

NOVEMBER 8-9, 2022

# THRIVE SUMMIT

Supporting a safer, trauma informed  
and equitable Southern Southeast Alaska



REVILLA ISLAND  
RESILIENCE  
INITIATIVE



*Ketchikan*  
INDIAN COMMUNITY



Alaska's Council on  
Domestic Violence  
& Sexual Assault

# Day 1: Tuesday November 8

Time	Description & Presenter(s)
8:00-8:30	<p align="center"><b>Registration, Sign In and Snacks</b> Lobby</p>
8:30-9:00	<p align="center"><b>Opening Reception, welcome &amp; land acknowledgement</b> Gloria Burns, Ketchikan Indian Community &amp; KIC Victim Services</p>
9:00-10:15	<p align="center"><b>Opening Plenary: Transforming Stress &amp; Trauma</b> <i>Dr. Linda Chamberlain, Ph.D, MPH</i></p>
10:15-10:30	<p align="center"><b>Break</b></p>
10:30-11:30	<p align="center"><b>Workshop 1</b></p> <p><b><i>Befriending our Nervous System: Ten Tools to Reset, Connect and Restore</i></b> Dr. Linda Chamberlain <i>Alva Bay</i></p> <p><b><i>Federal Crimes Against Children</i></b> <i>Erin Terry, FBI Victim Specialist &amp; Special Agent Jolene Goeden</i> <i>Neets Bay</i></p> <p><b><i>The Importance of Anti-Oppression Work within Recovery Oriented Services</i></b> Christina Love, Sr. Specialist Alaska Network on Domestic Violence and Sexual Assault <i>Naha Bay</i></p>
11:30-12:30	<p align="center"><b>Lunch Break (served in Lobby)</b> "Taste of Alaska" catered by Cape Fox Lodge Sponsored by Ketchikan Indian Community Tribal Council &amp; KIC Victim Services Door prize drawings courtesy of Residential Youth Care</p>
12:30-1:30	<p align="center"><b>Workshop 2</b></p> <p><b><i>Task Force Introductions - Internet Crimes Against Children and Human Trafficking</i></b> Sgt. Aaron Whitt, Anchorage Police Department <i>Alva Bay</i></p> <p><b><i>Understanding the Nexus of Violence and Science of Addiction</i></b> Christina Love, Sr. Specialist Alaska Network on Domestic Violence and Sexual Assault <i>Naha Bay</i></p> <p><b><i>Domestic Violence 101</i></b> Riley Boss, Ketchikan Indian Community Victim Services Department <i>Neets Bay</i></p>

# Day 1: Tuesday November 8

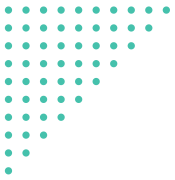
1:30-2:00	<b>Break</b>
2:00-3:00	<p style="text-align: center;"><b>Workshop 3</b></p> <p><b><i>Recovery and Healing are Always Possible: NO MATTER WHAT!</i></b> <b><i>(Special Time- 1:45 to 2:45 PM)</i></b> Christina Love, Sr. Specialist Alaska Network on Domestic Violence &amp; Sexual Assault Alva Bay</p> <p><b><i>Ketchikan Victimization Survey: Process and Findings</i></b> Dr. Ali Ziegler University of Alaska, Arika Paquette, MPH &amp; JD Martin WISH Neets Bay</p> <p><b><i>Advocacy and Law Enforcement: Creating a working relationship that serves the best interests of our clients and communities</i></b> Rebecca Hamon, Alaska Police Standards Council (APSC) Lobby</p> <p><b><i>Culture as a Protective Factor</i></b> Tiana Teter, Alaska Native Womens Resource Center Naha Bay</p>
3:00-3:15	<b>Break</b>
3:15-4:30	<p style="text-align: center;"><b>Closing Plenary:</b> <b><i>Why Body-Based Meditation is an Essential Tool for Primary and Secondary Trauma</i></b> Dr. Linda Chamberlain, Ph.D, MPH</p>

# Day 2: Wednesday November 9

Time	Description & Presenter(s)
8:00-8:30	<p align="center"><b>Registration, Sign In and Snacks</b> Lobby</p>
8:30-9:00	<p align="center"><b>Opening reception, welcome &amp; land acknowledgement</b> Dustin Larna, Residential Youth Care</p>
9:00-10:15	<p align="center"><i>Opening Plenary:</i> <b>An Indigenous Connectedness Framework for Child &amp; Collective Wellbeing</b> Dr. Jessica Saniguq Ullrich</p>
10:15-10:30	<p align="center"><b>Break</b></p>
10:30-11:30	<p align="center"><b>Workshop 1</b></p> <p><b>Turning the Tide: Preventing Compassion Fatigue and Vicarious Trauma</b> Dr. Linda Chamberlain Alva Bay</p> <p><b>Community Cafe on Child and Collective Wellbeing: Gaps and needs in Southern Southeast Alaska</b> <i>Hosted by: Jessica Saniguq Ullrich, Kim Guay, Charity Carmody, and WISH</i> Naha Bay</p> <p><b>Federal Crimes Against Children</b> Erin Terry, FBI Victim Specialist &amp; Special Agent Jolene Goeden Neets Bay</p>
11:30-12:30	<p align="center"><b>Lunch (Served in Lobby)</b> "Taste of Washington" catered by Cape Fox Lodge Sponsored by Residential Youth Care Door prize drawings courtesy of Residential Youth Care</p>
12:30-1:30	<p align="center"><b>Workshop 2</b></p> <p><b>Ethics for Victim Services</b> Erin Terry, FBI Victim Specialist Alva Bay</p> <p><b>History &amp; Hope: Understanding ACE's Impact on Health &amp; Development (part 1 of 2)</b> Arika Paquette, MPH, Community Services Director WISH Naha Bay</p>

# Day 2: Wednesday November 9

<p>12:30-1:30</p>	<p style="text-align: center;"><b>Workshop 2 Continued</b></p> <p><b>Alaska Impact Alliance and Child Welfare in Alaska</b>  <i>Kim Guay, MSW Director of OCS and Dr. Charity Carmody, MBA, Alaska Impact Alliance Lobby</i></p> <p><b>LGBTQ+ Terms and Identities</b>  <i>JD Martin, Prevention &amp; Education Coordinator, WISH Neets Bay</i></p>
<p>1:30-2:00</p>	<p style="text-align: center;"><b>Break</b></p>
<p>2:00-3:00</p>	<p style="text-align: center;"><b>Workshop 3</b></p> <p><b>Culture as a Protective Factor</b>  <i>Tiana Teter, Alaska Native Women's Resource Center Alva Bay</i></p> <p><b>History &amp; Hope: Understanding ACE's Impact on Health &amp; Development (part 2 of 2)</b>  <i>Arika Paquette, MPH, Community Services Director WISH Naha Bay</i></p> <p><b>Common Youth Mental Health Concerns</b>  <i>Samantha Funk, LPC, Women in Safe Homes Neets Bay</i></p>
<p>3:00-3:15</p>	<p style="text-align: center;"><b>Break</b></p>
<p>3:15-4:15</p>	<p style="text-align: center;"><b>Workshop 4</b></p> <p><b>Psychological Impacts of Trauma</b>  <i>Erin Terry, FBI Victim Specialist Alva Bay</i></p> <p><b>Concepts, Categories and Mental Shortcuts: How Bias Impacts Decision Making</b>  <i>Dr. Ali Ziegler, Associate Professor of Psychology, University of Alaska Neets Bay</i></p> <p><b>Transforming the Way we Empower Young People in Ketchikan</b>  <i>Kristin Van der Geer, Residential Youth Care Naha Bay</i></p> <p><b>Red Watch Alcohol Bystander Intervention</b>  <i>Ketchikan Indian Community Behavioral Health</i>  <i>**This presentation is funded by KIC Department of Behavioral Health**</i></p>



# Meet our Keynote Speakers



## **Dr. Linda Chamberlain, MPH**

Scientist, author, and founder of the Alaska Family Violence Prevention Project, Dr. Linda Chamberlain has worked in the field of brain development, stress, and trauma for over two decades. Known for her abilities to translate science into practical strategies with diverse audiences, she is an internationally recognized keynote speaker who conveys a message of hope and empowerment. Her current focus is on brain-body practices that work top-down and bottom-up to address how stress and trauma are stored in the body. A trainer with Capacitar, an

international network for transforming trauma, she shares a wide range of simple tools that use the breath, mindful movement, meditation, and polyvagal-informed strategies to promote resilience, self-regulation, and healing. Dr. Chamberlain taught for the University of Alaska and earned public health degrees from Yale School of Medicine and Johns Hopkins Bloomberg School of Public Health. She is the author of the Amazing Brain Series, a nationally acclaimed resource on healthy brain development and several national curricula on trauma. Recognition for her work includes a Scientist Scholar with the Fulbright Arctic Initiative, a National Kellogg Leadership Fellowship, an Alaska Women of Achievement Award, and the Inaugural Scattergood Foundation Scholar on Child Behavioral Health.



# Meet our Keynote Speakers



## **Jessica Sanig'aq Ullrich, MSW, PHD**

Jessica Sanig'aq Ullrich is an Inupiaq scholar, a tribal citizen of Nome Eskimo Community and a descendant of the Native Village of Wales. Jessica worked in the Alaska child welfare system as a frontline family services worker, ICWA Specialist, and developed and supervised the first Alaska Native family services unit in the state before becoming a child welfare trainer.

Jessica's passion and drive has been to end the disproportionate number of Alaska Native children removed from their families and community. Jessica's dissertation research from 2019-2020 focused on the development of an

Indigenous Connectedness Framework for child and collective wellbeing that was guided by 25 knowledge bearers of Alaska Native child welfare. Now as an Assistant Professor at the University of Alaska Anchorage in the School of Social Work, she focuses on the promotion of connectedness, wellbeing, relational healing, as well as social and environmental justice. Jessica is currently engaged in efforts that involve digital storytelling with Alaska Native youth on documenting community strengths; culturally based intervention development for her Tribe; Tribal child wellbeing and prevention efforts; authentic youth engagement in child welfare; language revitalization and connectedness for systems change. Storytelling through research, education, and authorship is central to her work.



# Meet our Presenters



## **Dr. Charity Carmody, MBA Alaska Impact Alliance**

Dr. Charity Carmody is a fourth-generation Alaskan. She and her husband, Kris, have been married for 28 years, and have four grown children and three grandchildren. Charity became a foster parent at the age of 21. Charity has been in finance and insurance since starting her career in 1994 at Smith Barney. She started her own company, Carmody Insurance Agency in 2007. Her agency is now located in South Anchorage and still going strong, giving jobs and resources to the community. Charity founded Beacon Hill in 2009, a child welfare nonprofit

that operates statewide in Alaska. Beacon Hill has a foster care prevention program called Safe Families for Children Alaska; it also operates two family support centers that host family visits and provide mentorship. Beacon Hill also manages the Heart Gallery of Alaska, which recruits adoptive homes for children in foster care that are legally free for adoption and are waiting for a forever family. In 2017 Beacon Hill opened a thrift store whose profits fund the organization's operating expenses. Charity acted as the volunteer Executive Director until 2018 and officially stepped off the Board of Directors in 2021. Charity and her husband Kris started a consulting company in 2019 called Beautiful Step LLC. They provide organization and leadership consulting, teach classes, and host a relationship podcast. Charity began consulting for the State of Alaska on child welfare prevention strategies in 2021, and now facilitates the Alaska Impact Alliance. The Alaska Impact Alliance is a large group of child welfare practitioners actively building a statewide community-led prevention network that reduces the need for child protective services interventions. Charity has a BA in Business and MBA from Alaska Pacific University where she now teaches as an adjunct business professor. She received her Doctorate in Law and Policy from Northeastern University in Boston.





# Meet our Presenters



## **Kim Guay, MSW, Director Office of Children's Services**

Kim has over 22 years of child welfare experience starting in frontline case work, then moving into managerial and executive child welfare roles. Kim is currently the Director of the Office of Children's Services and is known as a steadfast advocate for child safety, not just in her role as the Director of the Alaska's Office of Children's Services, but also as Chair of the Children's Justice Task Force. Kim completed a Bachelor of Science in Criminal Justice from the University of Nevada- Reno in 1995, and completed her Masters in Social from

Portland State University in 2018. Unique to the State of Alaska, Director Guay has been on the forefront of consulting with, developing, and negotiating government to government relations with Tribal partners through the Alaska Tribal Child Welfare Compact. She believes in working collaboratively to achieve the best outcomes for Alaska's children and families. Director Guay is an active member of the Court Improvement Project and an active member of the Alaska Impact Alliance, knowing that addressing and focusing on systemic prevention improvements benefit those in the community we are here to serve.

If asked what she loves most about the work she does, she will tell you that its working to improve the lives of people through community and social connections.



# Meet our Presenters



## **Arika Paquette, MPH, WISH Community Services Director**

Arika Paquette (she/her or they/them) is the Community Services Director for Women In Safe Homes in Ketchikan, AK where she has been employed since 2015. Arika received a Bachelors of Liberal Arts with an emphasis in psychology and sociology from the University of Alaska Southeast in 2014, and a Master of Public Health from University of Alaska Anchorage in 2021. In her position with WISH, Arika supports the creation of community-based programs and works to create change through systems advocacy

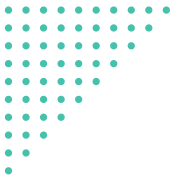
and service integration. Arika is grateful to be able to work every day to make her community a more equitable and safe place for all who live here. In her free time, she enjoys powerlifting, coaching youth soccer, and exploring Southeast Alaska while commercial fishing with their three young children and partner.



## **Christina Love, Sr Specialist, ANDVSA**

Christina Love is an Alutiiq/Sugpiaq woman (she/her/mom) from Egegik village who was raised in Chitina, Alaska. Christina is a consultant, Recovery Coach and civil and human rights activist. Christina has dedicated her work and energy to systems change for target and marginalized populations. She is a

formerly incarcerated person in long term recovery who currently works as a Specialist for the Alaska Network on Domestic Violence and Sexual Assault (ANDVSA), the state's coalition of domestic and sexual violence programs. Christina's role focuses on intersectionality with an emphasis on trauma. Christina is part of a collective movements that works to end violence, oppression, shame, and stigma through the liberation of education, community healing, and storytelling.



# Meet our Presenters



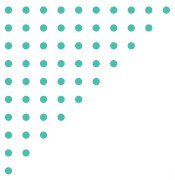
## **JD Martin, Prevention Coordinator & Ketchikan Pride Alliance President**

JD Martin (she/her) is the President of the Ketchikan Pride Alliance and the Prevention and Education Coordinator at WISH. She's been working in WISH's Prevention and Education Department for five years, and serving on KPA's board for two, having only recently been elected president. She has a background in sociology, and is passionate about violence prevention. She identifies as queer, and has spent the past two years helping KPA expand its services within the community.



## **Dr. Ali Ziegler, PHD, University of Alaska Southeast**

Dr. Ali Ziegler (she/her or they/them) is an Associate Professor of Psychology at the University of Alaska Southeast Ketchikan. In this position, Ali teaches and does research on a number of topics related to gender, sexuality, intimate relationships, and bodies. Ali received her joint PhD in psychology and women's studies from the University of Michigan in 2014. In her free time, Ali enjoys spending time outdoors with her family - hiking, running, fishing, and just generally soaking up any of the sunshine that we get in SE AK.



# Meet our Presenters



## **Erin Terry, MA, FBI Victim Specialist**

Erin Terry, MA holds a master's degree in Psychology and has worked in the victim services field for two decades and in Alaska since 2006. Erin worked as a child forensic interviewer, shelter and crisis responder, NGO administrator, systems advocate, consultant and trainer. As a Victim Specialist, Erin assists victims of domestic and international federal crimes, with a strong focus on crimes

against children, human trafficking, and domestic terrorism. Erin facilitates the Alaska Victim Assistance Partnership (AVAP) working group and leads the development of the AVAP Toolkit.



## **Jolene Goeden, Sr. Investigator, FBI**

Jolene is the senior investigator for the FBI Anchorage Field Office Crimes against Children and Human Trafficking programs. Jolene earned her Bachelor's Degree in Psychology and Sociology from Beloit College and her Master's Degree in Forensic Psychology from John Jay College of Criminal Justice in New York. Following college, Jolene worked in the mental health field and conducted therapy with convicted sex offenders in a

state prison and hospital setting for eight years. Since joining the FBI in 2004, she has been assigned to the FBI Anchorage's Crimes Against Children and Human Trafficking Task Force and Jolene has investigated hundreds of human trafficking and crimes against children cases. Jolene has also conducted numerous trainings and outreach in these areas for partner law enforcement agencies, community groups, and international organizations.



# Meet our Presenters



## **Tiana Teter, Alaska Native Womens Resource Center**

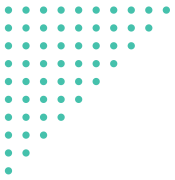
Tiana Teter is Koyukon Athabascan and currently resides in Fairbanks, Alaska with her two children. Her maternal family is from Huslia, Alaska, and her paternal family is from Rampart, Tanana and Manley Hotsprings. Her education includes an associates degree in Human Services with a concentration in addictions counseling, and a bachelors degree in Social Work. She is currently pursuing a masters degree in Social Work. Tiana has spent her professional career working with children and youth who

have experienced trauma, working with victims/survivors of domestic violence and/or sexual assault and assisting tribal communities in building resiliency through culture.



## **Sgt. Aaron Whitt, Anchorage Police**

Aaron Whitt is a Sworn Police Officer employed by the Municipality of Anchorage for 24 years. He is currently a Sergeant assigned as the supervisor in the Detective Division of the Anchorage Police Department Cyber Crimes Unit. His assignment entails overseeing investigations related to the manufacturing, possession, and distribution of child pornography and the online enticement of minors. He also serves as the Task Force Administrator for both the Internet Crimes Against Children (ICAC) Task force as well as the Human Trafficking Task Force (Human).



# Meet our Presenters



## **Rebecca Hamon, Alaska Police Standards Council**

Rebecca Hamon is a 24 year resident of King Salmon, a village in the Bristol Bay region, where she lives with her husband and has raised her two children to adulthood. For 18 of those years, she has worked for Safe and Fear Free Environment, Inc. as a legal and village advocate, serving victims of domestic violence and sexual assault in the Bristol Bay and Lake and Peninsula Boroughs. Rebecca was appointed as a public member on the Alaska Police Standards Council (APSC) by Alaska Governor Sean Parnell in 2011. She has been reappointed by two consecutive governors since then, and was elected APSC Chair 2020.

Although she was born and raised elsewhere, Rebecca has grown to love the Bristol Bay region and its people, and feels a sense of home there that she had never experienced in life before. Rebecca is an enthusiastic believer in recovery, healing and wellness through crafting, art and subsistence activities. She finds daily joy in practicing and sharing these skills and acquiring new skills at every opportunity. Rebecca believes strongly that all people, in every stage of life and experience, are worthy of unconditional love, understanding and a helping hand.



## **Kristen Van De Geer, Residential Youth Care**

Originally from a small town in Massachusetts, Kristen is an experienced educator who has spent most of her career with young people of all ages on soccer fields, ropes courses, hiking trails, in classrooms, and on international adventures. She freely shares her passion for youth advocacy, is eager to learn from others' diverse experiences, and is thrilled to be the Project Manager for the SeaLevel Youth Center Project. In her free time you can find her crocheting stuffed animals, snuggling her Maine coon kitties, video chatting with her siblings, and cooking new recipes with her husband.



# Meet our Presenters



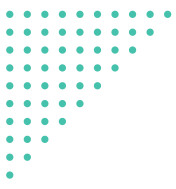
## **Samantha Funk, LPC, Women In Safe Homes**

Samantha Funk, LPC-S is a lifelong Ketchikan resident currently working for Women In Safe Homes. She has been working with youth for nearly a decade providing individual, group, and family therapy first to youth in residential treatment and now as part of the school-based mental health support system for the secondary schools.



## **Riley Boss, Ketchikan Indian Community Victim Services Case Manager**

Born on N'dakinna (New Hampshire) in the traditional homelands of the Abenaki Nation, Riley Boss is a Victim Services Case Manager at Ketchikan Indian Community. She currently resides on Tlingit Anni, stewarded by the Tanta Kwaan. In 2019, Riley graduated from the University of New Hampshire with a Bachelors of Arts in Anthropology and minored in Forensic Sciences. Originally on the path of Marine Science, Riley's interests took a sharp turn into the archaeological field and eventually she spiraled into the world of restorative justice and the anthropology of violence. She went on to serve as an AmeriCorps Victim Assistant at the YWCA New Hampshire to get her boots on the ground and into the trenches. Her passion for helping survivors of violent crime was ignited. Riley moved to Ketchikan in October 2020 where she saw opportunity to use her experience to find ways to help with the Missing and Murdered Indigenous Peoples crisis in the Northwest. As a teenager, Riley worked as a Pyrotechnician, blowing up fireworks for weddings and holidays. She is absolutely honored to have been invited to present on introductory Domestic Violence for the Thrive Summit 2022.



# Presentation Descriptions

## **Turning the Tide: Preventing Compassion Fatigue & Vicarious Trauma**

**Dr. Linda Chamberlain**

Having a prevention plan for compassion fatigue and vicarious trauma is the cornerstone of trauma-informed practices. The effects of compassion fatigue often go unrecognized. Compassion fatigue and vicarious trauma are predictable and preventable occupational hazards when we are exposed to the suffering of others. Unaddressed, these issues affect our work, relationships and health, leading to systemic dysfunction in an organization. Participants will learn to identify the warning signs of compassion fatigue and vicarious trauma at both the personal and organizational level. Best practices for self-care and organizational response will be highlighted along with strategies to nurture vicarious resilience.

### **Learning Objectives**

- Describe compassion fatigue and vicarious trauma.
- List three warning signs of vicarious trauma for an individual and three warning signs at the organizational level.
- Identify two resources that would be useful in addressing compassion fatigue and vicarious trauma in your organization.
- Describe two strategies that you can use in your work/organization to promote vicarious resilience.

## **Transforming Stress and Trauma**

**Dr. Linda Chamberlain**

Too much stress, for too long, can be toxic to our health and well-being. Living with collective trauma, in addition to personal adversities, can overwhelm the nervous system. Everyone needs effective resiliency skills to address how stress and trauma are stored in the body. We begin by examining the effects of unaddressed stress on the brain and body. Recent research supports the wisdom of traditional practices as well as new strategies that work from the bottom-up with the body and the top-down with the brain to engage our innate capacity to thrive through hard times. Participants will follow the trail of science to understand why practices that engage the body-brain are essential for healing and well-being. Linda will share strategies for children, youth and adults as she invites your body and brain to discover its own resilience.

### **Learning Objectives:**

- Describe how the brain, body and nervous system respond to stress.
- Explain why strategies that work from the top-down and the bottom-up are both needed to effectively address how stress and trauma are stored in the body.
- List two resources that can be used in your organization to build resilience, manage stress and transform trauma.





# Presentation Descriptions

## **Why Body-Based Meditation is an Essential Tool for Primary & Secondary Trauma**

**Dr. Linda Chamberlain**

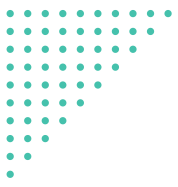
Body-based meditation works with a range of tools including body scans, the breath, recognizing feelings and emotions as sensation in the body, and deep relaxation practices. These tools are increasingly part of evidence-based interventions for trauma. Programs to prevent vicarious trauma, in a wide range of settings including hospitals, war zones, the armed forces, and the military, use body-based meditation to work effectively with the nervous system and address how stress is stored in the body. This skill-based workshop blends science with micro-practices to experience how simple tools for body-based meditation can be integrated into daily living. You will learn about the iRest (Integrative Restoration) Protocol, a body-based meditation that has been developed and evaluated with the U.S. Armed Forces. Other practices and tools that can be adapted for children and teens will be highlighted. You will receive audio recordings for home practice.

### **Learning Objectives:**

- Explain why mindfulness practices are considered essential for neurological repair relative to brain changes associated with early childhood adversities.
- Provide two examples of body-based meditation practices/tools.
- List two open access resources to support your personal practice and/or sharing these tools with clients.

## **Task Force Introductions-Internet Crimes Against Children & Human Trafficking** **Sgt. Aaron Whitt, Anchorage Police Department**

The National Internet Crimes Against Children (ICAC) Task Force Program, consists of state and local law enforcement task forces dedicated to developing effective responses to online enticement of children by sexual predators, child exploitation, and child obscenity and pornography cases. The Anchorage Police Department has been at the forefront of aggressively investigating and prosecuting manufacturers, distributors and consumers of child pornography. As the largest law enforcement agency in the state, the Anchorage Police Department continues to provide leadership and guidance to 26 affiliate agencies in investigating technology based crimes against children.



# Presentation Descriptions

## **Understanding the Nexus of Violence and Science of Addiction**

**Christina Love, Sr. Specialist, Alaska Network on Domestic Violence & Sexual Assault**

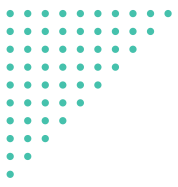
Many people do not understand why or how people become addicted. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their use simply by choice. Studies of trauma and substance use show a strong association between the two.

Drug addiction is a complex issue, and access to resources takes more than good intentions or a strong will. Drugs change the brain in ways that makes addiction an equity issue. Fortunately, researchers know more than ever about how drugs affect the brain.

Many people do not understand why or how other people become addicted to drugs. They may mistakenly think that those who use drugs lack moral principles or willpower and that they could stop their drug use simply by choosing to do so. In reality, drug addiction is a complex issue, and quitting usually takes more than good intentions or a strong will. Studies of interpersonal trauma and substance use show a strong association between the two. Drugs change the brain in ways that make quitting hard, even for those who want to quit. Fortunately, researchers know more than ever about how drugs affect the brain.

### **Learning Objectives:**

- Participants will learn the science of trauma and addiction.
- Understanding of why substance use disorders are a disease of the brain as well as a disability.
- Learn about the cycles and stages of addiction and explore addiction as an issue of disparity.
- Identify pathways of recovery.



# Presentation Descriptions

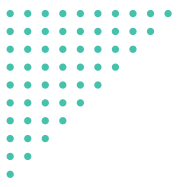
## **Recovery and Healing are Always Possible: NO MATTER WHAT!**

### **Christina Love, Sr. Specialist, Alaska Network on Domestic Violence & Sexual Assault**

Christina Love learned to keep a lifetime of violence a secret for over two decades. Like many survivors, she turned to alcohol and drugs as a way to cope with trauma. As an adult Christina experienced homelessness. She found herself a shell of the human she once was and unable to recognize her reflection in the mirror. She was often denied access to the services that were designed to help. This form of systemic abuse not only retraumatized her but was its own trauma. Through the art and tradition of storytelling, Christina Love will recall harmful events as a child and adult. She will also tell stories of what services, practices, and words empowered healing and hope. Christina will weave together each of the previous topics, that include: the importance of understanding how our history of violence has laid the groundwork for the injustices we see today, the multiple layers of trauma that each survivor can experience, the intersection of substance use and trauma, the liberation of education and the power of community and connection. Christina wants the world to know that recovery and healing are possible “NO MATTER WHAT” and that each life is worthy of our time and efforts!

### **Learning Objectives:**

- Participants will better understand how the history of violence has laid the groundwork for the injustices we see today.
- Participants will better understand the multiple layers of trauma that each survivor can experience.
- Participants will better understand the intersection of substance use and trauma.
- Participants will better understand the liberation of education and the power of community and connection.



# Presentation Descriptions

## **The Importance of Anti-Oppression Work Within Recovery-Oriented Services**

**Christina Love, Sr. Specialist, Alaska Network on Domestic Violence & Sexual Assault**

We know that trauma is the underlying cause of many experiences of mental health and substance use concerns. These topics help us to better understand the prevalence of individual, historical, generational, and community trauma and the connection that trauma has with health disparities like mental health & substance use. This information will guide us to understand the role that justice and anti-oppression work plays for every supervisor and service provider.

## **An Indigenous Connectedness Framework for Child and Collective Wellbeing**

**Dr. Jessica Sanig'ug Ullrich, MSW, PHD**

Overview of research focused on Indigenous child wellbeing. There were 25 self-identified Alaska Native foster care alumni, relative caregivers and foster parents who provided their knowledge, stories, and experiences of what child well-being is and should be in order to improve outcomes for Alaska Native children within child welfare. An Indigenous Connectedness Framework was updated as a result of this study and information will be shared about how the use of this framework could inform policy, practice and systemic change.

## **Federal Crimes Against Children**

**Erin Terry, FBI Victim Specialist & Special Agent Jolene Goeden**

This presentation will provide an overview of various federal crimes against children to include international parental kidnapping, sextortion, sexual abuse images of children, exploitation, commercial sexual exploitation of minors as referred to as child sex trafficking. Information on how these cases are investigated and who to contact if a crime is suspected will be shared.



# Presentation Descriptions

## **Ethics for Victim Services**

**Erin Terry, FBI Victim Specialist**

This presentation explores the practical implementation of victim services through the lens of communication, opportunity, boundaries, and professionalism. Victim's rights and vicarious trauma are also discussed.

## **Psychological Impacts of Trauma**

**Erin Terry, FBI Victim Specialist**

This presentation offers an overview of how the social, emotional, and physical body are impacted by trauma. How trauma affects brain function and practical methods used to treat trauma will be reviewed.

## **Culture as a Protective Factor**

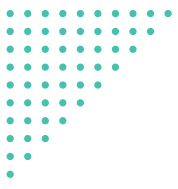
**Tiana Teter, Alaska Womens Resource Center**

Culture is Our Best Protective Factor and Healing Practice is a belief system that addresses regionalized forms of communication that can become a barrier to accessing services, while also discussing culture as a whole as being a protective factor that assists in healing from trauma. Many areas of Alaska are lucky enough to have their Native language as their first language. This gives them insight into their culture that a non-Native-language speaker lacks. Our languages and cultures are complex and have protected us for centuries. When we begin to look at them in this light, we can begin to use them as a healing practice with the resilience our ancestors instilled in us.

## **Categories, Concepts, and Other Mental Shortcuts**

**Ali Ziegler, PHD, Assistant Professor of Psychology, UASE**

This training covers some of the different ways our brain works to process information and some potential pitfalls of these processes. Specifically, we will look at how some of our mental shortcuts may do us a disservice when interacting with others as they may set us up to engage in bias, stereotyping and discrimination.



# Presentation Descriptions

## **History and Hope: An Alaska Specific training on Adverse and Positive Childhood Experiences (ACEs and PCEs)**

**Arika Paquette, MPH, Community Services Director, WISH**

Bringing together the science of trauma and resilience, Alaska Native ancestral knowledge, and healing exercises, History & Hope outlines the impact of ACEs across the lifespan from prenatal development to adulthood and introduces how trauma-informed approaches can help shift our most pressing health and social problems.

## **LGBTQ+ Terms and Identities**

**JD Martin, Prevention and Education Coordinator, WISH**

In partnership with the Ketchikan Pride Alliance, WISH has developed a training to help people better understand LGBTQ+ terms and identities. This training covers the difference between sex and gender; gender identity and gender expression; and explains many different sexual and romantic orientations.

## **Ketchikan Victimization Survey**

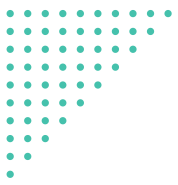
**Dr. Ali Ziegler UASE, Arika Paquette & JD Martin WISH**

In 2018, WISH and UAS Ketchikan partnered to collect information on the frequency of violence in the community and what types of physical, emotional, and coercive tactics are experienced by adult victims of violence of all genders. Join us to review the process and findings of this survey and discuss how this can inform violence prevention and intervention in Ketchikan.

## **Domestic Violence 101**

**Ketchikan Indian Community Victim Services Department**

An introductory overview of what power and control is and how violence impacts victims, the community, and society. This presentation involves discussion of the different types of violence someone can experience in a relationship as well as how these actions can later result in life threatening injury or homicide. We talk about the disparities between gender-based violence, cracks in the justice system for survivors, and how reporting presents challenges.



# Presentation Descriptions

## **Common Youth Mental Health Concerns**

### **Samantha Funk, LPC, Women in Safe Homes**

This presentation will go over some of the common mental health concerns facing teenagers today. This presentation will give a basic overview of symptoms commonly associated with anxiety, depression, ADHD, and more. It will provide adults with a general understanding of certain mental health conditions and better equip them to refer the youth in their life to support services.

## **Red Watch Alcohol Bystander Intervention**

### **Ketchikan Indian Community Behavioral Health**

Ketchikan Indian Community Behavioral Health is a sub awardee from Alaska Native Tribal Health Consortium through SAMHSA (Substance Abuse and Mental Health Services) called the “Rural Alcohol Prevention for Thriving Native Youth.” This is a prevention grant that not only serves Ketchikan Indian Community, but also Chugachmuit from the Chugach region and Maniilaq Association from Kotzebue, AK. The approach to our prevention grant is to provide outreach and education to increase awareness of substance misuse and how it affects individuals and families. One way we are doing this is to offer the “Red Watch Training,” at Revilla Alternative School. Another aspect of our approach is to engage youth in cultural activities, like harvesting, weaving, and fishing, because “Culture is Prevention.”

## **Transforming the Way we Empower Young People in Ketchikan**

### **Kristen Van De Geer, Residential Youth Care, SeaLevel Youth Center Project Manager**



# CE Information

## **Full Credit Requests:**

Everyone requesting CEs for medical/nursing/pharmacist through ANTHC must sign in at the beginning of the day and out at the end of the day to track full participation. This sheet will be available at the registration table.

## **Alaska Police Board Credit**

Sign in sheets will be inside of each session. Please sign in for each session. Conference staff will send the records to the state for credit.

## **LPC/LCSW**

Credit approval is ongoing. Please complete the sign in sheets at each session and sign in and out at the end of each day at the registration table. Recorded attendance will be turned in to agency once approval is complete.

## **General Certificate of Attendance**

All participants who sign in both days will receive a certificate of attendance from conference organizers within one month of attendance.

**Email [arika.p@wishak.org](mailto:arika.p@wishak.org) with any questions.**





JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

# THRIVE Summit 2022 CEU's

## Approved Provider Statements:

In support of improving patient care, this activity has been planned and implemented by Alaska Native Medical Center (ANMC), University of Alaska/AHEC, Women in Safe Homes and Ketchikan Indian Community. ANMC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

CPE Credit will be posted to the online CPE Monitor system within 60 days following completion of each activity when applicable.

## Contact Hours:

ANMC designates this activity for a maximum of 10.75 contact hours.

## Financial Disclosures:

None of the planners for this educational activity have any relevant relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. The content of this activity only addresses nonclinical topics and as such irrelevant for presenters to disclose financial relationship with ineligible companies as defined above.

## Requirements for Successful Completion:

To receive CE credit please make sure your attendance is recorded, actively engaged in the entire activity, and completed the course evaluation found here: <https://forms.gle/rcZYyx6AHGc8EzQg7>

Or scan the QR code below:



## For more information contact:

ilfielder@anmc.org or (907) 229-1185



ALASKA NATIVE  
MEDICAL CENTER



# Additional Information



## Advocates Available

WISH and KIC Advocates will be wearing purple and teal ribbon pins that signify they are available for check-ins and debriefs. Look for the pins on their lanyards.

## Self-care space

Need a quiet space? Stop by the self-care space in the conference room located at the back right corner of the Ted Ferry Civic Center.

## Evaluations

Strategic Prevention Solutions' Brittany Freitas Murrell, Ph.D, will be providing on-site evaluation services for the event. She will be collecting information on the conference and information about knowledge and accessibility of services available to children and adults who have experienced trauma. Please feel free to share your thoughts with her throughout the conference as you see her walking around!



**Please complete the post-conference evaluation that will be distributed via email after the conference. All participants will be entered into a drawing for a \$50 Visa Gift Card.**

## Funding Disclosures

This project was supported by Grant No. 2020-CY-AX-001 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

