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WELLNESS NEWS

Read, be inspired, and get involved



WINTER 2023

JANUARY-MARCH

What good is the warmth of summer,
without the cold of winter to give it
sweetness. - John Steinbeck

WE HEARD YOU!

The community showed up for our Local Voices survey event on February 4th. It was held at Local Ground Café and was hosted by KTN Youth for Change and incentives were offered for those who attended. Questions centered around topics of Mental Health, Available Resources in Ketchikan, Behavioral Health Crisis, Health Care and Drug Concerns were part of the survey. One question asked participants to share their favorite places in Ketchikan. Answers ranged from cafés, outdoor recreational areas, and being on or by the water. We can all agree when the sun is out, Ketchikan's beauty shines.

WELCOME TO COMMUNITY CAFE

KWC welcomed the State of Alaska's Office of Substance Misuse and Addiction Prevention (OSMAP) department to Ketchikan's Community Café event on February 8th at the Ted Ferry Civic Center. The Community Café method is a ground up approach to encourage local community efforts through collaboration and information sharing and assists in getting the word to our state legislators about what our community feels it needs to defeat polysubstance misuse in Ketchikan. The goal of the evening was to reflect the diverse voices of our community in assisting the development of Alaska's next opioid-related prevention, treatment, and recovery five-year plan. Over seventy-five attendees from numerous local organizations participated in the hands-on event, with hopes of sharing ways to combat the opioid epidemic. Some topics that surfaced concerning the epidemic included isolation, lack of housing, and need of a sobering center that could provide MAT services. The data and notes received during the evening are being transcribed by OSMAP and will be disseminated back to KWC and our partners. The Community Café was a great example of our town coming together to help brainstorm and provide actionable input to battle this horrendous problem, and KWC is proud to be a part of the solution!

OUR TASK FORCES

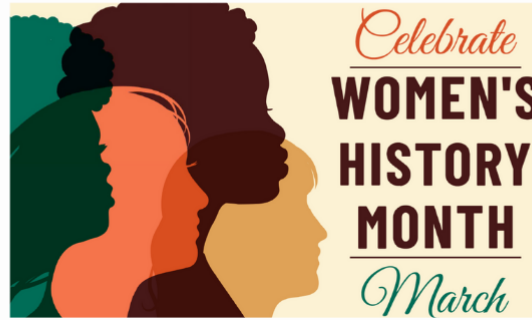
A Task Force is a collaborative group of individuals, organizations, and local governments working towards solutions for critical issues



The 18th Annual Reducing Recidivism & Reentry Conference took place in early February. KWC's Reentry Coalition Coordinator, Steve Dempsey attended the conference in Anchorage. A few hundred people were in attendance,



representing sectors such as the Department of Corrections, Division of Juvenile Justice, Substance Abuse Treatment Programs, Mental/Behavioral Health Programs, Reentry Programs, Alaska Native organizations, Legislators, Representatives and Re-entrants. We heard personal stories of struggle and how the Reentry programs provided re-entrants a ladder to success. The conference was valuable to our reentry program because it allows Ketchikan the ability to connect with all the Reentry Coalition Coordinators and Case managers throughout the state. Steve was able to gain ideas about expanding both the Ketchikan Coalition Reentry Board and the services provided for reentrants in Ketchikan.



INSTRUCTOR CLASSES BEGIN

March 31st - April 2nd

If you are interested in becoming an instructor, please contact:

Alma Manabat Parker

907.821.0488

alma@ketchikanwellness.org



Stephanie Brissette

Behavioral Health Program Coordinator

stephanie@ketchikanwellness.org

Color Splash Run

April 29th @ WARD LAKE 1030am 1K Fun Run / 1100am 5K

REGISTRATION COMING SOON!

Become a KWC Member Today!



SCAN ME

NEWEST MEMBERS & CURRENT RENEWALS

- Aftan Lynch & Kyan Reeve (Renewal)
- Meghan Traudt (NEW)
- Madison (Renewal)
- Tongass Federal Credit Union (Renewal)
- Dominique King (Renewal)

As a member you are investing in the sustainability of the coalition and are strengthening Ketchikan as a place that is thriving in all areas of health and wellness. You are taking ownership of the long-term projects we initiate and are motivated to make impactful change. Thank you!





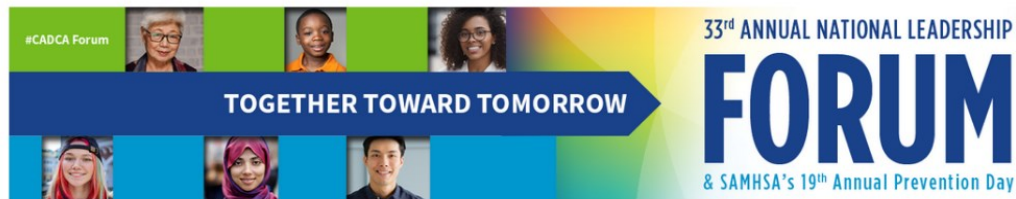
DIRECTOR'S CORNER

KWC has really hit its stride! We are continuing to grow and work towards filling all the community's needs. In the last two months, we have gone through a major remodel with fresh paint and a more inviting atmosphere. Please swing by the office and meet the staff and see the space. We have worked to update our digital space too both internal and externally. There is increased activity in both Facebook and Instagram as well as our webpage at ketchikanwellness.org; please take a minute to make sure you follow us on socials! As we transition out of winter and into spring, be on the look-out for more activities that may include the outdoors! Our task forces are ramping up with monthly meetings and are always welcoming new members. As always, feel free to reach out if you want to meet and discuss KWC efforts.

In solidarity,
Jackie

jackie@ketchikanwellness.org

907.228.7551 Work
907.821.0991 Cell



The Ketchikan Wellness Coalition's Drug Free Communities (DFC) task force participated in the 2023 CADCA Annual Leadership Forum this past January in Maryland. DFC task force coordinator, Dennis Walsh, along with youth leader, Deborah Asper, and Kayhi junior Silema Garcia, received four days of intense training and returned with information, tools, and strategies that will help take KWC's prevention work to the next level.

Ketchikan Youth For Change (KYFC) member Silema was one of only twelve youth in the United States to receive specialized youth leadership training that will help her in her mission to spread the message of drug misuse to our community. Silema is in the process of becoming an official CADCA trainer and will use the experiential educational model to create community change at population-levels. We are so proud of Silema's accomplishments thus far. The work will continue this July when all of our KYFC students and mentors will be traveling to Dallas, TX for the mid-year CADCA Youth Leadership conference. For more information about these efforts or the CADCA conference, please reach out to dennis@ketchikanwellness.org.

April is Celebrate Diversity Month

KWC Cupids Hit the Road

In case you missed it, the KWC team was out and about on Valentine's Day spreading some love, handing out flowers that included words of kindness and encouragement. With good weather on their side, it was easy for the KWC Cupid Squad, tutus & all, to make their rounds at the Pioneer home, Plaza, Madison, Kayhi and other local business along the way. It was a great way to show that a smile and small thoughtful gesture can go a long way.



COLLABORATION CORNER

The KWC would like to recognize the Ketchikan Fire Department (KFD) as one of our valued community partners. KFD graciously offers their onsite training room available for community meetings, special events, and essential training. Most recently, KWC has utilized this space for ToPs Training and monthly task force and Crisis Now meetings. As the community's needs for using meeting/training sites increases, KFD has made changes to improve the technology for better hybrid meetings (in-person and virtual) and meets ADA requirements. Administrative Assistant, Jennifer, is wonderfully welcoming and helpful. Fire Chief, Rick Hines, makes it a priority to stop in and say hello to everyone. The entire KFD goes above and beyond to ensure that they support the needs of this community. Many thanks to KFD for opening your space to community partners!



18 Community Members Now CPR Certified

KWC's Hats Off to Health Series conducted its annual CPR/AED training on February 19th. Instructor Heidi Bauer, a member of South Tongass Volunteer Fire Department, led the 18 Ketchikan residents through adult, child, and infant CPR/AED training. Community members attending varied to include health care aides, future babysitters, tourism industry workers, KGBSD teachers/coaches, local social service agencies, and those who just wanted to be trained for personal reasons. February is Heart Health Awareness Month and KWC started offering this course last year. The goal was to ensure that Ketchikan had bilingual trained responders living in our



community. This year we were able to certify four bilingual Tagalog/English speakers. We do plan to have these classes annually every February!

Halo-Halo Mix-Mix: A Flavorful Podcast Storytelling Podcasts

Halo-halo is a delicious, refreshing treat we can all enjoy. There's a little something for everyone--just like this podcast. We will over the sweet, the savory, the refreshing, and at times, the serious parts of growing up and living as a Filipino in America. Join Archie Inoncillo, for a flavorful experience. **NEW EPISODES** Listen Now at: <http://tun.in/pm9EX>

Reentry Simulation Exercise Coming SOON!

KWC's Reentry Coalition is working towards reducing Alaska's 66% recidivism rate. The mission of the Ketchikan Reentry Coalition is to *aid citizens returning from incarceration in successfully reintegrating by adopting pro-social behaviors through social and cultural supports, reducing recidivism, and ultimately creating a safer community.*

During a recent visit with policy makers in Juneau, including Representative Dan Ortiz, KWC team member, Steve Dempsey, participated in a Reentry simulation exercise. This realistic demonstration portrayed the various daily challenges re-entrants face to meet their many responsibilities required upon release. From trying to obtain a new drivers license to making doctors appointments, there are existing barriers and stigmas that prevent supporting successful reentry. The experience was eye opening for Steve, as the Reentry Coordinator, and he will be recreating the simulation exercise in Ketchikan so we can bring awareness and educate local policy makers, social service agencies, business owners, and community members. For more information about this program, please email: steve@ketchikanwellness.org

