

PC CARES Local Steering Committee Bulletin

January 2020

Hello LSC,

With the light returning to our northern lands, I am reminded and encouraged to find hope and hold family. Many of us are dealing with recent tragedies in our communities, and sometimes it is difficult to “carry on as usual.” If you are mourning, please know you are not alone. If you know someone who is grieving, remember that acts of kindness can be a big help, especially because they don’t require the person who is hurting to do anything.

“I’m here if you want to talk.”

These simple, kind words can help someone who is hurting.

Learning from challenges

PC CARES Facilitators in all three regions are working to bring people in their communities together to talk about how to offer hope and ideas to prevent suicide. It hasn’t been easy—weather, search and rescue, funerals, holiday celebrations, and scheduling conflicts have all caused cancelations and delays.



Sunrise in Tala.

What is working?

In one community, after a number of false starts, the facilitation team committed to a day, time, and place and decided between them that they would not cancel. Even though only 4 people attended, they said it was a big relief to get the first Learning Circle done. They did a good job, too: All four people who came said they would bring a friend to the next learning circle.

Here are some other strategies we’ve learned by trying different ideas out:

- Visiting and telling people about PC CARES can spark their interest and help them come to a learning circle.

- Contacting managers at the clinic, city or tribe, and schools to get permission for employees to attend learning circles as paid hours.
- Sending letters of invitation to people (and their bosses) to make sure they understand they can get CEUs for attending.
- Requesting donations in order to provide snacks at the Learning Circles can encourage people to show up.
- Just doing the first learning circle (no matter how many people show up) and asking those attendees to bring one other person next time.

PC CARES By the Numbers

3	<i>Communities have hosted their first Learning Circle</i>
33	<i>People in 4 villages have attended Learning Circle 1 so far</i>
5	<i>Facilitator support calls have been hosted by Diane McEachern in the past 3 months. Facilitation teams call in to talk about their progress, barriers, and exchange ideas about how to make PC CARES effective</i>
2-5	<i>People make up the facilitation teams in each village</i>
20	<i>Maximum number of people who can come to a Learning Circle. This means that recruiting people to come should be strategic: Finding people who are invested in wellness and can help make a difference</i>

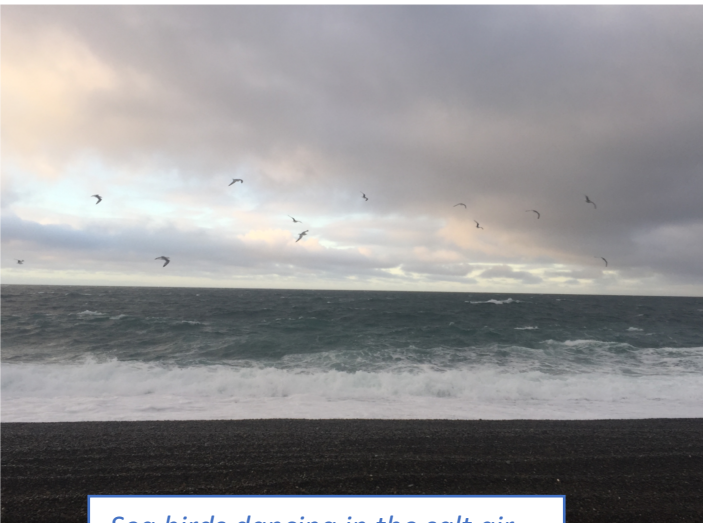
Onward

At last, we seem to be getting into “the thick of it,” with Learning Circles starting to come alive across the state. Though it’s been a challenging beginning, we will continue to learn with you. In

the spring we will be visiting villages again to collect surveys, then we’ll have the opportunity to work with five new Bering Strait villages for the next cohort.

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

Best wishes,
Tara



Sea birds dancing in the salt air at the gravel beaches of Sivuqaq.