

Legislative Health Caucus

Welcome to February 2010's

Commissioning Healthy & Safe Families

Co-Chairs:

Representative Sharon Cissna

Senator Donny Olson

Legislative Health Caucus



Attorney General Dan Sullivan

Governor Parnell's Domestic Violence
and Sexual Assault Initiative

Commissioner Bill Hogan

Department of Health & Social Services Role

Col. Audie Holloway

Council on Domestic Violence & Sexual Assault
Dept. of Public Safety role

Katherine Gottlieb

Southcentral Foundation CEO, Family Wellness
Warriors Initiative

Gloria Sinnett

New Hope Life Skills Director, Program Overview

Deborah Erickson

Health Care Commission, Summary of Strategies
and Collaborative Efforts



Attorney General Dan Sullivan

Strategic Plan to End the Epidemic of Sexual Assault and Domestic Violence

Strategic Objectives

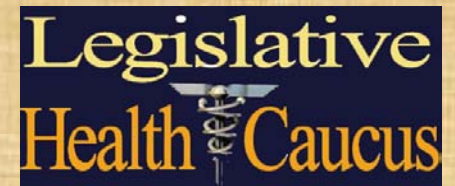
1. Break the cycle of abuse using a comprehensive public education and prevention campaign to promote a culture of respect that does not tolerate violence against women and children
2. Deter, segregate, and treat sex offenders so they pose no risk of harm to women and children
3. Establish a law enforcement presence in every community that desires one to improve public safety
4. Increase victim service so more have a safe place to go and the services they need to heal
5. Coordinate and streamline efforts among all stakeholders to effectively combat violence against women and children

Guiding Principles

- A culture of responsibility—the answers and resources cannot come from government alone
- Community ownership over solutions
- Partnership between NGOs and state, local, federal and tribal organizations
- Culturally tailored programs
- Youth leadership in developing and executing programs
- Support only programs with proven effectiveness
- Use metrics to measure success



Commissioner Bill Hogan
Department of Health & Social Services





Colonel Audie Holloway
Council on Domestic Violence and Sexual Assault
Alaska State Troopers, Director

Joint Health Care Caucus

Overcoming the Perception of Impossibility:

Partnering in Prevention

Colonel Audie Holloway

Director, Alaska State Troopers

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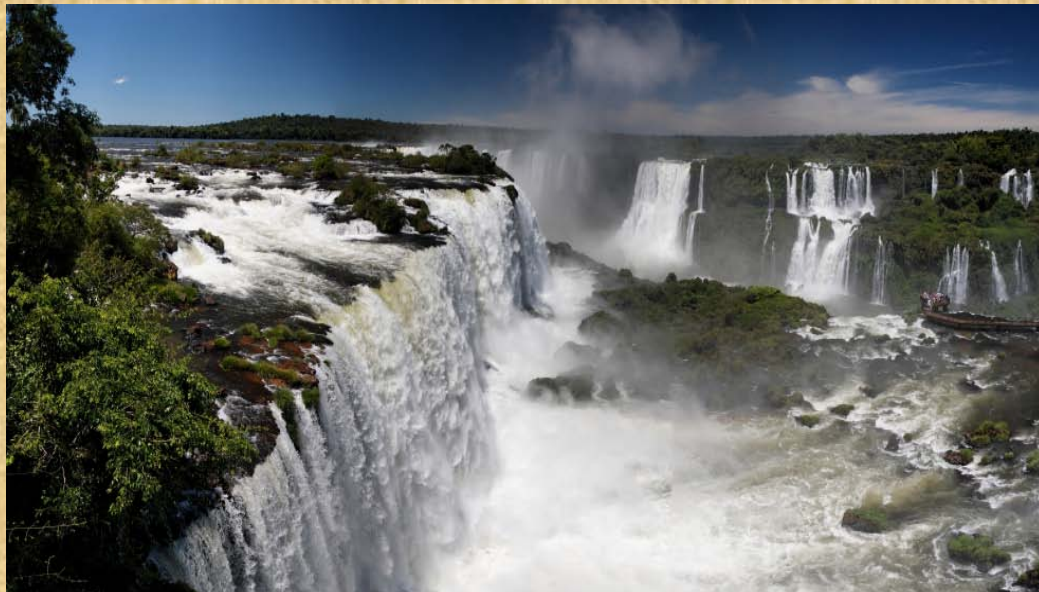
Sandy Samaniego

Director, Council on Domestic Violence and Sexual Assault



Convergence

- Public Opinion
- Governor Sean Parnell's Initiative
- CDVSA's Strategic Plan
- Health Care Commission's Report



Prevention of Crimes and Victimization: A Gift to Our Children and Future Generations

- Healthy Families
- Healthy Relationships
- Healthy Communities
 - Creating Future Leaders and Mentoring Future Generations. We need to pass the torch.

Prevention Strategies Today

- Research based prevention strategies can provides a more focused approach
- Examples of current strategies
 - 4th R (Relationships)
 - Talking About Touching (Personal Safety)
 - DELTA Projects (Domestic Violence Prevention Enhancement and Leadership Through Alliances)
 - Lead On
- Our programs are involved in other innovative strategies
- We have a continuing need for VALID data and evaluation of strategies
- Must continue to utilize the expertise of CDVSA and victims service providers.

Key Aspects For Moving DVSA Prevention Forward

- Collaboration, Cooperation, Commitment and Change (desire and ability)
- We all have ownership and responsibility
 - Governor
 - Legislature
 - Systems (Public and Private)
 - Individual
 - Community
- Prevention = a change in social norms
- This will save lives, create healthy families and save money

Common Elements of the Plans

- Concern for the welfare of Alaska and Alaskans
 - Healthy Families and Communities
 - Integrated systems
 - Recognition that every Alaskan should have a basic level of access to services and safety
 - Prevention
 - Long range plans with an understanding that there is no one solution and improvements will not occur overnight
 - System wide change
 - Jobs
 - Future cost savings

Hierarchy of Needs

Abraham Maslow



Adverse Childhood Experiences

- **Kaiser Permanente and The Centers for Disease Control and Prevention (Vincent J. Felitti, M.D. Robert F. Anda, M.D.)**
- Abuse
 - Emotional, Physical and Sexual
- Neglect
 - Emotional and Physical
- Household Dysfunction
 - Mother Treated Violently, Household Substance Abuse, Household Mental Illness, Parental Separation or Divorce
 - Incarcerated Household Member

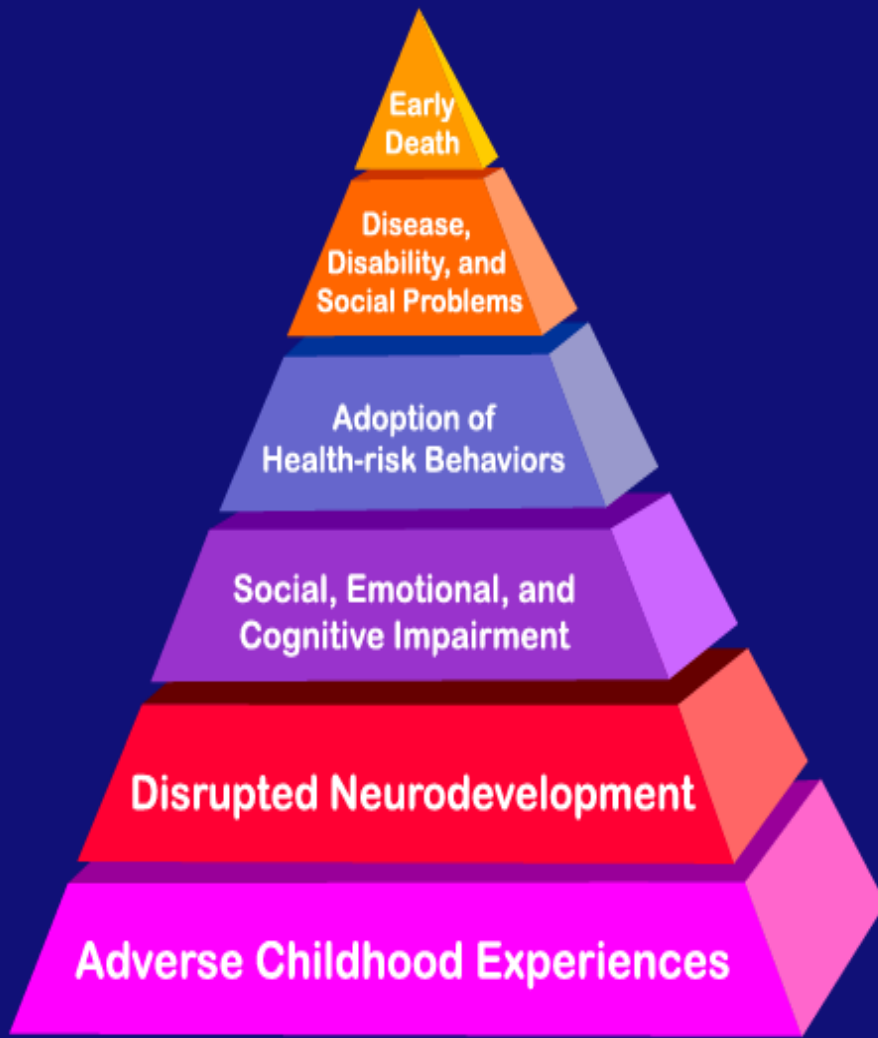
(ACE)

- Adverse childhood experiences are the most **basic** cause of health risk behaviors, morbidity, disability, mortality, and healthcare costs.

Death



Conception



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

What CDVSA and DPS Can Contribute to the Conversation

- We can add a focus and expertise on victimization, victim safety and offender accountability
 - To talk about health we have to talk about domestic violence, sexual assault, child sexual abuse, child exploitation and the reasons for our high rates of suicide.
 - Safety First
- CDVSA is in the best situated to coordinate
 - Batterer Intervention Program Statewide Task Force
 - Substance abuse services as they relate to DVSA

Paradigm Shifts

- Prevention is equally as important and valuable as crisis intervention
- There is value in prevention and there is a shared responsibility
 - Challenges us to come out of our silos
- Perpetrator accountability throughout the system
 - Example re: child witnessing and burden on victim
- Less than 1% of children were sexually victimized by strangers (AST study and data)
- Victims and families should not be forced from their homes

Prevention Is Successful

- Anti-Tobacco
- Seat Belts
- Fire Safety
- Injury Prevention
- MADD
- Vaccinations
- HIV and AIDS
- Internet Safety

Continuing Discussion Points

- Current efforts and practices are not enough; we still have an epidemic
 - We are one of the worst and we need to be one of the best.
 - We need to change social norms to reverse the culture of violence.
 - Prevention is a community effort.
- Some increased costs and actions upfront BUT there will be significant long term benefits
- Sufficient funding for both intervention and prevention strategies
 - Costs can not be diverted from direct intervention services
- Need for on-going collaboration and central coordination
 - The Council is best situated to assist.



Katherine Gottlieb
Southcentral Foundation CEO

FAMILY WELLNESS

WARRIORS

INITIATIVE

GOAL

**To End Domestic Violence,
Child Sexual Abuse, and Child Neglect in the State of Alaska in
this Generation!**

An Alaska Native Initiative that began work in the late 1990's

Calling Out

Embracing the entire
Family... **MEN . . .**

Taking back their place as protectors of
the family



CHILDREN ...

Being viewed as the reflectors of
family values

Legislative
Health Caucus

WARRIORS!



WOMEN . . .

Taking back their place as the
instillers of family values



ROOT ISSUES

- FWWI trainings focus on the source not just *symptoms*:
- We look below the surface
- We provide tools to help deal with unresolved wounds



We believe to truly break the cycle of abuse we need to:

- Work with those who harm &
- Work with those who have been harmed

HEALTH RELATED

- Individuals with a history of multiple adverse childhood experiences (physical/sexual abuse, domestic violence; 4 or more) had nearly **twice the rate of cancer**.
- Cancer has been the **leading cause of death** among Alaska Native people since the mid 1990s. Today, cancer accounts for 1 out of every 5 Alaska Native deaths.
- A history of childhood neglect **more than doubled (2.2 times)** the risk for adult diabetes
- Experiencing complex childhood abuse increases risk for heart disease by 3.6 times

(J.G. Noll et al.(2007) Pediatrics v120 pp61-67., RD Goodwin (2004) Psychol. Medicine v34:509-20., SR Dube et al. (2003) Pediatrics, v111, pp564-572., M Dong et al. (2004) Circulation v110 pp1761-66., VJ Felitti et al (1998) Am J Prev. Med. v14 pp 245-58.)

FWWI PROCESS

Target Population: Adults in the helping profession, natural helpers, community or tribal leaders, adults with histories of harm or at-risk for extending child harm

- Provides intensive, faith-based education and training, utilizing best practices
- Over 10,000 volunteer hours given annually to FWWI
- Recognized by the National Indian Health Board for our regional impact (2009)
- Alaska Pacific University is offering college credits and CEUs to FWWI participants in 2010.
- Through the FES Survey, it has been proven that FWWI effects healthy changes in relationships.
- Serves the entire State of Alaska



Gloria Sinnett
New Home Life Skills, Director

New Hope on the Last Frontier

- Meeting Physical Needs
 - Clothing store
 - Kids Cache – free clothes for new Foster Parents
 - Largest food pantry in Alaska
 - Serving approximately 300 families a week
- Providing Emotional Support
 - Life Skills for adults and youth
 - Rebuilding healthy family relationships

NHLS Mission Statement

Growing character by

- Reducing abuse
- Restoring lives
- Giving individuals and families the information and support necessary to break free from destructive and malignant behaviors patterns

Life Skills Founder and Program

- Founded by Dr. Paul Hegstrom PHD
 - Abusive husband and father
 - Divorced wife, abandon children, nearly lost his life
 - Made complete recovery, remarried his wife, and restored his family
- Focuses on character development instead of behavior modification
- In existence for 28 years
- Over 300 sites in 7 countries
- Created Youth Program after Columbine

Life Skills Adult Program

“Learning to Live, Learning to Love”

- In-depth look at the logistics of violence, where it comes from, and how to appropriately deal with the issues
- 26 sessions explores
 - Anger Management & Root Causes
 - Arrested Development
 - Defining & Identifying Abuse
 - Childhood Wounds & Negative Effects
 - Conflict Resolution
 - Self Esteem
 - Healthy Communication
 - Healthy & Lasting Relationships
- Reduces abuse, restores lives and family relationships

Life Skills Youth Program “Learning to Live, Learning to Love”

- 12 sessions explore
 - Five Wounds of a child
 - Arrested Development
 - Anger Management & Root Causes
 - Impact of Divorce
 - Suicide
 - Pornography
 - Violence
 - Communication
 - Attitude & Goal Setting
 - Setting Boundaries in Life Situations



Proven Results

- Alaska:
 - Of the 63 prisoners who successfully completed LSI only 28% were rearrested for probation/parole violations (norm is 66%)
 - Referrals from Nine Star and OCS
- Ohio:
 - 1500 offenders have completed Life Skills during the last 14 years
- Illinois:
 - “Life Skills is integral part of treatment programs at Sheridan Correctional Institution.”
- Texas:
 - DA: “Only 1 negative out of several hundred”
 - Lawyer: Only 1 re-offender out of 20.

Texas Legal System Highlights

Brazos County has used Life Skills for referrals for over 6 years:

- Bruno Shimek – Private Attorney in Bryant, TX
 - “...tries to go to the root of the matter, what caused the problem in the first place”
 - “...only known of one person out of 20 that has re-offended”
- Jack Phariss – Assistant Brazos County Attorney
 - “...I’ve only had one negative out of several hundred”
 - “...We’re seeing a break in the cycle...it’s reducing the number of calls they (police) get.
 - “... People who go through the Life Skills program are not likely to be back in our office”
 - “Prosecutors everywhere should give this program a chance.”



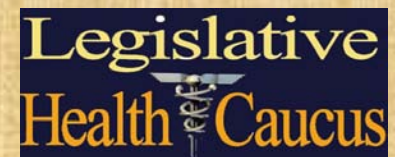
Susan Chapin - DV Coordinator from Champaign IL

“I have had a working relationship with Family Life Skills, its’ director, facilitators, and staff for well over 10 years. As a Probation Officer in an intensive domestic violence program I made many referrals to FLS.

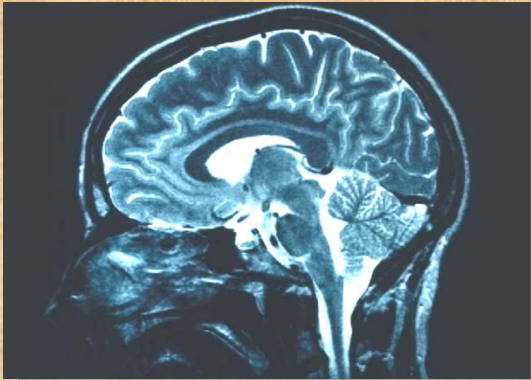
I always felt the communication between us was invaluable in supervising my probationers. In order to understand the program more completely I enrolled in and completed FLS in 1998, giving me much insight into myself as well as the thinking patterns of victims and offenders.

The past 7 years I have been the Domestic Violence Coordinator for the Champaign County, Illinois State’s Attorney’s Office. I have continued to work with FLS and communicate as to the successes and failures of domestic offenders, enabling our office to better our efforts in holding offenders accountable. **I absolutely endorse FLS and the positive changes it can make in anyone’s life.”**

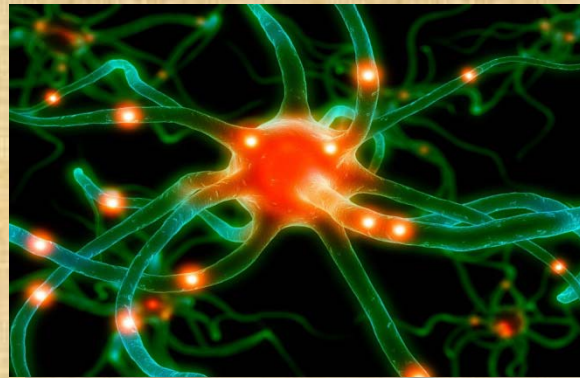
Susan Chapin - schapin@co.champaign.il.us



Why It Works...

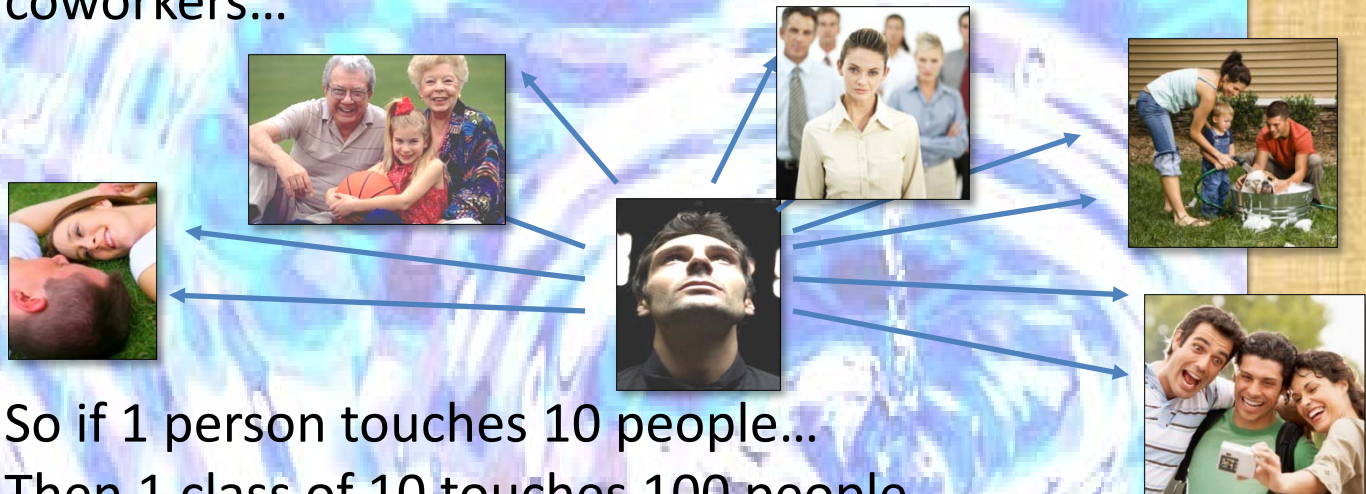


The “*Learning to Live, Learning to Love*” curriculum addresses arrested development (fixation) by turning off the body’s adrenalin drip that helps drive reactive behavior. This restarts the emotional maturation process by allowing the brain to start rewiring itself. This is possible because of the plasticity qualities of the brain and the application of truth.



Improvement of Countless Lives & Families

Just one student touches their family, relatives, friends, coworkers...



- So if 1 person touches 10 people...
- Then 1 class of 10 touches 100 people...

Crime = \$ Billions
Class = \$ Hundreds
Changed Life = Priceless

Thank You!

Any Questions?

New Hope Life Skills, Alaska

Gloria Sinnett

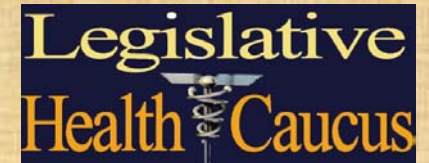
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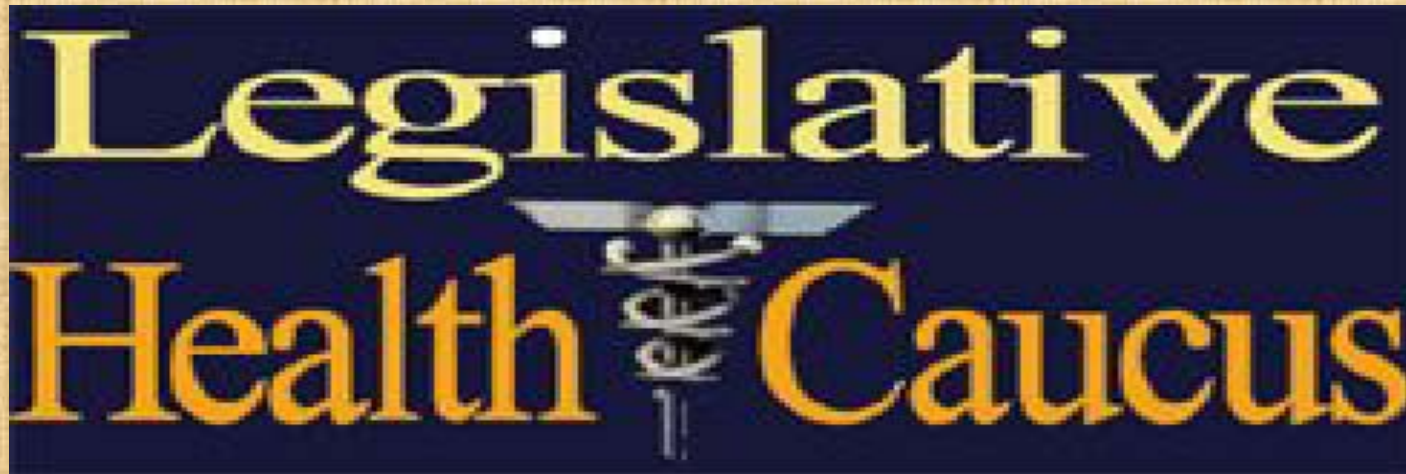
Fax: (907) 274-4674

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Deborah Erickson
Health Care Commission Director



**Co-Chairs, Sen. Donny Olson and Rep. Sharon Cissna thank you for participating in the Legislative Health Caucus. A copy of this powerpoint can be found on our website:
www.akhealthcaucus.org.**

**The audio file of today's program can be found at:
<http://www.ktoo.org/gavel/audio.cfm>. (type in the date of this Caucus).**

For more information, please call: 1-800-922-3875.