



let's get healthy

chugachmiut
Annual Report
2011 * 2012

2 | BOARD OF DIRECTORS

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In 2010 the people of Chugachmiut

decided they'd had enough. Enough of the alcohol, smoking, diabetes, chronic illness. They had tried to quit smoking. They had walked on treadmills. They had taken the nutrition classes and collected healthy recipes. But the positive results were not there. Something wasn't working. Why wasn't this working?

Because, according to Vincent Felitti, MD, and his Adverse Childhood Experience (ACE) study, today's medical community is not treating the causes of these health issues. Adult illness and addictions are a direct result of childhood traumas. It is these traumas that must be treated if our people are to be healthy and happy as they once were. In May of 2010 the Chugachmiut executive team presented these ideas to the board of directors at a strategic planning meeting. We were cautiously optimistic; this strategy would entail

much "soul searching," honesty and compassion.

The board of directors responded positively and were eager to work with Chugachmiut on this **Restoration to Health** initiative. Members were adamant that community leaders shoulder much of the responsibility in communicating the goals and launching the initiative. As board member Patrick Norman of Port Graham said, "We want you to do this *with* us, not *to* us."

Our journey continued in April 2011 with the Restoration to Health Consult where Chugachmiut presented our ideas and findings. Community members from Tatitlek, Seward, Port Graham, Nanwalek, Cordova and Chenega Bay attended. Consult participants included Elders, parents, tribal leaders, youth and service providers. Again, we received overwhelmingly positive reactions.



4 | **National speakers** joined us to share their professional and personal expertise on the subject. All agreed with Dr. Felitti’s findings. These speakers included a physician whose patients have drug or alcohol addictions, HIV and related problems. Several speakers from the Alaska Native and American Indian communities shared personal stories of trauma common to Native peoples. Chugachmiut communities are not unique in their experiences, and do not have to go it alone.

The consult utilized the World Café model to help community members express the ideas and methods they want to use to tackle this initiative. Participants formed groups featuring members from different communities. A facilitator asked questions or listed topics for discussion and transcribed answers and ideas on poster paper.

Participants were eager to adopt the “no blame

no shame” mantra that is the basis of Chugachmiut’s management style. Problems can only be solved when people feel free to bring them forward without fear of others finding fault or judging.

Community members were proactive in their plans for initiating changes back home. The prevalent opinion was that the Restoration to Health initiative must continue and spread.

Most communities have had their own meetings regarding the new health model. They are eager to communicate the philosophy and launch the Restoration initiative in conjunction with Chugachmiut.



5 | Health Services

- ⇒ The division continues to screen for substance abuse and depression with primary care patients. Any patients that test positive are referred to our behavioral health staff. This is part of our Restoration to Health strategy to incorporate the ACE study into primary care.
- ⇒ The Chronic Disease Self-Management Program features master trainers and lay leaders to help patients take control of their health. Participants attend workshops facilitated by the master trainers featuring topics such as nutrition, appropriate exercises, medication, dealing with pain and frustration, and how to communicate with family and friends regarding disease.
- ⇒ The dental program travels to each of our four villages twice a year. We have greatly reduced traveling costs by installing a dental chair and compressor in each village. Patient visits are at an all-time high; most of our patients are now on maintenance schedules of cleanings and check ups twice a year.
- ⇒ We hold annual health events in each of our remote villages to offer basic health screenings, checkups and various educational workshops.
- ⇒ Division leadership was instrumental in promoting and providing support for the creation of the ANMC Central Call Center which will greatly improve care coordination for beneficiaries coming to Anchorage for services.



6 | Community and Family Services

- ⇒ The division commenced the Eldercare Initiative (ECI) which assesses current services, surveys Elders as to needs, and creates strategies to expand and improve future services.
- ⇒ We are working with Alaska Psychiatric Institute to explore the possibility of tele-psychiatry in our villages. This will greatly enhance the spectrum of psychiatric services to our rural villages while saving money.
- ⇒ The Heritage Preservation Project is on schedule for its ambitious five year project of teaching and documenting the *Sugt'stun* language, developing curriculum utilizing the *Sugpiaq* culture, and incorporating the curriculum into the local school districts' classrooms. The project presented its first graduate-level class, "Wisdom of Elders,"

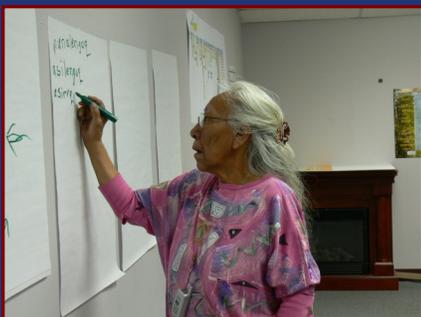
through the University of Alaska in January 2011.

- ⇒ Our behavioral health practitioners offer family sessions, crisis interventions and counseling services, as well as community presence at celebrations, potlucks, Elder teas, council meetings and school events.
- ⇒ Head Start continues to be fully enrolled at all three sites and we are actively working to realign our program with the Culture & Language projects to begin exposure of our children as early as possible. We are proud of our staff that continue to take early childhood courses to meet Head Start standards. Healthy meals, dental health and exercise continue to be a focus for the classrooms as well as early learning activities to ready the children for kindergarten.



7 | Self Governance and Human Resources

- ⇒ Human Resources researched and chose a new software system to greatly improve efficiency. The new system will save an estimated two days of work per week for the payroll department and provide a long-term solid foundation.
- ⇒ The Grants Department is always seeking to improve our capabilities to draw grant funding to our communities through federal, state and privately funded programs. The department works closely with tribes in training and assisting its staff to take advantage of all possible opportunities.
- ⇒ The Information Technology department is in an improvement phase with upgrades occurring across the network, specifically in the server environments. We support up to 150 users of desk top use, e-mail, time-cards, Share Point access and others; those users provide direct services to the region. IT is mainly a support function but we do provide support and advice to tribes when asked.
- ⇒ The Communications Department recently launched a Facebook page to better connect with communities. They are beginning the process of re-designing the webpage to meet industry standards and to allow for more user-friendly connections with Chugachmiut beneficiaries.
- ⇒ Quality Improvement works across divisions to streamline Chugachmiut processes, while also working with village council offices to assist in their professional functions. The department has worked outside of Chugachmiut with the state CHA program and has been invited to assist at Eastern Aleutian Tribes.



Enterprise and Trust

- ⇒ The Enterprise and Trust Division provides economic and business services and technical assistance to its tribes and Chugachmiut. It also manages its own for-profit, Chugachmiut Properties, and is looking to develop other businesses, whether non-profit or for-profit, for Chugachmiut and the tribes of the region.
- ⇒ Realty services provide assistance for regional federal trust Native allotment and townsite lot owners. Technical services include acting as an agent of the landowner or providing assistance to landowners in land sales, land surveys, access agreements, timber and land trespass, probates and other duties related to land management.
- ⇒ Chugachmiut's Forestry program provides professional forestry services to the region's federal trust Native allotment owners. The program completed forest inventory for native allotments in fall 2011. Other projects include forest inventory for the proposed Nanwalek and Port Graham Airport Project, pest control and prevention, and short-rotation forestry projects.
- ⇒ The Yukon Fire Crew is a seasonal 20-person qualified Type 2 Initial Attack Fire Crew. Based in Soldotna, the crew is dispatched from the State of Alaska Division of Natural Resources Division of Forestry to fight wildland fires in Alaska and the western United States and complete project work to reduce hazardous fuels.
- ⇒ The division manages public safety through the Village Protection Safety Officer program and the Emergency Medical Services program. Assistance is offered to villages in development of their own safety policies and procedures.



9 | Financial Summary

Revenues	<u>2012</u>	<u>2011</u>
Federal compacts and grants	11,124,206	12,350,861
State grants	648,228	1,205,004
Other grants and contracts	798,332	187,574
Net patient service revenue	299,767	703,156
Leased space income	180,627	221,846
Interest income	3,108	2,335
Other	1,224,586	749,821
Total revenues	<u>14,278,854</u>	<u>15,420,597</u>

Expenditures		
Program expenses		
Health restoration services	9,984,968	9,746,051
Tribal development and operations	1,701,650	2,010,411
Forestry and fire management	1,192,260	1,096,955
Education and training	1,454,436	1,635,303
General and administrative expenses, net of indirect cost recovery	825,888	1,130,432
Total expenditures	<u>15,159,202</u>	<u>15,619,152</u>



Chugachmiut direct services to communities:

- Primary health care
- Heritage/language preservation
- Dental
- Business development
- Head Start
- Behavioral health
- Child care
- Forestry
- Health education
- Public safety
- Realty
- Emergency first responder
- Employment training

Services Chugachmiut directly funds in communities:

- Tribal administration
- Community health representative
- Elder care/nutrition
- Local health initiatives

Chugachmiut provides over \$2 million in annual pass through funding directly to our communities.

- ICWA
- Tribal development
- Summer youth work program
- Johnson-O'Malley



VALUES

Chugachmiut acknowledges the traditional cultural values of the seven tribal communities in the Chugach Region. They include the following:

Language • Humor • Cooperation
Loyalty • Spirituality • Respect • Sharing
Cultural Pride • Teaching • Discipline

VISION

Building on the inherent strength from our cultural values, Chugachmiut shall work to help member tribes achieve their chosen destiny.





MISSION

Chugachmiut is the tribal consortium created to promote self-determination to the seven Native communities of the Chugach Region. We provide health and social services, education and training, and technical assistance to the Chugach Native people in a way which is acceptable to Native cultural values and tradition in order to enhance the well-being of our people by continuing to strengthen the tribes and increase self-determination opportunities for community operated tribal programs.

www.chugachmiut.org

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