

# Southcentral Foundation's Family Wellness Warriors Nu'iju Healing Place:

## A Culturally Rooted Reentry and Corrections Model

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*Alaska Native  
People Shaping  
Health Care*



# Vision

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

# Mission

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

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## ***Family Wellness Warriors: Nu'iju***

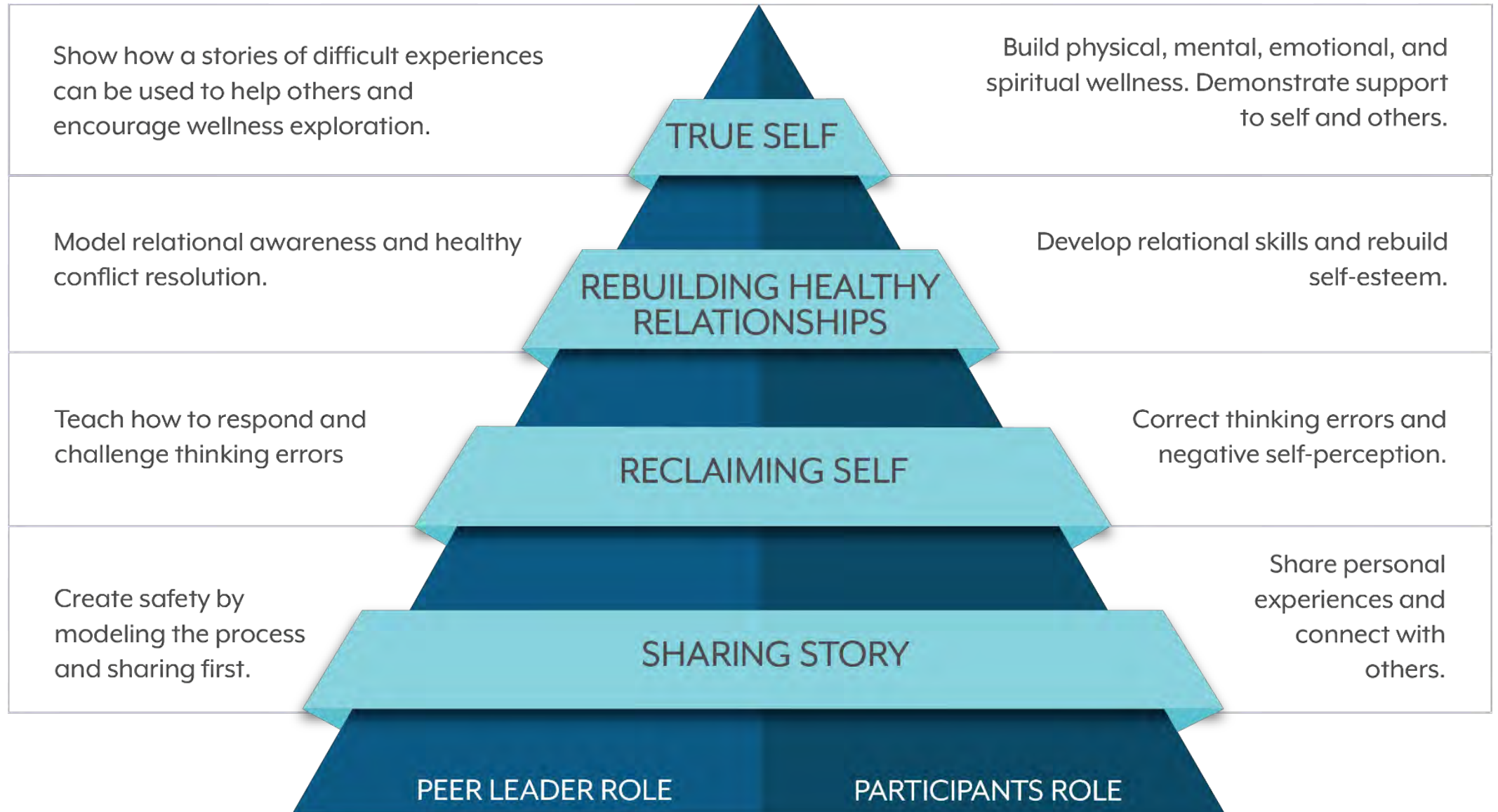
Returning to the strengths and values of Alaska Native and Native American culture to build healing relationships, community connection, and resiliency to trauma.



# Culturally Rooted

- Created and led by Alaska Native people
- Grounded in traditional Alaska Native values
- Elders have led the way breaking the silence

# Nu'iju Conceptual Model



# Corrections and Reentry Focus

## Therapeutic Communities

Nu'iju Healing Place is a peer led 12-18-month culturally rooted, trauma-informed TC for individuals in corrections. Located in Hiland Mountain and Palmer Correctional Center.

## Hiland Restricted Access Wing (RAW)

Two-week residential peer led modified NHP for inmates who have committed inhouse infractions and is an alternative to segregation. Learning circles focused on healthy coping tools are offered.

## NHP Reentry Programming

Peer-led Learning Circles for justice involved individuals reentering into community. Offers court ordered/PO approved learning circles. Trauma informed trainings.





# Therapeutic Communities

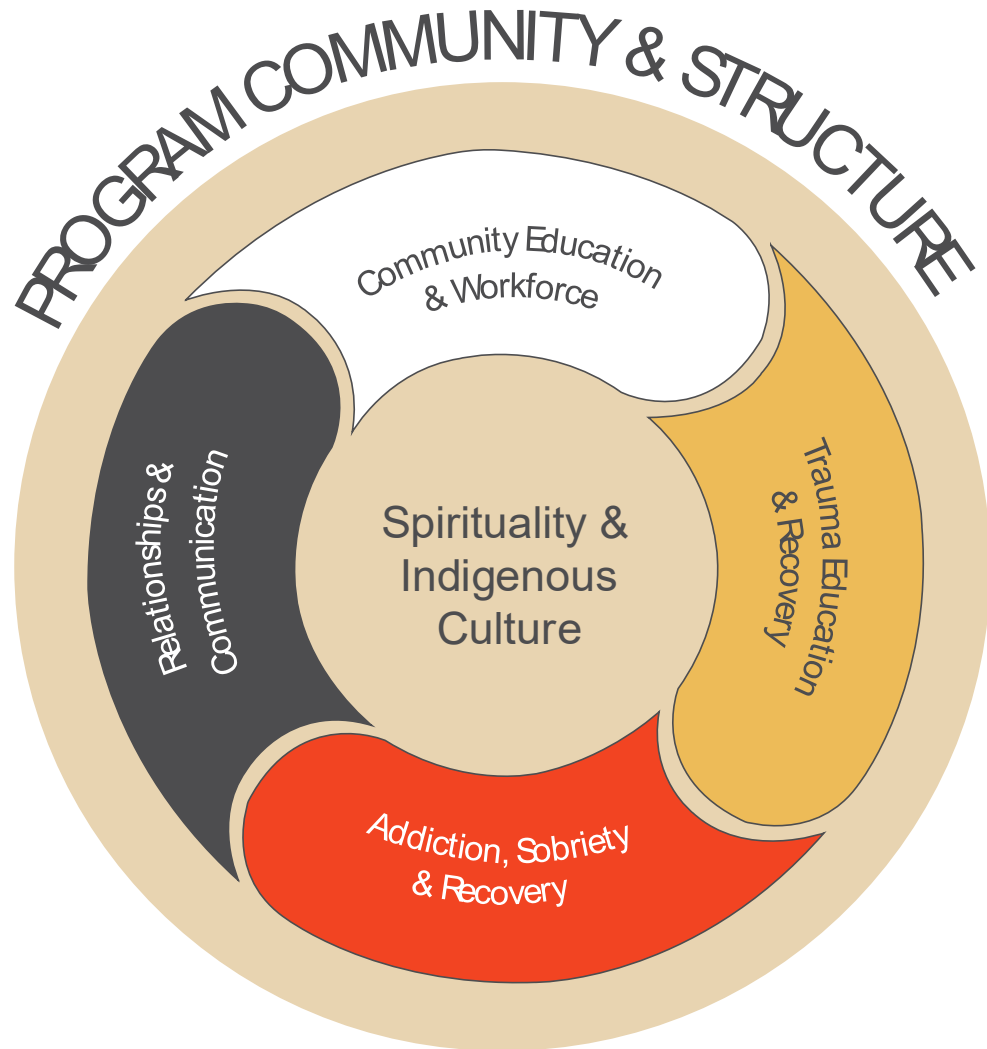
- 12 – 18 month peer-led program
- Culturally rooted and trauma informed
- Designed to change core beliefs

# The Concept of Community

People were created for community. At the heart of Indigenous spirituality is community, family, sharing in each other's joy, pain, and story.



# Nu'iju Healing Place



NHP Curriculum Domains:

**Trauma Education and Recovery:** Healing from individual, intergenerational, and historical trauma.

**Addiction and Recovery:** Indigenous based Wellbriety curriculum and peer-led groups

**Relationships and Communication:** Building healthy relational and communication skills through peer-led training intensives

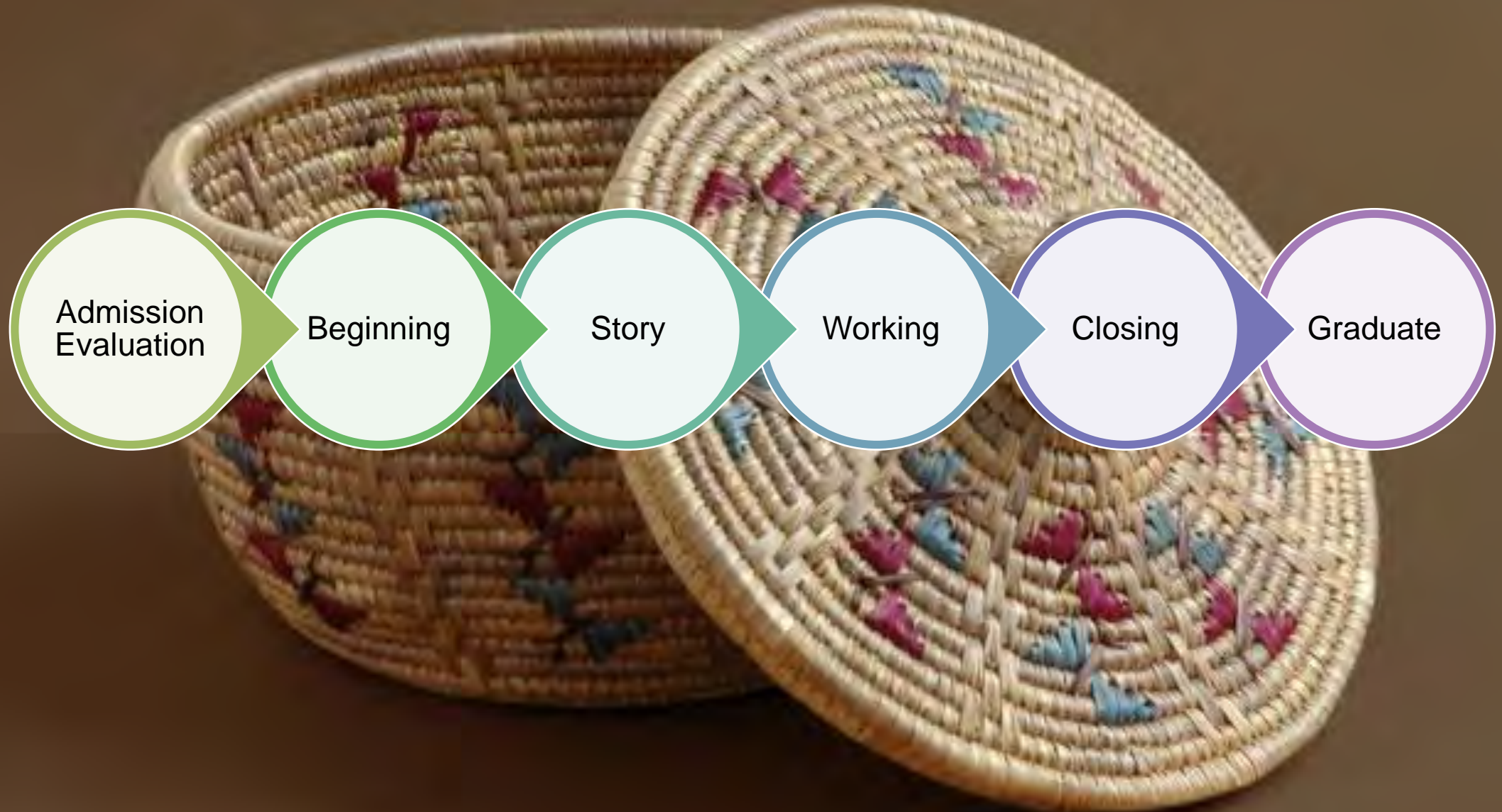
**Community Education and Workforce:** Access to education and work opportunities in partnership with Department of Corrections programs.



# Healing & Reconnection



# Phase Structure



# Hiland Mountain Correctional Center (HMCC) Restricted Access Wing (RAW):

- Opened in 2022 to provide an alternative to segregation
- Two week-long residential peer-led environment
- Learning circles offered are centered around healthy coping tools to include co-dependency, addiction recovery, anger management, relaxation/mindfulness, and healthy boundaries

# Outcomes

- At least 650 inmates served
- State recidivism rate is 66% and NHP program recidivism rate is 28% (reduction by more than half).
- With \$136 daily cost per inmate, the program has saved the state over \$8.5 million



# Program Evaluation

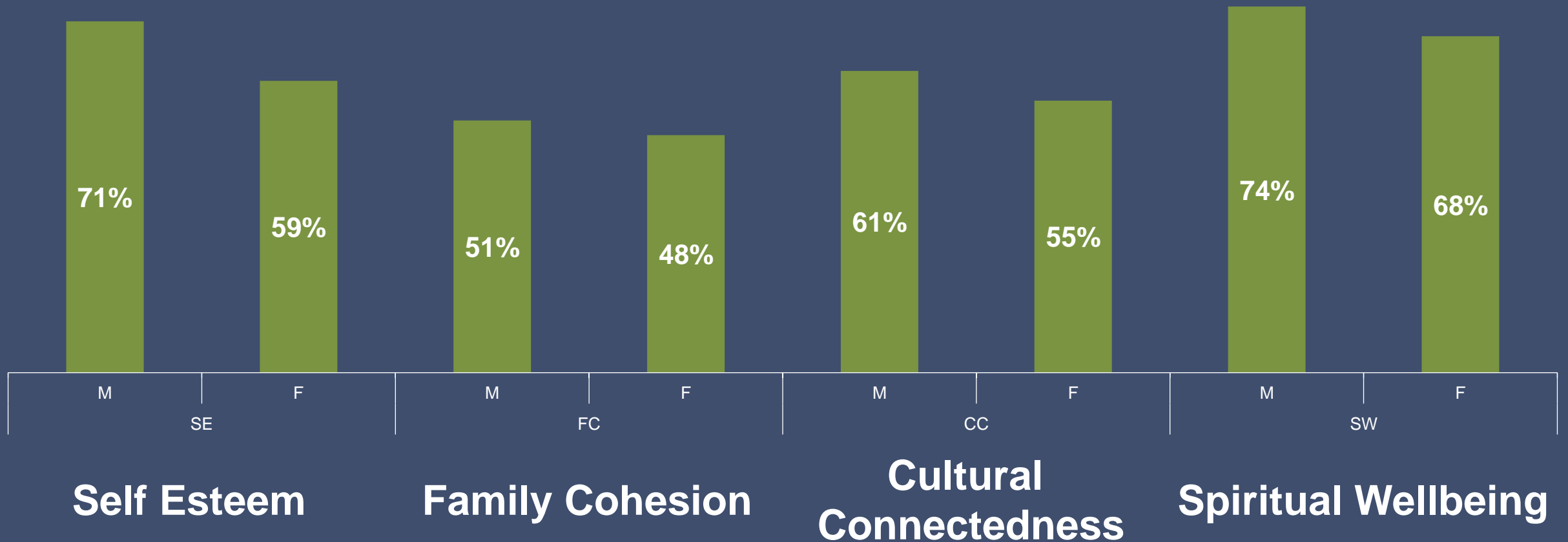
FWW can monitor and evaluate program impact over time through:

- Pre-training baseline
- Post-training data
- 6 month self-reported
- 12-month self-reported



# Protective Factors

Statistically significant positive change at 12 months  
on standardized measures of:



# Quality of Life

Statistically significant average reductions at 12 months on standardized measures of:



Trauma  
Symptomology

51%



Depression

48%



Substance  
Abuse

49%



Anxiety

25%

# Health Outcomes with Control Group

FWW participants in the post period (n=90), when compared to propensity-matched control (n=90), had significant reductions in several types of visits:

Visit type	Compared to Control
Total visits	38% reduction in post-visits
ED visits	55% reduction in post-visits
Substance use visits	79% reduction in post-visits

# Quotes: Participants and DOC Leadership

*“This healing-centered support creates meaningful pathways for restoration, belonging, and hope for our reentrants.”*

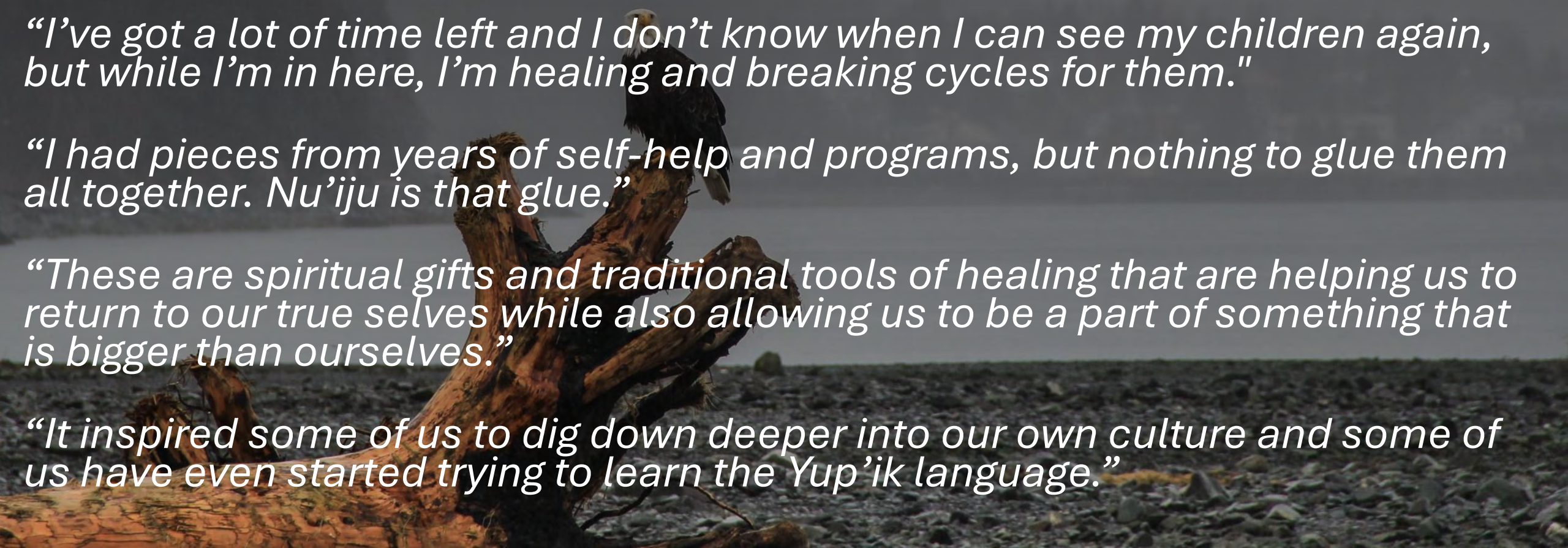
- Sandra Martinson, Division Operations Manager, ADOC

*“I’ve got a lot of time left and I don’t know when I can see my children again, but while I’m in here, I’m healing and breaking cycles for them.”*

*“I had pieces from years of self-help and programs, but nothing to glue them all together. Nu’iju is that glue.”*

*“These are spiritual gifts and traditional tools of healing that are helping us to return to our true selves while also allowing us to be a part of something that is bigger than ourselves.”*

*“It inspired some of us to dig down deeper into our own culture and some of us have even started trying to learn the Yup’ik language.”*







**Questions?**

**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*

**Thank you!**