

QUARTERLY ALASKA NATIVE HEALTH NEWS • 2023, ISSUE 1

# MUKLUK



## **MAKE SPACE FOR A HEALTHY WINTER**

**BUILD A STRESS MANAGEMENT TOOLBOX  
ANTHC REGIONAL LIAISONS READY TO HELP  
ORDER AN OPIOID OVERDOSE RESPONSE KIT**

## Building your stress management toolbox

Managing stress plays a big role in our overall well-being. As we go through life, we have both good and bad experiences. By balancing our experiences with positive habits, we can support our own mental wellness and lead a healthier life. These positive habits are the stress management responses and coping skills that make up our “stress management toolbox.”



### STRESS MANAGEMENT TIPS



Get rest



Drink water



Eat Healthy



Go on a walk



Listen to Peaceful Music



Speak to others



Find what works for you

**Take care of your physical health.** Eat healthy, exercise, get plenty of sleep, practice personal hygiene and give yourself a break if you feel stressed out. Sometimes starting small and with the basics can have huge results.

**Join in traditional activities.** Activities such as hunting, song and dance and even using humor are all ways our ancestors taught us to cope with stressful situations. If needed, seek out available resources to help you learn and connect with cultural practices.

**Take breaks from watching, reading or listening to news stories.** Consider limiting news to a couple of times a day and disconnecting from your phone, TV and computer screens for a while to help keep you present and grounded. This also includes a break from social media.

**Speak to others.** Talk with people you trust about your concerns and how you are feeling. Share your experiences and how you are coping with a relative, friend, counselor, health care provider or pastor.

**Connect with your community or faith-based organizations.** Connecting with others can help stressful situations feel more manageable and make it easier to seek support.

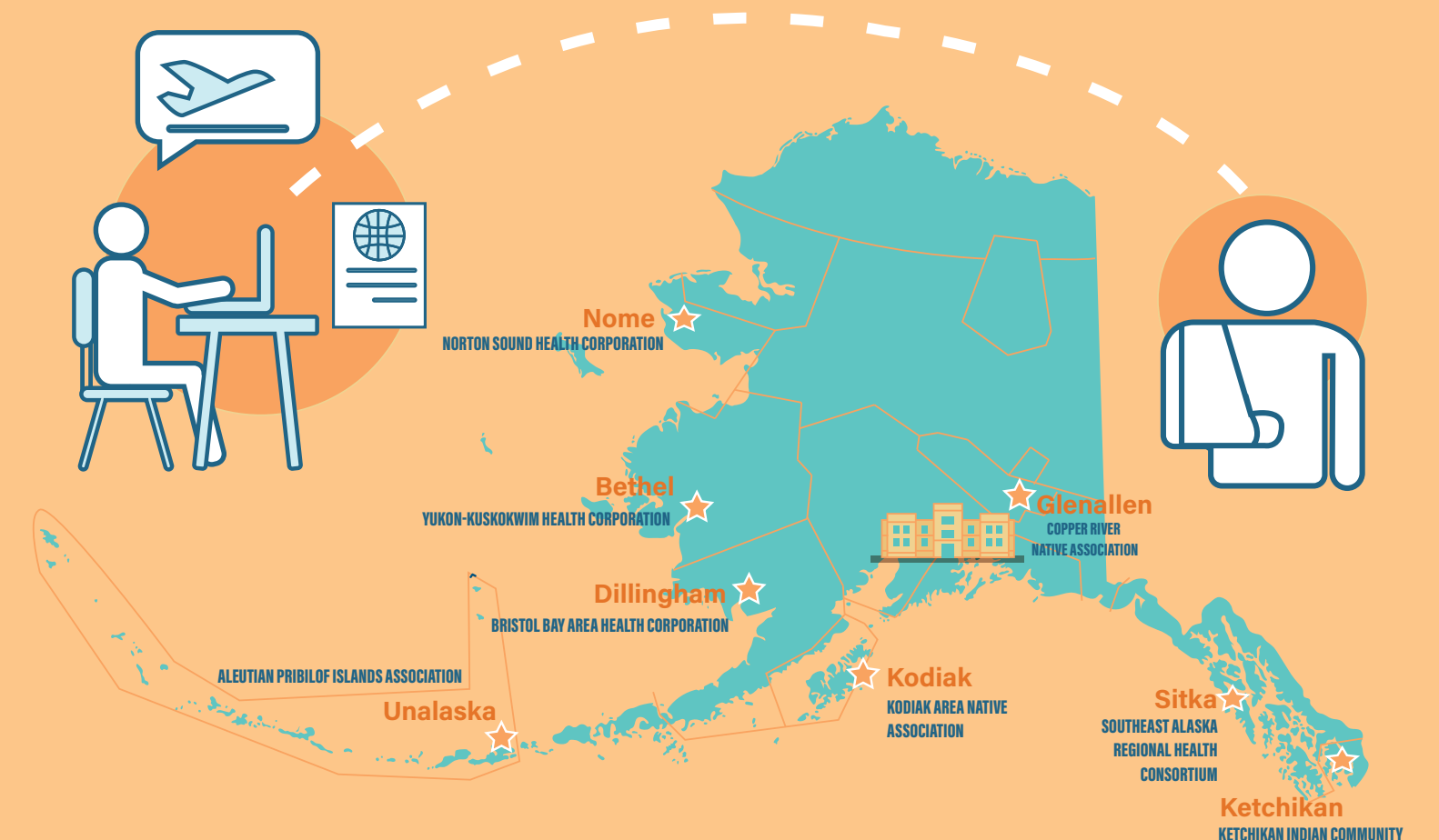
**Avoid drugs and alcohol.** This can create additional problems and increase the stress you are already feeling.

**Find what works for you and set aside time for yourself.** This can include breathing exercises, calling a friend, working on a project, going for a walk, creating a traditional song playlist, squeezing a stress ball, playing basketball or looking at photos that make you happy and calm.

If you need support with stress management or mental health, contact the ANTHC Behavioral Health Wellness Clinic at (907) 729-2492 or online at [anthc.org/bhwc](http://anthc.org/bhwc).

## ANTHC Regional Liaisons help you coordinate visits to ANMC

Regional liaisons are Alaska Native Tribal Health Consortium (ANTHC) employees ready and available to support patients closer to home within their respective Tribal health region (see map) when they are traveling to ANMC for care.



ANTHC's wide range of health services can be challenging to navigate alone. Regional ANTHC Liaisons help connect patients in rural communities to their health care at ANMC in Anchorage.

### ANTHC Regional Liaisons can:

- Communicate, coordinate and provide patient assistance with clinics and health care providers.
- Look up travel details such as clinic appointment dates/times, check status of travel and lodging requests and make lodging confirmations at Patient Housing.
- Follow up on appointment referrals to assist patients.
- Work with Tribal health partners for information needed in home regions.
- For more information or to contact the Regional liaison in your area, visit [www.anthc.org/RegionalStaff](http://www.anthc.org/RegionalStaff).

SCAN HERE  
FOR MORE  
INFORMATION



The Mukluk Telegraph is published by the Alaska Native Tribal Health Consortium to share health and wellness information for Alaska Native people.



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

#### CONTACT US

Have a suggestion or a compliment for the Mukluk Telegraph? We would love to hear from you. Email the ANTHC Marketing & Communications Department at [akamarketing@anthc.org](mailto:akamarketing@anthc.org). More information is online at [anthc.org](http://anthc.org).





## ALL OUR RELATIONS: GROWING COMMUNITY HEALTH THROUGH SAFE SPACES

**Note: Information below may provoke strong emotions to some people as it contains reference to suicide. Please proceed with caution.**

One of the most effective ways to support youth and their mental health is to provide safe spaces for them to thrive as their authentic selves. A safe space is welcoming, supportive, confidential and free of judgement and harmful actions and behavior. Everyone deserves a safe space, whether in public, at home or through the relationships we create and we can all play a role in creating safe spaces.

Safe spaces can be places with zero tolerance anti-bullying policies or even just supportive groups of likeminded friends and family.

Having a space for their authentic selves can be life-saving for youth. In a Trevor Project study, trans and nonbinary youth who reported gender-identity acceptance from at least one adult had 33% lower odds of attempted suicide than youth who were not accepted. One person can truly make a huge difference – imagine the impact when youth have community support. Learn about creating safe spaces at [www.thetrevorproject.org/resources/category/community](http://www.thetrevorproject.org/resources/category/community).

## Tips for creating safe spaces

### TAKE ON YOUR OWN LEARNING

Find resources for subjects you are unfamiliar with, rather than expecting others to do that for you. Learn about identity bias, stigma and discrimination, as well as their impact on youth. Consider your own biases and what you can do to challenge and grow from them.

### PRACTICE HUMILITY

Creating a safe space is a continuous learning process that focuses on the needs and wants of others by all members of the safe space community. For example, identity is personal, and a good practice is to respect the variety of factors that make up individual identity.

### KEEP THINGS CONFIDENTIAL

Disclosing personal information about someone else without their permission can be hurtful and harmful. When someone feels safe to do so, they'll choose to share their story with others. When youth feel safe, valued and respected, they grow up with the confidence to advocate for themselves, their loved ones and their communities. Let's celebrate our youth for the wonderful people they are!



## Be prepared for anything

### Order an opioid overdose response kit



Opioids are drugs that can be used for pain relief when prescribed by a health care professional, but they also include drugs used recreationally, such as heroin. Sometimes powerful opioids, such as fentanyl, are mixed with heroin or other drugs unknown to the user. The presence of unknown opioids can lead to deadly overdose signs, such as stopping the signals to a person's brain that control breathing.

There is a solution: the opioid overdose response kits with naloxone. Offered in a nasal spray, naloxone is a safe medicine and has no substantial side effects. Naloxone saves lives.

Naloxone, sometimes called by the brand names Narcan or Kloxxado, knocks opioids and heroin off the brain's opioid receptors, reversing the effects of the opioid and allowing the person to breathe again. This means if someone overdoses on pain medicine or opioids, it can save their life when immediate response is needed.

You can order this first-aid tool kit by visiting [iknowmine.org](http://iknowmine.org) and completing the online Opioid Overdose Response Training. Once your training is complete, you will be sent a kit that you can keep in your home or take it with you wherever you travel. These free kits are only available for Alaska-based addresses. For more information, visit [iknowmine.org/naloxone-kit](http://iknowmine.org/naloxone-kit).

### How to order your opioid overdose response kit

1. Get trained: Visit [iknowmine.org](http://iknowmine.org) to complete the short online course Opioid Overdose Recognition and Response Training. The online training takes about 15 minutes to complete.
2. Confirm knowledge: Receive an email with your certificate of completion.
3. Submit your order: Order a kit at [www.iknowmine.org/shop](http://www.iknowmine.org/shop).

TO ORDER A KIT SCAN HERE



## SALMON CHOWDER

Canned salmon and canned vegetables make excellent options during the winter months because they store well. Make sure to drain and rinse the vegetables well before using them in a recipe to remove any excess salt.



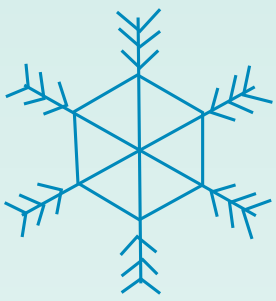
### INGREDIENTS

- 1 can Evaporated milk
- ¾ cup Rice
- 1 Potato, diced
- ¼ teaspoon Salt
- ½ teaspoon Lemon pepper
- 1 teaspoon Garlic
- ½ teaspoon Parsley, chopped
- ½ White onion, diced
- 1 can Corn, drained and rinsed
- 1 can Carrots, drained and rinsed
- 1 jar/can (Smoked) salmon
- ½ package Bacon, chopped and browned
- 1 cup Fiddleheads (optional)

### PREPARATION

1. Fill a saucepan ¾ full with water. Add 1 can of evaporated milk. Heat on medium to medium-high heat.
2. Add in ¾ cup of rice, diced potato and desired seasonings.
3. Sauté onion in separate frying pan for a few minutes.
4. Add corn and carrots into frying pan and continue to cook until the onion looks clear. Pour directly into saucepan with soup base.
5. Break up jarred or canned salmon into smaller bite-sized pieces and
6. Add in chopped and browned bacon and fiddleheads (if using).
7. Continue to cook on medium to medium-high heat until potatoes are fully cooked.
8. Stir, serve and enjoy!





# Prevent bone and joint injuries this winter

During the winter months, when walkways become slick with snow and ice, the risk of falling increases, even among the most surefooted of us. Anyone can experience a slip and fall, leading to injuries ranging from a minor scrape to as serious as a broken bone or traumatic brain injury.

## TIPS TO PREVENT SLIPS AND FALLS



Clear off snow and ice on entry and walkways.



Wear appropriate shoes with good gripping soles, take extra time and small careful steps.



Keep a mat near the doorway for wiping shoes or keep a broom handy for knocking off snow.



Ask your doctor or health care provider to evaluate your risk for falling and talk with them about specific things you can do. Ask if medications might make you dizzy or sleepy.



Do exercises to make your legs stronger and improve your balance.

### ANMC Orthopedic Services

If you do experience a fall, expert physicians and providers at the Alaska Native Medical Center's Orthopedics Clinic focus on the care of bones, joints, muscles and other parts of the musculoskeletal system for adults and children. Orthopedic clinicians bring expertise in the areas of foot and ankle, hand, hip and knee, shoulder and elbow, sports medicine and pediatric orthopedic surgery.

ANMC Orthopedics offers inpatient and outpatient surgical services depending on the nature of the treatment. We are able to offer in-person clinical appointments, video and audio telemedicine and virtual assistance across Alaska.

**Contact ANMC Orthopedics, Monday-Friday from 8 a.m.- 4:30 p.m. at (907) 729-1600.**