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.
Alaska's Only Tribal College
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
• Iḷisaġvik Board of Trustee Member
• ICAS Council Member
• North Slope Borough Health Board Member
• North Slope Borough Deputy Mayoral Staff
• Village Clinic

Each village has its 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.
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.

For More Information Contact
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Ilisaqvik’s AIHEC/NARCH Behavioral Health Needs Assessment Project

ILISAQVIK COLLEGE

AMERICAN INDIAN HIGHER EDUCATION CONSORTIUM
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 Iḷisaġvik 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. 2\textsuperscript{nd} 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