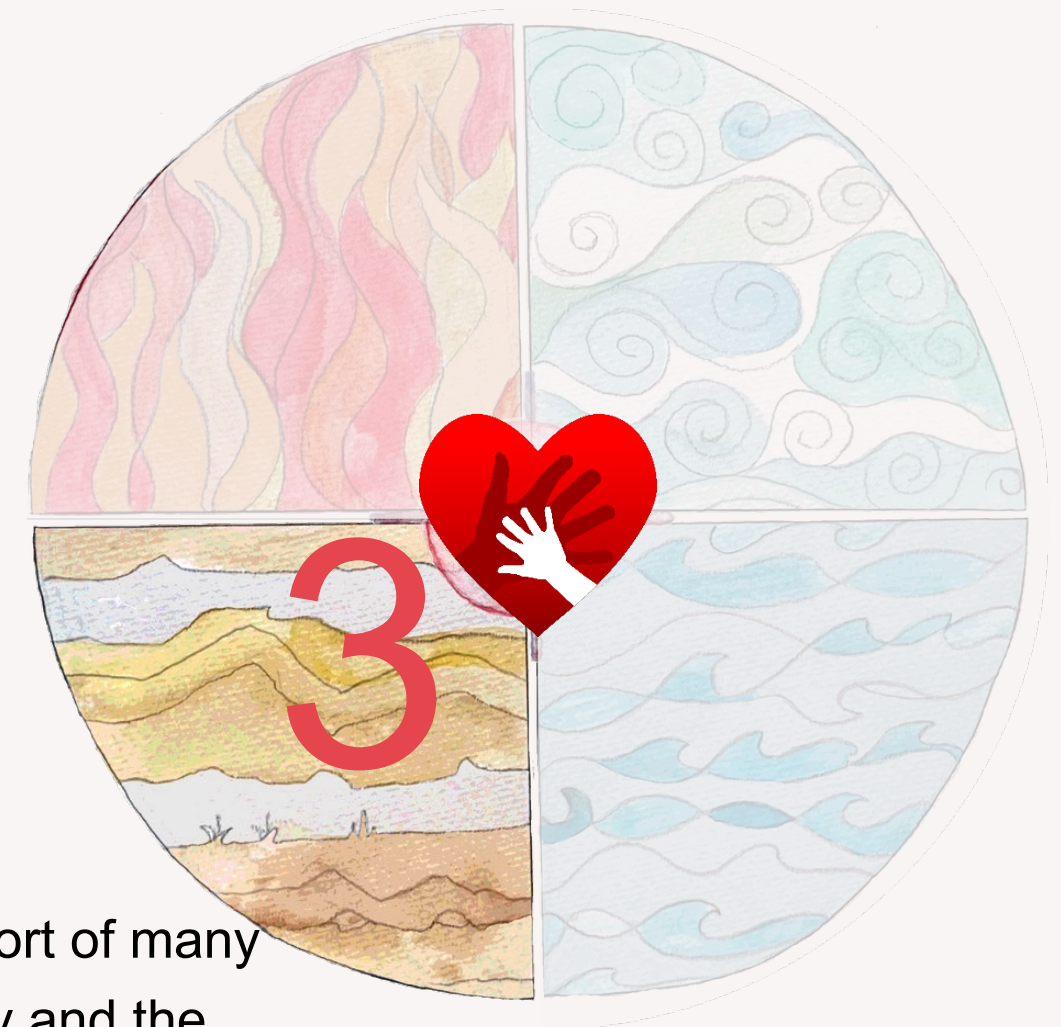


Involving Elders

Addressing child sexual abuse and community healing effectively will require the support of many community members. Elders, who know traditional healing practices and village history and the community's respect, will be important allies, particularly if the discussion becomes heated, contentious or people begin to take sides.

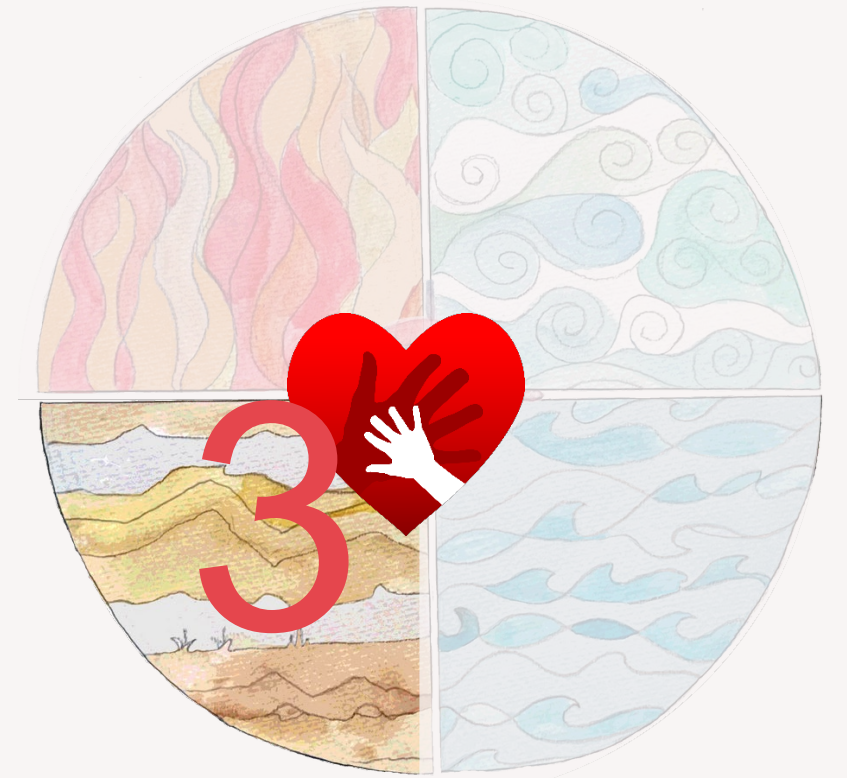
Utilizing Traditional Healing

Using healing methods specific to the community's traditions, culture, and geographic location often helps participants feel more comfortable discussing child sexual abuse and how to help survivors and the community heal. Studies show that people are more likely to participate, less likely to drop out, and more likely to experience long-term results if the healing process utilizes culturally specific methods.



10 Shared Alaska Native Values

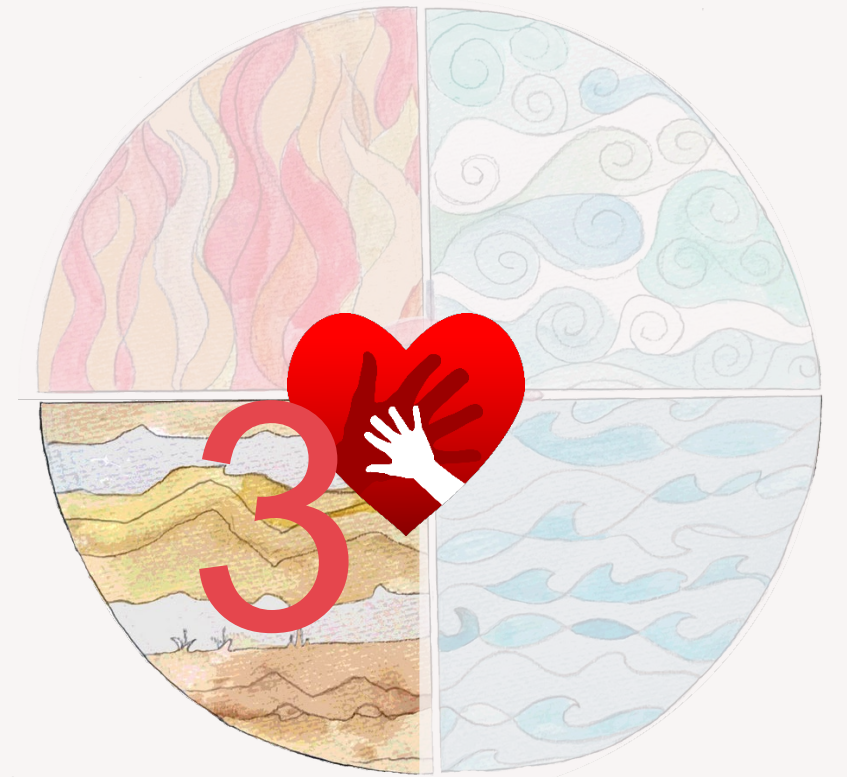
- Show respect to others Each person has a special gift
- Share what you have giving makes you richer
- Know who you are You are a reflection on your family.
- Accept what life brings- You cannot control many things.
- Have patience Some things cannot be rushed.
- Live carefully- what you do will come back to you.
- Take care of others you cannot live without them
- Honor your Elders- They show you the way in life.
- Pray for guidance- Many things are not known.
- See connections All things are related.



• **Revitalizing Traditional Values**

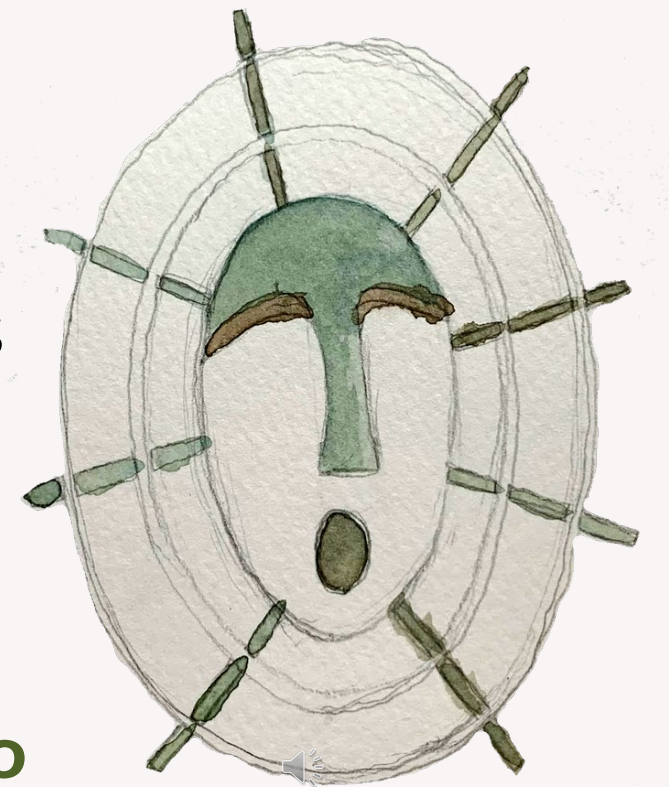
Revitalizing Traditional Values

Recognizing Western Values/social norms that perpetuate CSA & Abusive Behavior

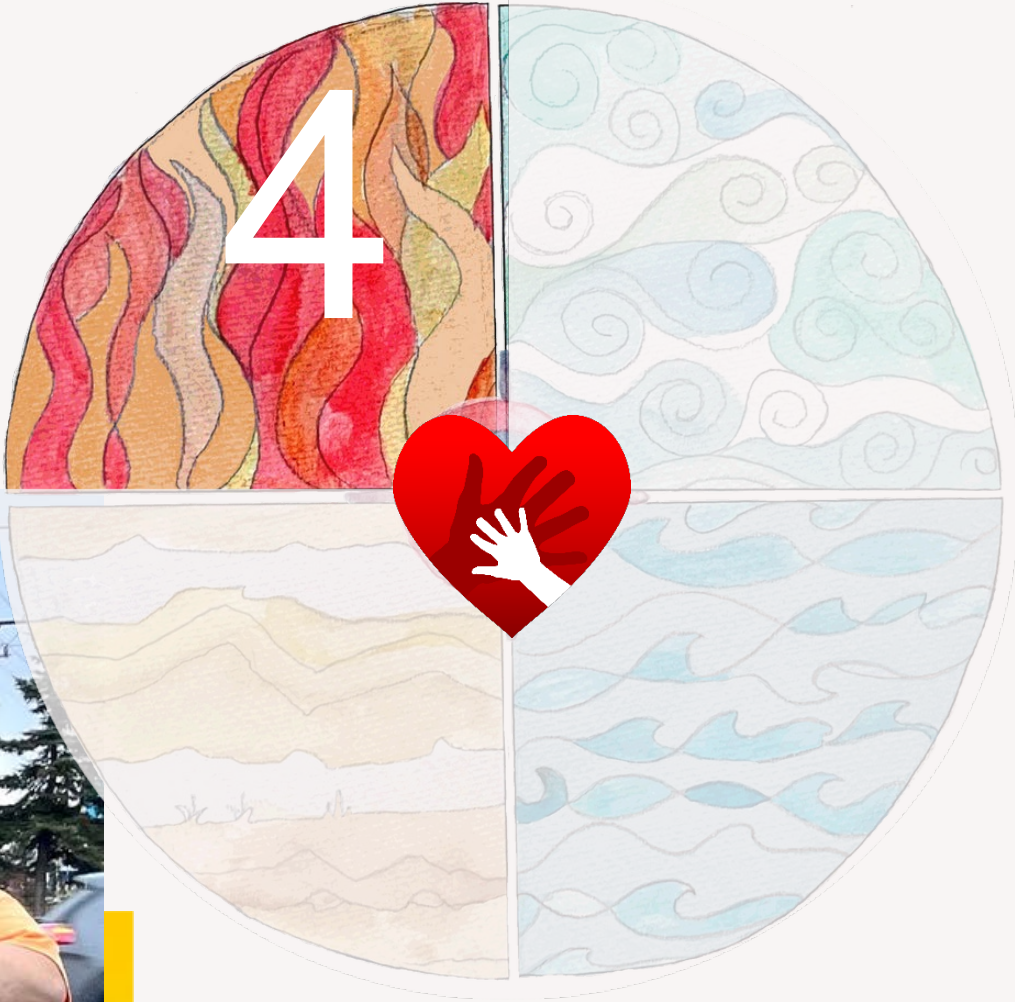


1. **Traditional Male roles:** men are expected to exhibit dominating, controlling behavior
2. **Limited Female roles:** women and girls are expected to be submissive and are often presented as such
3. **Power:** controlling behaviors are seen as positive.
4. **Violence:** using violence to get what you want is seen as a normal way to solve problems
5. **Privacy:** individual and family privacy is valued highly and supports the suppression of trauma that can occur, and remain silent.

It is time to recognize the destruction this way of being has caused and break it to revitalize, re-establish, and repower our traditional ways of being.



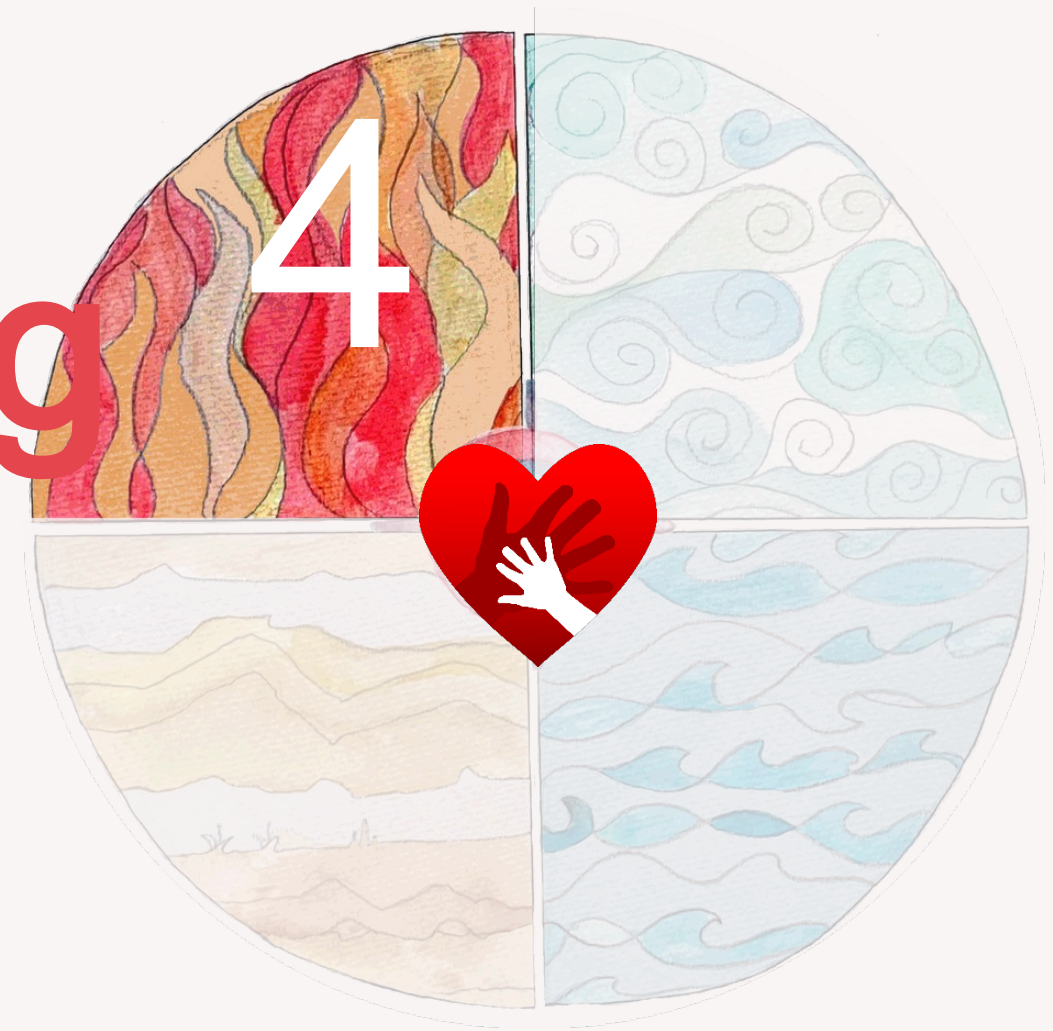
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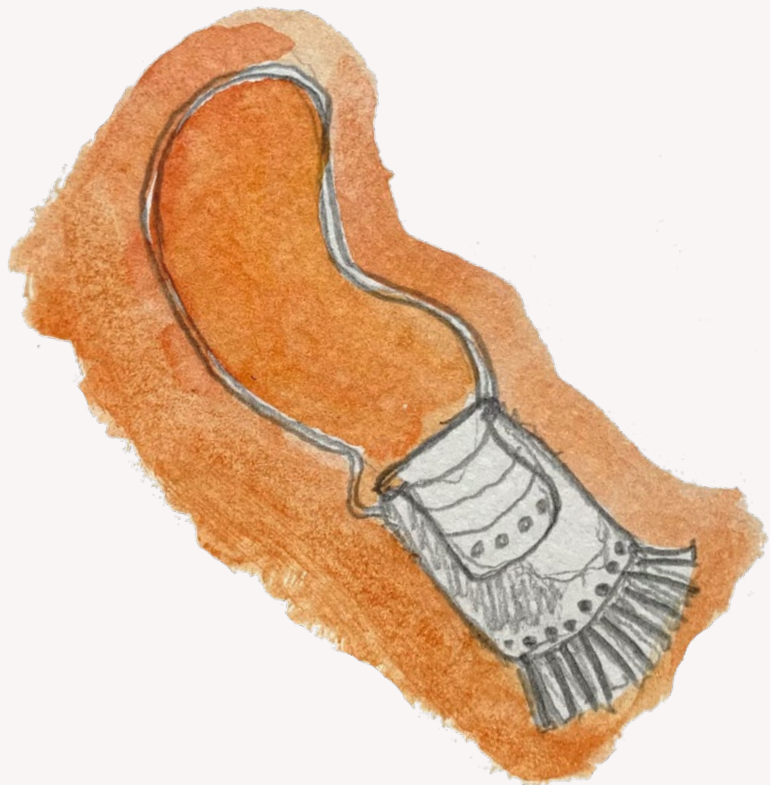
Whole Community Healing

Pathway to Hope

Whole Community Healing



- PTHVideo
- The five protections
- Window of tolerance
- Talking Circles
- Values inventory/what children need
- Comfort bag/box
- Strength & Power Beads
- Healing Pouches



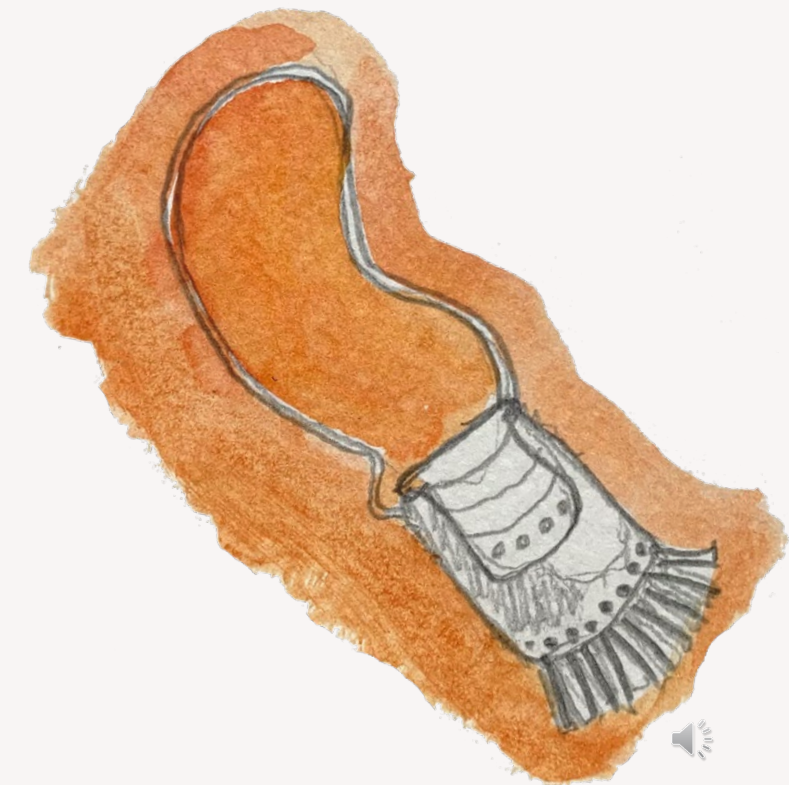
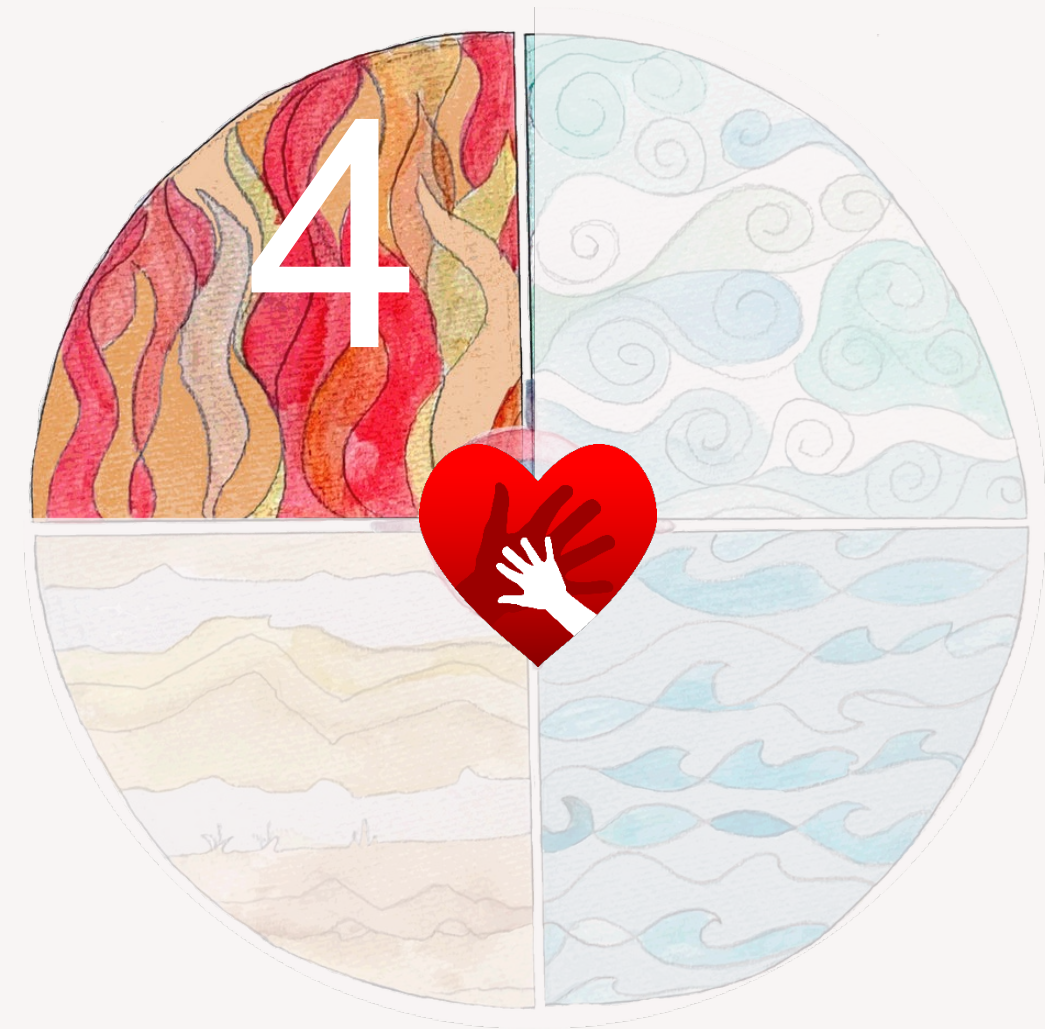
Whole Community Healing

PTH Video when to stop the video and discuss

Coming together: Stop the video after the first community strategy is presented.

Topics to discuss—

1. Talking about abuse means we can stop it.
2. It will be hard at first, but it can be done. Don't give up.
3. It is important to recognize and acknowledge problems.
4. Learning to trust one another is imperative.
5. How to deal when the abuser holds a position of authority.
6. What resources are available in our area?
7. How to ensure the safety of the person who is abused.
8. Ideas for getting the community involved.
9. How to address the lack of response from troopers, tribal courts, authority, etc.
10. How do we address sexual abuse without violating traditional protocols or taboos?
11. Restoring & expanding traditional roles.
12. Traditional applications for recovery-sequence of healing.
13. Traditional values and responsibilities that recognize conduct & consequences.



Pathway to Hope

- ACT will provide Training & technical assistance along your journey.
- Work to build a connection with you and your community to gain permission and consent to begin the work.
- Provide In-person training and cover travel costs
- Support community teaching and offer in-person/virtual support
- Train Community Readiness and provide evaluation support



Pathway to Hope

If you are interested, please contact us:

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Quyanaa! We look forward to supporting the journey to healing.

