



**FAIRBANKS
NATIVE
ASSOCIATION**

2020 Annual Report

Credits: Photos by Shaylene Dublin, Charlotte Peterson, Diana Campbell, Betty Inglis, and FNA staff

2020 Fairbanks Native Association Annual Report



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Board of Directors



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**Glenn
"Manny"
Carlo**
Member



Ginnis

Dear Membership,

Well, folks we have had a challenging year here at FNA. Covid-19 had a big impact on our organization, as it has on so many others.

We found ways to keep working, while addressing health and safety. Early on we developed a mitigation plan, and mitigation procedures complying with Centers for Disease Control guidelines and state mandates. These are meant to keep staff, consumers, and the public safe.

We lined up testing and vaccinations for staff and consumers to do our part to help stop the substantial spread in our community.

Our Behavioral Health Services, and some educational programs were able to open safely. Residential services remained available

and some services were given via Zoom or telephone.

Community Services, because of Covid-19 related hardships people were facing, saw an increase in service requests.

Our Head Start and Tribal Home Visiting programs adjusted to serve our families remotely. Johnson O'Malley found ways to reach students and families in the spring and returned to schools in the fall.

Head Start program provided food and learning kits every two weeks since March 2020. THV and JOM have done similar activities.

This Annual Report details how they managed.

We've also had a good year, financially, with \$30,357,527 in net assets. That's an increase of \$2,720,859 over 2019 net assets.

We have come a long way in the past year, and I am thankful for our staff who have been resilient and dedicated throughout this pandemic. I am thankful for the vaccinations provided to our community along with all the villages in Alaska.

To those who have lost loved ones, I send my deepest condolences and prayers to each and every one of you who are grieving.

Due to Covid-19 we were not able to hold our 2020 elections. On March 12 we will have our 2020 and 2021 elections, which will be a socially distanced event. We have six seats open and eight candidates.

I want to express my sincere gratitude to Beverly Kokrine for her time on our board. She brought a wealth of knowledge and compassion for students receiving their education. I value her leadership and wish her the best. I want to thank the board who have guided us in these challenging times. They met frequently and made difficult decisions along the way.

I want to thank our staff who have had to balance work life and family life during a pandemic that we never anticipated.

As we move forward I want to remind everyone to stay safe, healthy, and always look after one another.

Steve Ginnis

Fairbanks Native Association Executive Director

Financial Overview for Fiscal Year 2020

Significant financial improvements have been achieved this past year, including an increase in net assets of \$2,720,859. FNA's Fiscal Year 2020 Audited Financial Statements reflect the overall financial position of the organization. The information below refers to these documents.

Statement of Financial Position

The Statement of Financial Position presents FNA's assets owned, obligations owed and total net assets at June 30, 2020.

Assets - \$33,461,224

During the past year, total assets increased by \$3,353,235.

- Current assets increased by 900,429 from fiscal year 2019.
 - An increase in cash and cash equivalents of \$1,200,263
 - A decrease in receivables of \$316,150
 - An increase in prepaid expenses of \$16,316
- Other assets increased by \$2,452,806 from fiscal year 2019
 - All of this increase was in net property and equipment

Net Assets - \$30,357,527

- Net assets increased by \$2,720,859 from fiscal year 2019, of which \$41,863 was Donor Restricted.

Liabilities - \$3,103,697

During the past year, total liabilities increased by \$632,376.

- Current liabilities increased by \$704,040 from fiscal year 2019.
 - An increase in accounts payable of \$576,949
 - An increase in payroll accounts of \$277,969
 - A decrease in current portion of long-term debt of \$8,924
 - A decrease in deferred revenue of \$160,420
 - An increase of distributions over equity: \$18,466
- Long-term debt decreased by \$71,664 from fiscal year 2019.

Liabilities and Net Assets - \$33,461,224

Statement of Activities

The Statement of Activities reflects an overall increase in net assets in fiscal year 2020 of 9.8% or \$2,720,859. The major factors contributing to this year's positive change in net assets include:

Revenues: \$25,483,438

Total revenues increased by \$737,809 from FY 2019. This increase in FY 2020 was due mostly to Covid-19 relief funding.

Expenditures: \$22,762,579

Healthy revenues with an unexpected pandemic increased expenditures in FY 2020 \$2,298,388 but still resulted with an increase in net assets of \$2,720,859 from 2019. Net Assets at fiscal year-end 2020 reached \$30,357,527.



Brand Sharpe

The Covid-19 pandemic significantly impacted FNA and the human resources team.

The FNA HR director and staff completed a Covid-19 Mitigation Plan, and mitigation procedures, following federal, state, and local health mandates. The primary purpose of the document is to make aware to the general public the actions taken by FNA to provide a safe place of service and employment.

HR also smoothly established the Family First Coronavirus Recovery Act, and the Emergency Family Medical Leave Extension Act. FFCRA protected employee's pay while providing them the necessary time to place their health and the health of their families first. The federal FFCRA benefit ended on 12/31/20.

Remote work was mandated for positions that were capable of doing so to slow the spread of Covid-19. There are FNA positions that are unable to work remotely, but social distancing protocols, mandatory mask wearing, and increased hygiene has thus far helped minimize the spread.

HR provides daily Covid-19 update to FNA board and staff.

July 2020 brought mandatory Covid-19 testing to FNA staff. HR coordinated testing via Tanana Chiefs Conference.

Teresa Brand Sharpe joined FNA in July as the new HR director.

Information Technology

FNA hired Josh Peter as its first information technology director. He assessed FNA's immediate needs for information technology, and hired FNA's first IT technician. That technician, Edward Allen, was an internal hire who had previously worked as a tutor in the JOM program.



Peter

FNA staff's technical needs are now being met at the multiple Fairbanks facilities and some staff's residence due to working from home on account of Covid-19.

FNA had been receiving contracted IT support from Tanana Chiefs Conference IT staff for over a decade. Due to the organization's growth, FNA had decided to develop its own IT division. The goal is to have staffing and leadership in house to meet a rapidly expanding organization's IT support needs.

Over time, the IT division will incorporate internal request tracking tools that will better measure the type of requests it receives. Besides the importance of tracking request type, it is also helpful for identifying whether requests are being resolved promptly. Where there are deficiencies, the ability to track and identify them will allow for service quality improvement.

During this building up IT service capacity in house, FNA is still receiving many high level IT services from Tanana Chiefs Conference.

EDUCATION: Head Start 0-5

FNA
Head Start 0-5
serves 303 children living in the Fairbanks North Star Borough and provides a comprehensive child and family development program for low-income children, prenatal to age five, and their families. The goal of the program is to improve child and family outcomes, which includes school readiness by providing a continuum of comprehensive services that support children's development and family functioning. The program is inclusive and promotes cultural identity of Alaska Native and American Indian families.

Renovations to the infant and toddler wing was completed in June of 2020. This completion provides a new kitchen, two infant rooms, three toddler rooms, a family conference room, an infant/toddler teacher workroom and 3 offices. Additionally, in August of 2020, the preschool Alaskan Native themed playground was finished. The playground includes safety surface that portrays a forked river, river bank and grass area. The playground equipment includes a food cache slide, a beaver balance beam, birch bark canoe and climbing structures to include a salmon, rocks, logs and a waterfall.

In late March, due to the Covid-19 pandemic, the program transitioned to remote services with teachers and home visitors using ZOOM to offer learning experiences online. To assist families in responding to the pandemic, the program used bi-weekly surveys to understand what families needed. As a result, we distributed a family fun and snack pack to each family every two weeks. The family fun and snack packs included learning materials, diapers and wipes, food boxes, cloth face masks, and additional items that families identified as being helpful. There were 12 distributions from March through August which we passed out 849 learning kits and 809 food boxes. We had 857 surveys and parents rated the services 4.8 out of 5 stars.

At the year's end, we celebrated having two Alaska Head Start Association Award of Excellence winners with Niko Thompson winning Father of the Year and Christi Morgan winning Home Visitor of the Year.



EDUCATION: Indigenous Language Program

In 2016 Fairbanks Native Association was awarded a five-year grant from the U.S. Department of Education to establish a Denaakk'e, Koyukon Athabascan, classroom within its Head Start 0-5 program. In this dual language, part day classroom, children, 3-5, are learning to speak Denaakk'e as they learn about the Athabascan culture and values. This project requires community involvement and welcomes input from elders, parents, students, teachers, and anyone interested in revitalizing and preserving the language, culture, and values of the Athabascan people.

The Denaakk'e Classroom will be at the Goose (Dets'ene) Classroom at the Poldine Carlo Building. The children learn Koyukon Athabascan Language (Denaakk'e) as well as English.

The classroom started remote services in March 2020 due to Covid-19. The teachers and project director met via Zoom with one student at a time, each week. By December 2020 some students were able to meet twice weekly and some classes were held with two students at a time.

The project director also records Denaakk'e phrases weekly and teachers share these with the parents so they can have their children practice. One good thing about having remote lessons is that the parents are learning alongside their children.

There are 16 students enrolled in the class this year. Since March 2020 the Denaakk'e classroom students have been participating in the bi-weekly food boxes and educational material provided by FNA Head Start. The Denaakk'e students also receive a bi-weekly cultural kit to be used during their class.

Alphabet, songs, phrases and words have been recorded by the project director, and all recordings and books have been put on FNA's website for easier access by parents and community members who wish to learn the language. There are now two new e-books that were made for the classroom this year and are on the website about animals and clothing.

The Denaakk'e Curriculum book was published and a copy is available on our website. Six units of lessons have been developed – Personal Introductions & Emotions; My Family Kinship Terms; Colors and Numbers; Animals; Clothing and Weather; and Food and Mealtimes. This was funded by a State of Alaska DEED grant.

The children have been introduced to two songs in Denaakk'e -- Welcome Song and See You Later Song which are on the website.



EDUCATION: Johnson O'Malley Program

The JOM Program offers supplementary, culturally appropriate programs and services to meet the unique and specialized educational needs of Alaska Native/Native American students in the Fairbanks North Star Borough School District.

After Spring Break in March 2020, the school year changed abruptly to remote instruction with the Covid-19 pandemic. This changed our method of relating to our school community, both students and families. Family services coordinators and tutors continued to support teachers and students. Our staff continued outreach to students and families. Chromebooks from the schools were obtained and delivered, along with books and activity kits. Staff called to check in with families to offer support, supplies and a connection to the school. Families received information about food sources, and staff provided community resource referrals to support family wellness.

The 2020-21 school year began with remote instruction. Our school staff returned to their respective school facilities to assist staff, students and families while the students continued eLearning through the first semester.

Highlights

Monthly Smore newsletters go out to each student and family.

Jaime Jones at Pearl Creek invited her students and their families to a link to her Bitmoji culture club meeting.

Family engagement kits, with books, art, culture/educational games, puzzles, and a Calypso farms gardening project were distributed through the spring and summer

A pilot reading challenge was introduced in one of the schools.

A remote family event was held to celebrate Indigenous Peoples' Day outside of Pearl Creek Elementary School. JOM staff hosted a drive-by parade for the community to celebrate Alaska Native cultures, and joined with the University of Alaska Fairbanks, and Molly of Denali.

A parent engagement class, Opening Doors, was held at the Morris Thompson Cultural Center in July and August. Due to Covid-19, there was a 10 person limit in the classroom. It was a pilot project.

Allied Health Pathways Project

Thirty-two students are enrolled in classes for the spring semester through University of Alaska Fairbanks Community and Technical Education under this grant. Of these, 13 enrolled as high school students and 19 are adult students.

Office of Juvenile Justice and Delinquency Prevention

A five-year continuation grant was awarded for the period October 1, 2020 – September 30, 2025 to implement the Tribal Youth Program. A family services coordinator will continue to provide prevention services to reduce truancy, promote protective factors and increase academic performance. Incorporating culturally relevant activities is a major component of the Tribal Youth Program and will continue to be so.

This is the first year that OJJDP has funded a continuation grant.

Tribal Home Visiting

The Tribal Home Visiting program is a comprehensive, early childhood education and family support program, designed to honor traditional values. The vision of Tribal Home Visiting is to create systems of support for families in order for children to be safe and healthy to reach their full potential. The target community is the Fairbanks North Star Borough is prenatal to five, Alaska Native/American Indian children, parents who have adopted Alaska Native/American Indian children, and teen parents regardless of ethnicity.

THV is a voluntary program offering personalized home visits by certified parent educators using the time-tested, high quality, Parents as Teachers curriculum.

During home visits parents are taught to understand each stage of their child's development and offered ways to encourage learning, manage challenging behavior and promote strong parent child relationships.

THV also offers development screenings, a resource network for parents and children, group connections, parent workshops and free children's books.

THV parent educators began home visiting services in February 2020 after the granter, the Administration for Children and Families, approved THV's implementation plan.

Due to the Covid-19 pandemic, virtual service delivery began in March 2020. The parent educators did virtual home visits through telephone calls and video conferencing. Staff also began working remotely.

THV assisted families in accessing internet and telephone service through distribution of three laptop computers and providing a one-time payment assistance for telephone/home internet bills for four families.

THV provided the families with Covid-19 pandemic information from the Johns Hopkins Center for American Indian Health on topics such as how to prevent the spread of the coronavirus in the home, positive parenting, and talking to children about Covid-19.

THV distributed family wellness kits with safety related items such as hand sanitizer, thermometers, face masks/face shields, first aid kits, and Covid-19 children's storybooks.

THV produced an Athabascan beaver kit, cultural activities poster, animal cards in Alaska Native languages, and Alaska Native language phrase books for children.



Service

10 families with
17 children received
services

4 children birth – 3yrs

13 children 3yrs – 5yrs

5 Group Connections with 21 in
attendance

77 Visits conducted, in
person or virtual visits

Community Services

The FNA Community Services Department offers quality services and support to enhance the self-sufficiency, and well-being of elders, families, individuals, and community members through coordinated, culturally competent services.

BIA Welfare Assistance

The program provides funding for a case manager, who assesses client and/or family situation/needs, develops a case plan, coordinates, and makes referrals to other agencies.

During this report period,

- 94 clients received general assistance for a total of \$34,251
- 30 clients received burial assistance for a total of \$61,313
- 2 clients received Emergency Assistance for a total of \$2,000
- 126 clients received direct services for a total of \$97,564

There were no direct services provided for five months, January through May, as FNA does not receive BIA Welfare Assistance funding until early summer.

In addition to the direct services, there were 662 clients case managed, 129 were referred to the State of Alaska Department of Public Assistance, 92 were referred to other local agencies for support services, and 59 were assisted with filling out applications for energy assistance, etc.

Community Services

Additional funds are provided by the Community Service Block Grant to support a wide range of community-based activities/events. The goal is to remove obstacles that inhibit self-sufficiency for low-income families, the homeless, and the elderly poor.

Food Insecurity

Food Bank – Thursday Food Boxes: 512 units
Commodity Food Boxes 159 boxes
Fresh Vegetables (Summer, 2020): 550 boxes
Farmer's Market Coupons: 65 coupon packets
Thanksgiving Boxes: 50 boxes
Outreach Events/Activities
Homeless: 162 participants
Elders: 207 participants

Covid-19 Grants

Tanana Chiefs Conference Health Services Covid-19 Grant. The TCC Health Services Covid-19 funds are used for individuals and families impacted by Covid-19. Funds can be used for emergency rental assistance, emergency food boxes, utilities, and burial assistance.

FNA Community Services also received COVID-19 funding from multiple sources – Title VI CARES, Title VI FFCRA, CSBG CARES, and FVPSA CARES, which was used for similar services.

Victim/Survivor Services

FNA Community Services currently has five Office of Justice grants to provide services to victims of crime, domestic violence, sexual assault, stalking, and sex trafficking. In this report period, 445 victims/survivors accessed services.

Two additional grants – Family Violence Prevention and Service Act, and the Indian Health Services funded Domestic Violence Prevention Initiative supported services.

Under FVPSA 1,524 clients/consumers accessed services and/or participated in outreach/education. Under DVPI 1,424 clients/consumers participated.

Elder Services/Title VI

Title VI funding provides nutrition and supportive services for Alaska Native and American Indian Elders.

Congregate Meals (January and February, 2020): 2,203

Home Delivered Meals (March to current): 7,238

Case Management (Reported in hours): 87.5

Transportation (One-Way Trips): 187

Information and Assistance: 380

Telephone Contacts: 703

Behavioral Health Services: Adult

Gateway to Recovery

Gateway to Recovery Withdrawal Management Services is a 24 hour, inpatient facility staffed with a team of registered nurses, certified nursing assistants, physician assistants, intake clinicians, and patient navigators. We offer high quality care to those withdrawing from alcohol, stimulants and opioids.

In 2020, we served 772 members of our community. Consumers receive a physical exam to address immediate medical concerns, along with referrals for further medical care, if needed. Our team puts the consumer's best interests into account and helps them along their journey to recovery. GTR staff members have participated in training and community meetings for Covid-19 to stay up to date on the recent data and research. We educate the consumers on proper mask wearing, hand washing, and social distancing. The staff at Gateway to Recovery would like to thank Fairbanks Memorial Hospital's ER, the Sobering Center, ESP, Alaska State Troopers, Housing First, Tanana Chiefs Conference, and Chief Andrew Isaac Health Center for helping the consumers in our community and working together as a team.

Fairbanks Alaska Alcohol Safety Action Program

The Fairbanks Alaska Alcohol Safety Action Program provides substance abuse screening, case management, and accountability for DWI, and other alcohol/drug related misdemeanor cases. This involves screening cases referred from the district court into drinker classification categories, as well as, thoroughly monitoring cases throughout education and/or treatment requirements.

FASAP operates as a neutral link between the justice and the health care delivery systems. This requires a close working relationship with law enforcement, prosecution, judicial, probation, corrections, rehabilitation, licensing, traffic records, and public information/education.

Due to Covid-19, FASAP had many firsts as most partner offices have limited accessibility. FASAP created online screening and referral, giving consumers the ability to use a computer, tablet, or smartphone. We collaborated with our statewide office in Anchorage to get the online orientations up in the state.

Online orientations commenced once we got all the software necessary to complete the online program and implemented the beginning of November.

Our agency continues working with the Safe Drivers of Alaska panel, a local non-profit. Volunteers in Policing gets 30 % of the profit.

We also maintain a close relationship with the district courts and also the district attorney's office, and treatment providers in Fairbanks and surrounding villages. FASAP has the privilege of meeting on a monthly basis with the DA's office and court for status and adjudication on non-compliant cases telephonically.

Since January 2020 to December 2020 we have had 436 adult admissions and 8 juvenile cases referred to FASAP.

Behavioral Health Services: Adult

RPC Residential

RPC Residential is an ASAM level 3.5 High intensity residential facility for adults. The program provides trauma informed, evidenced based, individualized treatment for up to 12 consumers on average of 45 days. Consumers attend a minimum of 20 hours of treatment weekly that include a combination of individual, group and case management services. We have incorporated art therapy, and spirituality to our existing group therapy schedule. We have a mental health clinician that offers EMDR therapy to our consumers as needed. We've started a clothing donation closet for the consumers and would like to thank True North Church for holding a winter clothing drive that supplied boxes of needed cold weather gear for our consumers.

In the last year we have served 105 consumers with an 85% graduation rate. Staff have worked diligently through Covid-19 and we have adjusted our program in many ways. Staff have been trained and have become comfortable using Zoom for group therapy, individual therapy and weekly staff meetings when needed.

We have attended multiple sober support activities in the community, becoming creative in finding safe alternative activities that can be accomplished maintaining social distancing. This includes berry picking, bike riding, BBQs, hiking Angel Rocks, Chena Lakes, Creamers Field, arts and crafts, and beading projects.



RPC South

RPC South is an ASAM Level 3.1 Low-intensity residential facility for adults. The program provides individualized treatment, based off the Community Reinforcement Approach, for up to 10 consumers on average of 30 days. This program focuses on consumers transitioning back into the community with a minimum of five treatment hours weekly. We offer two group therapy sessions daily, one during the morning, and one during the evening to accommodate varying work schedules. We have a case manager who offers individual and group sessions with emphasis on employment and housing needs. This is often a barrier to consumers to maintain long term sobriety after graduation.

Covid-19 has impacted our program in many ways but staff worked through it. It has created challenges for consumers to obtain employment.

Public transportation has been limited due to Covid-19, and is a challenge, too.

In the last year we have served 65 consumers with a 93% graduation rate.

Behavioral Health Services: Adult

Intake/Assessment Team

The Intake/Assessment team provides in person and telebehavioral health integrated mental health/substance abuse assessments by master's level clinicians, and substance abuse assessments by CDCII assessors. These assessments use the American Society of Addiction Medicine criteria to determine the level of care recommended for each individual consumer.

After the assessment, the team works with the consumer to find the appropriate treatment program to meet their individual needs. The Intake/Assessment team works with other organizations statewide to help consumers receive the treatment they need to begin or continue their recovery journey.

On average, the Intake/Assessment team processes about 63 applications monthly. More than 250 assessments were completed this past year. Almost 400 intakes were completed into and from RPC residential and outpatient programs.

Staff have completed training required for license renewal and/or new licensing. We have modified our workflow and schedules to provide better service for our consumers. The team has developed better communication with Fairbanks Native Association programs. This has increased our ability to provide wrap around services for our consumers.



Intensive Outpatient

Intensive Outpatient is an ASAM level 2.1 treatment service for adults. This program uses the evidence based Matrix Model to provide a minimum of nine treatment hours per week to consumers. Since the Covid-19 pandemic began, this individualized program provides both individual and group sessions through telebehavioral health. The providers worked diligently in order to make the necessary changes to continue providing quality services while meeting the challenges faced during the pandemic. Consumers are referred to IOP by assessment, FNA programs, and by agencies and organizations throughout the state.

The Intensive Outpatient Program enrolled 53 consumers. Of these, 38 have completed the program and earned a completion certificate. This is a 72% completion rate for this program.

Staff has completed trainings required for license renewal or certification. Since the onset of the pandemic, staff has had access to many trainings being offered free of charge for service providers, creating a unique opportunity to network with other providers both nationwide and throughout the world.

Behavioral Health Services: Adult

RPC Outpatient

Outpatient is an ASAM level 1.0 treatment service for adults. Consumers have the option of attending both group and individual counseling sessions, or individual counseling sessions alone. They are required to obtain a minimum of one treatment hour weekly. Sessions focus on relapse prevention to help the consumer in their recovery process.

Services have been provided through telebehavioral health since the onset of the Covid-19 pandemic. Providers have worked to insure consumer needs are met, while making the adjustments necessary to move from an in person service delivery to telebehavioral health. Consumers come to this program through assessment recommendation, other FNA programs, and referral from other Alaskan agencies and organizations.

The Outpatient program has served 60 consumers in the last calendar year. The staff has been dedicated to providing these consumers with the services they need during the pandemic.

The staff has engaged in trainings to remain up to date on their licensing and certifications, using the Zoom platform. This has provided a unique opportunity to engage with, and learn from people from many different locations around the world.

Recovery is Real

Recovery Is Real is a nonclinical aftercare program for Alaska Native and American Indian adults who have been diagnosed with opioid use disorder, have completed a treatment program, and are seeking supportive aftercare services.

This program is aimed at empowering individuals in their recovery from heroin and other opioids. RIR works to reduce unmet treatment needs, and opioid overdose related deaths through prevention and recovery based activities. RIR is located in the Ralph Perdue Center.

Since the start of the Covid-19 pandemic meetings with consumers have been telephonic or held over Zoom. RIR staff and elder peer navigators host a weekly talking circle. A separate weekly gathering called Soup and Stories is held in the FNA Community Services Building. At Soup and Stories, staff and consumers meet to make soup together, eat, and share stories of life and recovery, as well as plans for the future. In addition to the weekly events, RIR consumers meet with RIR staff one-on-one each week, either in person or on the phone, to identify and work towards personal goals, as well as attend community group activities.

RIR staff put together an opioid awareness campaign over the summer of 2020. This campaign was shared with the community via FNA's Facebook, Instagram and Twitter.

Behavioral Health Services: Adult

Women and Children Center for Inner Healing

Women and Children Center for Inner Healing provides a consumer centered, holistic approach in providing treatment for women seeking recovery from addictions and co-occurring disorders. We serve women with children, as well as those who are pregnant. Trauma informed care is the foundation of the healing process.

WCCIH uses a strong multi-disciplinary team from intake to discharge. We coordinate with strategic community partners to ensure a smooth transition for the consumer. This type of wrap around services has been beneficial to support mothers in their transition into a sober lifestyle.

We began partnering with a new program, FNA's Family Wellness, to support in the women and children in the transition from our program into appropriate mental health and case management services. WCCIH has coordinated partnerships with other FNA programs such as Recovery is Real and Outpatient to support them in their discharge planning.

WCCIH uses trained full time substance abuse counselors, as well as contract mental health clinicians, to meet the needs of the consumers using cognitive behavioral therapy. WCCIH also provides an infant and child mental health clinician for consumers and their children to learn parenting skills and assist in dealing with generational trauma.

WCCIH ensures that consumers and their children are involved in cultural and sober community activities to promote healthy recovery skills. WCCIH provides daily groups, in addition to individual substance abuse treatment, case management, telehealth psychiatric services, and contract mental health clinicians. They coordinate treatment plans, and work as a team.

Covid-19: We require Covid-19 testing prior to intake. We adopted a mask policy, in addition to more frequent hand washing and sanitizing of facility. Due to school closures, we transitioned our school-aged kids to online Zoom classes, which was a challenge. With various closures, many of our activities had to be canceled. We have adapted accordingly and put into place more outdoor activities, as well as frequent "Tour Fairbanks" where we take consumers on a drive around town, get coffee, talk about sober activities, and enjoy a change of scenery.

Highlights

The consumers participated in the Community Clean Up Day by cleaning up the local neighborhood.

Consumers planted a large garden, harvesting fresh veggies and growing pumpkins for the fall.

They went berry picking with Tribal Home Visiting staff

Visited the local Farmers Market to use their WIC vouchers

Staff assisted in the making of kuspags.

Implemented consumer led activities, which included crocheting, and making dream catchers.

The holidays included meals, gifts, and fireworks.

We've served
34 Women
39 Children
(5 infants born)
We celebrated 16
graduations

Behavioral Health Services: Adult

Mental Health Trauma Team

The Mental Health Trauma Team is a newly developed program created in June 2020. The program provides crisis intervention services to support children, youth, adults, and elders who have been impacted by the Covid-19 pandemic. The focus of the program is on individuals with substance abuse disorders and/or serious emotional disturbance(s) from negative experiences that originated during Covid-19.

Beginning in June 2020, the program recruited staff for mental health clinicians, peer-support specialists, outreach specialist, clinical supervision, and a program manager. By October 2020, all staff were involved in preparing for the challenges, and response to the needs of our community in regards to the impact of Covid-19.

The program became fully operational in October and started offering services to consumers. A team flow chart was created for the effective response of the Mental Health Trauma Team. The flow chart allowed for a defined and focused approach to addressing the challenges of our consumers.

By end of year 2020, the team had provided services to 42 consumers with a need to be addressed. The team used evidence based practices in providing services with emphasis of continually updating clinical and operational processes.

Outreach has proven effective in promoting the program services being offered by FNA. A rack card was created to enhance visibility of the program.



Training Highlights

- Peer Support Specialist Training
- Trauma-Focused Cognitive Behavioral Therapy, SBIRT for Behavioral Health Practitioners
- Adolescent Substance Use Screening
- Alaska Mandatory Child Abuse Reporter
- Substance Use During a Pandemic
- ASAM Module I – Multidimensional Assessment
- Cultural Considerations for the Ethically Aware Clinicians
- The Columbia-Suicide Severity Rate Scale
- Addressing the Intersection of Substance Use and Suicide
- Strengthening Peer Support in Alaska
- Motivational Interviewing
- Alcohol and Substance Use Screening
- Brief Intervention Clinical Support

Behavioral Health Services: Youth

Family Wellness

Family Wellness is in community partnership between Fairbanks Native Association, Alaska Center for Children and Adults, and ThrivAlaska. We serve children, 0-8, and their families. Our mission is to promote wellness by addressing social, emotional, physical, cognitive, and behavioral development.

Family Wellness is funded under SAMSHA's Project Launch's grant.

Family Wellness serves all ethnicities in the Fairbanks North Star Borough. At FNA, Behavioral Health is the point of entry for adult mental health services, which include behavioral screening and assessment and mental health consultation, intensive mental health case management, and family behavioral therapy.

ACCA provides early intervention services, developmental screenings, and family training, and is the point of entry for children 0-8, who possibly have developmental, social, and/or emotional concerns.

ThrivAlaska's primary focus is on augmenting family training through its existing family training program and children's mental health for its early childhood programs such as Early Head Start and Head Start.

With Covid-19, we have worked with our grant partners to ensure our consumers' needs are met. We faced several challenges, such as meeting with community agencies that also provide services to our consumers. Many agencies, including state, are working remotely. We still need resolve issues regarding our consumers, and use phones or Zoom. Many consumers do not have resources to access Zoom. They also miss the face-to-face interactions with our staff, or don't feel comfortable using Zoom for services. The Family Wellness partners miss in-person trainings, which is useful to network with people from other areas of the state and nationally.

However, FNA Family Wellness staff has been able to attend several virtual training programs to increase our knowledge of trauma, ACES, resiliency, attachment, telehealth and Covid-19, and infant/child mental health assessments. The program managers completed an 18-month child-parent psychotherapy session.

Family Wellness also meets quarterly with Tanana Chiefs Conference Behavioral Health Department and quarterly with South Central Foundation, and Copper River Native Association.

We served 18 consumers for mental health clinical services, and case management. We were able to meet and exceed two of our three goals during this first year. It has been an exceptional first year, and we cannot wait to see what growth is in store this coming year.



Behavioral Health Services: Youth

Graf Rheeneerhaanjii

Graf Rheeneerhaanjii is a 12-week residential substance abuse treatment program for youth, 12-18, who reside in Alaska. This program is a joint effort between Tanana Chiefs Conference and Fairbanks Native Association.

The treatment program provides a culturally sensitive, structured residential treatment environment for the youth diagnosed with substance use disorders and dependency.

The program provides individual counseling, group therapy, eye movement desensitization and reprocessing, mental health services, anger management, and 12-step work with treatment assignments.

Graf Rheeneerhaanjii has an academic component to the program. An onsite high school certified teacher provides helps consumers earn credits in English, math, life skills, history, physical education and other required high school courses to graduate from school. The academic program is part of the Galena City School District, IDEA and IGRAD programs.

Groups and treatment activities provided are monthly elder's lunch (pre-Covid-19), participating in various cultural events in the community, as well as cultural activities on site. These activities include basketball, volleyball, badminton, fishing, hiking, gardening, bike riding, skiing, and operating a winter snare line.

Weekly treatment groups are Choice and Change, Keep it Simple, relapse prevention, mindfulness, conflict resolution, challenge course, family and relationship in recovery, life skills, process/transition, and trauma, grief, and loss.

During the past year, Graf served 22 youth. We had referrals from Department of Juvenile Justice, OCS, self-referrals, YKHC, and Provo Canyon, Utah.

Covid-19 has slowed down the number of consumers into the Graf program. Many of our referral sources ended up working from home and had little or no contact with a potential consumer.

Because of Covid-19, the Graf consumers have been restricted to the unit, with most activities canceled or severely curtailed in the interest of safety. All safety precautions, as recommended by State of Alaska Childcare Licensing, Indian Health Services, and FNA have been implemented and are rigidly observed and enforced.



Youth and Family Wellness

The Youth and Family Wellness project aligns with Indian Health Services Substance Abuse and Suicide Prevention Initiatives' goal to promote positive American Indian/Alaska Native youth development and family engagement through the implementation of early intervention strategies to reduce risk factors for suicidal behavior and substance abuse. The Y/F Wellness project is integrated within the Youth and Young Adult Services division of FNA, as part of a multi-tiered service system.

The Y/F project uses Coping and Support Training and Guiding Good Choices, two evidence based practices that address a range of risky behaviors.

CAST is a 12-week program for students 12-18. This program was designed to improve moods management, prevent and/or decrease substance abuse, and improve school smarts.

Guiding Good Choices is a five-week substance abuse prevention program for parents of youth 9- 14. This program was designed to give parents the skills they need to ensure the future well-being of their children.

Program highlights during Covid-19: The project saw an increase in the number of youth, family, and community participants engaging in our planned activities, despite the Covid-19 restrictions related to larger gatherings and other group interactions. We realized early on in the pandemic that the community would need our services more than ever. We maximized our outreach efforts to inform the community about all aspects of the program and the services we offered. This included working with the local radio stations, providing

information about our services to other youth and young adult agencies, and increasing our presence on various social media platforms (i.e. Facebook, Instagram).



Behavioral Health Services: Youth

Behavioral Health Services: Youth

YFW Highlights

We offered two five-week workshop series led by Linda Thai, local therapist and trainer via Zoom, for parents and community members who wanted to learn about healthy boundaries, communication, and ways to calm the nervous system. Participants were provided with the tools to regulate their nervous system -which is the key to staying connected to our internal experience, while balancing the needs of others. These workshops were well attended and received positive reviews.

Other family engagement activities or project successes included:

Hosting monthly family engagement activities such as virtual Story Time with Friendship Cookies. We prepared cookie kits and care packets for families who registered for our events.

Working with our youth council members to spread awareness about substance and suicide prevention through our August outreach project.

We hosted a Rock Scavenger hunt throughout the month of August. We were amazed at how many youth and their families participated in our scavenger hunt. Winners received a homemade care pack.

We had a total of 1,853 social media encounters (i.e. likes, share, and comments), as a result of our creative measures to maximize our outreach efforts. None of this would have been possible without the support of FNA's Communication Department for posting our events on the FNA's Facebook page, Instagram and Twitter.



Behavioral Health Services: Youth

Fairbanks Alaska Native Strategic Prevention Framework

Fairbanks Alaska Native Strategic Prevention Framework's goal is to prevent the onset of and reduce the progression of alcohol abuse, as well as reduce the consequences and related problems of alcohol use/abuse among youth 9-20 in the Fairbanks North Star Borough.

This is implemented by a strong community coalition known as the Interagency Transition Council, using an annual updated infrastructure plan, We work with lawmakers, police, public safety, juvenile justice, and liquor stores using environmental strategies for change in policies, laws, and ordinances to limit access, and harmful consequences of alcohol use.

Prior to Covid-19, we held in person ITC meetings every 6-10 weeks. We also were able to attend an ITC retreat to San Francisco where we had the pleasure of doing a cultural exchange with the Friendship House.

During Covid-19, we have been able to successfully work remotely to meet the goals and objectives of the grant. We have been using Zoom for our ITC



Thai

Trainings

- Supporting Families in Addiction
- AK Advanced Trauma Training
- CPP meeting with team members to do staff conference
- Early Childhood Mental Health Meeting
- Managing the Unexpected Response to workplace crisis
- Linda Thai's Healthy Boundaries and Communication
- Stephanie Covington's Trauma and Men

Highlights

- SPF newspaper announcement. March of 2020
- Implemented monthly evaluation and implementations team meetings to review status and map out tasks
- Coalition training
- Evaluation report received and reviewed by evaluator and the ITC September 2020
- Implementation meeting discussing EPI work groups, and which areas need volunteers from the coalition. October 2020
- Created list of organizations not part of the ITC to add to the Community Readiness Assessments, November 2020



Synergy

Synergy's purpose is to prevent and reduce suicidal behavior and substance abuse, reduce the impact of trauma, and promote mental health among Alaska Native youth/young adults up to age 24. Synergy's overarching goal is to bring relevant projects together into one coordinated whole, creating health and wellbeing for our youth/young adults.

The project has two focus areas: infrastructure development, and services. In 2020 we continued to dedicate our time and energy on the coordination and consistency working with our Inter-agency Transition Council, as well as reviewing and updating our policies and work plans. The work culminated to the editing the previously submitted strategic action plan.

Accomplishments

The major accomplishment this year centers upon the integration of the project into the tribal community itself, with the tribal leadership embracing and supporting the project, through the 19 member Inter-agency Transition Council.

Prior to Covid-19, we hosted a Youth Summit in January. We had 81 people attend this event. The attendees consisted of community organizations, service providers, and community members. The purpose of the Youth Summit was to bring local agencies and organizations together to discuss how each can serve and assist youth and young adults in the Fairbanks and North Pole areas. The summit also had guest speakers on historical trauma.

Last summer we collected 42 community readiness assessments for evaluation purposes.

We were also able to participate in outreach events at North Pole High School, West Valley, and Lathrop High School.

We have been innovative with our outreach due to Covid-19. We offered a four-week webinar series titled, Coping for Youth and Families. We had 42 participants.

We held a five week webinar series called Trauma Informed Care Workshops, with Linda Thai. We have a total of 53 participants.

The program manager participated in a podcast with Native Connections about youth engagements due to schools shutting down due to the pandemic.



Trainings

Unscripted, A Native Connections conversation
Sustainability
Building and Marinating Healthy partnerships
Digital Storytelling 101
NC webinar Evaluation toolkit
ASAM eLearning: Being part of a solution
Matching services to needs and strengths

Behavioral Health Services: Youth

Behavioral Health Services: Youth

Visions

Adapting to an ever-changing world to prevent suicide.

Visions is FNA's suicide prevention program for the youth and young adult in the Alaska Native community.

The purpose of Visions is to develop and

implement a suicide prevention and early intervention strategy, tribal-wide for youth and young adult, ages 10-25.

At the beginning of the Covid-19 pandemic, the Vision program leaders quickly adapted to social distancing, and embraced the virtual environment to continue working with community members and schools as much as possible.

Visions has organized multiple zoom meetings to get closer to the population. The program also enhanced its partnership with the elders of Denakkanaaga who provided culturally crafted guidance, and helped build community resilience.

Visions' leaders understand that the pandemic can make things seem worst. That is why the program manager constantly works with middle/high school and university counselors to anticipate the growing need. We want people to see FNA as an available resource. As of the time of this report, Visions had reached out to more than 200 students and participants. We owe these achievements to our successful outreach program and to our partners such as Tanana Middle School, Effie Kokrine, Fairbanks North Star Borough School District's Native Education Coordination, and University of Alaska Fairbanks Rural Student Services.

Visions works with our youth and young adults to design and express their views about resilience. This vision led us to initiate our Resiliency Essay Contest to give the opportunity for youth and young adults to write and share what they know about resiliency. By the end of this school year, Visions expects to select best writing from middle schools, high schools and the university. Participants will be awarded for their creativity and encouraged to be the voice of resiliency in their respective communities.

Finally, Visions staff is constantly being trained to meet the community needs using evidence-based practices. This year, the program manager will be trained as an QPR certified Gatekeeper Instructor. This will allow FNA and Visions to deploy suicide prevention training programs in the community.

Trainings

Introduction to Youth Suicide Prevention
Conflict Resolution Workshop
Resilience and Wellness training
Technical Assistance on stigma in Indian country

Skills for Psychological Recovery Learning Community
Native Veteran Resilience and Wellness
Native American Storytelling: Culture is Prevention

Behavioral Health Services: Youth

Street Outreach and Advocacy Program

SOAP reaches out to 10-25 year old who are currently homeless, or at high risk of being homeless, or needing therapeutic services. Our goal is to protect youth from all form of abuse, sexual exploitation, assault, and help prevent involvement in criminal activities due to lack of money, support and resources.

Currently we have 208 youth in our SOAP program.



This year was challenging for the SOAP staff because of Covid-19. We weren't able to open the SOAP Drop-in Center up on a daily basis, which provided a warm, safe place for youth.

Last year we handed out 2,742 dinners, and 3,378 food bags. Also, staff gave out 996 food boxes to the youth because they couldn't come to the Drop-in Center. We delivered most of the food boxes.

Staff completed 337 hours of outreach during the Covid-19 pandemic to ensure youth were looked out for, and had adequate hygiene and clothing. During outreach staff made contact with 79 new youth on the street.

Christmas was a huge success this year. This year 92 youth got amazing gifts and handmade stocking that were filled with wonderful items.

Even though we could not advertise for our sock drive due to Covid-19, SOAP received over 3,500 pairs of new socks for our youth. We would like to thank all of our amazing volunteers and our amazing community for all the wonderful donations this year.

Covid-19 was a challenge for everyone but it did not take away our commitment to our youth. We sincerely express our thanks to all the wonderful individuals who have donated to our program. Without you this would have been a very difficult time. Thank you to Saint Raphael Catholic Parish, Genes Chrysler, Kiwanis Club Fairbanks, and the military community for their generous donation throughout the year.

Trainings

2020 RHY National Grantees Training in preparation for the Center

Strategies of Support for Mental Health Providers - Empowering one another during times of crisis

Substance Abuse Prevention for Youth in Indigenous Communities

Treating Suicidal Patients During Covid-19: Best Practices and Telehealth Reminder

Resilience: How to Thrive During Covid-19





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