



# PC CARES Local Steering Committee Bulletin

May 7, 2020

Hello LSC,

Our lives have transformed over the past weeks to accommodate and respond to the COVID-19 pandemic. While we haven't hosted any learning circles in the past 6 weeks, we have been staying in touch with PC CARES facilitators throughout this adjustment period.

The pandemic is undoubtedly widening gaps where there is existing inequity: in education, income, health concerns, etc. It's important that while we stay physically distant, we also promote community connectedness any way we can. Suicide remains an urgent problem with lasting impact in our communities, and we are working to find creative routes to our project objectives. While the form or format of PC CARES may need to adapt, the information remains relevant. Asking ourselves "What do we know?" about suicide prevention and wellness, "what do we think?" and "what do we want to do?" can still build communities of practice—even if we can't be in the same room, or are standing 6 feet apart.

PC CARES by the Numbers (before COVID-19)	
16	People in the Yukon-Kuskokwim Delta region attended Learning Circle 1 and LC2
38	People in the Northwest Arctic Region attended LC1 and LC2
80	People in the Bering Strait Region attended LC1, LC2 & LC3
43	Hours of PC CARES training in 9 different communities across the state were offered

## You Are Invited

Every third Tuesday of the month, Diane and Lisa are hosting a teleconference call to talk about ideas for prevention, maintain connection with each other, and offer opportunities to collaborate with the research team and other communities in the state working on PC CARES. You are invited to participate! The next call will be:

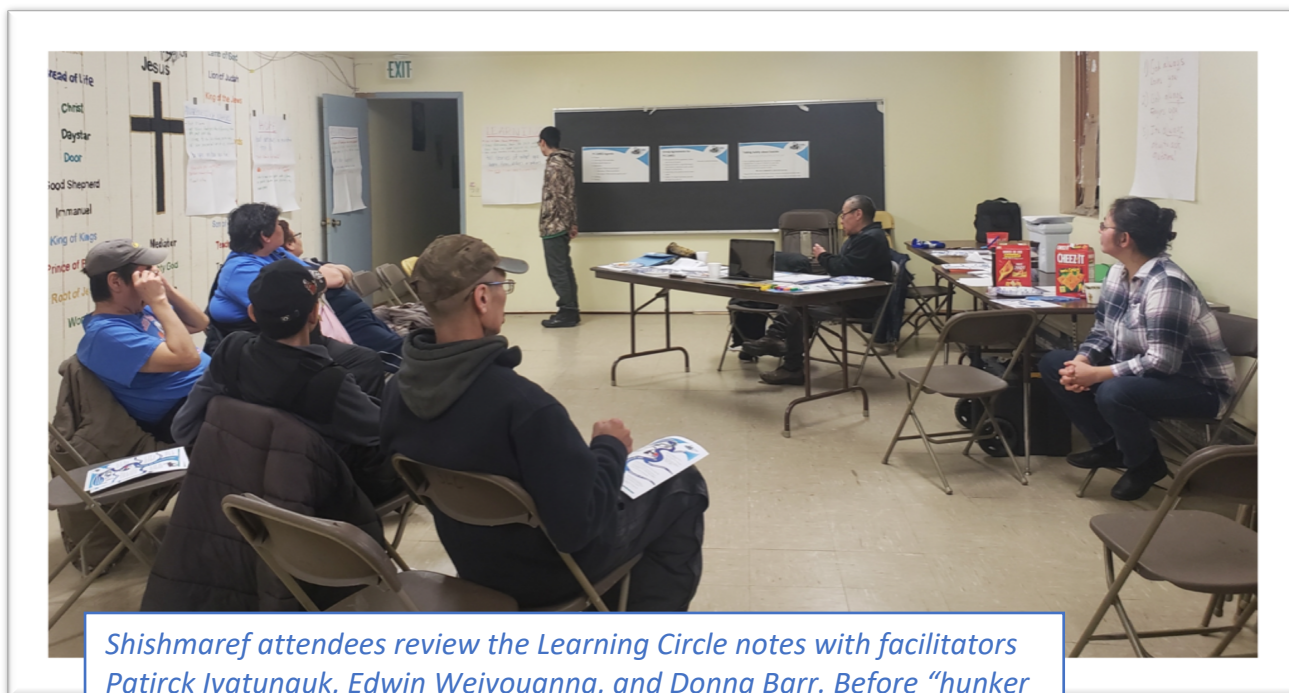
**Tuesday, May 19<sup>th</sup> at 11:15 am Alaska Time**  
Email Tara at [pccares@umich.edu](mailto:pccares@umich.edu) for the call-in number.

## Celebrating PC CARES Graduates

**Leanna Isaac**, a facilitator in Bethel, was an integral resource and support person for her fellow PC CARES leaders in the Yukon-Kuskokwim Delta. She used her hours spent working on PC CARES for her final practicum project to earn a Bachelor's in Social Work from the University of Alaska Fairbanks (UAF). Leanna plans to further her education, as she was accepted to the School of Social Work at University of Alaska Anchorage for a Master's in Social Work. We are so grateful for Leanna's work and proud of her educational journey. Congratulations!

**Roberta Moto** is a Master Trainer for the PC CARES curriculum, and the Wellness Director for Maniilaq Association. She has been a mentor and support leader for facilitators in the Northwest Arctic region since the inception of PC CARES, and she helped create the curriculum.

Roberta is also graduating this May with a Bachelor's in Social Work from UAF. Her presence, contributions, and insight have made PC CARES possible and impactful. We are proud of her accomplishment, and proud to have her on our team!



*Shishmaref attendees review the Learning Circle notes with facilitators Patirck Iyatunguk, Edwin Weiyuanna, and Donna Barr. Before “hunker down” mandates, Shishmaref successfully hosted two learning circles.*

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