

Division of Wellness & Prevention
Prevention through Wellness



Tanana
Chiefs
Conference

Wellness & Prevention

**Strategic Prevention Framework (SPF)
Partnership for Success (PFS)**
(907) 452-8251 Ext. 3004 • 1 (800) 478 - 6822

TCC's SPF-PFS Program has teamed up with The Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Prevention (CSAP) to prevent and reduce substance abuse and its related problems by strengthening prevention capacity and infrastructure in our communities.

The program is intended to address one of the nation's top substance abuse prevention priorities. Participants will learn to identify the primary problematic substances in their village, develop and implement strategies to prevent the misuse of these substances among youth and adults.

INDIGENOUS WELLNESS ACADEMY

The Indigenous Wellness Academy is a foundational course of study in community engagement in wellness and substance abuse prevention. This six-month course prepares participants to transition local community youth activities to prevention science and theory-based activities using the Strategic Prevention Framework and traditional cultural values and strengths to improve outcomes. The goal is to empower community members to lead effective local prevention efforts and know how and when to pull in the TCC resources.

Enrollment

Cost: There is no financial cost to TCC beneficiaries living in the TCC service region who are accepted into the course however, an extensive time commitment is necessary.

Registration: An application is required for this event and 25 applicants will be selected -3 per sub-region.

Eligibility: applicants must have access to the internet for virtual classes. Participants must reside in a rural community within the TCC region, agree to attend all sessions, and complete homework & final project.

Registration closes December 18, 2020 - So Apply Soon!

Benefits to taking the course:

Continuing Education: Participants completing the IWA will receive a certificate for 9.6 CEUs from the University of Alaska Fairbanks.

The IWA prepares participants to:

- Address substance abuse prevention in the context of behavioral health
- Improve practice by developing a comprehensive approach to prevention using SAMHSA's Strategic Prevention Framework
- Reduce behavioral health disparities by identifying needs and improving cultural competency
- Sustain prevention by collaborating effectively across sectors to address shared risk factors and improve the health and well-being of communities in a cohesive way



YOUTH WELLNESS WARRIORS

Youth Wellness movement

SPF-PFS Prevention Through Wellness has teamed up with:

Challenge Life

“Preparing for the Future”

Challenge Life has devoted twenty years to empowering youth through their message and programs of physical and mental wellness, demonstrating the value of education and the variety of educational offerings, promoting leadership and encouraging healthy family activities. Challenge Life has helped young adults in job training, matriculation to college and in the pursuit of trade skills, while combating the scourge of drug and alcohol abuse, tobacco, suicide and bullying.

Challenge Life will present both live streaming and videos to help each participant build a strong life foundation for their future.

The Challenge Life team will interact with youth participants via social media, email and phone.



Youth Arts Movement

SPF-PFS Prevention Through Wellness has teamed up with the “We are Living Arts” movement to bring local and national artist virtually to work with youth within the TCC region.

We are Living Arts (WALA) is a captivating and unique program designed to work with youth to create artistically and develop positive characteristics, they will engage their talents by hosting an event to the community virtually showcasing their art via poetry, film projects, photography, dance, music, comedy, painting, sculpting, acting, etc. Encourage to explore different outlets in which they are able to express themselves, youth are presented with an opportunity to create, heal, and inspire at a personal and communal level.

Youth Enrollment

Cost: There is no financial cost to TCC youth beneficiaries living in the TCC service region who are accepted into the Youth Wellness Warriors program however, an extensive time commitment is necessary.

Registration: An application is required for this event and 25 applicants will be selected.

Age: Enrollment is open to youth 13-25.

Eligibility: applicants must have access to the internet for virtual classes.



Questions? Ask our staff:

Rebecca Fisher, SPF Manager
907-452-8251 ext. 3066
Rebecca.Fisher@tananachiefs.org

Autumn Cantu, SPF Coordinator
907-452-8251 ext. 3056
Autumn.Cantu@tananachiefs.org

To learn more about Prevention Through Wellness program, please visit www.tananachiefs.org
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Fairbanks, Alaska 99701
Phone: (907) 452-8251 • 1 (800) 478 - 6822
Prevention @tananachiefs.org

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