

PC CARES Local Steering Committee Bulletin

November 2019

Hello LSC,

It's about time to give you updates about the PC CARES happenings, and they are plenty! We have trained a group of people in the curriculum who are turning the program into real-live gatherings in their communities. Four villages have already scheduled their first learning circles.

Curriculum is done!

PC CARES Facilitator Guides and PC CARES Handouts were finalized and printed. The new curriculum includes 4 sessions of newly combined content and a 5th session involving summarizing and recapping previous sessions. Explicit in the newest version of the PC CARES curriculum is activities and discussion that invite participants to consider the process of community mobilization for health promotion/suicide prevention for PC CARES over the last few months, and to make decisions for how they, as a group, want to move forward with health and social initiatives. PC CARES toolboxes with all the materials and research measures were assembled and sent to all participating villages in cohort 1 and were distributed at the Training of Facilitators.



Suzanne and Tara putting together the toolkits facilitators got to take back to their villages. The boxes contain almost everything they would need to host learning circles.

Continuing Education Credits

The PC CARES curriculum was approved to become a Certified in Public Health Continuing Education partner on April 22, 2019. The PC CARES program was approved for Continuing Education Units (CEUs) for the Alaska Community Health Aide Program through the Alaska Native Tribal Health Consortium (ANTJC) on June 12, 2019. This will allow public health and social workers to earn CEU hours for the Learning Circles they attend in their communities.



A Teller community member taking the Steps toward Prevention Survey in September.

Steps toward Prevention Surveys

In September, Tara traveled to cohort 1 villages to with a case full of iPads to conduct baseline surveys. We recruited a total of 82 participants in Brevig Mission, 96 participants in Savoonga, 72 participants in Teller, 97 participants in Gambell, and 109 in Shishmaref for a total number of 411. This data help measure the changes that happen as a results of PC CARES and be used to look at how PC CARES information is being spread through people’s social networks.

Training of Facilitators

Taught the PC CARES Facilitators’ Training October 21-25, 2019 with 21 participants from Bering Strait villages of: Brevig Mission, Savoonga, Gambell, Shishmaref, and Teller: the first cohort of PC CARES. We were also joined by facilitators from the Maniilaq region, including Buckland, Kiana, Ambler, Kotzebue and Noorvik. A total of 41 people attended, and PC CARES learning circles will be held in 14 Alaskan communities.



A hard-working group of trainer and facilitators came to spend a week in Anchorage practicing their skills, learning about and planning how the program will work in their communities.