

# YUKON KUSKOKWIM DELTA

## DV/SV RESOURCE GUIDE

SURVIVING ABUSE

PROMOTING WELLNESS

CHANGING HARMFUL BEHAVIORS



If you or someone else needs help with safety:

### EMERGENCY CONTACTS:

#### TUNDRA WOMEN'S COALITION (TWC)

24-hour Crisis Number: 1-800-478-7799 or (907) 543-3456

#### EMMONAK WOMEN'S SHELTER

Phone: (907) 949-1434

#### LAW ENFORCEMENT:

Bethel Police Department: 911

Contact your local Trooper Post or call your community's VPSO

#### REGIONAL OCS OFFICES:

Aniak, Crooked Creek, Chauthlaluk, Kalskag, Red Devil, Russian Mission, Sleetmute, Stony River: (907) 675-4377

St. Mary's, Alakanuk, Emmonak, Kotlik, Nunam Iqua, Mountain Village, Pitka's Point, Pilot Point,

St. Mary's: (907) 438-2200

Bethel & all other villages in the region: (907) 543-3141

### PROGRAM DIRECTORY:

#### Association of Village Council Presidents (AVCP)

101 A Main St., Bethel, AK, 99559

Phone: (907) 543-7300

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

#### Emmonak Women's Shelter/Yup'ik Women's Coalition

Phone: (907) 949-1434

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

#### Orutsarmiut Native Council (ONC)

117 Katie Hately Ln, Bethel, AK 99559

Phone: 1-800-478-2654 or (907) 543-2608

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

#### Tundra Women's Coalition (TWC)

DV/SV agency/shelter and Child Advocacy Center

248 6th Ave., Bethel, AK 99559

24-hour Crisis: 1-800-478-7799 or (907) 543-3456

Business: (907) 543-3444

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

#### Yukon-Kuskokwim Health Corporation (YKHC) Behavioral Health Dept. Preventative Services

Phone: (907) 543-6738

<http://www.ykhc.org/services/behavioral-health/>



CALL 211 OR 1-800-478-2221  
FOR ANY SOCIAL SERVICE OR  
SAFETY RESOURCE.

Surviving Abuse: next



## DEFINITIONS:

For detailed definitions related to domestic violence see PDF titled “**Basic Definitions**”. For additional information on the reporting and response to domestic violence and child abuse, see PDF infographics.

## REPORTING: FOR CHILDREN & TEENS

(See PDF called “**Basic Definitions**” and PDF called “**Infographic: What to Do if You Suspect a Child is Being Abused or Neglected**” for more information on Child Advocacy Centers, or CACs.)

The **Tundra Women’s Coalition Irniamta Ikayurviat (Children’s Center)**, in Bethel, is the region’s Child Advocacy Center (CAC). It is dedicated to providing support for child victims of abuse (typically used for suspected child sexual abuse cases) and their caregivers in a child-friendly environment. Services include:

- **Transportation** to the CAC from any village in the region and **lodging** while in Bethel
- **Interviews** conducted by a trained forensic interviewer
- **Medical examinations** (when necessary) performed by a compassionate, specially-trained health professional in a secure, confidential facility at the YKHC Hospital. The family advocate from the CAC will go with the family.
- **Well-child check-up** and needed basic medical care
- **Family advocates** to guide families through the CAC process and support them afterwards
- **Information and support** to help caregivers understand the abuse and how to help the child
- In-house **counseling**
- **Referrals** for counseling, legal services, and any other needs
- **Accompaniment and support** for the child through the court process
- A **Yup’ik Elder** available to provide support to families

Some family advocates speak Yup’ik. In addition, professional interpreters through Alaska Language Services or language lines are available for languages other than English.

## REPORTING: FOR ADULTS

(See PDF called “**Basic Definitions**” and PDF called “**Infographic: what are your options as an adult victim of DV and/or SV**” for more information about the option of reporting and about Sexual Assault Response Teams or SARTs.)

Adults are not required to make a report if they are abused by a partner or sexually assaulted by anyone, but if they choose to, here is what’s in place for victims in the region:

- If a victim (female or male) of sexual assault contacts local law enforcement or Tundra Women’s Coalition (TWC), they can receive transportation (at no cost to them) into Bethel for the SART process.
- The SART process happens in a confidential, locked facility within the YKHC hospital.
- In the SART process, the victim can meet with a law enforcement officer, receive support from an advocate, and complete a forensic exam done by a trained medical professional.



*The Tundra Women’s Coalition (TWC) Irniamta Ikayurviat (Children’s Center) in Bethel is a family-friendly environment where children can tell their story and be believed, and where children and families can get help. Family advocates and counselors (pictured here) are available to provide immediate and long-term support.*



## REPORTING: FOR ADULTS (CONT.)

- Partner physical violence can be reported to local law enforcement or health care providers. With the victim's permission, they can contact victim advocates to assist with safety planning.
- Victims and concerned loved ones may also contact TWC or the Emmonak Women's Shelter to get help making a police report and/or to get information about the reporting process.

If a victim chooses not to report to Law Enforcement, they are still highly encouraged to get a medical exam for their own personal health (e.g. antibiotics and Plan B to prevent STDs and pregnancy) and to address any other medical conditions as a result of being assaulted (e.g. strangulation).

Additionally, if a victim chooses not to report or have a medical exam, they are still encouraged to speak with an advocate, who can help them talk about their experience, safety plan etc.

## SHELTER

For victims of abuse and their children needing immediate safety, the following options are available:

### Bethel:

Tundra Women's Coalition (TWC)

**30-bed shelter** for women and their children up to age 18

**Locked facility** with a recently upgraded security system

**Male victims** can receive short-term emergency shelter in a hotel through TWC

TWC is both for emergency, short-term shelter and longer-term shelter while women are working on life goals, housing, etc.

**Transportation** available to TWC from any village in the region (at no cost to victim/family)

In-shelter support groups, group therapy, and programs for children

Freezer space and an ample kitchen where women can **store and prepare traditional foods**

**Sauna/maqi**, smokehouse, and garden available for shelter residents

Coordination with shelters in Emmonak and Anchorage

### Emmonak:

Emmonak Women's Shelter, part of the Yup'ik Women's Coalition

**9-bed shelter** for women and their children up to age 18

Shelter can house victims under 18 if approved by OCS.

**Shelter** also houses victims of elder abuse.

**Transportation** can be provided into Emmonak from the surrounding villages.

In-shelter support groups, group therapy, and programs for children

**The only tribally-owned shelter in the country**



## SHELTER (CONT.)

For victims of abuse and their children needing immediate safety, the following options are available:

### Emmonak-area villages

(Pilot Station, St. Marys, Alakanuk, Pitka's Point, Hooper Bay, Kotlik, Stebbins, Mt. Village, Nunam Iqua, St. Michael, and Scammon Bay)

The **Yup'ik Women's Coalition** supports volunteers in the villages to operate safehomes for short-term (~3 day) emergency stays.

**Basic supplies** such as bedding, food, and children's clothing are available at safehomes.

**Yup'ik Women's Coalition** and **law enforcement** can transport victims and their families to the shelter in Emmonak or TWC in Bethel.

## ADVOCACY, SUPPORT, AND INFORMATION

Trained, compassionate, and culturally-connected advocates at the following organizations are available to help victims of violence, their family members and loved ones, or others who have questions about abuse:

### Tundra Women's Coalition (TWC) in Bethel

### Emmonak Women's Shelter/Yup'ik Women's Coalition in Emmonak

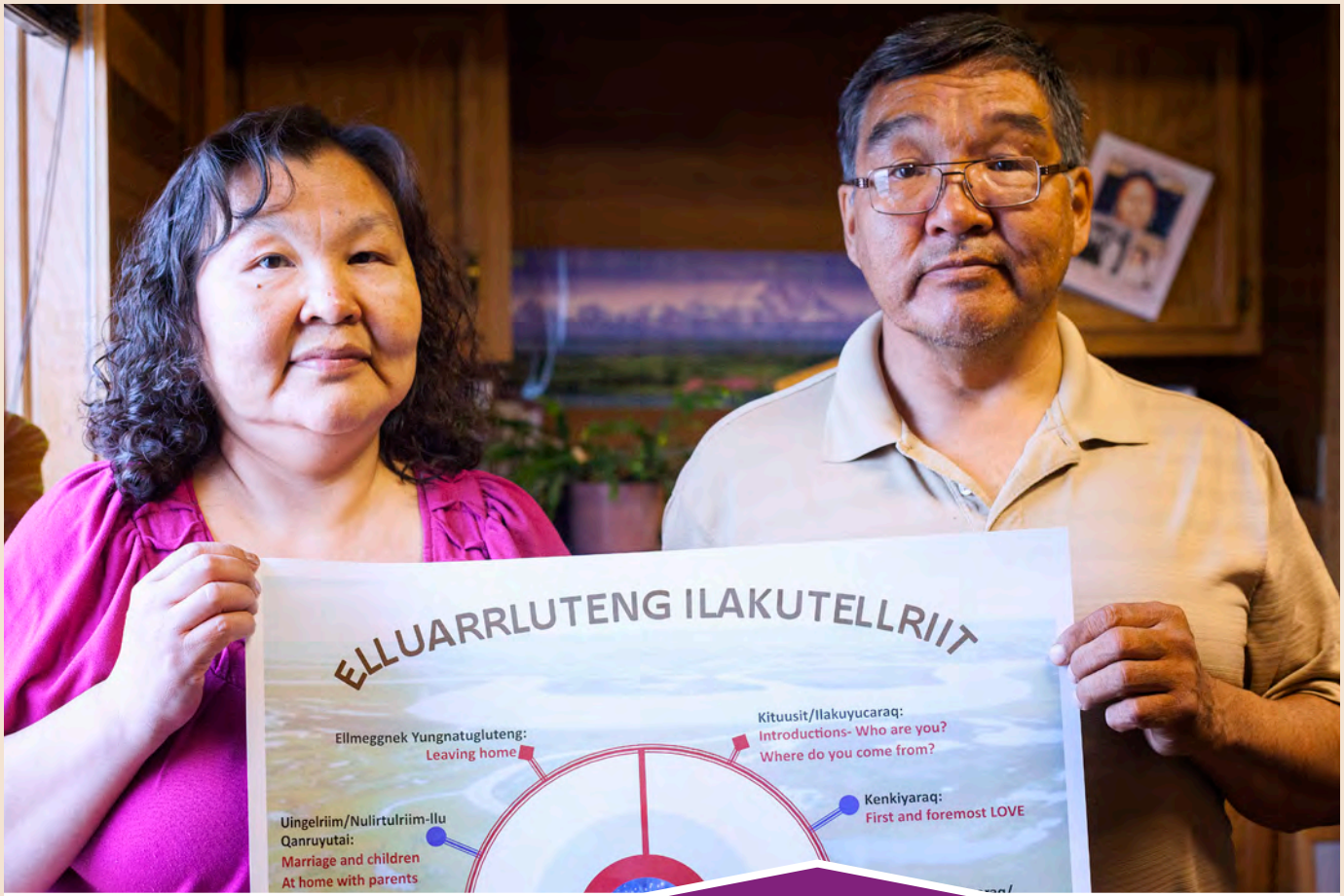
Advocates provide the following services (which are not just for people in shelter):

- **24-hour hotline** where they provide a listening ear, support, and information to victims of violence, their family members and loved ones, or others who have questions about abuse
- **Safety planning**
- **Legal advocacy** (court accompaniment, protective orders, connecting victim to a lawyer at no cost, etc.)
- **Medical advocacy** (supporting victim to get healthcare and supporting victim through the SART process)
- **One-on-one support** and information, group support and education (see section 4 of prevention)
- Help to find housing, food, clothing, job training and other **basic needs**.
- Assistance filing for money through **Victims of Violent Crimes Compensation**.
- **Transportation** to medical, legal and social services
- Help to find other needed **resources**, such as counseling or children's programs
- Yup'ik-speaking staff and use of language lines for languages other than English
- Yup'ik Elders available to provide support and to guide advocates in their work



*The TWC shelter in Bethel provides multiple community areas and children's areas where women can support each other and their families, and where women can get support from advocates.*





*Pictured here are Winnie Kelly-Green and Joe Green of AVCP holding the Yup'ik cycle of life that they use when teaching/facilitating workshops throughout the region. The Elluarrluteng Ilakutellriit (proper way to be in a relationship) curriculum incorporates prevention, healing, and intervention, and is modified to fit the needs and traditions of each community.*

## YUULUAQAUCIQ—TO LIVE IN COMPLETENESS

A program originally called “Healthy Families” was begun in June 2008 as a parenting class under Orutsararmiut Native Council (ONC)’s Family Support Services and has since become a part of multiple programs in the region. These programs, run by ONC, the Association of Village Council Presidents (AVCP), and the Yukon-Kuskokwim Health Corporation (YKHC) Preventative Services, are based on the teachings and ongoing guidance of elder Peter Jacobs and other elders in the region.

These programs apply Yup’ik teachings, values and traditions for throughout the developmental process in order to help people live a healthy, balanced life, free of interpersonal violence and substance abuse. These programs include individual and community level prevention of DV/SV and child maltreatment, promotion of healthy relationships and parenting, treatment for those who have experienced childhood and other traumas, and intervention with those who have caused harm—a multi-level approach with the goal of Yuuluaqauciq—to live in completeness.



## YOUTH MAKE A DIFFERENCE!

### Education Opportunities:

#### Bethel:

**Teens Acting Against Violence (TAAV)**, the youth group of TWC, offers youth-led presentations at schools, on the radio, and at community events. Often these include the use of the films produced by TAAV about dating violence and consent. Presentation topics include:

- teen dating violence
- sexual assault
- bullying
- consent
- healthy relationships

#### Bethel:

With support from **TWC**, Bethel schools teach the “Fourth R” Healthy Relationships curriculum.

#### Bethel:

**ONC** and **AVCP** offer a youth version of the Healthy Families/Elluarrluteng Illakutellriit curriculum to 7th–9th graders.

#### Bethel:

**TWC staff** offer age-appropriate presentations created by the local “Committee For Children.” These include:

- Pre-school - 2nd grade: “Talking About Touch”
- Grades 3 - 6 : “Steps to Respect”
- Grades 7 – 12: Classes on issues such as bullying and healthy relationships



*Teens Acting Against Violence (TAAV) youth staff (pictured on the right) are both learners and teachers. They help others understand DV/SV, healthy relationships, etc. and they learn traditional skills and values from elder mentors, such as Marie (pictured on the left, creating a story knife).*

### Other villages in the region:

**Teens Acting Against Violence (TAAV)** and **TWC** staff can travel to villages throughout the YK Delta when invited by the school or tribal council to offer presentations.

The **Lower Kuskokwim School District** teaches the “Fourth R” Healthy Relationships curriculum, with support from TWC.



*Youth from five communities participate in the annual “Teens Lead Ahead” camp, which includes one day spent at fishcamp on the Kuskokwim River with elders and other mentors learning traditional subsistence activities. The goal of the camp is to create a network of youth leaders working to end violence in the region.*

## WAYS YOUTH CAN GET INVOLVED:

### Bethel:

Teens Acting Against Violence (TAAV)

- A violence prevention and youth empowerment program at the Tundra Women’s Coalition for teens age 12- 18
- Focused on peer education and outreach on issues that are important to their schools and communities, including teen dating violence, sexual assault, substance abuse, and suicide
- TAAV Youth participate both in the statewide conference “Lead On! For Peace and Equality” and help plan and organize a regional version called “Teens Lead Ahead,” with the goal of connecting and strengthening youth leaders who are working to end violence in the region.

### Other villages in the region:

Youth from Kotlik, Napaskiak, Kipnuk, and Kwethluk (and in the future, other villages) are supported to attend the “Teens Lead Ahead” 3-day camp every summer, which is put on by TWC, ONC, AVCP, YKHC, the Lower Kuskokwim School District, and the Alaska Network on Domestic Violence and Sexual Assault.

Youth from any village in the region are encouraged to work with TWC and AVCP to attend the statewide Lead On! Youth Summit and to apply for mini-grants for youth-led prevention projects.

## TRAININGS FOR TRIBES AND PROFESSIONAL GROUPS:

### In Bethel and other villages in the region:

Staff from the **TWC Irniamta Ikayurviat (Children’s Center)** are available to present on issues such as child sexual abuse prevention, reporting of child maltreatment, and healing for children.

Staff from **TWC** are available to present on issues such as domestic and sexual violence and how exposure to violence affects children.



## TRAININGS FOR TRIBES AND PROFESSIONAL GROUPS (CONT.):

### In Bethel and other villages in the region:

**YKHC Preventative Services** staff train social service providers, BHAs, OCS workers, and others on traditional Yup'ik beliefs and practices, including:

- the lifecycle for a balanced life
- worldviews/ethics
- trauma healing and prevention
- prevention of secondary trauma (i.e. how to “listen to and discharge of other people’s trauma”)

To teach this, YKHC staff use the *Calricaraq* (Living in Ultimate Purity) and *Yuuluaqauciq* (Living in Completeness) model of Yup'ik values and lifecycle.

**AVCP** plans and coordinates all of their community-based Healthy Families/*Elluarrluteng Illakutellriit* workshops with the tribe and other entities in the community, such as school social workers and principals, TANF workers, etc. They leave behind all of the materials so that these community leaders and organizations can continue to teach and support people.

*Rose Domnick, Director of YKHC Preventative Services, has sought the guidance of elders to create the Calricaraq and Yuuluaqauciq model of Yup'ik values and lifecycle. She and her staff teach this model to service providers, community members, and to sex offenders in treatment.*



### In Emmonak and surrounding villages (Pilot Station, St. Marys, Alakanuk, Pitka’s Point, Hooper Bay, Kotlik, Stebbins, Mt. Village, Nunam Iqua, St. Michael, and Scammon Bay):

The **Yup'ik Women’s Coalition** offers in-person and telephone trainings and provides resources on DV/SV dynamics, response, and support to agencies in the villages such as:

- Tribal councils and tribal administrators
- City administrators
- ICWA, Head Start, TANF, and other agencies
- Village magistrates and tribal courts
- VPSOs and VPOs
- Schools





## CHANGING COMMUNITY NORMS:

“We target the support system in the community and bring them to support the person who is in crisis. Because we understand that we are not there in the community and we don’t have that connection. And we will not necessarily be there. But the people who know the person, who have a very direct stake, they are there so they should be the ones who should be the support system.”

— Rose Domnick, YKHC Preventative Services

### Bethel and other villages in the region:

**TWC** organizes community events to raise awareness about DV/SV and what community members can do to prevent and intervene in abuse. These include events such as:

- *Yuraq*/traditional dancing with groups from multiple villages as part of the Engaging Boys and Men Initiative
- marches
- candlelight vigils

### Bethel and other villages in the region:

**YKHC Preventative Services** and **AVCP’s** workshops of the Calricaraq /Yuuluaquaciq curriculum and the Healthy Families/Elluarrluteng Illakutellriit curriculum aim to engage the entire community in healthy, balanced, non-violent living and in creating a community of support for those who are survivors of trauma and those who are in crisis. Some elements of these community workshops are:

- Inclusion of a female and a male elder presenter
- Inclusion of *yuraq*/traditional dancing, revivals, potlucks, or whatever the community considers important
- Leaving community members with the skills and resources to continue adapting and teaching

### Emmonak and surrounding villages (Pilot Station, St. Marys, Alakanuk, Pitka’s Point, Hooper Bay, Kotlik, Stebbins, Mt. Village, Nunam Iqua, St. Michael, and Scammon Bay)

The **Yup’ik Women’s Coalition** work with communities to put on community events to raise awareness about DV/SV and provide support and positive cultural activities.

### State and National level:

**Yup’ik Women’s Coalition** and **TWC** speak nationally about DV/SV issues in Western Alaska in order to influence policy and funding decisions. Their leadership serve as members of boards and **advisory groups** such as:

- The State of Alaska Task Force on the Crimes of Human Trafficking, Promoting Prostitution, and Sex Trafficking
- The National Indigenous Women’s Resource Center
- The National Congress of American Indians Task Force on Violence Against Women

## PROMOTING WELLNESS



### EMPOWERMENT, SUPPORT, AND EDUCATION GROUPS:

“People understand when we talk Native to Native.”

— Andrew Jasper, ONC

#### In Bethel:

**TWC** offers support and education groups about DV and substance abuse. Groups are open to all women and provide free childcare.

**ONC** hosts a 12-week course of weekly Healthy Families/ Elluarrluteng Illakutellriit classes. The course is open to anyone who chooses to attend and is also available as part of an OCS case plan. It focuses on healthy Yup'ik pregnancy and parenting; teaches compassionate, effective, non-violent discipline for children; and includes free childcare (in collaboration with TWC).

#### In Emmonak:

The **Yup'ik Women's Coalition** holds a culturally-grounded women's support group

The Yup'ik Women's Coalition provides resources and trainings to organizations in surrounding villages to offer similar support groups



*Through local initiatives such as TAAV and the “Engaging Boys and Men Initiative” and State Initiatives such as “Stand Up Speak Up,” young leaders such as Nelson Kanuk of Kipnuk (pictured above at fishcamp) develop the skills to advocate for changes in community norms about violence, and changes in policy at the state level.*

## CHANGING HARMFUL BEHAVIORS



### HELP FOR PEOPLE WHO HAVE HARMED OTHERS

#### Batterer Intervention Programs:

There are no Batterer Intervention Programs (BIPs) in the region. These are programs that explicitly address the beliefs and learned behaviors that contribute to domestic violence, and how to change them. There is, however, a sex offender treatment program run by the Department of Corrections and a number of resources available for parents who are involved with OCS or at risk for OCS involvement due to child abuse or neglect. The available options for those who want to change harmful behaviors are:

**Attend a state-certified BIP in another community, such as Anchorage or Kenai**

**Seek individual counseling through YKHC**

**Attend ONC's 12-week Healthy Families/Elluarrluteng Illakutellriit course in Bethel, or one of AVCP or YKHC's workshops in the village**

#### For parents:

For information on responses for caregivers who are involved with the Office of Children's Services (OCS) or at risk of OCS involvement, contact your local OCS office or ICWA coordinator. Options may include a Healthy Families/ Elluarrluteng Illakutellriit course and case management through ONC or AVCP.