

Calricaraq Indigenous Health & Wellbeing Condensed Training for Providers

FACILITATED BY PREVENTATIVE SERVICES CALRICARAQ TEAM

You are invited to a **CALRICARAQ TRAINING**

August 20–21, 2024

9 a.m.–4:30 p.m. each day

IN-PERSON ONLY

**LOCATION: Moravian Seminary Conf. Rm.
481 B 3rd Ave. Bethel**

REGISTRATION LINK:

https://docs.google.com/forms/d/e/1FAIpQLSdCOHlINJqnyP4cko_41J7MPqXyoo3PkAn1kdiWKSbftvskqA/viewform?usp=sf_link

10.75 CME hours

Participants will understand the philosophy of Calricaraq. We will explore issues in Native communities by utilizing interventions developed by Native Yup'ik professionals. The relevance of Native values and teachings from our elders will be utilized to address issues such as depression, substance abuse, domestic violence, and suicide.

For questions or concerns: Contact Moses Ayagalria at 907-543-6114 or email moses_ayagalriajr@ykhc.org

In support of improving patient care, this activity has been planned and implemented by Yukon-Kuskokwim Health Corporation and the Alaska Native Medical Center (ANMC). ANMC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

ANMC designates this activity for a maximum of 10.75 contact hours. CPE Credit will be posted to the online CPE Monitor system within 60 days following completion of each activity when applicable.

Contact Jennifer Fielder, MSN, RN, NPD-BC, Interprofessional Development Specialist or (907) 729-1398 or jfielder@anthc.org. ANTHC designates this activity for a maximum of 10.75 contact hours.

Alaska Native Tribal Health Consortium
3900 Ambassador Drive, Anchorage, AK 99508 907-729-1900 • anthc.org

Calricaraq Learning Objectives

Historical Trauma Calricaraq Introduction

- Identify differences between Yup'ik/Indigenous introduction versus the ways of modern society.
- Describe the concept of Connection from an indigenous worldview.
- Gain insight in the structure of traditional indigenous society and how it contributes to balance and harmony.

Layers of Circles

- Describe the concept of historical trauma from the Yup'ik/Indigenous perspective.
- Identify the effects of Historical Trauma on present-day indigenous populations.
- Describe how Historical Trauma is recycled across multiple generations.

The Backpack

- Describe holistic health and understand how the body, mind, heart and spirit respond to the environment from the indigenous worldview.
- Gain understanding of addressing trauma at the root cause level.
- List some of the barriers caused by differences in the two different cultures.

5 C's/Coping Strategies

- Identify potential strategies to effectively address trauma and promote healing in Native communities.
- Describe traditional Yup'ik healing medicine
- Apply indigenous strategies with Alaska Native populations in various treatment settings.

Qaruyun

- Describe how indigenous healing is different from modern, conventional treatment approaches.
- Gain information and knowledge about Calricaraq, an indigenous, traditional based wellness program.
- Gain knowledge of conducting group counseling.

Calricaraq/ Indigenous Life Cycle

- Gain knowledge and skills to respond effectively with Alaska Native people.
- Describe the Yup'ik lifecycle and how this was taught and applied to live a balanced life.
- Gain knowledge of Indigenous traditional values and how these are practiced in everyday life to maintain balance and harmony.
- Improve relationships between Alaska Native and Non-Native people with focus on the healing.



**Yukon-Kuskokwim
HEALTH CORPORATION**



**ALASKA NATIVE
MEDICAL CENTER**



Calricaraq Indigenous Health & Wellbeing Condensed Training for Providers

FACILITATED BY PREVENTATIVE SERVICES CALRICARAQ TEAM

You are invited to a
CALRICARAQ TRAINING
October 17–18, 2024
9 a.m.–4:30 p.m. each day

IN-PERSON ONLY

LOCATION: Moravian Seminary Conf. Rm.
481 B 3rd Ave. Bethel

REGISTRATION LINK:

https://docs.google.com/forms/d/e/1FAIpQLSd08K29dG B9bkNDmkw3TMBD-4IHqYaw6NxVvEebWmfvF5zN3Q/viewform?usp=sf_link

10.75 CME hours

Participants will understand the philosophy of Calricaraq. We will explore issues in Native communities by utilizing interventions developed by Native Yup'ik professionals. The relevance of Native values and teachings from our elders will be utilized to address issues such as depression, substance abuse, domestic violence, and suicide.

For questions or concerns: Contact Moses Ayagalria at 907-543-6114 or email moses_ayagalriajr@ykhc.org

In support of improving patient care, this activity has been planned and implemented by Yukon-Kuskokwim Health Corporation and the Alaska Native Medical Center (ANMC). ANMC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

ANMC designates this activity for a maximum of 10.75 contact hours. CPE Credit will be posted to the online CPE Monitor system within 60 days following completion of each activity when applicable.

Contact Jennifer Fielder, MSN, RN, NPD-BC, Interprofessional Development Specialist or (907) 729-1398 or jfielder@anthc.org. ANTHC designates this activity for a maximum of 10.75 contact hours.

Alaska Native Tribal Health Consortium
3900 Ambassador Drive, Anchorage, AK 99508 907-729-1900 • anthc.org

Calricaraq Learning Objectives

Historical Trauma Calricaraq Introduction

- Identify differences between Yup'ik/Indigenous introduction versus the ways of modern society.
- Describe the concept of Connection from an indigenous worldview.
- Gain insight in the structure of traditional indigenous society and how it contributes to balance and harmony.

Layers of Circles

- Describe the concept of historical trauma from the Yup'ik/Indigenous perspective.
- Identify the effects of Historical Trauma on present-day indigenous populations.
- Describe how Historical Trauma is recycled across multiple generations.

The Backpack

- Describe holistic health and understand how the body, mind, heart and spirit respond to the environment from the indigenous worldview.
- Gain understanding of addressing trauma at the root cause level.
- List some of the barriers caused by differences in the two different cultures.

5 C's/Coping Strategies

- Identify potential strategies to effectively address trauma and promote healing in Native communities.
- Describe traditional Yup'ik healing medicine
- Apply indigenous strategies with Alaska Native populations in various treatment settings.

Qaruyun

- Describe how indigenous healing is different from modern, conventional treatment approaches.
- Gain information and knowledge about Calricaraq, an indigenous, traditional based wellness program.
- Gain knowledge of conducting group counseling.

Calricaraq/ Indigenous Life Cycle

- Gain knowledge and skills to respond effectively with Alaska Native people.
- Describe the Yup'ik lifecycle and how this was taught and applied to live a balanced life.
- Gain knowledge of Indigenous traditional values and how these are practiced in everyday life to maintain balance and harmony.
- Improve relationships between Alaska Native and Non-Native people with focus on the healing.



**Yukon-Kuskokwim
HEALTH CORPORATION**



**ALASKA NATIVE
MEDICAL CENTER**

