



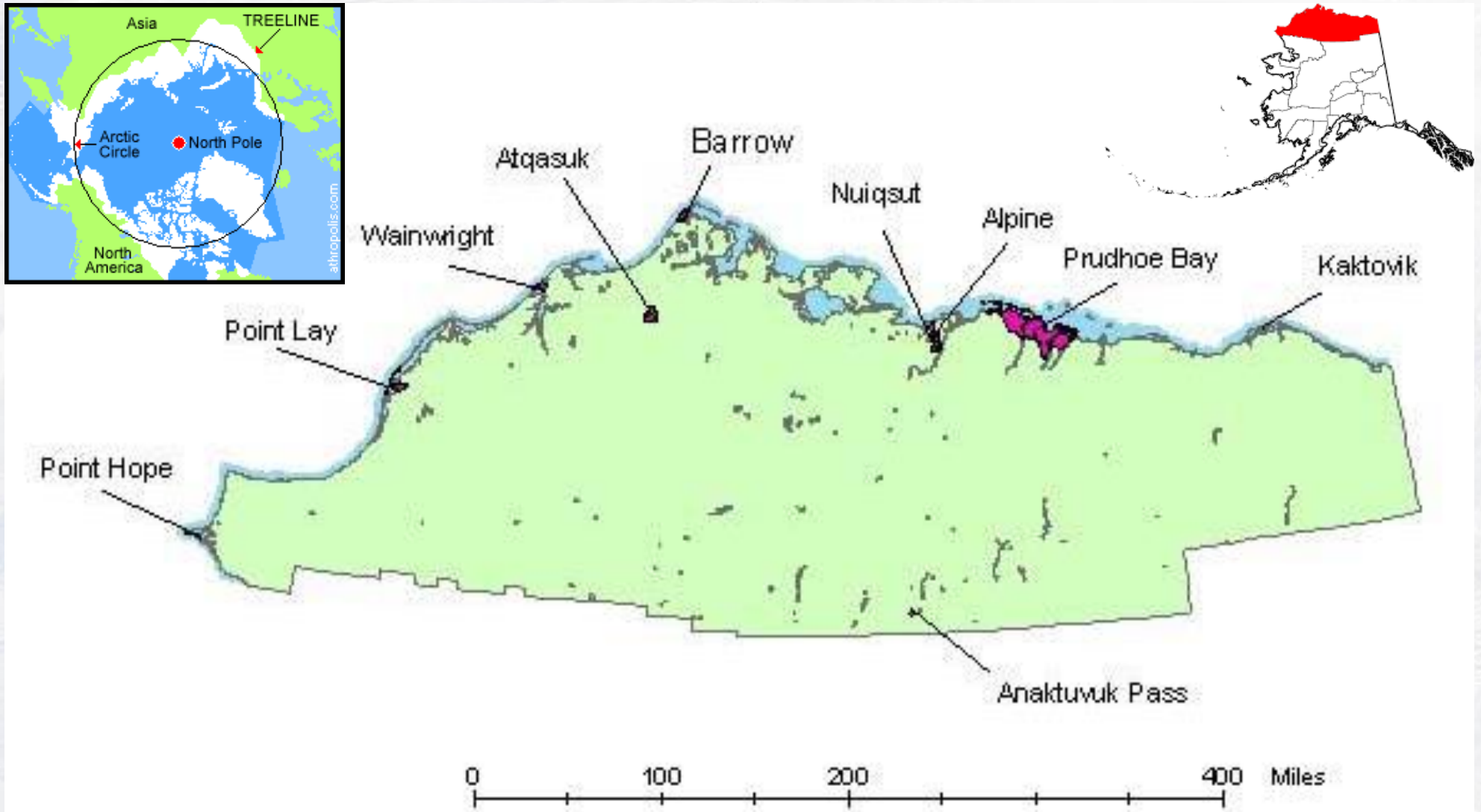
CBPR on the Alaskan Frontier

The Continued Adventures of a Reluctant Researcher

Lauren Kelly, MA, LMFT
Director of Northwest Alaska AHEC

Alaska's Only Tribal College

NORTH SLOPE BOROUGH VILLAGES





Alaska's Only Tribal College



Some Advice on Traveling to North Slope Villages

- Pave the way with fresh fruit *and* cheese *and* cookies *and* donuts (bring enough for whole village)
- Pack to stay at *least* twice as long as you planned, I recently was stranded in UNK for a week over Easter due to weather and limited flight schedules.
- Take flip flops for the shower (Think "Man-Camp" and ditch the idea of 'hotel')
- Get comfortable with small spaces and ditching whatever plan you have
- Don't be shy, the VHF Radio is your friend (except in Point Hope): "Good morning, good morning..."
- Embrace the Iñupiat values of humor, sharing and respect for elders
- Don't go alone, take a crowd if possible. Take duct tape and Ziploc bags.

Small planes & big plans



Flying over
Kaktovik

Pt Hope

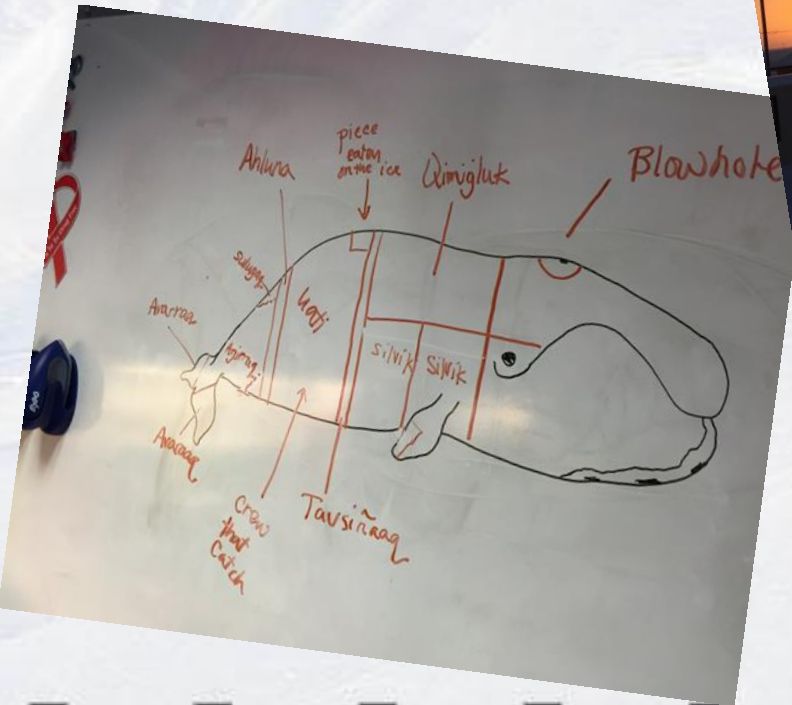
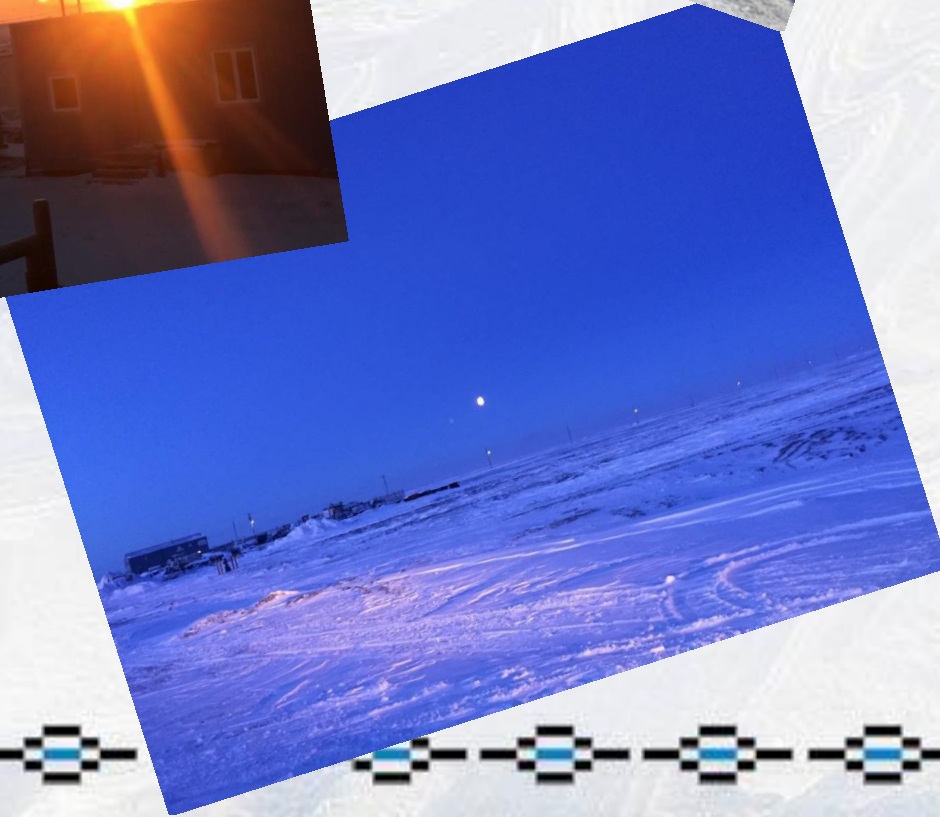
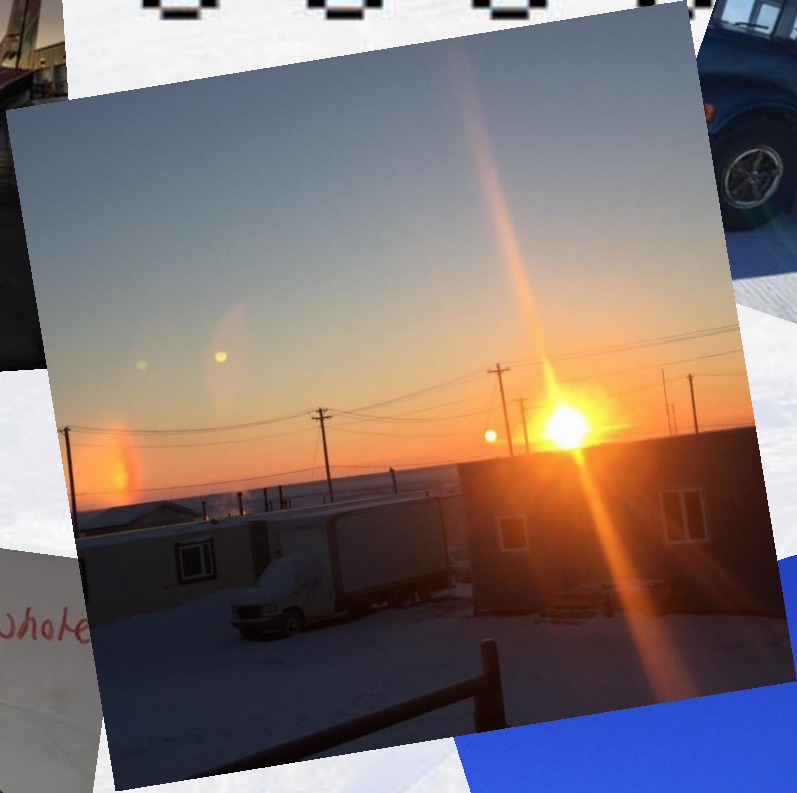


Flying over NSB Village



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Getting Permission Contact Matrix

Contacts to get permission before travel to a village:

- City of
- Native Village (Local tribal agency)
- School principal and maintenance staff
- Village Liaison and Librarian
- Village Store/Fuel
- Iḷisagvik Board of Trustee Member
- ICAS Council Member
- North Slope Borough Health Board Member
- North Slope Borough Deputy Mayoral Staff
- Village Clinic

Each village has it's own governing structure.

Many have their own 'tribal governments' or corporations and of course their own personality.

There are sometimes significant and always separate cultural traditions and practice of the Iñupiaq values.

Village schools were almost exclusively the venue for community activities including recreation, and are often the only place many kids and seniors can count on for daily meals (they close for the summer).

We were able to hold Focus Groups in 4 of the outlying villages and 3 in Barrow

Permission & Support Will be Much Easier This Time Around

ILISAGVIK COLLEGE

Native Village of Atkasuk, March 2017

We are asking to do research in your community

Ilisagvik College was awarded a research grant for assessing behavioral health needs and access to services across the North Slope. This will be the first research of its kind that Ilisagvik will be conducting. The grant is funded by AIHEC (American Indian Higher Education Consortium) and NARCH (Native American Research Centers for Health). Part of the process for tribal colleges in the lower 48 who are also conducting similar research requires that they obtain tribal permission to conduct their research. This process is a bit different here on the North Slope. The research team at Ilisagvik is working towards garnering community support in two ways. The first has been to engage the North Slope Borough Health Department and Ilisagvik College Boards by passing a resolution in support of this project. Both of these boards have at least one member from your community. The second board, Molly Ahkivaguk from the North Slope Borough Health Board and Patricia Lloyd from Ilisagvik College Board of Trustees. The second is the intention of this letter, to ask for permission and support of this research effort in your community. We would appreciate your help in accommodating and supporting our research efforts.

How your community may benefit

Our hopes are to be able to share the data and its findings with the North Slope Communities, from which it is gathered for their use as they see fit, such as requesting for additional health services, applying for grants and funding, etc. Asking permission from the community to own the information has the potential of changing the way research is conducted on the North Slope and among Native Alaskan communities, making it common practice to ask for engagement and give back to the communities the information they have graciously given. I believe if we are successful, this will be the first endeavor to conduct research with the consent and support of the communities participating in the research itself.

The process

The research team and Ilisagvik College, are asking if we can come to your community to conduct a focus group as part of this research. I have included here the recruitment poster, the consent document and the 1 group questions for your information. These materials have all been approved by the Institutional Review Board as noted in the consent document. These materials are the only materials we are allowed to use and the 1 group questions we are allowed to ask.

The research team includes two student researchers, Justina Tracey from Point Lay, and Joseph Ivanoff from Atkasuk. They will be offering short presentations on public health topics to the community as part of their participation in this research and as a way to give back to your community.

We will, with your permission, come to your community on a scheduled day, conduct the focus group which take up to 1-4 hours total set-up and clean-up. The focus group will be limited to 12 adults. Afterward the staff will be making their short presentations open to the entire community. We would like to come to Atkasuk on April 25th.

I am happy to respond to any concerns or questions you as a leader in your community may have. Please contact me at 907-852-1779 or lauren.kelly@ilisagvik.edu

Lauren Kelly
Project Director

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Get TA approved
Buy gift certificates from store



Ilisagvik College invites you to participate in a conversation about behavioral health needs in your community.

Your participation in this research will potentially influence what and how behavioral health services are delivered in your community.

When: Wednesday April 19th
7:00 PM to 9:00 PM

Where: Harold Kaveelook School Library

Participation is open to adults (18 years old and above only), and will take up to two hours. Snacks provided to participants.

Consent forms and information are available from your Ilisagvik village liaison or Project Director.

Contact: Lauren Kelly, Project Director
lauren.kelly@ilisagvik.edu // 907.852.1779

ILISAGVIK COLLEGE
Research by a tribal organization for a tribal community

Stay under weight limits
Figure out how to get there from here

Ilisagvik College Board of Trustees
Resolution 2016-13
A Resolution for Support of Behavioral Health Research Among North Slope Communities

WHEREAS, Ilisagvik College, is an accredited college recognized by the United States Department of Education and is authorized to operate by the Alaska Commission of Postsecondary Education, and is a member of American Indian Higher Education Consortium; and

WHEREAS, Ilisagvik College has been awarded a grant by Native American Research Centers for Health (NARCH) via American Indian Higher Education Consortium (AIHEC) to research the behavioral health needs of Alaska residents living in each of the North Slope communities to include: Anaktuvuk Pass, Atkasuk, Barrow, Kaktovik, Nuiqsut, Point Hope, Point Lay and Wainwright; and

WHEREAS, Ilisagvik College is required to submit to the supervision of the Institutional Review Board of Northwest Indian College to ensure said research is conducted in a moral, legal and ethical, culturally appropriate manner with the full knowledge and cooperation of the communities of the North Slope; and

WHEREAS, Ilisagvik College desires to share and allow North Slope communities to use the data and knowledge gained from said research to advocate for relevant and desired services relating to behavioral and mental health needs of the communities; and

WHEREAS, Ilisagvik College would like to seek community support for our mental health research project, we hereby request your support in an appropriate manner; and

WHEREAS, Ilisagvik College has proposed to carry out this research by conducting at least one focus group in each of the eight North Slope Communities in phase one of the project, and in phase two to use knowledge gained from these focus groups to then create and administer a relevant survey regarding the behavioral and mental health needs of North Slope, Alaska residents; and

WHEREAS, Ilisagvik College is required by the grantors, NARCH and AIHEC, to disseminate and share data and research methods at AIHEC's Annual Behavioral Health Institute; and will be encouraged to publish research findings with the approval and oversight of the Northwest Indian College Institutional Review Board; and will provide research findings and data to the communities of the North Slope Borough noted above to use as they see fit.

Resolution of support

Find a place to stay
Advertise training, haul books, WFD for registration, etc.

Order food from kitchen
Arrange for pick up from village airstrip

Mental Health First Aid USA

USA

MENTAL HEALTH FIRST AID®

Certificate

has completed the 8-hour course and is now certified in
Mental Health First Aid USA

And has been trained to provide initial help to people experiencing problems such as depression, anxiety disorders, psychosis, and substance use disorders.

This certificate became effective on: _____ Date

This certificate expires on: _____ Date

Instructor _____ Instructor _____

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH
MENTAL HEALTH FIRST AID

Mental Health First Aid USA is managed, operated, and disseminated by the National Council for Behavioral Health and National Department of Mental Health.

Alaska's Only Tribal College



Did You Focus Group with Us in 2017?

Yes? Thank you! Help us continue the research...

No? Its not too late to have your say and get involved...



**C.A.B.
with Us in
2018!**



Become part of our **Community Action Board**. Your participation with the C.A.B. will potentially influence what and how behavioral health services are delivered in your community.



Ilisagvik's AIHEC/NARCH
Behavioral Health Needs Assessment Project



**For More Information Contact
Project Director, Lauren Kelly
@
907-852-1779 or
lauren.kelly@ ilisagvik.edu**

Tribal Permission Process

No “Tribes” per se on the Slope... Native Village Associations and Corporations rather

No single mechanism to gain permission... No Tribal IRB

- Resolution of Support from North Slope Borough Health presented in July of 2016 and received in Aug 2016
- Resolution of Support from Iñisagvik Board of Trustees presented and granted in November of 2016
- Two presentations to Iñupiat Community of the Arctic Slope Council in July and Sept 2017 and resolution of support granted in late Sept 2017

IRB Accepted these resolutions as sufficient permission

Just "Getting Out There" on
The Slope

- Total area of 94,796 square miles
- 7 villages, 1 hub – Utqiagvik
 - Anaktuvuk Pass -- Atqasuk*
 - Kaktovik -- Nuiqsut,
 - Point Hope -- Point Lay
 - Wainwright*
- 2010 Census: 9,600 population
- Primarily (80%) Iñupiaq
- Only 2* of 7 villages can be done as day trips

The 'I'm-Still-Learning' Process

- Ask for someone to pray prior to starting anything
- Survey will need to be in Iñupiat as well as English (maybe even Thai and Pilipino?)
- Be prepared to feed the entire community because they just may show up
- Be flexible, be ready to ditch whatever the plan is and go with Plan D, E or even F
- Have survey in as many formats as possible (iPads, paper, link to survey etc.)

Focus Group Questions

IRB Approved Focus Group Questions

Can you tell me about the challenges/barriers your community faces that prevent people from leading healthy, meaningful lives?

- Which of these barriers are the hardest to deal with in your community?
- Can you describe some of the strengths your community already has in overcoming these barriers?

Think back to when your community was really healthy/balanced. Describe what was going on in the community at that time.

- How can your community bring back that balance?

What is available or would be helpful for your community to overcome these barriers?

- What do you think community members would use the most if they were available?
- How do your cultural values and views effect you or others getting help when needed?
- What do you think keeps people in your community from reaching out for help?
- What do you think has encouraged people in your community reach out for help?

Considering the barriers/challenges you shared, what is available in your community to address these?

- Who could people turn to for help with these things?

Community Action Board

- Assemble a board:
 - Invited over 20 specific individuals, at least one from each village and several from Utqiagvik.
 - 5 agreed to participate on the board.
 - First meeting mid-May. 2nd early June
 - Hoping for a survey for IRB review by end of June for July approval.
 - Administer survey in July & August

Where do we go from here?

- Administer survey
- Crunch the numbers
- Write about it
- Disseminate findings to the community
 - How useful the information will be & to whom....?
 - Every quarter my response to the **“Description of what was the best product(s) of your NARCH Project”**



Quyanaqpak

Tavra