



Serving the Native Peoples of the Chugach Region

Nupuat

Fall 2019

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Making A Difference

Submitted by Danielle Larsgaard, Domestic Violence Regional Coordinator

Behavioral Health Aides/Practitioners are making a difference in people's lives every day in our communities, especially at Chugachmiut!

A Behavioral Health Aide (BHA) is a counselor, health educator, and advocate. BHAs help address individual and community-based behavioral health needs, including those related to alcohol, drug, and tobacco abuse, as well as mental health problems such as grief, depression, suicide, and related issues. BHAs seek to achieve balance in the community by integrating their sensitivity to cultural needs with specialized training in behavioral health concerns and approaches to treatment.

Chugachmiut had two staff from the Behavioral Health Department nominated for BHA Awards, as listed below.



Sandra Kleven, Clinical Director, was nominated for BHA Outstanding Supervisor – Demonstrates exceptional leadership, is committed to the BHA Program mission and values, creates a positive and motivating work environment. Sandra has so much knowledge and experience in which she is always willing to share with those around her.



Danielle Larsgaard, Domestic Violence Regional Coordinator, was nominated for Rising Star BHA: Which is a BHA/P that has been employed for 1-5 years in this field and demonstrates excellence in their role by continuously delivering exceptional client care and has somehow improved the behavioral healthcare delivery system in their community and demonstrates the balance between work and personal life.

In this issue:

Making A Difference
Page 1

Alumni of Distinction: Vanessa Norman from Port Graham
Pages 2 & 3

Chugachmiut BH Crisis Line
Page 5

MyHealth—Your Medical Records & Alaska Real ID
Page 6

NUPUAT is a quarterly publication of **CHUGACHMIUT**, the tribal not-for-profit organization serving the Alaska Native peoples of the Chugach Region. We welcome submissions from Tribal members, councils, and employees. Please share your comments and suggestions: **Jessica Smirnoff**, Newsletter Editor, 1840 Bragaw Street, Suite 110 Anchorage, AK 99508-3463, (907) 562-4155, media@chugachmiut.org

Congratulations to Vanessa Norman for receiving the 2019 Alumni Emerging Leader award.

She was featured at the Homecoming Breakfast and in the UAA Green and Gold Blog.

<http://greenandgold.uaa.alaska.edu/blog/76283/norman/>

Alumni of Distinction: Vanessa Norman

September 30, 2019

Vanessa Norman, B.B.A. Management and Marketing '04, will receive the 2019 Alumni Emerging Leader award at the Homecoming Breakfast on Oct. 4.

Growing up in Port Graham, a village only reachable by small plane or boat from Homer, Vanessa Norman always knew she would wind up working for the betterment of Alaska Native people.

Of course, Norman's path might be traceable to her father, who constantly predicted all her life what she would become when she got older. But it might also have to do with the fact that Norman comes from a long line of people who have dedicated their lives to benefit the Alutiiq people from the Chugach region of Alaska. Her aforementioned father is not only the chief of their tribe, the Native Village of Port Graham, but growing up he was also the president of their Alaska Native village corporation. Her maternal grandfather was also the chief for many years, and he was also a founder of Chugach Alaska Corporation. Her mother also serves as the tribal administrator and is the chairman of an Alaska regional nonprofit serving the Chugach people.

"It's what my whole family has done: serve, volunteer and give back to the community. I've got great role models, and they've instilled those values in me," says Norman.

Not surprisingly, Norman has lived up to both her family's legacy and her father's predictions.

Norman works as an attorney at the Anchorage office of national law firm Davis Wright Tremaine LLP. As an associate of the firm's mergers and acquisitions group, her practice includes advising businesses both in Alaska and the Lower 48.

Here at home, special emphasis is placed on Alaska Native corporations. Norman's firm relies on her thorough understanding of those corporations and their unique relationship to the Alaska business landscape to help guide leadership on general corporate matters, including governance, transactions and contract disputes.

Those Alaska-specific responsibilities also take Norman to some pretty far-out places that are beyond the scope of her colleagues' understanding outside the state.

"I travel to villages across the state, so I often send photos of me on some six-seater plane to our Lower 48 attorneys and their minds are blown that that's what I have to do to get to shareholder meetings," jokes Norman.

While she always knew that working in tandem with Alaska Native corporations was in her future, the legal route wasn't always certain for Norman. After enrolling at UAA in 1998, she decided that the most sensible start toward that goal was to major in management and marketing.

It wasn't until the end of her time at UAA that the legal field started becoming an option for Norman. After she graduated, she enrolled in an internship program with Chugach Alaska Corporation. The program placed interns in departments based on their interests, providing them with exposure and room to experiment with a variety of career fields. Merely curious about working as an attorney, Norman got placed in the corporation's legal department and later as a legal intern for the Alaska Federation of Natives where she learned just how versatile a law career could be.

"The experience of working at my corporation helped me see that continuing my education was an important next step," says Norman. "I saw that having a law degree would set you up to do many different things from being a practicing attorney to being in management for a corporation. It really sets you up to decide what you really want to do."



2019 Alumni Emerging Leader award recipient Vanessa Norman, attorney with law firm Davis Wright

Norman finished at UAA with a bachelor's degree in management and marketing in 2004, and then proceeded to UAF where she earned her master's degree in rural development in 2008 — a pertinent skill set to have for anyone passionate about working with Alaska Native communities and Alaska Native corporations

For law school, Norman wanted to stay close to home, so she enrolled at Lewis and Clark Law School in Portland. Similar to her time at UAA, Norman didn't wait until she graduated to begin working in the field. During her second year of law school, she began interning at Davis Wright Tremaine LLP in their Alaska office and was eventually offered a job after graduating.

As if her attorney day job didn't keep her busy enough, Norman continues to uphold the family legacy by serving on the board of directors of the Alaska Native Heritage Center and co-chairs the planning committee for the annual pro bono legal clinic held at the Alaska Federation of Natives Convention. In addition, she serves on the board for Russian Orthodox Sacred Sites in Alaska and the Anchorage Rowing Association, as well as volunteers for Alaska Legal Services, an organization that offers low income Alaskans free legal services. For the last three years she has volunteered to speak with youth in villages around the state about attending college and her career as an attorney.

And yet, Norman still stresses the idea of paying it forward. She helped Davis Wright Tremaine launch an Attorneys of Color Affinity Group in order to provide support for the firm's attorneys of color and be a resource for the firm's diversity initiatives nationally. She continues to serve as co-chair.

"I find it really rewarding to get together as a group to support each other and talk about the issues we face," says Norman. "There are so few minority attorneys, and what we see nationally is that it's hard to keep them at private law firms. So I think it's important to come together as a group to find solutions to reduce attrition and to help each other build rewarding careers."

Written by Matt Jardin, UAA Office of University Advancement

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Congratulations & Announcements

Congratulations to:
Danielle Larsgaard, Domestic Violence Regional Coordinator , Anchorage
Sandra Kleven, Clinical Director,
On their achievements, and nomination for a BHA Award.

Follow our Facebook page for up to date closure information & timely announcements

2019 Chugachmiut Holiday Closures

January 1st	New Year's Day
January 21st	Martin Luther King Jr Day
February 18th	President's Day
March 22nd	Chenega Day
March 25th	Seward's Day
May 27th	Memorial Day
July 4th	Independence Day
September 2nd	Labor Day
November 11th	Veterans Day
November 28th	Thanksgiving Day
November 29th	Day After Thanksgiving
December 25th	Christmas

They Don't Want to Go Home

Submitted by Emilie Swenning - grandparent

The Early Childhood Development Center (Headstart) is a new 40x40 foot building in Nanwalek.

I work next door to the center. On August 28th, the first day of school, I had heard crying from the general area. I went to go check to make sure no one was hurt. What I saw was a couple of little ones crying not because they were hurt, but because they didn't want to go home. The center is full and lively. I have seen the teachers busy in the centers with the kids. The cook in her new kitchen getting meals ready. I also see Sugt'sgun words hanging throughout the school. With an ICDBG grant and collaboration of the Nanwalek IRA Council, North Pacific Rim Housing Authority, and Chugachmiut, the kids have a big and bright school to learn in.

Quyanakcak nangluci pektaq'lluku mikelngut skuluat –Thank you all very much for working on the little school.



Chugachmiut Behavioral Health Crisis Line 1-844-891-0444, available 24/7

Chugachmiut Behavioral Health Crisis Line

By Michael Horton, Behavioral Health Clinical Manager

Chugachmiut **Behavioral Health Crisis Line** is answered locally 24 hours per day and 365 days per year. It goes along with a new Behavioral Health theme of **“We are there for you when you need us.”**

As much as the small staff of counselors would like to be on the scene whenever someone is in crisis or needs a friendly ear, we know that this is not always a possibility. So, the Crisis Line provides the next best thing. The counselors manning the line- Michael, Phoebe, Cisco, and Sandra- have visited every community and are local enough that they can respond with a bit more warmth and understanding than someone else might who is covering a bank of phones at a great distance.

The Crisis Line is toll-free at **(844) 891-0444** from the villages or a local call at **891-0444** from Anchorage so our number should never appear on a phone bill. The calls go to a GCI cell phone carried by the Chugachmiut counselors at all times. The only time that there will not be an immediate answer is if the counselor is already on another crisis call (we will not hang up on anyone in crisis to answer other calls!), has temporarily hit a “dead zone” without reception (such as the dampening field of most hospitals), or if they are temporarily unable (such as scrubbing up in the shower!). The phone has “caller ID” so we will call back as soon as we are

October is Domestic Violence Awareness Month

Submitted by Danielle Larsgaard, Domestic Violence Regional Coordinator

DVAM History

Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" first held in October 1981 and was conceived by the National Coalition Against Domestic Violence (NCADV). The intent was to connect advocates across the nation who work to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state, and national level. The activities conducted are as varied and diverse as the program sponsors but have common themes:

able. However, if your phone number is blocked, please just leave a quick but clearly spoken message including your phone number, and you will get a call back as soon as humanly possible. Or, feel free to call back when most convenient for you.

Chugachmiut also works alongside the Alaska Careline at **1-877-266-4357**, another 24/7 Alaska-based Crisis Line. If you call that number and you want a call from one of our local counselors, they will call us, and we will quickly return your call. Another number to keep on hand is the National Suicide Prevention Lifeline at **1-800-273-8255** just in case you, family, friends, or neighbors ever need an extra ear. Also, remember that our Domestic Violence Regional Coordinator, Meg McKinney carries the **Behavioral Health Domestic Violence & Sexual Assault** referral toll-free hotline at **1-877-907-8738** and will also answer 24/7.

All calls are, as with any counseling visit, confidential.

If you, as the caller, want to just give a first name or even say, “This is John Doe,” that works for us. This is not about billing, making money on the calls, or anything other than just one more tool to keep people safe and to have a warm voice when needed. In coming weeks, you will be seeing more promotion of the Crisis Line through useful tools and warm, comfortable clothing- just in time for the winter months.

- Mourning those who have died because of domestic violence
- Celebrating those who have survived
- Connecting those who work to end violence

What makes a relationship healthy?

Both people feel respected, supported, and valued. They make decisions together. They have friends and interests outside of the relationship. The couple settles disagreements with open and honest communication. There are more good times than bad.

See DVAM , page 7

WE WANT TO HEAR FROM YOU!

Help us keep our newsletter relevant and up to date. We want to know what’s going on in your community. Have an upcoming event? Community based programs you’d like to promote? Or just want to share your story? To submit ideas, articles, stories and/ or pictures for use in the Nupuat, contact us on Facebook : www.Facebook.com/ChugachmiutALUTIIQ/ or by email: Media@Chugachmiut.org

Empowering YOU to manage YOUR HEALTH- Your Medical Record

Hello Chugach Region Community Members,

Providing a brief update to feature two tools available and built in your medical record to help you manage your health.

- **MyHealth**

This is your online health management tool. It includes the ability to view your future appointments, communicate securely with your healthcare providers electronically, provides limited lab results, and a limited clinical summary (current medications, allergies, immunizations, health issues, surgeries and procedures).

- **What do you need to do to gain access to your MyHealth Account?**

Contact the clinic and provide an email address. Staff will provide you with an access code for your MyHealth account.

Also when you come to the clinic for an appointment, our staff should be asking you each time if you are interested in gaining access to your MyHealth account. If they don't, ask them.

- **Healthcare Maintenance Recommendations**

This is a built in customized tool in your medical record indicating when preventive screenings, testing, and immunizations are due based off of the current information in your medical record.

- **What do you need to do to gain access to your customized health recommendations?**

Contact the clinic and ask what health recommendations are in your report.

Also when you come into the clinic for an appointment, our staff should be sharing with you each time what health recommendations are due. If they don't, ask them.

Do you need a REAL ID compliant Driver's License or ID card? If you want to travel, you might.

Under new Federal law, beginning **October 1, 2020**, to board a commercial airline or enter a federal building, your standard Alaska Driver's License or Identification Card **will not be enough**.

If you do not have a REAL ID Driver's License or State ID, you will need a federally compliant ID such as a passport, military ID, federally issued tribal ID or other. For all accepted IDs visit:

dhs.gov/real-id

Do my children need a REAL ID?

TSA does not currently require children under 18 to provide identification when traveling with a companion within the United States. The companion needs acceptable identification. Special rules apply to children traveling alone.

How do I get a REAL ID?

In person at your local DMV or Business Partner. For detailed information visit doa.alaska.gov/dmv where you'll find:

Alaska DMV locations, including business partner offices.

A complete list of documents required to get a Real ID.

If you need a Real ID, please avoid the 2020 long DMV summer lines and get your Real ID as soon as possible.

We encourage a mid-week appointment to save you time.

Beat the Deadline of OCTOBER 1, 2020 and

get your Alaska Real ID's, as they will be required to travel!

Domestic Violence Awareness Month, continued from page 5

Communication is a key part to building a healthy relationship. The first step is making sure you both want and expect the same things. The following tips can help you create and maintain a healthy relationship.

Creating healthy boundaries is essential in a relationship. Boundaries are a good way to keep your relationship healthy and secure. By setting boundaries together, you have a deeper understanding of the type of relationship you both want.

Boundaries are not meant to make you feel trapped, in fact just the opposite. Creating boundaries is not a sign of secrecy or distrust -- it's an expression of what makes you feel comfortable and safe within the relationship.

What Isn't a Healthy Relationship?

Relationships that are not healthy are based on power and control, not equality and respect. In the early stages of an abusive relationship, you may not think

the unhealthy behaviors are a big deal. However, negative and abusive behaviors, are -- at their root -- exertions of power and control. Remember that abuse is always a choice and that these behaviors often escalate.

What is dating violence?

Dating violence is when one person in a romantic relationship is abusive to the other person. This can include stalking or abuse.

There are different types of abuse, if you feel like your partner is displaying any of these behaviors, please reach out for help.

Emotional or psychological abuse can be verbal or non-verbal and includes threats against you, your friends, or your family. Such as:

- ⇒ Name-calling or belittling
- ⇒ Making all your decisions for you
- ⇒ Isolating you from family and friends

Physical abuse can include hitting, beating, and punching, pushing, shoving, choking, biting, pulling hair, and prohibiting access to medical attention.

Financial abuse can include withholding funds, stealing from you, identity theft, creating financial dependence, forcing you to work, forbidding you to work, and financial control.

Spiritual abuse can include forbidding you to practice your own moral, cultural, or religious beliefs or forcing you to give up some or all of your values.

Sexual abuse is forcing a partner to engage in sexual actions without consent or against their will.

These lists are not and cannot be all-inclusive. If you feel like something isn't right speak up! There are trained staff at Chugachmiut if you need help or have any questions.

**Behavioral Health Crisis Hotline:
1-844-891-0444 or 891-0444**

**Alaska Care line Crisis Intervention:
1-877-266-4357**

**Domestic Violence & Sexual Assault
Referral Hotline:
1-877-907-8738**



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CHUGACHMIUT

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Contact Numbers

Chugachmiut Behavioral Health Crisis Line 1-844-891-0444, available 24/7

Chugachmiut, Anchorage
(907) 562-4155 or 1-800-478-4155

**Health Services Division, Seward
(North Star Health Clinic)**
(907) 224-3490 or 1-800-224-3076

Homer Field Office
(907) 226-2006

**Arch Priest Nicholas Kompkoff Clinic,
Chenega**
(907) 573-5129

Nanwalek Clinic
(907) 281-2250 or (907) 281-2251

Nanwalek Recovery House
(907) 281-2217

**Ilnaka Community Health Center,
Cordova**
(907) 424-3622

**Kachemak Bay Domestic Violence
Tribal Advocate**
1-877-907-8738

**Anesia Anahonak Moonin Clinic, Port
Graham**
(907) 284-2241 or (907) 284-2295

North Star Health Clinic, Seward
(907) 224-3490 or 1-800-224-3076

Tatitlek Clinic
(907) 325-2234 or (907) 325-2235

Alaska Native Health Consortium
(907) 729-1900

Alaska Quitline
1-800-784-8669

Careline Crisis Intervention
1-877-266-4357

Chugach Alaska Corporation
(907) 563-8866 or 1-800-858-2768

**Chugach Regional Resources
Commission**
(907) 224-5181 or (907) 562-4155

**Domestic Violence & Sexual Assault
Referral Hotline**
1-877-907-8738

North Pacific Rim Housing Authority
(907) 562-1444 or 1-800-274-1444

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.