

**FAMILY WELLNESS**

# **WARRIORS**

**INITIATIVE**



# SOUTHCENTRAL FOUNDATION VISION



“A Native community that enjoys physical, mental, emotional, and spiritual wellness.”

# WHAT IS FMMI?

An initiative, started in 1999, by Alaska Native people, to provide intensive education and training to reduce the cycle of domestic violence, child sexual abuse and child neglect in the State of Alaska

# ALASKA NATIVE CULTURE

- Our program is thoroughly grounded in Alaska Native traditional values
- We use Alaska Native strengths to break the silence
- Our “Elders leading the way” and giving permission
- Alaska Native people have made the decision to break the silence!



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*GOAL*

To End Domestic Violence,  
Child Sexual Abuse, and Child Neglect in  
the State of Alaska in this Generation!

# STATISTICS

- Child sexual assault in Alaska is almost **six times** the national average. (ANDVSA 2006)
- **More than 3 out of every 4** American Indian and Alaska Native women will be physically assaulted in her lifetime. (National Violence Against Women, 2000)
- During State of Alaska FY 2007, Alaska Native and American Indian people represented **41%** of the victims of reported domestic violence incidents in Alaska. (State of Alaska Council on Domestic Violence and Sexual Assault, April 2008)

# STATISTICS Cont.

- Alaska ranks first in the nation with the highest homicide rate for female victims of domestic violence. (*Anchorage Police Department Report, 2005*)
- 1 in every 6 boys and 1 in every 4 girls will be sexually abused in their lifetime. ([Childhelpusa.org](http://Childhelpusa.org), 2005)

# HEALTH RELATED

- Individuals with a history of multiple adverse childhood experiences (physical/sexual abuse, domestic violence; 4 or more) had nearly **twice the rate of cancer**.
- Cancer has been the **leading cause of death** among Alaska Native people since the mid 1990s. Today, cancer accounts for 1 out of every 5 Alaska Native deaths.
- A history of childhood neglect **more than doubled** (2.2 times) the risk for adult diabetes
- Experiencing complex childhood abuse increases risk for heart disease by 3.6 times

(J.G. Noll et al.(2007) Pediatrics v120 pp61-67., RD Goodwin (2004) Psychol. Medicine v34:509-20., SR Dube et al. (2003) Pediatrics, v111, pp564-572., M Dong et al. (2004) Circulation v110 pp1761-66., VJ Felitti et al (1998) Am J Prev. Med. v14 pp 245-58.)



# Calling Out **WARRIORS!** the **MEN . . .**

Taking back their place as  
protectors of the family



## **WOMEN . . .**

Taking back their place as  
the instillers of family  
value



## **CHILDREN ...**

Being viewed as the  
reflectors of family values



# FWWI PROGRAM

- Provides intensive, faith-based education and training, utilizing best practices
- Over 1800 people have received training
- Over 10,000 volunteer hours given annually to FWWI
- Recognized by the National Indian Health Board for our regional impact (2009)

# FWWI PROGRAM

- Alaska Pacific University will begin offering college credits and CEUs to FWWI participants in 2010.
- Through the FES Survey, it has been proven that FWWI effects healthy changes in relationships.
- Serves the entire State of Alaska

# EDUCATION & TRAININGS

## Beauty For Ashes (BFA)

Large conference

## Arrigah House (AH)

Small conference

## ALET

Advanced leader  
education training

## Genesis Process (GP)

Support group



# FWWI PROCESS

**Target Population:** Adults in the helping profession, natural helpers, community or tribal leaders, adults with histories of harm or at-risk for extending child harm

**Large Training:** 50-60 participants, 5 days, held annually  
(Beauty for Ashes)

**Small Training:** 24 participants, 5 days, held 4 times a year  
(Arrigah House)

**\* ANYONE is welcome to attend (21+)\***

# ROOT ISSUES

- FWWI trainings focus on the source not just *symptoms*:

- We look below the surface
- We provide tools to help deal with unresolved wounds



We believe **to truly break the cycle of abuse** we need to:

- Work with those who harm &
- Work with those who have been harmed

# WHAT ARE THE BENEFITS?

## FWWI Provides:

- Approaches designed by and for Alaska Native people to break the cycle of domestic violence and child maltreatment.
- Tools to improve coping skills that help deal with trauma.
- An environment where people can identify harmful relational styles and gain tools for safe and healthy relationships.
- Tools to affect change in family violence and child maltreatment.
- A better understanding how anger impacts others and teaches how to process anger safely and appropriately.
- Tools to evaluate and address the root cause of their own behaviors and motivators.

# FWWI 3-Year Model

- By request we partner with communities who want to bring the training to their region (following a 3 year model)
- Provide structure, core philosophy and framework for the training to start in the community.
- Empower the Native people of each community to continue the process
- The door is open for Tribal leaders across Alaska to request that FWWI enter their region.



# MEASURING SUCCESS

- The Family Environment Scale survey was used to measure change in our participant's lives.
- Focus Groups measure changes occurring in the home communities of the individuals
- Professional Reviews

**Figure 2**

**Family Environment Scale - October 2005 BFA Participant #36 - Pre (Incongruence = 196)**

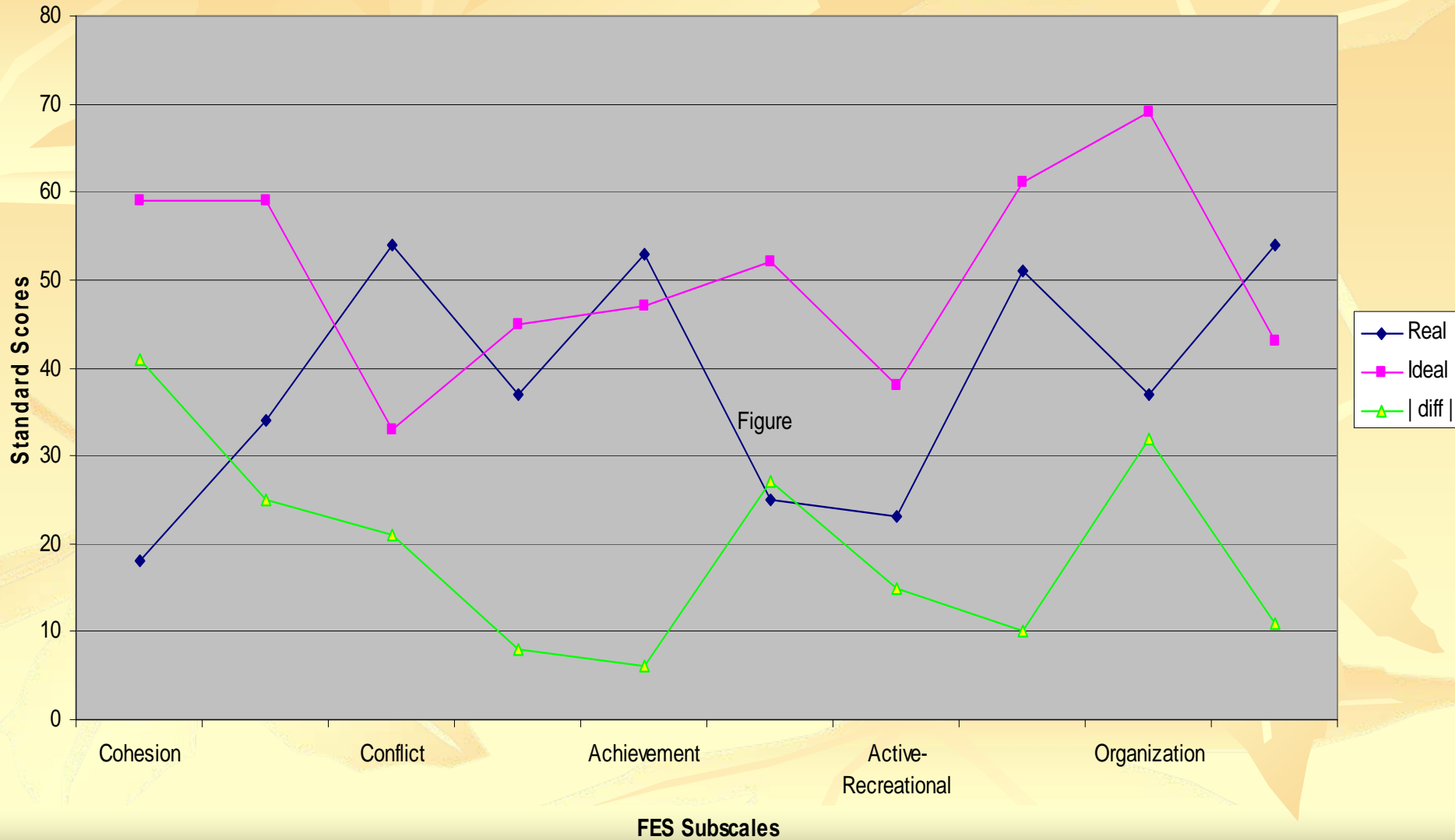
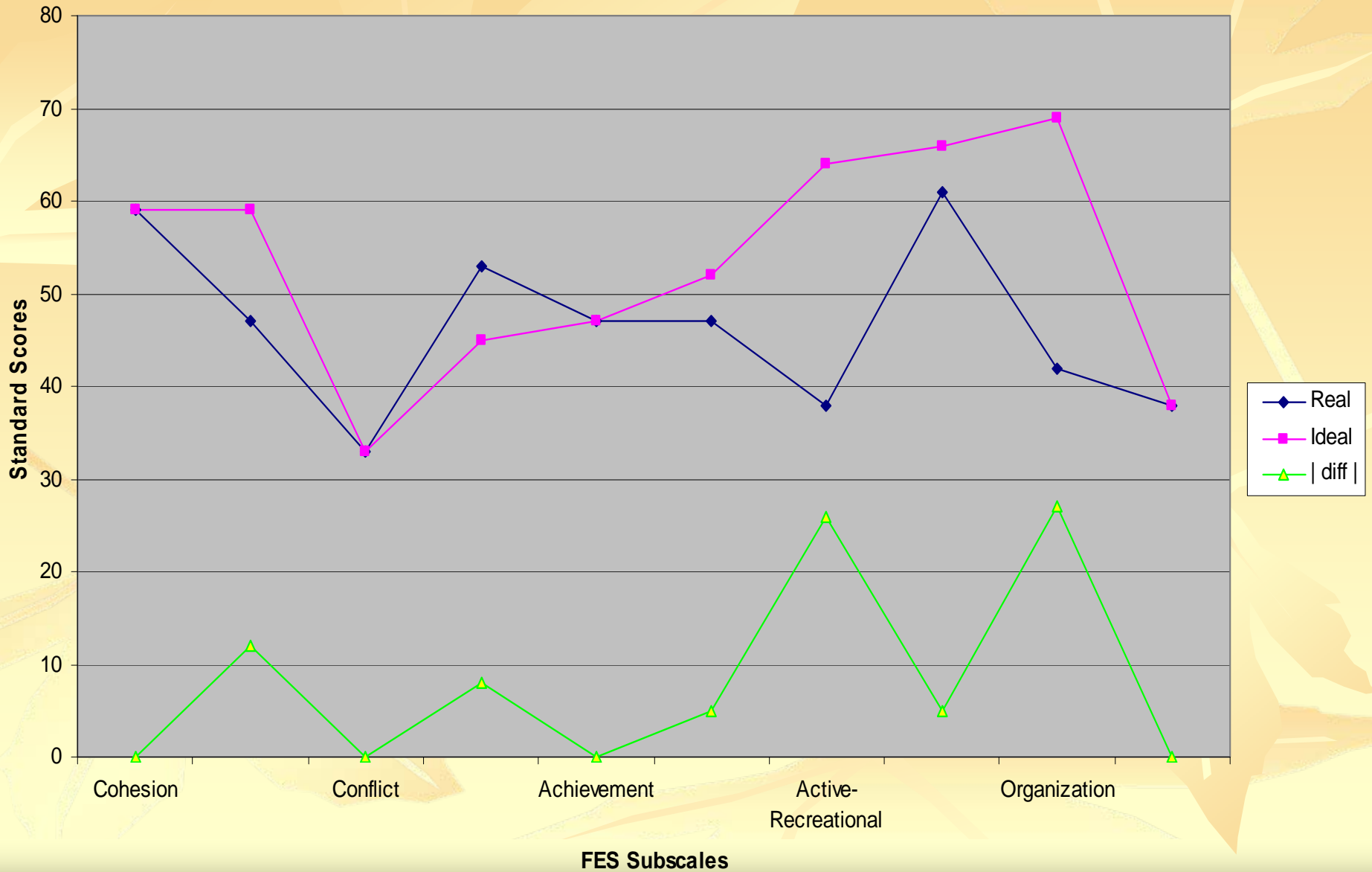


Figure 3

Family Environment Scale - BFA Participant #36 Follow-up June 12, 2006 (Incongruence = 83)



“The Family Wellness Warriors Initiative (FWWI) provides a safe path toward wellness. I have participated in the FWWI both as a participant and as a consulting psychologist with over 20 years of experience. As a participant I felt invited and accepted for who I am. With this acceptance I took the risk to share parts of my story that were still causing me pain. In the process of sharing, I let go of some unwanted baggage and also made some great friends. **As a psychologist evaluating the safety and effectiveness of the overall program I have found it to be a cutting edge program built upon the very best of “best practices”.** I’m grateful to be an active member of the FWWI community. It is a community based upon non-judgment, acceptance, sharing and the healthiest of principles.”

-Bob Chaney, Ph.D.

## **Tribes & Tribal Organizations that Collaborate with FWWI**

- Cook Inlet Tribal Council
- Aleutian Pribilofs Island Association
- Chugachmuit
- Iliamna Villages
- Bristol Bay Health Corporation
- Kodiak Area Native Association
- North Slope Native Association
- Kawerak Incorporated
- Maniilaq Association
- Yukon Kuskokwim Health Corporations
- Copper River Native Association
- Norton Sound Health Corporation
- Alaska Federation of Natives
- Alaska Native Health Board
- Tanana Chiefs Conference
- Southeast Alaska Regional Health Corporation

## **Faith-based Organizations that Collaborate with FWWI**

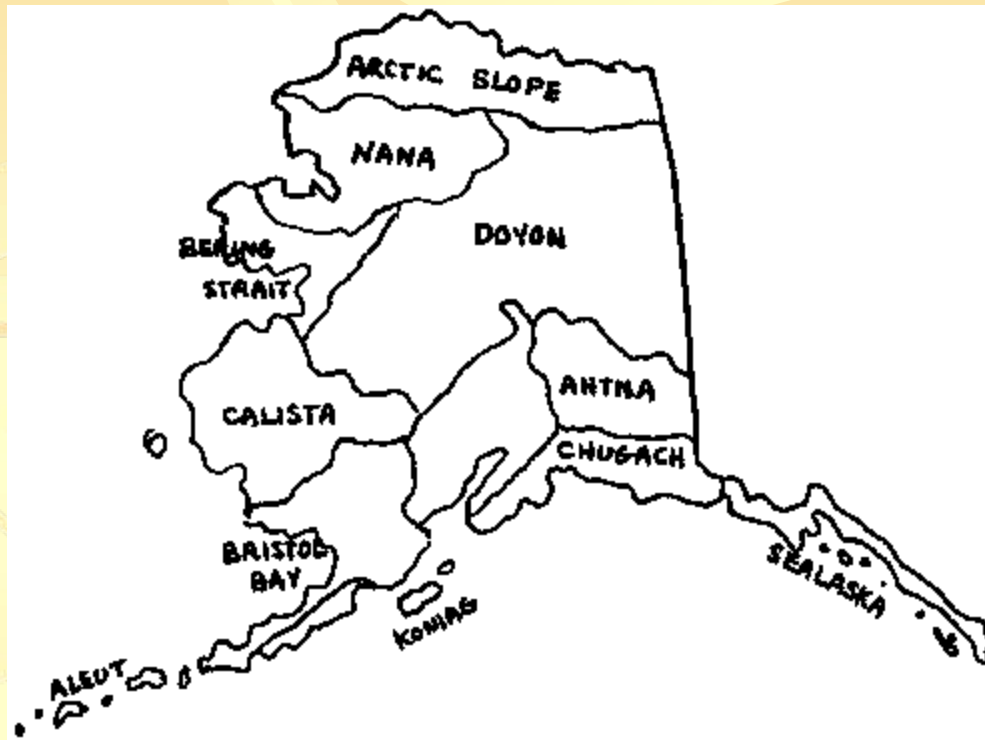
- Russian Orthodox Church
- Episcopal
- Catholic
- Salvation Army
- Change Point
- Transitional Living Community-Palmer Correctional Center



# Appreciation to our Funders

- Rasmuson Foundation
- M.J. Murdock Charitable Trust
- Paul G. Allen Family Foundation
- State of Alaska
- The Alaska Children's Trust
- Robert Wood Johnson Foundation
- U.S. Department of Justice
- ConocoPhillips
- Southcentral Foundation

# FWWI Regional Model



# Year 1

1. Invitation from the Alaska Native health corporation or Alaska Native tribal authority
2. Region identifies people in the community to form a steering committee
3. Steering committee begins and completes training through FWWI.
4. All steering committee members must complete FWWI's ALET training.



# Year 2

1. The steering committee begins the planning process
2. FWWI and the region collaborate to bring the training to the region
3. FWWI will pay partial costs and will provide direction and support
4. The steering committee needs to complete all logistics of the conference, create awareness in their community and bring in participants for the conference

# Year 3

- The region has fully owned and adapted FWWI's training and continues to hold conferences on their own for their people.
- The full cost, logistics, planning, and manpower will belong to the region.
- FWWI will give guidance and direction if needed

# Regions

- Bristol Bay-Year 3: “Bristol Bay Warriors”
- Kodiak-Year 3: “Hearts Going Towards Wellness”
- Kenai-Year 3
- Ketchikan-Year 3: “H.E.A.R.T.S.”
- McGrath-Year 1
- Bethel-Year 2

**FAMILY WELLNESS**

# **WARRIORS**

**INITIATIVE**



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