

Vol. 47. No. 9

September 2022



The 38th Annual Alaska Tribal Court Conference returned to an in-person gathering for the first time since the COVID-19 Pandemic this year, with attendees from Alaska and beyond. This year's theme was, "Traditional Values & Strong Tribes: Leading Our Justice System," and immersed the audience in the noble purpose of Tribal Courts. Elders and Culture bearers led the conference in exemplifying and advocating the need for our Courts to follow the value system of their tribal community.

The original Alaska Tribal Court Conference began in the 1980's shortly after the enactment of the Indian Child Welfare Act (ICWA), which acknowledged and affirmed federally recognized Tribes' authority to transfer state ICWA cases to a Tribal Court. ICWA validated our Tribes' inherent authority to handle their own child protection matters, and Tribes in Alaska started a large effort to reduce the number of children in State custody by transferring cases to the exclusive jurisdiction of their Tribal Courts.

The first documented Conference was held in Steven's Village in 1983, and was hosted in various villages in the Region thereafter. During this time, the Conference was only attended by Tribes in the TCC Region. As the interest in operating formalized tribal courts grew, TCC decided move the Conference to Fairbanks in the early 1990s. Soon after, TCC opened the event to Tribes throughout Alaska and has actively worked to ensure the Conference has a good representation of all Tribes and Tribal Courts in Alaska statewide.

Continued on pg 6



SUBMIT YOUR PHOTOS FOR THE 2023 TCC Calendar!

Deadline to submit is October 14, 2022

Go to: www.tananachiefs.org/2023-tcc-calendar-submissions/ Fill out the form, upload pictures, give a caption and you're done!

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Mission

Tanana Chiefs Conference provides a unified voice in advancing sovereign tribal governments through the promotion of physical and mental wellness, education, socioeconomic development, and culture of the Interior Alaska Native people.

Vision

Healthy, Strong, Unified Tribes



TCC Executive Board Members

Trimble Gilbert/Arctic Village 1st Traditional Chief

Andy Jimmie/Minto 2nd Traditional Chief

Brian Ridley/Eagle Chief/Chairman

Sharon Hildebrand/Nulato Vice President

Charlie Wright/Rampart Secretary/Treasurer

Herbie Demit/Tanacross Upper Tanana

Claude 'Joe' Petruska/Nikolai Upper Kuskokwim

Nancy James/Fort Yukon Yukon Flats

Eugene Paul/Holy Cross Lower Yukon

> Lori Baker/Minto Yukon Tanana

Charlie Green/Louden Yukon Koyukuk

Peter Demoski/Nulato Elder Advisor

Alex Hanna/Minto Youth Advisor

Chief's Report

Dear Tribes and Tribal Members,

As we enter into hunting season, my thoughts are with our rural communities as they prepare to secure enough food to put away for their families to make it through winter. As I mentioned in my letter last month, TCC purchased high-quality sockeye salmon and has begun distributing to our tribes in an effort to offset the low salmon runs on the Yukon River. Additionally, we are distributing four-inch nets to ensure Tribes have the opportunity to harvest other fish species. While I acknowledge that this does not make up for our traditional practices of salmon fishing on our rivers, we hope that the sockeye and other fish species will provide the opportunity for tribal members to teach future generations how to cut and preserve their food and to add some extra nourishment in their freezers.

As the year comes closer to an end, I can't help but think about our missing people as well as their families who are hurting not knowing where their loved ones are. In 2020, four Alaska Native people went missing in the Fairbanks area – Frank Minano, Doren Sanford, Debbie Nictune and Willis Derendoff. I want you all to know that Missing and Murdered Indigenous People is still a high priority for TCC. We continue to advocate for proper investigations into these cases and encourage the public to come forward with any information on the whereabouts of these individuals.

You can find out more about the missing people in our region on page 6 of this newsletter. We have also included information on how to report a person missing.

Over the years, our tribes have identified economic sovereignty and community infrastructure as a priority for our villages. In an effort to help us ensure that we are focused on these important issues, TCC has developed a brand new division to our organization – the Community Development and Infrastructure Division. This division will cover energy, broadband, housing, and climate change efforts. More information on this new division will be available in the future.

Here at TCC, we are preparing for our Special Full Board of Directors Meeting which is set to take place November 15th-17th here in Fairbanks. The meeting is taking place to consider the separation of President's role and the Chief/Chairman's role (per Full Board Resolution 2022-22). Tribal Leadership also identified several issues that we will focus on during the special meeting including Hunting and Fishing, Housing and access to Water/Sewer.

As always, TCC continues to work towards our vision of *Healthy, Strong, Unified Tribes.*

Mahsi' Choo, Brian Ridley Chief/Chairman



On July 29th, family members of the Late Chief Andrew Isaac toured the new Chief Andrew Isaac Health Center expansion. Health Director Jacoline Bergstrom and Deputy Health Director Marilyn Andon led the family on a private tour of the facility.

Chief Isaac's granddaughter Melanie Brenner says, "Chief Andrew Isaac, or grandpa as I called him, dedicated his life to ensure a prosperous future for all of his people. The new expansion is beautiful and feels like home as it incorporates the cultures, vegetation and other regional

elements. It is warm and inviting and most importantly it represents more health care options closer to home for our people. That would have made grandpa happy and proud. As the eldest granddaughter of the late Chief Andrew Isaac, I want to say Tsin'ee and job well done."







Affordable Internet Access Coming to Interior Alaskan Villages

Tanana Chiefs Conference is excited to announce alongside Doyon, Alaska Communications Systems, and Alan Davidson, U.S. Assistant Secretary of Commerce for Communications and Information, a \$50.6 million grant to deliver accessible, affordable broadband internet service to several Interior rural villages.

The infrastructure is expected to take two seasons to reach full implementation, in addition to planning and environmental reviews. The goal is to have the system operational by summer 2025.

The project will lay a terrestrial fiber optic cable from Fairbanks to the

Yukon River Bridge. From there, the cable will move upriver to Fort Yukon and downriver to Tanana; delivering broadband to Beaver, Stevens Village, and Rampart. The grant funds phase 1 of a 3-part mission to connect up to 20 Yukon and Kuskokwim River village communities with fiber-optic cable, supplying high speed internet at urban Alaskan pricing.

Sharon Hildebrand, Vice President of TCC, cites low operation levels, accessibility, and affordability of broadband Internet as issues causing people to leave rural villages. "Because it's so expensive, village residents are having to sit outside of the school

just to check their email." Hildebrand believes the most important aspect of accessibility to broadband comes in the form of increased employment and work opportunities. "This will ensure quality work opportunities are available in the villages."

Brian Ridley, TCC President was humbled by the announcement. "We are grateful to Doyon for taking the lead on this opportunity. This is the first reward after four years of collaboration on how to bridge the digital gap to our rural communities. We look forward to the day when all of our Tribes have digital parity and will continue to work towards that goal."

TCC Honors September 30th as A Day for Truth and Reconciliation

By Taryn Hughes, Public Relations Specialist

In solidarity with U.S. and Canadian boarding school survivors, Tanana Chiefs Conference (TCC) Full Board of Directors recognizes and firmly supports joining Canada in observing the Day for Truth and Reconciliation. Embracing the day as a way to honor the lost children who suffered and disappeared in both United States and Canadian boarding schools at the hands of government-led school personnel and church missionaries; whose goal was to eradicate Indigenous Culture and to assimilate Indigenous children to the dominant culture of the time.

The effects of Indian boarding schools will not be forgotten, and TCC commends U.S. Interior Secretary Deb Haaland for championing a government review of the United States' history of Indian boarding schools.

Many of the Elders in villages across Alaska have lamented their suffering at boarding schools in Alaska, and the generational traumas endured by their families due to their experiences at these schools. With the support of our Full Board of Directors, TCC will encourage Alaskans to bring awareness to the ongoing legacy of boarding

schools in Alaska, the United States, and colonized nations around the world.

"The legacy of boarding schools has remained a silent chapter in America's past," says TCC's Chief and Chairman, Brian Ridley. "The passing of this resolution will unify us with tribes across Canada and the world in confronting the truth, so that we can work together to create a future that we're all proud to embrace."

Wear orange on September 30th to honor the truth about mandatory Indian boarding schools, and to remember the families forever impacted by their operation.

Last year during his speech commemorating the passing of the Juneteenth holiday, President Biden stated, "Great nations don't ignore the most painful chapters of their past. Great nations confront them. We come to terms with them." TCC is currently strategizing with other Native organizations in Alaska, in actively seeking and advocating for both state and federal legislation that solidifies September 30th in state and federal law, as an annual day of Truth and Reconciliation. TCC submitted a resolution

to Alaska Federations of Natives (AFN) to support and advocate for this annual day of Truth, which passed. Additionally, TCC has considered forwarding another resolution to the National Congress of American Indians (NCAI). It is time for the silence in America to be broken on this critical issue.

Although accepting the truth and history of the United States, and the subjugation of First Peoples to the co-Ionialist dominant culture of the time -- and working towards reconciliation of the attempted genocide of American Indians and Alaska Natives -- will take much needed time for healing, education, and understanding, TCC still stands hopeful for the future. The State of Alaska, on July 28, 2022 passed House Bill 123 (HB 123), formally acknowledging the existence of the federally recognized Tribes in Alaska. Although the statute is well overdue, its passing shows hope for our Tribes and Tribal members' future, in advocating for Tribal aboriginal and inherent rights of Alaska Natives; rights which were never extinguished by United States or the State of the Alaska.

September Head Start News

Head Start is officially open for the 22-23 school year! School started August 29 but it's not too late to enroll your child, ages birth to 4, into the program. Please contact Tanya Yatlin at 907-452-8251 or 800-478-6822 ext. 3469 for more information.

Head Start held its annual pre-service August 22-26 in Fairbanks. Teachers from all over the TCC region traveled to Fairbanks for a week of training on health, safety, education and family engagement. We also spent time together playing educational games the teachers can take back to their classrooms as well as

talking about incorporating traditional knowledge into their curriculum.

TCC Head Start has teamed up with the Dolly Parton Imagination Library!

Every month enrolled children from the ages of birth to 5 will get a free age appropriate book! Reading together is a wonderful way to build a lifelong love for reading with children and promote family time. If you do not have a local Head Start educator, please call Tanya. She's happy to assist.

Please contact Tanya Yatlin at 907-452-8251 or 800-478-6822 ext. 3469 for ways to sign up.

Head Start has positions open in the following villages:

Allakaket, Grayling, Holy Cross, Huslia, Minto, Nenana, Northway, Nulato, Tetlin and Tok. There are also open positions in Fairbanks. The positions available are Family Visitor, Preschool Lead Teacher, Assistant Teacher, Substitute, Health Nutrition and Safety Coordinator and Staff Development/Regional Site Coordinator.

Please visit our website at www.ta-nanachiefs.org/careers to see what's open in your area or call

Kristi Walmsley at 907-452-8251 or 800-478-6822, ext. 3015.

Community Health Aide Spotlight

Lisa Patsy - Nulato Health Aide

By Linden Staciokas

Born and raised in Nulato, a village of about 240 people located 310 air miles west of Fairbanks and 33 miles from Galena, Lisa Patsy was working at the tribal office in 2013, when she saw an advertisement about the need for health aides. Although she had always enjoyed learning, Lisa had never really seen herself becoming a health care provider. But that day she suddenly realized that this might be the perfect career path for her.

"I wanted to learn new stuff. And I sure did! The three training sessions TCC sent me to in Anchorage were full of new information. There was book learning but also clinical practice, where we learned to do things like blood draws with real patients." The intensity of the training resulted in strong friendships among the six members of that group, connections that continue a decade later.

Asked what she enjoys the most about her job, Lisa had difficulty stopping her list of positives. "I love helping the people of my community, talking to the doctors, meeting new people, constantly learning new things, arranging travel, and working with helpful colleagues and supportive supervisors. I love that for two weeks a year we each go and work in a different village, which gives us another perspective of how other health clinics do things. I've spent time helping in Kaltag, Ruby, Allakaket, and Rampart, among others. Among the many things I have learned is computer skills; when I

Born and raised in Nulato, a village first started everything was done by fabout 240 people located 310 hand, but now I do all my notes

on the computer. That makes it easy to get information to a patient's doctor. And then there is telemedicine. Who would have thought that there would come a day where I could see a doctor located in another town and ask questions that help me give my patients the

best possible care!"

"But it is not all fun. It can be very stressful. The hardest part, of course, is watching someone die. That is very, very difficult, and there are times when you have to inform the family that it has happened, which makes it even worse." She copes with the stress by finding someone to talk to, but because of patient confidentiality – as well as how small the village is – Lisa must look elsewhere for support. Usually that means one of the other two health aides in Nulato, the doctor involved with the case, or her supervisor.

Another way she maintains her mental health is to take her time off to recharge. This can take the form of just staying home and sleeping or beading, riding her ATV, or taking the boat she recently bought up and down the Yukon River. "My grandfather taught me about boats when I was young and I love to gather up a friend or two and take off to visit different villages."

Every person has "helpers" in life, the people who provide the emotional

and practical support that keep a person going. Lisa credits her family with "holding down the fort" when she has to leave town, including caring for her dogs. Her work family is equally important. "Martina has been a health aide for 31 years and Sharon for 16 years. I am so fortunate to have the two of them in the Nulato clinic with me. I cannot tell you how much help they have given me over the years."

Lisa wants to encourage others to become health aides. "The opportunities you will have, the support from co-workers and supervisors, the excitement of the work and learning all the time, it is worth the effort you will put in every day. And the pay and benefits are good. Women, men, go ahead and apply!"

The supervisor for the clinic recently changed. However, Darlene E. Bifelt, who was her long-time supervisor had this to say about Lisa. "She is a very conscientious Health Aide who is punctual, thorough and has a pleasant demeanor. She's an integral part of a Health Aide team of three in her home community of Nulato. In addition, Lisa frequently travels to neighboring communities, often on short notice, to provide coverage. During these stints she often travels by her personal boat or snow-machine. Lisa has proven to be reliable, competent, and has great follow-through with the many demands in her role as a Community Health Aide Practitioner. She is an asset to her community and to TCC."

Fire Arm Safety



While you are at the range or in the field this moose season, be sure to make safety your main priority by following the five rules of gun safety:

- 1. Always treat a gun as if it is loaded.
- 2. Keep your finger off the trigger and out of the trigger guard until ready to shoot.
- 3. Keep the gun pointed in a safe direction at all times.
- 4. Be sure of your target; what is beyond and around it?
- 5. Always wear appropriate eye and ear protection while shooting your firearm.

Please remember to store unloaded firearms in a lockable safe and store ammunition in a separate secured location when not in use.

For more information on health and safety contact:

Division of Wellness & Prevention Health & Safety Program •

1.800.478.6822 • (907) 452.8251 Ext 3420 • Prevention@tananachiefs.org

38th Alaska Tribal Court Conference Infused Healing with Tradition

Continued from front page

Every year the Annual Alaska Conference is jointly sponsored by the Tanana Chiefs Conference and the University of Alaska Interior Aleutians Campus: Tribal Governance Program. The two have been partnering for many years to ensure our Tribes get the most current information, diverse presenters, and opportunities for technical support and assistance through UAF and/or TCC.

The 2022 Conference featured many moving Keynote Addresses, including Gene Tagoban, a Tlingit and Haida tribal member with Native Wellness Institute; Tami Jerue, an Anvik Tribal member and Director of Alaska Native Women Resource Center; and TCC Former Chief/Chairman and Tribal Elder of Tanana and Rampart, Will Mayo.

Speaking to the need for returning to tradition as tribes continue to expand their sovereignty, Will Mayo stated, "This is our home. We've got to do our homework. When we start to heal ourselves, forgiveness comes."

In his speech during the "Traditional Healing through Modern Medicine" panel, Tribal Elder of Minto Luke Titus emotionally recounted his return to his ancestral practices after his experiences at Mt Edgecumbe. As he displayed each item of regalia that had been gifted to him upon his return, bringing him ever closer to his Culture, he weaved for the audience his tapestry of healing. Titus recalled each item coming with a blessing, reconnecting him to his community, his language, and his betterment. His traditional drum performance following the panel inspired tears throughout the audience, and spoke profoundly to the traditional ways as the lights on the pathway to sovereignty and healing for the collective of Alaskan tribal communities.

The inherent unity of tribes in Alaska was again prevalent in the "Engaging Parents and Providing Resources" panel, where Verna Solomon, Family Support Coordinator for TCC's Tribal Social Services program, asserted poignantly, "Our job is to come along-side families, not over the top of them."

On the third day, the Conference covered the Violence Against Women Act Reauthorization of 2022, and its impact on Alaskan villages. Alex Cleghorn, Senior Legal and Policy Director for the Alaska Native Justice System. displayed the timeline of the decline of tribal sovereignty over crimes committed in villages since Statehood and the passing of Oliphant in 1978, which asserted, "Tribes do not have inherent jurisdiction to punish non-Indians." The reauthorization of VAWA this year is a positive direction for tribes toward regaining that sovereignty, because it allows tribes to enact justice in the case of violence in villages, as opposed to the state carrying this jurisdiction. The pilot program honoring the reauthorization is being implemented in chosen villages across the state, and will empower tribes with increased tribally operated infrastructure and processes by which tribal law can be practiced. This is a landmark event for tribes and their judicial sovereignty in Alaska.

Will Mayo received a standing ovation following his Welcoming Address on the final day of the Conference, with his call to the actions of healing. Invited guests on this day included Senators Lisa Murkowski and Dan Sullivan; U.S. District of Alaska Attorney S. Lane Tucker; Director of the Office of Children's Services Kim Guay; and Deputy Attorney General of Alaska's Criminal Division, John Skidmore.















Tips to Avoid Dog Bite



Dog bite injuries in Alaska are a major public health concern. Below are a few tips to follow that can help you avoid injury on your next walk.

- · Always be aware of your surroundings
- Learn the warning signs of an aggressive dog (wrinkled muzzle, teeth showing, growling, and hair on back standing up, tail up and held in place)
- · Never try to pet or approach a strange dog
- Do not disturb a dog that is sleeping, eating, or caring for puppies
- If approached Do Not run, scream, or act threatening, it is important to remain very still and avoid direct eye contact. Once the dog loses interest slowly back away, (Never turn your back to them)

For more information on health and safety contact:

Division of Wellness & Prevention Health & Safety Program • 1.800.478.6822 • (907) 452.8251 Ext 3420 • Prevention@tananachiefs.org





and need assistance?

The ANMC-TCC Patient Advocates work closely with the medical teams at the Alaska Native Medical Center (ANMC) to ensure TCC patients receive clear communication about their care, excellent patient experiences, safe discharge plans, and access to support if concerns arise while at ANMC.

Please reach out to our ANMC-TCC Patient Advocates if needed.



Lucy Frank
Lead ANMC-TCC Patient Advocate
907-378-8002



April Johnson

ANMC-TCC Patient Advocate

907-687-9193

LASKA NATIVE MEDICAL CENTER

(MYTH BUSTER) There is NOT a 24-hour waiting period to file a missing persons report. As soon as a person is suspected missing, call and file a missing persons report.

Please share this information with your community, family and friends.

A missing person must be reported as soon as possible to the local law enforcement agency where the person went missing

When filing a report, only a law enforcement officer can take a missing persons report. If there is no law enforcement in your community, contact the nearest Alaska State Trooper post. Village Public Safety Officers are also able to file missing persons reports.

When filing a missing persons report, the more information that you can give the better. It is helpful to provide:

- · Name and Date of Birth
- When/Where they were last seen, and who seen them last
- Who were the people they last spoken to (in person, phone, on social media)
- What they were last seen wearing
- · Any scars, marks tattoos, etc.
- Why you believe they are missing (circumstances)
- Places frequented, hobbies, recent trips (local and state)
- A list of known associates/friends
- Where they work or attend school
- What their cell phone number is
- All social media accounts
- A recent photo
- Is this behavior normal (youth runaway, absences, or lack of contact)?
- If they are a vulnerable adult and/or have post-traumatic stress disorder/mental health issues
- · Any health conditions or medications they are required to take regularly
- · If they have drug and alcohol abuse

Please keep in mind, you do not have to know all of this information to report a missing person. The sooner the information can be given to law enforcement, the guicker they can assist with locating the missing person.

In the Fairbanks area, TCC Village Public Safety Officer Program has received a special designation from the State of Alaska Department of Public Safety, authorizing VPSOs to initiate and conduct searches immediately, upon receiving a report, on any tribal member that is suspected of going missing. At any time, you feel law enforcement does not immediately respond to a missing persons report, please contact Darrell Hildebrand, Public Safety Manager. Ext. 3269 darrell.hildebrand@ tananachiefs.org



LORRAINE GINNIS

Missing since October 4th, 2018

Ginnis was last seen in Fort Yukon, Alaska on October 4, 2018 at around 5pm walking near her residence.

Possible clothing she was wearing at the time of disappearance was a purple jacket and red hoodie.

- 62 years old at the time of disappearance
- 120 lbs
- Black Hair
- **Brown Eyes**

TIPS/INFORMATION CAN BE CALLED INTO:

Alaska State Troopers at 907-451-5100 or 800-811-0911 Incident number AK18072321



- 69 Years Old at the time of disappearance
- 5'10"
- 165 lbs
- · Black Hair
- Brown Eyes

FRANK MINANO

Missing since August 17th, 2020

Minano was returning to Nenana from Fairbanks when he stopped to look for firewood somewhere between Ester and Nenana. His vehicle was located unoccupied on Standard Creek Road near Old Nenana Hwy. Several searches have been conducted, but Frank has not been located.

Possible clothing he was wearing is black and white flannel button-down shirt with another shirt underneath, dark-colored pants, gray and white shoes and a baseball cap with the word "ALASKA" in white lettering on the front.



- 59 Years Old at the time of disappearance
- 5'0"
- 180 lbs
- Brown Eyes

TIPS/INFORMATION CAN BE CALLED INTO:

Fairbanks Police Department at 907-459-6800

Incident number 20-003030 | Assigned to Detective Adams

Black hair

DEBRA 'DEBBIE' NICTUNE

Missing since August 18th, 2020

Nictune was last seen at an apartment at the Northward Building on 3rd Avenue in Fairbanks, Alaska on the evening of August 18, 2020. She has never been heard from

TIPS/INFORMATION CAN BE CALLED INTO:

Alaska State Troopers at 907-451-5100 or 800-811-0911 Incident number AK20057486 | Assigned to VPSO Mark Haglin



- 34 years old at the time of disappearance
- 5'9"
- 179 lbs
- · Brown Hair
- Blue Eyes

Current Reward is \$15,000

DOREN SANFORD

Missing since August 28th, 2020

Sanford was last seen on Airport Road in Fairbanks, Alaska on the afternoon of August 29, 2020. He had gone out to look for his Rottweiler dog, Groot.

Sanford has never been heard from again and the dog is also still missing. He resided in Anchorage, Alaska at the time of his disappearance and was visiting Fairbanks.

Possible clothing he was wearing was a navy blue Tanana Chiefs Conference sweatshirt and a camouflage-print Lavelle's Taphouse hat and possibly carrying a backpack.



34 years old at the time of disappearance

- 5'9"
- 160 lbs
- Black Hair
- · Brown Eyes

Current **Reward** is \$11,500

WILLIS DERENDOFF

Missing since November 10th, 2020

Derendoff was last seen in Fairbanks, Alaska on November 10, 2020. He had come there from Huslia, Alaska and had a room at an Extended Stay hotel off of Old Airport Way. He has never been heard from again.

Possible clothing he was wearing at the time was a black leather jacket, red fleece pants, and possibly a Raiders beanie hat. He has the following tattoos in black ink: the name 'Traci' on the side of one hand, the initials "R.J.W." on the other hand between the thumb and forefinger, and the phrase "sometimes quiet is violent" on his forearm running from elbow to wrist.

TIPS/INFORMATION CAN BE CALLED INTO:

Alaska State Troopers at 907-451-5100 or 800-811-0911 Incident number AK20064999 | Assigned to Investigator Halbert

TIPS/INFORMATION CAN BE CALLED INTO:

Alaska State Troopers at 907-451-5100 or 800-811-0911 Incident number AK20086592 | Assigned to Investigator Halbert

If you have any information on the whereabouts of these individuals please contact any of these agencies:

Alaska State Troopers

• 907-451-5100

Fairbanks Police Department

907-450-6500

Darrel Hildebrand, TCC VPSO Coordinator

907-452-8251 ext.3269

RISK FACTORS For Opioid Misuse

There are certain factors to watch out for that may put a loved one at a greater risk for addiction. It is important to keep in mind that risk factors do not determine a person's path, instead, it provides a general gauge as to the likelihood of drug use or susceptibility to addiction. Understanding the risk factors is also very important when a person has already experimented with substances like alcohol and marijuana because they may be more susceptible to trying opioids.

Family history: the use of drug or alcohol problems can place a person at increased risk for developing an addiction to opioids. If there is a history of dependence in your family, you should let the person know since they are at a higher risk for developing a substance abuse problem. Discuss it in the same way you would if there was a family history of another disease like diabetes.

Mental health issues: such as depression, or anxiety place a person at more risk for a substance abuse problem. Although not all people with these disorders will develop a substance use problem, the chances are higher when they have difficulty regulating their thoughts and emotions. It is a good idea to talk with your health care providers about managing and treating underlying psychiatric conditions, and understanding how these can trigger or escalate a problem. It's important for reducing the risks.

Traumatic events: such as witnessing an accident, experiencing a natural disaster, or being a victim of abuse have been shown to increase the risk for substance use later in a person's life. This is why it is important to seek further professional help to address these issues.

Having those meaningful and ongoing conversations about substance use, and especially opioids, is an essential part of helping to keep our loved ones healthy and safe.

For More information contact Tanana Chiefs Conference, Division of Wellness & Prevention. 907-452-8251 ext. 3400

THE SIGNS OF A HEROIN/OPIOID OVERDOSE



FACE

is clammy to touch and has lost color. Has trouble speaking. Center part of the eyes are very small (sometimes called "pinpoint pupils").



BODY

is limp. Fingernails or lips are turning blue or purple.



SLEEP

is deep and person cannot be woken.

Will not respond to your voice or touch.



BREATHING

is slow or has stopped.



HEARTBEAT

is slow or has stopped.

If you live in the TCC region . contact the Division of Wellness & Prevention via phone or email to request Narcan® OR Complete the TCC Narcan® Request Form Survey online. We will make [contact to fulfill your request.



What is Narcan® Nasal Spray?

NARCAN® (naloxone HCI) Nasal Spray, the first and most prescribed nasal formulation of naloxone, is FDA approved for the treatment of known or suspected opioid overdose.

Designed for use in the community, NARCAN® Nasal Spray is nee- IF ANY OF THESE SIGNS NARCAN® Nasal Spray TO STEP 2: is used to reverse the . Failure to respond when life-threatening effects of opioid overdose.

Since most accidental overdoses occur in a • home setting, it was developed for first responders, as well as family, friends, and caregivers and requires no specialized training.

STEP ONE CHECK FOR HEROIN/OPIOID

OVERDOSE



dle-free and ready to use. ARE PRESENT, CONTINUE

- spoken to.
- Failure to wake up when prompted.
- Slow or no breathing.
- Tiny pupils.
 - If you suspect ANY symptoms of overdose administer Narcan. Narcan® has no adverse side effects for someone not on opioids.

STEP TWO ADMINISTER NARCAN® (Naxalone)

Emergency Instructions For Narcan® (Naxalone) Nasal Spray

from the box. Each sprayer contains one dose.



FOLLOW THESE STEPS:

- Turn the person on their back.
- Tilt their head back.
- Support their neck with vour hand.
- Insert the tip of the nozzle into either nostril.
- Press the plunger firmly to deliver dose.

DELIVER CPR AT ANY TIME

STEP THREE CALL FOR EMERGENCY HELP. EVALUATE, SUPPORT

Remove Narcan® Nasal Spray Narcan® (Naloxone) gives time to get help, but the person is still in danger until they get emergency medical help.

> **ROLL THEM ONTO THEIR SIDE IN** THIS POSITION.



WATCH CLOSELY FOR RESPONSE.

Give them a second dose in the other nostril if they do not respond in 2-3 minutes by:

- Waking up.
- Responding to voice or touch.
- Breathing normally.

Do you know a high school student in the TCC interior region? If so please share the TCC GO Program with them!

Here are just a few services we can offer to high school students:

- Receive reimbursement of up to \$300 a month for internet expenses, if the student is utilizing the program.
- TCC GO laptop/tablet loaner
- Stipend opportunity: students can earn money by completing various assignments.
- We can provide full scholarships for any course taken at UAF! And upon successful completion, we can even pay a \$500 stipend!
- · Free virtual tutoring services
- Free access to SAT/ACT prep courses online
- · And much much more!

To be eligible:

- Be an Alaskan Native Highschool student in the TCC Region
- · There are no GPA requirements
- · With no income qualifications

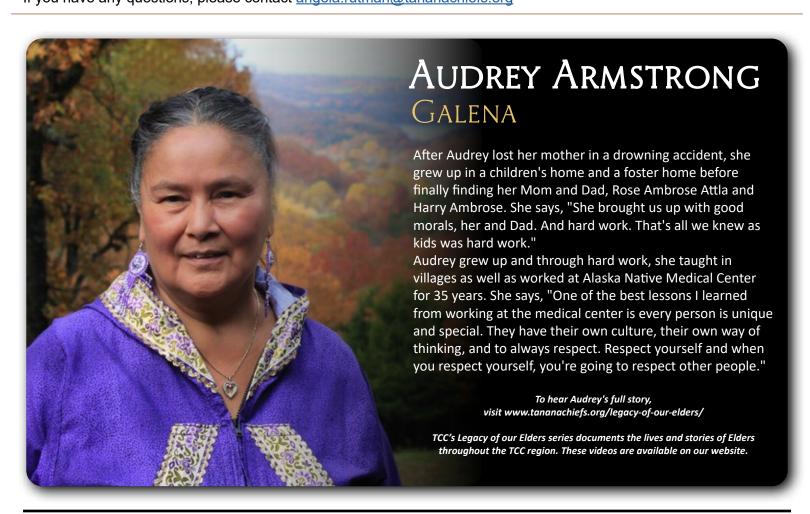
There is no requirement of the student, it really is a tool and resource for them.

For more information:

https://www.tananachiefs.org/services/tcc-go/ (The application is on our website) If you have any questions, please contact angela.rutman@tananachiefs.org













- Village Vacancies
 Alatna: Community Health Aide/Practitioner, Family Visitor, Tribal Administrator-Onsite Supervisor, Tribal Workforce **Development Specialist**
- Allakaket: Community Health Aide/Practitioner, Community Health Representative, Home Care Provider
- Anaktuvuk Pass: Behavioral Health Aide, Behavioral Health Aide Trainee
- Anvik: Rural Trauma Navigator, Substitute Elder Nutrition Cook, Tribal Family Youth Specialist, Village Public Safety
- Arctic Village: Home Care Provider, Tribal Administrator-Onsite Supervisor, Village Public Safety Officer
- Birch Creek: Rural Trauma Navigator
- · Chalkyitsik: Behavioral Health Aide, Behavioral Health Aide Trainee, Community Health Aide/Practitioner, Tribal Family Youth Specialist, Village Public Safety
- · Circle: Community Health Aide/Practitioner, Rural Trauma Navigator, Substitute Elder Nutrition Cook, Tribal Family Youth
- · Dot Lake: Behavioral Health Aide, Behavioral Health Aide Trainee, Community Health Aide/Practitioner
- Eagle: Community Health Aide/Practi-

- tioner, Home Care Provider, Rural Trauma Navigator, Tribal Family Youth Specialist
- Evansville: Community Health Aide/ Practitioner, Elder Nutrition Cook
- . Fort Yukon: Home Care Provider
- · Galena: Behavioral Health Clinical Associate-Galena, Behavioral Health Clinician. Clinical Support Staff/Medical Assistant, Nurse Practitioner - Galena, Physician Assistant - Primary Care, Galena
- Grayling: Family Visitor, Preschool Assistant Teacher, Preschool Lead Teacher, Tribal Family Youth Specialist, Tribal Workforce Development Specialist, Village Public Safety Officer
- · Healy Lake: Community Health Aide/ Practitioner, Rural Trauma Navigator, Village Public Safety Officer
- · Holy Cross: Family Visitor, Home Care Provider
- · Hughes: Community Health Aide/Prac-
- Huslia: Family Visitor, Substitute Teacher/ Assistant Teacher, Tribal Family Youth Specialist
- Kaltag: Community Health Aide/ Practitioner, Tribal Administrator-Onsite Supervisor, Tribal Workforce Development Specialist
- · Koyukuk: Carpenter, Laborer, Project

- Supervisor, Tribal Office Administrative Assistant
- McGrath: Rural Trauma Navigator, Tribal Family Youth Specialist, Tribal Workforce **Development Specialist**
- Minto: Community Health Aide/Practitioner, Rural Trauma Navigator
- Nenana: Clinical Support Staff/Medical Assistant, Infant/Toddler Teacher, Mary C Demientieff Health Center Operations Officer, Preschool Assistant Teacher, Rural Safe Home Attendant, Substitute Teacher/Assistant Teacher, Tribal Administrator-Onsite Supervisor, Tribal Family Youth Specialist
- Nikolai: Elder Nutrition Cook, Tribal Administrator-Onsite Supervisor, Tribal Family Youth Specialist
- · Northway: Behavioral Health Aide, Behavioral Health Aide Trainee, Carpenter, Community Health Aide/Practitioner, Laborer, Rural Safe Home Attendant, Substitute Teacher/Assistant Teacher, Village Public Safety Officer
- Nulato: Rural Safe Home Attendant. Substitute Teacher/Assistant Teacher
- Old Minto: Camp Counselor I, OMFRC Camp Laborer, OMFRC Counselor I
- · Rampart: Behavioral Health Aide, Behavioral Health Aide Trainee, Community

- Health Aide/Practitioner, Rural Trauma Navigator, Substitute Elder Nutrition Cook. Tribal Administrator-Onsite Supervisor
- Ruby: Behavioral Health Aide, Behavioral Health Aide Trainee, Community Health Aide/Practitioner
- Stevens Village: Community Health Aide/ Practitioner
- Takotna: Rural Trauma Navigator
- Tanacross: Community Health Aide/ Practitioner, Home Care Provider, Tribal Family Youth Specialist
- Tetlin: Behavioral Health Aide, Behavioral Health Aide Trainee, Community Health Aide/Practitioner, Family Visitor, Village Public Safety Officer
- Tok: Behavioral Health Clinical Associate-Tok, Certified Medical Assistant, Coordinator/Instructor Mid Level Practitioner, Facilities Technician, Nurse Practitioner - Upper Tanana Health Center, Physician Assistant-Upper Tanana Health Center, RN, Service Desk Technician, Substitute Teacher/Assistant Teacher, Urgent Care RN Advanced, UTHC Environmental Services Technician I, Village Public Safety Officer-Regional Rover
- Venetie: Village Public Safety Officer