Summer/Fall 2019
Volume 48

*Aleutian Pribilof Islands Association, Inc.*
*With Spirit and Strength*

# AANG ANĜAĜIN
# AANG ANĜAĜINAS

## UNANGAM TUNUU APPS RELEASED!

We are very excited to announce that Unangam tunuu (Aleut language) apps have been published! Over the past few years, Cultural Heritage staff, speakers and language teams have worked on the development of two apps; one in Niigugim Tunuu (the Atka dialect) and one in Qagaadam tunuu (the Eastern dialect). Each app has over 500 entries. The apps are FREE to download on the App Store and Google Play!

This project was made possible in part by the Institute of Museum and Library Services (IMLS), Enhancement grant number NG-03-17-0225-17. IMLS also provided support to our Unangax Heritage Library and Archive housed in our Cultural Heritage Department.

Thornton Media, Inc. *(TMI—http://www.ndnlanguage.com/)*, a native-owned hi-tech language tool company, was hired to work with Cultural Heritage staff, speakers and language teams to create the app content.

For many years APIA has wanted to create Unangam Tunuu apps. This project began to move forward after our President/CEO Dimitri Philemonof attended an informational/demonstration session with TMI while attending a conference. Dimitri shared this information with CHD staff who then consulted with TMI and began to develop a plan and sought funding to implement the project. In 2017, APIA was awarded the IMLS Enhancement grant in the amount of $150,000. APIA also contributed an additional $50,000 for the project.

Darling Anderson, CH Coordinator, Bobbi Dushkin, CH Program Assistant and Nikkita Shellikoff, Unangam Tunuu Intern, will be traveling to several communities in the

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# PRESIDENT'S MESSAGE

*By Dimitri Philemonof, President/CEO*

Aang! As summer is winding down and we are heading into fall, my hope is that you had a bountiful season. Following is some highlights of things going on at APIA.

**Atka Clinic Replacement Project** In collaboration with the City of Atka, we were able to secure a loan with the USDA for the design and construction of a replacement health facility. An independent contractor has been engaged to administer the bidding process. The bid package was published on August 14th and they're due by September 10th. We are still estimating project completion of the new Atka Clinic by the fall of 2020. The total cost of the new clinic is about $2.7 million. Due to the structural concerns of the old clinic, we have temporarily moved the clinic to a different location until the new clinic is built.

**The St. George Health Center Remediation** The remediation and demolition project is 100% complete. Our St. George staff and Tanana Commercial did a great job working together. Clinic operations kept running while performing the remediation and demolition work. As soon as the project was deemed complete, we shifted our attention to engineering and design.

The Engineer made it out and back to St. George as scheduled. With the St. George Health Center staff, the Anchorage staff, and SRA Design Consultant working together, 100% of the design documents have been approved. The Request for Proposal (RFP) has been posted and has a deadline of August 23rd. We expect to have the Contractor selected by August 30th.

**Southern Region EMS Training** We have had quite a year with the Southern Region EMS Training Grant! This fiscal year we were able to make it to St. George, host a class in the Anchorage building for eleven staff, and provide for CME's and train the trainer training for (2) of our providers. APIA's Medical Director, Lori Jackson is on her way to becoming an ETT Trainer. She will have her first practice class in Nikolski this fall. Lottie Roll, CHP EMT II also received the train the trainer training. We are looking forward to next year and adding employee trainers hoping that will increase our success and access training in the Region. In the next grant year, Dustin Heller, our Vista Wellness Volunteer will take a class to become a CPR/First Aid trainer. Also, next year we are adding a new training for first responders titled "Emotional Trauma Life Support". Our plans are to have the training in the Region and invite as many providers and responders as possible. The training aims to help first responders deal with emotions after continued exposure to tragedy.

**Head Start Duration Grant Update** We finalized the draft lease with the Ounalashka Corporation in Unalaska for the new Head Start facility site. The draft lease is currently being reviewed by the Office of Head Start. Once we receive approval from them, we can move forward with design planning and site prep. We plan for construction to start next spring and be completed by December 31, 2020.

**Opioid & Substance Misuse Prevention Mini Summit** We are partnering with the Eastern Aleutian Tribes (EAT) on the Opioid & Substance Misuse Prevention Task Force

# PRESIDENT'S MESSAGE

Summit in King Cove taking place October 2-3. This mini summit will continue to build on the progress and activities from the past meetings on the matter. We will work to develop a plan for grassroots, locally-led strategies to address substance misuse in our local communities. Information coming soon on the agenda. Please contact our behavioral health department for more information. I plan to travel to King Cove to attend this session. I hope to see many of you there!

**Gala** After careful consideration, it has become clear that at this time, replacing the 2019 Gala with alternative fund raising campaigns is the most prudent choice. Initially, we had two main goals when we started our Gala: first was to raise funds for our programs, and second was to raise awareness of the multitude of things the Association does to benefit the people of the region and all of Alaska. We feel the second goal has been accomplished; people who before did not know who or what we are all about, now have a good understanding of the many ways we provide help to those in need and our commitment to continue this work. As to the first goal, we believe other more direct fund raising campaigns will be more effective and bring a higher influx of funding to infuse our programs. We want to thank the Board for supporting the Gala over the past eight years! We also want to thank all the staff and volunteers who have worked diligently and for their teamwork to make each event so wonderful! We also want to thank all of the many many donors and guests! I will continue working with key staff on alternative fundraising strategies for the future, so stay tuned!

*If you have any questions or comments, please feel free to call me anytime. Thank you and take care.*

# DR. YATCHMENEFF INDUCTED INTO HALL OF FAME

On May 3, Dr. Michele Yatchmeneff was inducted into the Engineering Hall of Fame at UAA. Michele hails from False Pass on Unimak Island, the largest island in the Aleutian Islands with the tallest volcano, Mt. Shishaldin, a spectacular stratovolcano stretching 9373 feet above sea level. Perhaps inspired by the volcanoes on her home island, Michele has reached for the top despite challenges. Michele was one of the first students at ANSEP to finish her doctoral degree. The National Science Foundation recently awarded $500,000 to investigate ways to build a sense of belonging for Alaska Native students pursing science and engineering degrees. The ancient Unangax names for the volcanoes on Michele's beloved island indicate that they have long served as tall beacons for people in the region. Dr. Yatchmeneff's impressive accomplishments will serve as beacons of inspiration for many Unangax for generations to come.

Mt. Shishaldin courtesy of AVO/USGS

*Congratulations Dr. Yatchmeneff!*

# Department of Family & Community Development

Director Comments: We have been quite busy enhancing services to better meet the needs of families and communities. We thank you for giving us the opportunity to serve you.

**Department of Justice Grants** Sophia Zacharof was hired as the Community Support Assistant under the CTAS Purpose Area 6 grant. This is 1 of only 6 investigation and prosecution enhancement grants awarded in the nation. We are developing community-based meetings and events so we can get your input and design response protocols that better meet needs.

We were also awarded a Tribal Victim Services Set-Aside grant. A position for a Community Support Advocate has been posted. This program will facilitate community-based events to assess need and help us determine what services will be of benefit to you and your community.

**Village Public Safety Officer (VPSO)** During the last quarter, the VPSO Program has had a few successes. The program has been running at capacity since October 2018! This is great news since the VPSO Program Statewide is running at below average vacancy rates.

On June 14, 2019, VPSO Joseph Chitty (St. George Island) graduated from the Alaska Law Enforcement Training Academy (ALET) in Sitka. During the academy VPSO Chitty completed over 1000 hours of training, not including the numerous scenarios that were completed outside of the classroom.

*Congratulations VPSO Joseph Chitty!*

Prior to graduating ALET, Joseph had completed Rural Fire Protection Specialist certification training and received his Emergency Trauma Technician certification. Fun tidbit: VPSO Cpl. Monte Chitty of Akutan is Joseph's father!

Cpl. Owen Martin, of Adak attended the Drug and Alcohol Resistance Education (DARE) training in Oklahoma July, 15 – 26 2019. It is an intensive two-week class that requires many hours of work outside of the regular class hours. Once VPSO Martin is certified, he will the sixth VPSO in the region certified to teach DARE.

**Employment Training & Related Services (ETR)** The ETR Division had 6 new applicants for AANG services this quarter and several more for 477 Integrated Programs.

We participated in client activities and outreach in Unalaska and Sand Point. We presented at the APICDA Conference, began planning Career Conferences for Sand Point and St. Paul, hosted a "Lunch & Learn" event for Community Rehabilitation Professionals (CRPs), obtained 5 new working agreements with CRPs through this event; attended the Health Workforce Development networking event, coordinated with DVR and met the new DVR representative for our region; obtained permission to recruit for a Lead Counselor position; toured AVTEC facilities, attended Southcentral Foundation's College and Career Fair, The BEST Career Fair, the AVTEC Career Fair and the Sand Point Health Fair. We met with staff from ACCESS Alaska to discuss MOUs, met with the Aleut Corp to create a

## DEPARTMENT OF FAMILY & COMMUNITY DEVELOPMENT

joint "Talent Bank" of tribal members in the region as requested by the Board; worked with AHA to address energy assistance needs; and hosted a full day of training presented by Dr. Reverend Oleksa for our key stakeholders. Our Division Coordinator completed her Clinical Military Counseling Certificate (CMCC) to improve services to veterans and three vocational rehabilitation graduate level courses through Boston University. Three of our staff members, Jacob Timmons, Patricia Curtis and Freida McCord, earned their certificate in Tribal Vocational Rehabilitation from Northwest Indian College. One staff member attended the "Alaska Can—Looking Ahead" Conference to address postsecondary education and workforce development and two staff members attended the mid-year CANAR conference.

**Head Start** Head Start is always accepting applications for new students when they turn three years old. Applications for enrollment at Head Start are accepted on a year-round basis. Paperwork should be submitted as soon as possible to increase the chance of acceptance. If you know of a child who is 3 to 5 years of age and who is not eligible for Kindergarten, please call or stop by your local Head Start center and pick up application for enrollment. Space is limited, therefore it is important that applications are turned in early.

**Indian Child Welfare Act (ICWA)** The state has asked to open up and renegotiate the Child Welfare Compact signed during the 2017 AFN. We are remaining cautiously optimistic.

Help us make a positive impact in a child's life. Become a Foster Parent!

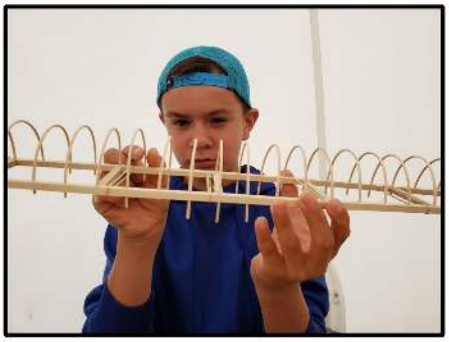
**Tribal Child Support Program (TCSP)** During the first three quarters of FY2019, the TCSP has collected over $200,000 in child support, which was distributed directly to parents! We will have another record-setting year of child support!

We would like to share some common misconceptions about TCSP:

- Myth: *It's just better to not "rock the boat". I get my payments from the State.*
  Fact: APIA can easily take over your child support case from the State of Alaska! Your payment will not change unless there has been a significant change in the other parent's income
- Myth: *I'm not an Aleut or Alaska Native; therefore I don't qualify for the Tribal Child Support Program.*
  Fact: We can provide child support services for ANYONE who lives in the following ten communities: Atka, Akutan, Unalaska, Nelson Lagoon, Sand Point, St. George, Nikolski, King Cove, False Pass, & St. Paul. Additionally, we provide child support services to members of the 13 Aleutian Pribilof Islands Region Federally recognized Tribes as well as APIA employees.
- Myth: *TCSP takes subsistence forms of payment, but I don't want subsistence, so I won't bother applying.*
  Fact: APIA is unique from State child support programs in that we *can* accept subsistence items (food, fuel, etc.) as a form of child support payment however it is only if both parents agree.
- Myth: *Only fathers pay child support.*
  Fact: Child support payments are mostly determined based on which parent holds primary custody and hence requires greater support.

For more information about the Tribal Child Support Program at APIA, please contact Program Coordinator Malinda Beiler or Caseworker Teresa Komakhuk at (907) 276-2700.

# Urban Unangax̂ Culture Camp 2019



APIA
ALEUTIAN PRIBILOF ISLANDS ASSOCIATION

## UNANGAM TUNUU APPS RELASED

*Continued from page 1* region between the end of July and mid September to present the apps. They will conduct a short survey in each community they visit. Those who complete the survey will be entered for a chance to win a phone that has the apps downloaded!

Look for us at the Aleut Village Conferences in October where we will have a booth and CH staff will demonstrate the apps and provide assistance with downloading and using them.

**Niigugim tunuu App** Qagaasachuzakuq, many thanks to Sally Swetzof, Moses Dirks, Teresa Prokopeuff and Crystal Dushkin for their hard work on the Atka dialect app. They spent many hours on the app, providing translation and selecting, editing content, recording phrases for the app. CH Program Assistant and Unangam Tunuu Intern Bobbi Dushkin worked closely with the Atka team and Thornton Media throughout the development process.

**Qagaadam tunuu App** Qagaalakux, many thanks to Iliodor Philemonof and Nikkita Shellikoff for their hard work on the Eastern dialect app. Iliodor spent many hours over the past two years editing and recording content. Thank you to Unangam tunuu Intern Nikkita Shellikoff, the lead assistant for the Eastern dialect. She worked very closely with speakers and Thornton Media to edit, re-edit, and re-re-edit app content.

Some material used to develop the apps came from written translations archived at APIA's Unangax Heritage Library and Archive. Credit must also go to many wonderful fluent speakers who worked with the CHD over the past 20+ years to provide translations and recordings. Memory Eternal.

## CONGRATULATIONS DR. MACK!

On May 24, 2019, Liza Mack was awarded her doctoral degree in indigenous studies from the University of Alaska Fairbanks. Dr. Mack's dissertation is titled *Unangam Unikangis: Aleut Stories of Leadership and Knowing* which focused on what Aleuts know about laws affecting legal resources such as hunting and fishing. Dr. Mack hails from King Cove where topics such as hunting, fishing, and land are important topics. Dr. Mack is one of only about 20 Unangax with terminal degrees (the highest degree awarded in a given field), but there are quite a few Unangax students in the academic pipeline now working on their advanced degrees!

*Congratulations Dr. Mack!*

# 12th Annual Urban Unangax Culture Camp

The 12th Urban Unangax Culture Camp, held June 17-21, was the biggest ever

with 239 participants, including 12 instructors, three apprentices, three volunteers and 13 Unangam Tunuu Interns! We received more applications than ever this year. Sadly, due to building capacity and class size limit, we had to deny over a dozen applicants.

The Urban Unangax Culture Camp is a rewarding experience and has a healthy impact on the well-being of members of our community. Camp is made possible through support from community organizations and businesses. APIA's Health Department also contributed through their SAMHSA grant and Traditional Foods and the Tobacco programs. APIA's Unangam Ulaa (Home of the Aleuts) was a lively place filled with community members of all ages. Many people work together to make it happen. An incredible amout of activities are offered including dance, traditional foods, drum making, visor carving, model iqyas, headdresses, and, our first halibut hook class. Our Summer Language Interns worked with all ages to teach Unangam Tunuu through lively engagement with games and songs. Youth enjoyed Native Stand and QPR hosted by Amy Carlough and Delores Gregory.

Qagaasakuq, Qaagaalakux, Qagaasakung, thank you all for helping to make the camp a success!

## THANK YOU FOR YOUR SUPPORT!

*We are very grateful to our Camp Instructors, Summer Language Interns, apprentices, volunteers and APIA staff for their hard work and dedication:*

**Agnes Thompson**, *Weaving*
**Moses Dirks**, *Halibut Hooks*
**O. Patricia Lekanoff-Gregory**, *Visors*
**Lydia Vincler**, *Drums*
**Teresa Smith**, *Model Iqyas*
**Claude Kuzakin**, *Traditional Foods*
**Josephine Borenin-Shangin**, *Traditional Foods*
**Timothy Shangin,** *Traditional Foods*
**Danielle Larson**, *Art and Jewelry*
**Chyonne Buterin**, *Dance & Unangam Tunuu*
**Nikkita Shellikoff**, *Beaded Glass Balls & Unangam Tunuu*
**Daniel Shellikoff**, *Carving*
**Lavern Kochuten**, *Camp Assistant*
**Jamie Stepetin**, *Dance & Camp Assistant*
**Anesia Kudrin**, *Drum Apprentice*
**Sage Stepetin**, *Dance Apprentice & Camp Assistant*
**Laureta Kochuten**, *Camp Apprentice*
**David Gregory,** *Volunteer*
**Michelle Rutherford**, *Volunteer*

Iislilix! See you next year!

# Qaĝaasakuq! Qaĝaalakux̂! Qaĝaasakung!

Aleut CORPORATION

ALEUTIAN PRIBILOF ISLAND COMMUNITY DEVELOPMENT ASSOCIATION APICDA Haginax Kidut - Helping to Grow ALASKA

THE ALEUT FOUNDATION

GCI

ALEUTIAN HOUSING AUTHORITY

Trident SEAFOODS

Arctic Roadrunner Local Burgerman Arctic Roadrunner Richard Sanches

QDOBA

First National ALASKA

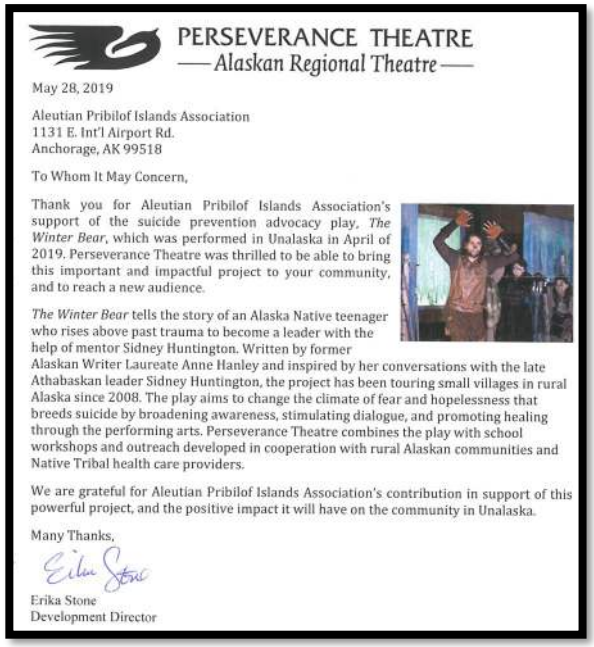
KeyBank

# Health Department

**Unangax Plant Symposium** We are excited to share this flier with you for the first Unangax Plants as Food and Medicine Symposium. This symposium will take place August 24—25 at APIA and will include workshops, presentations, and other events related to traditional plants as foods and medicine from the Aleutian and Pribilof Region. We received overwhelming interest for the Symposium and registration is full and closed.

**Elder Fall Prevention Program Begins** The APIA Elder Program has officially started the Elder fall prevention program in partnership with Indian Health Services. This program is open to all beneficiary Elders in the APIA region who are age 60 and older. The purpose of this program is to conduct home risk assessments for Elders to evaluate risk for falls and injuries in their homes. Using the tools in this program local CHR's and/or CHA/P's will then make recommendations on needed changes, modifications or additions to the homes to prevent falls and reduce the risk of injuries. The recommendations will then be sent off to the Indian Health Services division for procurement of items and delivery to Elders. Some items may consist of; ramps, ice cleats, walkers, non-slip grips, hand rails, motion lights, canes, walking poles, shower seats, bed rails and 1-touch alert buttons (where applicable) with a 1-year services subscription. A pre-fall risk questionnaire and home safety checklist will need to be conducted by a local CHR and/or CHA/P and submitted to APIA Elder Program in order to participate in the program.

**Winter Bear Project** In April 2019, *The Winter Bear* Project traveled from Juneau to Anchorage, Buckland, Shungnak, Nome, St. Paul, and Unalaska to bring the play and outreach to communities struggling to cope with suicide. *The Winter Bear* is a play about an Alaska Native teenager who rises above the traumas of his past to become a leader with the help of mentor Sidney Huntington. The mission is to change the climate of fear and hopelessness that breeds suicide by broadening awareness, stimulating dialogue, and promoting healing through the performing arts. To read the final report, please visit the APIA Facebook page. In addition, we received the wonderful thank you letter from the development director, Erika Stone which is below.



PERSEVERANCE THEATRE
— Alaskan Regional Theatre —

May 28, 2019

Aleutian Pribilof Islands Association
1131 E. Int'l Airport Rd.
Anchorage, AK 99518

To Whom It May Concern,

Thank you for Aleutian Pribilof Islands Association's support of the suicide prevention advocacy play, *The Winter Bear*, which was performed in Unalaska in April of 2019. Perseverance Theatre was thrilled to be able to bring this important and impactful project to your community, and to reach a new audience.

*The Winter Bear* tells the story of an Alaska Native teenager who rises above past trauma to become a leader with the help of mentor Sidney Huntington. Written by former Alaskan Writer Laureate Anne Hanley and inspired by her conversations with the late Athabaskan leader Sidney Huntington, the project has been touring small villages in rural Alaska since 2008. The play aims to change the climate of fear and hopelessness that breeds suicide by broadening awareness, stimulating dialogue, and promoting healing through the performing arts. Perseverance Theatre combines the play with school workshops and outreach developed in cooperation with rural Alaskan communities and Native Tribal health care providers.

We are grateful for Aleutian Pribilof Islands Association's contribution in support of this powerful project, and the positive impact it will have on the community in Unalaska.

Many Thanks,

Erika Stone
Development Director

# IT TAKES A COMMUNITY TO SAVE A LANGUAGE!

For the past several years, with the help of support from many organizations as well as grant funding, the Cultural Heritage Department has hosted dozens of language workshops, supported dozens of language internships and has held one Unangam Tunuu Download camp.

L-R: Bobbi Dushkin, Chyonne Buterin, Madeline Snigaroff, Charlotte Rutherford, Darling Anderson, Sophia Dupras, Christopher Griesbaum, Nikkita Shellikoff, Arnold Golodoff, Jr., Nathaniel Williams. *(Not pictured: IsabellaIparriguire, Alex Griesbaum, Makarius Swetzof and Crustal Dushkin.*

Last year, APIA held its first Summer Language Intensive (SLI) in Anchorage, a 12-week long class where students focused solely on learning Unangam tunuu and methods to teach others. For over five years, these language workshops were led by Evan Gardner and Susanna Ciotti using the "Where Are Your Keys?" methodology.

As a result of the several years of work focused on language, the dedication of learners and community support, several Unangam Tunuu Interns have gained fluency, learned to "hunt" language from fluent speakers and learned techniques to teach others.

Bobbi Dushkin & Makarius Swetzof

These incredible efforts have resulted in an amazing language team who work together to advocate for our language and works together to create plans to keep the momentum going. This year, the team is running the intensive without "Where Are Your Keys" consultants. They have planned, organized and implemented the Anchorage SLI that was held at Unangam Ulaa May 28th—August 2nd.

The language teams were very instrumental in preparing the "ask" to the Aleut Corporation. Crystal Dushkin, Darling Anderson and Bobbi Dushkin presented to The Aleut Corporation Board of Directors and were approved for $75,000 for regional language funding as well as $56,680 from the Aleut Foundation to support travel for regional language work.

We are extremely grateful for the partnership with the Aleut Corporation and the Aleut Foundation. Together, we are "growing our own" and empowering our people as we work together to create more speakers to keep our language alive! We would also like to thank APICDA and APIA's Employment and Training program for providing support for our Unangam Tunuu Interns.

Great things are happening with language revitalization in our communities! The Atkan dialect team was given the opportunity to travel and work with the Atka language team and to assist with the Atka/Akutan Culture Camp. The Eastern dialect team traveled to St. Paul to participate in their 3rd Unangam Tunuu Download Camp that took place July 28th to August 10th. Both teams have been going strong for over five years and are doing some incredible work to grow more speakers!

Many thanks to all speakers who are dedicating their time to teach their language. Thank you to Iliodor Philemonof, Sally Swetzof, Agnes Thompson, Moses Dirks,

*Continued on page 14*

# DIMITRI PHILEMONOF HONORED

On April 27, 2019, Alaska Pacific University (APU) presented President/CEO Dimitri Philemonof with an honorary Doctorate of Letters degree in Health and Public Service.

APU's Board of Trustees reviewed his nomination by Dr. Tina Woods who wrote that Mr. Philemonof has worked for APIA for over 40 years as a "servant of the people… well-known humble, ethical, and committed leader with a special place in his heart for the Unangax people… open about his spirituality and depends on prayer to assist him… often practices humor to overcome adversity...." Dr. Woods also pointed out that Mr. Philemonof was recognized by U.S. Senator Dan Sullivan as *Alaskan of the Week*.

From the floor of the United States Senate, Senator Dan Sullivan recognized Mr. Philemonof as someone who has made a "real big difference to Alaska and, in many ways to the country."

Senator Sullivan pointed out that Dimitri's parents are Erena and Isaac Philemonof from beautiful Saint George Island in the Pribilof Islands. During World War II, Erena and Isaac were moved to an internment camp in southeast Alaska, and Senator Sullivan – showing an example of using humor to overcome adversity – pointed out that Dimitri jokes that he was actually conceived in the camp. Senator Sullivan recognized Mr. Philemonof for his military service with the U.S Army, and a proud father of five children, for his artistic drawings, and his incredible Elvis Presley impersonation.

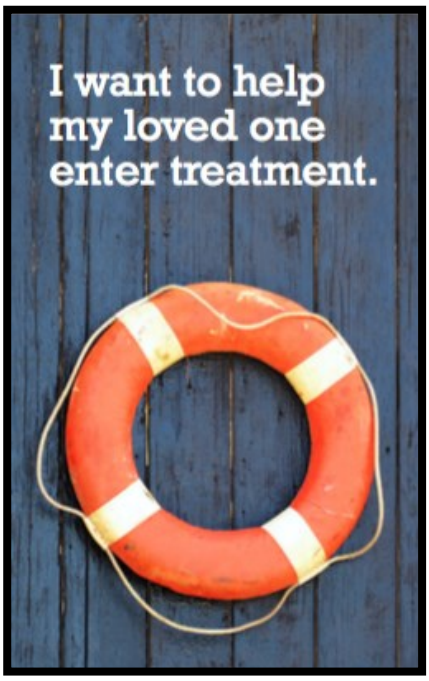
The honorary degree was presented to Mr. Philemonof by Dr. Bob Onders, the President of APU. With deep honor, President Philemonof accepted the nomination, expressing his gratitude to APIA's board members, managers, staff, Dr. Onders, Dr. Woods, the APU Board of Trustees, his wife Victoria, and others, saying that it has been a blessing to work for and serve the Aleut people throughout his life.

Dr. Bob Onders & Dr. Dimitri Philemonof

*Congratulations Dr. Philemonof!*

# COMMUNITY REINFORCEMENT AND FAMILY TRAINING

**APIA is the first to be offering CRAFT, a new behavioral health service in Alaska!**




As many of us know, substance misuse continues to be a problem in Alaska. Services are typically directed at the person misusing substances and family members and friends are left unsupported. This is unfortunate because the wellbeing of family members and friends are often adversely affected by their loved one's substance use. Also, family members and friends know their loved one best, making them some of the best people to help motivate their loved one to change their substance use behavior.

With this in mind, psychologists Drs. Lucía Neander and Rebecca Robinson are joining us from the Alaska Native Tribal Health Consortium (ANTHC) to provide Community Reinforcement and Family Training (CRAFT) here at APIA. CRAFT is a new approach to address substance misuse, an approach that research has shown to be highly effective, and one that is consistent with Unangan values, such as helping one another, learning, and being flexible.

CRAFT is a form of therapy that supports *family members and friends* who have a loved one struggling with substance misuse. CRAFT helps to improve the family member's/friend's personal wellbeing and teaches family members/friends specific skills they can use at home to motivate their loved one toward substance abuse treatment. These skills include strengthening communication and problem-solving skills, increasing use of behaviors to motivate their loved one to enter treatment, and improving their own quality of life.

CRAFT has been well researched and has shown that seven out of ten loved ones enter treatment after their family member/friend attends CRAFT. This is an excellent rate that is *double* that found in other types of therapies. Even if the therapy is unsuccessful at engaging the loved one in treatment, nearly 100% of CRAFT clients report improved personal wellbeing (e.g., reductions in anxiety, depression, physical symptoms). Research has also found CRAFT to be effective amongst diverse groups of people.

We are excited to be offering CRAFT at APIA. If you or someone you know is interested in CRAFT or has questions, please contact the APIA's Behavioral Health Clinic to schedule a CRAFT appointment at (907) 222-9764.

# IT TAKES A COMMUNUITY TO SAVE A LANGUAGE! CONT.

*Continued from page 11* Teresa Prokopeuff, Molly Kudrin, Vivian Koenig, Simeon Snigaroff and Sally Merculief for working with our teams all summer during the 2019 Anchorage SLI.

This summer the project is also fortunate to have an amazing team of dedicated learners including Crystal Dushkin, Darling Anderson, Bobbi Dushkin, Madeline Snigaroff, Arnold Golodoff Jr., Timothy Zaochney, Nathaniel Williams, Isabella Iparraguirre, Makarius Swetzof, Sophia Dupras, Nikkita Shellikoff, Alex Griesbaum, Chris Greisbaum, Chyonne Buterin, Kira Zacharof and Charlotte Rutherford.

Both teams work weekly with fluent speakers in language "hunts". These "hunts" are being turned into new lessons. The focus of this year's intensive is for all learners to gain fluency. They host Unangam Tunuu Community night every Thursday from 6:30 pm to 8:00 pm and an Unangam Tunuu lunch hour every Wednesday from 12:00 pm to 1:00 pm every week. Please contact the Cultural Heritage Department at (907) 276-27000 or unangamtunuu@apiai.org if you are interested in joining us.

It takes a community to save a language! APIA is very grateful for the awesome partnerships and financial support from many organizations. Qagaasachxuzakuq and Angunasix Qagaalakuxtin to the Aleut Corporation, the Aleut Foundation, APICDA, TDX, the Atka IRA Council, the Tribal Government of St. Paul Island, APIA's ETR Program, and APIA's Health Department.

It also takes time to grow new speakers. We look forward to a continued partnership for the benefit of our Unangax communities and Unangax community members.

Iislilix—until next time.

Alex Griesbaum leads a lesson

# PUBLICATIONS AND APPAREL FOR SALE!

## Order Online!

Visit APIA's website at **http://www.apiai.org** to order these publications, apparel (and more!) online! From APIA's homepage, select "Store" from the menu on top, then select a publication and proceed. If you would like to order by phone, please contact us at (907) 276-2700. **Prices do not include shipping & handling**

**Grey and Black APIA Hoodies**
Embroidered with the new APIA logo and the Aleutian and Pribilof Islands on the right sleeve
**$45.00**

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Traditional Foods and Recipes from the Aleutian and Pribilof Islands
by Suanne Unger (Hardbound)
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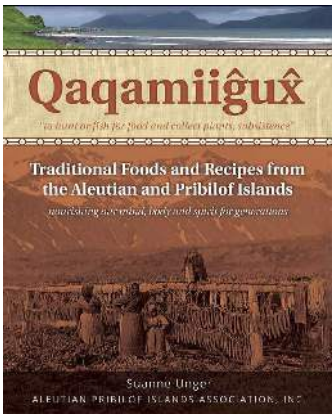


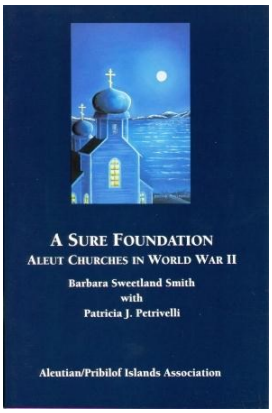


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**Aleut Churches in WWII**
Bu Barbara Sweetland Smith with Patricia J. Petrivelli
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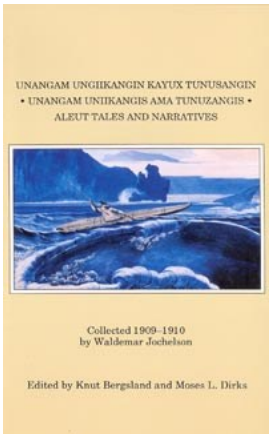


**Unangam Ungiikangin Kayux Tunusangin**
**(Aleut Tales & Narratives)**
Collected by Waldemar Jocjelson
Edited by Knut Bergsland and Moses L. Dirks
**$30.00**

APIA

ALEUTIAN PRIBILOF ISLANDS ASSOCIATION

## OUR MISSION

- To promote self-sufficiency and independence of the Unangan/Unanagas[1] by advocacy, training, technical assistance, and economic enhancement;
- To assist in meeting health, safety, and well-being of each Unangax̂[2] community;
- To promote, strengthen, and ensure the unity of the Unangan/Unangas; and
- To strengthen and preserve the Unangax̂ cultural heritage.

[1]Unangan [Eastern dialect], Unangas [Atka Dialect] - Aleuts, plural form; [2]Unangax̂ - Aleut, singular form

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