

## Family Wellness Warriors Initiative – Breaking the Silence

A “Breaking the Silence” Checklist/Task List:

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<input type="checkbox"/>	<b>STEP 1</b>	What is Family Wellness Warriors Initiative?
<input type="checkbox"/>	<b>STEP 2</b>	How Childhood Abuse Relates To Suicide
<input type="checkbox"/>	<b>STEP 3</b>	Incorporate Alaska Native Culture
<input type="checkbox"/>	<b>STEP 4</b>	Involve Our Men
<input type="checkbox"/>	<b>STEP 5</b>	Deal With Root Issues
<input type="checkbox"/>	<b>STEP 6</b>	Work With Those Who Have Caused Harm
<input type="checkbox"/>	<b>STEP 7</b>	Use the Power of Story
<input type="checkbox"/>	<b>STEP 8</b>	The Benefits of Our Trainings
<input type="checkbox"/>	<b>STEP 9</b>	Measure Success
<input type="checkbox"/>	<b>STEP 10</b>	How Can You Be Involved?

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**\*Please add more rows if needed**

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Description of the STEP purpose and sub-steps:

### **STEP 1: What is Family Wellness Warriors Initiative (FWWI)?**

- **Southcentral Foundation Vision:** A Native community that enjoys physical, mental, emotional, and spiritual wellness.
- **FWWI Goal:** To End Domestic Violence, Child Sexual Abuse, and Child Neglect in the State of Alaska in this Generation.
- **FWWI 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.

### **STEP 2: How Childhood Abuse Relates To Suicide**

- Adverse Childhood Experiences
  - Kaiser Permanente and Centers for Disease Control studied over 17,000 participants

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- Types of childhood trauma studied (ACE):
  - Physical, emotional, and sexual abuse as well as neglect
  - Household alcohol / drug abuser
  - Incarcerated household member, parent missing, or divorce
  - Parent who is mentally ill, depressed, or suicidal
  - Domestic violence in the home
- What the CDC discovered:
  - 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.
  - 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

### **STEP3: Incorporate 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

### **STEP 4: Involve Our Men**

- Calling out the WARRIORS
  - 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

### **STEP 5: Deal With Root Issues**

- FWWI trainings focus on the source not just symptoms.

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- We look below the surface and provide tools to help deal with unresolved wounds from childhood hurts.

### **STEP 6: Work With Those Who Have Caused Harm**

- 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
- *Numerous studies have shown that generational patterns of parenting exist.*
- About 70% of parents who abuse were abused in their childhood

### **STEP 7: Use the Power of Story**

- Attachment research shows that adults who remember and “tell their story” in a full and honest way are unlikely to repeat generational abuse.
- FWWI Trainings:
  - 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
  - Multiple Tiers of Safety
    - The Prescreening Process
    - Mandatory Lodging
    - Group Leaders
    - Care Team
    - Individualized Care

### **STEP 8: Some of the Benefits of Our Trainings**

- 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 and CEUs available

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### **STEP 9: Measure 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

### **STEP 10: How Can You Be Involved?**

- Attend a Training
- 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