

Primary Prevention Virtual Summit 2021: Staying Connected-Adapting Our Efforts-Making a Difference

**Pre-Conference Workshop
February 24, 2021**

8:30 am- 9:00 am

Virtual Meeting Instruction and TA
NWS & Ann (CDVSA)

Social Media and Marketing -Extended Workshop

9:00 am-12:00 pm

| Who? | Materials? | NWS Support |
|--|-------------------|-------------------------|
| Patrick Cook, Communications expert, and the VPTAC TEAM (DELTA Impact Technical Assistance Providers) | | Support break out rooms |
| Description: | | |
| <p>This workshop will offer community prevention teams the opportunity to – in real time – build out a communications plan for their prevention messaging. Stay tuned for a detailed description but expect a lot of work time in break out rooms with your community team – while the trainers circulate from team to team to offer individual support – and time in the whole group to ask questions, troubleshoot, and learn from your peers!</p> | | |

8:30 am-9:00 am

Virtual Meeting Instruction and TA
NWS & Ann (CDVSA)

Program Opening: Land Acknowledgements, Welcome, Blessing

9:00 am- 9:30 am

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| <p>Ann Rausch, Welcome and Overview of the Summit</p> <p>Kóot Xheech, land acknowledgement</p> <p>Liz Sunnyboy, blessing to help us start in a good way</p> <p>Rae Romberg, speed friending session</p> | | <p>Support breakout sessions</p> |
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Description:

Join us at 9:00 am on February 25, 2021, for the official start of the Primary Prevention Virtual Summit 2021: Staying Connected-Adapting Our Efforts-Telling Our Story. Speakers for the morning welcome include: Ann Rausch, Kóot Xheech, Elizabeth Sunnyboy, and Rae Romberg.

Keynote Address: Honoring the Past Changing the Future

9:30 am- 10:30 am

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| <p>Organizer: Ann</p> | <p>Tasks / Dates: <input type="checkbox"/> Obtain Workshop Title by 2/xx <input type="checkbox"/> Obtain Bios by 2/xx <input type="checkbox"/> Send Wellness Kits by 2/xx</p> | |
| <p>Who?</p> | <p>Materials?</p> | <p>NWS Support</p> |
| <p>Naomi Michalsen, Kaasei Training and Consulting</p> | <p>Wellness Kits essential from Tia Holley, Pete Hoefner and Naomi</p> | |

Description: "Connecting Hearts & Sharing Gifts Through Plant Teachings"

Naomi Michalsen, Kaasej, Ketchikan

Special Guest(s): Andriana Moss, Larissa Sivertsen, & Kalani White)

How do we stay connected, adapt our efforts, and make a difference through uncertain and rapidly changing times?

Before contact, the Indigenous peoples of Alaska were among the healthiest people in the world. Elders spoke about the abundance of traditional foods, plants and natural medicines in Alaska and the overall health and spirit of their communities. We honor the past by taking time to share and reflect on the powerful teachings and messages we have been given by our ancestors. The traditional values within each unique community can become the tools that connect, support, and strengthen individuals, families, and communities in helping to create wellness and prevent violence. Together we will (re)discover the power of Indigenous plants and how their teachings can bring balance to our lives.

It's all about relationships!

10:30 am- 10:45 am

BREAK

Land Acknowledgement Workshop

| | | |
|-------------------|-------------------|--------------------|
| Melissa Shaginoff | Materials? | NWS Support |
|-------------------|-------------------|--------------------|

Description:

Indigenous people have stewarded Alaska for thousands of years. Their holistic understanding of the environment created a sustainable and symbiotic relationship with the waters, plants and animals of the land. Land Acknowledgment is the public recognition of this knowledge and care. We look to Indigenous Elders and their youth for guidance. It is only Indigenous ways of being that will ensure our collective future.

The Land Acknowledgement workshop will focus on both the communal and personal understanding of Land Acknowledgment. In a conversation-based facilitation, the workshop will explore the simple and complex components of acknowledgement from both an institutional and Indigenous perspective.

10:45 am-12:15 pm

Tsin'aen ef ugheldze ghitnaa
Thank you, do good work.

12:15 pm-1:15 pm

Lunch Break

Working in Shared Risk and Protective Factors

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| Organizer: SPS | | |
| Who | Materials? | NWS Support |
| Ann (CDVSA) Wendi (SPS) Rae (ANDVSA) | | |

1:00 pm-1:30 pm

Description:

Many of us are familiar with risk and protective factors. What does this look like applied? How do you discuss your work with others? Working among shared risk and protective factors is not new, we're developing stronger theories and connections every day. We are exploring and measuring the impact. This panel invites members of our Alaskan prevention community to discuss and share their experiences working in the shared risk and protective factor framework.

Community Sharing

2:15-2:30 (BREAK)
2:30-3:15 Community
Sharing and Closing

| | | |
|---------------------------------------|-------------------|--------------------|
| RAE Romberg Ann Rausch SPS Team | | |
| Who? | Materials? | NWS Support |
| Planning Team | | |

Description:

This time is being set aside for community coalition(s)/team(s) to process/share information learned during the day and consider opportunities that resonate and/or that team(s) would like incorporated with prevention work in their home communities.

Community Sharing

Breakout – What stories do your communities have to share, that helps us understand the story about DV and prevention in Alaska?

Big Group (10 minutes) – what did groups share? Themes? Who needs to hear these stories? What plans do your teams already have for getting information out about these important issues and work?

3:00 - 3:15 pm

Closing

February 26, 2021

8:30 am- 9:00 am

Virtual Meeting Instruction and TA

Opening / Blessing

9:00 am-9:45 am

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| | | |
| Who? | Materials? | NWS Support |
| Ann Rausch, Johon Atkinson, Rae Romberg | | |
| Description: | | |
| <p>This time is created to support participants attending day two of the Summit by providing an outline for the day, traditional welcoming, and opportunities for reflection from day one.</p> <p>Welcoming speakers for day 2 of the Summit include Ann Rausch, Johon Atkinson, and Rae Romberg.</p> | | |

9:45-10:00 am

Break

Going Virtual...and other Program Adaptations...
How to Adapt While Staying True to Your Programming

10:00 -12:00 pm

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| BRITK to KKRITK (Amanda Capitemmino, Natalie Watson, Stephanie Luther, | | Whiteboard |
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| Kera Jefferson, Emma Thompson, Wendi Siebold. | | |
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Description:

Many of us have made adaptations to our prevention programming during the pandemic. How did you decide what to adapt? Have you discussed what worked and what didn't work? The practice of adapting programs is not new, and there are ways to do it so that you are still implementing programs that meet your goals. This session will focus on how the Boys Run I Toowú Klatseen program was adapted for virtual implementation in 2020. Sitka and Juneau teams will share the tools they are using to make (and track) adaptations and discuss their experience making these changes.

12:00-1:00 pm

LUNCH

1:00-2:30 pm

Optional Break Outs / Concurrent Sessions:

1. Sitka Youth Leadership Committee-Panel Discussion on Healthy Relationships

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| Julia Smith-Facilitator | TDV Social Media Toolkit | |
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Description:

SYLK Youth panel discussion. Youth led panel explore staying connected during the pandemic, community organizing and creating on-line youth led activities.

2. Male Engagement

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| Who? | Materials? | NWS Support |
| Doug Koester, Johon Atkinson, Rae Romberg | | |

Description:

Traditional Plans and Wellness

Shaagunasstaa, Bob Sam, Sitka
Kaasei, Naomi Michalsen, Ketchikan
Aisena, Tia Holley, Kenai

Description: This session will focus on strengthening our connection with traditional plants and foods, ourselves, the land and our communities. Traditional plant knowledge and cultural teachings have the capacity to aid in the restoration of the overall wellness of individuals and families.

The first people indigenous to beautiful Alaska have been able to exist and thrive for thousands of years because of their special relationship with the plants and animals in their natural world. A foundational belief is that all things in nature are alive and that we are all related and interconnected. Plants can teach us respect, balance, patience, generosity and how-to live-in harmony. In this session you will discover more about the plants (Red Cedar, Rose, Wormwood) included in your conference kit, teachings of the plants, and receive further instructions for making salve. You will also spend treasured storytelling time with Tlingit elder, Bob Sam.

2:30pm-2:35pm

Break

Community Time: How do we want to nourish and grow?

What stories are unfolding? What are your experiences, observations, and evaluations telling you? What can you learn from? What next?

2:35-3:10 pm

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| SPS/ANDVSA | | |
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| Description: | | |
| <i>Community coalition time to workshop, plan, reflect, etc.</i> | | |

3:10-3:30 pm

Closing