

OVERVIEW
SOUTH-
CENTRAL
FOUND-
ATION

Family Wellness Warriors Initiative

Family Wellness is about healthy relationships in families. These values support men and women providing for their families by being able to bring food to the table, shelter and clothing for each family member and protection from all forms of harm. But families do not always look this healthy any more. We need to re-assert these values.

First and foremost we need all men to step forward, to take back their place as the protectors of family values. We need all men to teach their sons to hold each member of a family precious and safe. Anger can bring strength when it is in the service of protecting the family. We need fathers to teach their sons that it is not ok to throw a chair or pound a fist when one is angry. We need grandfathers to teach their granddaughters that all women deserve to be loved well, treated with respect and dignity so that they may continue to pass on nurturance and love. We are looking for the warriors of family wellness.

And we need the women to step forward and take their place as the instillers of family values. We need women to teach their daughters to seek relationships with men who respect them and who will join them in creating families who are a fortress against harm. We need women who believe and understand that a child raised in violence may continue the cycle of violence and a child raised in peace and love will often continue the cycle of peace and love. We need women who will teach their sons to understand their emotions and to use these emotions to make wise and careful choices. We need grandmothers to teach grandsons that all men need to be loved and respected so that they can love others well. We are looking for the warriors of family wellness.

And we need children of all ages to be viewed as the reflectors of family wellness. We need to listen and learn from them. Understand that their behaviors are a reflection of all that has been modeled for them from their fathers, mothers, siblings, grandparents and community members. They will seek healthy foods if that is the way they were raised. They will seek healthy relationships if that is the way they were raised. We are looking for the warriors of family wellness – Raise your child to become one. Watch all children and they will tell you if we as a community are raising more of these warriors.

The Family Wellness Warrior's Initiative: 2001-2003 Overview

The purpose of the Family Wellness Warrior's Initiative is threefold:

- To encourage and promote family wellness utilizing Native strengths to counter all types of domestic violence, neglect, and abuse among the Alaska Native population.
- To enhance existing resources and develop new collaborations for addressing domestic violence, neglect, and abuse and assist those who are impacted.
- To encourage and strengthen Alaska Native family wellness

The purpose will be accomplished by working through the Native community, regional corporations, agencies, and providers. The program entails five distinct phases, briefly described below.

Phase I: Identify and Strengthen Village Resources

Phase I will identify resource individuals within each region, establish a network of helpers, and host gatherings. The objective is to coordinate and expand helper resources within each village to help all persons involved in, or fearful of, domestic violence, neglect, and abuse.

Phase II: Meetings of Providers and Advocates: Winter 2001

Phase II will involve meetings from organizations and agencies throughout Alaska that are either directly or indirectly involved in domestic violence, neglect, and abuse prevention, intervention, treatment or rehabilitation. The objective is to increase awareness of existing resources, network, and promote Alaskan Native concerns in ways that strengthen these resources.

Phase III: Statewide Alaska Federation of Natives Convention: Fall 2002

Through a gathering of Alaska Native delegates from across the state of Alaska, Southcentral Foundation and the Alaska Federation of Natives (AFN) are coordinating the theme for the 2002 AFN Convention to be

The Children's Summit. This theme will focus on addressing a variety of issues relating to Alaska Native children including mental health, physical health, and education.

*Phase IV: **

Phase V: Coordination of Resources and Distribution of Materials

Phase V will focus on producing materials reflecting the discussions from meeting with AFN and coordinating efforts of regional and community representatives. Regular meetings will be encouraged, to strengthen the coordination of ideas and resources between villages

*This phase will be completed by a faith based group

The CIRI nonprofits

ALASKA'S PEOPLE is a nonprofit employment service for Alaska Natives and Native Americans. Alaska's People was formed in 1996 through the combined efforts of CIRI, Peak Oilfield Service Co. and Cook Inlet Tribal Council to address the employment needs of the entire Native community and provide skilled employees for Alaskan companies.

THE CIRI FOUNDATION was established in 1982 to promote self-sufficiency and appreciation for culture and heritage among Alaska Natives.

COOK INLET HOUSING AUTHORITY has provided housing assistance to low-income Alaska Natives and Native Americans within the Cook Inlet region since 1974. The housing authority aims to plan and develop affordable housing programs that address the special needs of low-income families in order to promote self-sufficiency and alleviate homelessness for individuals living in the Cook Inlet region.

COOK INLET TRIBAL COUNCIL provides social, educational and employment services to Alaska Natives and Native Americans living in the Cook Inlet region. The council manages over 30 programs designed to enhance the cultural heritage and economic well-being of the Native community.

SOUTHCENTRAL FOUNDATION, the health arm of the CIRI nonprofit affiliates, opened its doors in 1982. Today the organization has grown to include 65 different health-related programs and employs over 800 people.

ALASKA NATIVE HERITAGE CENTER was created as a gathering place to share, celebrate and perpetuate Alaska Native tradition. The center provides an authentic, interactive experience, and serves as an educational facility, community center, cultural resource and visitor destination.

ALASKA NATIVE JUSTICE CENTER aims to serve the unmet needs of the Alaska Native community in the criminal and civil justice systems. The center works in four specific areas to implement change: advocacy, outreach, education and innovation.

KOAHNIC BROADCAST CORP. is a nonprofit, Alaska Native-owned and operated media center located in Anchorage. KNBA 90.3 is the country's first urban Native American public radio station, playing a mix of adult alternative and Native music.

Tribal Services

Traditional Healing

The intent of the Traditional Healing Program is to honor traditional Alaska Native and American Indian approaches to health, and to provide them in conjunction with services offered at the Alaska Native Medical Center. Examples of these practices include prayer, massage, songs, dance and consultations with Elders.

Tribal Initiatives

Program staff provides support for healthcare delivery to 55 villages through the Anchorage Service Unit. This includes the Village Services Management Team, which advises the Southcentral Foundation Board of Directors on all matters related to provision of village healthcare services.

Alaska Native Health Resource Advocate Office, Seattle

The Alaska Native health resource advocate provides information and referral services to Alaska Natives living in the Seattle area. Services include:

Information and Referral

- The advocate listens to needs and finds appropriate resources.
- The advocate has a database of over 6,400 resources, and is linked to a variety of programs within the community and regional offices.
- These resources are used to help clients in the areas of health, BIA enrollment and certificates of Indian blood, social services, education, employment, legal referrals, cultural and other programs and services.

Advocacy and Liaison

- Program staff acts as an advocate and liaison between clients and agencies such as: Social Security Administration, Job Service, Division of Social and Health Services, King County, State of Washington, and Seattle Housing Authority, among others.

Client Development

- Staff provides help with researching continuing or vocational education programs; finding assistance in the form of scholarships or grants; and help with enrollment.

Behavioral Services (continued)

Elder Program

Southcentral Foundation, in its effort to address its mission of working together with the Native Community to achieve wellness through health and related services, established the Elder Program in 1995. It is designed to provide a variety of services that assist Alaska Native Elders 55 years and older in the Anchorage area to gain access to health and social support services. The program is financed by two grants, Title III and Title VI, which allow it to run a daily lunch program and the following services: outreach, information and assistance, congregate meals, transportation, family support, chore service, telephoning, visitation, advocacy, interpretation/translation, shopping, and culturally relevant activities.

Head Start and Early Head Start

SCF administers Head Start and Early Head Start, both national programs that provide comprehensive child development services for low-income children, ages 3-5 (Head Start), and 6 weeks-3 years (Early Head Start), and their families. The goal of both programs is to help the children and their families achieve their full potential by providing health, nutrition, education, social and other services. Because of Southcentral Foundation's unique position as primary healthcare provider for Alaska Natives in Southcentral Alaska, the Head Start and Early Head Start programs coordinate with the Anchorage Native Primary Care Center and Alaska Native Medical Center to provide healthcare services for children at the centers.

Quyana Clubhouse

Quyana Clubhouse is a prevention-focused, work-oriented program for people who are experiencing severe, persistent mental illness. It incorporates clinical practices and structure with traditional Native ceremony to offer a nurturing environment focusing on peers, family and the community. The program's goal is to help members to achieve or regain self-confidence and skills necessary for a productive and socially fulfilling life.

Quyana Clubhouse helps reduce the number of individuals with psychiatric disorders entering the criminal justice system by providing such services as day treatment, vocational rehabilitation, anger management, social skills development, substance abuse treatment and work options. Currently, 13 staff members provide services to Clubhouse members 24 hours a day, seven days a week with the program divided into a day program and an assisted living program.

RAISE Program

The Raise program offers work and educational opportunities for Native youth, acquaints 14- to 18-year-olds with the work environment and gives them experience in health-related careers.

Prenatal Support Program

The Prenatal Support Program screens prenatal women to determine their risk level for fetal alcohol syndrome. Staff members offer case management, postpartum discharge, education and counseling.

Behavioral Services

The Pathway Home

The Pathway Home provides a substance abuse, behavioral, and mental health residential treatment program along with secondary education for youth ages 14-17. This unique program for Alaska's troubled youth includes a multi-disciplinary approach that focuses on achieving wellness in the context of responsible community living where accountability, vocational development, learning and leading others are principles of successful living. The new 36-bed facility in Anchorage includes a residential wing, full-size classrooms, computer lab and vocational training areas. While at The Pathway Home, teens will learn marketable vocational skills, and develop the maturity for a successful life.

Dena A Coy

• Residential Program

Dena A Coy is a comprehensive substance abuse and mental health treatment program designed to treat pregnant women who have addictions. The program is tailored to meet the individual needs of each woman and is designed for women to remain in treatment throughout the duration of their pregnancy, for 10 weeks postpartum and through completion of an aftercare program. Services include a wide range of educational classes and process groups combined with counseling and therapy to ensure the clients the opportunity to obtain their identified goals and needs.

• Transitional Support Program

The overall goal of the Transitional Support Program, the aftercare component of the Dena A Coy Residential Program, is to enhance the potential of program participants to progress to sober, independent living and return to the community as responsible and productive adults and parents. The Transitional Support Program has four components: Life Skills Case Management, Chemical Dependency Case Management, Mental Health Therapy, and Support Groups and Family Activities

Behavioral Health Services

Behavioral Health Services is a community mental health center that provides outpatient counseling to Native and non-Native people of all ages who are experiencing emotional problems. It offers a culturally based, client-centered model of care by combining the strength of traditional beliefs with contemporary clinical practices. The staff offers individual interactive, marital, family and group counseling in a culturally appropriate setting. Services include psychiatric treatment, clinical assessment, psychological testing and traditional healing practices. Group therapy also includes a women's group, adult female victims of domestic violence, adolescent anger management, child sexual abuse (for adolescent females), foster children, and dealing with depression.

Willa's Way

A component of the Behavioral Health Services program, Willa's Way provides temporary shelter for Alaska Native women who are not safe in their own homes. It offers a culturally appropriate alternative to the larger shelter system.

Trails

The Trails Programs are for seriously emotionally disturbed Alaska Native and non-Native 13- to 18-year-olds who are on formal or informal probation or whose behavior puts them at risk for any number of social consequences.

Medical Services (continued)

All of the following services offer patient education and/or counseling and are dedicated to helping people understand how they can participate in their overall health and wellness.

Car Seat Program

Southcentral Foundation furnishes standard convertible car seats for infants and toddlers up to 40 pounds, and provides proper car seat installation instructions via a certified technician.

Health Information Center

The Health Information Center is a place where clients can get health information on topics of their choice. The center offers access to reference books, newsletters, brochures, the Internet, and has staff available to help clients with their information needs.

Injury Prevention

The Injury Prevention program provides education and prevention strategies with a goal of reducing injuries and deaths among Alaska Natives and American Indians.

Nutrition Services

Southcentral Foundation dietitians offer nutrition education and counseling to individuals and groups. Appointments can be made on the same day or in advance.

Minority Organ and Tissue Transplant Education Program

This program, more commonly known as MOTTEP, focuses on reducing the number and rate of ethnic minority Americans needing organ and tissue transplants by raising public awareness through education and counseling.

Puppet Theater

Puppet Theater performances educate children on health and safety topics and disease prevention using Alaska Native stories and values.

Tobacco Education

Tobacco Education staff helps clients who wish to stop using tobacco and remain tobacco-free. The program offers individualized counseling and follow-up services. A weekly support group is also available. Appointments can be made on the same day or in advance.

Women's Health Education

Program staff furnishes education on a wide variety of women's health issues and promotes health and wellness among Alaska Native and American Indian women. Services include, but are not limited to, childbirth education, breast and cervical cancer awareness, and chronic disease prevention.

Medical Services (continued)

Home-Based Services

Through Pacific Home Health, Southcentral Foundation provides a variety of home-based services, which include acute care, chronic care, respite care and hospice. A personal-care attendant service is also available. Most of these require a referral from a healthcare provider.

Patient Advocates

The patient advocates work with patients to help them navigate the Alaska Native Medical Center system of care. In doing so, the advocates listen to concerns and comments and relay information to the appropriate person, who takes necessary actions. Several of the advocates are fluent in Yup'ik and assist Yup'ik-speaking patients by interpreting to staff.

Audiology

The Audiology Clinic offers comprehensive hearing evaluations, counseling and specialized procedures. In addition, hearing aid evaluations/fittings are performed using state-of-the-art technology. Services are offered in coordination with Ear, Nose and Throat Services.

Women's Wellness Program

This program is developing educational materials and programs related to the prevention of cancer, cardiovascular illness and other women's health-related problems. Of priority is improved access to cancer-prevention activities. Research on reducing cardiovascular risk in Alaska Native women is under way.

Maternal Child Health Programs

Maternal Child Health staff coordinates care of prenatal women living in Anchorage Service Unit communities. They offer direct care and education in villages, assess risk, and make referrals.

Nutaqsiivik

Nutaqsiivik provides intensive case management to certain families, mothers, infants and young children in home and clinic settings.

Optical Shop

Located in the Alaska Native Medical Center, the Optical Shop supplies eyeglasses, accessories and dispensing services for people who find the hospital location convenient. The shop offers quality vision products at affordable prices.

Social Services

Social Services are available through SCF social workers. The social workers coordinate services for patients and families by working closely with them and staff members.

Health Education

The Southcentral Foundation Health Education Department educates patients and staff, and is integrated into the primary healthcare system by working in conjunction with the patient, their families and the primary care provider. The program uses a culturally appropriate and interdisciplinary approach, focusing on wellness, prevention and treatment.

Medical Services

Family Medicine

The Family Medicine clinic offers a full spectrum of primary healthcare to residents of Anchorage and the villages of the Anchorage Service Unit. The physicians and mid-level practitioners at Family Medicine treat people of all ages. Case managers help coordinate urban and village care. They strive to become partners with the people they serve in order to promote health and wellness in the community by providing care that is based in continuity and relationship. Saturday and evening appointments are available.

Women's Health Clinic

The Women's Health Clinic provides surgical, consultative and pregnancy care, as well as many other women's health services. The staff includes a variety of healthcare professionals who are trained in women's health. This program helps support the entire Native health system in Alaska.

Children's Clinic

This clinic offers local primary healthcare and specialty consultative care for children. In addition to its staff of full-time pediatricians and pediatric nurse practitioners, the clinic brings in many pediatric specialists. The clinic emphasizes primary care based in community and relationship. Case management and coordination with statewide primary healthcare providers, parents and families are central to the care of the children.

Satellite Clinics

The Medical Services Department offers primary healthcare services to Alaska Native and American Indian residents of the Matanuska and Susitna valleys, located northeast and north of Anchorage, through contracts with several clinics in those areas. In addition, Southcentral Foundation operates, in conjunction with the Anchorage Neighborhood Health Center, a primary healthcare clinic in the Mountain View area of Anchorage for the convenience of the American Indian/Alaska Native beneficiaries who live there.

Mental Health

This full-service outpatient psychiatric clinic includes providers from several mental health disciplines. They offer confidential evaluation and treatment, including individual, couples, family and group therapies. Types of treatment include biofeedback, hypnosis, drug treatment, cognitive therapy, anger management and other forms of psychotherapy. Program staff also consults with Inpatient Services and the Emergency Room at Alaska Native Medical Center. On-call coverage for psychiatric emergencies is available 24 hours a day.

Pharmacy

SCF provides outpatient and village pharmacy services. The pharmacy in the Anchorage Native Primary Care Center offers a wide variety of consultative and dispensing services. The village pharmacy provides support for the rural-based system of healthcare.

Radiology

The Anchorage Native Primary Care Center offers radiology services, including ultrasound and mammography. For the most part, images are obtained in the digital format, allowing them to be viewed in multiple locations.

Laboratory

The Anchorage Native Primary Care Center houses a lab that is capable of providing most basic laboratory services. More specialized testing is available in the laboratory at Alaska Native Medical Center.

Urgent Care Center

Located in Alaska Native Medical Center's Emergency Room, this clinic accepts the people who go to the emergency room, but have less-critical needs. Staff consists primarily of mid-level providers who emphasize quick encounters with referrals to other clinics when necessary.

Background and Philosophy

Southcentral Foundation was established in 1982 as a tax-exempt regional health corporation under the tribal authority of Cook Inlet Region Inc., more commonly known as CIRI. The purpose of the foundation is improve the health and well-being of Alaska Natives and American Indians by developing and implementing comprehensive health-related services that meet changing needs, enhance culture, and empower individuals and families to take charge of their lives. Currently, Southcentral Foundation's user population numbers between 25,000 and 30,000 Natives and their family members. SCF is one of several nonprofit corporations established by CIRI to enhance the health, educational, cultural and social welfare of its Alaska Native beneficiaries. Based in Anchorage, Southcentral employs over 800 people with a recurring annual budget of \$100 million.

Southcentral Foundation's federally mandated quest to take over administration of programs for Natives within its geographic area dates back to the mid-1980s. Despite the legislation's clear intent, SCF met with significant resistance to its efforts to assume management of programs for Alaska Natives and American Indians. Through persistence and resourcefulness, the foundation has become one of the largest healthcare providers in Alaska.

SCF's first Public Law-638 contract with the Alaska Area Native Health Service began in 1984, and included contracting to provide dentistry, optometry, community health representative and injury control services. A funding request to provide substance abuse treatment service was added in 1987.

Gradually, SCF increased its contracting capacity within the Anchorage Service Unit so that by late 1994 it was administering nearly half the primary care services for Natives within the service unit's boundaries. In 1998, SCF obtained ownership and management of programs located in the Primary Care Center at the Alaska Native Medical Center, which serves the entire Native population of the state - an estimated 110,000 people. Since then, SCF has instituted profound changes in the philosophy, structure and delivery of the direct services proffered to our customers/owners.

In January 1999, SCF and the Alaska Native Tribal Health Consortium signed an agreement to take over management of all Indian Health Service programs on the Alaska Native Health Campus, location of the Alaska Native Medical Center, Anchorage Native Primary Care Center, SCF's main administration building and several other facilities.

Since assuming management, SCF has instituted significant philosophical and other changes in the design and administration of these programs. It is not an exaggeration to say that the foundation has instituted a total system-wide transformation of care, increasing not only the quality and adaptability of programs but - more importantly - the accountability of providers and patients alike. For perhaps the first time in history, Native people are taking charge of designing and delivering their healthcare - not only for themselves, but for their children, parents and other family members.

Specific examples are too many to mention. However, some general observations can be made. One is the implementation of the Access to Care philosophy. Patients - whether Native or non-Native - want access to their provider when they need it, not days or weeks later. At the Anchorage Native Primary Care Center, which SCF now owns, over 18,500 clients have been empaneled to a primary care physician. The Access to Care philosophy mandates that primary care providers espouse the philosophy of "doing all of today's work today." This concept, coupled with reserving half of the physician's schedule each day for same-day appointments, ensures that patients receive appointments with their primary care provider on a same-day basis - an achievement of which any health-care provider could be proud.

Southcentral Foundation also has instituted an unwavering customer focus to help identify weak spots in delivery. Continued feedback and accountability are used to monitor the patient/customer experience. A Patient Resource Center is currently under development, and will operate in concert with the patient advocate system within the hospital. In short, Southcentral Foundation has embraced the philosophy that our patients are our families, co-workers and friends who deserve the highest quality care possible.

Southcentral Foundation

KEVIN L. GOTTLIEB, DDS
Vice President
Chief of Staff



4501 Diplomacy Drive
Anchorage, Alaska 99508
e-mail: kgottlieb@citci.com

Main: (907) 729-4955
Fax: (907) 729-5000
Statewide Only: (800) 478-3343

Southcentral Foundation

LEANNDR A BERGERON, MPH
Special Assistant



4501 Diplomacy Drive
Anchorage, Alaska 99508
E-mail: lpbergeron@anmc.org

Phone: (907) 729-5097
Fax: (907) 729-5000
Cell: (907) 227-4365

Southcentral Foundation

KATHERINE GOTTLIEB, MBA
President/CEO



4501 Diplomacy Drive
Anchorage, Alaska 99508
E-mail: katherineg@citci.com

Main: (907) 729-4955
Statewide Only: (800) 478-3343
Fax: (907) 729-5009

Southcentral Foundation

ROLF A. DAGG, MBA
Special Assistant



4501 Diplomacy Drive
Anchorage, Alaska 99508
E-mail: rdagg@citci.com

Direct: (907) 729-4901
Cell: (907) 230-2558
Fax: (907) 729-5000