

December 2010

THE NEWSLETTER Fairbanks Native Association

Detox unit achieves accreditation milestone; opiates added to treatment protocols

He is your son. You love and worry about him. You know that he loves you and his father, loves his wife and children, but he can't stop drinking alcohol and taking pills. Those damn pills, you and his precious family feel powerless as alcohol and pills destroy a once vibrant son, robbing him of the life he once had before drinking and pills.

His children are suffering; his wife is worried and no longer depends on him as she once did. Then there's the question of how can he afford it; where is the money coming from to buy the pills and booze?

Everyone in the village supports and prays for him. During periods of sobriety, his family talks to him about getting help. He really, really wants to get sober; he knows the problem is so big that he can't do it alone.

This a generalized account based on real life drug and alcohol addiction experiences. Substance abuse runs broad and deep in our communities, rural and urban, but there are options for recovery and new beginnings.

Fairbanks Native Association's Gateway to Recovery Enhanced Detox Center is a new 10,000 sq. ft. treatment facility designed and dedicated to individuals who've fallen into an addictive spiral and need help climbing out. Detoxification is the first step.

The Center is staffed with compassionate and caring registered and licensed nurses. Assisting them are nursing assistants, each with health education certificates. The facility is open 24/7 throughout the year.

In October of 2010, FNA Detox Center received a three-year accreditation from the



Staff of Enhanced Detox pause for a Christmas photo. Back Row: Kayla Rutter, CNA Detox; Cathy Jibben, RN Detox; Amara Simmons, CNA Detox; Roben Congdon, CNA Detox; Lynda Crow, Detox Care Coordinator; James Forsman, RN Street Outreach Case Manager. Front Row: Wanda Kularski, LPN Street Outreach, Case Manager; Barbie Drake, RN Program Coordinator; Angela Bergan, CNA Detox; Stacy Stansel, CNA Detox.

Commission on Accreditation of Rehabilitation Facilities. The commission is considered the gold standard in certifying facilities such the Fairbanks Center.

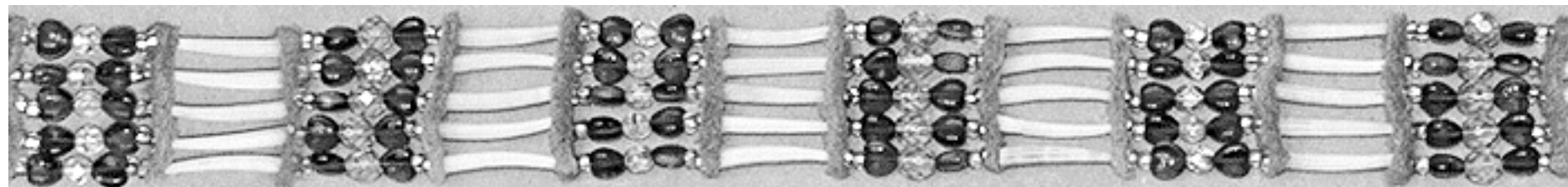
According to Barbara Drake, RN, the Center's director, FNA Detox admits individuals who need safe and supervised detox from alcohol and/or drugs.

"These are people who are so thoroughly

addicted and dependent on chemicals that stopping without oversight might be unsafe," said Drake.

Drake says people who "go cold turkey" may suddenly experience seizures, severe tremors, stomach problems, and other symptoms that may put their life at risk. It's not a challenge to take on at home in front of the family.

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In a supervised setting, where consistent and periodic monitoring is available, the transition to relative sobriety is much more likely to be safe and successful.

FNA's Detox Center protocols include both alcohol and opiate withdrawal. Staff are trained to manage cases according to nationally prescribed guidelines.

The facility's goal is to safely assist each consumer in withdrawing from dependency on alcohol or opiates, as the case may be. The work occurs in a setting where medications are available that can help eliminate pain and tremors/shakes.

In some consumers, specific medications reduce the risk of seizures and other symptoms that may alter a successful outcome. Going cold turkey has none of these benefits or advantages.

The Center's physician-driven protocols and nursing care plans match the standards of detox facilities in Seattle and many other major cities. FNA staff continually review educational and clinical resources for new treatments options.

FNA Detox Center consumers are assessed upon admission to determine health status and severity of abuse. If a person is primarily addicted to alcohol, they'll be assigned a room, and under the direction of a physician, begin

the process of round-the-clock monitoring.

Center nurses have years of experience in treating alcohol withdrawal. Their work is often not pretty, but no one said it would be easy. Fear, tremors/shakes, sweating, nervousness, nausea and pain are part and parcel of detoxing.

Through it all, nurses and their aides are monitoring individual progress: taking vital signs (blood pressure, pulse, temperature), initiating specific medications as needed. An alcohol detox treatment usually requires 3-7 days.

Barbara Drake emphasizes, "If the fear of withdrawal symptoms keeps you abusing, let us help you."

If the consumer is addicted to opiates (Vicodin, Percocet, Oxycontin) or other opiate-based painkillers, the process is the same. However, the medication protocol is different.

Individuals with heroin or methadone addictions may be prescribed outpatient detox, a process arranged with local agencies. Heroin or methadone withdrawal requires a longer tapering period to sobriety, hence the different treatment.

Opiate withdrawal is most commonly characterized by chills, flu-like symptoms, depression, restless legs, a varied heart rate, and others. As needed, Detox nurses can administer medications to decrease these symptoms.

Consumers are assigned a case manager

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Fairbanks Native Association

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FNA's Mission

We provide our membership and the greater Fairbanks community quality services in a professional manner. These services are provided through special and innovative programs, which preserve the membership's unique lifestyle and culture, while improving the quality of life for the community.

Steve Ginnis, Executive Director
Doreen Deaton, Deputy Director
Duane Hoskins, Director of Finance
Rhonda Howard, Director of Human Resources
Perry Ahsogek, BHS Director
Suzanne Price, WCCIH Program Director
Barbara Drake, Enhanced Detox Coordinator
Suzanne Christenson, Graf Program Dir.
Mary Willey, Head Start Program Director
Angela Foster-Snow, Early Head Start Program Dir.
Shirley Williams, PAT Program Director
Freda Williams, Community Services Program Dir.
Louise Glynn, FASAP Program Director
Linda Woods, Johnson O'Malley Program Director

DIVISION OF BEHAVIORAL HEALTH



This is to certify that approval is granted by the Division of Behavioral Health to

FAIRBANKS NATIVE ASSOCIATION

for the provision of the following substance use disorder treatment services:

Alcohol and other Drug/Addiction Services, Detoxification (Adults), Outpatient Treatment (Adults), Residential Treatment (Adults), Residential Treatment (Children and Adolescents)

This certificate is effective **December 15, 2010** through **October 31, 2013**, and is subject to the provisions of A.S. 47.37 Uniform Alcoholism Intoxication Treatment Act and TAAC 29.010-900 Standards for Facilities and Programs. This certificate shall not be transferable and shall be subject to revocation at any time by the Division of Behavioral Health for failure to comply with the laws of Alaska or rules and regulations as provided under the Alaska Administrative Code.

Lisa L. Rossy, MA, NCC

Lisa L. Rossy, MA, NCC
Division of Behavioral Health

This Certificate must be displayed in a prominent place visible to the public.



FNA OK'd by Commission on Accreditation of Rehabilitation Facilities, State of Alaska issues Certificate of Program Approval

CARF International is a leading accreditation service in both North and South America, as well as Europe. It was established in 1966 as a nonprofit, independent organization serving the following fields: aging services, behavioral health, child and youth services, employment and community services, medical rehabilitation and opioid treatment programs. CARF assists service providers in improving the quality of their services, demonstrating value, and meeting internationally recognized organizational and program standards.

In reviewing our programs, CARF said FNA achieves quality "on a very restricted budget. The commitment and passion of the board, management support staff, counselors and other team members reflect a cohesive determination to weather the recent storms the program has faced...this level of professionalism is found throughout the organization."

FNA was well prepared for the CARF survey. Its determination letter states in part, "This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of the persons served. Services, personnel, and documentation clearly indicate an established pattern of practice excellence."

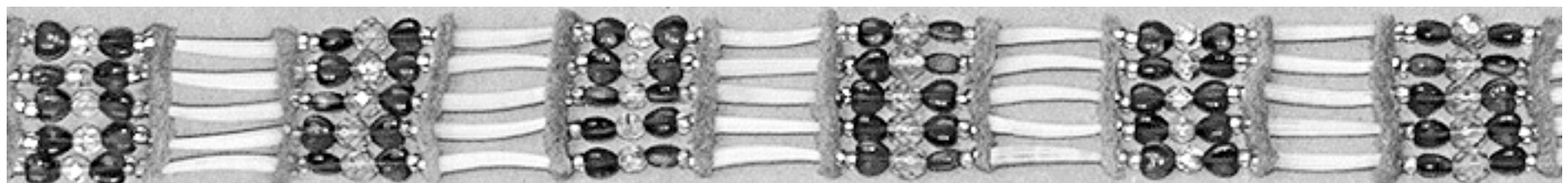
CARF's accreditation applies to all FNA programs including:

Detoxification: Alcohol and Other Drugs/Addictions (Adults)

Outpatient treatment: Alcohol and Other Drugs/Addictions (Adults)

Residential Treatment: Alcohol and Other Drugs/Addictions (Adults)

Residential Treatment: Alcohol and Other Drugs/Addictions (Children and Adolescents)



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who works closely with them. Another staffer, the care coordinator, assures that additional and followup care is available after discharge. During a consumer's residency in the detox unit, case managers help address issues related to medical, social, and family/community concerns.

Both the case manager and care coordinator work with each consumer to assure that a plan of treatment follows the detox process. Recovery is a long road and it's to each consumer's advantage to develop a long-term goal of sobriety and recovery.

Remember, addiction does not define a person. Recovery is possible. If you need help, please call. If you are a family member and want more information, call the FNA Detox Center. Ph: 456-1053. We're here to help.

Benefits focus group reviews insurance costs

Thank you to FNA employee volunteers who meet and discuss issues as a 'benefits focus group'. These employees, many with years of service, will help the Finance staff better understand what is important to FNA's staff members.

With insurance and other costs increasing, more money has to come out of programming to pay for employee benefits. To reduce the impact on programs, while still offering an attractive package to employees, the Finance staff plan to examine different possibilities before the open enrollment period on April 1, 2011.

Working to achieve these ends are: Freda Williams, Community Services; John Yates, Ralph Perdue Center; Angela Foster-Snow, Early Head Start; Duane Hoskins, Finance; Rhonda Howard, Human Resources; and Wanda Kularski, Gateway to Recovery. Thanks to all of you for helping in the decision on the employees' overall benefit package.

March 18

is

Traditional Chiefs Day

and a holiday for

FNA staff

Founder's Birthday Celebration 90 years young

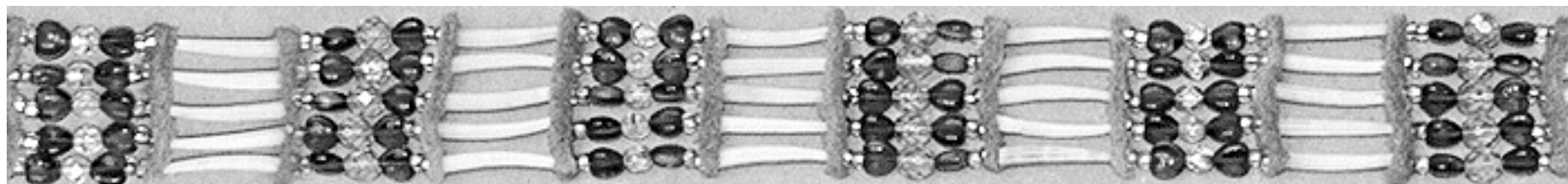


Poldine Carlo, one of FNA's founders, was celebrated at an impromptu birthday party at the Fairbanks Tribal Hall in early December. Welcomed by Steve Ginnis, Poldine received a pair of handmade gloves. Poldine returned the gift with a song she learned as a girl in the village of Nulato.

AK Native Youth BB Tournament March 14 - 16 2011



Basketball fans are looking forward to the AK Native Youth Basketball tournament. Teams are co-ed and drawn from grades 3 - 12. The event is organized by the Johnson-O'Malley program. JOM staff need volunteer coaches, concessionaires, gate keepers, score/timekeepers and a cleanup crew. Call Niki at 452-6403 x 6403 for information and to volunteer. Student application forms are posted on the FNSBSD web site.



Market FNA to villages, says administration

A quarterly staff meeting was held on December 2 at the Fairbanks Tribal Hall. Steve Ginnis announced that the board of directors had approved the organization's goals for the new year. Among them is to market FNA services to regional villages.

"Most village people have no idea of the services FNA provides; we want to educate and inform them in order to help them when they come to Fairbanks," Steve said.

One of the avenues being developed is a video tape of FNA's services and facilities. The administration is working with a production company and expect to premier the video during TCC's Tribal Convention in March.

The board and staff are also writing an assessment survey of community attitudes and knowledge of FNA. This is intended as a tool that will refine FNA's communications and delivery of services.

Steve also reported that the board wants more youth programs, especially those that involve land-based activities: hunting, fishing,

15 years of service



Doreen Deaton, FNA's deputy director, was honored for her years of service at the staff meeting.



forest knowledge and subsistence practices.

In the area of funding, the board has directed the administration to research business opportunities that will create a cash flow to help achieve sustainable budgets.

Results of the annual audit of FNA's finances detail that for the second consecutive year FNA is in the black. Additionally, the CARF review made seven minor recommendations. This is the lowest number in many years and represents increasing accountability and initiative at all levels of the organization.

Following a presentation by the AFLAC representative, staff heard from the Big Brothers/Big Sisters program. It is enlisting adults for one-on-one mentoring.

Samantha Castle-Kirstein followed with a briefing on the Fairbanks Community Food Bank. Economic pressure is driving more people to rely on this service. Extremely well organized, this non-profit carries on with a dedicated group of volunteers. However, Sam said, they always welcome more people and cash contributions.

Parents As Teachers secure planning grant

Congratulations to FNA's Parents as Teachers program, which was awarded a one-year planning grant. The money pays for an investigation of what local Native families most need, and a survey of which tribes are running the best family home-visiting programs in the nation.

FNA has hired a researcher and evaluator to work with PAT staff during the planning year.

By autumn, PAT intends to launch a new, evidence-based, tribal home visiting program that will be a demonstration of best practices used around the country.

The funding originated in the Affordable Care Act that was passed by Congress in the spring of 2010.

Hannah Solomon: 102-years-old

Hannah Solomon (photo left), a matriarch of Athabascan culture, celebrated her 102 birthday on October 10 at St. Matthew's Church. Friends and family, many connected with Fairbanks Native Association, wished her well and joined the covered dish potluck.

Several years ago, on reaching the 100-year milestone, Hannah said she'd achieved her goal. She lives at home and uses a wheelchair to keep up with the younger members of her family. A family that extends to great-great-grandchildren. Congratulations! Hannah

Women & Children's Center for Inner Healing, a vital program

Among the most sensitive and vital programs operated by FNA, the Women and Children's Center for Inner Healing doesn't attract a lot of attention. WCCIH's task is to re-orient high-risk mothers and pregnant women away from drugs and abuse and toward healthy attitudes and habits, self-awareness and loving relationships with their children.

WCCIH is a residential program with an average stay of four to six months. It's an intensive program, and because there are never enough beds, there's often a waiting list of women seeking a place in the program. Eligible women are drawn primarily from northern and interior rural Alaska villages as well as urban centers.

WCCIH staff are trained to work with drug and chemical dependency, especially cases that have devolved into abuse, grief and trauma. Entry to the program requires an application and personal interview to determine if the woman is appropriate for treatment. Priority is given to women who are pregnant, postpartum or an IV drug users.

Once approved and a space is available, the subject travels to Fairbanks and is introduced to the staff and other mothers. An individual treatment plan is developed by a therapist and the woman. It is the map toward a better life. Based on needs, it addresses the emotional, physical, mental and spiritual understanding that leads to self-awareness.

This is a therapeutic setting. Drugs, alcohol and weapons are prohibited. No verbal or physical violence is tolerated. Tobacco is allowed, but must be taken outdoors.

If women have children, they can usually join her after a four-week adjustment period. However, this is not automatic; each mother will be evaluated before children (birth to 7 years) can join her. Children older than 7 years can visit, but not stay. The Center helps mothers with children get them into preschool and school-age programs. An elementary school is two blocks from the Center.

The program operates with an Alaska Native cultural perspective, one with seasonal and community activities. However, all ethnicities and nationalities are welcomed.

The WCCIH can be reached at 3100 S. Cushman, Fairbanks, Alaska. Telephone: 452-6251, or toll-free 866-456-2432.

