

# BRISTOL BAY

## DV/SV RESOURCE GUIDE

SURVIVING ABUSE

PROMOTING WELLNESS

CHANGING HARMFUL BEHAVIORS



If you or someone else needs help with safety:

### EMERGENCY CONTACTS:

#### SAFE AND FEAR-FREE ENVIRONMENT (SAFE)

24-hour Crisis Number: 1-800-478-2316 or (907) 842-2320

#### LAW ENFORCEMENT:

Dillingham Police Department: 911 or 907-842-5354

State Troopers: 907-842-5641 or call your community's VPSO

#### REGIONAL OCS OFFICES:

**Dillingham**, Aleknagik, Clarks Point, Ekwok, Koliganek, Manokotak, New Stuyahok, Togiak, Twin Hills: **888-297-5951**

**King Salmon**, Chignik Bay, Chignik Lagoon, Chignik Lake, Cold Bay, Egegik, False Pass, Igiugig, Iliamna, Ivanof Bay, King Cove, King Salmon, Kokhanok, Levelok, Naknek, S. Naknek, Nelson Lagoon, Newhalen, Nondalton, Pedro Bay, Perryville, Pilot Point, Port Heiden, Port Mollar, Sand Point, Port Alsworth: **888-350-6642**

### PROGRAM DIRECTORY:

#### BBAHC Behavioral Health

6000 Kanakanak Road, Dillingham, 99576

After-Hour Emergencies: (907) 842-5201

Phone: (907) 842-1230 or 1-800-510-1230

[www.bbahc.org](http://www.bbahc.org)

#### Nitaput CAC

Phone: (907) 842-1230

[www.bbahc.org/child\\_advocacy.html](http://www.bbahc.org/child_advocacy.html)

#### Safe and Fear Free Environment (SAFE)

Business: (907) 842-2320

24-hour Crisis: 1-800-478-7238 or (907) 842-2320

[www.safebristolbay.org](http://www.safebristolbay.org)

### DEFINITIONS:

For detailed definitions related to domestic violence see PDF titled "Basic Definitions". For additional information on the reporting and response to domestic violence and child abuse, see PDF infographics.



CALL 211 OR 1-800-478-2221  
FOR ANY SOCIAL SERVICE OR  
SAFETY RESOURCE.

Surviving Abuse: next



## REPORTING: FOR CHILDREN & TEENS

(See PDF called “**Basic Definitions**” and PDF called “**Infographic: What to Do if You Suspect a Child is Being Abused or Neglected**” for more information on Child Advocacy Centers, or CACs.)

The Nitaput Child Advocacy Center (CAC) is located in Dillingham in a confidential facility. They provide a child-friendly and family-friendly environment for children ages 16 and under for whom there is suspected child sexual abuse. The CAC’s goals are to prevent re-traumatization of the child, support families with counseling and other services during and after the investigation, and to hold offenders accountable. Services include:

- **Transportation** to the CAC for families living in villages (at no cost to the families)
- **Child-friendly, developmentally appropriate interviews** conducted by a trained forensic interviewer
- **Medical examinations** (when necessary) performed by a caring health care provider with special training in child abuse
- **Family advocates** to guide families through the CAC process and support them afterwards
- **Information and support** to help caregivers understand the abuse and how to help the child
- **Referrals** for counseling, legal services, and any other needs
- **Accompaniment and support** for the child through the court process
- **Children’s counseling** (using play therapy, etc.) through the Bristol Bay Area Health Corporation’s Behavioral Health Dept.
- **Family counseling** through the Bristol Bay Area Health Corporation’s Behavioral Health Dept.



*After a child has gone through something really difficult, such as sexual abuse or exposure to adult violence, it can be very helpful for them to talk with a trained behavioral health clinician (like Akila) at BBAHC’s Behavioral Health Center pictured above.*

Advocates have training in cultural competency and use professional interpreters through Alaska Language Services. Seventeen-year-old teen victims can go through the adult SART process, described below.

## REPORTING: FOR ADULTS

(See PDF called “**Basic Definitions**” and PDF called “**Infographic: what are your options as an adult victim of DV and/or SV**” for more information about the option of reporting and about Sexual Assault Response Teams or SARTs)

Adults (ages 18 and older) are not required to make a report if they are abused by a partner or sexually assaulted by anyone, but if they choose to, here is what’s in place in the region:

- If a victim (female or male) of sexual assault contacts local law enforcement or SAFE, they can receive transportation (at no cost to them) from the outlying villages to the medical-forensic exam room within Kakanak Hospital in Dillingham for the SART process.
- In the SART process, the victim can meet with a law enforcement officer, receive support from an advocate, and complete a forensic exam done by a trained medical professional.
- Partner physical violence can be reported to local law enforcement or health care providers. With the victim’s permission, they can contact victim advocates to assist with safety planning.
- Victims and concerned loved ones may also contact Safe and Fear-Free Environment (SAFE) to get help making a police report and/or to get information about the reporting process.



## REPORTING: FOR ADULTS (CONT.)

If a victim chooses not to report to Law Enforcement, they are still highly encouraged to get a medical exam for their own personal health (e.g. antibiotics and Plan B to prevent STDs and pregnancy) and to address any other medical conditions as a result of being assaulted (e.g. strangulation). SAFE can also supply victims throughout the region with Plan B.

Additionally, if a victim chooses not to report or have a medical exam, they are still encouraged to speak with an advocate, who can help them talk about their experience, safety plan etc.



*The SAFE shelter in Dillingham strives to create a family-friendly, home-like, culturally-appropriate atmosphere for women and their children with a maqi/steamhouse (pictured here), a garden, a smokehouse, kennels for dogs, and both indoor and outdoor play areas for children.*

## SHELTER

For victims of abuse and their children needing immediate safety, the following options are available:

### Dillingham:

#### Safe and Fear-Free Environment (SAFE) Shelter

A shelter with **16 beds** (plus extra sleeping space, if need be) for adult women and their children; male children allowed up to age 18.

In emergency circumstances, **teens** 13-17 may be admitted to the shelter alone with permission of their parent or guardian or by the authority of OCS and/or the tribe.

**Male victims** can receive emergency housing in one of the safe houses in SAFE's network.

**Transportation** to shelter for victims, their children, and their pets is provided at no cost to the victim.

Shelter residents are provided with a **care package** when they arrive, which includes items such as calling cards, toiletries, towels, journal, planner, calculator, etc.

Safe housing for **pets**

**Maqi/steamhouse**, garden and subsistence smokehouse for shelter residents

**Childcare and playground** for children of shelter residents

On-site Alaska Legal Service **civil attorney**

On-site **substance abuse treatment** through the SISTR program



## SHELTER (CONT.)

For victims of abuse and their children needing immediate safety, the following options are available:

### King Salmon:

Safe and Fear-Free Environment (SAFE) also runs the 4-bed Bay West Shelter in King Salmon for victims in nearby communities and those who are in transit.

### Other villages in the region:

Safe and Fear-Free Environment (SAFE) supports village-based volunteers to offer temporary safe homes, referrals, and transportation to Dillingham at no cost to the victim or their family.

## ADVOCACY, SUPPORT, AND INFORMATION

Trained, compassionate advocates are available at both SAFE and the Nitaput CAC in Dillingham, and SAFE supports part-time advocates in King Salmon and other surrounding villages. Advocates provide the following services (which are not just for people in the shelter):

- **24-hour hotline** where they provide a listening ear, support, and information to victims of violence, their family members and loved ones, or others who have questions about abuse
  - **Safety planning**
  - **Legal advocacy** (court accompaniment, protective orders, connecting victim to a lawyer at no cost, etc.), including an on-site attorney at SAFE
  - **Medical advocacy** (supporting victim to get healthcare and supporting victim through the SART process)
  - SAFE advocates can provide **Plan B** (Emergency Contraception) to women throughout the region
  - **One-on-one support** and information, group support and education (see section 4 of prevention)
  - Help to find housing, food, clothing, job training and other **basic needs**
  - Assistance filing for money through **Victims of Violent Crimes Compensation**
  - **Transportation** to medical, legal and social services
  - Help to find other needed **resources**, such as counseling or children's programs
- Some Yup'ik-speaking staff (SAFE) and use of language lines for languages other than English
  - Staff trained in and sensitive to working with LGBTQ clients (SAFE)



*The caring advocates at SAFE in Dillingham are available to listen, provide support, give information, help people through the legal system and other systems, and connect people to resources via the 24 hour toll-free hotline or at the shelter.*



## ADVOCACY, SUPPORT, AND INFORMATION (CONT.)

Services specifically for children and teens:

- Childcare for children of mothers participating in substance-abuse treatment and/or sobriety support activities
- Support and advocacy for child victims
- Assistance to access FASD diagnostic and treatment services
- Substance-abuse treatment for children ages 12 and up through the SISTR program
- Liaisons who work with the school districts, Headstart, and other programs to help with children's educational goals, including tutoring and mentoring



## YOUTH MAKE A DIFFERENCE!

### Education Opportunities:

#### Dillingham & all Bristol Bay Area villages:

SAFE advocates and educators offer classes for community schools on topics such as:

- safe touch
- teen dating violence
- bullying
- healthy relationships

SAFE Advocates can support teachers who are implementing the "Fourth R" healthy relationships curriculum

Youth in Dillingham Leadership Group (YDLG) is a group of high school students available to do presentations on various topics.

BBAHC counselors travel to villages to do education and outreach about suicide, mental well-being, how to get help, and how to help a friend.

### Ways Youth Can Get Involved:

The MySpace Youth Wellness Center at SAFE in Dillingham includes opportunities such as:

- Space to hang out
- Life skills (e.g. cooking classes, budgeting)
- Culture Camp & cultural activities
- After-school tutoring
- Teen Media Institute
- Leadership programs

Summer programs in Dillingham are also available through SAFE.

Youth can join the Dillingham Leadership Group (YDLG) to promote wellness and prevent violence.

With support from SAFE, youth from Dillingham and other Bristol Bay villages can participate in statewide leadership and prevention activities, including attending the Lead On! Youth Summit and implementing projects in their communities.



*BBAHC clinicians, such as Pete, pictured here, and the BBAHC Suicide Prevention Coordinator, travel to villages in the Bristol Bay area to involve youth in their culture as positive suicide prevention, to educate on mental well-being and healthy relationships, and to connect young people to resources for help.*



*SAFE has multiple programs for supporting children to develop positive identities and skills, and helping teens engage in cultural activities, learn about healthy relationships, and make a positive difference in the world.*

## TRAININGS FOR TRIBES AND PROFESSIONAL GROUPS:

The **Aurora Project** is a comprehensive community outreach, education, and awareness program of SAFE. They provide empowerment and skill building for staff and volunteers who work with victims of violence. Trainings are available for law enforcement and other first responders and providers. Additional trainings and workshops are offered on domestic violence, sexual assault, abuse and neglect of children and vulnerable adults, sexual harassment, violence and harassment prevention, personal safety, crisis and village-based interventions (including tribal court), and improving the health care system's response to domestic violence and sexual assault. They also provide education and awareness information for the general public about DV/SV.

## CHANGING COMMUNITY NORMS:

### Dillingham & all Bristol Bay Area villages:

**SAFE**, along with other partners in the community, works to create systems change—that is, change in the policies and practices of institutions that affect people—and advocate for victims of violence within systems. They also work to create community-wide change in the norms and culture that promote violence, making the community instead be one that protects people and encourages peace. They do this through these programs:

The **Court WATCH** (Women At The Court House) project works with the Dillingham and Naknek courts, tribes and village councils throughout the region, victims and their families, and law enforcement to keep people informed and improve the victim-friendliness of the justice system.

Community education, trainings, and marches to raise awareness about DV/SV and child maltreatment

The **Community mural project**, where community members paint wooden salmon and place them within the community in murals to create a feeling of connectedness

The **Community Action Network Directed Upstream** (CANDU), a coalition of community and regional institutions that focuses on prevention and early intervention of interpersonal violence

The **"Dillingman Group"** to involve Dillingham men in discussing healthy masculinity and implementing community service projects

Changing Harmful Behaviors: next



*The Community Action Network Directed Upstream (CANDU) coalition works to change the norms that allow for violence to thrive, and to bring community together, such as with marches and with the salmon project, pictured here, in which community members each paint a salmon that together beautify Dillingham.*

### EMPOWERMENT, SUPPORT, AND EDUCATION GROUPS:

SAFE holds the following groups, along with childcare:

- Safety in Sobriety Through Recovery (SISTR)
- Women's Saturday night steam
- Weekly women's talking circle and support group



### HELP FOR PEOPLE WHO HAVE HARMED OTHERS

#### Batterer Intervention Programs:

There are no batterer intervention programs in the region; that is, there are no programs that address the beliefs and learned behaviors that contribute to violence and how to change them. The resources that do exist (all of which are available to those who are court-referred and to those who choose to get help) are:

**BBAHC** offers individual counseling to help people make positive life changes, including to stop abusing others. Counseling services are available in Dillingham and throughout the region via traveling counselors and teleconference.

#### For Parents:

For information on responses for caregivers who are involved with the Office of Children's Services (OCS) or at risk of OCS involvement, contact your local OCS office or ICWA coordinator.