

# FAIRBANKS NATIVE ASSOCIATION

*A Voice for the People of Fairbanks*

Fall 2023

## You are not alone: FNA Intake offers a Warm Hand Off

Finding treatment used to be a time-consuming task with all the burden placed on the person seeking treatment.

Substance use disorders are now recognized as a disease, not moral failings.

FNA Behavioral Health Intake embraces that attitude. When a person finds enough courage to seek help, they need encouragement. FNA Intake is there to help.

The first step is to fill out a pre-application. Intake staff will help you with the application. Once the application is completed, staff members will take you through all the steps leading to treatment.

FNA BHS Intake creates an electronic health record from the application. They will schedule an SBIRT (Screening, Brief Intervention, Referral to Treatment) assessment to identify any immediate risks, such as suicidal ideation or potential for overdose.

After the screening, an Integrated Mental Health/Substance Use Disorder Assessment is scheduled, which determines the type of care needed for the applicant.

If treatment is not available at that point, the person is put on a wait list. To support people while they wait, FNA BHS Intake assigns a staff member to be a point of contact for the applicant. The POC will call at least weekly to “wait” with you. The POC answers questions, provides encouragement, assists with any scheduling issues, and reminds you of upcoming appointments.

When a spot opens, FNA staff will meet you at the treatment facility and introduce you to the person who will be working with you. This is called the Warm Hand Off. FNA BHS Intake wants to make the waiting worth it.

**For an application: [www.fairbanksnative.org](http://www.fairbanksnative.org) or 907-452-6251**



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—  
Steve Ginnis

Executive Director

### Tips on waiting for treatment

- Remind yourself of the value of what you are waiting for. Focus on how it will help you, your family and others. When you find yourself going through the “What if’s”, turn those to your advantage by thinking about positive “What if’s,” like “What if I am able to get custody of my kids back?” and “What if I never have to go to jail again?” and “What if I find the strength to stay away from people and places where I find myself vulnerable?”
- The best way to wait is to have someone who understands what you are going through to wait with you! With FNA, you are never alone!



## New FNA royalty bring culture and traditional regalia to the forefront

In a celebration of Alaska Native culture, two young Fairbanks women and a baby boy were elected as Fairbanks Native Association royalty in March.

Hailey Moses is the 2023 Miss FNA. Maliah Ganatta is the 2023 FNA Princess, and Walter Huntington is the 2023 FNA Baby.

Moses is Yup'ik, Athabascan and Inupiaq. The traditional regalia she wore—headdress, parka, kuspuk and seal hide boots—represented her heritage and was made by her family. She is attending the University of Alaska Anchorage studying kinesiology. She plans to become a physical therapist and wants to help Fairbanks youth athletes to be their best.

She was judged on her regalia, a speech, and a talent. Moses taught the audience some ballet, and spoke of how her multiple heritages gave her a broad perspective on life.

Jessica Black, FNA board president and former Miss FNA, crowned Moses with the ivory and baleen FNA tiara and draped her in a beaded moose hide sash. Moses wins a \$1500 scholarship to a school of her choice, a jewelry set of bracelet, necklace and earrings by Lynnette Winfrey-Frank, a floral bouquet and \$100 visa card.

The new Miss FNA participated in the World Eskimo Indian Olympics this July, and was crowned first runner up. She also is to be present at FNA functions and uphold the vision and mission of FNA.

Maliah Ganatta, the new FNA Princess, received a flower bouquet, \$100 gift card and bracelet, necklace and earrings set by Lynnette Winfrey-Frank. She was given a moosehide sash, and is also expected to uphold FNA vision and mission, as well as make public appearances on behalf of FNA.

Ganatta was judged by her regalia. She is an Athabascan from Minto. Her grandmother, Catherine Dahl, made her moosehide dress, beaded slippers, and belt. Ganatta made her headdress, jewelry, and parka. . . **Regal** continued on page 3.





**Regal....**Walter Huntington, now 2, is Athabascan, and his parents are Jordan Tindall and Clinton Huntington. He wore a beaver fur trapper hat, chiefs jacket trimmed in moosehide, black velvet and black beaver fur. His boots were calf skin with beaver fur. Grandmother Ethel Jonas made all his regalia.

The little boy loves fruit, applesauce, French fries, moose meat and popcorn. He and his parents won a basket of goodies and \$150.

FNA has been holding potlatches since the association began in the 1960s, except during COVID-19.



### Three people named to FNA board of directors in 2023 spring election

The membership of Fairbanks Native Association have elected three people to its board of directors. Brenda Krupa joins incumbents Travis Cole, and Sharon Hildebrand. They will serve a three-year term, ending in 2026.

The elections took place March 10 at the 2023 FNA Annual Membership Meeting held at the Chief David Salmon Tribal Hall.

Cole manages the Chief David Salmon Tribal Hall at Tanana Chiefs Conference. Hildebrand is the vice president of Tanana Chiefs Conference and is self-employed. Krupa is retired, and previously served on the FNA board of directors.

Renee Linton, outgoing FNA board member, will be an alternate board member with Brooke Woods.



*Travis Cole*



*Sharon Hildebrand*

*Brenda Krupa*





## FNA Johnson O'Malley 2023 Basketball Tournament!



## Create your healing space

—Linda Setterberg, program manager  
Healing the Hurts/Family Wellness

Creating a healing space helps your mental health. Here are some tips.

1. Define the space. Find a quiet place. Spend time identifying what makes you feel comfortable and relaxed. It could be a flowering plant, sentimental photo, or view from a window. Expand on this by incorporating a comfortable chair or plush rug. Add other things to enhance calm, serene feelings, such as a candle, tea or cozy blanket.

2. Declutter. Your healing space should be free from any objects that don't make you feel calm. Move piles of magazines, books or paperwork out of sight. Add photos or artwork that invoke peace and calm.

3. Invite nature in. We respond to natural light, the sound of the wind, or the scent of the forest and wild plants. If you don't have a window, add plants, flowers, photos, art or things that remind you of nature.

4. Use soothing sounds. Sound is important in a healing space. Have music or sounds that resonate for you, such as piano, guitar, harp or rain, flowing water, or breaking waves.

5. Set the mood with lighting. Exposure to sunlight is linked to uplifted moods. If possible create your healing space in an area with lots of natural light. Or use lights that mimic daylight or use mirrors to reflect good light.

If you can't designate a space in your home, consider other areas such as a church, temple, museum or a favorite seat in a coffee shop. The most important element in your healing space is you. No matter where it is, or what objects are there, be sure it includes only the sights, sounds, smells, and textures that are meaningful to you. You know you will have it right when you feel more centered and grounded when you are there, and after you leave.





**JOM  
SUMMER  
CAMP!**





## Steve Ginnis advice to youth

- Seek help if you need it.
- Focus a little more on your academics. Education was important to the Elders who created our organization. Continue on and come back to your Native communities and Native organizations.
- Do the best you can. Think about your future.
- Help your people. When Elders talk to you, listen to them. You might not understand right now, but it will make sense later. It will come back to you later in life.
- You might be hit with challenges in the future.
- Work as long and as often as you can, so when you get to my age, you have something to take care of yourself.

## FNA Community Service Elder advice to youth

- Listen to your Elders.
- Stay out of jail.
- Go to the land.
- Learn what you can about the land.
- After high school don't take too much time off.
- Never be ashamed of being Alaska Native.
- Education is important.
- You'll have challenges.
- Take care of your body. Take care of yourself.
- Learn from others.



## Domestic violence is complicated and many won't seek help

—Donna Westphal, Alaska Native Pandemic Project I & II project manager

Here is some information about domestic violence from a recent FNA training from the Alaska Pandemic Project II.

DV is when one person maintains control and power over another in dating, marital, or live-in relationship. The means of control include physical, sexual, emotional and economical abuse, threats, and isolation. Both men and women can be victims, but women are the majority.

Warning signs: Hitting, accusations, name calling, threats, controlling behavior.

Impacts to victim/survivors: Anxiety, post traumatic stress disorder, suicidal ideation, low self-esteem, trust issues, family/children are impacted.

Barriers to leaving:

- Afraid of increased violence, including death, lose children
- Lack of resources: money, shelter, food, friends, family
- Feelings/beliefs: low self-esteem, depression, anxiety, guilt, shame

FNA provides help and understanding:

**FNA Community Services, 907-542-5225 or FNA SOAP, 907-347-3176**



# Human and sex traffickers are targeting Alaska and its youth

—Christine Cooper-Esmailka, FNA Community Services

Around the world an estimated 24.9 million people are victims of sex and labor trafficking. Human trafficking is illegal in every country, and is a form of modern-day slavery.

It's occurring in Alaska.

A recent report from Loyola University found that homeless youth in Anchorage were being trafficked at a rate of nearly 30%, a higher rate than any other city including New York or New Orleans. Nearly 45% of trafficked youth identified were Alaska Native.

The same issues here in Fairbanks. It's happening all around us every single day.

It is important to make our young people aware of their surroundings and who they hang out with. For instance, a person who has addictions doesn't care what they will do to satisfy their cravings, even if it means using someone. Some people look for an opportunity to exploit someone. For example:

January 2021: An Alaskan man was indicted for sex trafficking a minor. She had been sexually abused approximately 15 times over the course of three years, starting at the age of 10. The perpetrator gave her money, or alcohol, and marijuana before and after the abuse.

January 2022: An Alaska man was sentenced to 35 years for sex trafficking minors, and child pornography. He conspired with another person to traffic minor girls, ages 15-17, who were runaways. The offenders offered the teens a place to stay and then marketed the young ladies.

**Protect yourself and your loved ones:** Offenders groom people for sexual acts before the sexual abuse happens. They target social media: Snapchat, X (Twitter), Facebook and so on. They lure people by promising them gifts, a place to stay, drugs, etc.

**Public safety:** Go out in public in groups of two or more. Getting taken can happen anywhere, even from in front of their home. If a pimp or perpetrator wants to, he or she will just grab someone. They scope out bars, movie theaters, malls, or anywhere activity is happening.

**Types of grooming:** Sweet talk, gifts, phones, clothes, getting your nails done, alcohol, drugs, followed by isolation, threats on family or pets, physical violence, sexual violence, telling them "You owe me now."

**Our Head Start Garden**  
**K'edenyahh Denh**  
**"The place where plants grow" in Denakk'e**







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# FNA Employee of the Month



December 2022  
Jaye Palmer



January 2023  
Wanda Cover



February 2023  
Charlotte Peterson



March 2023  
Cameron  
Mutchler



April 2023  
Francisca  
Charriez-Miranda



May 2023  
Shaylene Dublin

Fairbanks Native Association