



Southcentral Foundation's Family Wellness Warriors Soldier's Heart Program

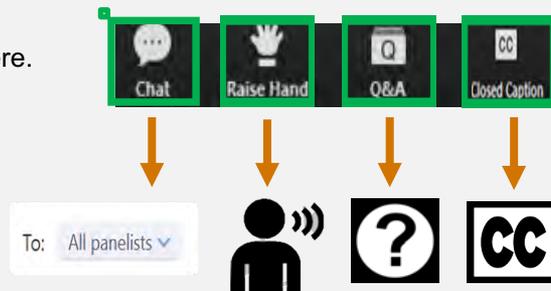
October 27, 2022

Technical Notes and Support

If you lose connectivity during the session, **click your original join link to regain access to the webinar.**

If you experience technical difficulties, **send a note using the chat box in your bottom menu bar,** and we'll assist you from there.

Enjoy the session!





Disclaimer

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Opening in a Good Way



Southcentral
Foundation



Soldier's Heart: A Peer-Led Approach to Dealing with Post-Traumatic Stress in Veterans and First Responders

October 2022 LTSS Webinar

Polly Andrews, M.Ed.
Learning and Development Advisor

Jean-Paul Roulet
Learning and Development Associate



2011 & 2017 Award Recipient

65,000 Voices



Land Acknowledgement

Dena'inaq ełnen'aq' gheshtnu ch'q'u yeshdu.

I live and work on Dena'ina land.



Objectives

- Describe how Family Wellness Warriors engages with community to foster connections
- Describe Southcentral Foundation's approach to health care and its grounding in Alaska Native and American Indian values
- Explain how Soldier's Heart started and highlight the importance of a peer-led experience for the underserved population of Veterans and first responders

The background of the slide is a vibrant landscape. In the foreground, there are tall, slender plants with bright pink flowers on the left and yellow flowers at the bottom. The middle ground shows a calm lake reflecting the sky. In the background, there are dark, rugged mountains under a clear blue sky.

Vision

A Native Community that enjoys physical, mental, emotional and spiritual wellness

Mission

Working together with the Native Community to achieve wellness through health and related services

Southcentral Foundation Board of Directors



Karen Caindec
Chairperson, 2022 – present
Director, 2004 – present



Roy M. Huhndorf
Vice Chairman, 2022 – present
Director, 1995 – present



Thomas Huhndorf
Secretary, 2022 – present
Director, 2019 – present



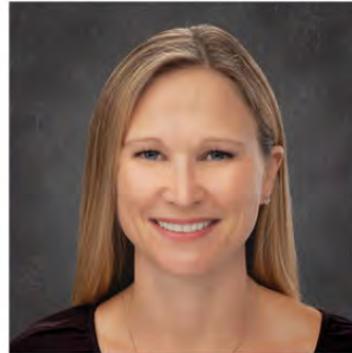
Charles Akers
Treasurer, 2022 – present
Director, 2009 – present



R. Greg Encelewski
Director, 2022 – present



Sandra Haldane
Director, 2022 – present



Dr. Jessie Marrs
Director, 2022 – present



Dr. Terry Simpson
Director, 2003 – present



Lisa Wade
Director, 2021 – present

Alaska Native People Chose to Assume Responsibility





Tribal Self-Determination in Action

The Family Wellness Warriors Story



Family Wellness Warriors: Nu'iju

**Returning to the strengths of Alaska
Native and American Indian culture
to build healing relationships,
community connection, and
resiliency to trauma**



Connection to Culture

- Family Wellness Warriors (FWW) was created by and continues to be led by Alaska Native people
- FWW is thoroughly grounded in Alaska Native traditional values
- Elders have led the way by giving permission and first breaking the silence by sharing their stories



Calling the Warriors

to take back their place as protectors of
the family and community

Root Issues

- FWW trainings focus on the source, not just the symptoms
- Truly breaking the cycle of abuse includes:
 - Those harmed
 - Those causing harm



Nu'iju: Conceptual Model

PEER LEADER'S ROLE

PARTICIPANTS' ROLE

Show how a story of difficult experiences can be used to help others and encourage wellness exploration

Build physical, mental, emotional, and spiritual wellness. Demonstrate support to self and others

TRUE
SELF

Model relational awareness and healthy conflict resolution

Develop relational skills and rebuild self-esteem

REBUILDING
HEALTHY
RELATIONSHIPS

Teach how to respond and challenge thinking errors

Correct thinking errors and negative self perception

RECLAIMING SELF

Create safety by modeling the process and sharing first

Share personal experiences and connect with others

SHARING STORY

Focus Areas

- Domestic violence, child sexual abuse, and child neglect
- Combat-related and first responder post-traumatic stress (PTS)
- Re-entry and corrections
- Families connected to Office of Children's Services

AI/ANs: The Highest Per-Capita Involvement of Any Population to Serve in the U.S. Military



Suicide Rate per 100,000

Veteran

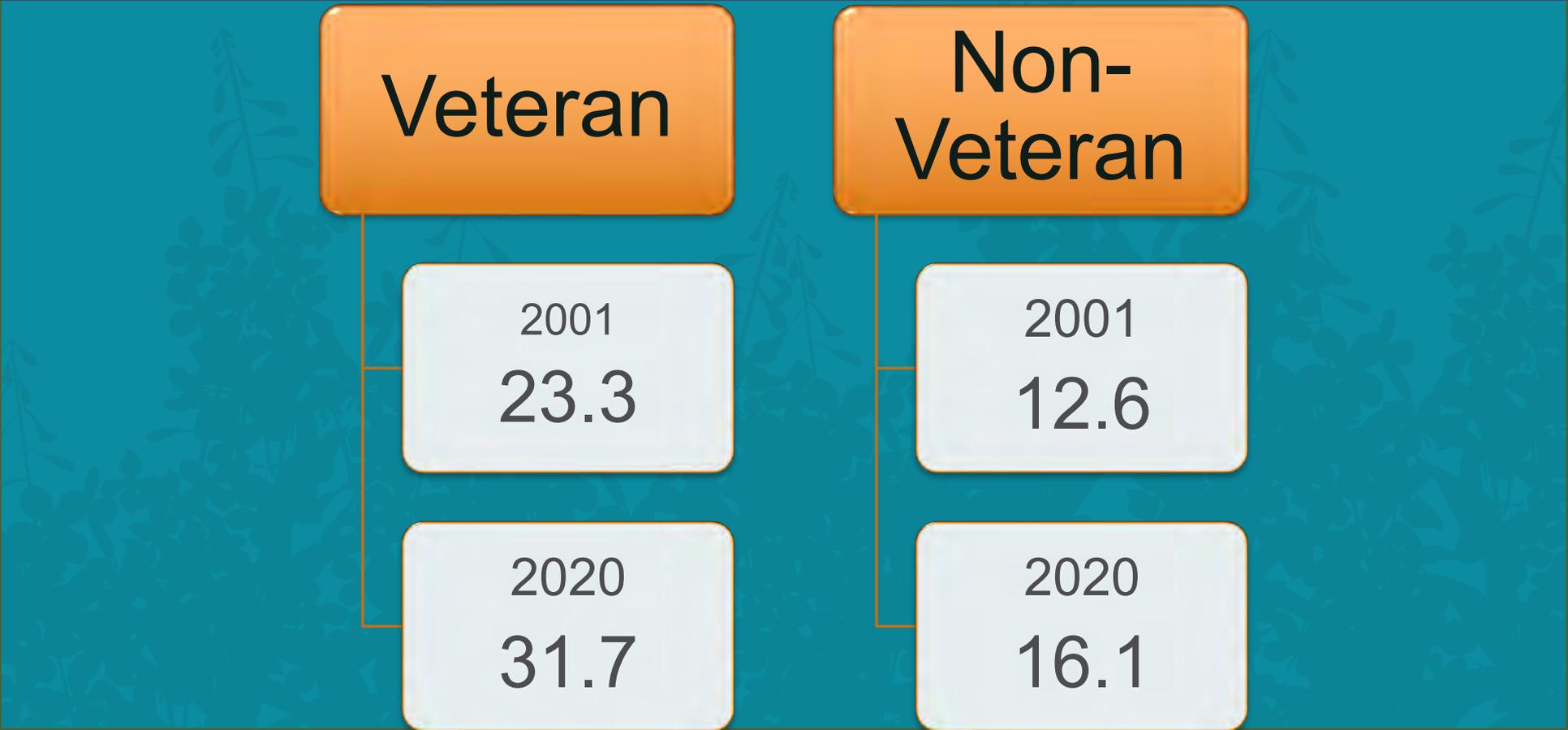
2001
23.3

2020
31.7

Non-
Veteran

2001
12.6

2020
16.1



Rural Veteran Data for Alaska

Veterans Enrolled in VA System: 34,638

Rural Veterans Enrolled in VA System: 6,733

Veteran Numbers According to the U.S. Census Bureau:
65,186

Alaskan Rural Veterans (estimated): 12,646



Rural First Responders



Soldier's Heart

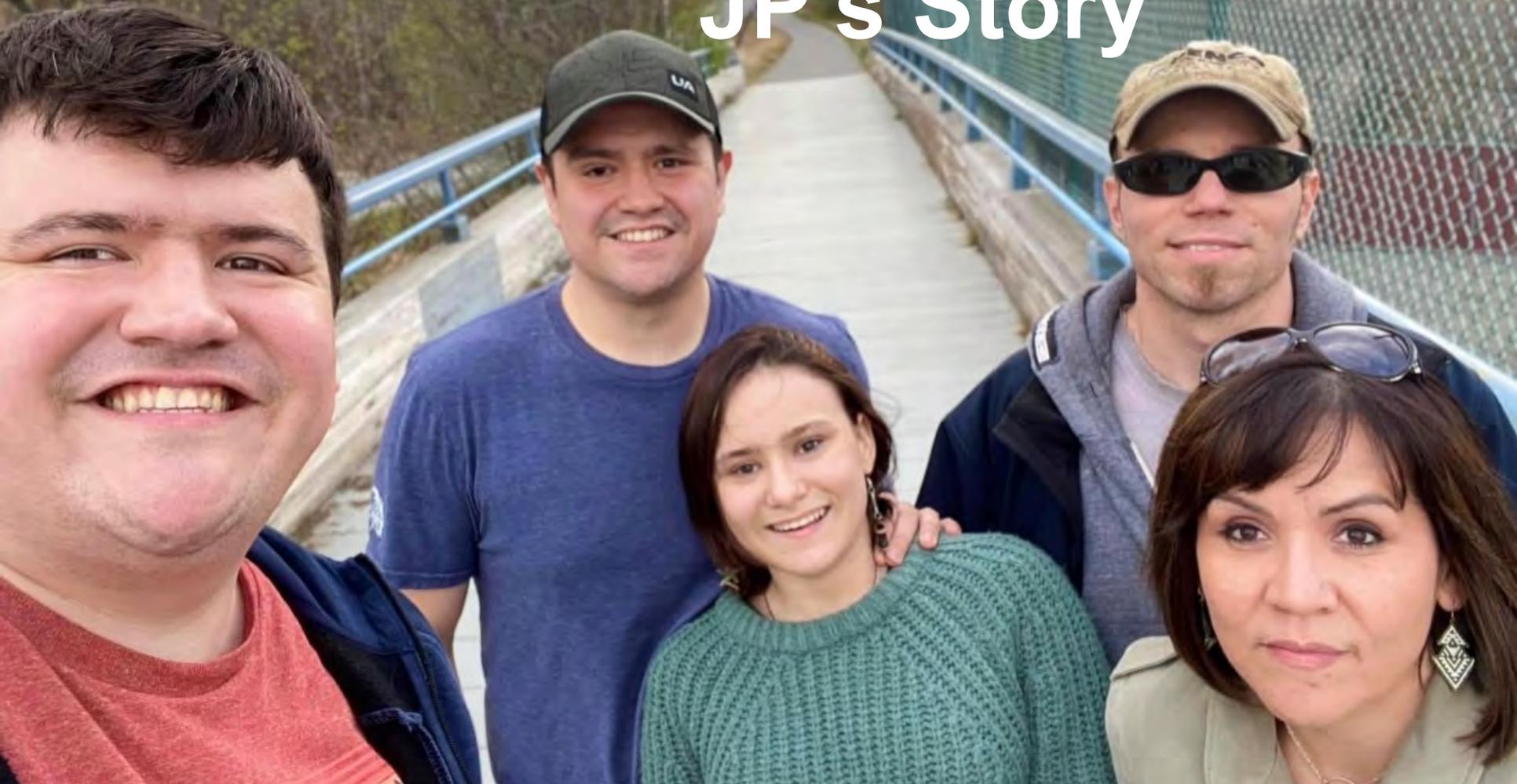
- What it is
- How it started



Soldier's Heart Intensive

Goal is to reduce the symptoms of PTS and aid in suicide prevention among those that serve their community, in a military or first responder role, on a local or national level

JP's Story



Training Intensive Experience

Large Group Teachings

- 30–40 minutes
- Presenters share personal stories
- 10 sessions

Learning Circle Experience

- Two trained group leaders and four participants
- Two-hour sessions
- Participants explore the topic as it ties to personal story

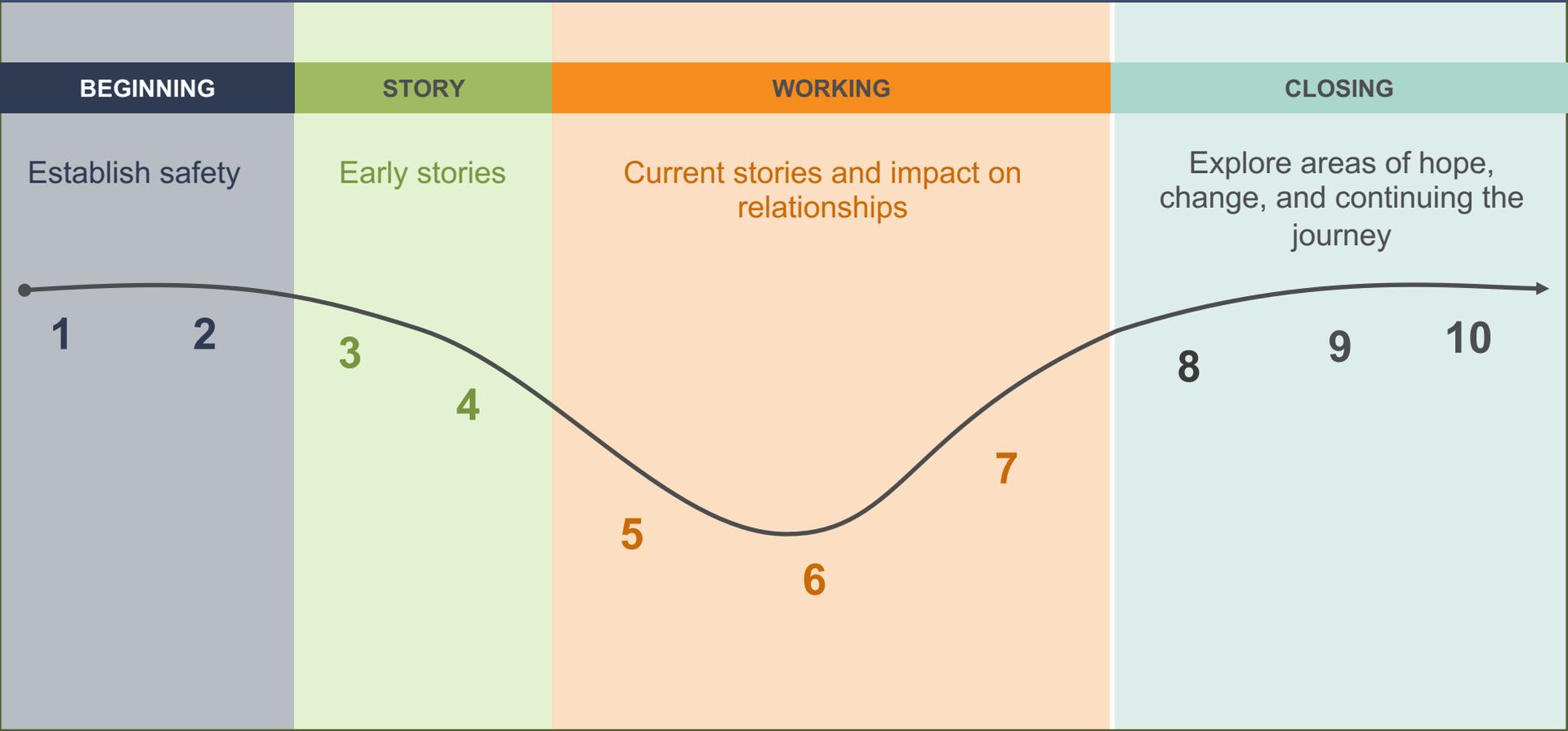
Layers of Safety

Our circle of care at FWW

Relationship between LCL coaches and care team



Process Road Map



**The Depth of
Story You
Share is
Always up to
You**





Soldier's Heart Community

- Camaraderie
- Support
- Shared goal of healing
- Resiliency

Southcentral Foundation Learning Circles



Small groups bring together people with similar interests to:

- Build relationships by sharing story
- Learn from one another and provide support
- Provide referrals to other services
- Focus on specific issues

Participant Quotes

Soldier's Heart gave my family back a husband and father.

This acceptance without judgment, is truly freeing!

For the first time, I no longer feel alone in this fight and am able to see my post-traumatic stress as a gift which I can share with others in a positive, supportive way.



A top-down view of several people's hands resting on a light-colored wooden table. The hands are arranged in a circle, with some overlapping. The people are wearing various patterned and solid-colored shirts, including blue and white checkered, blue and white geometric, and blue and white floral patterns. The background is dark, making the hands and the table stand out.

**To begin the process for requesting the
implementation model, go to:
<https://scfnuka.com/nuka-request-form/>**

Soldier's Heart Webpage



A top-down photograph of a group of people's hands resting on a light-colored wooden table. The hands are arranged in a circle, with some overlapping. The people are wearing various patterned and solid-colored shirts. A dark blue semi-transparent horizontal band is overlaid across the center of the image, containing the word "Questions?" in a white, bold, sans-serif font. The word "Questions?" is centered within this band. The background shows the texture of the wooden table and the diverse patterns of the clothing sleeves.

Questions?

Thank You!

Qaġaasakung

Aleut

Quyanaa

Alutiiq

Quyanaq

Inupiaq

AwA'ahdah

Eyak

Mahsi'

Gwich'in Athabascan

Igamsiqanaghalek

Siberian Yupik

Háw'aa

Haida

Quyana

Yup'ik

T'oyaxsm

Tsimshian

Gunalchéesh

Tlingit

Tsin'aen

Ahtna Athabascan

Chin'an

Dena'ina Athabascan