

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Alaska Native Elder Health Advisory Committee



MEETING SUMMARY

MEETING DATE: April 16, 2009

 Alaska Native Elder Health Advisory
 Committee

LOCATION: Anchorage

STAFF: Kay Branch

RECORDER: Dabney Van Liere

MEMBERS: Present = P Absent = A Excused = E

Andrew Jimmie, ANTHC	P	Janet Guthrie, Metlakatla	P	Guests:	
Iver Malutin, KANA	P	SCF (Vacant)		Ella Craig (UAA GEC)	P
Ethel Lund, SEARHC	E	Staff:		Josie Shangin, APIA	P
Mary Schaeffer, Maniilaq	P	Kay Branch, ANTHC	P	Andy Teuber, KANA, Chairman of the Board, ANTHC	P
Rose Ambrose, TCC	P	Cheryl Easley, UAA	E	Barbara Jean Franks, ANTHC	P
Berda Willson, NSHC	P	George Charles, UAA NRC	P	Jennifer Arnold, ANTHC	P
Lotha Wolf, MSTC	P	Jim LaBelle, UAA NRC	P	Rita Blumenstein	P
Allan Upicksoun, ASNA	P				
James Sipary, YKHC	P				
Rose Heyano, BBAHC	E				
Mike Zacharof, APIA	P				

TIME	AGENDA ITEM (PRESENTER):
9:15 a.m.	Call to Order by Chair Andrew Jimmie.
	Invocation - James Sipary, YKHC.
	Agenda – Motion to adopt the agenda (Mike Zacharof, Mary Schaeffer).
	Welcome by Chair Andrew Jimmie of Minto, AK Sharing stories, regional updates & greetings from committee members:
	Major Issues: Lotha Wolf, MSTC – Problem with new HUD homes being built that are not handicapped accessible, have no back door or window egress for escaping fire or whatever happening in the home. They are also not putting in fireplaces or wood stoves which would be an alternative heat source. Mike Zacharof, APIA – The health center on St. Paul is now fully staffed, and agrees with the difficulties with HUD home designs. I think we could eliminate these problems if we could automatically put the handicapped stuff in.

TIME	AGENDA ITEM (PRESENTER):
	<p>Berda Willson, NSHC – They will be using a new machine to test blood levels of people on coumadin. This will allow the testing to occur in the village, sending the reading to the hospital instead of having to transport blood. Others were interested in this – information distributed.</p>
	<p><u>Old Business</u></p> <p><u>Motion</u> to approve minutes of October 08 (Mary Schaeffer/Berda Willson) Motion carried. Review ANTHC Board Report and action items - Committee made decision to bring up the travel funding again at the October meeting. Kay will research budget process in the meantime.</p> <p>Follow-up from Strategic Planning Session – Kay reviewed the changes made to the charter based on the October planning session that included adding the mission statement, new travel funding policy, refining purpose and responsibilities. Discussion on limiting the number of members to 13 if health organizations are paying their own way. Decision to add language that additional representatives will be welcomed on an ad hoc basis. <u>Motion</u> to adopt charter with changes made (Mary Schaeffer/Mike Zacharof) motion carried.</p> <p>Executive Committee will be composed of 5 members plus the ANTHC Chair. Table the election of executive committee members until Friday.</p>
	<p><u>Updates from Other Organizations</u></p> <p>Alaska Commission on Aging, Iver Malutin – Distributed the ACoA report on priorities for the 2009 legislative session, which include rate increases for home and community based services and reauthorization of adult dental.</p> <p>National Indian Council on Aging, Janet Guthrie – Distributed report from new executive director, Randella Bluehouse. Next NICOA Elders meeting in 2010 will likely be in Michigan.</p>
	<p><u>Suicide Prevention - Barbara Franks</u></p> <p>Barbara introduced Jennifer Arnold, a new employee in Behavioral Health.</p> <p>Barbara told her story about her son who committed suicide, knowing each one of the committee members have been touched by suicide. They are making progress. She went to Bartlett High School last week to speak with transition students, a program with Cook Inlet Tribal Council. The students wanted to talk about suicide prevention. They want to know how to talk to someone after they have tried to commit suicide—how to talk to their friends. Just like James Sipary says, I am going to be your friend. Her own friends gave her courage to stand before people I don't even know. Some people told her: It's been six months you need to get over it. It's not something you can get over.</p> <p>ANTHC Behavioral Health is trying to help spread the word. They wrote a news release that was received by KNBA. They are now partnering with KNBA to write messages to go on KNBA and 10 other stations in Alaska and also stations in the lower 48, letting people know they are not alone. Then when you hear that message, you can know that someone is thinking of you.</p> <p>The Behavioral Health team has received ASIST training - Applied Suicide Intervention Skills Training, where you learn how to take care of the person until others arrive. The first responders - police, CHA/P, the undertaker, they all need help too.</p> <p>They are also learning about a new suicide prevention program and training with the First Nations tribes in Canada that has elders and youth paring together on prevention training for young people that is culturally relevant. They would like the blessing of the ANEHAC to continue to work on this project. Following are some of the questions we will be asking in the future. We need to know how to word them when we go to different regions:</p> <ol style="list-style-type: none"> 1. What do you think are protective factors for Alaska Native youth?

TIME	AGENDA ITEM (PRESENTER):
	<ol style="list-style-type: none"> 2. What are risk factors? 3. How do we approach Alaska Native adolescents to ask them about suicide? 4. What do you think we need to understand about Alaska Native suicide when speaking to them? 5. Should we use the word 'suicide' or should we use other words or approaches when we talk to youth? 6. What is the cause of this problem and how do we begin to heal it from your perspective? <p>Barbara will be speaking tomorrow at the Parents Teacher Association conference. Teachers need to think of how they relate to students. Her son was told he was stupid by a teacher early on and it affected his whole life. She would like to see suicide prevention training as part of the high school curriculum; everyone should know the warning signs. Her son was giving things away; he was making sure wood was stacked around his girlfriend's house. There was another person who called at two in the morning and said "It was nice to know you." She called the school and helped to save him.</p> <p>Mary Schaeffer, Maniilaq – I think too whatever way we are going to help our people it needs to be culturally based. Also I think we should give "Mental Health" another name. It is so embarrassing to some people. It is hard to get them to go to counselors. I think in our region we will call it "Ikayugtiisigvikvik (a place to seek help)."</p> <p>Berda Wilson, NSHC – You don't need money to get started working on suicide prevention. Berta said she want to mention how much volunteer work is going on in the Norton Sound region. The kids want their parents to be with them no to go to bingo, etc. Many people are not going to fish camp. That's a healing time. People should give of themselves, not wait for money to come in.</p> <p>James Sipary, YKHC – They are developing a community action plan—every family, every elder must be involved. Suicide is 100% preventable, it takes us all to make that happen. Loving, caring, sharing – it's the Native way of life.</p> <p>Rita Blumenstein, ANTHC – We used to take kids everywhere—to all meetings, all visiting, hunting, fish camp. They were always with family; now kids are bored.</p> <p>Janet <u>motioned</u> to support the continued suicide prevention work. Seconded by Mary Schaeffer. Motion passed to support ANTHC's Behavioral Health Suicide prevention work.</p> <p><i>Committee members agree to include suicide prevention as part of every meeting. Barbara will provide a list of warning signs for suicide on Friday.</i></p>