
Tribal Wellness Collaborative Minutes

Location: PIA Conference Room

Date: November 20, 2019

Time: 3:30pm-4:40pm

Minutes:

- I. Welcome/Introductions: Annette Bennett and Rikki McCay (WAVE), Phil Hofstetter, Devyn Johnson, Chad Wright and Julie Walker (PMC), and Tori (PIA).

- II. Community Updates/Ideas
 - a. PIA: Transit service starting on Dec. 2nd, basic essentials pantry (starting date TBA), updating enrollment to reflect current information, list of PIA services to tribal members established. Looking to increase JOM enrollment and participation.
 - b. Public Health: Suggested a connection with the girl scouts for health and wellness activities.
 - c. ANB/ANS: Will attend next meeting.
 - d. WAVE: Working on implementing the Alaska State Children's Act into policy. This focuses on dating violence, prevention and consent. They have been running Let Me Run, Girls on the Run. They are hoping to add some adaptations to include more culture. They are hosting the Stewards of Children training, which focuses on preventing, recognizing and reacting to child sexual abuse.
 - e. PMC: They have a dietician, focus on diabetes, coming into town. Her name is Kelly and she is the director of wellness at Norton Sound. There is a training being done by WAVE on trauma informed care.
 - f. PIA Tobacco Prevention: Great American Smokeout Art Contest is happening now. Working on recruiting for the Teen Ambassador Program, a coalition assembled by RuralCap in Anchorage. The coalition of teens focuses on making a tobacco-free Alaska through peer interaction and advocacy.

- III. Upcoming Events and Opportunities:
 - a. Basic Essentials Pantry – Not a final name. PIA purchased about \$10,000 worth of non-perishable nonfood items like deodorant, cleaning supplies, hygiene supplies, etc. that cannot be bought with food stamps. We

were hoping to bridge that gap for our tribal members. We don't have a date yet as to when that will start. We were able to do that with the SEARHC healthy is here grant.

b. Teen Ambassador Program - In an effort to have a tobacco-free Alaska, RurAL CAP has a statewide youth advocacy coalition called the Youth Encouraging Alaskans' Health (YEAH) Teen Ambassadors. This group of youth leaders from across the state meet regularly using teleconferences, emails and social media to develop their work around tobacco prevention and advocacy at the local and statewide levels. Research has shown that engaging young people in tobacco control issues is a strategy in changing social norms and preventing the initiation of tobacco use.

c. Mini TPC Grant – All agreed that swine lungs demonstration would be a great purchase. Tori will apply for the grant with that in mind.

IV. Action Items

- a. Members will invite others to future meetings
- b. Meeting dates, time, and frequency: Quarterly, Tori to send out poll for the best time.
- c. List of benefits for AN/AI to be created as meetings continue
- d. Check on partnership between PIA and the bank on financial cents training
- e. Gyllynn & JOM – Native Youth Olympics
- f. Tori will connect Kara and Phil for job training

V. Upcoming Meeting, Quarterly – January

List of services/opportunities:

-DARE

-Healing Hands – SEARHC – Can cover items not covered by SEARHC or other insurance, or transportation to medical appointments if not available from elsewhere.

-Staff Bikeshare at PMC for employees

-Love & Assistance Facebook group for needed items

-Welfare Assistance at PIA (on hold until further notice)

-Job Training/Higher Ed at PIA

-Basic essentials pantry at PIA (date TBA)

-Medication assisted healing at PMC, looking into doing more education at school level

Possible services/opportunities/ideas:

- Food stamps shopping class (Wrangell has this at their medical center, grant funded)
- Cooking classes
- peer support groups
- Native Youth Olympics
- Job Fairs
- Job education workshops
- PIA enrollment forms at WAVE (completed)