



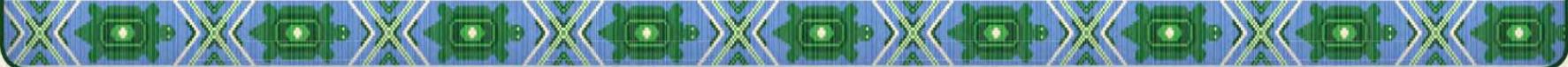
# Indian Health Service 2012 NATIONAL BEHAVIORAL HEALTH CONFERENCE

## Welcome

Southcentral Foundation's  
Family Wellness Warriors Initiative: The Power of Story  
Maggie Napoleon, MSW & Robert Heffle, MSW



*Mobilizing Partnerships to Promote Wellness*



# House Keeping

- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

# Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Room XXX for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

# FAMILY WELLNESS WARRIORS INITIATIVE



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# Warning

The depth and sensitivity of the stories and the information that is shared in this presentation can be difficult to hear

*We ask, in advance that anyone under the age of 18, be excused from participating*



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# Presentation Objectives

- Recognize the purpose, goals, and process of the Family Wellness Warriors Initiative (FWWI)
- Understand the FWWI process of large group teachings, the small group experiential component
- Analyze how the FWWI program deals with root issues not just the symptoms
- Understand the benefits of looking below the surface and using the power of story to address unresolved wounds



# Southcentral Foundation

## Vision

### Vision

A Native Community that enjoys physical, mental, emotional and spiritual wellness

### Mission

Working together with the Native Community to achieve wellness through health and related services



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# Key Points

## *S*hared

### **Responsibility**

We value working together with the individual, the family, and the community.

We strive to honor the dignity of every individual.

We see the journey to wellness being traveled in shared responsibility and partnership with those for whom we provide services.

## *C*ommitment to **Quality**

We strive to provide the best services for the Native community.

We employ fully qualified staff in all positions and we commit ourselves to recruiting and training Native staff to meet this need.

We structure our organization to optimize the skills and contributions of our staff.

## *F*amily Wellness

We value the family as the heart of the Native community.

We work to promote wellness that goes beyond absence of illness and prevention of disease.

We encourage physical, mental, social, spiritual, and economic wellness in the individual, the family, the community, and the world in which we live.

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## Goal

To End Domestic Violence, Child Sexual Abuse,  
and Child Neglect in the State of Alaska in this  
Generation.





## Philosophy

Embracing the entire family \_ to include those who have been harmed and those who have caused harm using the strengths of the Alaska Native People and culture to end domestic violence, child sexual abuse and child neglect.

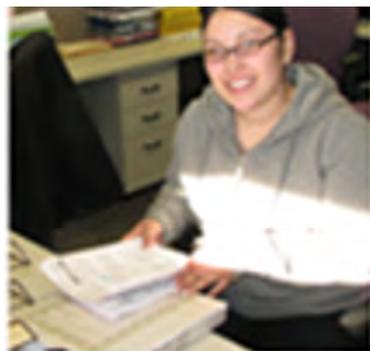


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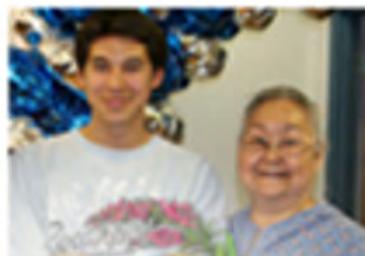
# A Faith-Based Initiative

- The connection between religion/spirituality and mental health is now recognized by medical/academic institutions
- There is increasing awareness by mental health practitioners of the positive effects that a person's faith has on an individual's life
- The vast majority of research suggests that religion or faith, as measured by behavioral indicators, does affect well being





# Customer Ownership



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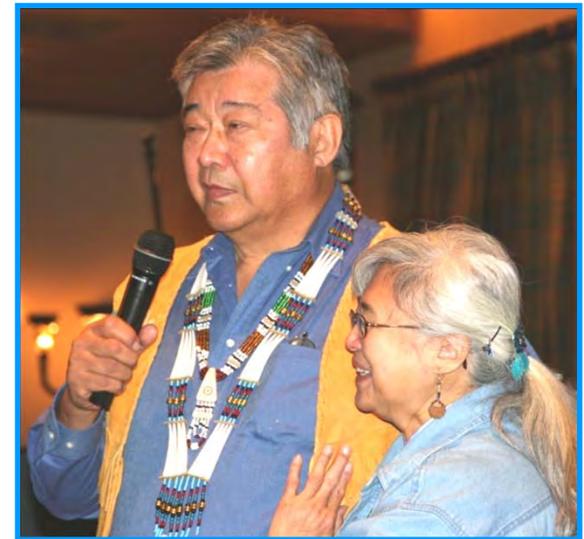
# FWWI Program

- 1980's - conversations began between a tribal leader and an Alaska Native missionary
- 1990's - international search resulted in the selection of a program that was adapted to be culturally appropriate
- FWWI was named and formalized in 1999
- We provide education and training to adults in the helping professions (natural helpers, tribal leaders, teachers, officers, counselors, etc... ), as well as adults with histories of harm or at-risk for extending harm.
- Utilizes best practices
- ANYONE is welcome to attend trainings (21+)



# Alaska Native Culture

- FWWI was created by and continues to be led by Alaska Native people
- FWWI is thoroughly grounded in Alaska Native traditional values
- Our Elders are “leading the way” and are giving permission by sharing their stories
- Alaska Native people have made the decision to break the silence



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# Domestic Violence

- More than three-quarters of Alaska Native and American Indian women have been physically assaulted in their lifetime.

*(Tjaden, P. & Thoennes, N. (2000). Extent, Nature and Consequences of Intimate Partner Violence: Findings from the National Violence Against Women Survey. National Institute of Justice and the Centers of Disease Control and Prevention.)*

- Alaska ranks first in the nation with the highest homicide rate for female victims of domestic violence.

*(Anchorage Police Department Report, 2005)*



# Sexual Assault

- During the last 32 years, Alaska has ranked within the top five states in the nation for forcible rape. For 25 of those years, Alaska ranked number one

*(State Rankings for Rate of Rape, Federal Bureau of Investigation, Uniform Crime Reports 1976-2007)*

- More than a third of Alaska Native and American Indian women will be raped in their lifetime

*(Tjaden, P. & Thoennes, N. (2000). Extent, Nature and Consequences of Intimate Partner Violence: Findings from the National Violence Against Women Survey. National Institute of Justice and the Centers of Disease Control and Prevention.)*



# Child Sexual Assault and Abuse

- Child sexual assault in Alaska is almost six times the national average

*(Alaska Network on Domestic Violence and Sexual Assault, (2006). 2006 Annual Report.: Working in Alaska Communities For: Safety, Justice, Advocacy and Education, Violence Prevention. Juneau,Alaska.)*

- One in every six boys and one in every four girls will be sexually abused in their lifetime.
- In the past decade reports of child maltreatment have increased 107% in Alaska, with close to ½ of all reports of child abuse and neglect substantiated

*(Childhelpusa.org, 2005; U.S. Dept. of Health and Human Services, 2006. National Coalition Against Domestic Violence 2005. Office of Children Services, Anchorage, AK 2010.)*



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# Adverse Childhood Experiences

- Kaiser Permanente and Centers for Disease Control
- Over 17,000 participants
- Types of childhood trauma studied (ACE):
  - Physical abuse
  - Emotional abuse
  - Sexual abuse
  - Household alcohol / drug abuser
  - Incarcerated household member
  - Mother treated violently
  - One or no parents
  - Divorce
  - Emotional or physical neglect
  - Parent who is mentally ill, depressed, or suicidal

*(ACEStudy.org)*



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# Adverse Childhood Experiences

- One type of ACE nearly doubled the risk of perpetrating domestic violence as an adult.
- Four or more ACEs was associated with five times greater risk for domestic violence as an adult.

*(CDC Study – Adverse Childhood Experiences)*



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# Adverse Childhood Experiences

- Exposure to one type of ACE increased risk of suicide attempt by two to five times.
- Exposure to seven or eight ACEs
  - Increased risk of suicide attempts by 50 times during adolescence.
  - Increased risk of suicide attempts by 30 times in adults

*(The Alaska Suicide Follow Back Study)*



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Calling out the



## INVOLVING OUR MEN . . .

Calling them to take back their place as protectors of the family

## INVOLVING OUR WOMEN . . .

It is important that men and women walk alongside each other in unity when instilling family values



# Root Issues

FWWI trainings focus on the source not just symptoms

- We look below the surface
- We provide tools to help deal with unresolved wounds



We believe to truly break the cycle of abuse we need to work with:

- Those who have been harmed
- Those who have caused or are at risk of causing harm

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# The Power of Story

## Generational Healing

*Numerous studies have shown that generational patterns of parenting exist.*

About 70% of parents who abuse were abused in their childhood



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# Healthy Responses to Story

When responding to story, you should...

- Match your response to the level of story that is shared
- Give authentic responses – responses that are real and genuine
- Speak from your heart
- Give responses that should make it safe for the person to tell more of their story
- Give responses without judgment



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# Unhealthy Responses to Story

When responding to story, you should **NOT**:

- Say too much
- Say nothing, stay silent
- Offer pat (trite) answers
- Draw attention to your own story while they are sharing their story
- Tell the person how to feel or how not to feel
- Tell them to stop crying
- Give advice



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# DVD

- **WARNING:** The depth and sensitivity of what is shared verbally and shown in the video is difficult to hear and is appropriate for ages 18 and older.
- Anyone who is not comfortable hearing stories of harm, feel free to excuse yourself from this part of the presentation.

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# Talking Circle

- Form a group of 6-8 people
- Discuss with your circle:  
“**How did this impact you?**” (10 minutes)
- Select a spokesperson to share with the large group

(20 minutes total)



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# The Power of Story

## Generational Healing

Attachment research shows that adults who remember and “tell their story” in a full and honest way are unlikely to repeat generational abuse.



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# Personal stories

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# Learning Circle

- Discuss with your learning circle
  - Possible healthy responses to story
  - Possible unhealthy responses to story (5 minutes)
- If time, have a spokesperson from your circle share with the large group one healthy response (5 minutes)

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# FWWI Trainings

FWWI holds numerous multi-day trainings per year as well as weekly support groups and gatherings

- **Beauty for Ashes (urban) / Arrigah House (rural):** These five-day intensive trainings are designed to educate and train Natural Helpers to use culturally appropriate means to work with individuals and communities impacted by violence.
- **Advanced Leader Education and Training:** These intensive workshops provide the tools and techniques necessary to teach the FWWI curriculum, co-facilitate small group sessions and implement the FWWI philosophy in their communities

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# Large Group Teachings

30 minute teachings with presenters' personal stories woven through topics (12 topics)

## Small Group Experience

Two trained group leaders and six participants

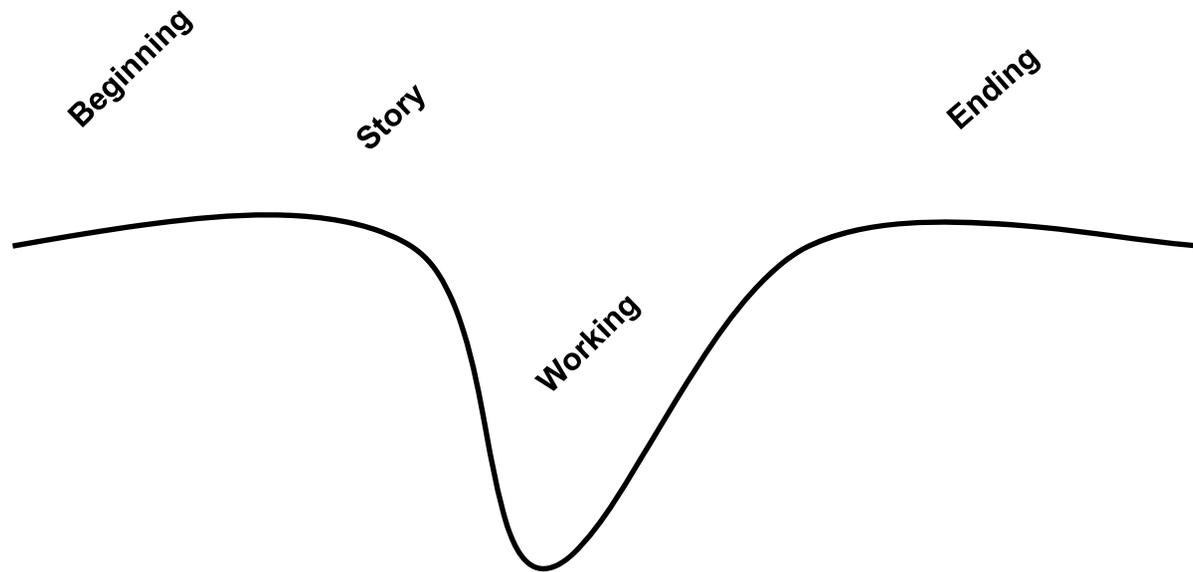
- Silence is broken
- Shame is lifted
- Replacing lies with the truth – Changing the Messages!
- Voice is gained
- Hope is provided

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# The Process



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# The Tiers of Safety

THE PRESCREENING PROCESS

MANDATORY LODGING

GROUP LEADERS

CARE TEAM

INDIVIDUALIZED CARE



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# Some of the Benefits

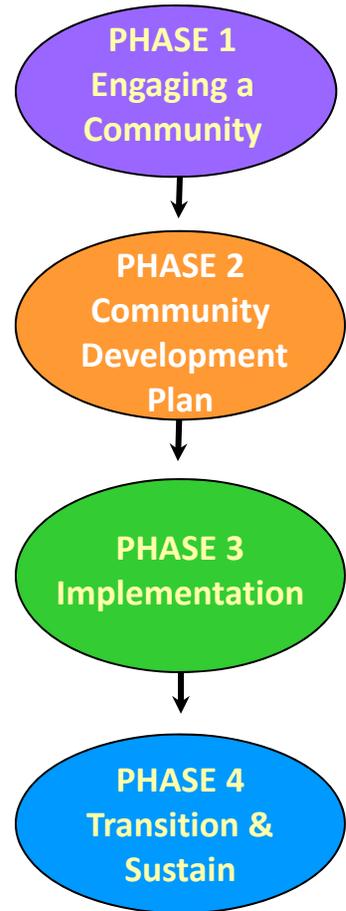
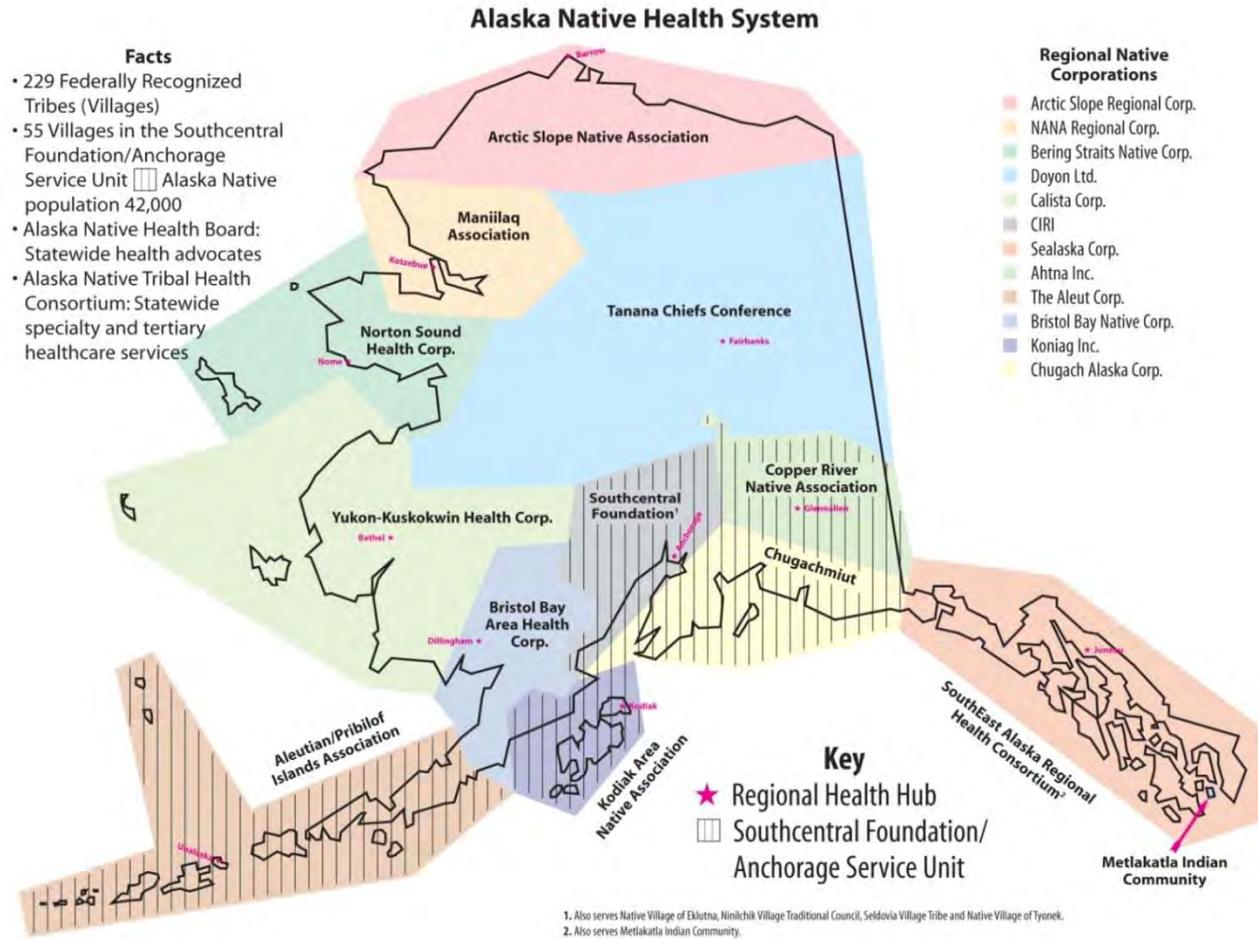
During the training participants:

- Identify illegitimate shame and lies
- Gain tools to understand how past harm plays into the current ways we relate to and interact with others
- Practice how to safely enter conflict in a way that invites healthier relationships
- Build hope and establish healthy boundaries

*College Credits (3) and CEU's available*



# FWWI 3 Year Model for Alaska Native Areas



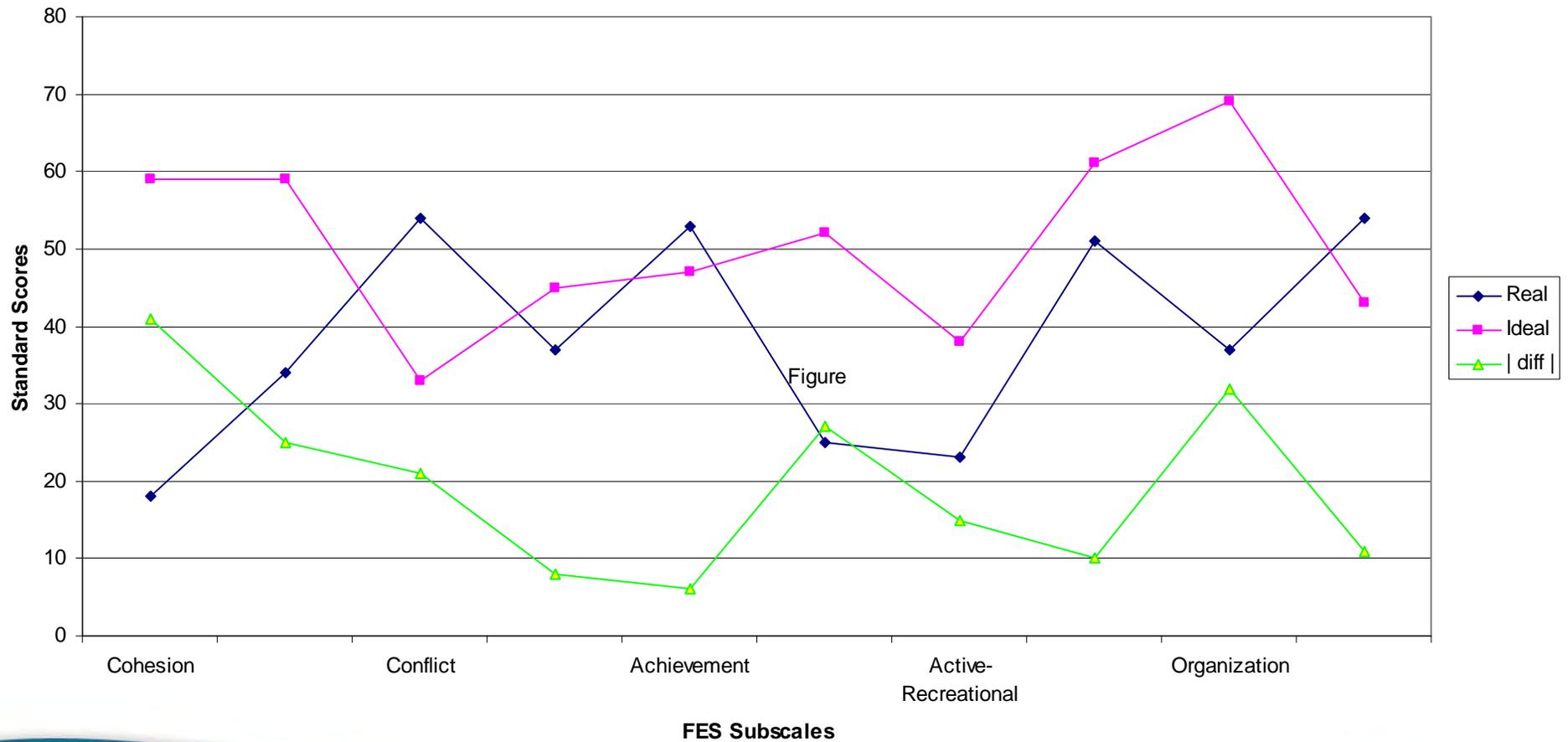
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# Measuring Success

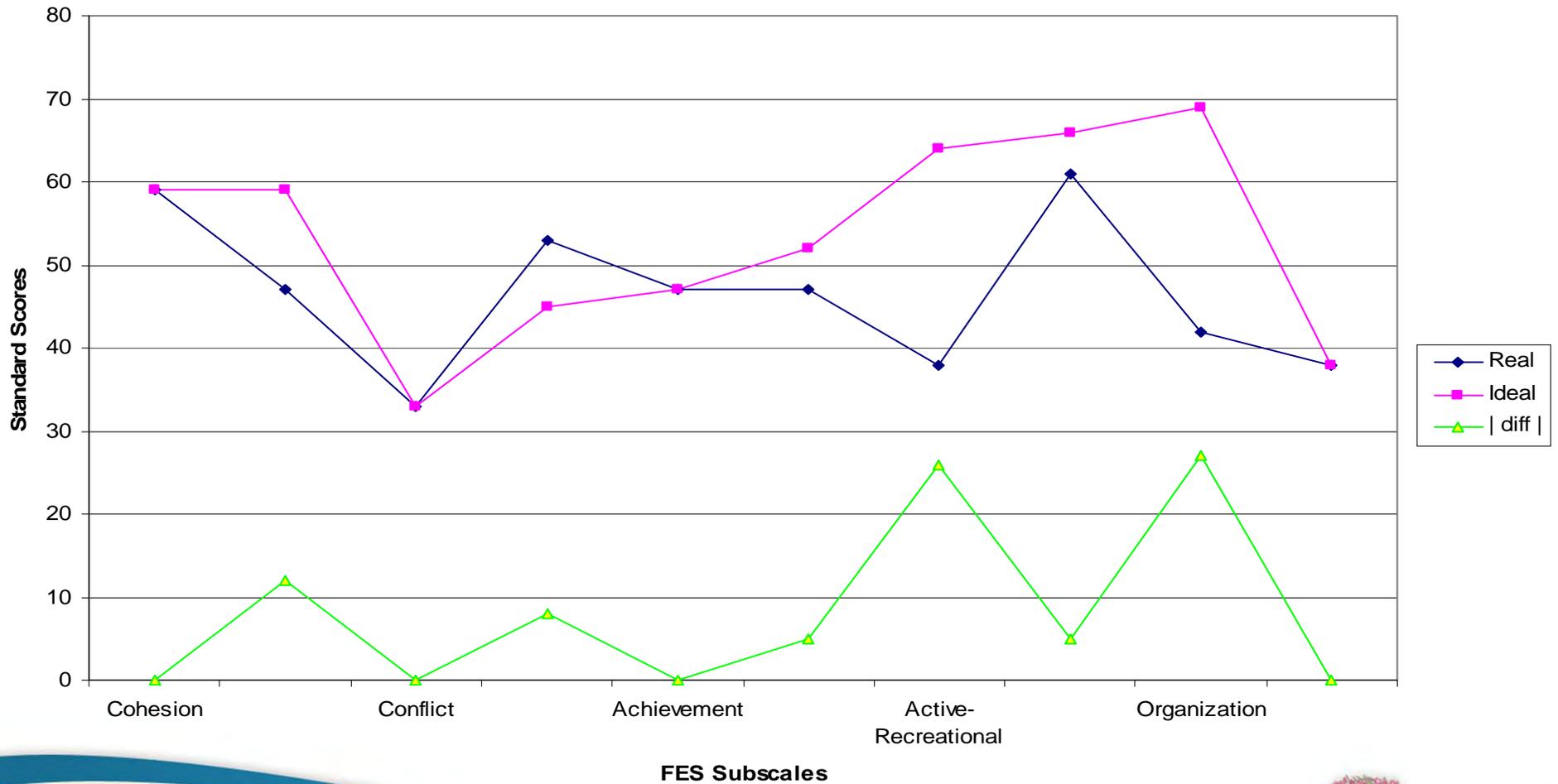
- Family Environment Scale survey measures individual change
- Focus groups measure changes occurring in the home communities of the individuals
- Professional reviews
- We are measuring change in the Native communities in the State of Alaska



**Figure 2**  
**Family Environment Scale - October 2005 BFA Participant #36 - Pre (Incongruence = 196)**



**Figure 3**  
**Family Environment Scale - BFA Participant #36 Follow-up June 12, 2006 (Incongruence = 83)**



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# Professional Reviews

“In my practice I have found that I listen more closely to Alaska Native people and this has helped me understand the stunning experiences of Alaska Native peoples.”

-Dr. Allan Crandell, MD  
(Child Psychiatrist)

“Because of BFA I am better able to understand and help those I see with their story and healing.”

-Mark Erickson, MD  
(Psychiatrist)

“As a psychologist evaluating the safety and effectiveness of the overall program I have found it to be a cutting edge program built upon the very best of “best practices”.

-Bob Chaney, Ph.D



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# Participant Quotes

“Through Arrigah House, I gained better listening skills so I can now be there for someone who needs to be heard.”

“I am learning to be a better father and to break the cycle of abuse.”

“During this week, I watched how what I thought were weaknesses in my life were transformed, right before me, and became strengths.”

“I realized that in order to change my future, I have to be willing to talk about my past.”

“I feel prepared to be a better role model than I never had an opportunity to



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# Recognition

## Summer 2009

FWWI was highlighted on a TV series as a national model for impacting men's health by the National Aboriginal Health Organization in Ottawa, Ontario.

## Fall 2009

The National Indian Health Board Regional / Area Impact Award

## October 20, 2010

Gov. Sean Parnell honored FWWI with his administration's Shirley Demientieff Award

## November 17, 2010

The Mary Byron Project awarded FWWI with the Celebrating Solutions Award – 1 of 4 award winners nationwide

## In 2010

The Alaska Public Health Association awarded FWWI a Community Service Award for Health in



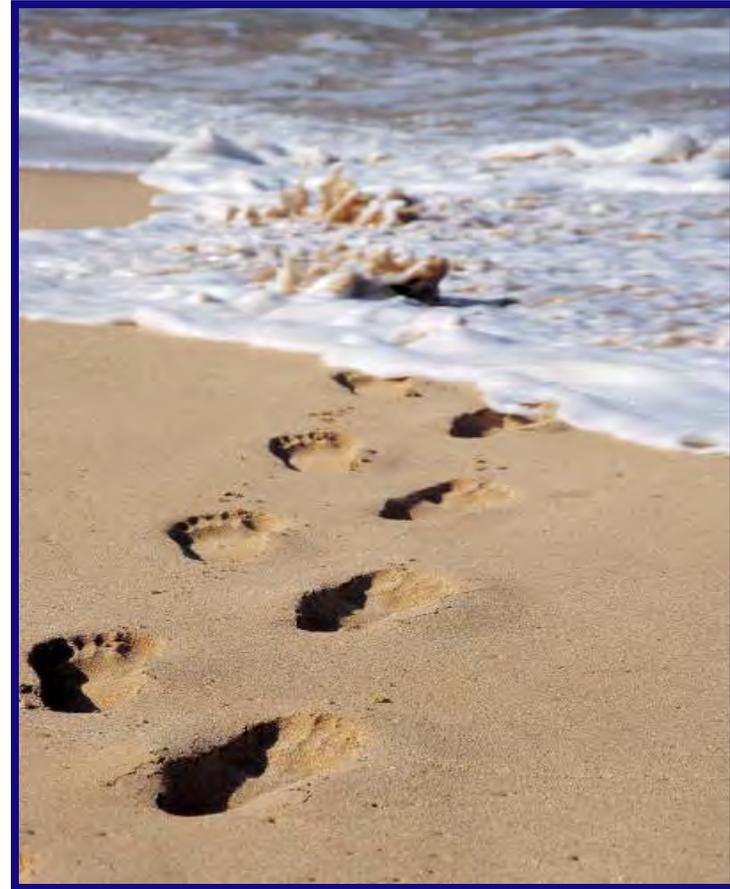
# Appreciation to Our Funders

- Rasmuson Foundation
- M.J. Murdock Charitable Trust
- Paul G. Allen Family Foundation
- State of Alaska
- Mary Byron Project
- The Alaska Children's Trust
- Robert Wood Johnson Foundation
- U.S. Department of Justice
- ConocoPhillips
- Southcentral Foundation
- Alaska Federation of Natives
- Alaska Children's Trust
- Alaska Native Health Board
- Aleutian Pribilof Islands Association
- Bristol Bay Native Association
- ChangePoint
- Fishing CO of Alaska Inc.
- Indian Health Services
- Neeser Construction
- Open Hearts Ministry
- Robert Wood Johnson Foundation
- Yukon-Kuskokwim Health Corporation
- U.S. Dept. of Justice
- U.S. Dept. of Health & Human Services
- U.S. Dept. of Health & Social Services
- Additional private donors



# How can you be involved?

- Pray before, during and after events for staff, volunteers and participants
- Train to be BFA Speaker/Presenter
- Train to lead small groups
- Volunteer for FWWI:
- Refer others to FWWI
- Write letters to the legislature in support of FWWI
- Adopt an apartment:
- Contribute financially for the growing needs of the FWWI campus
- Sponsor scholarships for those who could not otherwise attend training
- Donate Alaska Airlines miles



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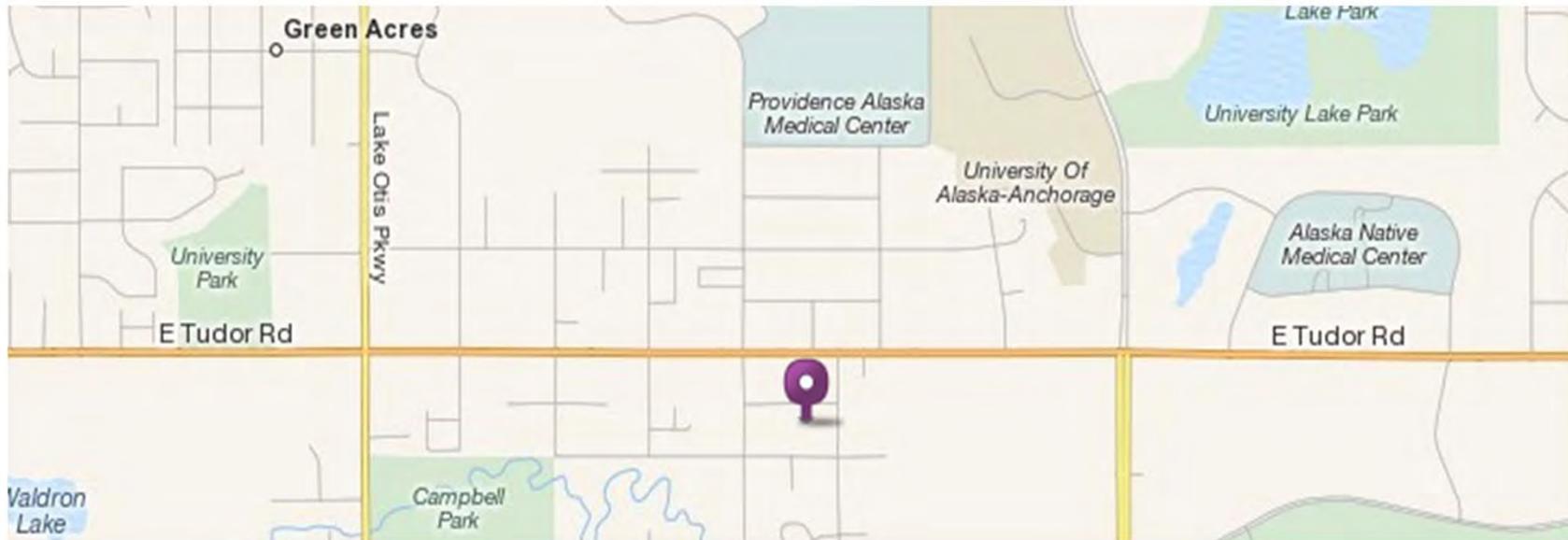
# Southcentral Foundation Employees

After receiving approval from supervisor:

- Employee's program pays \$1,500 for training
- Employees do not have to take personal leave (they are still on-the-clock while attending the FWWI training)
- Housing and all meals are included in the cost
- All SCF employees with six+ months are eligible to attend



# FWWI Campus



3210 Lark Street



FAMILY WELLNESS  
**WARRIORS**  
INITIATIVE



**PHONE**

907-729-5440  
1-866-729-3994

**MAILING ADDRESS**

3210 Lark Street  
Anchorage, AK  
99507

**WEBSITES**

[www.scf.cc/FWWI](http://www.scf.cc/FWWI)

OR

[www.fwwi.org](http://www.fwwi.org)

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