

LLAGE TRIBE



QAYEH KENU

**NINILCHIK TRADITIONAL COUNCIL
NEWSLETTER APRIL & MAY 2016**

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Upcoming Closure Dates

The NTC Offices will be closed on:

- ◆ **Monday, May 30th for Memorial Day**

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

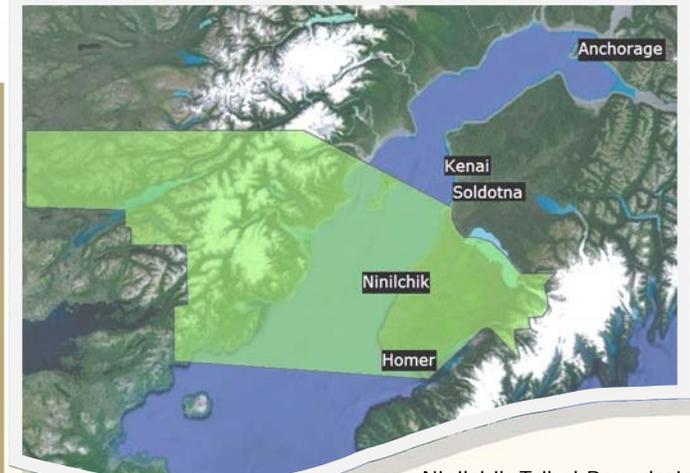
Thursday, April 21st @ 10:00 am

The NTC Regular Council Meetings take place at the NTC Administration Conference Room at 15910 Sterling Highway. The meetings are open for tribal members to attend and to also participate in the visitors' comments and questions session.

*There are three **\$100** door prize drawings for visiting tribal members at each meeting!*

Who We Are

The Ninilchik Village Tribe is made up of approximately 800 members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaska Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted, for membership. The governing body of the Ninilchik Village Tribe, the Ninilchik Traditional Council, is presided over by a board of directors of 5 council members elected by the voting tribal membership to 3 year terms. The council directs executive staff using the Ninilchik Village Tribe's Organic Documents, which are set by the voting tribal membership to exercise tribal operations and tribal sovereignty, as guidelines.



Ninilchik Tribal Boundaries
(Map is approximation)

NTC Board of Directors

Richard Greg Encelewski
President & Chairman

William Dean Kvasnikoff
Vice President

Whitney Schollenberg
Secretary & Treasurer

Jamie Leman
Director

Kenny Odman
Director

NTC Executive Director

Ivan Z. Encelewski

NTC Staff

Department Directors

Bob Crosby, Housing Director
Maria Goins, Chief Financial Officer
Janet Mullen, Tribal Health Director
Christina Pinnow, Tribal Services Director
Shelley Self, Deputy CEO
Darrel Williams, Resource & Environmental Director

Staff

David Bear, EMS Assistant
Denise Brock, Case Manger/Registered Nurse
Jenn Day, Clinic Administration & Patient Accounts Specialist
Dr. Rob Downey, Medical Provider (Contract)
Ashley Eisenman, Health & Wellness Club Attendant
Anna Eason, Tribal Services Assistant
Nick Finley, Youth Outreach Coordinator & NYO Coach
Caroline Finney, Community Health Practitioner
Maricel Folkert, Community Health Aide & Medical Assistant
Jennifer Gilbertson: Administrative Assistant
Eric Hanson, Facilities Manager
Eulelia Hendryx, Secretary/Receptionist
Lynn Kennedy, HWC Attendant –Temp/Intermittent
Terri Leman, HWC Attendant/Clinic Receptionist Fill-In
Leslie McCombs, Clinic Front Desk Receptionist
Jennifer Miller, Clinical Medical Biller
Jacqueline Waldron, HWC Attendant/RN–Intermittent

Perry Miller, Systems Administrator
David Nordeen, Maintenance Laborer
Pat Oskolkoff, Clinic Special Projects Coordinator
Michael Pinnow, Assistant Maintenance Laborer
Christine Prokop, Behavioral Health Services Mgr.
Nancy Pulliam, Assistant Maintenance Laborer
Diane Reynolds, Procurement Officer & Finance Assistant
Dr. Sarah Spencer, Medical Provider (Contract)
Bettyann Steciw, Social Services & ICWA Specialist
Tiffany Stonecipher, Elders Outreach Program Coordinator
Anna Sutton, Clinic Information Coordinator
Maureen Todd, Behavioral Health Aide
Brie Wallace, Health & Wellness Club Manager
Carrie Warren, Family Nurse Practitioner
Gina Wiste, Environmental Technician
Alanna Goins, Admin Assistant
Tammy Zweiacher, Personal Trainer
Elise Spofford, Yoga Instructor
Ann Mercer, Family Nurse Practitioner, Intermittent
Victoria Floey, Resource Technician

The Cheeky Moose

Kody Gastelum, Deli Worker/Barista
Robin Jaime, Manager
Melissa Lancaster, Deli Worker/ Barista
Kaylene Radeke, Deli Worker/Barista

Executive Director's Address

*Ivan Z. Encelewski
NTC Executive Director*

As spring begins to kick in, I hope that everyone had a safe and productive winter. The bears are out, the moose are congregating along the road, and the king salmon are on their way. While there is rejuvenation in the air, we are moving and shaking here at the Tribe as well. Our educational fishery is set to begin along with many new programs and activities. This includes but is not limited to our new transportation and forestry grants, summer youth camps and events, expanded clinical services, Weight Reduction Assistance Program (WRAP) program, and much more. I encourage all of you to participate in as many happenings as you can and especially to get your kids involved in our endeavors. Inside this newsletter you will see an update on the Youth and Elder Leadership Program (YELP). This interaction and participation by our young folks is paramount to our history and culture and seeks to advance the character of our youth by helping out and working with our elders and the community.

We are very proud to announce that our fiscal year 2015 audit was completed and approved on March 25th, 2015. It was subsequently submitted to the federal clearinghouse this month. This report is another clean audit and has no findings or questioned costs, representing another immaculate job by our team, especially Maria Goins in finance. This is our eighth (8th) consecutive clean audit with no findings and she continues to provide unbelievable financial oversight. I can't thank Maria enough.

I want to thank Christina Pinnow and staff for another great year at the Early Learning Program (ELP). The graduation for the young folks is scheduled for Thursday, April 28th, 2016. I want to congratulate our youth and send my best wishes as they further their education. Remember, the children are our future.

On the council meeting news front, the board held their last regular meeting on March 15th, 2016. They adopted the Tribal Transportation Plan, Roads Inventory resolution, and a separate resolution for continuation of the Bureau of Indian Affairs (BIA) contract. They also approved the 2015 audit, heard multiple program reports and approved a resource management agreement with Niniilchik Native Association, Inc. (NNAI). Discussion was held on the subsistence halibut program as well as a presentation from a financial management company on employee retirement opportunities. Finally, the council approved an increase to the annual Niniilchik High School scholarship program and a resolution for grant funding with regard to the resource department.

As I mentioned above, the Tribe recently signed a Resource Management Agreement with NNAI. This Memorandum of Agreement (MOA) is intended to provide a cooperative agreement that will allow the Niniilchik Traditional Council (NTC) and the Niniilchik Native Association Incorporated (NNAI) to engage in, and promote activities that will provide opportunities to the parties of the agreement. One of the concepts is to authorize NTC to serve as the lead agency responsible for the management of cultural, subsistence, and recreation resources of customary, traditional, contemporary, and social benefit to the native people of the Village of Niniilchik and their descendants on the subject lands. In addition, this agreement serves to facilitate the following objectives:

- To establish a formal basis for the mutual cooperation between the NNAI and the NTC.
- To formally engage into a long term agreement between NNAI and NTC, and to actively promote cooperative efforts for both parties.
- To strengthen cooperation and communication between the parties and to enhance the exchange of information relevant to common issues of concern to NNAI and NTC.
- To promote utilization & access to native land & resources by NNAI shareholders & NTC Tribal Members to promote long-term use associated with sustainable management & stewardship.

Executive Director's Address

*Ivan Z. Encelewski
NTC Executive Director*

- To recognize that some portions of NNAI land shall be managed to support multiple uses, both commercial and non-commercial. In doing so, this agreement recognizes that NNAI holds a fiduciary responsibility as necessary.

This is an exciting opportunity and we are already working cooperatively on roads work on NNAI lands by NTC, a forestry grant that can produce mutual benefits to both parties, and non-commercial management activities. This lessens the administrative burden to the corporation and also provide leasing opportunities and ancillary benefits associated with federal funding administered through the Tribe.

I would like to bring your attention to some very important information with regard to health care benefits as it relates to Alaska Natives and American Indians. According to the Indian Health Service (IHS), "The Indian Health Service is the health care system for federally recognized American Indian and Alaska Natives in the United States.... Specific questions about getting health care should be discussed with the tribe you belong to and the health facility which you are looking to get care from. Once you know if you can receive care at an IHS facility, contact the facility's patient registration. They will discuss the registration process, any additional documentation you need to establish your medical record, and then schedule a medical appointment. You may also be able to get care at tribal health programs based on the Tribe's agreement with IHS. You will have to contact these tribal health programs individually regarding health care being provided to a non-affiliated tribal member.... Also, if you receive medical services provided by a non-IHS provider you are responsible for your own expenses."

As an Alaska Native and/or American Indian you are what we sometimes informally refer to as an 'IHS beneficiary', or just 'beneficiary' for short. The United States government has a responsibility through former actions and treaties to provide healthcare for Alaska Natives and American Indians. This responsibility is carried out through funding for the IHS, (the federal agency responsibly for beneficiary healthcare). Furthermore, rather than IHS providing direct care such as clinics and hospitals, much of this is now done through contracting with federally recognized tribes to provide that service. NTC receives monies from IHS in order to operate a health clinic (NTC Community Clinic), in which we have doctors, nurse practitioners and a community health practitioner, along with behavioral health services and outreach. These monies are limited and finite in order to provide these services. We bill insurance and Medicare/Medicaid in order to bring in additional revenues to support our clinical operations. As you may be aware, the federal government underfunds our IHS needs considerably. While treaties and agreements require the government to fund beneficiary healthcare, it is notoriously underfunded and there is almost nothing we can do to change it so they provide all the funding necessary to cover every medical need. In the end, this means that as a beneficiary you are eligible to receive services at an IHS facility but it does not mean that you have insurance through IHS. Costs incurred at other medical facilities outside the system are almost always still going to be your responsibility. You do not have insurance, rather eligibility to be seen and treated at an IHS facility based upon their eligibility requirements. Healthcare costs incurred at our clinic, and through the Alaska Native Medical Center and Southcentral Foundation where we refer patients for further care, is covered and you will not be responsible for those costs. Other providers and local hospital care such as South Peninsula and Central Peninsula are almost always going to be your responsibility. We simply do not receive funds to pay all the healthcare costs at other places. Some Tribes receive limited Contract Healthcare (CHC) dollars to assist in this arena, however, we hardly receive any. Additionally, even if we were allowed to use our monies to fund everybody's care at other non-IHS hospitals and clinics, we would have no monies to implement our clinic or be able to remotely come close to meeting the entire CHC need. Thanks and please let us know if you have additional questions. ~ Ivan Z. Encelewski, Executive Director

Housing

There are no rules of architecture
for a castle in the clouds."

G. K. Chesterton



Hello Folks,

Summer is on the way and like most people you are probably wishing it would hurry up and get here.

First, I would like to let you know that your Housing Program has now reached the point where we will be taking applications on a first come, first served basis, until further funding becomes available. At this point, it should only affect the Rehabilitation and the Weatherization programs. We have budgets for all our Housing programs, but with current limited funding this will mean there will be only one Rehab and possibly two Weatherization projects per grant funding. We do have the ability of moving money around within our budgets. So if there is no interest for a rehab project to be done, but lots of interest for weatherization projects, we will move the funds set aside for the Rehab program and move them on over into the Weatherization Program, doing without any Rehab's until being refunded the following fiscal year. This is why I am stressing how important it is to get an application turned in early if you want to have a project done on your place. This also shows me how I should budget the money when I apply for the grants each year. If we should run out of funding and not be able to proceed with all projects that were turned in, we will finish what we have started and pick up where we left the stack of projects the following fiscal year when the funds come in.

At this time, I do not have funding for our \$30,000.00 Rehab program until this following fiscal year. To be considered for a project this next year you must get your application turned in as soon as possible. I do have some funding set aside for Weatherization at this time, which has a \$2,000.00 limit for materials that you would install or do the work yourself or with the help of friends. I will come by and verify all materials

were used that we obtained for you to do your project. You can reapply for this program every five years, so if you have done it in the past you may want to check and see if you are eligible to reapply.

With that being said, we are now starting our construction season, and one of the requirements we have with the contractors, is that if the contractors should need to hire anyone outside of their core crew, that contractor will need to contact my office and obtain a list of people interested in working in the construction project. This could be anything from laborers, framers, roofers, electricians, sheet-rockers, painters, etc. If you are interested in being placed on this list and notified if there is an opening, please drop by a brief one page resume listing what you are interested in doing. Also list if you have any experience or not, and ways that contractors will be able to get hold of you. This is for both women and men, age 18 and older.

HUD has just released the income limits for the Kenai Peninsula with who is eligible to apply for our Housing Programs. These income limits have been raised again with the Income Limits being: 1 person \$43,550, 2 people \$49,750, 3 people \$55,950, 4 people \$62,150, 5 people \$67,150, 6 people \$72,100, 7 people \$77,100, and 8 people \$82,050. Income will include counting all family/household PFD's, Dividends and income of all household members above the age of 18. If you see that you are within these limits, and are interested in one of our Housing Programs, please download an application from the Housing section on our website, or come by the office and pick one up. Our Housing web page address is: <http://www.ninilchiktribe-nsn.gov/departments-and-services/housing/>

Ok folks, until the next newsletter, take care, get those gardens and fishing poles ready, and have a wonderful and safe Memorial Day!

Bob ☺

Tribal Services

Early Learning Program



As the NTC Early Learning Program (ELP) is winding down for the year, the students continue to impress me with their daily progress. Graduation will be held on Thursday April 28th. The students are getting excited to have cake! This is a very special time for our students to show their families all the newly acquired skills and accomplishments they mastered this year. We will be accepting applications for next year's class soon!

We have two ELP Fishing days on the beach scheduled this summer. Mark your calendars for June 15th & June 30th! Reminders will be mailed out to all ELP families. We look forward to everyone coming out for a good time harvesting salmon. Also, our Preschool Swim Program for birth to 5 year olds will continue on Fridays from 11am-12pm at the Ninilchik School Pool thru July 22nd.

Coming Soon...

All activities listed below are made available by the NTC Tribal Services Department to eligible Ninilchik Tribal Members, Alaska Native and American Indian youth.



Kids Don't Float

We are proud to be kicking off this summer installing a Kids Don't Float lifejacket loaner board at the Ninilchik harbor. On **Friday, May 27th**, our local youth ages 6 and up will be celebrating the new installation of the board, an event keeping kids safe. The time of event will be announced.

2016 Water Safety Course

In the spirit of Kids Don't Float, we will host a Water Safety Day at the Ninilchik School Pool, where local youth will learn age appropriate water safety/survival skills.

Saturday, June 4th

6-11 year olds 10am - 12pm

12 and up 1pm - 5pm

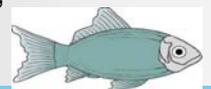
Please pre-register for this activity with the NTC Tribal Services Department.

Summer Youth Fish Camps

Ages 12 and up June 21st and 22nd

Ages 6-11 July 19th and 20th

The first day of camp, we will be harvesting salmon off the Ninilchik beach, utilizing our educational fishing permit. The second day, we will process our catch and work on team building activities & crafts. Please remember to dress appropriately for fishing, rubber boots & warm clothes.

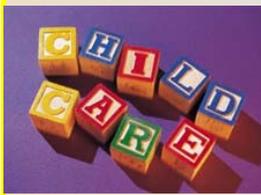


For more information, or to register for any of these activities, please contact the NTC Tribal Services Department at 907-567-3313 or stop by the NTC Administrative building directly across the street from the Ninilchik Store.



For more information about the Tribal Services please contact Christina Pinnow at 907-567-3313 or e-mail chris@nirilchiktribe-nsn.gov

Tribal Services Cont.



**ICWA
Child Care
Assistance**

FOSTER FAMILIES NEEDED!

Foster parents make a difference every day. Their daily joys are in holding and rocking the babies and toddlers, being present to nurture and care for the children, listening to and guiding the teens. The biggest reward is seeing children heal and grow.

Being a foster parent can be an incredibly rewarding, life-altering challenge. Children in the foster care system need a special kind of person. A successful foster parent is patient, an advocate, likes kids, a team player and able to love and let go when the job is done.

Below are statistics from the Office of Children's Service's website. The South-Central Region is second in the number of screened in Protective Service Reports. If you have questions about becoming a foster parent contact Ninilchik Tribe's ICWA Specialist, Bettyann Steciw at 567-3313 or bettyann@niniichiktribe-nsn.gov

Data received from site: <http://dhss.alaska.gov/ocs/Pages/Statistics/default.aspx>

Count of All Protective Service Reports Received during the last Twelve Months

Region	Mar 2015	Apr 2015	May 2015	Jun 2015	Jul 2015	Aug 2015	Sep 2015	Oct 2015	Nov 2015	Dec 2015	Jan 2016	Feb 2016
Anchorage	691	722	495	621	608	506	569	695	648	545	809	628
Northern	187	226	222	183	205	225	243	261	217	224	229	252
Southcentral	307	379	277	264	268	250	334	303	305	327	253	302
Southeast	210	176	159	131	124	140	147	168	129	120	131	147
Western	85	103	105	116	37	96	93	172	123	99	89	91
Statewide	1,480	1,606	1,258	1,315	1,242	1,217	1,386	1,599	1,422	1,315	1,511	1,420

Count of Protective Service Reports Screened In during the last Twelve Months

Region	Mar 2015	Apr 2015	May 2015	Jun 2015	Jul 2015	Aug 2015	Sep 2015	Oct 2015	Nov 2015	Dec 2015	Jan 2016	Feb 2016
Anchorage	391	424	302	339	352	318	359	370	337	340	393	338
Northern	109	91	97	93	109	92	108	109	106	104	134	132
Southcentral	167	191	148	145	143	145	173	183	152	200	146	152
Southeast	116	88	91	64	78	80	73	95	74	66	78	70
Western	53	58	74	76	16	56	51	100	75	66	60	59
Statewide	836	852	712	717	698	691	764	857	744	776	811	751

TIME TO START PLANNING FOR SUMMER!

More free time and **less adult supervision** can make summertime exciting for children ages 8-12. It can also increase the likelihood of exposure to drugs, alcohol and substance abuse according to studies from the Center for Disease Control.

**Ninilchik Traditional Council
Child Care Program is taking applications
for Child Care Providers and Families
interested in Child Care this summer.**

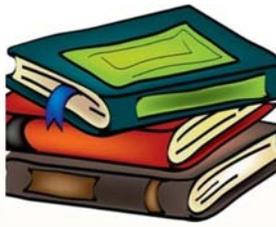
Required Parent Documents:- Application to the CCDF Program will require the following documents:

- ◆ CIB – Certificate of Indian Blood, this can be obtained from the Bureau of Indian Affairs.
- ◆ Birth Certificate – A State Certified birth certificate must be submitted with the CCDF application for each child ages 0 – 12 years that is in the program.
- ◆ Income sources – The form listing all income for the year must be completed by the applicant. The income listed should be the net income (after taxes) not the gross (before taxes) income. There is a set deduction for living expenses for each family at a rate of \$700 for the head of household and an additional \$100 for each additional household member.
- ◆ Applicants must complete the current employment and/or education training activity work sheet in the application packet. They should also include work hours or a school/training schedule including travel times.
- ◆ A letter of hire signed by the employer stating the date of hire, wages, benefits, work days, and hours of work.
- ◆ Child care documents completed and signed by the Provider must be submitted with the application.
- ◆ Applicants must sign the Parent Affirmation, Responsibilities, the Parent Certification statement, and the Applicant Certification to qualify for the NTC CCDF Program.
- ◆ A release of information must be signed by the parent for eligibility to the NTC CCDF Program.

Contact Bettyann Steciw, Childcare Program Manager at Ninilchik Tribe for applications and more information 907-567-3313 or bettyann@niniichiktribe-nsn.gov

For more information about the Tribal Services please contact Christina Pinnow at 907-567-3313 or e-mail chris@niniichiktribe-nsn.gov

Niqnalchint Library & Arts



Library Updates & Events

Is there something you'd like to see the tribal library have on the shelves or provide? Let us know and we can add it!

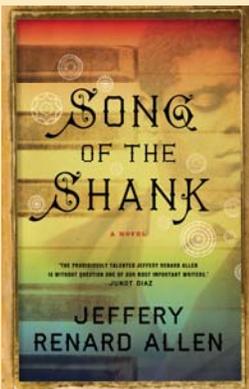


Tahyiga Book Club:

The Tahyiga Book Club meets monthly to discuss contemporary Alaskan and world literature, focusing on indigenous and cultural identity themes. If you are interested in new, engrossing novels with multicultural views please come and participate! The club meets on late month Fridays at 3:30 PM at the NTC Administration Conference Room. The next meeting will be on **Friday May 6th**. Joining the book club is free and open to the public, and signing up is easy to do. Just call or e-mail NTC for more information.

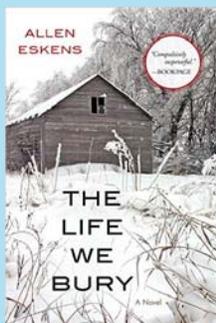
The next two people to join the book club will receive a **free** book a month for a year. That's 12 books for you to keep and share.

**April Book Club Selection:
Song of the Shank by Jeffery Renard Allen**

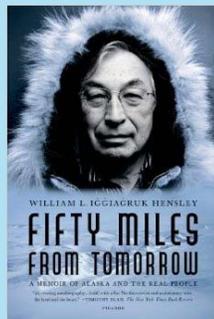


At the heart of this remarkable novel is Thomas Greene Wiggins, a nineteenth-century slave and improbable musical genius who performed under the name *Blind Tom*. In 1866, Tom and his guardian, Eliza Bethune, struggle to readjust to their fashionable apartment in the City in the aftermath of riots—who intends to reunite Tom with his now-liberated mother. As the novel ranges from Tom's boyhood to the heights of his performing career, the inscrutable savant is buffeted by opportunistic teachers and crooked managers, crackpot healers and militant prophets. In his symphonic novel, Jeffery Renard Allen blends history and fantastical invention to bring to life a radical cipher, a man who profoundly changes all who encounter him. (Taken from synopsis of *Song of the Shank*)

Book Spotlight: Just some of the titles in our collection:



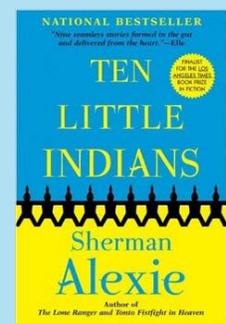
The Life We Bury
By Allen Eskens



Fifty Miles From....
By William Hensley



Submerged
By Dani Pettrey



Ten Little Indians
By Sherman Alexie

For more information about the Niqnalchint Library or other arts and culture activities please contact the NTC Administrative Office by phone at 567-3313, or by e-mail to ntc@niniichiktribe-nsn.gov

Environmental Enquirer

Molds are part of the natural environment. There is always some mold everywhere. Molds have been on the Earth for millions of years. Outdoor, mold play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float through outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

Can mold cause health problems?

Exposure to damp and moldy environments may cause a variety of health effects, or none at all. Some people are sensitive to molds. For these people, molds can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or in some cases skin irritation. People with mold allergies may have more severe reactions.

Allergic reactions to mold are common. They can be immediate or delayed. Molds can also cause asthma attacks in people with asthma who are allergic to mold. These people should avoid areas that are likely to have mold, such as compost piles, cut grass and wooded areas.

Seal the clean surfaces when they're thoroughly dry to slow future moisture penetration. Apply a grout sealer (available at tile shops and home centers) to tile joints.

Mold and your home...

Since mold is found both indoors and outdoors, it can enter your home through open doorways, windows, vents, and heating systems. Mold in the air outside can also attach itself to clothing, shoes, bags, and pets can carry it in.

Mold will grow in places with a lot moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mold grows well on paper products, cardboard, ceiling tiles and wood products. Mold can also grow in dust, paints wallpaper, insulation, drywall, carpet, fabric and upholstery.

You can control mold!

Molds gradually destroy the things they grow on. You can prevent damage to your home and furnishings, save money, and avoid potential health problems by controlling moisture and eliminating mold growth. The mold sports will not grow if moisture is not present.

Inside your home you can control mold growth by:

- Controlling humidity levels (no higher than 50% all day long)
- Promptly fixing leaky roofs, windows and pipes
- Ventilating shower, laundry and cooking areas
- Clean bathrooms with mold-killing products.
- Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.



Techniques for Cleaning Surface Mold

Surface molds grow in just about any damp location, such as the grout lines of a ceramic tiled shower. They're easy to scrub away with a mixture of 1/2 cup bleach, 1 qt. water and a little detergent. The bleach in the cleaning mixture kills the mold, and the detergent helps lift it off the surface so you can rinse it away so it won't return as fast. You can also buy a mildew cleaner at hardware stores, paint stores and most home centers.

Even for simple cleaning, protect yourself from contact with mold and the bleach solution by wearing a long-sleeve shirt and long pants as well as plastic or rubber gloves and goggles.

If the mold doesn't disappear after light scrubbing, reapply the cleaning mix and let it sit for a minute or two. Then lightly scrub again.

NTC Community Clinic

WRAP

Weight Reduction Assistance Program

NTC is proud to update everyone on the progress of our new program, WRAP. We are happy to report that we will have a Dietitian starting in April, 2016. She will be available monthly to meet with our new WRAP patients. We also have a Personal Health Coach that will start in April as well. Therefore, our program should be ready to start accepting patients mid-April. Radio ads have been placed. Flyers are being posted and post cards are being mailed out. There are informational flyers in the clinic explaining the different options that are available. If anyone has any further questions or would like to sign up for the program, please call the NTC Community Clinic for more information.

Lose Weight Feel Great with WRAP



Weight Reduction Assistance Program,
the only Medically Supervised Weight Loss Program
of its kind on the Kenai Peninsula.

Make healthy lifestyle changes with the help
of our professional, certified team. Each unique
program is based on your individual health needs and
limitations and offers lifelong solutions to a healthier you.

Different packages to choose from!

Mention if you're an NTC Enrolled Tribal Member or IHS Beneficiary

Individualized Programs Include:

- >> Medical Supervision & Management
- >> Diet Suppressant Medication *(if appropriate)*
- >> Dietitian Consultation & Follow-up
- >> Personal Trainer Support & Motivation
- >> Ninilchik Health Club Membership
- >> Clinical-Grade Metabolic Testing
- >> Behavior Modification & Personal Health Coach
- >> NO Pre-Packaged Meals
- >> And more!

Call to find out more!
907.567.3970



*Behavioral Health Services***Behavioral Health Services and Youth Alcohol Prevention Newsletter April-May 2016****Behavioral Health Services Mission**

We provide both integrated mental health and substance abuse treatment services. Our mission is to provide the highest quality of care while meeting the client's self-determined goals for treatment. We provide these services in a supportive, compassionate, culturally competent, and strengths-focused treatment setting. Our services are open to everyone. We are a State of Alaska certified Alcohol Safety Action Program (ASAP) provider and offer ASAP assessments, outpatient treatment, and the State of Alaska Alcohol Drug Information School (ADIS). Please contact us for further information. 567-3370.

Youth Alcohol Prevention Mission

One of the primary focuses of the Youth Alcohol Prevention program is outreach. During the school year we host weekly events for Ninilchik youth with the goal of providing substance free, pro-social activities that encourage self-esteem, leadership, respect, ownership, and community connectedness. One of the things hindering the amount of outreach we can provide is a lack of volunteer chaperones. If you are at all interested in supporting our outreach by chaperoning please contact Nick Finley or Maureen Todd, 567-3370.

For a detailed calendar of our outreach activities, please call Maureen Todd, 567-3370 Ext 1 to be added to our outreach mailing list.

Native Youth Olympics

In March both of our NYO Junior and Senior teams attended the Seward Invitational Tournament. We had an excellent turn out and athletes performed well in their Individual events. This



culminated the Junior season and their end of the year party was March 2nd after school. The Senior team will continue to practice until their state championship competition April 21st-23rd in Anchorage. In order to prepare for the fierceness of this competition, the Senior team will have additional practices after school for the next month. Practices will include conditioning and strength development to further advance their

individual skills in final preparation for state. Practices will now be Monday-Thursday after school from 3:30-5.



*Behavioral Health Services***Teen Center**

We host Teen Center every Friday from 3:30-8:30 pm. Junior high students are invited to stay until 6:00 pm and high schoolers are able to stay until 8:30 pm. Students from ages 12-18 are welcome to come and interact with their peers in a healthy, safe environment. Admission is free and there are concession food items available for purchase. On Friday May 13th we will be hosting a summer kick-off BBQ at 3:30. During the summer the Teen Center will be open from 12-5pm every Friday beginning on Friday, May 20th.

Get Fit

The Youth Alcohol Prevention Get Fit Program was established due to the need for increased recreational activities for our youth in the community. Nick Finley holds weekly events at the school for students and community members. Every Sunday from 6-8pm there is community basketball at the school. Community volleyball is held Tuesday from 6:30-8:30 pm. On Thursday, Community Basketball is held from 6:30-8:30. These days and times are subject to change depending on the activities already taking place at the school and we recommend that you call Nick to confirm the date and time if you are interested in attending. 567-3370 ext 7.

Resilient Alaska Youth

The RAY Program meets every Wednesday after school from 3:30 to 5:00 pm for ages 12-18. Youth are encouraged to attend and experience different activities geared towards developing their resilience. So far students have created different art projects, encouragement messages, and developed ideas for things they would like to achieve as a group. Please contact Zoe 907-567-3370 ext 8 if you have any questions.

Teens Against Tobacco Use

TATU meets the first and third Wednesday of every month at the school from 12:00-12:30. Students are educated on the risks of tobacco use and how to be peer mentors to younger students at school. In March, TATU students helped post headstones by the clinic which detailed statistics on the lethality of tobacco use. For the Health Fair, TATU members manned a booth educating the public on the negative effects of smoking through a pig lung demonstration.



For more information about NTC's Behavioral Health Services please call 907-567-3370 or e-mail staff:

Nick Finley, Youth Outreach Coordinator at nick@niniichiktribe-nsn.gov

Or Maureen Todd, Behavioral Health Aide at mtodd@niniichiktribe-nsn.gov



Youth and Elder Leadership Program

Our summer outreach consists of the Youth and Elder Leadership Program, YELP. This program is available to youth ages 12-18. The kick off BBQ is Monday, May 23rd at the Elder's Luncheon. Beginning on the 24th we will be having YELP work days every Tuesday and Wednesday from 12-5pm. Students will meet at the teen center on these days unless otherwise specified. Our work days will include service projects geared towards helping elders and creating community connectedness among our youth. These projects include gardening, trash clean up, clamming, fishing, church restoration, yard work, smoking and canning fish, and net mending. If you have a student interested in participating in this program please contact Nick Finley or Maureen Todd, 567-3370.

Ninilchik Elders Outreach Program Mission

To provide a time to connect and share cultural and nutritious meals together while also sharing past times, stories and wisdom.

Eligibility Requirements

Alaska Natives 55+ around the Cook Inlet and surrounding area. Tribal boundaries extend from South of the Kasilof River to Homer and East from the Caribou Hills across the Cook Inlet to Mt. Redoubt. This is only a tool to help establish our goals, however, we will always be mindful to help the Elders in our community who have served on our behalf and extend our hand when available to open our doors and offer our services.

Elders Luncheon Dates for April & May

- April 18th & 25th
- May 9th, 16th, 23rd, & 30th
- Elders Luncheons are on Mondays at 12:00 PM at the NTC Subsistence Building at 15750 Sterling Highway

Office: 907-567-3370 ext. 2

Cell: 907-953-0273

E-Mail: tiffany@ninilchiktribe-nsn.gov



Ninilchik Health & Wellness Club

Club News

Ninilchik Health & Wellness Club * 907.567.3455 * hwc@ninilchiktribe-nsn.gov * open M-F 7am-9pm & Sat 8am-3pm

Spring has sprung!

I don't want to jinx anything, but it looks like it's done snowing! Goodbye, winter. Hellooooooo Spring! We've still got a little bit of time before our crazy busy, Alaskan summer gets here,



so now is a great time to think about your health and wellness! Exercising for 30-60 minutes a few times a week can greatly benefit your health. With low monthly rates and no contracts, the Ninilchik Health Club is a great place to make some healthy lifestyle changes while it's still a little chilly outside. If your goal is to lose weight, maybe NTC's latest program, **WRAP**, is for you! WRAP (Weight Reduction Assistance Program) is the only medically-supervised program of its kind on the Peninsula. With guidance from a Medical Provider, Health Coach, Dietitian, and Personal Trainer, you'll be on the fast-track to success. Different packages are available. Call 567.3970 if you'd like more information.

Club Hours

Monday - Friday
7:00am - 9:00pm
Saturdays
8:00am - 3:00pm
*We will be closed on
May 30th for Memorial Day*



Cindy S. & Michelle R. work out together, while Tessie J. walks toward her 100-mile Walkers Club goal. What awesome members we have!



Yoga with Elise

Tuesdays 5:15pm * Hatha
Wednesdays 5:15pm * Vinyasa
Thursdays * 10:15am Hatha

Classes are included in your Club membership or \$5 for a drop-in

No Yoga from April 1-25



NINILCHIK WALKERS

Log all of the miles you walk this summer!
Walk over 100 miles and earn a FREE Club t-shirt & be entered to win a 6-month Club Membership
Miles walked between April 1 - Sept 30



Vacancy Announcement

JOB VACANCY: BEHAVIORAL HEALTH AIDE/CHEMICAL DEPENDENCY COUNSELOR

ANNOUNCEMENT DATE: March 22, 2016

CLOSING DATE: When Filled

POSITION TITLE: BHA/Chemical Dependency Counselor

POSITION BEGINS: When

Filled

POSITION TYPE: Full Time: Classified @ 40 hours/week

SALARY: DOE

POSITION SUMMARY: The position of the Behavioral Health Aide (BHA)/Chemical Dependency Counselor (CDC) provides: prevention, early intervention, case management, substance use disorder counseling, aftercare, and follow-up for individuals and families impacted by a variety of behavioral health (addictions/substance abuse and mental health) issues. With direction and support from the Behavioral Health Services Manager (BHSM), the position is responsible for providing access to and delivering behavioral health services, within a defined scope of practice, to the Ninilchik Traditional Council (NTC) service area.

JOB DUTIES:

- 1.) Referral; active assistance for such persons to locate appropriate treatment programs that are available and correspond to such assistance both needed, and desired, by the client. Including-
 - Having up-to-date applications for such, including utilizing the internet and other available technology for research and information.
 - Assisting clients in filling out such applications.
 - Advocating and coordinating with all known resources for client's needs.
 - Maintaining professional and appropriate contacts with such resources, including management of formal Memorandums of Agreement with treatment organizations and releases of information with clients.
 - Appropriately maintaining confidential client case files including documentation of all case management activities, copies of all client forms, client eligibility determination and client log of contacts.
 - Coordinating and facilitating resources in conjunction with established community resources already in place, including Alcoholics Anonymous, Narcotics Anonymous, and other appropriate groups.
Assist and provide services to tobacco cessation clients in line with training and certification.

- 2.) Counseling/ Intervention: Will have skills and education or be developing with guidance from the BHSM using an Individual Employee Development Plan (IEDP).
 - Clinical Evaluation
 - a) Screening
 - i) Initial contact and intake, use or importance of selective use of psychometrics (Alaska Screening Tool, Basic Alcohol and Drug Evaluation, Client Status Review), identifying existence of conditions or disorders and considerations for placement within continuum of care.
 - b) Evaluation (under Chemical Dependency Counselor Certification/ Substance Abuse Disorder Counselor status)
 - i) Developing bio/psycho/social narrative assessment, using Diagnostic and Statistical Manual of Mental Disorders (DSM) and American Society of Addiction Medicine (ASAM) to support placement and developing a service/treatment problem list using ASAM dimensions.
 - c) Documentation of screening and evaluation.
 - Treatment Planning
 - a) Using the problem list to develop individual goals and objectives.
 - b) Understanding multiple needs/issues associated with co-occurring disorders.
 - c) Documentation of treatment plan and related activity.
 - Referral
 - a) Knowledge of referral resources.
 - b) Documentation and follow-up of referral activity.
 - Service Coordination
 - a) Treatment plan implementation and review/assessment of progress/client status review.
 - b) Consultation/ Case Review with Behavioral Health team.
 - c) Discharge planning.
 - d) Documentation of service coordination.

Vacancy Announcement (Continued)

- Counseling
 - a) Individual substance use disorder counseling (CDC I certification required) using “person centered approach” to establish counseling relationship, as well as identifying expectations and outcomes, understanding of Cognitive-behavioral therapy as it relates to interventions with substance abuse clients.
 - b) Group counseling with emphasis on educational group process/activity and talking circle, including but not limited to the State of Alaska Alcohol and Drug Information School.
 - c) Family and significant other counseling for client understanding of family stress issues, co-dependency and ways or means of resolution.
 - d) Documentation of counseling activity.
- Prevention and Community Education
 - a) Understand and use Universal prevention strategies of primary, secondary and tertiary prevention.
 - b) How to facilitate and promote community readiness (including needs assessments and town hall meetings).
 - c) Documentation of prevention and community education.

3. General:

- Maintain current Alaska's Automated Information Management System (AKAIMS) data entry.
- Maintain contact records documenting all Alcohol/Drug Program Activities; monthly submit a report of activities for NTC's Alcohol/Substance Abuse Prevention and Support Program to the State of Alaska in accordance with the State directions. All information and records are kept confidential according to pertinent laws and program regulations (Privacy Act).
- The employee will interface with other health service and health clinic staff to provide coordinated planning and services for Ninilchik Traditional Council service area residents. Additionally, the employee will serve to augment primary emergency response needs, as required by event.
- Report to Office of Children's Services (OCS) as required by law.
- Resource use/management - Per policy and procedure, maintains records of resource use and projected need.
- Data, record and reports- Per policy and procedure the employee will maintain records of required program data, complete reports and submit such data and reports in a timely manner. The employee will ensure that confidential material/records/correspondence is kept secure and that individual patient/client confidentiality is maintained according with 42 CFR Part 2 and Health Insurance Portability and Accountability Act (HIPAA) requirements.
- Submit timesheets and necessary program supply requisitions in accordance with NTC policy.
- Other duties as assigned by the BHSM, Tribal Health Director, NTC Executive Director or his/her designee.

This position will follow the NTC/Ninilchik Community Clinic's HIPAA policies and procedures. Any breach in confidentiality will lead to termination. As the Behavioral Health Aide/Chemical Dependency Counselor he/she is accountable to the BHSM for duties and responsibilities associated with the Behavioral Health Program.

STATEMENT OF QUALIFICATIONS:

- Must have/or complete a BHA I Certification training within 1 year of date of hire.
- Must have Chemical Dependency Certification I.
- Must be a Person in Recovery for a minimum of 1 year.
- Must pass a State and Federal criminal background check.
- Must possess a valid Driver's License and transportation.
- High School Graduate- Some College- Bachelor's Degree Preferred.
- Must pass through a criminal background check with acceptable standards of character.
- Must pass pre-employment drug test, and will be subject to ongoing testing in accordance with NTC policies & procedures.

INDIAN PREFERENCE:

In filling this position we are required by law, Indian Self-Determination & Education Assistance Act to give preference in selection to candidates who are eligible for Indian Preference. For consideration under Indian Preference, proof is required.

APPLICATIONS:

Applications are available at the Ninilchik Traditional Council office building, 15910 Sterling Hwy., Ninilchik, AK 99639 or online at www.ninilchiktribe-nsn.gov . Applicants must submit a **complete** NTC Application and a personal resume.



APRIL 2016



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Elders Luncheon @ 12 PM	5	6	7	8	9
10	11 Elders Luncheon @ 12 PM	12	13	14	15	16
17	18 Elders Luncheon @ 12 PM	19	20	21 NYO State Tournament Regular Council Meeting @ 10 AM	22 NYO State Tournament	23 NYO State Tournament
24	25 Elders Luncheon @ 12 PM	26	27	28	29	30



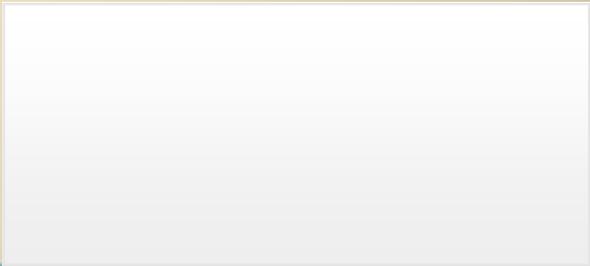
MAY 2016



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Elders Luncheon @ 12 PM	3 Hatha Yoga @ 5:15 PM	4 Vinyasa Yoga @ 5:15 PM	5 Hatha Yoga @ 10:15 AM	6 Tahyiga Book Club Meeting @ 3:30 PM	7
8 Happy Mother's Day! 	9 Elders Luncheon @ 12 PM	10 Hatha Yoga @ 5:15 PM	11 Vinyasa Yoga @ 5:15 PM	12 Hatha Yoga @ 10:15 AM	13	14
15	16 Elders Luncheon @ 12 PM	17 Hatha Yoga @ 5:15 PM	18 Vinyasa Yoga @ 5:15 PM	19 Hatha Yoga @ 10:15 AM	20	21
22	23 Elders Luncheon @ 12 PM	24 Hatha Yoga @ 5:15 PM	25 Vinyasa Yoga @ 5:15 PM	26 Hatha Yoga @ 10:15 AM	27 Kids Don't Float Event Ninilchik Harbor	28
29	30 Elders Luncheon @ 12 PM Memorial Day NTC Offices CLOSED	31 Hatha Yoga @ 5:15 PM				



Ninilchik Traditional Council
P.O. Box 39070
Ninilchik, AK 99639
USA



ninilchiktribe-nsn.gov
Phone: 907-567-3313
Fax: 907-567-3308
Main E-mail: ntc@ninilchiktribe-nsn.gov

To:



Are you planning to move or change your contact information?

Let us know!

- Tribal members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the NTC Admin Office to keep their information up to date.
- Those on the general public mailing list may contact the NTC Admin Office front desk.

Please call (907)-567-3313 to make sure we can stay in touch. Thank you!