

PC CARES Local Steering Committee Bulletin

February 27, 2020

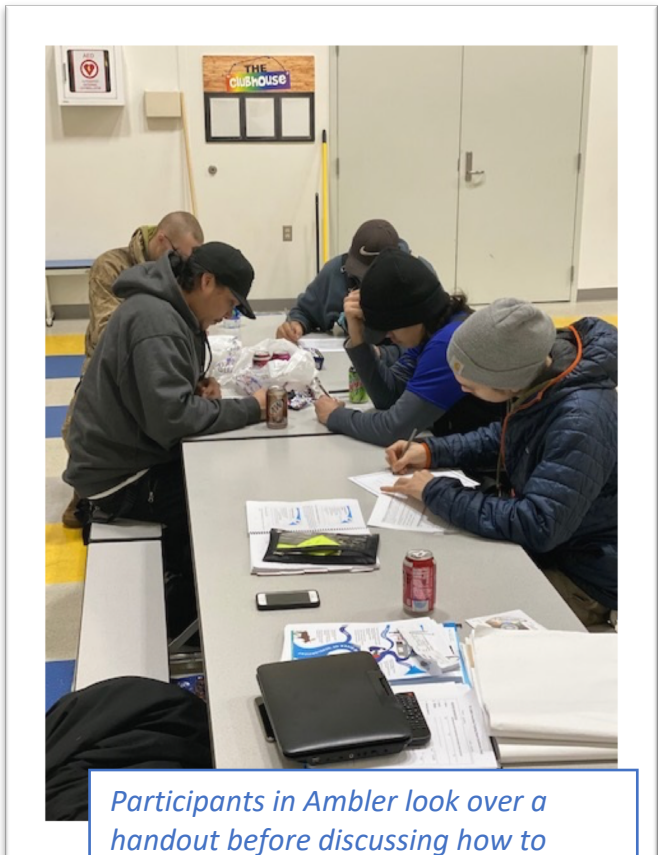
Hello LSC,

I have the pleasure of seeing the names of each person who comes to a PC CARES learning circle and processing paperwork for each person who takes a survey. These duties remind me that lots of people in our region are talking about how to best prevent suicide and promote wellness, and their learning and partnerships will benefit our communities. Also, people have been generous. Several survey participants donated their gift certificate to an elder or to the elder lunch program. This small gift is a good reminder about how we take care of each other in our communities.

PC CARES By the Numbers

A total of 63 people attended a learning circle in their community so far. Here is how it breaks down for each region:

9	<i>People in the Yukon-Kuskokwim Delta region have attended Learning Circle 1</i>
22	<i>People in the Northwest Arctic Region have attended LC1</i>
38	<i>People in the Bering Strait Region have attended LC1 and LC2</i>
29	<i>Norton Sound Behavioral Health employees (including psychologists, counselors, etc.) attended an hour-long "sample" of LC2 during staff training</i>
28	<i>Hours of PC CARES training in 7 different communities across the state have been offered so far</i>



Participants in Ambler look over a handout before discussing how to create healthy environments for youth.

Behind these accomplishments are countless hours of background work to make them possible. On our last facilitator call, we asked folks:

What keeps you going? Here's what a few people said:

- "I feel that it's important they we get these concepts and messages across to improve the conditions in our community."
- "It's something we need for our community."

- “I’m getting paid for it and it’s part of my education. But besides that, I really see the need. People need correct information, the more information they receive, the more they can do. That is my hope and that is what keeps me going.”

Refresher: What does each learning circle talk about?

LC1	<p><i>Cultural Wellness</i></p> <ul style="list-style-type: none"> • <i>Alaska Native and Inuit youth suicide used to be rare in the past and now it is way too common.</i> • <i>Youth need environments that foster learning, positive relationships, awareness of others, self-awareness, and hope.</i>
LC2	<p><i>Support for Youth</i></p> <ul style="list-style-type: none"> • <i>Youth and adults were asked what they think will best prevent suicide, and many youth simply said, “talk to us.”</i> • <i>Listening for wellness means reflecting back what you hear and asking open-ended questions rather than giving advice.</i>
LC3	<p><i>Prevention</i></p> <ul style="list-style-type: none"> • <i>Suicide is often impulsive. If you can make it 10 minutes harder for someone to take suicidal action, you can save a life.</i> • <i>Research shows that making one’s home safer by keeping bullets located separately from guns, and guns locked away can prevent suicide.</i> • <i>Small, non-demanding messages and acts of kindness can also reduce risk. For example, “I am thinking of you and I want you to know I care.”</i>
LC4	<p><i>Grief and Healing</i></p> <ul style="list-style-type: none"> • <i>Talking safely about suicide means sharing only the basic facts, rather than talking about how or why someone killed themselves.</i> • <i>Giving youth and adults a non-judgmental place like a support group to talk about what they’re feeling helps people heal. Blaming, pretending it didn’t happen, or having memorial displays and services different from a non-suicide death can be harmful.</i>
LC5	<p><i>Review and Next Steps</i></p> <ul style="list-style-type: none"> • <i>By meeting together to discuss research and what we know, we created a community of practice. Whatever worked to help make PC CARES a success (or what it needed to be an even greater success) can be applied to what we what to happen next.</i> • <i>Communities get to decide what plans, actions, and next steps (if any) they believe are most important to help prevent suicide.</i>

As always, thanks for reading, and thank you for your service on our Local Steering Committee.