



Raven's Way Yéil Jeeyáx (The Way of the Raven)



July, 2009

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**COMMUNITY
HEALTH SERVICES**

SouthEast Alaska Regional Health Consortium

Yéil Jeeyáx

Mission:

To build resilience and promote recovery in culturally respectful ways to strengthen individuals and their communities

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Raven's Way

- Holistic approach to services
- Cohort model (students come in together and end together as a group)-6 programs a year
- Length of stay: 39 to 46 days
- Alaska youth ages 13-18 years old (co-ed)
- Alaska Native/American Indian and non Native students are admitted
- Major Alaska Native admits include: Inupiat, Yup'ik, Tlingit, Tsimshian, Haida, Athabaskan, Aleut.
- Primary diagnosis of Substance Abuse/Dependence
- Enrollment: up to 12 students
- Certified Chemical Dependency Counselors

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Services Provided:

- ❖ Individual and group counseling
- ❖ Substance abuse and mental health assessment
- ❖ Educational assessments
- ❖ Academic education
- ❖ “Step” work and relapse prevention
- ❖ Wilderness expedition and ropes course activities
- ❖ Activities relevant to Native cultures
- ❖ Peer support groups
- ❖ Home-like residential living
- ❖ Aftercare planning and follow-up contacts.

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Raven's Way has 4 phases of Treatment

- Sitka I
- Biorka
- Expedition
- Sitka II



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Sitka I



- Orientation to Raven's Way
- Assessments completed
- Relationship building
- Individualized treatment plan developed
- Introduction to Medicine Wheel and talking circles.
- Cultural guests and guest speakers invited to present

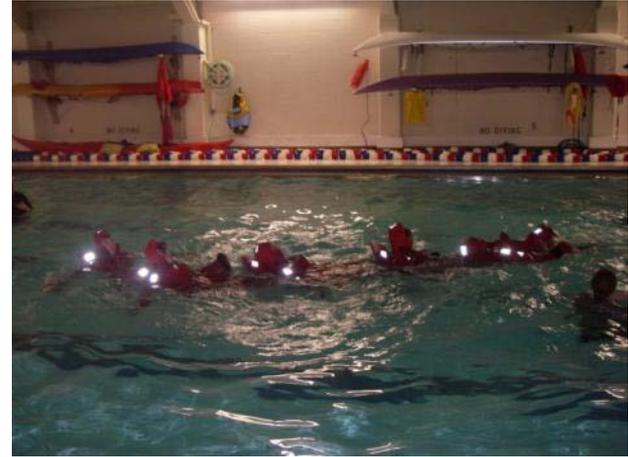
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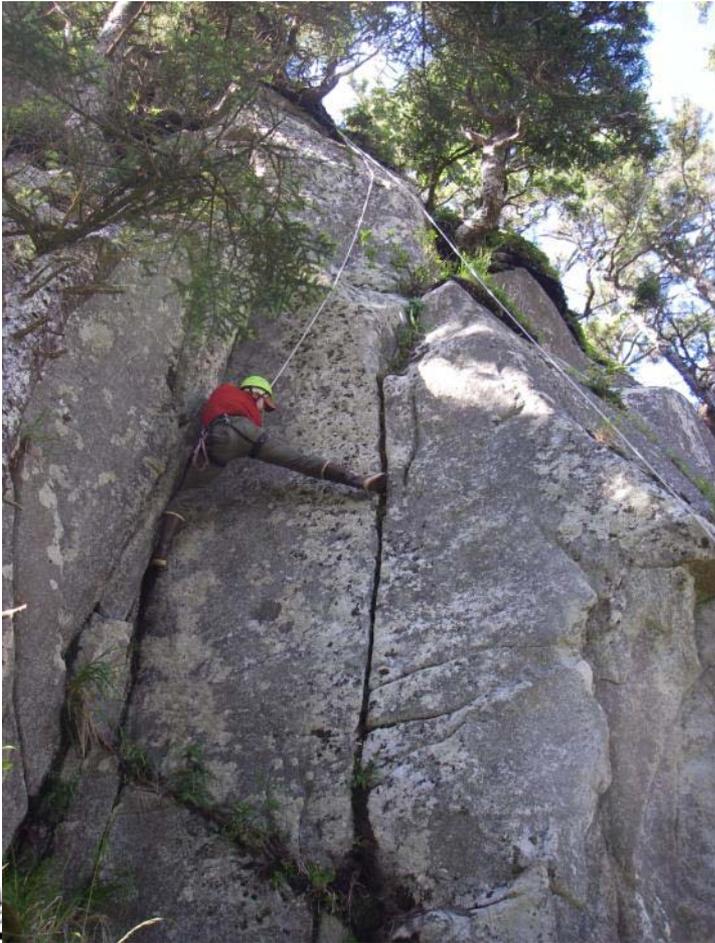
Sitka I Activities



Yo

ICES
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Biorka



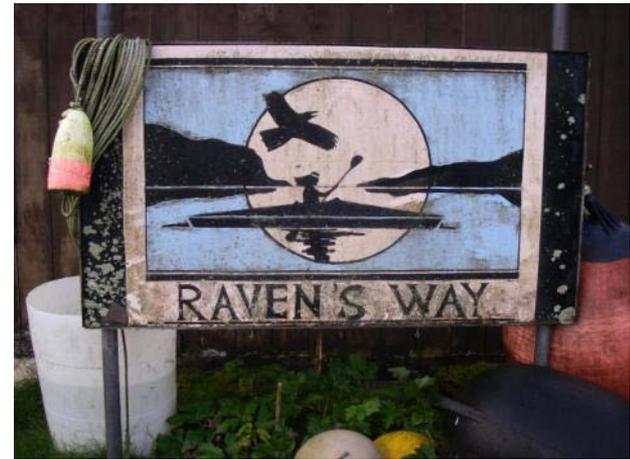
- Intensive treatment
- Group therapy
- Educational activities
- Cultural activities
- Outdoor activities
- Physical activities
- Family style living



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Biorka Island



Yo

Y
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nsortium

Ceremony



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Expedition

- Adventure Therapy
- Learning through experience
- Nature's Natural consequences
- 72 hour Solo



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Programs run year round



Yo

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SOLO



Yo

Sitka II



- Continuing care plans are developed
- Identification of a support network
- Continuation of cultural activities
- Transition Ceremony

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Outcome Data

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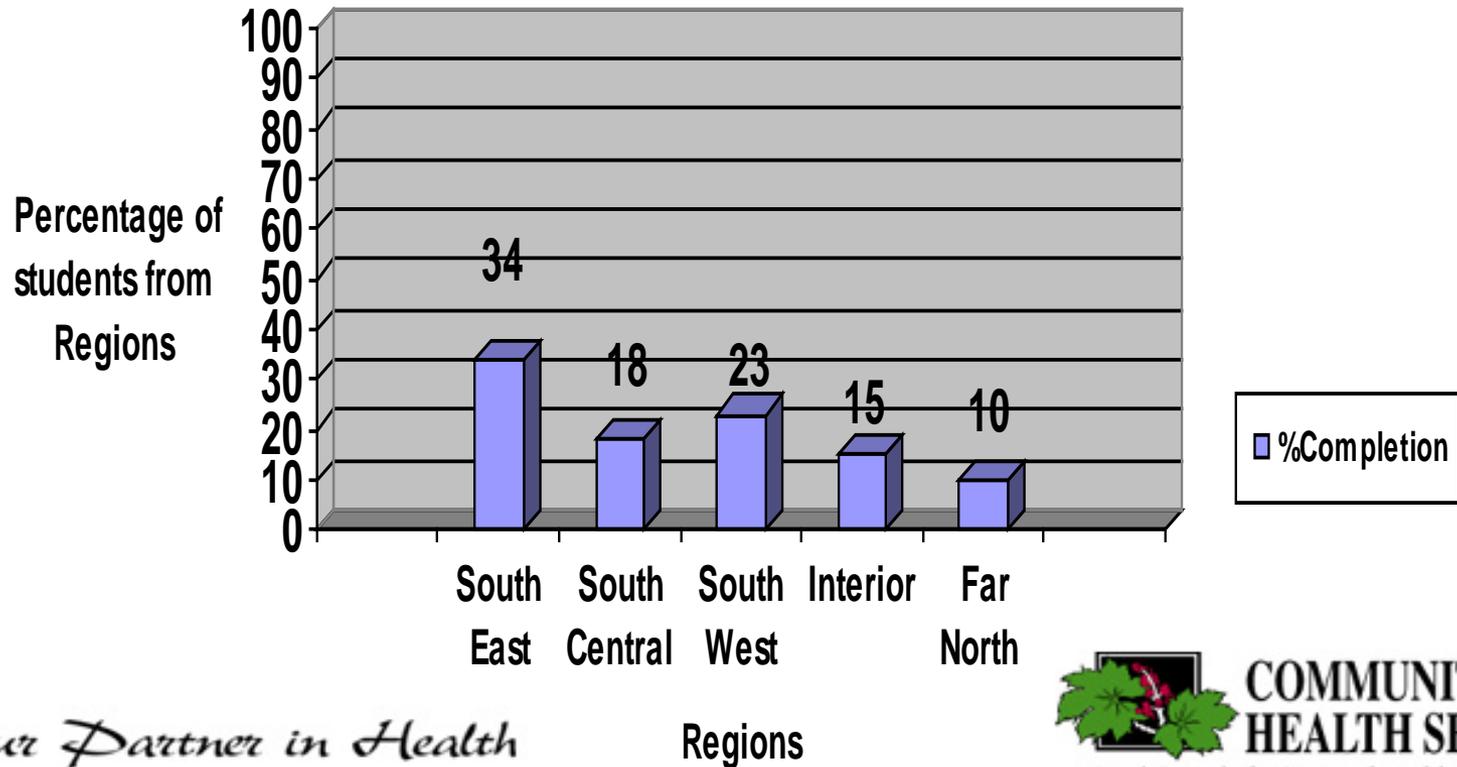


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Communities Served

- We have served 144 Alaska Communities which represents 54% of communities with a zip code in the state of Alaska.



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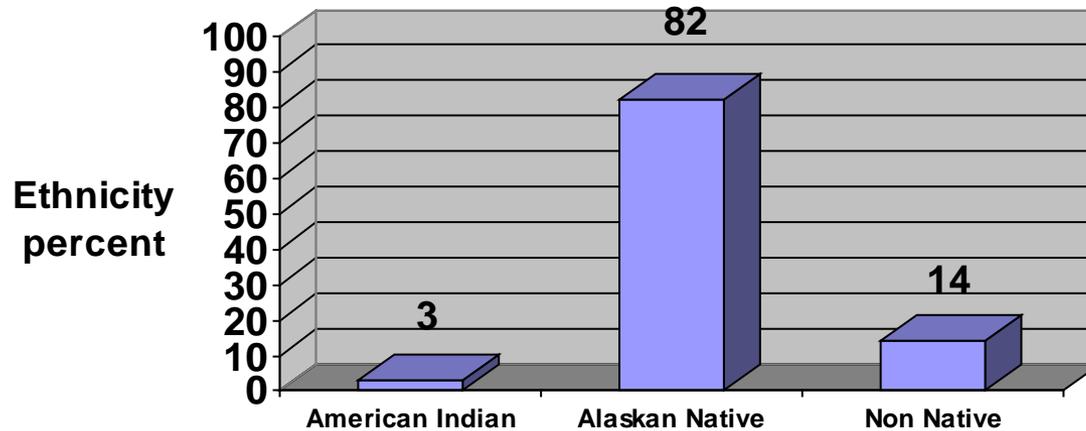
Regions



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Raven's Way Student Ethnicity



Total students calculated 472
Information gathered since 1995

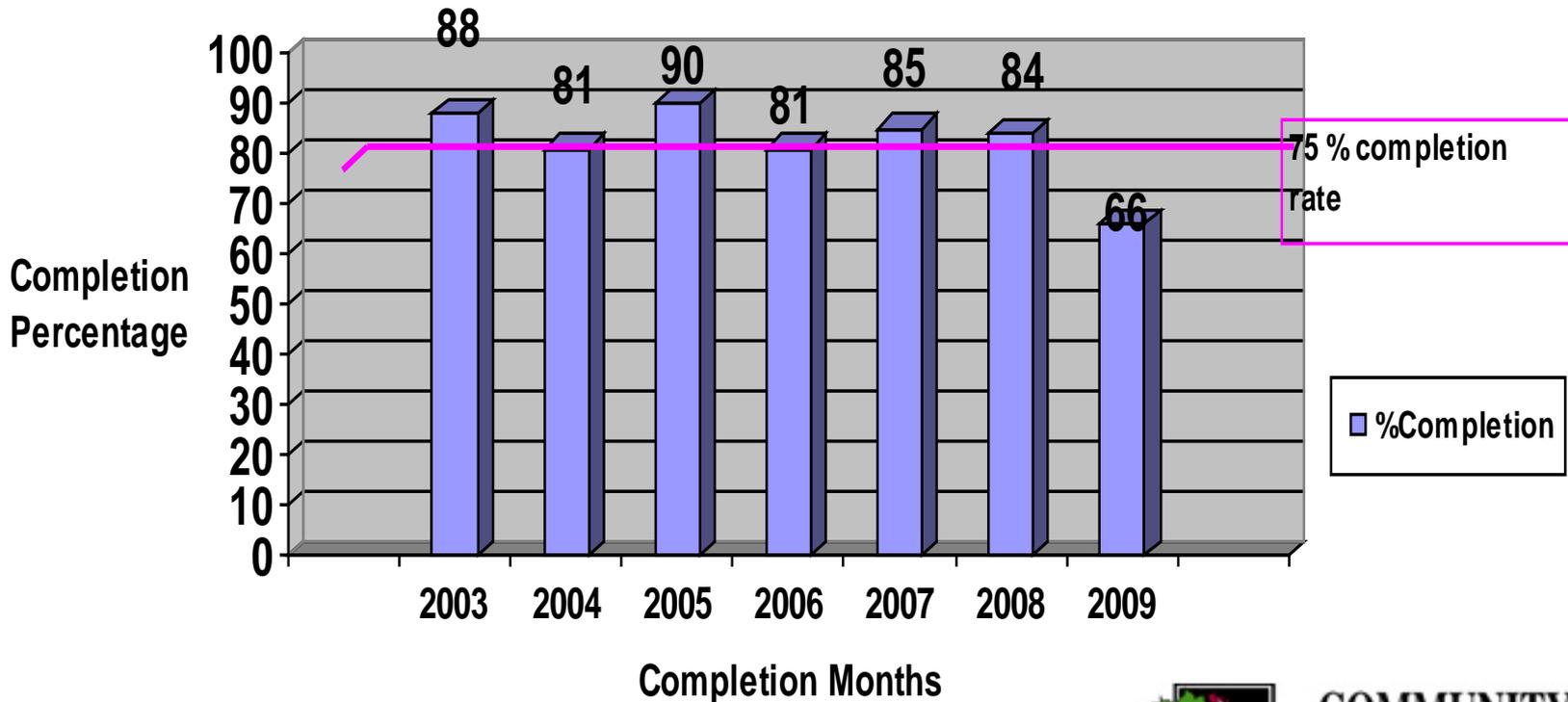
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RW Completion Rates



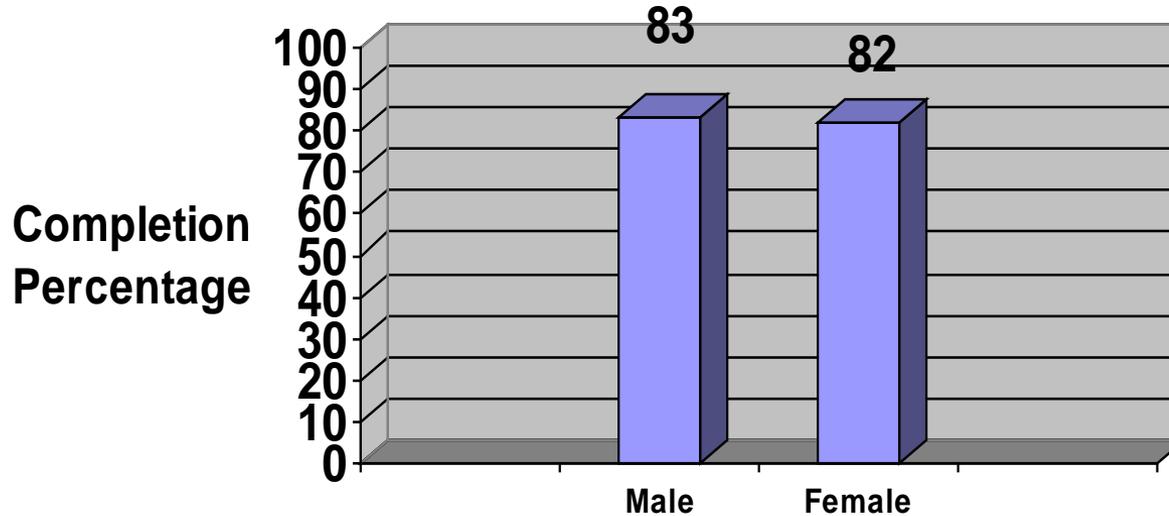
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Total graduated by Gender



Total male- 686
Total female: 417
Information gathered since 1989

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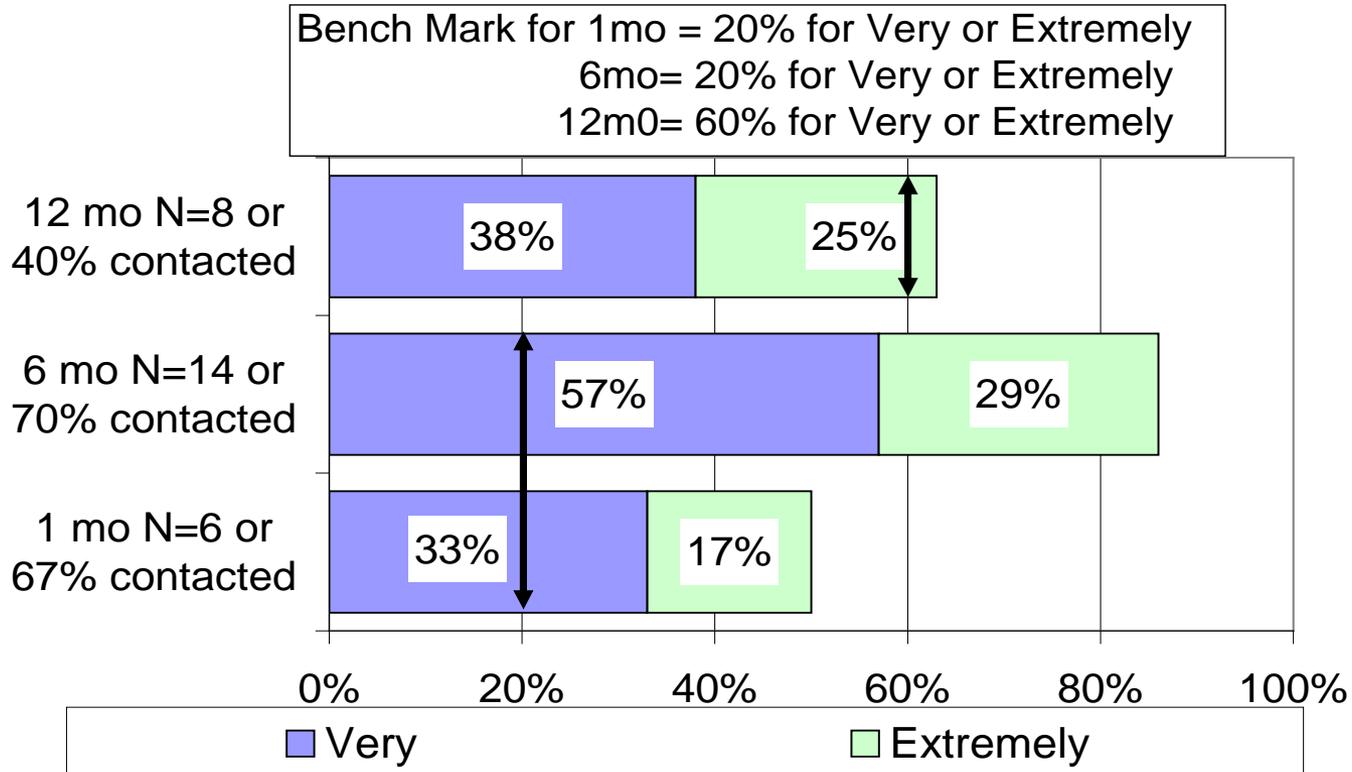


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Student satisfaction in Treatment

RW Satisfaction W/Treatment FY08 3Q



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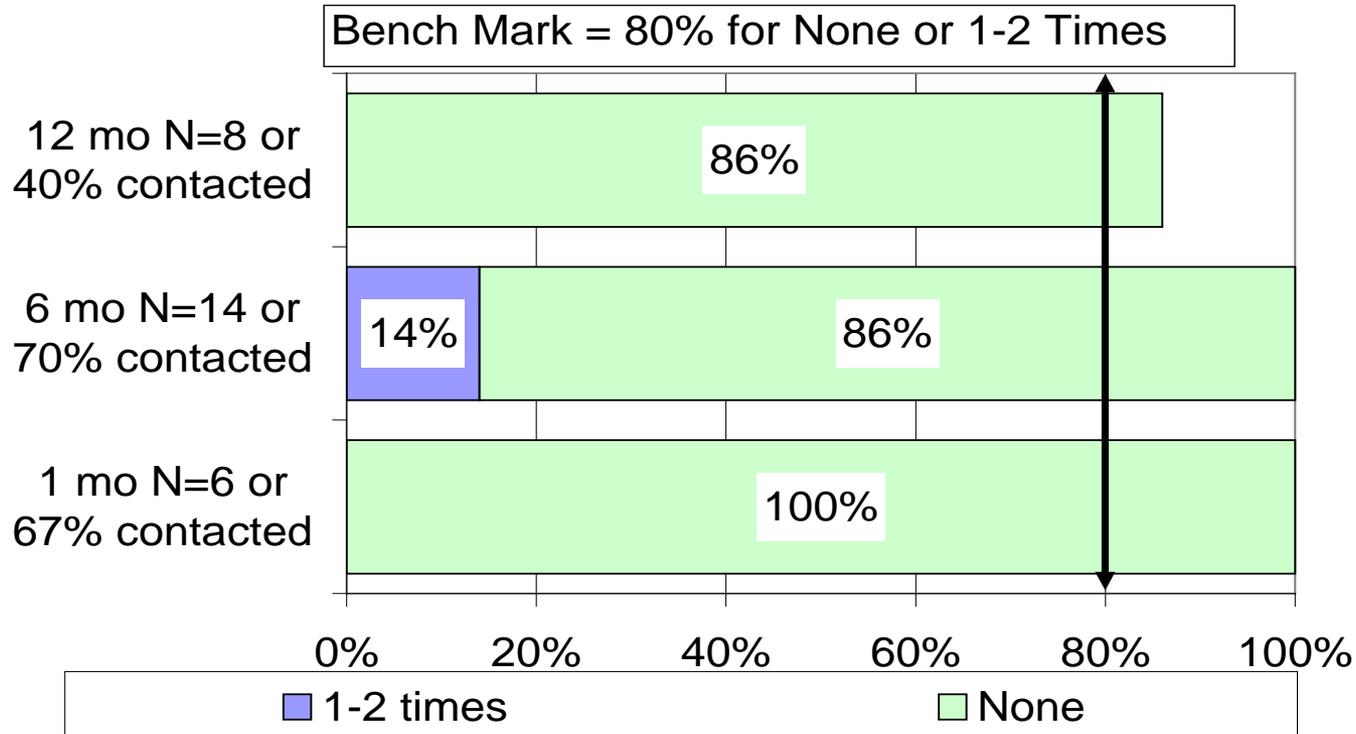


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Reported Alcohol Use of Student Graduates

RW Alcohol Use Last Month FY08 3Q



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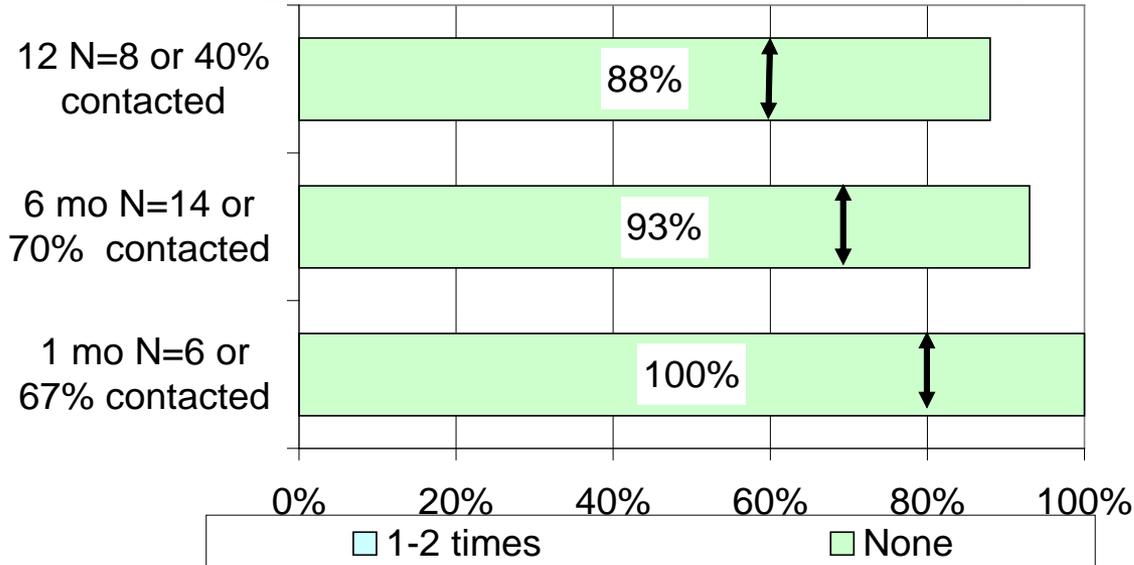
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Reported Drug use for RW graduates

RW Drug Use Last Month FY08 3Q

Bench Mark is 1mo=80% for None or 1-2 times
 6mo=70% for None or 1-2 times
 12mo=60% for None or 1-2 times



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Add to presentation

- Primary SUD
Diagnosis
- Primary MH
Diagnosis
- Barriers to treatment
- Staff age,
backgrounds
- How do you meet the
cultural component
- Use the experiential
model-learn by doing
as our ancestors have
been doing for 1000's
of years
- Meaning of RW name
- How do you measure
success?
- Healthy eating

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