

Survey and Focus Group Findings for SAFE's CANDU Project

Dillingham, Alaska

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Research
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Introduction to Survey and Focus Group Research

In April, 2015, Safe and Fear Free Environment, Inc., entered into a contract with Christianson Communications Inc. of Juneau, Alaska to conduct a community survey and a series of focus groups in Dillingham, Alaska, as a means evaluating prevention efforts associated with SAFE's CANDU Project. Christianson Communications Inc. subcontracted with Ivan Moore Research, a longtime research firm in Anchorage, to do the community survey portion of the evaluation. Mr. Ivan Moore also assisted in reviewing the analysis provided in this report.

Christianson Communications Inc. President Susan Stark Christianson had conducted a series of focus groups in Dillingham in 2011 and had worked with SAFE on previous projects, so she was familiar with the goals and intentions of the CANDU grant.

Questions for the survey and each focus group were developed by the consultant in conjunction with Marilyn Casteel, Executive Director of SAFE, Virginia Baim, Consultant to SAFE and former Executive Director, and Karen Carpenter, SAFE Direct Services. Researcher Ivan Moore reviewed and revised survey questions to fit the parameters of the survey and the group approved the final questions.

Survey Introduction and Methodology

This survey was conducted in May-June, 2015. A total of 169 respondents resident in Dillingham, Alaska participated in the survey. Respondents were interviewed on both landlines and cellphones, with all numbers selected using a random digit dial methodology. Screening was conducted to ensure that all respondents are at least 22 years of age or older, that they live at least nine months of the year in Dillingham and that they have lived in Dillingham at least four years.

Dillingham population

2010 census data indicates the population of Dillingham to be 2,329. The population of individuals aged 22 and over is 1,505. Of our 169 survey respondents, 17 were not questioned due to not living in Dillingham more than four years, almost exactly 10% of the sample, which suggests that in the region of 150 individuals in the 22 and over Dillingham population are recent arrivals. This adjustment reduces our eligible population to 1,355.

The further screen of requiring that respondents live in Dillingham at least nine months of the year warrants a further small reduction of the population estimate. This screen resulted in the termination of 11 potential respondents. It's not possible to tell whether these respondents are people who live in Dillingham seasonally or whether they were just visitors who happened to answer a phone, so we can't make an adjustment that is accurate. If all of them were bona fide residents, this would reduce our population estimate down to 1,271. Assuming some are visitors, we'll settle on an estimate for this study of a population of eligible adults of 1,300.

Sample size

A sample size of 169 drawn from the total eligible adult population of 1,300 yields frequency results for measured data that are subject to a maximum margin of error of +/- 7.0% at 95% confidence. In other words we can be 95% sure that our results differ from their true population proportions by no more than 7.0% on either side. Our "resident more than four years" sample of 152 yields frequency results for measured data that are subject to a maximum margin of error of +/-7.5% at 95% confidence.

Telephone number sampling

Respondents were surveyed on both landlines and cellphones. For the landlines, all 10,000 possible numbers that exist on the 842 landline exchanges were generated. For the cell numbers, 23 "hundred series" on the 843 prefix were identified that we knew active cellphones to exist on were selected, 00-20, 25 and 30. All 2,300 numbers were generated. These two files were randomized and sent for fielding.

Fielding

Fielding for this survey was conducted by telephone using CATI interviewing. 78 interviews were conducted on landline telephones, 91 on cellphones. Cellphone interviewing took place only on the weekend when the great majority of cellphone users have free minutes, and respondents were screened to ensure they could participate safely and conveniently. Proprietary survey questioning was used to ascertain how the incidence of landline and cellphone use intersects in the population and data was weighted to match this profile.

Data processing

Collected data has been data entered, verified, checked for accuracy, coded, weighted and processed using SPSS, a standard statistical package for survey research.

Weighting

A sophisticated multi-variable weighting process was used to produce final results.

- 1) 2010 Census data was analyzed to yield an age distribution of adults aged 22 and over in Dillingham. This distribution was weighted to exactly and is what you see in the frequency results.

- 2) Census data was also analyzed to yield an ethnicity breakdown of whites and Alaska Natives in the 22 and over population. This is the result that was weighted to.
NOTE: If we look at ethnicity data for the total population of Dillingham, we see 31% white and 56% native, a very different breakdown to the one we have for our weighted sample (40%-50%). This is because people under 22 are very much more likely to be Native, and those who are older are very much more likely to be white. Once the calculation is made for the 22+ population, the distribution is very much changed.

- 3) Data was weighted to provide for a gender breakdown with a slight majority of men.

This is the case for Dillingham and for Alaska as a whole. We have weighted married men and married women to be equal in number, with the excess of men among the singles.

- 4) We also calculated weights to create a sample that is appropriately balanced by landline and cellphone use. Our landline-cellphone questions at the start of the demographics allow us to measure the size of the “cell-only” population, and to weight to the correct proportions in this regard.

Quality control

Quality control measures were taken to ensure as high a response rate as possible for this study. These included supervision of interviewers, limitation of the calling set, repeated callbacks, interview monitoring, post-interview quality control surveys, and calling at various times of day and evening over the course of the fielding period. As a result, we can be very confident of the accuracy of results within the statistical margin of error.

Survey Report

The elements of the survey report include an executive summary, the questionnaire in its final form collated with the frequency results for each question, and a cross tabulation section that breaks the sample down into core demographic groups.

Focus Group Introduction and Methodology

Christianson Communications Inc. President Susan Stark Christianson conducted five focus groups at SAFE from April 24 to April 30, 2015. Both the survey questions and all the focus groups conducted were designed to garner participant input into the changes that have taken place in Dillingham in the past five years – the time frame during which the CANDU Project was active in the community.

Participants for each group were identified and invited to participate by SAFE staff. Christianson Communications had no input into the individuals invited to participate. Some individuals in several focus groups were the same as individuals invited to participate in groups conducted five years ago.

Focus Group Research Background

Focus group research, by design, provides quality controls on data collection in that participants tend to provide checks and balances on each other, which weed out false or extreme views. The group dynamics typically contribute to focusing on the most important topics and issues being discussed. Trained qualitative analysts can assess the extent to which there is a relatively consistent, shared view of the discussion topics among the participants.

The focus group interview is an information gathering process that seeks to discover the perceptions, feelings, and experiences of the selected participants about a particular topic. Focus groups help to determine the ways that participants structure their world around the particular topic. Focus group participants respond to the questions in their own words and trained observers can learn much from the group interview. The unit of analysis for this type of research is “the group” and not the individual. From the focus group interview we learn how people view the particular topic or experience, hear their terminology and capture the complexities of the individual experiences in a group interview environment².

It should be noted that the focus groups provide qualitative research (verbal) not quantitative research (numbers). The information is representative of a select group and thus cannot necessarily be viewed as fully able to generalize to the broader audience of all members of these groups in the Dillingham region. With that said, however, there were general themes revealed in the group’s findings that may or may not be reflected in the survey (quantitative research) findings.

Focus Group Reports

Individual verbatim transcripts for each group are provided in this report. No names or identifying information relative to individual speakers are included. Themes that emerged from each group are provided in the focus group executive summary of this report.

Important Note Relative to Survey and Focus Group Findings in This Report

One important note relative to the findings in this report that we feel must be mentioned is relative to a tragic incident that took place in Dillingham prior to the timeframe during which the survey and focus groups took place. A woman in the community was murdered and the case has remained top-of-mind among Dillingham residents, creating an overall sense concern among community members. Participants in each of the focus groups conducted related concerns over this unfortunate event and we note it here in that it is our belief that concerns over this incident may have played a role in how participants responded to some of the questions asked in the survey. Individual focus group participants also cited concerns over police response time and an increase in the severity of drugs being by a small but more dangerous population – specifically heroin use in the community - as reasons for increased concern.

Focus group findings shed interesting and important light on the disparities in the Survey findings relative to overall feelings of improvement in issues related to domestic violence, sexual assault and alcohol abuse vs overall feelings of community safety.

(See focus group findings.)

Survey Executive Summary

Thirty-one questions

The core part of the questionnaire used for this survey asked a series of 31 questions of respondents, designed to determine whether they thought things in Dillingham had improved or worsened in the last five years on a battery of issues. The 31 issues were identified as being core indicators of the success or failure of the mission undertaken by social service organizations, programs and services over this time period. Some questions asked if things had gotten better or worse, some asked if the number of certain things had got more or less, some others asked if something was more likely or less likely... all were asked in a similar way, and then the scale teased out in each to a five-point by asking respondents if they thought the change was “a lot” or “a little”.

Numerical values were assigned to the five-point scale on a 4-3-2-1-0 basis, and a mean calculated for each variable, analogous to a GPA. This allows us to rank each of the questions, to the extent that they can be compared side by side.

For example, the question with the highest mean result was:

Compared to five years ago, do you think people in Dillingham today know more or less about what to do to end violence? A lot (more/less), or just a little?

+-----+-----+			
KNOW WHAT TO DO TO END			
VIOLENCE:			
+-----+-----+			
Count %			
+-----+-----+			
A lot more	33	21.6%	
A little more	80	51.7%	
Neutral	18	11.8%	
A little less	9	5.7%	

A lot less		6		4.0%	
Not sure		8		5.2%	Mean = 2.856
+-----+-----+-----+					
+-----+-----+-----+					
		KNOW WHAT TO DO TO END			
		VIOLENCE:			
		+-----+-----+			
		Count		%	
+-----+-----+-----+					
More		113		73.3%	
Less		15		9.7%	
Neutral		18		11.8%	
Not sure		8		5.2%	
+-----+-----+-----+					

A total of 73.3% of respondents felt that people in Dillingham know more about what to do today than they did five years ago. Only 9.7% thought less.

The ranking of the 31 statements is as follows:

QUESTION TOPIC	More/ Better	Neutral/ DK	Less/ Worse	Mean
People know how to end violence	73.3%	17.0%	9.7%	2.856
People participating in wellness programs	65.6%	24.6%	10.7%	2.855
Recognizing when someone is impacted by violence	72.5%	18.7%	8.8%	2.843
Aware of agencies and services available	63.4%	26.9%	9.7%	2.696
Feelings towards SAFE	57.3%	25.1%	17.6%	2.638
Attitudes towards women who are victims of violence	63.5%	21.3%	15.3%	2.571

Valued as member of your community	55.5%	23.7%	20.8%	2.547
People in Dillingham seeking help	61.8%	23.1%	15.1%	2.543
Tribal presence and Native cultural influence	55.9%	25.8%	18.3%	2.536
Males taking active roles in ending violence	57.5%	21.7%	20.7%	2.509
Agencies and services available in Dillingham for violence	57.2%	23.2%	19.6%	2.482
Easy to access agencies and services	56.7%	21.2%	22.1%	2.481
Relationship between school district and community	50.5%	32.7%	16.8%	2.462
Job done by agencies and services	51.9%	27.6%	20.5%	2.450
Proud to call Dillingham home	48.0%	28.1%	23.9%	2.374
Youth likely to have adult they can turn to	51.8%	20.4%	27.8%	2.352
Agencies and services available in Dillingham for alcohol	41.5%	38.7%	19.8%	2.295
Attend church, school and other events	45.7%	25.4%	29.0%	2.261
Expectation that kids should succeed	45.3%	22.1%	32.6%	2.250
Suicide rate higher or lower	20.9%	42.2%	36.9%	1.755 (2.245)
Youth have hope in the future	51.4%	15.3%	33.3%	2.243
Have hope violence will ended in my lifetime	48.3%	20.8%	30.9%	2.240
Adults involved in school activities	46.0%	21.9%	32.1%	2.227
Youth involved in leadership roles	40.5%	23.4%	36.0%	2.096
Relationship between youth and elders	41.2%	22.8%	35.9%	2.087
Youth likely to participate in activities	37.8%	23.6%	38.6%	2.076
Attitudes towards people addicted to alcohol	37.1%	30.1%	32.8%	2.027
Males show respect to females	34.4%	31.3%	34.3%	1.941

Feel safe in Dillingham	26.4%	24.5%	49.0%	1.755
Violence happening in Dillingham	46.2%	33.1%	20.7%	2.455 (1.545)
Alcohol abuse happening in Dillingham	55.6%	28.9%	15.5%	2.717 (1.283)

There are three results that have a different mean inserted in parentheses next to the measured mean. This is done for three questions where “more” is bad and “less” is good. One concerns the suicide rate; the other two concern the amount of violence and alcohol abuse occurring in Dillingham. The value in parentheses is “the mirror image the other side of 2.0” that indicates what the mean would be if the scales were flipped. The other 28 statements all have scale meanings where “more” is good and “less” is bad.

Survey Findings

Respondents to this survey feel very strongly that there has been an increase in awareness among residents of Dillingham. 73% of respondent say people are better equipped to know how to end violence. 72% say people are better equipped at recognizing when someone is being impacted by violence. And 63% say people are more aware today of the agencies and services that are available to help them.

They also say that people are seeking help more. 66% say more people are participating in wellness programs. 62% say more people are seeking help when dealing with challenges in life.

On the whole, also, respondents say that there are more services available for both violence issues (57%) and for alcohol abuse (41%), that it’s easier to access the services (57%) and that the services themselves do a better job than they did before (52%)

And YET, at the same time, respondents say there is more violence happening in Dillingham (46%), more alcohol abuse happening (56%) and that they feel less safe (49%).

How can this be? How can people feel so strongly that people are more aware of the problems, are better equipped to deal with them, have access to better services and are more willing to seek help, yet also have the impression that the problems themselves are getting worse?

Two possibilities exist. Either these things are getting worse in actual fact, or they are not, but just appear to be. The likelihood is the latter... that the rates of incidence of domestic violence, sexual assault and alcohol abuse, while they may not have fallen, probably haven't increased substantively either. And thus the reporting by respondents that they believe the incidence has increased is perceptual rather than real.

And if it is perceptual, it is that way for a couple of possible reasons:

- 1) That it really does appear that way to them, possibly because their own awareness has increased, possibly because reporting has increased, possibly because it's all more out in the open and talked about... in essence a bright light has been shone on this problem over recent years, and that, in itself, can be responsible for the perception the problems are more prevalent.
- 2) That they are exaggerating reality to justify a continuation of efforts. In essence saying "yes, people are more aware, yes, more people are looking for help, yes, more services are available, but look, the problems are still there and getting worse... so we must try harder."

The safety result is probably real, that the reasons respondents have for thinking that they feel less safe is actually justified in reality. Recent events with drug use and high profile crime incidents make this result no surprise.

Focus group responses relative to an increase in drug use also shed some light on that disparity. And, as previously mentioned, community concerns about a murder in the community – something very unusual in this small Alaskan town – may also shed light on this disparity.

All in all, we have a Dillingham population that perceives substantive improvement on many of the core measures of success for recent efforts.



IVAN MOORE
RESEARCH

DILLINGHAM PUBLIC OPINION SURVEY
MAY 2015

Hi, my name is _____ and I'm calling for Ivan Moore Research, an Alaska public opinion research firm. We are conducting a public opinion survey today in the Dillingham area about some issues that are important to the community. The survey should take no more than ten minutes.

IF CELLPHONE RESPONDENT... We'd like to get your input to the survey as a cellphone respondent. We've deliberately called you (on the weekend/after 7pm)* so that we're not using up your minutes, and we'd like to ask if you can safely respond to the survey where you are right now. IF YES, CONTINUE...

S1. Do you live at least nine months of the year in Dillingham?

+-----+-----+			
	LIVE 9 MONTHS OF YEAR IN		
	DILLINGHAM:		
	+-----+-----+		
	Count	%	
+-----+-----+			
Yes	169	100.0%	
+-----+-----+			

S2. Have you participated in this survey already in the last few days?

PARTICIPATED IN SURVEY			
ALREADY:			
	Count	%	
No	169	100.0%	

S3. In what year were you born?

AGE OF RESPONDENT:			
	Count	%	
22-24	11	6.5%	
25-34	33	19.4%	
35-44	28	16.6%	
45-54	44	25.9%	
55-64	34	19.8%	
65+	20	11.8%	Mean = 46.6years

All phone numbers used for this survey were randomly generated. We don't know your name, but your opinions are important to us, and we'd appreciate your participation if that's OK with you. Of course, your responses will be completely confidential

1. First of all, how long have you lived in the Dillingham area? IF LESS THAN FOUR YEARS, SKIP TO DEMOS.

+-----+-----+			
	LENGTH OF RESIDENCY IN		
	DILLINGHAM:		
	+-----+-----+		
	Count	%	
+-----+-----+			
Less than 15 years	54	31.8%	
15-30 years	52	30.5%	
More than 30 years	64	37.7%	
+-----+-----+			

The questions in this survey are all going to ask you how you think things have changed in Dillingham in the last five years. Think back to how things were five years ago, and think about how things are today. We want to know what you think things have changed in that time. First, some general topics. Here we go...

2. Compared to five years ago, do you feel more proud or less proud to call Dillingham your home today? A lot (more proud/less proud), or just a little?

+-----+-----+			
	PROUD TO CALL DILLINGHAM		
	HOME:		
	+-----+-----+		
	Count	%	
+-----+-----+			
A lot more proud	38	24.5%	
A little more proud	36	23.5%	
Neutral	42	27.1%	
A little less proud	19	12.2%	
A lot less proud	18	11.6%	
Not sure	2	1.0%	Mean = 2.374
+-----+-----+			

3. Compared to five years ago, do you feel more safe or less safe in your community today? A lot (more safe/less safe), or just a little?

FEEL SAFE IN YOUR COMMUNITY:			
	Count	%	
A lot more safe	21	13.7%	
A little more safe	20	12.7%	
Neutral	38	24.5%	
A little less safe	51	33.5%	
A lot less safe	24	15.6%	Mean = 1.755

4. Do you think youth in Dillingham are more likely or less likely to participate in community and school activities today than they were five years ago? A lot (more likely/less likely), or just a little?

YOUTH PARTICIPATE IN COMMUNITY AND SCHOOL ACTIVITIES:			
	Count	%	
A lot more likely	28	18.4%	
A little more likely	30	19.4%	
Neutral	27	17.3%	
A little less likely	43	28.0%	
A lot less likely	16	10.6%	
Not sure	10	6.3%	Mean = 2.076

5. Do you think youth in Dillingham are more likely or less likely to be involved in leadership roles today than they were five years ago? A lot (more likely/less likely), or just a little?

YOUTH INVOLVED IN LEADERSHIP ROLES:			
	Count	%	
A lot more likely	28	18.1%	
A little more likely	34	22.4%	
Neutral	24	15.7%	
A little less likely	34	22.2%	
A lot less likely	21	13.8%	
Not sure	12	7.7%	Mean = 2.096

6. Do you think adults in Dillingham are more likely or less likely to be involved in schools and school activities today than they were five years ago? A lot (more likely/less likely), or just a little?

ADULTS INVOLVED IN SCHOOL ACTIVITIES:			
	Count	%	
A lot more likely	25	16.5%	
A little more likely	45	29.5%	
Neutral	29	19.2%	
A little less likely	36	23.7%	
A lot less likely	13	8.4%	
Not sure	4	2.7%	Mean = 2.227

7. Do you think the expectation that kids should succeed in school is higher or lower in Dillingham today than it was five years ago? A lot (higher/lower), or just a little?

EXPECTATION THAT KIDS SUCCEED IN SCHOOL:			
	Count	%	
A lot higher	32	21.1%	
A little higher	37	24.2%	
Neutral	25	16.0%	
A little lower	34	22.3%	
A lot lower	16	10.3%	
Not sure	9	6.1%	Mean = 2.250

8. Compared to five years ago, do you think the relationship between the school district and the community is better or worse today? A lot (better/worse), or just a little?

RELATIONSHIP BETWEEN SCHOOL DISTRICT AND COMMUNITY:			
	Count	%	
A lot better	21	13.6%	
A little better	57	36.9%	
Neutral	37	24.0%	
A little worse	18	11.6%	
A lot worse	8	5.2%	
Not sure	13	8.7%	Mean = 2.462

9. Compared to five years ago, do you think the relationship between youth and elders in Dillingham is better or worse today? A lot (better/worse), or just a little?

RELATIONSHIP BETWEEN YOUTH AND ELDERS:			
	Count	%	
A lot better	23	14.8%	
A little better	41	26.5%	
Neutral	33	21.2%	
A little worse	37	24.3%	
A lot worse	18	11.6%	
Not sure	3	1.6%	Mean = 2.087

10. Do you think youth in Dillingham today have more hope or less hope in the future than they did five years ago? A lot (more/less), or just a little?

YOUTH HAVE HOPE IN THE FUTURE:			
	Count	%	
A lot more hope	25	16.3%	
A little more hope	54	35.1%	
Neutral	15	9.8%	
A little less hope	34	22.0%	
A lot less hope	17	11.3%	
Not sure	8	5.5%	Mean = 2.243

11. Compared to five years ago, do you think youth in Dillingham today are more likely or less likely to have an adult in their lives they can turn to? A lot (more likely/less likely), or just a little?

+-----+-----+				
		YOUTH HAVE AN ADULT IN		
		THEIR LIVES THEY CAN TURN		
		TO:		
		+-----+-----+		
		Count %		
+-----+-----+				
A lot more likely		29	18.6%	
A little more likely		51	33.2%	
Neutral		18	11.9%	
A little less likely		27	17.5%	
A lot less likely		16	10.3%	
Not sure		13	8.5%	Mean = 2.352
+-----+-----+				

12. Do you feel more valued or less valued as a member of your community today than you did five years ago? A lot (more valued/less valued), or just a little?

+-----+-----+				
		FEEL VALUED AS MEMBER OF		
		YOUR COMMUNITY:		
		+-----+-----+		
		Count %		
+-----+-----+				
A lot more valued		39	25.6%	
A little more valued		46	29.9%	
Neutral		34	22.3%	
A little less valued		22	14.4%	
A lot less valued		10	6.4%	
Not sure		2	1.4%	Mean = 2.547
+-----+-----+				

13. Compared with five years ago, do you think males in Dillingham show more or less respect to females today? A lot (more/less), or just a little?

MALES SHOW RESPECT TO FEMALES:			
	Count	%	
A lot more	12	7.5%	
A little more	41	26.9%	
Neutral	39	25.6%	
A little less	32	21.0%	
A lot less	20	13.2%	
Not sure	9	5.7%	Mean = 1.941

14. Compared with five years ago, do you think the number of males in Dillingham taking active roles in ending violence is more or less today? A lot (more/less), or just a little?

MALES TAKING ACTIVE ROLES IN ENDING VIOLENCE:			
	Count	%	
A lot more	24	15.4%	
A little more	65	42.1%	
Neutral	26	16.7%	
A little less	26	16.8%	
A lot less	6	3.9%	
Not sure	8	5.0%	Mean = 2.509

15. Compared to five years ago, do you think there is more or less domestic violence and sexual assault happening in Dillingham today? A lot (more/less) or just a little?

AMOUNT OF DOMESTIC VIOLENCE AND SEXUAL ASSAULT:			
	Count	%	
A lot more	29	18.7%	
A little more	42	27.5%	
Neutral	36	23.5%	
A little less	27	17.5%	
A lot less	5	3.2%	
Not sure	15	9.6%	Mean = 2.455

16. Compared to five years ago, do you think there is more or less alcohol abuse happening in Dillingham today? A lot (more/less) or just a little?

ALCOHOL ABUSE HAPPENING IN DILLINGHAM:			
	Count	%	
A lot more	47	30.4%	
A little more	39	25.2%	
Neutral	39	25.4%	
A little less	22	14.2%	
A lot less	2	1.3%	
Not sure	5	3.5%	Mean = 2.717

17. In the last five years, do you think attitudes people in Dillingham have towards women who are victims of physical or sexual violence have gotten better or worse? A lot (better/worse), or just a little?

ATTITUDES TOWARDS WOMEN WHO ARE VICTIMS:			
	Count	%	
A lot better	19	12.2%	
A little better	79	51.2%	
Neutral	22	14.4%	
A little worse	12	8.0%	
A lot worse	11	7.2%	
Not sure	11	6.9%	Mean = 2.571

18. In the last five years, do you think attitudes people in Dillingham have towards people who are using or addicted to alcohol have gotten better or worse? A lot (better/worse), or just a little?

ATTITUDES TOWARDS PEOPLE ADDICTED TO ALCOHOL:			
	Count	%	
A lot better	15	9.6%	
A little better	42	27.5%	
Neutral	35	22.9%	
A little worse	33	21.3%	
A lot worse	18	11.5%	
Not sure	11	7.2%	Mean = 2.027

19. Do you think the suicide rate in Dillingham is higher or lower today than it was five years ago? A lot (higher/lower), or just a little?

SUICIDAL RATE IN DILLINGHAM:			
	Count	%	
A lot higher	6	4.0%	
A little higher	26	17.0%	
Neutral	38	25.0%	
A little lower	44	28.6%	
A lot lower	13	8.3%	
Not sure	26	17.2%	Mean = 1.755

20. In the last five years, do you think people in Dillingham have gotten better or worse at recognizing when someone is being impacted by domestic violence or sexual assault? A lot (better/worse), or just a little?

RECOGNIZING WHEN SOMEONE IS IMPACTED BY VIOLENCE:			
	Count	%	
A lot better	28	18.5%	
A little better	83	54.1%	
Neutral	20	13.0%	
A little worse	9	6.1%	
A lot worse	4	2.7%	
Not sure	9	5.7%	Mean = 2.843

21. Compared to five years ago, do you think people in Dillingham today know more or less about what to do to end violence? A lot (more/less), or just a little?

KNOW WHAT TO DO TO END VIOLENCE:			
	Count	%	
A lot more	33	21.6%	
A little more	80	51.7%	
Neutral	18	11.8%	
A little less	9	5.7%	
A lot less	6	4.0%	
Not sure	8	5.2%	Mean = 2.856

22. Compared to five years ago, do you think more or less people in Dillingham are seeking help today when dealing with challenges in life? A lot (more/less), or just a little?

PEOPLE IN DILLINGHAM SEEKING HELP:			
	Count	%	
A lot more	16	10.3%	
A little more	79	51.5%	
Neutral	19	12.1%	
A little less	10	6.4%	
A lot less	13	8.7%	
Not sure	17	11.0%	Mean = 2.543

23. Do you think more or less people are participating in wellness programs today in Dillingham than they were five years ago? A lot (more/less), or just a little?

PEOPLE PARTICIPATING IN WELLNESS PROGRAMS:			
	Count	%	
A lot more	42	27.4%	
A little more	59	38.2%	
Neutral	23	14.9%	
A little less	10	6.5%	
A lot less	7	4.3%	
Not sure	13	8.7%	Mean = 2.855

24. Compared to five years ago, do you think there are more or less agencies and services available in Dillingham today to help people impacted by domestic violence and sexual assault? A lot (more/less) or just a little?

AGENCIES AND SERVICES AVAILABLE FOR VIOLENCE:			
	Count	%	
A lot more	30	19.8%	
A little more	58	37.4%	
Neutral	32	20.7%	
A little less	14	9.1%	
A lot less	16	10.5%	
Not sure	4	2.5%	Mean = 2.482

25. Compared to five years ago, do you think there are more or less agencies and services available in Dillingham today to help people impacted by alcohol abuse? A lot (more/less) or just a little?

+-----+-----+				
		AGENCIES AND SERVICES		
		AVAILABLE FOR ALCOHOL		
		ABUSE:		
		+-----+-----+		
		Count		%
+-----+-----+				
A lot more		22		14.5%
A little more		42		27.0%
Neutral		53		34.6%
A little less		18		12.0%
A lot less		12		7.8%
Not sure		6		4.1%
				Mean = 2.295
+-----+-----+				

26. In the last five years, do you think people in Dillingham have become more or less aware of agencies and services that are available to them and how to access them? A lot (more/less), or just a little?

+-----+-----+				
		AWARE OF AGANCIES AND		
		SERVICES THAT ARE		
		AVAILABLE:		
		+-----+-----+		
		Count		%
+-----+-----+				
A lot more aware		30		19.8%
A little more aware		67		43.6%
Neutral		36		23.2%
A little less aware		5		3.3%
A lot less aware		10		6.4%
Not sure		6		3.7%
				Mean = 2.696
+-----+-----+				

27. Compared to five years ago, do you think it is easier or more difficult today to access agencies and services that provide help to people in Dillingham? A lot (easier/more difficult), or just a little?

ACCESS AGENCIES AND SERVICES THAT PROVIDE HELP:			
	Count	%	
A lot easier	30	19.3%	
A little easier	57	37.3%	
Neutral	23	15.1%	
A little more difficult	21	13.4%	
A lot more difficult	13	8.7%	
Not sure	9	6.1%	Mean = 2.481

28. Do you think that agencies and services that provide help to people in Dillingham do a better or worse job today than they did five years ago? A lot (better/worse), or just a little?

JOB DONE BY AGENCIES AND SERVICES:			
	Count	%	
A lot better	26	16.7%	
A little better	54	35.2%	
Neutral	25	16.5%	
A little worse	19	12.4%	
A lot worse	12	8.1%	
Not sure	17	11.1%	Mean = 2.450

29. Compared with five years ago, do you think tribal presence and Alaska Native cultural influence in Dillingham is more or less today? A lot (more/less), or just a little?

TRIBAL PRESENCE AND NATIVE CULTURAL INFLUENCE:			
	Count	%	
A lot more	33	21.8%	
A little more	52	34.1%	
Neutral	34	21.9%	
A little less	16	10.5%	
A lot less	12	7.8%	
Not sure	6	3.9%	Mean = 2.536

30. Compared to five years ago, do you have more hope or less hope today that sexual and physical violence in Dillingham can be ended in your lifetime? A lot (more hope/less hope), or just a little?

HOPE THAT VIOLENCE CAN END IN YOUR LIFETIME:			
	Count	%	
A lot more hope	31	20.1%	
A little more hope	43	28.2%	
Neutral	21	13.7%	
A little less hope	24	15.6%	
A lot less hope	23	15.2%	
Not sure	11	7.1%	Mean = 2.240

31. Compared to five years ago, have your feelings towards the organization SAFE gotten more positive or more negative? A lot (more positive/more negative) or just a little?

+-----+-----+				
		FEELINGS TOWARDS SAFE:		
		+-----+-----+		
		Count		%
+-----+-----+				
A lot more positive		44		28.9%
A little more positive		44		28.5%
Neutral		33		21.3%
A little more negative		16		10.4%
A lot more negative		11		7.2%
Not sure		6		3.8%
				Mean = 2.638
+-----+-----+				

32. Compared to five years ago, do you attend church, school and other community events more often or less often now? A lot (more often/less often) or just a little?

+-----+-----+				
		ATTEND CHURCH, SCHOOL AND		
		COMMUNITY EVENTS:		
		+-----+-----+		
		Count		%
+-----+-----+				
A lot more often		31		20.3%
A little more often		39		25.5%
Neutral		37		24.2%
A little less often		27		17.8%
A lot less often		17		11.2%
Not sure		2		1.2%
				Mean = 2.261
+-----+-----+				

33. In the last five years, have you personally intervened against an act of bullying, domestic violence or assault in an attempt to stop it or de-escalate it?

INTERVENED AGAINST BULLYING, DV OR ASSAULT?			
	Count	%	
Yes	94	61.0%	
No	60	39.0%	

34. In the last five years, has your employer made any changes in your workplace that make it easier to identify and help people impacted by domestic violence and sexual assault?

EMPLOYER MADE CHANGES IN WORKPLACE?			
	Count	%	
Yes	70	45.5%	
No	58	38.0%	
Not sure	25	16.4%	

35A. Tell me whether you or anyone in your family have, in the last five years, sought or received services from the following organizations, yes or no.

Bristol Bay Native Association or BBNA:

+-----+-----+			
		SOUGHT SERVICES FROM	
		BBNA?	
		+-----+-----+	
		Count	%
+-----+-----+			
Yes		81	53.0%
No		72	46.6%
Not sure		1	.4%
+-----+-----+			

Curyung Services:

+-----+-----+			
		SOUGHT SERVICES FROM	
		CURYUNG SERVICES?	
		+-----+-----+	
		Count	%
+-----+-----+			
Yes		52	33.9%
No		99	64.6%
Not sure		2	1.5%
+-----+-----+			

Safe and Fear-free Environment or SAFE:

Safe and Fear-free Environment or SAFE?			
	Count	%	
Yes	30	19.5%	
No	120	78.2%	
Not sure	4	2.3%	

Jake's Place:

Sought Services from Jake's Place?			
	Count	%	
Yes	26	17.2%	
No	125	81.5%	
Not sure	2	1.3%	

Alaska Legal Services:

+-----+-----+			
		SOUGHT SERVICES FROM	
		ALASKA LEGAL SERVICES?	
		+-----+-----+	
		Count	%
+-----+-----+			
Yes		25	16.4%
No		123	80.1%
Not sure		5	3.5%
+-----+-----+			

Office of Children's Services or OCS:

+-----+-----+			
		SOUGHT SERVICES FROM OCS?	
		+-----+-----+	
		Count	%
+-----+-----+			
Yes		21	13.7%
No		130	84.6%
Not sure		3	1.7%
+-----+-----+			

35B. Tell me whether you or anyone in your family have, in the last five years, been involved with or participated in any of the following community events, yes or no.

Choose Respect march:

+-----+-----+			
	INVOLVED WITH CHOOSE		
	RESPECT MARCH?		
	+-----+-----+		
	Count	%	
+-----+-----+			
Yes	61	39.5%	
No	88	57.2%	
Not sure	5	3.3%	
+-----+-----+			

Bristol Bay Wellness Program:

+-----+-----+			
	INVOLVED WITH BRISTOL BAY		
	WELLNESS PROGRAM?		
	+-----+-----+		
	Count	%	
+-----+-----+			
Yes	52	34.1%	
No	97	62.8%	
Not sure	5	3.1%	
+-----+-----+			

Community mural projects:

+-----+-----+			
	INVOLVED WITH COMMUNITY		
	MURAL PROJECTS?		
	+-----+-----+		
	Count	%	
+-----+-----+			
Yes	52	33.6%	
No	97	63.0%	
Not sure	5	3.3%	
+-----+-----+			

Rural Providers Conference:

+-----+-----+			
	INVOLVED WITH RURAL		
	PROVIDERS CONFERENCE?		
	+-----+-----+		
	Count	%	
+-----+-----+			
Yes	50	32.5%	
No	100	65.0%	
Not sure	4	2.6%	
+-----+-----+			

Summer Youth Services:

+-----+-----+			
		INVOLVED WITH SUMMER	
		YOUTH SERVICES?	
		+-----+-----+	
		Count	%
+-----+-----+			
Yes		47	30.9%
No		101	65.6%
Not sure		5	3.5%
+-----+-----+			

Culture Camp:

+-----+-----+			
		INVOLVED WITH CULTURE	
		CAMP?	
		+-----+-----+	
		Count	%
+-----+-----+			
Yes		46	29.8%
No		108	70.2%
+-----+-----+			

CANDU Organizational meetings:

+-----+-----+			
		INVOLVED WITH CANDU	
		ORGANIZATIONAL MEETINGS?	
		+-----+-----+	
		Count	%
+-----+-----+			
Yes		25	15.9%
No		127	82.4%
Not sure		3	1.6%
+-----+-----+			

Sistr's:

+-----+-----+			
		INVOLVED WITH SISTR'S?	
		+-----+-----+	
		Count	%
+-----+-----+			
Yes		22	14.4%
No		128	83.6%
Not sure		3	2.0%
+-----+-----+			

Peer tutoring:

	Count	%
Involved with peer tutoring?		
Yes	21	13.8%
No	132	86.2%

Community Justice Alliance:

	Count	%
Involved with Community Justice Alliance?		
Yes	14	9.3%
No	135	87.6%
Not sure	5	3.1%

Beauty for Ashes:

+-----+-----+			
	INVOLVED WITH BEAUTY FOR		
	ASHES?		
	+-----+-----+		
	Count	%	
+-----+-----+			
Yes	14	9.0%	
No	134	87.5%	
Not sure	5	3.5%	
+-----+-----+			

The following questions are for statistical purposes only.

36A. (IF LANDLINE, THEN ASK...) Do you use a cellphone?

36B. (IF CELLPHONE, THEN ASK...) Do you have a landline telephone in your home?

36C. (IF YES TO EITHER 36A OR 36B, THEN ASK...) On which line do you conduct most of your day-to-day telephone communication, your landline or your cellphone?

+-----+-----+			
	LANDLINE/CELL STATUS:		
	+-----+-----+		
	Count	%	
+-----+-----+			
Land only	19	10.9%	
Both - land dominant	18	10.7%	
Both - cell dominant	52	30.6%	
Cell only	81	47.7%	
+-----+-----+			

38. Of the people currently living in your household, how many are children or adolescents aged 18 or under?

NUMBER OF CHILDREN IN HOUSEHOLD:			
	Count	%	
None	100	59.6%	
One or more	68	40.4%	

39. Are you married or single?

MARITAL STATUS:			
	Count	%	
Married	85	50.0%	
Single	85	50.0%	

40. Which one of the following best describes your race?

ETHNICITY OF RESPONDENT:			
	Count	%	
White	67	39.6%	
Asian	2	1.0%	
Hawaiian/Pacific Islander	2	.9%	

American Indian/Alaska Native	84		49.6%	
Combination of races		15		8.8%
+-----+-----+-----+				

41. GENDER...

+-----+-----+-----+				
	GENDER OF RESPONDENT:			
	+-----+-----+			
		Count		%
+-----+-----+-----+				
Male		86		50.5%
Female		84		49.5%
+-----+-----+-----+				

THE FOLLOWING VARIABLES

+-----+-----+-----+				
	MARITAL STATUS BY GENDER:			
	+-----+-----+			
		Count		%
+-----+-----+-----+				
Married males		43		25.0%
Married females		42		25.0%
Single males		43		25.5%
Single females		42		24.5%
+-----+-----+-----+				

That completes the survey. I have a telephone number for Ivan Moore Research that you can call with any comments, compliments or complaints. Would you like the number? Thank you very much for your help. Goodbye.

Focus Group Executive Summary

The focus groups held in Dillingham provided a wealth of information from a broad section of communities served relative to the CANDU project. The consultant met with the SAFE Executive Director, the SAFE former Executive Director and the SAFE Direct Services Coordinator to develop a series of questions for the focus groups. Due to cultural influences and time constraints in various groups, or the length of time participants spent addressing the questions, the consultant was not able to ask all of the questions developed in each group.

Complete individual transcripts of each group are provided with this report. Sign-in sheets with participant names were completed for participant verification purposes; however, participants were assured that names of individual participants would not be disclosed. The transcriptionist hired, Transcripts Only from Anchorage, Alaska, was instructed to identify speakers only by number. In addition, where the facilitator spoke to clarify questions or to repeat the individual question asked for participants, the transcriptionist was instructed not to transcribe the facilitator's comments. To follow are highlights of points made by each group that are significant. In many cases, those points clarify some of the discrepancies seen in the survey results, most specifically related to the overall survey discrepancies in finding that community members don't feel safer in their community despite improvements. Focus group findings also speak to concerns over extenuating community circumstances that were top-of-mind for residents that may also have contributed to some survey results.

Grandmother's Focus Group

A focus group was conducted with eight Dillingham “grandmothers” on April 26, 2015, all of whom are long-term residents of Dillingham and Bristol Bay and the majority of whom took part in a previous focus group held at the start of the CANDU project.

Changes in attitudes and understanding toward victims of DV/SA and those with alcohol problems

- It was generally felt that there have been significant changes in attitudes toward victims of domestic violence and sexual assault in Dillingham and that attitudes toward victims have improved.
- People are more aware of help available and using it more often.
 - Additional education is needed for young people.
- Improvements are still needed for women who are victims.
- SAFE has made a significant difference in the lives of women who are victims and is an important part of the fabric of community wellness.
 - Women in this group disclosed having been victims of sexual assault when they were younger and help was not available to them.
- Jakes Place and AA have helped to support people with alcohol problems in the community.
 - Court ordered attendance is not making a significant difference. People have to want to stop drinking.
 - There is less tolerance of open drunk behavior.
 - There is an increase in homelessness.

Involvement in CANDU supported activities

- The majority of the grandmothers have not been involved in CANDU grant-supported activities.
 - There was interest expressed in participation in Beauty for Ashes
 - Several women are involved in passing on cultural knowledge in the schools.

Likelihood of Seeking Help and awareness of resources

- The group felt that more people than five years ago were seeking help and the community in general was more aware of available resources.
- SAFE is a respected organization among this group.

Changes in Agencies providing services

- Overall group members were not aware of specific changes in agencies providing services
 - Individual members cited the initiation of the Sexual Assault Response Team (SART) as being an improvement for the community.
- SAFE has been more visible in the community in the past five years.
- There was a general consensus that the Dillingham Police Department's response time and general professionalism has decreased in the past five years.

Changes in Relationships between Youth and Elders

- There was significant appreciation for the work being done by the Summer Youth Programs to teach Dillingham youth cultural skills i.e. Canning fish, etc.
- There is not as much respect paid to elders as in previous years.
- Elders would like to have more positive interaction with children and youth, though they admitted that it is more difficult to interact with teens and young adults.
- Elders felt that there was an increase in drug use that they found frightening.
- Many elders expressed that their focus is their families and that they try to communicate with their grandchildren about issues surrounding the dangers of alcohol and drugs.

Increase in tribal presence and cultural influences

- There was a consensus that tribes are involved in helping communities but that

they could be doing more, especially in the areas of substance abuse treatment in the villages

- A participant expressed concern about not being able to participate in the Beauty for Ashes program sponsored by BBNA, thinking that participation is being kept in-house.
- The general feeling was that there is an interest in cultural activities, especially a resurgence of Native dancing
 - Curyung Tribal Council was cited by a participant for its housing improvements

Safety and Hopefulness Living in Dillingham

- There was a general consensus that they do not feel safer in Dillingham because of the more serious drug problems and increased police response time.
- Elders expressed that after the drug-related murder they have begun locking their doors – many for the first time ever
- There were concerns expressed about not enough being done to stop “known” drug dealers in the community.
- The elders expressed a sentiment that more young people are becoming involved in drugs.

Involvement of Men and Boys in Ending Violence

- Elders in this group have not noticed a significant increase in the involvement of men and boys
- It was expressed that there is more likelihood of reporting sexual or domestic violence today than when they were young.
- Lack of opportunity for men to work contributes to violence and abuse

Other

- Elders expressed a desire to continue to get together with each other
- Grandmothers generally want to be involved in a meaningful way

Inter-Agency Focus Group

A focus group was conducted with 10 individuals representing agencies that have worked together on the CANDU partnership including the schools, Native organizations, and service-providers. Two individuals that could not be available for the focus group were interviewed at a later time and their responses are included with the Inter-Agency focus group transcripts.

Changes in attitudes and understanding toward victims of DV/SA and those with alcohol problems

- This group almost universally felt that there have been significant changes in attitudes toward victims of domestic violence and sexual assault in Dillingham and that attitudes toward victims have improved.
 - Acceptance of dv/sa has decreased among community members – these crimes are no longer socially acceptable due to silence.
 - SAFE has been increasingly available in the community and has contributed to that change through spearheading community partnerships.
- The group universally felt that attitudes toward those with alcohol problems have changed.
 - More people recognize alcoholism as a disease.
- People are more aware of help available and are availing themselves of help more often
 - More public awareness efforts by community organizations involved in the CANDU partnership have contributed to this change.
 - Agency work has decreased the shame people have felt in coming forward.
 - Alaska Legal Services statistics show an increase in calls.
 - The Forth R curriculum has helped to create awareness

Likelihood of Seeking Help and awareness of resources

- The consensus in this group was that people are more aware of resources and more likely to seek help in Dillingham in large part due to the CANDU resources
 - More work needs to be done in the villages
 - Historical trauma still has an impact on the likelihood of seeking help.
- Confidentiality issues remain a barrier to some people coming forward.
- There is much more awareness among younger people however there is still a need to provide education to youth
 - Still need more youth resources

Involvement in CANDU supported activities

- All participants had been involved in some CANDU supported activities outside of their work-related involvement and most indicated some family member participation.

Changes in Agencies providing services

- There is more coordinated training available in DV/SA issues
- Agencies are working together much better than in the past to provide services
- There is improved screening for DV/SA at the hospital and other intake points into the system
- Consistently there is more outreach to villages.
- There was a consensus that there is more interconnectedness between service delivery and better communication.
- There is overall improved community education and education in the schools
 - MySpace has improved communication and continuity of services with the schools

Changes in Agency Policies and Practices regarding DV/SA

- There is less tolerance of alcohol use among Board members and agency staff including a zero tolerance policy at some agencies.

- Improved screening at the hospital and other intake agencies.
- Improved intake policies to better assist victims.
- Improved policies and practices for referrals between agencies due to CANDU partnership
- More coordination and cooperation between agencies presenting at the schools.

Changes in school and community participation

- The group consensus was that were more efforts being made on the part of the schools to communicate with parents
- The schools are more open to participation from outside agencies and volunteers
- Social media has helped to improve awareness of and participation in community events

Changes in Relationships between Youth and Elders

- There have been some improvements in relationships between youth and elders and an increased interest in having elders work with the schools
 - Would like to see more interactions at the schools
- Improved outreach programs to involve youth and elders in culture camps and other culturally related activities i.e. story time with elders.
- Some increase in activities at Grandma's House and Senior Center
- CANDU program has helped to build respect

Increase in tribal presence and cultural influences

- Improved outreach programs to involve youth and elders in culture camps and other culturally related activities i.e. story time with elders.
- Increase in Native dancing and pride in cultural and cultural awareness
- Increase in participation in tribal courts

- Increased tribal efforts to improve DV/SA

Involvement of Men and Boys in Ending Violence

- Increased involvement by younger men in Choose Respect March and other public activities over past five years
- SAFE's youth prevention efforts and MySpace have been empowering to boys and young men and effective in changing norms
- Need more changes in the home – older men not as involved in the changes
- Have sent community members to Coaching Boys Into Men trainings

Safety and Hopefulness Living in Dillingham

- Overall feelings of this group were that people don't necessarily feel safer than they did five years ago, but they do feel hopeful because of the concern expressed by individual and agencies to improve the community.
- Epidemic of drug use and increased use of opiates contribute to individuals feeling less safe. Increased concern about drug-related crimes.
- Participants indicated feeling less safe in the summer when Dillingham has an influx of outsiders and an increase in drug usage

Changes in rate of domestic violence/sexual assault

- Less tolerance of dv/sa than there was five years ago
- DV may have shifted from more physical abuse to emotional abuse behind the scenes

Increased awareness of stopping violence

- Definite increased awareness of stopping violence

Other

- Overall gratitude for CANDU partnership activities and SAFE's leadership
- Desire to continue collaboration even without CANDU grant
- Desire to see continuation of MySpace and school collaboration for youth

Boys and Men Focus Group

Seven individuals participated in the Boys and Men focus group on April 28, 2015, which brought together adults and male youth. One of the more striking and surprising aspects of this group for the facilitator was the interest youth expressed in having more opportunities to come together with men to have discussions about issues. Like the grandmother's group, they wanted to see the group continue and it was interesting to witness the impact the older men's openness about their own struggles had on the youth present.

Changes in attitudes and understanding toward victims of DV/SA and those with alcohol problems

- There was a general consensus in this group that attitudes toward people with alcohol problems have changed in the past five years and that there is less tolerance of abuse.
- The boys/youth were not aware of changes in attitudes toward victims of dv/sa but among the older male participants there was a consensus that attitudes have shifted over the past five years and that there is more awareness of the problem.
- There was a consensus in this group that dv was less acceptable
- As was mentioned in other groups, it was expressed that there is less physical abuse however emotional abuse is still going on between men and women in relationships (from both directions).
- SAFE has made it more acceptable to talk about problems.

Likelihood of Seeking Help and awareness of resources

- People are more aware of resources are more likely to ask for help but it is still harder for men to ask for help – there is more shame in asking for help
- SAFE, Jake's Place and the Alano Club are more visible
- Boys are more likely to turn to friends for help

Changes in Relationships between Youth and Elders

- There is some increase in opportunities for interaction
 - AFN youth-elder conference was referenced
- Schools have increased youth-elder interactions
- Youth expressed a desire for more interaction with older men – not necessarily just “elders”
- There was also a perception among the men that social media and technology are creating a wider gap between youth and elders

Involvement in CANDU supported activities

- Most participants had been involved in at least one CANDU supported activity.

Involvement of Men and Boys in Ending Violence

- The consensus in this group was that more men are trying to help through stopping drinking and personal example
- More men have been involved in the Choose Respect marches and personal discussions at the family level about their own problems with drugs and/or alcohol
 - The Few Good Men flyers were referenced as being effective

Safety and Hopefulness Living in Dillingham

- Concerns about drugs, specifically heroin, have led to a general feeling of less safety
 - The recent homicide was mentioned repeatedly in this group
- There is still a feeling of hopefulness for the community because of increased awareness and willingness to address the problems.
- There was general concern over things getting worse in the summer when there are fewer activities for youth and more outside influences due to summer workers.

Other

- There is a desire for more groups where men can share openly with youth about their struggles and what they did to overcome them
- There is a desire for more activities for youth

Youth Focus Group

On April 28, 2015, five youth – male and female - under the age of 18 participated in a focus group. The youth had all participated at some level in the MySpace program. One of the participants was new to the community.

Changes in attitudes and understanding toward victims of DV/SA and those with alcohol problems

- Several participants were not aware of changes, however, there was some consensus that attitudes have changed allowing for more conversation about dv/sa issues and more acceptance of victims.
- Youth expressed concerns that alcohol use was starting at a younger age

Likelihood of Seeking Help and awareness of resources

- The consensus among participants was that youth were more aware of resources available and somewhat more willing to ask for help
- Youth recognized more of their peers are willing to reach out to help than were previously

Involvement in CANDU supported activities

- Youth participants had been involved in several CANDU supported activities, including peer tutoring, summer youth services, the community mural project and the Choose Respect March

More awareness of how to stop violence

- Youth participants indicated there was more awareness of dv/sa and that they were more likely to get involved to stop abuse
- Attitudes have changed to make it “cool” to get involved

Participation in School and Community Activities

- The schools and parents have been actively trying to get youth involved in school and community activities
- Youth are seeing change and want to be part of it

Changes in Relationships between Youth and Elders

- Youth participants felt there was less involvement with elders, however, some indicated they would like more involvement and recognized that “elders stories have value.”
- Some participants expressed that they think it is harder for elders to talk to teens than younger children (*Note: this sentiment was echoed by the grandmothers group.*)
- Youth participants recognized that their use of technology and elders lack of knowledge of technology was a barrier in communication with elders

Increase in tribal presence and cultural influences

- Youth participants generally felt there were fewer cultural events happening and that it was harder for them to find people that knew how to do traditional arts and cultural activities
- Fishing and putting up fish were the primary cultural activities youth indicated they were involved in

Involvement of Men and Boys in Ending Violence

- Participants believed more men and boys were involved in activities to end violence
- Community and SAFE sponsored events focused on male involvement were helping

Respect for women and girls

- In general, participants felt that attitudes toward women and girls was improving and that there was more respect for women because they work as hard as men do

Feelings of being valued members of the community

- Youth participants indicated they do feel more valued and encouraged to be involved in the community
 - We are more a part of the planning process
 - We are asked our opinions more

Attitudes toward MySpace

- MySpace and LeadOn are important for youth participants
- Youth feel safe at MySpace and feel it is a “good place to stay out of trouble.”
- MySpace has helped to develop leadership skills and confidence

Safety and Hopefulness Living in Dillingham

- Youth expressed concerns about increased drug use and felt more drugs are coming into Dillingham
- They do have hope for the community and some picture themselves coming back to live in Dillingham
- Youth indicated they generally feel there is somewhat less domestic violence but more alcohol and drug use.

Other

- Youth were very supportive and appreciative of MySpace and want more positive summer activities for youth
- Drinking is more likely to take place among youth during the summer when there are not as many positive adult influences and activities.

SISTRs Focus Group

On April 28, 2015, six women attended a regularly scheduled meeting of the SISTRs group. The goal of the SISTR program is to provide services to women and youth with substance abuse issues. Two longer-term members of the SISTRs program were interviewed separately bringing the total number of SISTRs members participating to eight. One of the group members came in late and was not present for all of the discussion.

Changes in attitudes and understanding toward victims of DV/SA and those with alcohol problems

- Some participants haven't noticed many changes in attitudes toward DV/SAF but do think advertising helps
- SAFE helps victims and those in recovery open up and has provided more outreach in the community
- People are more knowledgeable and more understanding about issues of DV/SA and alcohol abuse
- There is less acceptance of alcohol abuse, more drug use in the community and a perception of more homelessness
- Cultural help, including steam baths, offered by SISTRs group is very helpful
- The community is more open about talking about abuse problems.

Likelihood of Seeking Help and awareness of resources

- In the last five years people are more open to seeking help for alcohol abuse and more aware of and able to get help for DV/SA issues due to outreach efforts
- Those seeking help, including for alcohol abuse, are younger than they were 5-10 years ago
- There is less shame associated with speaking about problems and seeking help in the community and in the schools
- SAFE has made it easier for people to be aware of resources and there is an increase

in the number of community help lines and brochures available in public places

Involvement in CANDU supported activities

- All participants were involved in at least one CANDU supported activity (SISTRs) and some more than one.

Changes in ways agencies deal with DV/SA and alcohol abuse

- Newer members of the community and group were either not aware of overall agency changes or didn't think there were changes, however most noticed at least some positive changes in Jake's Place – the alcohol treatment facility
- More long-term group and community participants noticed significant changes including the extended length of stay now available for help at Jakes Place with alcohol problems
- Some participants noted benefits from having more local people who had experienced problems available to help them
- Some participants noted improvements in BBNA's availability of help and resources in villages surrounding Dillingham

Changes in Relationships between Youth and Elders

- Newer members of the group felt changes in relationships were more negative, with less respect being shown to elders and less communication
- Longer-term participants noted more positive changes including more interaction between youth and elders, more sharing of stories and more cultural sharing

Safety and Hopefulness Living in Dillingham

- Overall, participants felt safer overall due to the help they have received increasing their own knowledge and ability to make safe choices
- Overall participants felt hopeful about the community

- Participants expressed concerns over the increase in drug problems in Dillingham associated with the introduction of heroin and heroin-related crimes
- Concerns were expressed over the lack of responsiveness of the Dillingham police and issues with enforcement of protective orders

Involvement of Men and Boys in Ending Violence

- Those involved in more traditional lifestyle show more respect
- Younger men are more involved in change
- Some participants indicated an increase in the number of men protecting local women when summer cannery workers come into the community; local men are more likely to stand up for and protect local women from negative outside influences

INDIVIDUAL FOCUS GROUP TRANSCRIPTS

CANDU GRANDMOTHERS FOCUS GROUP

4/26/15

Note: Facilitator comments made to clarify questions are not transcribed in their entirety in this transcript.

In the last five years have you noticed changes in attitudes or more understanding toward women who are victims of physical or sexual violence or in attitudes toward people who have an alcohol problem in Dillingham?

If yes, what do you think might have caused those changes? If no, what can be done?

Speaker 1: I can't truthfully say that I've noticed any changes because I'm not in close contact with people are victims of violence, men or women, to tell you the truth, and as far as alcohol usage of people having more understanding or less, I couldn't tell you that either. I mean, you see people on the streets sometimes that don't really have a home, I think, but I haven't seen them lately at all, to tell you the truth.

Speaker 2: Well, as for changes in the attitude toward women and violence against them, there may have been some changes, maybe some improvements, but not nearly enough, because even at this time if a woman is a victim of domestic violence and retaliates against their male partner, more often than not they are held accountable for their actions toward the male partner more than he is held accountable for his actions toward the woman that precipitated the retaliation. And as for alcohol, I do believe that there has been a great improvement. I am acquainted with people who are alcoholics, who have had a very hard time in the past, but are doing better, and better, and better, and it's so wonderful to see, and it is because of Jake's Place, and AA, and the support that alcoholics are getting.

Speaker 1: I have something to add. I think I have been aware of where the women have been the violent attackers, and the men if they -- if anybody does call police, the man always gets in trouble because -- even if the woman causes it, and it's usually caused when the woman's drunk. That's what I've noticed.

Speaker 3: The last five years I've become more aware of what SAFE is doing for the women who are victims of abuse, physical abuse, and what always angered me was the women and the children are always the ones who have to leave their homes, while the guy stays at home in his comfort, and he's relaxed, and whatever, you know. We -- I've noticed that -- you know, down through the years that the women always had to be the ones to run away from home with their kids, and come to a place, you know, like SAFE, and I'm not making it sound like SAFE is a bad name. I'm glad it's -- I'm happy that it's here for these women and children, but, I mean, you know, it just -- the guys get to stay home, you know. They call the police, and then they -- then the ladies, the mothers and the children are herded out of their homes because they're -- and then they're, you know, put somewhere else. Why can't they stay home and let -- kick the guy out, you know? He's the one who should be on the street, not the women and children.

As far as alcohol goes, I always believe that each person is -- if they want to quit drinking, they will. I was an alcoholic for years, and I didn't stop at one drink, I didn't stop at one day. You know, I didn't have one beer, I had a case, you know, that type of thing, and -- or one day turned into a month, you know. Stuff like that. And I've talked to a lot of residents of Jake's, and I know most of them, some have been family members, and most of them say, "I'm here only because I'm ordered by the court," so I don't see that working very well, you know. They come out, they might be sober a month, and they're back -- I know one guy who came out, and he said, "I can't wait to get home." He got out, he went home, took a shower, shaved, you know, put lotion on, and called a cab, and went down the Sea Inn. He said, "I'll quit drinking when I want to." He said, "Nobody's going to force me to."

So, I don't know, I see -- I think the people -- like the homeless people are more aware of the services they have available. I mean, like you said, you don't see them too much anymore, and -- but the problem is still there. I bump into, you know, people that I know, and I respect them. I'm not afraid to be seen with them. If I see them downtown, I'll go up to them and I'll give them a hug, and I'll talk to them, and, you know, I'm not ashamed to sit next to them, you know, because I've been there.

But I just hope that, you know, as people become more aware of the services available and the desire to truly change and make their lives better for themselves and their families, then they'll -- I believe they'll quit, at least, you know, for a good while, and then in the meantime when they're sober and their mind is clear, they'll get the -- they'll be more -- I think more prone to accepting services that are available to help, you know church, friends, the churches, and the -- you know, and programs like -- well, Jake's, I'm not going to say anything bad about Jake's. It's good for people that truly want to quit, but if the courts say, "Well, you have to go, or else," then I really don't think it's going to work. Maybe it will be -- maybe it'll work a couple percent of the time. You know, that's how I feel about it.

Speaker 4: I think I've noticed differences, yeah, in victims. Seem like they get more help now. There's more help for them. They can go somewhere else, and always someone for them to talk to. Before they never used to have all that. And I think the alcoholics, they have more understanding, too, now. They're -- I think it's a good thing. I think it's improving.

Speaker 5: I don't know about the last five years, but, yeah, seem like before if a wife got abused it was -- they never said nothing, they had nobody to go to. They just kind of stuck around where they were, and now they have somebody like SAFE to come to, and people to talk to, so that's a big improvement there. I'm like [name omitted], though. I'm not really around it, so I can't really say anything about the attitudes, but I know that there is help there for people.

And as for the alcohol, I don't think Jake's Place is really helping them that much, either, because they -- like [name omitted] say, they have to want to quit, they have to get the motivation to quit. And I think they should have more classes for the families to understand the drunks. I get all upset when I'm around alcohol. So I think that families should be more educated as to how to help the other family members, but like my nephews, they go in and out, in and out of drinking. They're going to quit, but they never do, so we need more help for alcoholics, I think.

Speaker 6: I don't really be around anymore with abuse and -- but I know a long time ago -- and, see, I'm going to cry, too, because I went through abuse, and there was nothing to go to, and finally they started something here. And I left the guy that I was with, and there was no place to go, and I was very fortunate to have a teacher that was -- she let me stay at her house, me and my youngest son, and then I found a little shack that I stayed in for six years, but I'm really glad that they started the SAFE program because I know it helps victims.

And as with the alcohol problem, I had one son that was in and out of that, and another son that was in and out of that, too, and it didn't help either of them, and then went to another place, too, in Anchorage, and it didn't help them. But it was only through God, God that did that, because me and my sisters prayed, and my one son took a pledge because he heard that his cousin took a pledge, and he hasn't drank for like six years, but my oldest son passed on because of alcoholism. And I'm sorry that I get emotional about this, but I think what they really need to do in this town is address not only the alcohol problem, but the other drugs, heroin and prescription drugs, and I don't know what else, probably cocaine and -- but it's getting worse and worse, you know. They haven't solved this problem that -- there was a lady that was murdered, I think it was due to -- it was drug related, so, you know, we need to address that, and I don't know if anybody is.

Speaker 7: I'll go ahead with the first part of it, and I'll answer that, and then if you don't mind we can do the second part. Yes, I'm directly involved in this program here at SAFE, and what I'm seeing is that women are not trusting, they aren't trusting that we will do something for them. We make no promises, but we do our best, and I think that is a level that the trust comes from. They believe that we honestly will do something, and generally speaking, it comes out for the best, not always, no matter how hard we try.

One of the things that I noticed that is definitely increasing, and all the grandmothers here ought to know this, we are getting more and more homeless women. They have no home. Perhaps later with your questions later we can address the reasoning behind that, but it's become a very big problem. There is not a week that doesn't go by that we don't get at least two calls, at least two, from women who are homeless and want to know if we have room for them. It is very hard to address them that we are not a homeless shelter, but we know the bottom line for their homelessness is perhaps abuse, drug usage, alcoholism, whatever it is. We know that there's a bottom line. There is a reason why they're homeless, and so we have to make judgment calls. We have to ask questions. Is there anyone that you know that can help you, is there anywhere you can stay, is there anything, or are you absolutely without resources, and those are the ladies that we like to help, and, lo and behold, by doing that we get down to the bottom, the real bottom of what's going on.

Yes, I find that the alcoholism issue is addressed by persons, say, over 40, but the use of alcohol in the younger generation, which is far greater than the older grid, are -- it's increasing. It's self-medicating, and, of course, there are reasons why people self-medicate. There's a bottom line to everything.

Speaker 8: I think I'd better do the alcohol last, since I'm more educated on that one. I'll do the abuse first. The abuse, I think the abuse has been -- I see SAFE as our primary helper in Dillingham for ladies of any kind of domestic violence. SAFE has been a prime place for women to go when they need any kind of help for anything. SAFE has always been an advocate

for ladies of abuse, so when I worked at Jake’s Place we have always -- we’ve always referred ladies here, and we work well with SAFE, and we have ladies coming out there, too.

I’ll tell you what my field was before I came -- before I became a foster parent. I’m a clinical director for substance abuse, okay? And you’re going to find what I have to say kind of disturbing, maybe, because there is no -- in this town there is no education for young people to address their issues about when, and how, and why to drink. There is no education for them to address family issues of drinking, and there is no education to -- for young people to address, “Is it okay to have a glass of wine at dinnertime, and just forget about it?” Nobody teaches these young people how to drink, or what’s okay to drink. They don’t get an education on how to do that.

The Western society does that very well, but they’re primarily alcoholics at the age of 40. Research has shown over and over again that Alaska Natives are alcoholics at the age of 20 when they start at 15, okay? That’s the bottom line. Western society is alcoholics at the age of 40 if they start at the age of 15, a glass of wine with dinner. We have not come up with a system to teach our young people what’s okay to drink, when it’s okay to drink, and how it’s okay to drink. We drink in front of them and we get drunk, and they think that’s the way it’s supposed to be done, and it’s our fault. It’s our fault. Nobody else’s. Bottom line. We have to come up with a way to change that. If we don’t do it, it’s going to get worse.

Have you or someone in your family been involved in any of these CANDU supported programs?

	Speaker 1	Speaker 2	Speaker 3	Speaker 4	Speaker 5	Speaker 6	Speaker 7	Speaker 8	Speaker 9	Speaker 10
a. Rural Providers Conference	No	No	No	No	Maybe	No	Yes	No		
b. Beauty for Ashes	No	No	No	No	My son probably would say Yes	Yes	Yes	No		
c. Peer Tutoring	No	No	No	No	Yes	Yes	Yes	No		
d. Culture Camp/Summer youth services	No	Maybe	Yes	I believe I went to their conference. They have that at the school. I don’t know if they	No	Yes	Yes	No		

				called that "involved" or not.						
e. Community mural projects -- The Fish project	No	No	No	No	Yes	Yes	Yes	No		
f. Bristol Bay Wellness Program	No	No	No	No	No	Yes	Yes	No		
g. Choose Respect March	No	No	No	No	Yes	Yes	Yes	No		
h. Community Justice Alliance	No	No	No	No	No/Then again maybe	Yes	Yes	No		
i. CANDU organizational meetings	No	No	No	No	Maybe	No	Yes	No		
j. SISTR's	Yes	No	No	Kind of in the cave, I guess.	No	Yes Definitely, I'm the one who makes their good food	Yes	No		

Do you think more people in Dillingham now are more likely to seek help than they were five years ago or are more aware of resources available to them?

If so, why do you think that is and what has caused those changes? If not, what are the problems?

Speaker 1: Yes. Just I think the hard work of the people that are providing these services and getting out to these people that need them. That's one of the main things that -- how they become more aware of the services is by, you know, the people that work here or at Jake's or --

Facilitator: Getting the word out.

Speaker 1: Yeah.

Speaker 2: Yes. I think they just see -- know that there's more help for them than just doing nothing.

Speaker 3: Absolutely. Because SAFE is here, and they all know about it, and I think they know they can come here.

Speaker 4: Yes. The same thing as [name omitted]. They're aware of all the services.

Speaker 5: Definitely, yes. I believe that the interagency cooperation has created much more awareness and referrals.

Speaker 6: I believe that, like I said, SAFE is an advocate for domestic violence and sexual assault, so I think women will come to SAFE. Good. As far as substance abuse goes, it's going to always be a court order until the young people -- something's put in place for the -- to where the young people can go and say, "You know something, I need to talk to somebody about how to do this or when to do this, or how much can I do this, how much can I do before I get in trouble?" We need to put something in place for the young people about that, you know, because peer pressure's killing them.

Speaker 7: What kind of help are we talking about?

Facilitator: Well, the question didn't define it, but --

Speaker 7: Well, it depends on what kind of help --

Facilitator: Whatever -- just problems.

Speaker 7: -- you're talking about. I know for the university -- people taking classes at the university there is a lot more BBADC financing for classes now, which probably makes it easier for students to attend and get their education, so they're able to promote themselves and have jobs that they can work at, instead of just having to bum around, whatever, but I don't know anything about SAFE. I mean, people can call 911 as well as SAFE if they are really in a bad situation, but I am pleased that BBADC has done so much for the community.

Speaker 8: Well, definitely there are more resources, and people are aware of them. I believe that abused women particularly are more apt to come forward these days than in the past, because in the past it was so hush-hush and kept under wraps that I think that every abused woman believed that she was the only one and that she was unique, and maybe she deserved it, and for those who did reach out to maybe family or friends and got a negative response, just

reaffirmed -- and so now that's not the case. Women are being made aware that this is prevalent, and they're not the only one, and it's not right.

Speaker ?: I think -- I know you said don't talk anymore. Okay. I think that a lot of the abuse has to do with alcohol, though. I really do, or drugs. I've seen it close up.

Have you noticed any changes in the ways in which agencies in Dillingham are dealing with or serving people affected by violence and/or abuse?

What, if any, specific changes have you noticed?

Speaker 1: I haven't really noticed.

Speaker 2: That's kind of a hard question to answer. Yeah, because I'm not -- yeah. No.

Speaker 3: Well, I am very thankful for SAFE. They had -- I was in -- when I had to leave my partner I called this woman, and she was at the cop station, and she couldn't help me. All she did was get a court order to get my stuff out of there, and it was the teachers that got together and moved me and all that, and there was no help for me mentally or -- you know. But -- and this is a very big improvement. This was in -- you know, in the '80s, and it's a really big improvement. So I am very thankful for SAFE, that it helps people, many people.

Speaker 4: The changes that have been made, it was started prior to five years ago, but in the last five years has become much more organized, and much -- there is a program here, and it's called SART, and it's a Sexual Abuse Response Team, and in my opinion it's one of the greatest programs that SAFE has to offer a woman who has been a victim of sexual abuse, rape, violence of any kind. The people are on that team, there's a police officer, a nurse who has been specifically trained to treat persons of rape or sexual violence, the advocate -- and, by the way, we don't always get called to these. It is up to the victim whether they want an advocate there to advocate for them or not. When we are called the response is immediate. The police generally call us and say, "You are requested to be at the hospital. We have -- SART has been initiated." So as a team these people go and try and help someone in that, and it's -- oh, when I first started this the -- it's wonderful now. So that is an interagency thing that has worked out very well, I think.

As far as interagencies in alcoholism, yes, I understand that most of the people up at, say, Jake's are court ordered. My opinion, and my opinion only, that's however long their term is, they're not drinking, and somewhere down the road someone like [name omitted] is going -- the little light's going to go on, maybe, and, yes, it's true they are the ones who have to stop drinking, but it's people like [name omitted], like the courts, that get to them, and somewhere down the road maybe the light bulb goes off, yep, I love the interagency things.

Speaker 5: In the last five years SAFE has been very -- as far as I'm concerned, and as far as I know, every time I've referred somebody to SAFE they've been a very good advocate. So I've always felt good about referring people to SAFE because I know it's a safe place for the client, and before SAFE came along there was nothing, so -- and the last five years, you know, I just have to congratulate SAFE for keeping up the good work.

Speaker 6: I really can't say that I have. I've been retired for 10 years, and I've been paying attention to my husband and grandkids, and -- nine grandkids, so -- I wish there were more education for young people in the schools. Back in the '70s they had -- King Salmon TV had real graphic ads about people coming into the ER with drug problems, and they'd show them actually on the stretcher, and some people would be dying and stuff, and I remember our kids used to sit and be glued to that, not that it helped them, but it put -- it'll -- I mean, you got to be realistic with these kids, and, you know, show them the ones of a dead smoker. Be graphic.

Speaker ?: Well, in the '80s and '90s they had kit -- State of Alaska kits. The teachers talked to them about alcoholism and drugs and marijuana, '80s and '90s, and probably the funding went out, you know.

Speaker ?: Yeah.

Facilitator: I'm going to keep going around, just -- but keep those thoughts, because that's really important, and we'll -- we're going to get to a question that more specifically addresses that.

Speaker 7: I'm not sure that the group that I'm going to refer to is called an agency, but it's the local Dillingham Police Department. I think that they've gone way downhill, and I have heard instances, been closely associated with people who have instances where the police were much less than professional, caused a lot of harm to citizens who were minding their own business, more or less. I think that they -- the police department needs to be very, very careful about who they hire, that the persons they hire have the proper amount of training, because a couple of these instances were young recruits that, as far as I know, didn't have any training, or if they did, it was very brief, and I think that all police department personnel should be trained in how to be gentle and compassionate. I know that they meet people who are combative and they have to use, you know, force, restraint. I understand that, but people are not acting out or doing anything, they need to be treated with respect and compassion. That's all.

Speaker 8: Well, first, I've been working at Grandma's House as the administrator for six, seven years, and over the years I've been in contact with some of SAFE's clients, or whatever you -- residents, and I've noticed that SAFE has become more patient and supportive to the ladies here. When I say "supportive," I'm involved because I hire some of those ladies, you know, as a support thing, so I'm kind of on the sidelines, and I'll give them -- you know, at first they start out as maybe a call-in, and then I see potential, and I see that they're really staying sober, and they're really gung-ho about their futures, and then I go with them. You know, it's just -- and I make sure they work, that they have a permanent position. I'll switch them to a permanent position, you know, when I -- after a certain time that they're doing so well, and they're responsible, and they're -- and they really want to make something of themselves, then I -- and that's when I kick in.

Compared to five years ago have you seen positive changes in the relationships between youth and elders in Dillingham?

If yes, what has influenced this? If not, what can be done?

Speaker 1: Well, they have that AFN youth and elders conference, and I haven't been there, but I know about it, and they used to have lunch program to mix elders with the youth, but I don't

think they have that anymore, and once in a while they'll bring the little kids over to the senior center, bring us Valentines on Valentine's Day or do a little Native dancing for us, so --

Maybe they just have to figure out some more activities where they can get together and help each other. Sorry.

Speaker 2: Well, the summer youth program started this -- I think maybe about five years ago, where they give elders -- they have an elders night where they give elders all the things that they made in the summer, frozen fish, smoked salmon, canned fish, and that brings the young kids and the older people together, and all the things that happened that [name omitted] said, like they had like a lunch program and -- where they invited -- it was individual teachers, and the -- like for one thing, [name omitted], she had a grandma's -- a Grandparents' Day, and the grandparents went to the school. But no one I don't think is aware of that or they have too much to do or -- you know, but it should be brought back, those kind of things, and it should be addressed maybe to the school board to have like a Grandparents' Day, because they have a Secretaries' Day, and a Principal's Day, you know, so why not a Grandparents' Day?

Speaker 3: Well, first of all, the influences is we're not old anymore. We're not. We are the -- 60 is the -- now the 40, and we interact with our children much more because we're not all crippled up, and we're not all sick, and we're not elderly. We're not -- that's a big thing with children when they see someone they'll -- they don't look at you, they look at some of the -- my daughter did it the other day. She's 21, and she said, "Wow, is she old!" And I looked at her, and then I looked at the person, and then I thought about people in our age group, and she was old. And we no longer say to ourselves, I don't think we do, do we say, "Man, I'm really feeling old today"? We look at ourselves in the mirror, we get up, we know we're aging, but, boy, I'm telling you, have you guys got spirit or what?

Every woman that's in here, every one of you are so good with your children, your grandchildren, and their friends, and don't be afraid to let them come in your house. And, I mean, I've got kids that come to my house and they don't say Grandma, they'll say [name omitted] got cookies, and they know it, and they come in here, and we talk, and they go and get videos. They play the Wii. "Are you going to come play with us?" They ask me if I want to come play with them. So that's the difference. We are not old anymore. We're not. We're a different generation than a generation ago. We're much younger, we're much more active, and those kids see that, so don't be afraid to get out there and --

Speaker ?: Boogie.

Speaker 3: Yeah. My hip might hurt when I get through, but I'm going to go out there and do it because my grandchildren ask me if I'm going to come out and go biking with them, and the last thing I want to do is go uphill and bike, but I do it, and if I have to, I get off the bike and walk up the hill, not bike up there, but that's the difference I see.

Speaker 4: Well, when I moved here in 2000 there was a lot going on between youth and elders. There were -- there was weekly stuff going on between youth and elders, because I took place in it, my -- with my daughter, I take my baby to -- you know, to events, and it's disintegrated over the years. So like she said, it needs to be brought back. Things need to come back. We need to do weekly stuff with our youth and elders, and not just our little kids and

elders, but our teenagers and elders. The teenagers are the ones that really need to sit down and hear the stories. They need to hear the stories. You know, a story day in school with an elder would be so cool once a week. Once a week. You know, that would be so cool. I mean, something, you know. I don't know, but something. Yeah.

Sookdu [ph], we call them Sookdu in my language. It's stories of life that I tell my kids in my language, because I'm fluent in my language. I'm Dena'ina, I'm Kenaitze Indian, and I'm the only misplaced Indian in Dillingham, but that's okay. And I tell my kids stories in my language. My kids understand me. They don't speak it, but they understand me, so -- I have been invited over to Kenai to teach my language, and I'm probably going to take them up on it, so --

Speaker 5: I can't say that I have noticed. I'm not in a situation like [name omitted] in the school where she really does have a finger on what's going on. I do know back when our kids were young the elders were -- people like Bill Minor and whoever, they did the Easter egg hunt, you know, and they -- who else was the big guys that were out there doing Easter egg hunt? There was Jordan, Jack Jordan. Yeah, they were old guys, and the kids just -- they really -- it was a big deal, man, and they'd get together then, but I think each of us has a duty to tell our grandkids as many stories as we can, examples of how you nearly died doing something or other. I'm constantly lecturing about things to the grandkids, and I think we older people need to do that, make yourself look like a fool, I do, and I tell them I don't care what anybody thinks of me, I'm going to tell you the truth, you know. So if you make the same mistake, you could get an arm cut off or die or whatever, but be careful.

My -- this is really dirty, and I hope you guys don't take -- I don't care. You don't think -- at Thanksgiving time my daughter was doing a turkey. She was taking the stuff out, and then the little girls came over, and they said, "What's that?" It was a turkey neck. [Name omitted] said -- well, you can imagine what she -- she went on to explain about -- it was a proper teaching time, so --

Speaker 6: That's drawing the generations together. I don't think that I have personally noticed a difference in relationships, not in our family. We have Wednesday night family dinner, and everybody comes to our house every Wednesday, and we have from -- my husband and I -- over 80 down to the smallest one, she just learned to walk, and is a great-granddaughter, and we -- last week we were playing Candyland game and Forest Friends, so we play with the little ones as well. I wish there was more of that going on, because it's a wonderful thing. However, we do have teenagers, I have teenage grandchildren, and it scares me to death because of the drugs that have come into this community. The black tar heroin, that scares me to death, and I don't know of an answer to what could be done, but something needs to be done to get elders, my -- like myself, parents like my kids, parents like my grandkids, great-grandkids together so they can talk about this.

Speaker ?: And not be ashamed.

Speaker 6: Yeah.

Speaker ?: To just say (inaudible).

Speaker 6: And talk about it, and just let them know, we know about it, we know it's happening, here's the danger, come to me if you need me.

Speaker ?: We won't judge you.

Speaker 7: Well, one -- I just was laughing at [name omitted] comment. I -- and I just want to say one positive thing would be don't hit them with the turkey neck.

Speaker 5: (Inaudible) turkey neck (inaudible).

Speaker 7: That's so funny. But, anyway, relationships between the elders and youth in general, I'm going to say me and my grandchildren, great-grandchildren, the positive thing about that is I opened up. I'm not ashamed to say I did this, I did that, and I tell them the consequences, I tell them what I've been through, and I more or less warn them, you know, and I'm not -- sometimes I'm not too nice about it, and, you know, the reason I do that is because when I was growing up the elders didn't tell me anything. I learned the hard way, and, you know, it kind of ticked me off that my own -- you know, I'm not speaking evil against my mother or my dad, but they didn't tell me anything, and so what I want to pass on to my grandchildren, great-grandchildren is the ability to be open and honest about yourself. You tell them what you've been through, and let them learn for it -- learn from it from their choices. You know, if it's a good one, they'll learn a good -- you know, good out of it. If it's bad, then it'll be bad, but they'll -- either way they'll learn about it. They'll learn from what they've -- what they chose -- they're choosing to do, and the consequences, and it's a learning experience right up until our age right now for us young people, you know, and --

Speaker ?: When we stop learning we're in trouble.

Speaker 7: Yeah, so it's important to share your lives with your grandchildren, your great-grandchildren. Don't keep anything secret, but there's still some things that are better left alone, left unsaid, you know. There are certain things in our lives that it's just best not to say anything. We know what to say.

Speaker 8: I was gone for a while, yeah, but since about five years ago I noticed that they didn't have that senior thing, you know, with the free fish thing. They brought all that stuff. I thought that was neat, and then to me they're getting more together than when I lived here, so --

Compared to five years ago have you observed or experienced an increase in tribal presence and Alaska Native cultural influences in Dillingham?

If yes, what do you think has influenced these changes? If no, what can be done?

Speaker 1: I don't know what you mean by "tribal."

Facilitator: More from maybe some of the tribal organizations, some of the like cultural things. Someone mentioned earlier -- tribal influence, like maybe more from any of the tribal organizations or the Native corporation or more cultural --

Speaker ?: Having to do with --

Facilitator: Well, in some ways just having to do with anything. I mean, are they out there more in terms of helping the communities. I guess it's more the healthy communities or influencing things with violence, with sexual assault, or alcohol, or any of the kinds of things that we've been talking about. Are they more involved than they used to be.

Speaker 1: I really don't know, but I know BBNA has organizations, and, you know, like a social services program, general assistance, and all that, which has always been there, and they do help people that are needy, and then there's a social worker down at the hospital, and -- but it hasn't changed over all these years, so --

Facilitator: It's about the same as it's been --

Speaker 1: Uh-huh.

Facilitator: -- in your opinion.

Speaker 1: I know I'm very bugged about not being able to go to the Beauty for Ashes. They -- BBNA keeps it in-house, and I think that's really wrong.

Speaker ?: What is it?

Speaker 1: It's talking about abuse and how to deal with it, and -- [name omitted], yeah, then she gets her relatives to go, too. I know somebody from our church goes all the time, but I think, gee, why can't we do that, too.

Speaker 2: Cultural influences have definitely stepped up. They're starting to step up to the plate, and I see more activity culturally. [Name omitted] is probably a icon as far as the bird world is concerned. [Name omitted] teaches canning. She has taught all kinds of things. So hats off to you. That's a cultural thing. And the university has been trying to develop cultural things, hat sewing, kuspuks, basket weaving. It has definitely in the last five years moved up. It can be a lot more. I mean, it can be. I am not Yupik. I have an Indian background, but it's a Lower 48 Indian, and if they could do some of the things that are happening up here down there, they would have less alcoholism, and all the things that go on, but that's neither here nor there.

Now, what's the second part of -- yes, definitely, tribal, because -- oh, and sexual violence, yes, we -- and they help also with adoptions, and placing tribal homes, yes.

Speaker ?: [Inaudible].

Speaker 2: Right. Yes, ma'am. So that's what I see.

Speaker 3: As far as tribes are concerned, there's about three or four tribes here in this town. The tribes have more power than they know, and that's just my observation. They haven't stepped up to the plate yet where our biggest concern is, and that's substance abuse. They could all step up to the plate. They could all have a substance abuse treatment center in Dillingham or in one of their towns, or whatever. I don't care where. All they got to do is have a grant writer. They could start helping their people in their own cultural ways. They don't have to have a house to send them to. They could treat them right in their own homes, in their own villages, in their own -- right where they're at. That's what needs to be done.

We need to treat our people right where they're at, with their families. We can't be bringing them over to Jake's Place, and then sending them back to the same environment they're in. That's not going to work. It'll never work. It never has, and it never will. They need to be treated right in their own home, and that's where the tribes need to step up and say, okay, let's start doing this. Let's get somebody in our tribe, let's get a substance abuse person in our tribe,

write a grant for them, and let them hire some people to get out there and start doing this, going off to the homes and talking to them, seeing what we can do for these families. See how they drink, what are their drinking patterns, see how we can help them change that.

Maybe we have to send so-and-so someplace for a little while, and let him come back, and come back to a different family, come back to somebody who's changed. Keep talking with that family, see what to expect when that other person comes back, and see if we can help them grow. Maybe we can't, but we could sure give it a good try, because we -- to extract somebody out of a home and have them come back to the same environment, when that person comes back to that same environment everything just turns back, the clock turns back. They're back in the same environment, they're going to start doing the same things all over again, and it just makes common sense.

Now, the tribes can take a hand in that, and say, okay, they could be little programs all over the place for their people, for each tribe's people, you know, and have somebody working in their own communities, train somebody in their own communities to help each other, to help their own people. They're all -- it would be culturally relevant. They could have their groups in their steam baths. They could hold groups in their steam baths. They could hold groups wherever they want to hold groups, men's groups, ladies' groups, whatever, but they -- it can be done. That -- that's been my dream for a long time for Dillingham. I tried to do that when I was out at Jake's Place. They hired Jim Newman (ph), and he got rid of me, so, yeah, didn't work.

Speaker 4: Well, not being a recipient of any services of tribal anything, I was usually the only white kid growing up, and I got made fun of. Me and Johnny Whatever up in -- he's -- I think he's dead now. He was retarded when -- kids can be mean. So, I mean, you guys probably don't understand that because you were never the only white kid in a community, but kids were nice most of the time.

What I see is the guys that are getting the big bucks for being the tribal leaders are the ones you hear about in the newspapers. They -- but you don't see that trickling down to the members so much as you do the high-paid chiefs or whatever. You know, like let's say I'm not -- let's not even pick on people. Who's head of Choggiung? What happens for the recipients of that? Okay, they got rid of Snake Lake renters. Now it's just going downhill. It's -- that was a bummer. I mean, let's get the recipients of the tribes powerful. As you said, efforts. They have a lot of power, and they have a lot more than they're using, and they have more influence of the lower people in the organizations to be able to tell that guy on top this is wrong or right. What do I know? Nothing.

Speaker 5: Well, as for tribal presence, I think that we see that in BBNA and BBAHC, and even the BBEDC, because that has to do with the coastal quotas, but what I really notice in Dillingham is that the Native dancing came back in my time. When I first came here there was no Native dancing, and it was frowned on, and it's come back, and it's wonderful, and it's beautiful. I love culture camp. I think that is one of the most wonderful things, and I believe that -- and I do believe that the night for the elders when all the food is given away, I believe that's -- the culture camp kids are the ones that put up all that food, and the children stand behind the table where all the food is that they helped make, and then they bring it in bags to elderly people sitting at their tables one by one, and the children, little kids even, all size kids, and they

seem so proud to be giving, and giving to the elders is such a Native thing, and I love it. I think that -- I think it's wonderful. I think the cultural thing is alive and well in Dillingham.

Speaker 6: A little, and I say that because I haven't been the type of person to go out and be involved. I'm a homebody, and, you know, and that's not good. I just stay home, and I do my work, and I don't go to tribal meetings, I don't go here, I don't go there, so that's my fault for not being aware of, you know, what the tribals people are achieving, but I know they aren't against helping their people, their -- the youth, and like I know -- I was thinking about your comment about getting picked on because they thought you were white. Well, I'm a half-breed, and I get it from both sides, you know. Some Natives think I'm white, so they look down on, and some white people, it's usually, "Oh, she's a Native," you know, and they -- and so I get it from both sides at times, and, anyway, [name omitted], I've known her, you know, ever since I was a little girl, and I always through she was a Native from here in Dillingham. I always thought you were.

But, you know, I'd like to become more involved, and what [name omitted] was saying was about doing things in the village, you know, as far as alcohol abuse, and I remember 30 years ago I was -- had my first treatment over there at Clitheroe, that Reflections -- I don't know if you guys -- you probably -- anyway, I was there for 30 days, and I took my little girls with me, and they stayed with my cousin. She watched them. And I had told them I'm over here for training, and for years that's what they thought I was over there for, and I finally said, "You know what," you know. They said, "Geez, Mom, we didn't know that. We thought you were at training," but I said, "No, I was in alcohol treatment," and I did -- yeah. And I -- you know, and that's where I learned to -- you know, you got to be open and honest with your kids, too, not only your grandkids, but -- I'm going off the subject and forgetting the question.

But, you know, after that I went back to the village, and I started an -- AA meetings in my house, and a few people came for a while, and we'd just go -- and I'd go through the motions of what I learned being in treatment. So just two or three of us would say, "Okay, I'm [name omitted], and I'm an alcoholic," because there's just a couple of us there, but still, and then I provided coffee and snacks, and just like elsewhere, I had a coffee can with a slit on the cover, and I said this is a coffee deal, you can put money in it if you want to help with coffee and whatever, even though I didn't need to. I just thought it would be a good idea, but, anyway, it didn't last too long. We started out three or four people, and then there was just two of us, and then there was just me. I said, "Well, okay, you know, I tried," and -- but it's a matter of everybody making an effort, you know? There's -- you can always do more, and I'm guilty of not making enough effort, you know, to be involved in this community, only because I'm buried in my own world, you know. Yeah, my own little, "Oh, I got to do this, do that."

Speaker 7: Yes, I think there's more influence. You read more about it. They're always sending us letters, newsletters, and they have all kind of stuff in there. I mean, I think they're more aware of everything that's going on, and I think they are trying to help.

Speaker 8: Yeah, tribal influence, they've helped me out a lot this last couple years, because they -- Curyung Tribal Council has a renovation project, and I finally retired, finally qualify for things, you know, without working my butt off to get anything. Anyway, I qualified for housing renovation, so the -- Curyung did a lot to help fix up my house, and so did HUD when I inherited my mom's house. So I saw a lot from Curyung Tribal Council.

And then we have tribal court here. I don't -- I'm -- I haven't gone, I don't know what they're doing. I think they're handling just adoption case. I'm hoping they would go into young kids' courts, like -- seem like they'll throw the book at some young kid, and when they have them arrested they keep after them. You know, if the tribal courts could get involved to help some of our local youth, maybe put them work, do something else for their punishment, rather than go to jail and start thinking jails are home, you know, and I think they need to get more active in that area.

As for culture, I think we have a lot of culture here. People are into subsistence, into hunting, into berry picking. It's something we can't live without, our fish, and the canning, and learning about canning, and -- just Alaska's one big culture for us, for me, and I think they're trying to keep it alive. They're trying to keep out the mining and that sort of thing, so -- I don't know what else to say.

Compared to five years ago, do you feel safer and more hopeful living in Dillingham? Why, or why not?

Speaker 1: I'm sorry if I'm taking some time, but involved in this, I'm trying to come from a personal perspective. I'm a very strong person, and have -- take measures on my own for family and personal safety. This is a real personal perspective. The community is much safer as far as SAFE is concerned, and our elders are being taken care of like they should be, and being respected, and kept safe, and I'm not talking from violence or anything. I'm talking about falling, not taking care of personal hygiene, that sort of -- they're much safer.

On a personal perspective, I live out of town quite a ways, and I have a feeling about police department response. They respond very well many things, but if you live a way out, my personal opinion is that a person better be prepared and take care of yourself, because the time lapse between the response and what's actually going on, it's pretty lengthy, and I'm telling you this from experience. If you have -- did you want to elaborate a little bit more or --

Facilitator: Well, just I think what I'm hearing you say is that you don't necessarily feel safer because of living out of Dillingham --

Speaker 1: My personal experience.

Facilitator: -- but the police --

Speaker 1: Yes.

Facilitator: -- have lapsed.

Speaker 1: But as far as being in a community, much safer.

Speaker 2: No. Yeah. My personal -- I'm a single woman now, so I feel a lot less safe. I've called the police three times to my residence in the last five years, and they were very long in coming. I live on Airport Road, and a lot of drunks walk by, and they know I'm a single woman living by myself, and they just come up to my door, and pound and holler, and want to use my phone, and I'll call the cops, and they take forever to answer. So since my husband is --

husband's died that's happened about five times, and it's always in the summertime when all the riffraff is here, so I have to say no.

Facilitator: So police response time, too, is a factor in that.

Speaker 3: I've never really been afraid living here. The culture of our area -- without somebody being high on drugs or crazy, whacked-out with alcohol, the culture is very gentle and forgiving, actually. I do lock my door at night ever since years ago a lady who was pretty darn drunk came into the house and tried to give me her kid, but I knew she'd want the kid back, and then if they'd had SAFE then she could have brought him here.

We do have a known drug dealer down our driveway, and we get a lot of -- there was -- before I think the cops may have put a little pressure on him, there was traffic up and down constantly, and they know about it, but I guess nobody wants to wear a wire and buy drugs. I don't know. The person who's the supposed seller is a very nice person, actually. And ever since that lady got murdered and nobody said who murdered her, I mean, that's kind of weird. You know, for a while I was thinking, man, hope there's not a murdered loose on the -- loose, but people have to get on an airplane to get out of here, and if you do something bad, you know, you're going to get caught at the airport pretty quick, so I think we're lucky, way luckier than people in Anchorage, big cities. I wouldn't want to live there for anything.

Speaker 4: Definitely not. The night that the woman was murdered we got a call saying, "Mom, lock your door. You -- that place is too close to you." Wintertime, you know, they could take the snow machine trail. And we got up and locked our door for the first time in 43 years, and later on we hear a knock on the door, and we go to -- it was our son, and he says, "Gee whiz, I tried to get in the front door, I tried to get in the back door, and now I'm -- what's going on? How come you guys locked the door?" And then we told him what had happened. He was unaware. That is too scary, and the fact that they've never arrested anyone, too scary. What's going on? I don't know. That's too scary.

The other thing that scares me is it was drug related. That person it was reputed to be a major drug dealer in this town, and so we know the drugs are here, and we know that the drugs have brought violence with them, and we know that we have curious, young people in our town, even in our families. This is scary. So the absolute truth is no, do not feel safer, not for myself, not for the next generation.

Speaker 5: No, because the way it's going with the young people, they're losing -- they've lost respect. They don't care who they hurt. They don't care what they say. They don't care what they have to do to get what they want, and that includes abusing their parents, their grandparents, their -- everybody that -- their family, and then, no, I don't feel safer. Like [name omitted] said, oh, down at Grandma's House I've had -- I've been locking my door, and I haven't all this time I've been there, and I keep a closer eye on the elders. I do my rounds, could be after midnight. I make sure doors are locked. If I see anybody wandering around out there, I -- I'd actually go out there and say, "Hey, you're trespassing. If you don't leave right now, I'm calling the police," and they'd leave, and I've caught a couple guys sitting in an entryway, sitting there sleeping because they had no place to go.

And I don't know, it just -- you know, it's not that the police aren't doing anything about the murder of -- you know, she was my cousin, and I know it was drug related, and it's just that they don't want to say too much about it because it'll get back to the -- to whoever is guilty of doing this, and then they'll -- that'll be their warning. It'll be like they're going to use that information to their own benefit to try to get away with it, so it's best to keep quiet about it, but we'll know about it sooner or later, you know, who it is, but in the meantime I'm going to keep my door locked. I've had [name omitted] take my -- I had a .44 pistol under my bed, and I'm not afraid to use it if I have to, but I told her to get it away from me because I know what involves in having a gun on you, and I've thought about getting a permit to pack one, but, hey, if you're going to get a permit to pack a gun, you'd better plan on using it. I learned that in general law enforcement course that I took, and I don't tell many people about this, and I won't hesitate to work with the police, you know, and I know what to do. I -- one thing I won't do right now is pack a gun, because I'm afraid I might kill somebody, you know. It's just something I'd have to do, but I'd hate to do it, but, you know, better them dead than me or an elder, you know, or somebody else.

But, no, I don't feel safe here anymore, and it's -- and the village, it's getting harder to be safe, too. When I go home the -- for end of May or June my doors are going to be locked, and I'm going to keep that Beware of Dog sign that's been on my door for years, even though we haven't had a dog, and -- but I do have one now. She's a big Malamute, and she looks scary. She has those wolf eyes, and if she'd just greet you at the door that's enough to stop anybody in their tracks, even though she doesn't bite, but I'm not going to tell anybody that.

Anyway, no, I don't feel safe here because of the things that are happening. Things are getting worse and worse. The young people are getting just out of hand. There -- there's no respect. There's no -- you know, they'll think nothing of probably knocking you to the ground, and it wouldn't even bother them right now because of the -- what the drugs and alcohol are doing to their minds.

Speaker 6: Not really. I live in senior apartments, and I think it's pretty safe there, but after what happened to this lady it's scary. None of my kids live in Dillingham, but my sons call me and told me, "Mom, you'd better keep your doors locked because people that are on those drugs, they're crazy. They'll do anything. Just be careful." So not as safe, yeah.

Speaker 7: Well, I always take precautions, so I don't know if I -- like when I was out at the dome by myself I'd lock the door, and I'd get my gun because the kids would drive across on the flats with their trucks. I could hear them partying, and shoveling, and I don't know if they're on drugs, you know, and I'm thinking if they knock on my door, I'm not answering, you know. So - - and then I moved up to Mom's house, and I lock both doors to be safe, and I'm not really scared because I know I have it locked up, except one morning I couldn't believe myself. I couldn't find my keys. Where were they? Dangling on the doorknob.

And just a week before that some guy was trying to get into my house at 1:00 in the morning. I was washing dishes, and I heard noise. I looked out. Somebody with a hood on, and he was trying my door, and it didn't open, so I ran into the bathroom, and he went to my car and tried to open my car door, but I lock my car door, too, before I go to bed. So I'm glad it wasn't that night I left my keys in the door. But, yeah, it's a little bit frightening to know what's going on and how desperate people could be, and how this drug and alcohol could change people, and get

them crazy. So I think we need to get to the root of it all and try to get help for those people that are hooked on the bad things.

Speaker 8: No, I don't, and I lock my door as soon as I get home from school, and my sister -- if somebody comes to visit me they have to knock really loud, and I -- my son came, and he said, "Well, you'd better -- you lock your door." And I said, "I have your gun in there. It's a .22." He looked at me and he said, "Mom, [name omitted] traded with me. It has no" -- you know the place? It's just a shell. So I said, "Well, I'll just keep my door locked." And it's scary, you know, because I live at HUD. The other night there were -- I heard loud banging, and my neighbors were shooting fireworks, and I was going to call the cops, but it was raining, and I decided not to. Seems like I'm always calling the cops, you know, because I used to have someone across the street that partied all the time, and they didn't do anything about it. She was a young girl, you know, underage. Now I have two people that are drinking all the time, so just keep my door locked.

In the last five years, have you seen or experienced a growing number of men and boys taking active roles in ending violence?

If yes, what do you think has helped changed attitudes? If no, what can be done?

Speaker 1: No. Aside from professional people, no. No lay people. So -- yeah. No.

Speaker 2: The only thing I've seen that's visual has been these posters around town of men that are against violence, and, of course, you look and see the faces, I've never been treated violently by a man, so -- and, I mean, what are they going to do? I don't know. That's not for me to judge other people, either.

Speaker 3: No, I have not seen involvement regarding men and boys in decrease in violence.

Speaker 4: Maybe in the older ones, but we don't know what they do behind closed doors, either, and maybe they're still the same, you know. I don't know. Out in public they seem pretty nice, but, you know, hard to tell unless, you know, you could see happiness in their partners or their wives or whatever, you know, if they look comfortable, you know, not bruises, but then again, that's -- that might not be true that they've having a good life at home.

You know, it's like way back then we kept everything secret, you know. I was abused. I didn't say anything. He never had to go to jail. I'm not talking about [name omitted]. I'm talking about my very first husband, and I used to spend all night pacing around, looking out the window, waiting for him to come home so I could be ready to get beat up, so I'll know what to do, and -- but that's past. You know, he -- you know, lately I've been hearing the word "karma," and it's getting to be kind of a favorite word, "karma," you know, and -- but -- I know it's not good, but, anyway, I don't know.

You know, I think women should get a little tougher. You know, when I deal with these young people, the guys, and then they walk around, you know, looking big, rough and tough, and when -- and they talk to me, you know, I give them the same attitude back, you know, because I could be, you know, not -- you know what I mean -- that way, and they'll kind of back off with their attitudes to me. You know, sometimes I say, "Hey, I have no problem with turning you in if I have to, or doing whatever. If you hit me, I'll hit you." So I'm -- but if they're really

overbearing and aggressive, then, you know, I'll back off and talk them down, you know. You could, you know, say the right thing to them, and they say, "Oh, okay." You know, you'll see them kind of slump over and, you know, kind of like give up, and --

But I don't know if there's a difference between -- I mean, the men in -- I'm sure there is, you know, with the older ones, but then the older ones continue their abuse, and then the younger ones do it more so for the love of drugs and alcohol, you know. They -- they're more abusive because they want this, they want that. They ask their wives and girlfriends for money. Their -- because their wives and girlfriends are working, and they got their phones, and they got this and that, all from their wives and girlfriends, you know, and they just got a hold on some of the women, and some of the women are -- just don't feel strong enough to take somebody on like that, you know, so they remain quiet, they remain secret, and -- if I hear about it, then, you know, I'll -- of course, I'll support them, but the guys, you know, my attitude will change for the guys, you know. It'll be like, hmm, you know, I won't treat them as well as I did before, even though I know it's wrong to be mean to others, you know, but they aren't going to get any special favors from me if they're eating up their women, abusing their women for the love of drugs and alcohol, you know.

Speaker 5: I think a little bit. I think before you never heard about like men getting abused, too, sexual abuse of men, and then you come to find out, you know, there was a lot of -- and I didn't know anything about it. So I think they are coming out more, and we're finding out more things.

Speaker 6: No.

Speaker 7: Well, I see one poster with J.D. Bennis [ph], and Tommy Tilden [ph], and other people that are -- you know, like are -- well, they're younger than me, that's for sure, but I don't see anything else for men and boys, you know. Maybe this MySpace helps the kids, SAFE does, and -- but I don't see anything else. Yeah. But I tried -- like in school I have a story time. I usually read or tell a story, and a lot of it's scary stories, and then I have Native dancing, and then I let the kids share, not only just girls, the boys share, which most -- it's getting to the point where it's mostly boys sharing things, not only stories, sharing things from their heart, and I'm a grandma, so they relate to me, so, you know, they are -- I don't know how to put it. They feel comfortable with me, so we talk, and it makes kids come as a class they become closer-knit with each other, and I think that there should be something not only for like women, it should be for men, too, because -- you know.

Speaker 8: There -- sure. In say the last five years money is drying up, and a lot of programs that were supported before no longer can be supported because we're losing a lot of our funding, even SAFE is losing a lot of funding, and programs that we used to have no longer exist, and we can't get them back. We had a good men's group that met here, and that money dried up and it went away, and I'm trying to remember, I remember we wore white, it was a white program, and I wish I could remember the whole name of it, but I know it had to do with the good guys here in town that were respectful. That's a word, that respect, and our young people are beginning to learn it again, but it's really slow in the coming, and it's a shame that money is really hard to come by to fund programs, and I notice that even SAFE has been handicapped by the ability to get funds to help out with these programs, and some of our people were extremely good at stretching that money out, and still are.

But I can say this. I honor and respect the guys that are really, really good, because they're out there, and I personally, and I would hope that you guys would do that, if you know a man who's like that, let them know, "I respect you for what you do, I respect you" for whatever, and they can maintain and remember they are still people who are standing up there and showing somebody who is younger how to behave and how to act.

They -- I have been lucky. I adopted two children some time ago besides my other family, and my son, I respect him so much. He's 19 now, and he is just floored when he finds out from his younger friends or his friends that are of equal age and things, when they are disrespectful of women and persons altogether. I got through to one. Maybe only that one, but I think my other four boys are also equally as respectful of persons. My eldest son, whom she knows very well, if he doesn't like somebody, he just leaves them alone. He doesn't want nothing to do with them. He doesn't tell them they're wrong. He doesn't tell them that they're right. He just doesn't have anything to do with them. I can respect that. At least he's not being mean or -- but I think the guys that are really, really good that I see in this town are -- I have the most respect for them. You can see their families are happy, they're functioning, they're doing really well in school. Let them know that they're good guys. They're -- you don't have to put it in those terms, but you can certainly let them know.

Closing Remarks:

Speaker 1: Well, I want to thank [name omitted] for what she's doing in the schools, and what she's done for years. I know my two granddaughters in the school feel so safe with her, and so close to her that they've brought special treats for their classes before, and they've sought her out in her work study place to bring her a treat specially because she's let them express themselves. She's taught the dancing, the cultural thing, and it surprised me when [name omitted] a couple years ago at Brooks Camp we had a bunch of us there, and she taught her -- we -- it was a secret. She showed her older cousin the Native words, and also the dance steps, and so during our final night celebration they got up and did a dance and song that [name omitted] had taught them, and I like what she does. It's just -- and with the boys coming forward now and expressing themselves, so I think wherever you are you can brighten your little corner with the best you can, and I think she's doing that, and I appreciate that.

Speaker 2: And how many years ago was it that you were here?

Speaker 1: Four years.

Speaker 2: Four years ago. Was nice to have seen you then, and it's now to see you now, and I hope I'm still around to see you four years from now.

Speaker 1: I hope so, too. Thank you.

Speaker 3: I've really enjoyed this. It's almost like maybe we should start a group, you know, and all get together like this, and talk and -- a variety of issues, you know. Yeah, deal with a variety of issues, you know, abuse, and alcohol abuse, and drug abuse, you know all kind of things, our concerns for our family members, our hopes, our dreams, and things like that.

Speaker ?: [Inaudible] what she started --

Speaker 3: And --

Speaker ?: -- what you're talking about.

Speaker 3: Who?

Speaker ?: My sister [name omitted], and [name omitted].

Speaker 3: I haven't heard about that.

Speaker ?: We met once because there was only me and someone else there.

Speaker 3: But, anyway, I've really enjoyed this. It's like I got to know everybody a little better, you know, and it's good to see every one of you. I don't hardly get to see you because, like I say, I'm -- you know, I'm a homebody, and I just -- I think I've been working too much. I need to get out more, but I'll be moving to Koliganek, and when you ask if -- you felt safe in Dillingham, was it, or if you feel it's a safer place, well, when I go back to Koliganek the way the young people, the drug and alcohol abuse have escalated, I don't feel safe there, and when I go home I plan to keep my doors locked.

Speaker ?: You know what, even in Koliganek --

Speaker 3: Koliganek, too, you know, there's --

Speaker ?: -- [inaudible].

Speaker 3: That's where -- that's my home.

Speaker ?: I mean --

Speaker 3: I'm moving there.

Speaker ?: -- [inaudible].

Speaker 3: Yeah, I have nothing here.

Speaker ?: [Inaudible] in the village.

Speaker 3: Yeah. He's my brother, half-brother, but, you know, I have no reservations about turning anybody in. When I started out my days as a health aide if there was a family member involved in certain kinds of abuse or child abuse, or if my health aide's family member was involved in something, nothing stopped me from reporting it, even if I got into trouble with family members. I even had a health aide say, "Don't do it. He's my cousin." I said, you know, "Too bad." So, you know, these -- a grandpa and an uncle wound up doing some time, two uncles of this one family, and, you know, and they wound up in jail, and they spent their time, and now, you know --

One other thing, though, I'd like to say is if you hear something, when you say -- or when you hear somebody say "I heard," those are two words I hate, "I heard." Right away I'll -- you know, I'll say, "Well, did you actually see it?" you know. "No, I just heard somebody said" -- well, to me that's the start of rumors that can ruin a person's reputation for life, and it's just not

fair. You don't know the real person, you know, what they've been through, and what they're going through now, and what they've become. That's the main thing, you know, is how they are today, you know. Never mind the past. Don't look at their past, you know, because, you know, with me, I know I've had to live down a reputation since I was 14 years old, you know, and I've done wrong things, and it still follows me. I still live with that, you know. Like, you know, it just -- my reputation was doomed for life, but I think I -- I'm on an uphill climb since -- you know, since the 1980s, being a health aide, then a field coordinator, I trained and supervised health aides for some years, and, you know, traveled to all the villages, and I supervised all the village, but not at once, but I got to know --

Speaker 2: I don't think your reputation was ruined for life, because we don't even know what you're talking about.

Speaker 3: Thank you. Anyway, you know, that's -- I just wanted to share that. You know, everything is possible. Keep going, you know, forward, and keep doing what you're doing, help your family, your friends, you know, your -- that's the way to do it, you know. You'll live better, feel better.

Speaker 4: You're not a lonely person anymore.

Speaker 5: I just think as we're all parents and grandparents, and I think we should just show our love to our kids and our grandkids, and show them respect, and they'll give us respect back.

Speaker 6: Yeah, I agree with that. I think for the elders and the youth that begins at home where you try to build a strong relationship with them, and let them understand how you feel about this and that, and maybe build -- let them grow and build. So I think it starts in the home. And thank you for inviting me.

Speaker 7: Well, when it comes to culture it doesn't start in the home anymore. I mean, I'm talking about our old culture, like Native dancing, and Native foods, and old stories. It has to start from the school, because no one knows the old stories anymore, and I was -- I had a grandma, I had a mom, that knew all the old stories, and I had -- my mom told me all the -- I named every single kid in the school, and if they want to be named, and I used to use her as a resource. I'd say what was so-and-so's mom's name, and I'm going to name them after -- you know, like [name omitted], and I remember those names even now. [Name omitted]'s name was Pocheekok [ph], and I named one of her great-grandkids after her.

You know, so I am very thankful that we have like the bilingual program, and then I put it upon myself the last half hour of the day when everybody's getting ready to go to school -- get ready to go home, I teach five classes a week, five different classes. So I don't know, I -- you know, [name omitted]'s leaving, so I don't know what's going to happen with it. It's probably just going to get -- die down, and then it's -- I'm 71. I'll be retiring pretty soon, so that's going to -- so, you know, I always look at potential people to pass the dances, you know, like [name omitted], she's a good dancer. Yeah. So I just wish that the cultural thing will just stay alive and well.

Speaker 8: Well, I'm not a Native person here in your culture. I've absorbed much. I try my hardest to do as I can to be culturally appropriate, and I like many of the things that culturally happen here. They're adoptable, and keep calling me to go berry picking, and I personally -- I'm

kind of like a sponge. I -- and this is not to -- but I truly am. I try to absorb, and I like -- I've lived in many places, and I adapt very well no matter where I was, because I try to absorb what's going on, and my hat's off to everyone here. I find that the Yupik peoples are a very calm, quiet, reserved persons. They're not when they get loaded, but they are when they're straight, and that's really unique for a Native culture, to be calm and quiet. They go about their business, and don't raise their voice, and they talk -- and I'm a loud, blah, blah, blah, blah, blah type of person.

And so I really enjoyed being here working with everybody, and I can tell you all do not be afraid to call and ask if you have a question for something that pertains to sexual violence or anything. It's not -- don't be embarrassed to ask, because you have no idea the questions we get asked when you're on duty that people want to know about, or the really bad guys, they call you and talk dirty to you on the phone. Oh, yeah. They're out there. They want to rise you up into the -- in fact, I have had several repeaters, and I'll say, "You know, we went through this once before. You know, hang it up. I'm done," and I'll hang up on them. And there's -- you really can't help those people.

But, anyway, if in any way I -- or if I'm doing something inappropriate, culturally inappropriate, it's not because I don't want to do it, it's because I don't know. So -- and you won't -- no retributions from me. If you say, [name omitted], that's not appropriate, so be it. I've learned something.

Speaker 8: I don't really have anything else.

Facilitator: Nothing else to share?

Speaker 8: No, just that I've always been very passionate with substance abuse treatment, and I don't know why they even call it treatment. They should call it substance abuse education when they send people to a facility. "I'm sending you for education about the disease that you're experiencing," because it's not a treatment. It's an education. The treatment comes when the person decides that they want help. Then that's when the treatment's going to kick in. Before then it will not kick in, and that's what people have -- need to understand. I mean, that's what the families need to understand, too. We're going to give them the education, and hopefully he's going to want the treatment, or she's going to want the treatment, and if they don't, what we can do is give them the education about it, and they can make up their mind. Simple as that.

And that's what -- I really tried that approach here in Dillingham when I was working here, but other people were really adamant about calling it treatment from the beginning to the end, because they could bill for it. That's why. So it's -- you could bill for it if you call it education. You just have to bill for it on a different level, and not as much, and you could get the counselor I's to teach it, instead of clinical directors, you know, that kind of stuff. There's a lot of stuff can be done, they're just getting all these people in and out all the time that, again, paid good bucks for sitting out there.

CANDU INTERAGENCY FOCUS GROUP

4/27/15

Note: Facilitator comments made to clarify questions are not transcribed in their entirety in this transcript.

Question 1: In the last five years have you noticed changes in attitudes or more understanding toward women who are victims of physical or sexual violence, or any changes in attitudes toward people who have an alcohol problem in Dillingham?

If yes, what do you think might have caused those changes? If no, what can be done?

Speaker 1: Well, my answer to that would be yes. Well, I believe that the community itself and in general has -- is more aware of what's going on, and it's being more aware by organizations like SAFE and BBNA, and the hospital, you know, and creating pamphlets and doing marches, you know, in the street, you know, and making things more aware.

Speaker 2: Yes, I have noticed a difference. I think people are willing to come forward more than they were five years ago. I think that the outreach that we've been doing in the last how many years, the last -- I've been here about three years, and I've noticed that, you know, working in the Child Advocacy Center our reports have gone up quite a bit, and we are currently -- our agency at least, Behavioral Health, we have been striving to do a lot more outreach in the villages, and so we get a lot of participation in that, so that always makes a difference.

Speaker 3: Yes, I've noticed changes. I've noticed that as a whole the community seems more aware of the issues and how they interrelate to each other. They've worked better in creating teams of the agencies and resources we have locally, and really starting kind of grass roots level moving forward to making changes in their own communities. It seems to have decreased the amount of shame that it's taking coming forward, and increase the number of people who feel like they have a better grasp on where all they could go for support.

Speaker 4: I've only been here one year, so I think my knowledge is pretty limited, so I'll say what I can speak to is that I looked at ALOC (ph) statistics before coming here, and we certainly seem to get a lot more calls now than we used to. So I definitely can at least say that, that we get a lot of calls, people asking us for how to get protection orders, what their rights are around protection orders, what it would mean to get a protection order, and so I didn't go back five years, but I was looking at all the CANDU reporting in our computer and stuff.

So we definitely get a lot more calls, so I can at least say that statistically, and then also just from a year ago to now I can speak to just working individually with different officers that whatever their attitude might be kind of when we begin, they seem to be open, and particularly I'm talking here about protection order enforcement. Whatever their attitudes might be when we first start working together, they're open to what I might have to say or whatever else is going on in the case, because the only time I am ever getting involved is when the protection orders are not being enforced, and so that is -- usually has to do with bias or some misunderstandings, and they seem to be open to discussions about what -- why they should enforce it, and why they might not be understanding what's going on, and all the other issues. So seems to be some changes there.

Speaker 5: Most definitely for alcohol and abuse of alcohol, and recognizing it as a disease versus being an alcoholic, and people are more apt to take it and be more sympathetic to those that do have alcohol in their life, and it's when you have alcohol in your life you have, in most cases, domestic violence, sexual assault, but more domestic violence. It's talked about in my circle of people that I deal with that it is simply not acceptable, and I've seen attitudes change tremendously in and around our community because we're talking about it more openly, as before we never did, but now we do, and just even in work environment, in my professional environment and being involved with boards, and their attitudes about -- with alcohol it's changed, and especially with the focus in Dillingham with the conversation in wellness and with the CANDU grant in particular, I know we had to focus in Dillingham, and we've -- in all levels, in a personal and professional level there's been some big changes. It's simply not acceptable to be -- show up intoxicated, be intoxicated. You will get called on it.

Sexual abuse, I don't know. I mean, I have no idea, but I know domestic violence, I mean, it's just not acceptable.

Speaker 6: Yes. I think that training, both the community and also professionals, I see more of -- from the hospital side of it I see staff that are more interested in participating in the SART team or sexual, you know, assault teams, and more interdisciplinary teamwork between behavioral health, and nursing, and law enforcement, and SAFE, all of those teams coming together more appropriately, and, you know, often.

As far as the alcohol goes, I think that there's, as [name omitted] said, more participation among agencies. I was just having a conversation with a lady who lives close to me this past weekend about the bars and the liquor stores, and how those employees are paying close attention to people who, you know, are repeat offenders, or come in and try to buy, or they buy for someone else, and they're very conscientious about who they sell to now, and refuse services sometimes to people, because it's a problem. So I think that it's high on everyone's radar.

Speaker 7: Okay. So, yes and no. So yes for the alcohol part. I think there's more understanding. I think there's a lot of work being done in terms of outreach, in terms of TV adverts, you know, there's definitely a lot more help out there, and, therefore, more understanding of what being an alcoholic really is.

As far as understanding -- more understanding for domestic violence and abuse, I'm sorry to say that I don't believe there is. I think that in open forums you'll hear the word yes, but when you leave those forums you see what really happens, and it's actually being tolerated. I don't know why. It's my personal opinion based on friends and acquaintances, and I've been here now for seven years, but I was here back in 1999, and, you know, I really don't see much more than then. So that's -- yeah.

Speaker 8: Yes, I think that we have seen some attitudinal change. We could still see -- yeah, and what's caused that, SAFE has just been so available in the community, and they -- and they're partnering with the CANDU grant, using the CANDU grant in the community. I know they provided a lot of money to the school for different programs that looked at behaviors. I think it probably helped to bring the Fourth R curriculum to our school district, which is being used to look at healthy relationships and how we treat each other, and trying to do bullying

prevention, but it's still -- we still have a little ways to go, unfortunately, yeah. So that's all I see, I guess.

[Regarding alcohol aspect] Yeah, and I think, too, that having the local program here that does rehabilitation for alcohol is helping, but as far as how that relates to the CANDU grant, I think we have just looked at as a community how we have to respect all of us, no matter what our backgrounds are, what our struggles are, and that's probably more from personal experience, but I would hope that that's maybe being disseminated more community wide. We've had a lot of community projects, you know, having the painted fish, and the -- you know, the healthy assets, you know, placed right out in the community where everybody can see them, and I find that people that are in from out of town talk about -- they're from a village, and they're here and they're drinking, and they say that they're being mischief, but that they know that their drinking is causing a problem in the family, and they are looking at that more than they used to.

Before, "I just think that nobody cares. I'm going to drink as much as I want." Now they're making attitudinal choices about -- I had one lady not too long ago tell me, "Well, I like to drink, and so when the weather's good I'm going to drink, and then I know nobody will house me, so I'll be staying at a camp, but when the weather's bad I don't want to sleep outside, so I'll stop drinking." And I just think that even having that awareness has been a lot through what we are seeing socially change here in town.

Speaker 9: Well, during our health fairs and different events, you know, there's always a table set up, and usually from SAFE, you know, talking about domestic vio-- dating violence, and, you know, the education is certainly out there, and we certainly see people listening, and reading, and hearing about it, and I think that the -- you know, the Fourth R, the respect part of it, is definitely starting to show through, and we're seeing some people that their attitudes have changed about, you know, how they conduct themselves.

[Regarding alcohol aspect] I hear from community members, you know, that are very concerned about this, and I don't think in the past they've ever gathered together, but I -- they have gathered together over alcohol and talked about, you know, the use and what might be done about it, so there -- you know, there's people that -- you know, that I think they used to feel like, well, what can I do, and now they're saying we can do something.

Speaker 10: Yes, to parts of it. I think that the youth portion that we've done really helped the kids. I think they feel a lot more supported. They've -- you know, whether they know it or not, I think that they've learned a lot of stuff, and now to them it's just like a general like attitude that they have learned and developed, instead of like sitting in lessons and learning it as adults.

I think the adults, it's kind of difficult to see it. I think that Dillingham has already made great strides in years prior, and I think that we just really help continue and complement some of those things, but I don't think the difference is as drastic.

Facilitator: Any suggestions on what more should be done?

Speaker 10: I think really have a well-thought-out program before implementation, before being forced to implement, having a plan, and learning or -- and everyone being on the same page as to what the exact goals are and how to meet them, having those smart goals right from the get-go is really key, so --

Question 2: Do you think more people in Dillingham now are more likely to seek help than they were five years ago, or are more aware of resources available to them?

If so, why do you think that is, and what has caused those changes? If not, what are the problems?

Speaker 1: Yes and no. I think the hospital and the other agencies that we work with do a good job at providing different information about the resources that are available, but I think it's really hard for folks here and in the surrounding villages to want to seek help just because I think it's a small town, I think it's a small region, and I think people are scared to reach out to other -- this is -- and this is what I've noticed, is that people are somewhat scared to reach out sometimes for help, in fear of being judged by others or whatnot, and so --

Facilitator: Do you have any suggestions as to how to address that that haven't been addressed, that maybe you've not seen? Anything that comes to your mind about how to better address those issues?

Speaker 1: I think people just knowing that the services are available and out there, and -- takes me a minute to kind of think about that. Just as long as people know that the services are out there, and I think people in just their own time -- I think there's a lot of historical trauma in this region, and I think that over the last decades it's been difficult for people to want to seek help. So I think over time people's minds will change.

Speaker 2: I think much the same as you, yes and no. I think that people are more available, they do know more of the available resources, and I think that a lot of that has to do with some of the outreach that they've done. I think that they're still kind of in the transition of reaching a place where I think more people are starting to come forward, but they kind of wait to have people who've been here a couple years who know the systems and know what's going on, and I would say that I -- I'm not sure whether or not more people are coming forward now, or if it's just on an individual basis based on how much they know of what's going on, and I think my suggestion for increasing that would really be to start younger. I've noted more and more of the SART cases that we see being younger and younger teenagers, and I think that we're doing a good job at doing outreach to adults, but that a lot of the SART information that we're getting in has to do with unhealthy relationships at a teenage level, and I think that that's an area that's still very taboo to talk about, especially the idea of sexual violence at that young an age, and where that's coming from, and that until we move the focus to that and starting so young that it does not develop some of the cycles of abuse that are coming, that that's when we're going to start seeing bigger changes in reporting numbers.

Speaker 3: Well, I guess I answered some of this last question, but -- so I think are people more likely to seek help now than before, I'm going to say yes and no on this one. Certainly, like I said before, like just on sheer stats we definitely get a lot more calls. I think that confidentiality and trust is a huge issue. I do get a lot of calls with people being afraid to call certain agencies because they know too many people there, and/or they're afraid that their situation is going to be talked about, and I've gotten a lot of calls on this, either it's -- they're in a village and they're afraid their situation's going to be talked about, or it's a certain agency and they're afraid their situation's going to be talked about. So it's probably the only time that me not knowing anybody actually works in my favor, that -- and/or they've heard from somebody that I won't talk, and

that's the -- like the one time that it's really good that I don't know anybody. So I think, yes, we get a lot more calls, but I think that, also, no, people are not more likely to seek help, because that's one thing that really prevents them from calling.

And in terms of people being more aware of resources, I think, also, yes and no, and I think one of the things that really hurts that is that the resources keep changing. In my office alone we -- you know, for two years we had a dedicated domestic violence sexual assault attorney. Then we lost the funding for that. I don't know like exactly what resources are available at SAFE, but I -- you know, I hear about them losing different things, and so at any given time somebody might have a handle on what the resources are, but then funding gets lost, and that might even be -- like, you know, ICWA workers might know where they can call for certain things. I know we're constantly taking papers off our bulletin board, like this is who you call for this, or it used to be who you used to call for this, and if I can't keep up I don't know how the community keeps up, so I do have lots of ideas and suggestions, but I don't know if I want to list them all right now, but, you know, I -- yeah, I have a lot of ideas, and just -- one of them is just kind of some consistency in what is available in resources, which I know is kind of a budget thing, but -- yeah.

Speaker 4: I need clarification. Am I speaking from my personal perspective, or from the agency perspective, because --

Facilitator: Well, that's a hard part of all of this. I think you're speaking from your own personal perspective, but if you do want to add in from the -- any statistics that you've seen from your agency, or something that you might have as -- in your own agency, please feel free to add that on top --

Speaker 4: Okay.

Facilitator: -- of the information.

Speaker 4: I think people are more likely to get help if they're aware of who they're dealing with as far as resources are. I know from an agency level we have a resource book that we have, you know, and, [name omitted], I need to share that with you, because we have it on our web page, or it was on there since we've upgraded our web page. But as far as more aware of resources, I mean, we've been here -- BBNA's been here for 50-plus years, and so has all these other agencies, but it's the people that change, and it's a cycle.

From my age group to the 30-year-olds to the 20-year-olds, I mean, big difference, and the conversation is -- has -- there's more conversation about alcohol, and drug abuse, and domestic violence, only by the nature of the crime barrier laws that come up, and the people that are in the workforce that we deal with, but as far as personally seeing people get more help, I know that if we become aware we encourage them to, you know. And I know in our workforce, I mean, there is a confidentiality thing, but we have -- within our agency we have -- our insurance agency has a confidential number we can call if we don't trust calling the hospital, or anybody, a counselor. You know, we have that avenue from a work side, and I know that people use it, and it just doesn't have to deal with alcohol and drug abuse, or sexual assault, you know.

SAFE is pretty well -- has been out there, and I think all of us agencies have been out there, too, talking about it, but people who are actually in their disease, are they getting help? I think at some levels they are, but then, you know -- and I think it is an age -- there's an age difference. I

do think we need to focus -- you know, we know how to deal with adults, but we don't know how to deal with young people, with youth, you know, 16 to 18-year-olds. I mean, there's a silent -- from 16 to 25, I don't see us doing enough. I think we need to do more for those groups of people, and not only are we dealing with drugs -- I mean, alcohol -- we're now dealing and being challenged with drugs, you know, and couple with the domestic violence, and sexual assault.

You know, I don't know if I'm answering your questions or asking you more, but I do believe we -- the conversation is out there. It's just are they getting help? Maybe. I think they are, but I think we need to focus -- and it's generational, for sure, you know, from a 40 -- or 60-year-old to a 40-year-old, from a 40-year-old to a 20-year-old, and even younger, and I don't think we do a good enough job with our younger people.

Speaker 5: I don't think they're more likely to seek help than they were five years ago. I think that they tend to seek help when they're in crisis, and as long as they're -- you know, they're not needing healthcare because they've been beaten up, or they're clear with the law enforcement, then it's swept under the rug, and I think that there is a need to focus on youth. I was thinking about that. That might be the key to solving some of the issues. However, with the advent of the drugs, like the opiates, you know, there's a high risk for the elders to become abused as far as, you know, that young adult taking their money, or abusing them in a different kind of way other than what I typically think of as domestic violence, but more of that type of abuse, but I don't know -- I think that the -- I think the solution is to stop the cycle, which would be focusing on the youth, but it's like there's a whole generation there that I am not quite sure how to help them.

Speaker 6: Okay, and I think that -- yes, I think that people are more likely to come forward now and ask for help, but I think they go back to the same problem, so it's a cycle. So you can't really break a cycle if you're going to continue doing the same thing. I think that some of the things that are required to break that cycle are money, and a reminder of family values.

I don't think we have enough activities here in Dillingham. We've very small. Sure, we have, you know, outreach groups, and we'll try, but if you look at the different age groups for the youth -- take the winters. The youths, what do you do? That mind when they're young is very active, and, you know, if you're not out on a sno-go and -- you know, what do you do, you know? Perhaps you're 14 or 15, and you have some friends, and there's a little dope here and there, and -- you know, and perhaps that leads to, I don't know, some kind of violence.

So there's -- there isn't enough here in Dillingham to engage them in activities that can really break that cycle, where perhaps they have, you know, seen it or grown -- and, also, more family values type of thing, so that, you know, the families really remember that, you know, this is really the future here, we need to stop that. And, you know, I think we can continue to do, you know, the state agencies, the hospital, and everything else, but when you leave that child you can talk to them for an hour or two, and they're right there with you, but if they go back home to the same thing, we really haven't done anything. So I think money and family values.

Speaker 7: Well, yeah, I think there have been, you know, a lot of changes, and a lot more people aware. I see a lot of kids and people go through the Alano Club, and I've been working for Jake's for over 20 years, you know, so I have basically a lot of knowledge into why people drink, you know, and that -- that's the question, is why do people use drugs and alcohol, and I've

found out over the years that it's only because that -- that's how they -- that's what they were taught, you know. She talks about family values, you know. It's just, you know, the -- a learned process, and when they learn how their parents do things in life, that's exactly what they do, and so my suggestion is -- you know, I could talk my heart out, and people be amazed and walk out of that club over there just happy, and glad, and -- because they're hearing some good solutions, you know, from my own experiences, you know, and -- but once they walk out, the next day they forget, and they go right back to the same old thing.

To change is almost impossible, but it can be done. You know, you can have fun in life without drugs and alcohol, you know, but you need to teach children that, you know, and also their parents, and I don't see enough of that. It's -- the parents are the ones that are hurting the most, but they don't get it, you know, and it's passed on. I have two children, too, that are -- has grew up in a dysfunctional family, and I have to talk to them and encourage them in their life, you know, so -- and they're doing good, but -- that's why I'm getting choked up.

Speaker 8: I think definitely that people are more interested in seeking help, and I think it is because we do have more resources than we have had. Now, I can't say that that's all due to the CANDU grant, but, you know, when you have 18 or 19-year-olds that are going through alcohol treatment, and we've had a big push with fetal alcohol and really encouraging people not to drink during pregnancy, that we are seeing, I feel, a lot less public drunkenness -- drugs, unfortunately, are traveling up and becoming the next new thing, and so we still, unfortunately, have a group that are struggling, and so they're going to those now, which is hard. So we also have to address that. I think there's still more to be done.

Facilitator: Any suggestions of what can be done to improve the issues around drug and alcohol education, treatment?

Speaker 8: We just still -- I know with CANDU the big focus is always starting upstream, right, and so every child born needs to be a child that's valued, and when I see, you know, adults who don't have that sense of personal worth or value because of difficulties in, you know, how they were brought up, then we're kind of behind the eight ball, and so I think we just really need to -- every, you know, child is a wanted child, and that's why I think some of the education in the school is so important, so that students understand, especially in the really remote villages where, you know, it's not even known that you can say no to sex, that it's -- you know, you don't -- that you know even what sex is, and that, you know, this might be changing culture, but, you know, cultures do modify and change as time, you know, progresses, and allowing more people to have the freedom to make a choice, and recognizing they have choices they can make, so I would say certainly we have to work with children, with people that want to become parents, with people that don't want to, but become parents, that we have more focus on that.

Speaker 9: Well, I certainly hear more people talking about the resources than I have in the past, but personally I don't know of anyone that's been in the -- in one of the programs or anything like that. Improving is an interesting topic, because it has to do with improving a lot of things. It has to do with improving self-esteem, which is -- you know, you have to be doing right, and then take self-esteem in it, to improve your self-esteem, so it's a catch that is hard to get out of sometimes if you're caught in one of the traps, but, you know, education, of course, has to be part of it, and, you know, the CANDU grant has certainly helped us in educating our students.

Speaker 10: They're more aware, and I don't know necessarily -- I think within it, it went up and down, so I think that for the first maybe two or three years people were really seeking a lot of help, they felt confident in knowing all the resources and things, but I think there's certain things that have happened in the last year or two that kind of unraveled some of people's confidences in seeking help with certain places, because there's a lot of turnovers in all the service agency. So I think that that kind of made people put things in a questioning role again, but I think that there was a time that it really got people to seek help, and encouraged not just those who need help, but their friends and their peers to get them help, to learn about the resources, to help others. I don't quite know right now, but it feels like it -- it's not as strong as it used --

Facilitator: It's going down a little bit.

Speaker 10: Yeah.

Facilitator: What do you think can help that, like -- and what do you think caused the -- you said the changes in personnel. Is it more like trusting people, like maybe -- you know, why do you think they don't have as much confidence in the people?

Speaker 10: I think they don't -- yeah, the people that -- some of the people that were replaced isn't maybe the ideal, and there's just a lack of trust in their ability to be helpful, so --

Question 3. OUTSIDE OF YOUR WORK ROLE have you or someone in your family been involved in any of these CANDU supported programs?

	Speaker 1	Speaker 2	Speaker 3	Speaker 4	Speaker 5	Speaker 6	Speaker 7	Speaker 8	Speaker 9	Speaker 10
a. Rural Providers Conference	No	No	Yes	No	Yes	No	Yes	No	Yes	Yes
b. Beauty for Ashes	No	No	Yes	No	No	Yes One time	No	No	No	No
c. Peer Tutoring	No	No	Yes	No	No	No	No	Yes	No	Yes
d. Culture Camp/Summer youth services	No	No	Yes	No	No	No	No	Yes	No	Yes
e. Community	Yes	No	Yes	I think	No	No	No	No	No	Yes

mural projects -- The Fish project				so						
f. Bristol Bay Wellness Program	Yes	No	Yes	I think so	Yes	No	No	Yes	Yes	No
g. Choose Respect March	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes
h. Community Justice Alliance	Yes	Yes	Yes	No	No	No	No	No	Yes	No
i. CANDU organizational meetings	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	No
j. SISTR's	No	No	No. Actually, my sister was involved in that, but -- I guess that's family	No	No	No	No	No [For family]: Yes. Yes. I'm not sure; I guess I'd say no	Not the SISTR's, no. [For family]: I can tell you that for family members all of them are going to be no.	No

Question 4: Have you noticed any changes in the last five years in the ways in which agencies in Dillingham are dealing with or serving people affected by violence and/or abuse?

What, if any, specific changes have you noticed?

Speaker 1: I really don't think I can speak to that. I don't know.

Speaker 2: Well, we have a whole department, we've got a family services department that deals with children's services and domestic violence in the grant, and how -- and they travel out to the villages. We also have -- so I know our staff, and we have staff vested in our communities, our Indian Child Welfare, ICWA, workers are out there, and they're working with families with domestic violence, and we dedicate -- we have a grant that's dedicated just to domestic violence. And our family -- and our workforce, it's -- through our income-based programs we deal a lot with -- I mean, we have a healthy families program that deals just with training young parents who have children in the healthy families, and I know that -- you know, I sit on an advisory committee for our Yuuyaraq program that deals with healthy families Yupik style. We do "Undoing Racists," and we do "Know Who You Are."

I mean, we spend a lot of time and effort just within our one department dealing with domestic violence and the Indian Child Welfare program, so, yes, we -- just that one department -- and that's just one of the major six departments we have within BBNA. We have a Head Start program that we deal with -- you know. We have a child care services program that we deal with from zero to three, four departments that deal with family service-oriented programs. And living by -- and teaching by example, I think all of us in -- that are tribal leaders do that, and we do it well.

Speaker 3: I think they're working better together than they were in the past. I know that through some of those programs, whether it's granting agencies or whatnot, there's training available that other agencies are invited to. We've had ASSIST trainings, there was a Mandt class down here, lots of different things between BBNA, BBHC, and SAFE, in particular, coordinating those trainings together. And then also, too, for individuals cases I see where social workers will work together better between the two -- the different agencies, and senior services, and SAFE, and I just see improved working relationships between the agencies, which is good.

Speaker 4: Yeah. I think so. I think, for instance, the hospital has some new initiatives that they have been working on, and I've seen improvement there. I know that the other folks downtown have very good programs, and they reach, you know, a fair amount of folks out in the villages, so I think so, yes. I have seen improvement. And what was the other question?

Facilitator: Well, can you speak specifically about any specific changes in the last --

Speaker 4: So I think they have more guidance in the villages. They know where to call. They know how to go about things. In the past what I heard was that people didn't know what to do, what kind of assistance was out there. They have numbers. They have names. They know programs that they can actually reach out for, so, yeah.

Speaker 5: Well, I have, but I can only speak about one agency, and I don't even know if you could call it an agency because it's the Alano Club, you know, itself, but I've seen a lot of

changes where people will come in and change their lives. It's not a lot, but if I get one out of 1,000, then that's better than nothing, you know. So as far as awareness, a huge amount of awareness, because people come in there, you know, and they come from other agencies in order to get in there, you know, but, yeah, I -- they -- we plant a seed that hopefully they could use for their rest of their lives, and that's something that's irreplaceable, you know. So that's it.

Speaker 6: Yeah, I do notice a lot of different changes since I've been here. I've been at trainings and conferences at BBNA, SAFE, the hospital, and they all tend to work together. Working at the Child Advocacy Center all I see is awareness, so -- but I do tend to see it more outside of the hospital now. I see folks in town, I mean, even at the Choose Respect March, like we had a lot of people that showed up for that. So I was really happy to see that, and I think that more agencies are, yeah, working together to plan more types of events regarding domestic violence, and any other type of abuse, so --

Speaker 7: I think, yes, I have seen a difference in the agencies, I think in the awareness of the experiences and their interconnectedness. It really seems that within the past five years we've really seen kind of this awareness of the ACEs study and how that's affecting else that we're all working towards preventing so that we get healthier families. I've seen better communication, and more multidisciplinary responses between agencies through group meetings such as the CANDU meetings, or CJA -- justice -- too many acronyms -- the CJA meetings, and with that kind of less duplication of services, more how can we work together, less each of us providing individual services to a family. Also, the screening at the hospital, they've really -- something that is a regular checkup that we're seeing people at, and asking those questions, because sometimes it really is that open door of just asking. Having legal advocates specifically for victims available through these wonderful services at BBNA was kind of a -- I never remembered hearing that much about it. That's really been kind of a new thing. Better training for all involved, and splitting the cost and bringing in training locally, to make sure that everyone is on the same page, and has received the same toolbox to work from. And focus on the youth, within the last five years it seems a lot of the prevention programs have shifted focus towards working with the youth, and how we can assist them to kind of stop our cycles.

Facilitator: And did you want to add something?

Speaker 8: I forgot, we've become better partners in collaborating with the BBs, and when I say the BBs that means the Bristol Bay Area Health Corporation, BBNA, BBEDC, Bristol Bay Housing Authority, and BBNC, our profit corporation. We meet quarterly with all the leadership from those BBs. And then we also engaged the school district. We have a Fourth R that was incorporated, and that was big in getting a curriculum built into the school district to start talking about good touch/bad touch with our kids. You know, I talk to the -- talk to my grandkids all the time about that, and I know that they -- they're doing it in the schools, which is great, and we've got the school districts at the table now, whereas before I don't think we did. So I just had to bring the school district in it, because they're key to all of this.

Speaker 9: I'm so far removed from some of that that I just don't know. You know, we have an alternative school, and anytime that I've called here about a child they've been very quick to respond, but I don't know that that's a change. I think they've always been quick to respond.

Facilitator: Well, you are an agency, the school district in itself is an agency, so in terms of your own organization, I guess would be a better word. Have you -- what kind of changes have you seen in your own organization in the last five years? Any that are related to this? I mean, you mentioned earlier the institution of the high school curriculum around violence. Has that been in the last five years?

Speaker 9: It has, yes. You know, we do have a curriculum that -- you know, where we definitely address, you know, are these things happening to you or someone you know, and what you should do about it. We always invite, you know, public health to participate in what we're doing, wellness and those kind of things, but I think -- I don't know if that's a change. It may be. Well, yeah, we have what we call a Youth Wellness Day typically in September or October where we have a lot of education going on, and we do, you know, a lot of the screenings, and I think the TB test is one that we do at that time, and -- but there's a lot of information there about anything, from diabetes to domestic violence to -- you know.

Facilitator: Do you do anything -- does anything come to mind about for the younger children? Has there been anything new or anything different that you're doing in the elementary schools?

Speaker 9: Well, I think this is in the elementary, too. We go elementary -- I think we do elementary one day, and high school the next day.

Facilitator: I see, so it's throughout the whole district.

Speaker 9: It is, yes.

Speaker 10: I notice a lot with the court system. I think that SAFE has been able to provide a lot more support to women going through the legal process, which was never possible before. A woman was -- and I don't mean to say a woman. Certainly, a victim was really on their own, you know, and so the services that SAFE has been able to provide because of the CANDU grant has been huge. I have noticed that the health corporation has started screening for domestic violence during all routine clinic visits, and they have, you know, developed the CAC, which is the Child Advocacy Center, which probably had some roots, maybe not financially, but certainly roots out of the CANDU grant, and that has been really huge. That is a support for a victim of sexual abuse or assault that's under the age of 18.

And as far as public health, you know, one of our charter strategies is domestic violence and intimate partner violence. You know, public health nurses have like a series of five or six different, you know, core strategies that we focus on. Infectious disease is one, but domestic violence/sexual assault's right there.

So -- and I think that the agencies are partnering in a way that we have not partnered ever before. We were quite siloed. Everybody kind of did their own thing. Nobody knew what the other agencies were doing, and so just the partnering effect has been large, really large.

Speaker 11: I think that the agencies -- well, I think it brought some agencies a lot closer together. For example, the school wasn't really attending, maybe the principal in the elementary school was attending some of the RAFT and some of the CANDU meetings before, but this thing really kind of helped bring them to the table, the superintendent and the assistant superintendent. I think that was really key. I think other agencies were pretty good about being in attendance,

but we've had so many different administrators, and so we got really lucky and got these people who would show up, and so I think that was really good, and that's really key to creating these changes, so we're trying to make --

Facilitator: So what specifically -- any specific changes that you think has come out of that kind of working together that you see?

Speaker 11: I think that the kids see that there's a fluidity between the school and Myspace, and about -- that there is really support for them, we're -- you know, and they're trying to -- the people in the community care about them and how they do, and with the peer tutoring and working with the school we were able to help kids, and let them know school is important even when you're not physically there anymore, and that the community still cares about your academics, even if you're not in sports or anything, so I think that's really key that -- with the school stepping up. It's showing that also the school cares about you outside of getting your homework done.

Question 5: In the last five years what, if any, changes in your workplace have you seen in policies and practices regarding screening for and responding to persons impacted by domestic violence or sexual assault?

If there have been changes, can you be specific as to what those have been?

Speaker 1: I don't know I -- about our screening policies, but I do know our board, when we have 31 board representatives, and I've been at my work for 30-plus years, and I've seen some major changing in attitudes and accepted behaviors. Our board will not tolerate anyone coming in intoxicated to our meetings, and even if they smell like they're drinking, they're asked to leave. Our board members police themselves now, whereas before it was my job to go, "You got to leave," you know, literally walk them out the door, and -- but I don't need to do that anymore because our board does it for themselves, and I think that's the most coolest thing, and I also know that policies aren't being made in the bars, whereas before they used to be. They're being made at the board table in roundtable discussion. They're not made prior coming into the board meeting, because I knew a long time ago they used to go the bars, and come in already with decisions made on importance of issues, you know. So that's a major change that I've observed over the last few years.

I don't know about screening because I don't do that, but I do know we have a no tolerance for alcohol and drugs, and I do know that staff readily come up to me and management, and we follow through. If we think someone is intoxicated, they're asked to leave, or they -- or they're let go. I do know that if anyone looks and appears to seem like they're high, they're investigated. So -- and that's part of the preventive and the attitude going forward, you know, and we get a lot of inquiries about our staff because we're all watching each other, but then -- but that's a good thing, you know. As far as appearances and changing, that has changed tremendously. Before I used to -- nobody would come to me, but now I'm getting staff who are, but, of course, then I'm obligated to follow up on it, and we do.

Speaker 2: Yes. At each point of contact the questions are asked about do you feel safe at home, and then, like [name omitted] said, it opens the door for more exploration, and possible referral, and we do mandatory annual training for employees on domestic violence, identifying

abuse, and reporting, mandatory reporting of that. That's not a new thing. We've been doing that for quite a while, but we do that, and then we also, for the alcohol and drug we do mandatory training for the managers for reasonable suspicion, and how to handle employees who there's a suspicion that they're drinking or doing drugs and coming to work.

Speaker 3: So we work at the same place, so, yeah, it's the are you -- do you feel safe at home, and that has been -- that was in there before. That -- we had implemented it within the past, yeah, couple years or so. We're pretty strict when it comes to alcohol, and, like she said, our board also -- it's high up there, and the same for not only the executive board, but our 38 board members, and so there's zero tolerance, and that has been the policy for a very long time, but the one change is do you feel safe at home, or that -- so, yeah.

Speaker 4: No, not in the workplace.

Speaker 5: Behavioral Health has always had the same type of intake since I've been there, so I guess the answer is no, I have not seen any changes. We've always done -- we've always had the same procedure since I've worked there.

Speaker 6: I would say -- I also work at Behavioral Health, and since I've been there I've noticed that we have become better, much as other parts of the hospital have, the focus has shifted, and we've become much better at making sure we're screening everyone when we're talking to them, and kind of regardless of what they're presenting. I think that idea of getting the history in order to best serve them, especially in a mental health capacity, has really been something that's caught on within the past five years, and you can tell the difference in screening, not just for if somebody happened to come in for drugs and alcohol issues, but also to go ahead and screen them for a domestic violence history, for a sexual assault history, all the way back through childhood, and make sure that we are really treating everything they're coming in to us with, versus just what happened to rise to the surface enough for them to ask for help.

Speaker 7: I would say at Alaska Legal Services serving clients that are facing violence has always been a high priority. I would say that we're continually like trying to tweak our intake process so that we don't miss clients that are facing violence, but may not be presenting as, "I'm a domestic violence client." So we're -- we constantly are -- like we just redid our form so that there are about three different ways that we might catch just on the form that they're a domestic violence or sexual assault survivor. We're -- and, also, for example, our office is an unusual slump, and I'm the only person who works there right now, but if a client presents in any way that they -- currently they themselves or their children are facing domestic violence, we will find a way to help them.

So, I mean, does that answer your question? Yeah, so I don't know if that's exactly a change in procedure, but we are constantly -- I guess, yes, we are kind of constantly changing -- like is there a way that there are barriers to getting our services or coming into our services that clients that are particularly in this situation would be facing, you know, that they can't like get out, or get help, or call us. We're constantly kind of reassessing that, and so we make sure to ask the questions.

And like if I get an intake that comes from SAFE, or comes from any kind of -- you know, where there's a hint anywhere in it -- normally if they don't sort of like answer back within a certain time they just get rejected, because we can't get ahold of them. Well, I will get somebody that there's any hint of domestic violence in -- anywhere on the paper, or from where it came from, or any other way, I will give -- do a lot more outreach to reach out to that person. So I would say, yes, we are constantly trying to tweak what we do, and how we do it, so that we're not missing those people.

Speaker 8: Well, I know that we do screen all clients with each visit for safety, and we are required to make a referral if they are not safe, and I think part of that is that before nobody would ever answer affirmatively, but, you know, I've had young adolescent males admit to me that they had been molested by drunk uncles, the kind of stereotypical thing that we are afraid to know about, but actually does happen. So it's certainly a culture change in that the community is aware that this is not okay, and that someone somewhere can listen to you, and it's in different agencies, but we have been really charged with that in our agency.

Speaker 9: You know, I don't know that we've had a change in policy. What we do is during our opening in-service in the fall is we have OCS come out and talk with us about, you know, our reporting obligations so that that's something that everybody knows about, and --

Facilitator: Do you know if you've always had OCS come out, or is that something new from the last five years as far as --

Speaker 9: That would be something new in the last five years.

Speaker 8: And plus wasn't the Child Advocacy Center coming and talking to new teachers, too?

Speaker 9: Oh, they were. They would partner up with OCS and come together.

Speaker 8: Yeah, uh-huh. That's new.

Speaker 9: Child Advocacy Center was coming with OCS, and they were partnering together to give their presentation, you know, for better understanding.

Speaker 8: And if I could put a side note into that, because the teachers were aware of that, then they would be seeking assistance for students through public health because they understood what the laws were in the State of Alaska for reproductive health rights of students, and also for, you know, protecting students from being vulnerable. Yeah. So teachers were helping students with referrals to us.

Facilitator: So more partnering between organizations has also led to in some ways more partnering in delivery of services to people.

Speaker 8: Yes.

Speaker 9: Well, I think through the meetings we see each other, we know each other, and we don't have a problem calling at that point if we need something.

Speaker 10: I think that Ginger did a great job from the get-go in SAFE. Always been progressive, always been really trauma informed, even before it became a popular thing to have in the state. I think that that was something that she's really strong at, and I think that that didn't necessarily change because of how the policies were before. I don't necessarily -- you know, there wasn't anything -- you know, she had FASD awareness things from the start of CANDU as well, so that's been 10 years that SAFE has really been part of that trauma informed and FASD things. So I don't -- there wasn't a big, great change into how the policies were implemented, because we were already there.

Facilitator: Can you speak to changes in policies or practices you saw in other CANDU member organizations?

Speaker 10: I know -- I dealt a lot with the school, so I have a lot of examples from them. I feel like with the inclusion of having these -- the new administrators they were a lot more kind of trauma informed in ACEs, and more dealing with kids as a whole, and trying to really learn about where they're coming from and I think that that's a great change from some other administrators that they've had. It seemed like they really care, and they really wanted to invest in what was happening. I know that BBNA developed a whole wellness program with the help of the CANDU money. They didn't have it before. It kind of was a pet project by the CEO at BBNA, but with the help of CANDU it actually became its own section under a different department. It was institutionalized within their agency, so that's a huge change that happened there.

Question 6: In the last five years have you noticed more participation in school and community activities in Dillingham?

If yes, why would you say that is, and if not, what can be done to improve that?

Speaker 1: Yes. I see the stuff coming home in my kid's backpack, for one. I know -- like yesterday my son brought home a backpack full of stuff related to the university, and career planning and training. So they come home with trinkets and things that they pick up at a table, or, you know, someone came and talked to them on this particular day, so I know that there -- there's awareness in both the elementary, but also in the middle school. My daughter's in middle school, so I know that people go in and talk, and I've also been contacted by the principal at the high school to identify someone who could come and talk to the kids about a particular topic, whether it be drug abuse or whatever, and normally I send an email to Behavioral Health to beg someone to go down there and talk to the kids, and then made recommendations to him that sometimes these kids might -- it might be more effective to put them in small group settings. I think the last time he called me it was related to bullying in school, and my recommendation to him was to -- yeah, the large assembly might be great, but smaller groups of kids would be probably more effective for someone to come in and do some teaching or counseling, so --

Facilitator: Do you also think there's more participation in the activities put on by the school in the community than there might have been five years ago? Do you see an increase in participation in those activities?

Speaker 1: I don't know. I don't know the answer to that. I know that at sport events, those -- kids carnivals, those type of things, they're packed with people, so -- it's quite impressive.

Speaker 2: I have no idea as far as the schools' activities. I think in community activities, yes, but not -- I don't know anything about the schools, yeah.

Facilitator: Any specifics on community activities where you've seen an increase in participation, and why that is, or thoughts on why that is?

Speaker 2: Well, yes, I think we have Facebook, and people use that as a way of advertising everything that goes on, and so people tend to log onto that and participate.

Speaker 3: Yes, I have, more sports activities. But I also want to comment on bullying. You know, my daughter was -- has experienced bullying in the high school level, and I would like to suggest that maybe the teachers be more aware of bullying, you know, and -- because it still happens quite a bit, you know, so --

Speaker 4: I have, actually. I've noticed that the schools are a lot more receptive to staff coming out there and doing presentations. Normally when I go out into the schools personally for the -- for CAC outreach I'll talk about what's like healthy relationships or what's healthy, what's unhealthy, what could be abusive. I've done bullying presentations. I've done safe/unsafe touch before with the children, and the schools are a lot more welcoming. I mean, I haven't been here for five years, I've been here for three, but I can tell definitely just by doing, you know, some outreach in some schools, you know, some other schools are more welcoming now with that, too, and we have also been discussing our curriculum to aim toward staff members to recognize bullying, so we are actually starting to work a little bit on that. So there may come a time where we'll be doing some training with the teachers to recognize that.

Speaker 5: I would say, yes, I have seen a change in participation for school activities, both in sports and other types of community outreach. A lot of the -- there were a lot of kids from the local high school during the most recent Choose Respect March. They're really kind of coming to these ideas a lot earlier, which has been great to see and to enjoy the participation at. I think, also, they've created more youth-led, and youth leadership in general, things as part of the school district, as part of the Fourth R curriculum. There are a lot more options for kids to get involved earlier than there had been at the beginning of kind of the past five years, and I think the community is really standing behind their kids. And so I think that after enough forums where people say, "Well, you know, we need to do something, we need to do something," the youth finally were like, "Well, we're tired of you just telling us this. We're going to stand up and actually do something," and they've really grown a lot in the past five years.

Speaker 6: I don't think I can answer this one.

Speaker 7: School and community, I mentioned the Fourth R. The Respect March, I mean, there was just like tons of kids. I was just in awe of the turnout on the Choose Respect March. I mean, there was just a whole bunch of kids, youth, there, and then Tribal Cultural Camp, I mean, there's 50, 60-plus kids there, you know. And we work closely with the school district, and the campus, and the school and the tribe, I mean, through their classes and stuff, and the MAT (ph) program. I mean, in the community events, and the kids out there in the workforce for the MAT program has been wonderful.

So -- and I know that Public Health Service has been in the schools and doing activities with them, and so -- and our career fairs. I mean, the whole -- even elementary kids are walking

through there with their little bags of goodies, you know, so -- and the community comes out in force at those career fairs. I mean, there was -- I had stopped in there, and there was like tons of kids there, and from all ages, and in my mind I was thinking, "All right, starting them young to start thinking about education and what opportunities are out there." And the basketball games, and the wrestling, and the volleyball, and all that, I mean, I think our community supports our youth that are engaged in activities. And fundraisers, you know, we walk that extra mile to help somebody that needs help. You know, I know as a volunteer, I volunteer a lot of time, you know. I did for my children. Now I'm going to have to start doing it for my grandchildren, and I got nieces and nephews, and I give freely of my time to help those kids, because I know it helps. They're engaged in healthy behaviors and healthy activities. So, yeah, we support our kids.

Speaker 8: We have a lot of participation. We just had a school board meeting where we had celebrations. We had over 30 children there to, you know, pass out pens and things like that, and, of course, that was only, you know, the last month or two here. Before that we've had basketball, and wrestling, and volleyball, and I think we went to state in every sport this year.

Facilitator: How about community participation in your activities? Have you noticed more community support for school activities?

Speaker 8: There's a lot of community support, you know, because part of every team is fundraising, and people seem to be, you know, donating money all the time, you know, and before somebody goes off to state or something like that we'll have a little Chinese auction where you're -- you know, people will donate baked goods, and, you know, you pay. So there's a lot of participation from the community in sports, but also in our drama, debate, our plays that we do. So it's hard to say if there's increased, but there's a lot of participation in it.

Speaker 9: I'm trying to think of certain events. It seems like there's been a little bit more activity related to things that are happening at the school, where the school is just the venue. It might not necessarily be school sponsored, it might be some -- like the Christmas bazaar kind of thing, and then we'll get, you know, people that are more involved, you know, from that perspective. As far as school and community participation, I guess I'd have to say I haven't noticed a huge change. I just think that there has been a large amount of support always, you know, with parents and students. We've --

Facilitator: This is an aside, really, for you, but do you think you have any statistics on participation, like would there be data anywhere that might show if there's been any increase in participation in activities?

Speaker 8: Well, we do keep data on parent volunteers, and so we do have data on parent volunteer, and they volunteer over at the elementary mostly, sometimes at the high school, but, you know, I don't know that anyone's keeping data on who attends a basketball game, but the bazaar, the Christmas bazaar does seem bigger every year.

Facilitator: So it sounds like -- I've asked this in all the groups, and I have been getting some overall indication I can't evaluate yet, but people talking about feeling more comfortable to come into the schools, and I guess that's another way to phrase this, but have you noticed that, any change in that, like, you know, having events in schools you mentioned is one of them, or more partnership with other organizations, and has that always been the case?

Speaker 8: Well, I think over the past five years that people do feel more comfortable in coming into the schools, and for a lot of reasons. We had a bond, and we remodeled the schools, and I think that helped tremendously. The -- what we tolerate at the school and what we used to tolerate at the school has changed, and I think that's been a huge improvement.

Facilitator: Can you talk about that a little more, what specifically -- in terms of behavior.

Speaker 8: When I came here five years ago and I would walk in the hallway I would always find children in the hallway, and -- you know, and the question is why are children in the hallway and not in the classroom? And that has -- you can walk down the hallway now and not find a child in the hallway. So we're keeping them in the classroom.

Speaker 9: They're getting, I think, called for poor behavior and --

Speaker 8: Yes.

Speaker 9: -- getting -- you know, it's identified when their behavior's not respectful.

Speaker 8: Uh-huh. Yeah. Anything from bullying to -- you know, to any kind of violence, you know, we're watching that, and instead of it being something that there is no consequences for, there is -- there are consequences. If you're going to act that way in our school, there are consequences that will be metered out. And we're seeing fewer office referrals, and we do have data on that.

Speaker 10: I think that in terms of school activities the community's pretty good about coming out for sports all the time. It's -- you know, there's -- in rural Alaska there's very little to do, so everyone goes out on the weekend and really support the kids. I think that's been -- yeah, so I don't think it's a huge change.

In terms of community events, well, there's been more of them, and so there's more people that go because I feel like they know what it's about now, rather than like, "What is this giant thing happening? And I'm definitely not going to go." I think it's more of like an interest now that, "Oh, yeah, there's some event, so we'll go." Yeah, so -- yeah.

Facilitator: So there's some increase.

Speaker 10: Yeah, there's been an increase.

Facilitator: What do you think is the cause of that? Just how did the --

Speaker 10: Just because there's more community events with kind of general consistency. There's, you know, a potluck, or a thing here and there, more often than not, you know, than before, so there's actually -- with a knowledge of how things go and who's maybe going to be there, then people are more inclined to go, so I think that's -- because if you suddenly have a community potluck out of the blue once a year at a random time, no one's going to go, but if you consistently have a potluck in the fall of every year, they're like, "Oh, yeah, that was fun," and then you get other people to go with you.

Question 7: Compared to five years ago have you seen positive changes in the relationships between youth and elders in Dillingham?

If yes, what has influenced this? If not, what can be done?

Speaker 1: Yes, I think we have seen changes, positive changes, and I think we try to remind the youth that -- the rules, and the respect, and that -- I know we do that here. We do that, and we have a lot of -- not counseling, but we have a lot of information out there for the public that helps, I guess, at home in -- I mean, there's so many things being done out there. I can't quite, you know, remember one in particular right now, but we have a lot of things like initiatives that - - you know, where we involve the -- you know, the youth and the elderly doing things together, or doing some type of activity, you know, things like that, so yes.

Speaker 2: No, I guess I haven't, you know, so -- but what I'd like to see is -- done is for the youth and elders to talk about their feelings and emotions, and that's one area that is not really talked about, and feelings, the youth feelings and emotions, and the elders, over the years most of us seem to get a little understanding about our feelings and emotions, so -- that's about it.

Speaker 3: Well, in the last three years that I've been working here I've seen some differences, mostly working together. You know, last September the CAC put on Pathways to Hope, and that was -- we had a lot of younger adults. Working to -- work with the elders to kind of open up about sexual abuse that's gone on in the villages, and in Dillingham, so -- and, you know, we've had different types of -- we've had different presenters come out from like Anchorage and whatnot, and we've had a lot of elders in those trainings as well working with children.

Let's see. I noticed something interesting in one of the villages I travel to. At lunchtime the youth eat lunch, and the elders, they sit in the gym and they watch, and they converse with the youth, and then after the youth are done eating their lunch, then the elders eat lunch. Sometimes with them, but they usually wait afterwards, so -- and, you know, mostly when I go on travel I get to sit around and I get to listen to elder stories, and the youth are very interested in hearing their stories, so -- yeah, I think there's a connection, for sure.

Speaker 4: I've seen a much stronger connection, most specifically through outreach programs by the tribe, BBNA, and the college campus for the most part, in conjunction with all of the other groups who go together to work with those. The Culture Camp the past couple years, the Youth Culture Camp that BBNA has kind of spearheaded, has been so open to let all of these people come in, and they were really involved with -- they put up fish for the elders this year. They learned not only about their culture, but then went to give those to them. They've done first hunt potlucks, and really embraced traditions, and shown really positive ways to do that.

I know that the tribe had been doing story time with the elders, where you could go down and have coffee or tea with them at the senior center, and talk with them and hear stories. They were doing Native dance groups over there. And the campus has done a wonderful job of really kind of growing our own expertise, and offering culturally relevant classes that are open to the community, where youth can come in and learn basket weaving, and fur sewing, and things that may have been taught by someone's grandma, but maybe you didn't have access to yours, and so this way you can really get the whole community accessing the elders in a way that they can interact with the youth and really pass on information.

Speaker 5: I would say I'm in somewhat of a unique position for this because about the only time I get involved is when it's clearly not working, but what I would say is even in those

instances basically everybody who's coming to the table does want it to work, and we've been able to really reach a resolution that never involves getting either police or court involved, and every elder, every youth does really want to reach some sort of resolution, and I would say in every instance we've been able to do that without getting anyone else involved, and it's because everyone who's at the table really does want to work it out. So that's my impression.

Speaker 6: Youth and elders, [name omitted] hit a key point in those that want to engage, are engaged. We have story time elders, you know, they have a coffee time, and I know they go -- they do Native dancing. I know I've been invited down to the school for coffee hour at 7:30 in the morning. I just haven't made it yet, but I -- and my intent always is to. I just never get up -- that means I'd have to get up at 6 to be there at 7:30, and I'm lucky if I get out the door at 10 to 8, but changes in attitudes, you know, as I get older, and I don't feel old, but I do see our younger people treating me like I'm old, you know, opening the door, carrying my bags, you know, and I can carry it myself, but they're offering, and I think that's a good thing. Maybe it's because my hair's gray, and maybe I -- to them I'm old, you know. My kids is -- my daughter's age group people think I'm old, but, you know, I'm not.

But, anyway -- but the attitude has changed. You know, maybe as I get older and I'm observing more about being engaged in -- with our young people, those that want to be, believe me, they are engaged in the process, and they're given that opportunity. I think one of the biggest challenges we have is getting some of the high-risk youth out there. Those of us that are engaged with our families are involved in happy, holistic side, but I think we could do more outreach to those youth that are in crisis management, that are stuck in a mindset of alcohol and drug abuse, gambling, whatever, but those -- and I think the school does a good job to try to engage their young people in activities, and our elders in going to story time. You know, they have free lunch -- well, almost free lunch, you pay a dollar for seniors -- but they invite young people to come up there and listen to stories and dancing. So --

Positive youth and elders, I think we could more to encourage our elders to be more proactive and be proud of who they are, because I think they're humbled, and they're -- which makes them seem like they're meek, I mean, unless they're invited -- they don't need to be invited. They should just come in and sit down, and start engaging, but they don't. So we need to invite them more often than not, you know, with our young people, because I think our young people are craving that. They need to see prideship in -- anyway. And it's happening, and they're there, but we can do better. Our older elders -- our elders need to just go in there and strut their stuff.

Speaker 7: Well, from an agency standpoint I see the university reaches out to Grandma's House with the nursing program. That's new here. And I know that Rebecca, who is the instructor there, takes them there and spends a lot of time with the elders at the assisted living home, and then I do recall my son dancing at the senior center. So I know that -- and that was when he was in elementary school, so I know that the school reaches out to the elders through the kids, so they go there as a group, or on a school trip or whatnot.

And then from a family standpoint I know that my kids are really proud when it's -- you know, they can bring something to their grandmother, or even take it to one of grandmother's friends, you know, like a moose leg, or fish, or whatever they bring home -- the boys -- geese or whatever. My 11-year-old little boy, he -- it makes him really proud to be able to give to the elders, not just his grandmother, but other elders here in town, take them whatever, a porcupine,

or beaver, or whatever, so I know that he's getting that, but -- and then we have -- you know, I have kids at my house literally every weekend. We blanket the living room with kids, and the boys will go in one direction, and the girls will hang, so -- and usually they're kids that are from, you know, families that may have other issues, so -- but they come and stay at our house, so -- and I know other people do that, too, so they're getting it, some of them are I know.

Speaker 8: Oh, definitely, definitely have seen changes because we are seeing kids participating with events that are sponsored through either the CANDU or through the school to go to the senior center, for usually holiday times of day, kids in Culture Camp are catching fish, and then -- and providing that to elders. So -- and I don't ever see elders -- you know, we used to hear a lot about -- I hate to use this term, but drunks being rolled, and I don't know that we're seeing that as much anymore, and that's usually because you have, you know, teenagers that just think that they can do that, and that that behavior's okay because they don't get called on it, and I think that they do get called on it now. So with -- you know, we have kind of like a youth -- you know, tribal -- a youth tribal court that we're trying to -- and a youth justice court, and so kids, you know, are recognizing that that's not okay behavior. And so I think, you know, a combination of those things.

Facilitator: Do you have any suggestions on what more could possibly be done in this area?

Speaker 8: I know in the villages it's really important that the elders eat with the students, and here I know the elders eat at the senior center, but I thought in Dillingham, you know, proper it would be awfully nice if seniors were at the -- at least the elementary school, and there's something to them being at the middle/high school, too, to have lunch, and just kind of be around. I think that that would teach a level of respect, too, just to be deferring to your elder and, you know, acknowledging their presence. And Dillingham does need that over some of the other communities where the culture's a lot stronger, and here it's much more fractured, so we kind of -- even though everybody says Dillingham has everything, in some ways we really are lacking that cultural and honorary respect that you see when you travel to the villages.

Speaker 9: I would agree with [name omitted] that, you know, definitely having them eat at the school is a good thing, but, of course, they have their own kitchen and all like that here, but when their kitchen flooded we did have them eat down at the elementary school, and the elementary school children seemed to enjoy it. They enjoyed the interaction, and so that was a good thing. You know, I think overall their respect toward adults has increased in the last five years.

Facilitator: And what are some factors that you think have influenced that?

Speaker 9: Well, I think that in the school that we just took a harder stand against it. If you -- if you're going to be disrespectful to a teacher, you're not going to be here.

Speaker 8: Do you think that had something to do with CANDU? I would say it would, because the whole was sort of trying to bring us that direction, and it seems like it has roots in that.

Speaker 9: Yeah, I would say so, that, you know, CANDU is about, you know, building assets and building respect, so I think it probably did have a lot to do with, you know, where we saw the direction of the school going, and, of course, we -- you know, we -- we're getting a lot more feedback from parents now that they want to know if a child misbehaves what the school is

doing about it, you know, and, of course, we can't tell them, but, you know, at least we're getting people concerned about that part of it, instead of just the part where they go, "Well, my kid got suspended, and I want -- I don't think that's fair," you know. There's -- community members are going, you know, why wasn't more done, you know, and, of course, I can't tell them anything, but at least they're concerned about it.

Speaker 10: I think that there's not been a lot of changes. I think that we've wanted there to be changes, but it's really hard. We've had a lot of difficulties trying to figure out how to bring them together. I know the youth are still putting together events to, you know, have positive adult role models, but it's just kind of a struggle of -- because the elders are available during the daytime, but the kids have school, and some of -- sometimes the school does bring them over to the senior center, but not regularly per se, and so that's been a real challenge, but -- that is a real challenge, and it's just really hard because I don't -- I'm not really -- okay, so I'm not related to anybody here that's an elder, so it's hard for me to push people to certain elders and get elders to come out, because I have no real personal contact with them, so it's hard.

Facilitator: And also, you're right about the timing, because a lot of times elders won't come out to activities in the evening.

Speaker 10: Yeah, they're tired.

Facilitator: They're tired and they're not comfortable.

Speaker 10: It's a quiet time, and --

Question 8: In the last five years have you seen or experienced a growing number of men and boys taking active roles in ending violence?

If yes, what do you think has helped change attitudes? If no, what can be done?

Speaker 1: Well, the only way I could answer that is between me and my son, and my son's 15, right, so I'm in an active role in his life because I don't drink, you know, and I think if more fathers can do this, I think our society would be a lot better, right.

Speaker 2: Yes. Yeah, as an advocate I see a lot of the prevention work we're doing, I see a lot of, you know, men, their sons, you know, just men and boys in general stepping up to the plate, and just taking an active role, especially in like Choose Respect March and stuff. There was a lot of high school boys there that were like holding up the signs, like "This Will Not Be Tolerated." So, yeah, I've seen quite a bit.

Speaker 3: I would agree, and echo those same sentiments. I saw quite a number of more teenage boys at the march who were really active and taking active roles, but I also think SAFE's done a great job of introducing prevention in terms that work with the guys, and so they did the Few Good Men, and they talked about what dads can do in supporting moms, and they talked about kind of the reaction of how we would all work together, and what role they play. So I think that there's definitely been a lot of movement towards empowering young men and boys to take more active roles in ensuring that they are providing healthy relationships, and calling each other out if they aren't -- seeing situations that aren't healthy, and I think a lot of that is, if I remember correctly, part of the Fourth R curriculum as well, is a lot of bystander intervention,

and a lot of talking about what can you do this -- even if you're not in a relationship that has this, but if you notice it.

Speaker 4: I can only speak to the last year. I would say in the year that I have been providing services as an attorney to survivors of violence I have not gotten one call from a male about somebody facing domestic violence in Dillingham. It's always been women service providers, whether it's from the hospital, or SAFE, or any other service agency, and I have done -- when I've had -- this is not easy to say, but I have had a lot -- had to do a lot of education and advocacy with the law enforcement in Dillingham in terms of enforcing protection orders on behalf of women, and around -- when -- clearly, clearly valid protection orders that they will not enforce for various reasons, and especially in the villages. So I've had little involvement with any males in Dillingham or Bristol Bay in terms of advocating for women or doing any work on behalf of women.

Speaker 5: Men and boys taking active roles, you know, I can only speak from family, and I know, you know, it starts with me and my husband, and my husband respects me, and he portrays that respect into my two boys, and we -- and so it's given at the utmost with -- and that's how our sons were raised. I do know that, you know, we have challenges with alcohol, and when that's wavered from, I mean, they're called on to be responsible. You know, I have nephews and niece -- I mean, nephews who drink alcohol and are abusive, and we talk to them, but it's simply not an acceptable behavior in my family, and I give respect, and I expect respect.

I've never had a man in any relationship -- except my spouse when we were drunk and young, but it was a two-way street, but I know the Native men that I deal with, you treat them with respect, they're going to treat you with respect. But I do know that there's some verbally abusive, and I think that's just as bad as physically abusive in relationships, but our -- and I know with the cultural changes and the environment changes, with provider versus the nonproviding, and -- provider -- I mean, there's some cultural changes that our men are going through, and they lose that -- I don't want to say manhood, because I don't know if that's the right thing to say, but there's some cultural changes that we've had over time, and so I think we need to do better in giving our men due credit for what they do.

I mean, mostly in the world that I deal with there are a lot of women who are in leadership. Of course, we've got a handful of men, but those guys are -- anyway. But the men in Dillingham, I mean, it's -- I've never -- I never had that truly dis-- even from people who are intoxicated, you know, if you get down to their level, and I believe that you have to lead and practice it to teach it. You can't just be sober and be -- you know, you have to live it to teach it to our families. And we have a lot of men that do that, I mean, they don't -- they might not think they're doing it, but you do. You know, I think our men do lead by example. We have a lot of good men. We just seem to focus on the bad guys, and there is a lot of bad guys, and those guys should be thrown in jail, and they are. I mean, we've got the court system that does that, but then those people sometimes need help, too. I mean -- and I think it's deep-rooted, you know, for people that have been harmed, especially our young men, and they need help, and they need to be helped, I guess, but as far as in my family it's -- I've had respect from day one, so --

Speaker 6: I'm thinking of situations at the school where my son has come home and asked the questions about, you know, getting bullied by a little girl, or a little girl maybe hit him or something, and, you know, what do you do, and I always direct him back to, you know, you need

to, well, turn away from that and go talk to, you know, the teacher or the school officer, whoever's on the playground. So I know that that is something that happens even at a young age, where, you know, you have that altercation between the two. And as far as in general, the in general population, I can't say that I've seen anything.

Speaker 7: I got it. So men and boys. Men, no. Boys, yes. I think it has to do with a generational kind of thing. I think that men around the age of 40, perhaps, or 40 and over, tend to be a little bit more protective of themselves and think of reaching out as a less than kind of thing, while the younger generation tends to reach out for help, and not think so much of it as being a gender type of thing. I've seen boys take active roles here in the community, many of them, but I don't think I've seen men over the age of 40 at all, so -- yeah.

Speaker 8: Yeah. If a student is drinking, we usually hear about it from other students, and sometimes get pictures from other students showing them drinking, you know. I think what's changed is that they want this to be a good place, they want this to be a place that's safe and respectful, and we're seeing that in our athletes, and in -- as students are coming up, so it's not tolerated among their own peers, so, therefore, it's -- I think that's helping us take some stands on it, too.

Speaker 9: I wish I could say that I was more social and out in the evenings when maybe I would notice that kind of thing, like at the bar at night, but I'm just not, so I'm the daytime person, and, of course, everything is pretty quiet then. So I don't have personal knowledge, but -
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Facilitator: How about just men and boys' participation in events?

Speaker 9: Well, certainly --

Facilitator: That was something I was wondering about, things like the --

Speaker 9: The Choose Respect --

Facilitator: -- Choose Respect --

Speaker 9: -- March, right. Yeah, we get quite a contingent of young, you know, students, parents, and then couples, you know, which is really exciting to see, young men and their partners and -- participating in Choose Respect, and other events that are probably related to the school, which is our big venue, so -- yeah. Men still need to be supported, though, I think. You know, now that we --

Facilitator: My next question.

Speaker 9: Okay.

Facilitator: What do you think more should be done, or what more can be done to encourage --

Speaker 9: Yeah. I think that men probably -- unfortunately, it's going to be through the school -- sorry, [name omitted] -- but, you know, the school just is kind of the hub for when things are lacking in the home, what can be provided for them, and that, you know, it takes a community to raise a child, and you need to have five important people in your life, and young men definitely

still could benefit from that. I think the Myspace that's here is absolutely exceptional for the support that they provide, they obviously offer to both young boys and young girls, but we see a lot of young men that will come here, which, you know, they see good adult male behavior, which is, you know, awesome, and then that there are, you know, things that they can do to be active participants in a family unit, and that it's not just all about the woman and a baby, and I have to say that because we still kind of are in that culture, where we are going to see young families, so we need to just know -- have men be involved and pulled in more.

Speaker 8: Well, we -- you know, we have our coaches, and when I say coaches I mean our drama/debate coach, our Tsunami Bowl coach, our spelling bee, all of those we have men participating, and, of course, you know, we have women coaches, too, but -- and they can be just as influential, but I think just a lot of times one word from a coach goes much further than it does from some other people, and so, you know, coaching Boys to Men is something that I think would be very effective.

Facilitator: Do you have that program there, the coaching -- Boys Into Men program, have you brought that out here and done any training for that?

Speaker 8: We've sent people to the trainings. They get sent to Anchorage. There's one coming up this summer that --

Facilitator: So you've sent people to trainings.

Speaker 8: Yes.

Facilitator: Have they brought it back and started it in your school district yet, or are they still kind of implementing it more loosely or --

Speaker 8: I think they implement it by talking to the boys, and, you know, they talk to them about, you know, females and what -- how to be respectful to them when we're traveling, when we're -- you know, all of those kind of things, how to be respectful, and we actually win a lot of awards, you know, for sportsmanship.

Speaker 10: I think that there's definitely a lot -- I know that there has been support in the past, but I think now it's a little bit more active. I think one of those -- the reasons is because of Greg, because in the past it's a bunch of women saying, "You guys need to stand up," but it's different when there's an actual guy who is standing up and saying, "We need to stand up," and I think that that makes a really big difference into what is happening.

Facilitator: What more can be done, do you think?

Speaker 10: I think that as things move forward just having more of a less traditional, "We're just going to" -- you know, feminist role of some attitude sometimes. Though that's nice, it sometimes alienates people in all or nothing, and I'm not saying pacify them and not use feminism, but really teaching people first what that means before you aggressively push it, I think is key, and I think just really having more guys stand up. And I know that some of them are really standing up, some of the board members, like Ted, Craig, and David Nicholson, and Bill Wiley, you know, they're really trying to stand up and show that this isn't just a women's issue, but I think having more employees in the service field of -- you know, where it's

dominated by women, I think that having more male figures for people to look up to, or more diversity would be nice.

Facilitator: Do you think that in the last five years that you've seen more respect from men and boys in the community towards girls and women? Has that improved? Has their actual behavior improved toward women in the last five years?

Speaker 10: I don't know. I don't know how to quantify that. It's really hard --

Facilitator: Just from your own opinion. I mean, this is qualitative.

Speaker 10: I don't --

Facilitator: That you've seen.

Speaker 10: I don't think there is that big of a change in that regard. It's also hard because if you've been working here you know all the cases that's happened, you know all the bad stuff, so it's hard to think about it in terms of the community and how -- and my role in the community is completely different than other people's roles. Therefore, their experiences are completely different, and so I -- it's hard for me to quantify.

Question 9: Compared to five years ago, do you feel safer and more hopeful living in Dillingham? Why or why not?

Speaker 1: I think there's a lot -- yeah, I do. I feel pretty safe living here. I think there's a lot of good people here that look out for each other. My only concerns is the summertime, we all know how wild it gets around here, but I think that they're doing -- law enforcement is starting to do a better job at patrolling, and, yeah, you know, with all the prevention going on I'd say I think it's a little safer than the three years that I've been here. I have not been here five, but I can tell you when I first got here I don't -- I think it was a little worse, so -- my perspective.

Speaker 2: Not safer. More hopeful, yes. I think that I'm more hopeful because I'm seeing more people take active roles in actually changing things in the community, and not necessarily just voicing their complaints, and actually taking part in preventative activities, and ensuring that there is some changes being made.

As far as safety, I think that's a matter of the chronic rural problem, which is we have turnover all of the time, and so I don't think that I feel necessarily safer. We have a whole bunch of new police officers. We'll get in new law enforcement of all different types, and I think that there's a lot of knowledge that you get from being here a while and knowing who all's here, and getting brand new people in, especially those fresh out of training or not with enough training, does not make me feel necessarily safer here, but certainly more hopeful that there will be changes in the future.

Speaker 3: When I was looking at moving here and I was looking at statistics I was very alarmed, and I was like what's up with the rape statistics in rural Alaska? And when I understood those more I felt a lot safer, and sad, because they're so complex, what goes into that, and I'm not saying I even understand now. I really don't. I have a lot to learn. But once I understood those more, I felt safer, because they are so complex, and it wasn't that I was going

to be walking down the street and someone was going to pick me off or something. And I feel hopeful just because every time I come to something like this I see a lot of the same faces, and I see a lot of people who really care about what's going on here, and I have a lot of energy and care for it, too, so I can't help but be hopeful.

Speaker 4: I have really mixed feelings about safer, because we've got an epidemic of opiates and drug users here. Now, for alcohol I can under-- I understand, I think I understand the scope of alcohol and how to handle it, but I don't understand the people who are addicted to drugs, because it's -- I'm not familiar with it. But being born and raised here, I feel safe because I know a lot of people, and I know my environment. What I don't feel safe is there's lots of goofy people out there addicted to drugs, and that scares me, because you have no control of it. I have control of my environment and who I hang out with, and all of that, but what I don't have control is -- is people who take drugs, because they get goofy.

I'm very hopeful, because I think as a community we've changed attitudes, and behaviors, and belief systems. It's not okay to beat up your wife or your girlfriend, or boyfriend, or whatever. That person will be made accountable at some level, whether it be a family level, law level, or community level, and because we're now talking about it. We're talking about it. We know alcoholism is a disease, but so is drugs, but I just get real scared for my community when I know that there's these horrible drugs out there, especially that drug that you can make. What the hell's it called?

Speaker: Meth.

Speaker 4: Meth, you know, and I know it's coming in. In the summertime, you know, our population increases 10-fold, and we get people from all over the world here. I'm -- I get nervous during the summertime because I -- you know, we're not connected to the road system, so I feel a little bit safe, and I know how to use a gun, too, but still -- but we -- our community increases 10-fold, and there's so much predators out there that I become very careful, and more aware of my surroundings, but I love Dillingham. I love where I live. I love the people I work with. I love my community. And so in that sense I feel safe, but I don't like the drugs, because I -- because it just changes people's lives. They -- I mean -- and there's no control over that. So -- and that's -- you know, so that's why I'm really conflicted, because I know I've got family members who are addicted to drugs, and that really makes me sad, and unsafe, and that -- now with summer coming on, it's just the environment. You're not familiar with who's in your town, you know, so --

Speaker 5: I feel safer living in Dillingham than anywhere else. I've always thought this is a really great place to have a family and raise children because it is off the road system, and you have to buy a 600-dollar plane ticket to get here. So someone either brought you here to work or you are responsible enough to have a job and you're transferring here to work, so kind of keeps out the riffraff, right? I've always worried more about my children being trampled by a moose or charged by a bear than, you know, a sexual predator, or someone who's going to assault them. However, I'm very picky about whose house they get to go to to sleep over, so we tend to have more kids at our house as a result. I know you have to be aware of that, where your kids are. In the summertime it is distressing because there are so many people who flog in here in May and June, and then they leave, and I know that just from the business standpoint of the hospital we have an influx of migrant workers, we have, you know, spikes in our SART team's activities,

those kinds of things happen, and usually they're associated around, you know, the bar. Our fishing hasn't opened yet, and there's a lot of people sitting in town getting into mischief, so -- but as far as a safe community, I think that this is a great place to live.

Speaker 6: Okay, so safer, and hopeful, more hopeful. Safe, not safer, safe, and more hopeful. This is a pretty neat place. I think everybody looks out for each other, and, you know, that's what makes it great. The -- you know, the sex, violence, and all that, the rape, that's a very complex issue, and if you understand it well, then perhaps you'll feel safe. I'm probably not making any sense, but for the people who live here. So I do feel safe here. I've lived in many big places, and so this is one place I don't worry about leaving my doors open or my cars open or -- you know, I really don't worry about anything like that. I go out for long walks, and I just -- I feel safe. Like she said, I worry more about a bear charging at me than anything else.

The drug issues now that we have, you know, I know we've had an influx of drugs lately, but I was reminded by a good friend of mine who was born and raised here that drugs have always been around, you know, and he went on to tell me the stories about back in the 1800s, and from then on, and on and on, and, you know, so this guy had a lot of, you know, stories to tell. So drugs come and go, but the people who actually stay, who make this community is what this place is all about, and we know who everyone is. We take care of each other. We may not see each other every day, but -- so, yeah. I think this is a safe place, and hopeful. There's a lot of involvement here from so many different -- at so many different levels, and from so many different people that I think this is a very hopeful place. Yeah.

Speaker 7: I feel more safe here, you know, much better than it was five years ago, even 50 years ago. I have hope, you know. I have a tremendous amount of hope, you know. If you just say no, you know, to drugs and alcohol, we wouldn't have that much of a problem, you know, so how do you teach that to children, you know, and why do people use drugs and alcohol? Well, it's because they don't like themselves, you know, so I have to look in the mirror and think, well, I'm handsome, you know, when I don't feel like that, you know. So to tell kids like that, you know, that's what they really need to do, you know, to overcome the power to use drugs and alcohol, you know, because, you know, that's where it's at, you know. If they love themselves enough, then they don't have to do that, and I was never taught that. That's why I did it, you know, so that's what I try to do.

Speaker 8: Well, I am very concerned about the drugs, and, of course, we try to make sure that we force it off of the campus, but that mean it just goes someplace else sometimes, but we feel an obligation to force it off the campus anyways, because it's -- you know, there's children there, and parents are expecting us to keep their children safe. So the drug thing is a big concern for me, but I don't think it's crashed my hopes or anything. I still feel hopeful that we're going to -- it's a good community, and I think that we're going to have a lot of good citizens coming out of the school.

Speaker 9: Yeah, definitely, I feel safer. I think five years ago when there was vandalism occurring in the school parking lot, which is where all the events are held when we attend, and you'd want to make sure you had your car locked at the school, now it's almost feeling like you don't need to do that, that you can just leave your car and nobody will mess with it. So it is kind of in the drug culture where I think probably if people are saying they're not safe, it's because of that, and that's new for us, and it's new for a lot of places, so --

I think we need to just continue and do what we're doing now, and not let this go away because the CANDU grant is done. The police department's been very involved with our CJA group, and -- Community Justice Alliance -- and I think their participation at the school and with students has had some positive effects. It'd be interesting if you're going to interview the police to see what they had to say, but -- because they always see the underside of -- the underbelly of everything. But what more to be done to make it safe? Just that we can't let this go. We have to keep it up. That's what we need to do.

Facilitator: Were the police part of the CANDU grant? Were they part of the partnership at all?

Speaker 9: I don't know if they were part of the grant. They certainly were part of our partnerships for community wide, yeah, and we had --

Speaker 8: They attended the meetings.

Speaker 9: They would attend, uh-huh. Yes.

Facilitator: I do remember at the beginning a police person being in one of the meetings.

I want to ask you a question just because I want to get this information. It's not specifically part of the focus group's information, but the kids felt -- a lot of the kids felt there was less alcohol use, but more drugs. They're seeing -- you know, that the -- less domestic violence, less tolerance of domestic violence, but, again, more drugs coming in and they were concerned about that as well. So I guess I want to come back to if there isn't the CANDU alliance or where you're not continuing it formally, do you think the community is going to continue to use these strategies and tools that you've developed as part of this to address this drug problem, or do you think there's going to be more a laissez-faire attitude toward addressing it? What -- I'm not quite sure even how to ask the question, but --

Speaker 9: Well, I can say that it always depends on individuals, and you know when you say that, you know, when we're this huge pool of people, and no -- not one person makes a difference? When you're in these tiny areas of the state one person makes a huge difference, and so I think that we have a good team right now, and I think we just need to make sure that as people come and go that the replacements are brought to bear, that this is your responsibility to be part of our group, and this is what we do, and that -- yeah, and I appreciate the kids' point of view. I would really love to have a youth behavioral risk survey at the school, and I know that they've looked at trying to do at least a portion of it, where kids would say, you know, have you tried drugs, and have you had sex, and that we would get some of that statistic, but overall I think Dillingham produces some bright kids. We have a lot of kids that have done really great things that have come out of this school district and out of this community.

And, you know, probably just one of the things that would be helpful to keep the going -- keep it going would be to highlight some of our successes and accomplishments more broadly, and community wide, because otherwise the new people don't know our history, they don't know where we've come from, and then if we slid back into it they just sort of see things as going downhill. So it would be something to talk about.

Speaker 8: Well, I think, you know, if CANDU didn't exist tomorrow, I think [name omitted] and I would still communicate with each other. We know each other, and we would do that, but

we're not going to be here forever, and there's going to be somebody take my place, someone take her place, and at that point they won't have those connections anymore. So the CANDU, keeping it going will keep those connections live, and without it I don't see the program progressing more than a couple of years.

Speaker 10: No, I don't, actually. Through my work here, and just through stories I just have no faith in the police. It has nothing to do with the people, but I don't feel like the police will do anything to help me be safe. There are so many things that's happened that is appalling, and it's astounding to me that people are still employed there, and that this is allowed to happen in the community, and that's not okay. Things should not just be pushed to the side, or ignored, or shrugged off, and people aren't pushing it.

And I know part of the problem has been the DA, district attorney's office, and not to speak badly of the lawyers here, they're trying their best, but they're not properly trained. You hire someone off of law school and dump them in a rural village without any immediate supervisor? That is wrong. You dump them in a place which has one of the highest rates of domestic violence and sexual assault in the nation, without any experience? That is wrong. And so, no, I don't feel safer because I don't feel like there will be consequences for people who do any major bad things.

Now, if you do something small, like maybe like shoplift, yes, they will persecute you to the full extent of the law, but they will not do it if you rape someone, and that -- and so it has nothing to do with this program, but -- because we're in prevention. We're -- our work is to try to get people to not commit those, and build them so that they don't feel like they have to commit crimes.

Facilitator: But they're related because if --

Speaker 10: Yeah.

Facilitator: -- people don't see consequences for --

Speaker 10: Exactly.

Facilitator: -- bad actions, then they're less likely to -- you know, they're --

Speaker 10: Yeah, and it's hard to teach the kids don't do drugs, don't deal drugs, when one of the biggest busts they have in heroin, the girl got a slap on the wrist, and they're like, "Well, maybe I should deal drugs, because it looks like nothing happens to them anyway." How are you supposed to teach kids that those things are bad?

Question 10: So compared to five years ago do you think there's less domestic violence and sexual assault in the community? Same, more?

Speaker 10: I think that the way -- domestic violence and sexual assault in this community is a little bit more different than how it is in other places, I think, because I don't necessarily always see people -- it's not always like their life is threatened, their -- it's sometimes like a long period of constantly emotional and mental abuse that is hard for people to see, and I think that it's just that kind of constantly breaking down of people, and so I think that the emergencies are a lot

less, the “we have to shut down everything and close everything off in the shelter because someone’s life is in absolute risk right now,” I think that part is less, but the long-term kind of mental and just emotional abuse, I think that that’s -- I think that -- I don’t -- not rising, but it’s kind of there. So I think people realize, oh, physical is kind of -- you know, everyone can agree hitting someone else is like such a terrible thing, but it’s a blurrier line for -- to see the -- because you don’t see it. You don’t experience if it’s like a constant thing happening behind the scenes, and it’s easier to do behind the scenes because you have no evidence that it’s happening.

Question 11: Based on your work here in the last five years or just in what you’ve seen do you think people in Dillingham know more about what to do about stopping violence if they see it, and are more likely to get involved?

If yes, what do you think has brought about that change?

Speaker 10: Yeah, I think that a lot of the work that we’ve been trying to do with the community and with the school, I think that that’s really helped with their Fourth R program, and we -- you know, just general bystander kind of mention in presentations in there, I think that they at least know that they should call someone and ask for help, or try to figure out how to get the people to go for help. So I think that there is a lot more people kind of knowing the resources, so that’s part of the first question. Like people know more of the resources, or at least know of SAFE -- really know of SAFE now, to be able to call and feel comfortable to call.

Facilitator: Do you think people know more about SAFE, and their opinion about SAFE has changed in the last five years?

Speaker 10: I think it’s gone back up and down, but --

Closing remarks: Anything else that you want to add that came up for you during these questions that you didn’t get to respond to, or if you have anything else that you wanted to say regarding what we’ve been discussing?

Speaker 1: Well, I think everybody in Dillingham’s been doing an awesome job looking out for each other. I’m proud to be here and work. I think this is a special place, and there’s always going to be problems everywhere you go. That’s never going to change, but the fact that we are in a smaller community and everybody does look out for each other, and, like you were saying, drugs have been around for years, are not going to go away anytime soon, unfortunately, but we do the best we can to make sure that we do prevention with the children. It’s about the kids.

Speaker 2: I would say that we have finally reached a spot where if the first -- if the last five years were us figuring out what works and what doesn’t work, then we’re actually at the cusp of a really cool period of time in Dillingham, where you already have the support and the number of people, and you just need -- you’ve even started identifying what resources we need to improve on, and what works here and what doesn’t, so it’s actually a really exciting time to be part of the community and watch changes progressing really quickly.

Speaker 3: I was -- I’m really have -- been happy to be part of the CANDU grant, because what it did is not -- it helped open my eyes, not in working with BBs, but -- not just working with the BBs, but looking at the justice system, looking at the law, looking at the judges, looking at the lawyers, looking at the school, you know, and the university, and working together, public

health, I mean, the community as a whole, I think norms have changed, where people do really want to help each other, and we're not all in our own little boxes. I think this opened the door to start that dialogue, and I really appreciate [name omitted] saying that. I think we're at a cusp where we're going to see change, and it's good to see young people like her here and engaged, because -- and you, it's all about the kids, you know, it's educating and building capacity within our community to bring them back. I mean -- and we're seeing that change now.

I mean, I feel like I can sort of take a step back and still be an advocate, but I don't need to be in the trenches, but I can be a really good advocate for my community, and work with the best of them, you know, the judges, the chief of police, the CEO, BBHC, or whatever, whoever, you know, and be that person to advocate for our community as a whole, because I think we have good people here, and if we stay focused and positive and proactive we're going to be -- we've come a long way because we're not to call -- we're not afraid to call BS BS, and we're not also afraid to say the good things, either, and we need to do that. So I'm really happy to have been part of the CANDU, and I hope the conversation still continues.

Speaker 4: Ditto.

Speaker 5: You know, I keep thinking about -- and it's good that you're back, [name omitted], I'm glad that we had a graduate leave and then come back, and as a leader in the community. I think that's really important, and it's important for other kids to see that you can go out and get your education, and come back, and be successful and be a leader in the community, but I keep thinking of a scroll, it's a quote of when the -- it's talking about the power of love, when the power of love overcomes the love of power, then the world will know peace, and I think that we're there. It's like there's no one entity that's got the one-up on anyone else. It's a team, the whole community is coming together as a team. And, yes, the opiates, addictions, and the drugs are a problem, but who said it -- it's been a problem for a long time, you know. Back in the '80s I was laboring women who were on coke, and then we went to crack, and then, you know, meth, and now it's opiates, and so there has always been that, and we're going to get through this as well, but I think growing our youth to work with those elders -- my little girl says, "Mom, Grandma is so cute. She's just so cute." Like, "Yes, she is," you know. But she's recognizing that value in Grandma, you know, and spending time with her in school.

Speaker 6: Not much more. I'm just happy to be here, and happy that I can help with whatever it takes. That's it.

Speaker 7: Well, I like to see, more or less, religion, but, you know, we're a nation under God, you know, and I don't see that in government agencies, and maybe it's not supposed to be there, or at least they say it's not supposed to be there, but I wouldn't be here today if it wasn't God, you know, and my belief, you know, but I -- so I'd like to see, you know, maybe a prayer or something more in the organizations like BBNA, and I'm sure they are, but, you know, just more of it, you know. There's just not enough of it.

Speaker 8: Well, I think highlighting our successes is good because the Youth Wellness Days has been a success for us, and getting, you know, the PPDs, the height, weight, you know, all of those kind of things, but then the education part, we don't know how to measure that exactly, but kids go through and they learn about all of the domestic violence, the diabetes, the things -- you know, a healthy lifestyle, and those aren't quite measurable, you know.

Speaker 9: Start interacting with --

Speaker 8: Oh, yeah.

Speaker 9: -- people from the community, adults in the community, so that's a great opportunity.

Speaker 8: But our, you know, community liaison that was provided through the CANDU, you know -- and they call and say, "Hey, your child's not in school today. What can we do?" you know, or, "Your child's grades aren't up. What can we do?" So those kind of things are big, and the school district has seen a higher graduation rate, a lower dropout rate. Our test scores, we've reduced the amount of nonproficient by 10 percent each year for the last five years.

Facilitator: To have that CANDU grant-funded person, and then what you've been able to do, do you think it's contributed to --

Speaker 8: Well, they're the ones making the phone calls. They're the ones saying, "Your child's not in school today." A child doesn't learn anything when they're not in school. They're the ones saying, you know, "Your child isn't passing algebra, and we've got this after-school program they can attend, or Saturday school they can attend," which was also part of the CANDU funds, how we used the CANDU money.

Facilitator: Do you see that continuing without the specific funding for that position?

Speaker 8: No. I don't have the money, and what money I thought I did have, I think they're taking it, so, no, that's not going to work.

Facilitator: So you're just strapped financially anyway, let alone adding -- keeping that position without it being grant funded.

Speaker 8: Right.

Facilitator: Okay, anything else you wanted to add that came to mind or --

Speaker 9: Well, I want to say I think I attended the first CANDU meeting where we were trying to come up with a name for the group, and Darrel Richardson, who was the hospital COO, you know, chief operating officer, came up with CANDU. You know, it's like we have a CANDU attitude, and that was his idea for the name, and the D was going to be Dillingham, but then, you know, SAFE came up with a much more probably appropriate name for that acronym, which is an acronym, and I'm sorry, I don't know if I know it, but I was there at the first meeting, and it sounded monumental at the time, but I think having someone at the helm who was strong and persevered was really a person that steered the ship, and so for these sorts of things to be successful you just have to have one person at the helm, and they don't make everybody happy. And I've heard things about that where you will get, you know, certain agencies that will feel that's not how we should be doing it, we should do it this way, but, you know, with someone with vision and foresight it's just an amazing thing on how things can be changed, so that was really, really wonderful here.

CANDU BOYS AND MEN FOCUS GROUP

4/28/15

Note: Facilitator comments made to clarify questions are not transcribed in their entirety in this transcript.

Question 1: In the last five years have you noticed changes in attitudes or more understanding toward women who are victims of physical or sexual violence, or in attitudes toward people who have an alcohol problem in Dillingham?

If yes, what do you think might have caused those changes? If no, what can be done?

Speaker 1: Attitudes, I believe so. I'm sure it's -- it could change a person's attitude in that area. They -- I guess they lose self-confidence or something. They're not, you know, out there and, you know, not open to a whole lot of people.

I guess there's -- I guess people could be categorized differently for that, you know. Alcohol is common around here with people having problems that are just -- you know, alcohol is a factor in most cases if they're, you know, prone to being an alcoholic, I guess.

Speaker 2: I have, yes, and -- or a little bit. Mainly dealing with alcohol, towards it, and that's usually the only time I ever see any abuse towards women with it, and --

Facilitator: So any changes in the way people look at people who have a problem with alcohol? Is there more acceptance, less acceptance? Is there more understanding of people who are alcoholics? Have you noticed -- that's kind of where the question is headed.

Speaker 2: I've noticed there's a few people that of the -- with the problem with the alcohol, is that the only people that really accept them are their friends or people that know them, and other people of the community kind of look down on them, and -- all but their friends, you know, people that know them, I guess.

Speaker 3: Kind of, yeah, because with alcohol they try to feel better, and they think that it's making them feel better, but then what they're doing to their body is not really healthy for them. If they can just continue to drink for -- just to feel better, and all that.

Facilitator: So that's a change.

Speaker 3: Yes.

Facilitator: And how about toward women who are victims of violence? Have you noticed any changes in that?

Speaker 4: Kind of, because they kind of detach from people that don't really understand them.

Facilitator: Are people more accepting of victims of violence? Do they have more understanding toward them, or less looking down at them? Or is it the same?

Speaker 4: Not -- it's not really the same, because every person is different, and all that. They deal with their choice of the way they feel like they would -- that feels -- that would make them better.

Speaker 5: Oh, domestic violence, you know, I've been in -- I've been here in this area, in and out of Dillingham, because I've lived in another community, and I moved to another community, and now I'm settled here. So domestic violence towards women has changed because some people became -- become more aware because of the law enforcement enforcing domestic violence here in this community to where they're -- the people that are affected by domestic violence, mainly women, they -- they're -- they know they can change. And it works both ways, too, the wife and their significant other or husband can make a change when they really choose to make a change in their life, especially some folks that have children, and have had started a family together. In time when they've gone like some people go through ups and downs, and some people have to take -- like when I say rock bottom, it has to take like they finally realize that this -- what they're doing is not getting them anywhere in life, and they -- some people, they finally make a change in their life. Others are affected by that because of a traumatic experience that happened in their lifetime.

Facilitator: How about alcohol, have you noticed any changes in attitudes towards people who are drinking? Is there more tolerance of it, less tolerance of alcoholics, more understanding, less understanding?

Speaker 5: Well, going from the same perspective, it'll be like some folks, the children see their folks drink all their whole life, or at least half their lives, and some kids get involved, you know, "Well, my parents did it, why can't I do it?" and then experience that type of lifestyle, being involved in alcohol, and some folks realize it doesn't really get them anywhere, and others just like are affected by some trauma in their life where they'll just continue to stay in a situation. And then until just recently with -- like you said, in the past five years where there's hope for both people that are involved in the domestic violence where it's not -- I mean, only because law enforcement -- and more awareness of that in this community.

Speaker 6: I believe that the domestic violence is -- well, for me it went down a lot, like they were saying, with the law enforcement and everything, and the education that's out there, and it's more talked about now than not talked about at all. It's like the quiet "no" before that we never talked about. Mom got a black eye, but that just -- she fell down or -- it wasn't Dad hit her, it was she fell down, where now it's more talked about, and women have stepped up and said -- started to say, "No, we can't have this no more." And that's for me, though. I don't know for sure if we look at the statistics, they're probably still way up there, but I don't see it.

Like I know I was -- I've been convicted of domestic violence when I was young, and it seemed to have changed a lot since then, but I think that's more of the guys being scared of the -- "Okay, we know we're going to get in trouble now if we hit her." It's -- they -- it's not, "Oh, I did it last week, I can do it again this week." It's like more -- the -- more education is out there now, and people are more educated that it is wrong, you don't -- before it was just keeping them in order, and now it's no, that's --

Something else I've noticed for me is it's not so much physical violence anymore. It's emotional abuse that's okay, "She did that to me, I'm not going home," and stuff like that, or -- not going

home, or doing other stuff that's -- would be abuse because they're not talking about it, they're not working through it together. But, yeah, it's -- in my relationship there -- the physical abuse isn't there, but we do go through that emotional abuse on each other every once in a while, and I know I probably don't seem like the most emotional guy in the world, but I don't like getting screamed at, and hollered at, and belittled, and I will go lock myself in the corner and think about it for a while, but that's me.

The second part of the question --

Facilitator: Alcohol, tolerance of alcohol, changes in attitudes towards people are drinking in the community, have you noticed changes there?

Speaker 6: I have myself, being through that just recently and just getting sober. I notice there's less tolerance for the alcoholism, that the people that are sober, if you go around and you're blowing booze or they feel that you've been drinking -- a lot of the people that I work with, they don't drink, and they know I used to, and I was shunned away. And finally started to sober up again, and it's like, okay, yeah, we'll say hi to him, we know he's sober now for a little while, and it's -- I don't know, it's still hard, but, yeah, it's -- I think it's better that the -- there's less tolerance for the alcoholism now. It's, "Oh, it's okay." Before I could be drunk every day, all day long, and it was okay. They tolerated me. But now it's, "No, get out of here, go away," and I think it's better that way myself, that there's less tolerance for it.

Speaker 7: Yeah, I have, and -- you know, and I've been thinking about actually coming to this, and I heard a little bit about how it all goes, but I realized, you know, in some ways I'm kind of -- I might be a little bit isolated sometimes, I don't -- you know, like maybe I can't see the big picture, but I guess from my perspective, you know, with things, it's -- especially, you know, that SAFE has done, and, you know, just more open talk about, you know, abuse, and I guess, you know, initially on the question I was getting a little -- I was a little twisted on how, you know, the -- like acceptance or -- but I guess it's -- you know, I mean, the willingness of people to help, you know, try to help those that are abused, and I definitely think that's -- you know, there is more awareness and --

Facilitator: And how about the alcohol part? Have you noticed changes in attitudes toward people with alcohol problems?

Speaker 7: I -- you know, I haven't drank myself in quite a while, and, you know, I know there's definitely a willingness to try to help people that do -- you know, do want to get sober, and I think, you know, from what I've observed in, you know, my experience, yeah, there is less -- you know, less tolerance of it, and I think the next thing sometimes is that, you know, at least in some cases -- and it's hard, it's a hard thing to -- you know, to have -- to not care for somebody when they're -- you know, when they're abusing alcohol, and you want -- you know, they're a loved family member and you want them to do well, and I think there's too much enabling sometimes in some cases, and I would be the worst one myself, you know, if I was in a relationship. So, you know, I can't point the finger at anybody else, but I think that's something that really needs to be worked on, and I know there was a time when I -- you know, I had been in Dillingham just a few years, and, you know, I was -- I had that. I understood, you know, that it was like there's a lot of drinking that goes on in Dillingham, and I could drink a lot and still keep

my job, and -- you know, and those things, but got -- led me to where, you know, I don't drink anymore. I'm happy to be sober.

Question 2: Do you think people in Dillingham now are more likely now to seek help than they were five years ago, or are more aware of resources available to them?

If so, why do you think that is, and what has caused those changes? If not, what are the problems?

Speaker 1: I -- yeah, I think people are more willing to ask for help, and I think it's because they know that they're -- especially with SAFE. I mean, I've -- recently was asked to, you know, fill a position on the SAFE board, and I've, you know, been aware, and -- of what SAFE does, and, you know, sort of been involved with SAFE for a long time in that respect. So I think just that alone, you know, there are people that -- you know, that know that there is help here and this is the place to go, and I think just because of more -- the more awareness, too.

Speaker 2: I don't think that they are more likely to ask for help. I think the shame is there, and it'll always be there. I think that they are more -- it's more talked about out there now, and they -- the resources, they know them, but -- they're more aware of the resources, but whether or not they go get them is -- I think is the same. It's -- the shame is still there, but they are aware of the resources, and I have no idea how we would get past the shame, but that's -- yeah, that's -- they're aware of their resources, but I don't think they're out getting them any more than they were before.

Speaker 3: In the past five years I've been -- like I said, I've been living here for like 10 years now, yeah, going on 10 years, and I know some people that are -- even on -- even my -- from my own experience, before there was SAFE I was asked by -- you know, on my own experience to call in a toll free number, and then had a choice to seek for help because -- only because I got in a situation, but I notice some people are aware of Alano Club here, and what -- thank goodness, some people get a lot of help from SAFE, and out at Jake's Place, and then there -- there's more awareness of these -- I mean, of the resources that are available. And some folks -- even I know of some folks that go to Anchorage, but it'll be to receive assistance to go, and then that's what a lot of them are -- I would think are seeking, but some of the people that I know of that are still involved with alcohol, they know it's there, I mean, they know the resources are here, and it's like it's up to them to --

I mean, I made a change, you know, because of personal reasons, and I know if -- and I know several other people that choose to make a change, you know, and it's like I was in their -- I put myself in their perspective, too, and went through the whole thing for a while there for my own experience. It was -- I take things one day at a time, and it was like a traumatic effect for me, and then I -- after a while it'd be -- you know, after a while it was like 15 years of being sober, it's like, oh, yeah, I can do it now. I mean, it's just like nothing -- I mean, because I was in the same boat as they were, I mean, you know, being an alcoholic, and for 15 years or more not drinking, like I wonder why they want to put themselves through that? I mean, I did, and it was because of my own hurt feelings of different -- well, and trauma that happened in my life, too, so it was like, well, I know if I could change, I know they can change. I mean, and it's really seriously up to that individual, each individual, because when an individual seriously chooses to make a change, I know they can. I mean, I did. I mean, you know --

Speaker 4: It all depend -- well, if I had a problem like that, I don't think I would because no one would really understand the way -- what I would be going through, and all that.

Facilitator: So do you think -- would you know where to go if you wanted to get help? Would you have at least -- would you have a place in mind, or a person in mind that you could go to if you decided to -- that you wanted to get help with something? Like the school or over here, would you know what would be available to you if you decided you wanted help?

Speaker 4: Yes, I would, but then, really -- I wouldn't really know what to say or what their reaction to it would be, so --

Facilitator: So you wouldn't ask, necessarily.

Speaker 4: Yeah.

Speaker 5: I'm pretty sure most people know where to get the help, but taking time, taking out of their time to do it, I don't think they really would want to go and get the help, whether it's alcohol, whether it's because of their drinking or drinking problems or -- I just don't think they'd take time to go and get the help, but I'm pretty sure they have the awareness of all the help that's around Dillingham.

Speaker 6: Yeah, I think now people are aware of help that's out there if they need the help, you know, and there's -- in any situation I'm sure they have a place to go and ask for help.

Facilitator: Do you think they'll do it, they're more likely to do it --

Speaker 6: Some --

Facilitator: -- than they used to be?

Speaker 6: I think some people will have the -- you know, the urge to go and ask for help. I think others would have to either be talked to or get advice from family or friends. So this is really a small community, and there's a lot of people that do help around, and it's just the seeker to make that choice to go and ask for help.

Question 3. OUTSIDE OF YOUR WORK ROLE have you or someone in your family been involved in any of these CANDU supported programs?

	Speaker 1	Speaker 2	Speaker 3	Speaker4	Speaker 5	Speaker 6
a. Rural Providers Conference	No	No	Yes	No	Yes	Yes
b. Beauty for Ashes	No	No	Yes	No	No	I don't know
c. Peer Tutoring	No	Possibly	Yes	No	No	No

d. Culture Camp/Summer youth services	Yes	Yes	If you're talking about the one in Chug (ph), yes.	No	Not the recent ones here, but I participated in the culture -- I guess it was kind of a recovery camp up at Ekwok Lodge.	Yes
e. Community mural projects -- The Fish project	Yes	No	Yes	Yes	No	Yes
f. Bristol Bay Wellness Program	No	No	Yes	No	Yes	No
g. Choose Respect March	No	No	Yes	Yes	Yes	Yes
h. Community Justice Alliance	No	Yes	No	No	No	No
i. CANDU organizational meetings	No	No	No- I don't know	No	Yes	Yes
j. SISTR's	No	I don't know	Yes	No	No	No

4. Compared to five years ago have you seen positive changes in the relationships between youth and elders in Dillingham?

If yes, what has influenced this? If not, what can be done?

Speaker 1: We have had this youth and elders, like little startup, so it started small, but started to get bigger, like they have meetings every week, I think, to have youth and elders. I'm not sure if they're still doing that, but I'm aware of --

Facilitator: You're aware of it, and you've seen it.

Speaker 1: Yeah.

Speaker 2: I've -- a little bit. I was helping a little bit out with a book that -- where we had to go and talk to or interview elders, and that's -- I believe that's all I do know.

Speaker 3: Yes, I have. At the school they -- once every week they go visit the elders at the senior center, and talk about their family and what -- how it was way back then, and all that other stuff. Also, up in the villages they -- the elders -- in some of the classes the elders teach the young how to knit, sew, craft wood, and all that other stuff.

Speaker 4: From -- I know some kids that attend school that participate in the youth and elders program, and there's been more awareness in the past five years with the youth and elders interacting, yeah, telling stories, and what the elders -- like you said the -- what the elders share on how it used to be, and how it is now, and trying to interact cultural activities with the kids, because I like to say that Bristol Bay's number one in all of -- in at least 40 percent of the salmon -- wild salmon caught in the entire continental United States, and could be even the world.

Speaker 5: Yes, I have. I believe, for me, I think they've grown apart more than anything. When I was younger there wasn't so much Xbox, video games, cell phones, and the elders aren't so much into the technology and all the other stuff, and the kids have seen the -- kind of went away from what we have had, and it's not so much go to Grandpa or go to Dad and find out how to do it. It's go online, go somewhere else. It's not to the elders anymore, and it's -- it seemed to have changed a lot for me from what I see. I have older friends than mine, they -- where all the kids text back and forth and chat, and have big, long conversations on the phone, and a lot of the elder people I know, they don't even know how to text. They got an iPhone 6, and all they do is use the phone. They don't know that it's got Internet and Wikipedia (ph) and all that other stuff. They're like, "I just found out how to use the phone. Leave me alone."

Speaker 6: I don't know if I can define it like within the last five years. I guess I've -- like my work sort of touches on some of those things, you know, that he just talked about, but I guess I've always been pretty impressed with -- you know, not having grown up here, you know, having been here for a while, since '92, you know, I'm impressed with the respect that I see for -- that most of the youth have for elders, and I guess, you know, the times where I'm not so sure is where there's possibly, in my opinion, drugs and alcohol involved, and that, yeah, there -- you know, there is -- that's been -- just thinking about my work, I don't know if that's fair, but there's a huge concern most of the time from older people, not necessarily always elders, but that there is just too much electronic stuff. And even though, you know, I hear that a lot, I still see a lot of kids doing the -- you know, doing traditional subsistence activities, fishing, you know, but there's -- it seems like that's been a huge concern with elders that there's -- the kids are losing that. They're just not interested anymore because it's easier -- I don't know, TV, texting, that's what they say, so, yeah. That's my opinion.

Facilitator: I don't think we asked you that question yet. Or did I ask you?

Speaker 7: You might have, but I could retalk about it, or resay what I had -- you know, my opinion. I've -- I don't really see as much relationship between youth and elders, but they have conferences for youth and elders through AFN in Anchorage or Fairbanks, and I've been a part of that within the past five years, and have been asked to go to the conference, and attended, and

they have a lot of interactions about how things were back then, and, you know, kind of getting into the history of, you know, the culture, you know, different cultures in Alaska.

5. In the last five years have you seen or experienced a growing number of men and boys taking active roles in ending violence?

If yes, what do you think has helped change attitudes? If no, what can be done?

Speaker 1: From what I've seen in the last couple years, in one way I've seen them try to help, that is, by stop drinking, or try to seek help with their drinking, being a part of a factor of the problem. I've heard of maybe a group or a few groups trying to help that, and I've -- but not too much, really.

Facilitator: What more do you think could be done? What more can be done to get men and boys involved in kind of making it -- and this goes back to an earlier question, so don't let me confuse you, but most of you said that people are aware of resources, but they won't necessarily ask for help, but what would make it easier for men and boys to get involved in things, to ask for help? What changes do you think could happen that would make it easier for men and boys to ask for help, or to get involved?

Speaker 1: The only -- I can only think of one thing, and I guess that'd be to talk to other people more about it, and try to get it more aware, and try to get them involved in groups or ways to help with the situation.

Speaker 2: Not that I have seen.

Facilitator: What could be done -- what do you think could be done to get -- make men and boys feel safer to ask for help, or to get involved in these things?

Speaker 2: That's a tough -- I --

Facilitator: We'll come back around.

Speaker 3: Yeah, there's been more awareness, like the Choose Respect March and domestic violence awareness in the school here, and I'll -- I think that would help men and boys move forward into realizing that domestic violence is not the way to go. That's the long -- at least that's what I see for some folks that have a long-term goal because the communities have -- you know, they're aware of people that go through domestic violence, and some folks will be like they're, you know, affected by that issue, which is domestic violence, but I know they -- I know for some folks that do really sit down and try to make a change in not only their lives, and father and son aspect, and go through their own tests and trials, and they turn around and find out that this -- now on. To me in long term seem like this community's being more aware of that, and letting more community awareness.

Facilitator: What do you think might make it easier for men to ask for help, for men and boys to ask for help? What would be something that would make it easier for men to get involved and ask for help? Any suggestions that you have?

Speaker 3: Well, I've attended from my own experience with Beauty for Ashes, and Compass, and Bristol Bay Wellness, and some -- knowing that there are programs there. I mean, because

I've had to grow out of -- I mean, I'd have to -- on my own personal experience I have -- I had -- I've had to try not to be too dependent on alcohol, and like I said, for the past 15 years, you know, for a while there it was a real struggle for me because it was not only affecting me, but it was also affecting my family and my family members, you know, and so it was either make a change or something tragic may happen to me, or lose my family, and I didn't think it was worth it after a while, you know.

And I'll try to encourage young men, young men meaning they're 18 and 21, when -- because I know from my own experience if I get too involved in domestic violence, I'll no longer be able to go hunt. I'll no longer be able to go hunt ducks, or go hunt moose or caribou because it'll become a felony, and it'll be like -- and outweigh the circumstances. Do I lose my privileges and not pass on to another young man or a boy with what we learn, or do I need to see a short-term goal, and it's like, oh, forget about it, it'll be good, I'll make myself good. No, not -- I just choose to try not to even other -- encouraging other men and other -- because I know from my own experience it's not good.

Facilitator: So you're really -- in a way you're talking about a solution, because you're being an example, and you're talking about your experiences with other younger people, too, and giving them kind of hope that they can live a life.

Speaker 3: Well, because I've had other mentors, too, to go to, because they went through that same experience, and a lot of them are elder now, because --

Facilitator: So they've shared with you, and you're able to share with other people, and you've been through the process of change, so you can be an example to other people.

Speaker 3: It's not only that, it's because of, you know, I know they went through their elders, too. The folks that are elders now, that are like in their 70s, and 75, I know they went to their elders, too, when they went through the same thing, and so we -- like I always try to encourage the young men, you know, always look up to the elders in the community, and hear what they say, because they went through the same experience. Although we have technology, and more cell phones, and more TV, and more easy --everything's remote access, you know, we're what's called a digital age, we're still affected by domestic violence and alcoholism.

Speaker 4: I think more people, more men and boys have been involved, but it's in a very small way, like the Choose Respect and stuff. I haven't seen them go further with the help. For myself, having done domestic violence in the past, and refuse to have anything to do with it anymore, it's two-sided a lot of times. It's not -- you can't just fight with yourself. You got to fight with somebody else, and they have some input into the violence, too. They -- if one of them would have -- I was -- I'm the walkaway guy. Get hit by a woman, don't walk -- run away. Don't stay. You're going to go to jail. You're bigger. You're stronger. I know the police ain't going to listen to me, so I'm a runaway guy. I'll run away from it.

But as of the resources that are out there for men that go out and say, "Okay, she's not necessarily physically abusing me, but I feel really bad when I come home and she says that I didn't do something, so she didn't cook dinner, or she didn't do her part of the relationship," and the emotional abuse starts, I don't see the -- before there was -- they used to send us to Male Awareness. They sent me to that, and I don't see that stuff offered out there anymore. I see

smaller stuff, like the Choose Respect March. I don't see a lot of education for men out there. Like if I wanted help with abuse of --

Facilitator: Anger or abuse --

Speaker 4: Yeah.

Facilitator: -- or whatever, men get abused.

Speaker 4: I had to call my auntie. She's a mental health counselor. I had to call my auntie and ask her, "Hey, where do I go in this community? I know this is your field of work. I know you know about this. Where do I go and get help if I want help with this?" Because I didn't know where to go. I don't -- it's like it's not offered out there. And I know when the Male Awareness Group first came out in Dillingham and it was first started it was pretty big thing. You seen flyers around town, and pop up on TV, but now I don't see it anymore.

Speaker 5: I guess I was going to say I don't know, but -- for sure, but the -- like the march, you know, Choose Respect March, there's more -- and different wellness things that men show up with -- show up at, and I think the awareness is a big thing, and I know for me personally when I -- you know, chose to change, you know, and not rely on alcohol so much, I mean, it opened up, you know, new insights, and I think a lot of that has to come from within. So it has to be kind of a groundswell, you know, and having outward programs and everything are good, and it's a good way to do it, but I think, yeah, from each individual, you know, getting together and starting from there is probably the solution in my mind.

Speaker 6: Well, within the past five years I've seen flyers up, and I guess the theme of it was "A Few Good Men," and that kind of portrayed or encouraged men to get together, and with boys, to get kind of an awareness that violence should never be the answer, and I still see it up. I don't know if it has been any, you know, recent action or involvement in any kind of march or whatever to help stop domestic violence. So, I mean, it's out there, and I think men have been a role model to the boys that are still growing, and kind of encourage a good lifestyle, and give them perspectives of their relatives or their friends, you know, in their lifetime had dealt with a family member or anyone that had issues with domestic violence, or any other type of conflicts.

6. Compared to five years ago do you feel safer and more hopeful living in Dillingham? Why or why not?

Speaker 1: I'd have to say no, and the only reason is because mainly the concern about drugs, specifically heroin, that I hear. Yeah, guess I'll just leave it at that. I mean, I don't feel like totally wiggled out, but I -- yeah, I'm a lot less, yeah, comfortable than I used to be.

Speaker 2: No, and like before, it's the drugs. I don't feel safer. There's more drug abuse, and it's scary because from the sounds of it the -- you go to work and they could be under the influence of heroin or whatever, and you can't tell. It's -- they're right there with you, and you don't even know it. It's scary. It's like --

Facilitator: What do you think can be done about that problem?

Speaker 2: Education is the only thing I could think of, and educating not just our youth, but our elders, too, about it, and our peers. It seems to be like they -- people don't think they're going to get hooked or get addicted, or they don't think it's that easy yet. If they do it once, no. "We won't -- we're just going to do it once," yet from what I hear, that's all it takes is once, and you like it, and you don't want to go off it, but I don't do those things, so --

I do feel more hopeful, but that's me. I don't know if -- I don't feel safer, but I feel like there's still hope for us, but --

Facilitator: Yeah, thank you for making that distinction. You don't feel safer, but you feel hopeful that --

Speaker 2: There is something --

Facilitator: -- there is hope.

Speaker 2: -- something's going to change, that people are going to open their eyes and see, because the community is really aware of it. Everybody. It's not -- it's talked about at the coffee table in the mornings and stuff now. It's not like the pink elephant sits in the living room and we don't talk about him. Well, the pink elephant's in the living room, and people are saying, "Did you hear about what she did or what he did last night? Yeah, under the influence of heroin or whatever." It's -- they are talking about it. It's not an okay thing that we look around now, so I feel more hopeful.

Facilitator: Back to what can be done. You didn't get to answer that part.

Speaker 1: I guess I have to add, too, I haven't lost hope, but I -- yeah. Yeah, I haven't lost hope for Dillingham. The -- I think, yeah, that there's a lot of community awareness about it. They have had the meetings, but I think the bottom line is somehow -- and I -- from what I, you know, understand and have observed a little bit, I mean, it -- it's -- I mean, there's -- it's the whole range of people. I mean, it's not just one age, one group, you know, there's -- and maybe that includes like some of the other drug use, also, but I think -- I mean, it's got to be -- to really resolve the whole thing, I mean, it's got to be a personal choice at some point for the person that's, you know, abusing or using those drugs, and, you know, I guess having the help available if they do want to try to change would be important. Yeah.

Speaker 3: Well, in the last five years even though I don't really live close to town, but because of the theft and the drug involvement, and real serious tragic incidents involving drugs and alcohol, it's just like no, because -- but there's -- but the situation was always there, you know, and it was always like talked about under the table, and it was like the perspective of elephant in the room. Elephant in the room was there, but it was like under the table, and not until recently where in the past five years where a lot of the people in the community that are involved in illicit drugs, and alcohol, and the synthetic crack, and the synthetic marijuana and heroin, you know, it was always there, but because of the -- some tragic incidents, and some other family members that are getting really, you know, into that, and affecting more families, there's more of an awareness of the -- even in the school, you know. I was surprised. I was like -- but I knew there was -- I knew that this situation was happening, and I didn't realize it wasn't just really, oh, certain members of this community were doing it, and it was like, oh, alarming. It's like a whole bunch of people.

Facilitator: What can be done? Do you have any suggestions about what should be done about it?

Speaker 3: Well, there's been community -- more community awareness involving the elders and letting people know because of some tragic incidents, and, I mean, I'm not saying that tragic incident was good, but then it was like -- to me it was like an eye-opener for a lot of people in the community, because it was like it was -- I mean, it was -- people were using, but not to the point where it became tragic, and it was like a death. You know, it was for -- you know, even in my neighborhood I had to make sure my house was locked and -- because on more than one occasion I happened to be home in the yard, and there's some stranger walking right down my road. I was like, "Hello, can I help you? Who are you?" And I was like -- and that person is mistakenly being to another person's house just down the road, was like, "Oh, this is so-and-so's place." I said, "I'm sorry, you have to leave." And it was like, you know -- but then more change, and to me it was like in the long run. It wouldn't be a short-term change where the -- if it -- to me people are like for the better of the community not here, you know, just don't let it happen here, but it already happened. I mean, tragic incidents, and people being hooked up, and all this other stuff. They were -- it was always here, because I went through that myself, but not to the point where -- several people, it was like a whole range of people, and that -- I have hope in that, where the communities would -- at least coming together and making other folks aware, the young, the kids, the elders, and the men and women, you know.

Speaker 4: Hope, yes. Safe, yes, but no, because during the summer we get a lot of people that come into Dillingham, and you don't know who they are, where they come from, what they did in their past years and all that. Drug problem is terrifying, and there needs to be something done about that.

Suggestions. Not that I can think of right now.

Speaker 5: Since five years ago the whole drug problem has gotten worse, as I feel over the year -- over years, actually, and I don't feel safe about it because of what happened recently, but also in this upcoming summer what's going to happen when out-of-towners come into town, how it's going to be. Little more scared of what's going to happen then.

Hope, I have hope for near future. I have hope that things take a turn for the better in Dillingham. I hope it's the near future, not the long run, but I do have hope that it'll get better here.

My suggestions or anything I can see would be more talking about it, I guess, trying to get it more out to everyone in the community about how bad it is, and probably get it more into the schools. Instead of like having meetings at the school, I think they should have maybe meetings during school, too, to try and get the kids to realize it, too, that there's also adults that care, too, that want to show up or something, and -- yeah, that's it.

Speaker 6: Well, I am always hopeful for, you know, things to be safe. With this drug thing, you know, it's more of a worry because you either may know or may not know of people you know are using, and I've had experiences where I would help someone out that, you know, is going through a hard time, you know, they need money or something like that, and there's trust that had been broken due to that kind of use, and the advantages they had taken, you know, all

the people that are, you know, doing drugs, and your family or friends, because this is such a small community. I -- well, in my perspective I am aware of it, and I would think you would feel safe if you surround yourself with people you know you can trust, but, you know, you're not always going to just hang around them.

There are people that do seek help, either true or false kind of seeking help, because the drug has -- it became more severe, I guess people are hooked to it, and it wasn't worrisome, you know, five years ago. I mean, it was there, but wasn't as severe as it is now. I mean, a lot of people are using, and this summer is going to be something. You know, there's always things happening every summer, but I am hopeful that the community would get more action involved in stopping that kind of drug, whatever, but, you know, I don't think that it's going to happen right away. It's going to take a lot of involvement in trying to keep Dillingham safe.

Closing remarks: Anything else that you want to say, any suggestions that you have for the community about keeping people safe?

Anything else you want to share or any other ideas you have about getting men involved, or how to help other men, besides just being a role model?

Speaker 1: I think the -- just it seems like -- when I was trying to think about it, the whole issue as I saw it, that I thought -- questions you were going to ask, I mean, I -- it does seem like there's more awareness, there are things where people -- you know, more -- where men could interact, even if it's just like, you know, at the Choose Respect March, and I know Greg, you know, here at SAFE has worked on a lot of the, you know, male -- I was in that one photo here recently, too, but just, you know, that there's, you know, a few good men, and I think just having -- I don't know, it seems like the solution is if it's on the one-to-one, you know. If people can start talking, and one man can say to another, "It's okay, you know, to -- if you need help." I mean, you got to help, and, I mean, part of that is -- might be change, you know, which is always scary. Change is never easy, but just, you know, changing either, you know, your own thinking or your own environment. So I -- you know, it's just -- it seems like a lot of those things, which is happening, you know, and I -- sometimes I'm kind of leery -- not necessarily leery, but I think the outward programs are a good starting place, but that's not going to be the solution. It's really got to be the personal interaction.

Speaker 2: Well, something I've noticed is like with the drugs in this community, they're more accessible now than they were before, and it's easier to get them, and I think if it was more accessible to get help, where like you were saying it's -- you've noticed it's harder for men to ask for help than it is for women? I was thinking maybe if there was a way that they could anonymously ask for help, where they didn't have to necessarily say, "Okay, I have this problem, and I know I need help with it, but I don't want other people to know that I have this problem and I need help with it. I want to be in my little corner hiding, and listen to you say where I need to do, or what I need to do, and not necessarily to me, but to the whole group of us." So I know for me a lot of my experiences with asking for help was not asking for help, but going somewhere and, "No, we're here for you." You're -- yeah. I'm just educating myself.

Facilitator: This guy has a problem, I'm just kind of here helping him along so he can learn, that kind of thing?

Speaker 2: Yeah. And for me that's how I've done it in the past, because to step out and say, yeah, I -- it's not easy in the beginning, and everybody's scared of the judgment the community or the group will give you, and it's not necessarily the group or the community judging you, it's you judging yourself, saying that, darn it, I'm a weenie because I asked for help, and it's -- that's not true, too. You got to be a lot stronger person to go out and get the help than to sit back and suffer. It's easy to sit and suffer. It's hard to get out of the suffering.

Speaker 3: Well, for me, you know, watching basketball and football, and some national sport - - well, I could say basketball and football, and where I've actually seen on national TV men, you know, I have those whole perspective of, you know, what -- if I -- I've had that -- personally I've had that perspective. If I go to a meeting -- you know, I came from a community, like I said, two different communities where there's not more than 180 people, and I come here to Dillingham and there's 2,000 people. You know, it's like, oh, that's a big place, and after living here for a while it was like, oh, it's not very big after all, you know, and some people like to say, "Oh, yeah, that guy's a wimp. He's going to meetings and taking care of his problems. He can't man up and take care of his own problems," that type of perspective, you know. And going back to seeing grown men cry on national TV, it's like, "Jiminy crickets, if they can cry on national TV, why can't I?"

I mean, it's like -- and I can do it confidentially in a small group, you know? So what if some other person's talking. It's not the one that's healing, it's -- that's where I came from. The healing came from I had to make a change. It didn't come from nobody else, because it was -- you know, it was me that was, sorry to say, drinking the alcohol. It was me that was -- made the choice to do the drugs. Of course it was offered to me by my friends, or I choose to party or do drugs with my friends, but ultimately it was me that had the choice to do it, and, you know, going from that perspective and saying no, I choose to not live that way, and not only hurt me -- but what really helped me was my family, you know, my immediate family. It was like I had to - - I mean, was it -- was I straighten up, or I lose my family.

It came down that -- to that decision, and spending so much time with my three older kids, and then choose to take that away by -- just from what, a 50-dollar bottle down at liquor store, or hundred-dollar marijuana bag, and throw all that away for my family -- not for 150 bucks, you know. It's like it wasn't worth it. It be -- it came to the point where I really had to make a decision and say what -- that wasn't worth it. That's not worth it. That's not where I -- for long term I want to see my family not go through, and not put them through that situation like I was in, and it's some -- at some point I had to make a stand for healing from within, not only for healing from within, but with my family, and even my peers, and my friends, and my --

Where I gained that knowledge was from -- like I said, was when I sat down and start talking to other people, and seeing them make change in the 20 years of their life, and seeing them from where they are now, knowing that they went -- growing up with my own eyes seeing them go through the same situation, and it's like, well, if they can do it, then I can, too. I mean, you know -- and pass that knowledge on, and say you're not alone. Lot of other people get hurt. Some tragically. Some go through a lot of situations, but it was -- ultimately it was up to me to stand up and say it's time for me to make a stand for myself, and not -- I mean, to me it was -- I was feeling sorry for myself for nothing. A grown man, I mean, 18 years old. Twenty-one in Alaska is a grown man, and I was like, no, it was enough. Just for me on my own experience it became enough. I see loved ones hurt, I see one of -- I see my friends hurt, I see family members

hurt, and it just became enough for me. I just like had enough, and it was time to make a change. That's how I saw it.

Facilitator: Three young men, last question. Anything else you want to share? Any ideas that you want to add, to share?

Speaker 4: Community should have more stuff like this, because you get to learn from older people and learn from experience, and what you're going through, they've also gone through at one point in their time. Also -- how can I explain this? Well, you learn from your past mistakes more than -- I can't explain it.

Speaker 5: Yeah, I was just going to add that one thing that I think is kind of a problem around here is that because we're a good-sized community, but we're not that big, and we don't have as much to do as say, you know, Anchorage, with all the activities there, I believe that one of the -- that's one of the reasons why people are either stuck to drinking or doing drugs, is that they can't find anything else to do, and the other thing, too, is that they need to try and really see who their friends, real friends are or -- because, I mean, if you don't see what's in front of you, that they're just using you, or they're not willing to help you, and they just want to bring you down more with them, or bring you down more, that you're -- it's never going to change for you. And I think another thing that'd be good for -- would be more -- I guess more groups like this around, and -- that's about it. Yeah.

Speaker 6: I guess I would like to add I think fellowship is one way to, you know, get together and just talk about things in life around our community, and what is there and what should be there, you know. Also, just keeping support in any kind of situations, and I think that these kind of groups are effective, and it shows there is change. We just need the little extra push sometimes, so I think -- thank you for this.

CANDU YOUTH FOCUS GROUP

4/28/15

Note: Facilitator comments made to clarify questions are not transcribed in their entirety in this transcript.

Question 1: In the last five years or so do you think there's been a change in attitude in Dillingham as far as victims of violence are concerned? So do you see any change in attitudes in terms of people who are victims of either domestic or sexual violence?

Speaker 1: I'm not too sure about that. I mean, I haven't been here that long.

Facilitator: How long have you been here?

Speaker 1: Like a month or two.

Facilitator: Oh, you are -- have only been in Dillingham a month or two? Where have you -- where were you before?

Speaker 1: Togiak.

Facilitator: Okay. Well, we -- so think about your own community, then. Have you noticed a change in attitudes towards victims in your community?

Speaker 1: Yeah.

Facilitator: And do you -- what do you think has been part of causing some of those changes in attitudes?

Speaker 1: I ain't really too sure.

Speaker 2: No, I don't really pay attention to that kind of stuff, so --

Speaker 3: I think there has been a change, because before when somebody would say that they're victimized by sexual assault or domestic violence it was kind of why are you talking about that, but now that it's brought out in the open people are more willing to accept if it's happened to somebody, and they comfort them more. It's not like a taboo thing to talk about.

Speaker 4: I guess I'm not really as familiar with it. I'm just kind of starting to see it, and I guess from what I've seen is it's not completely -- there's not as much negative feedback. I mean, it's starting to get positive from what I've seen.

Speaker 5: No. I really don't pay attention to that, either.

Question 2: Have you noticed any changes in attitudes towards alcohol use in the last few years?

Speaker 1: No, people still -- it's being used the same way it is. It's -- there's a lot of alcoholics. It's same as -- as long as I could remember there's drunks everywhere.

Facilitator: So you haven't noticed any changes.

Speaker 1: Nope.

Speaker 2: Not really. It seems like it's getting worse and worse, and kids are starting to do it at a younger age.

Speaker 3: I don't think anything's really changed. I think I see it a lot more in high school now.

Facilitator: More use of alcohol in high school?

Speaker 3: Yeah.

Speaker 4: Pretty much the same, but, yeah, there's like a bit more high schoolers using it.

Speaker 5: Seems like that there's more people using alcohol than back in the day, more people are getting into it.

Question 3: Do you think that you've noticed in the last few years whether people are more or less likely to ask for help?

Speaker 1: I think that more people are likely to ask for help because it's not seen as a bad thing anymore. It's more of if you ask for help it's the first step, and people embrace it and are willing to help you.

Facilitator: So you see -- you do see a change.

Speaker 1: Yeah.

Speaker 2: I think the resources have been like more advertised, and so you know about them, and I think people know that they're there, so that I think that people are a little bit more willing to ask for help now.

Speaker 3: Yeah, kinda. Like my friends, like they'll be like under pressure. I'll ask them if they need help, they'll be like, "Yeah," and then they feel a lot better when I help them.

Speaker 4: I think they really are. I think they're getting tired of the alcohol use. Some people that have been into it for a while, they're starting to ask for help.

Speaker 5: Yes, more people ask for help. Even I ask for help once in a while.

Question 4: What do you think is causing people to be more willing to ask for help? Why do you think that is?

Speaker 1: I think some people just need help.

Speaker 2: I guess it's kind of that there's this -- I guess there's more people who are, I guess, enthusiastic about helping, and they're more open to -- I guess they help support and encourage people to ask for help.

Facilitators: So more leaders, more young people coming forward asking, like you said, to someone else, “Do you need help? Are you okay?” that kind of thing?

Speaker 2: Yeah.

Question 5: Have you or someone in your family been involved in any of these CANDU supported programs?

	Speaker 1	Speaker 2	Speaker 3	Speaker4	Speaker 5
a. Rural Providers Conference	No	No	No	No	No
b. Beauty for Ashes	No	No	No	No	No
c. Peer Tutoring	Yes	Yes	Yes	Yes	No
d. Culture Camp/Summer youth services	Probably Not	Yes	Yes	No	No
e. Community mural projects -- The Fish project	No	No	Yes	No	No
f. Bristol Bay Wellness Program	Yes	No	Yes	Yes	Not sure
g. Choose Respect March	Yes	Yes	Yes	Yes	No
h. Community Justice Alliance	No	I don't think so	No	No	No
i. CANDU organizational meetings	No	No	No	No	No
j. SISTR's	No	Yes	No	No	No

Question 6: In the last five years do you think people in Dillingham know more about what to do about stopping violence if they see it, and are more likely to get involved?

If yes, what has brought about that change? If no, what can be done to get more people involved?

Speaker 1: Uh-huh. Yeah. Just awareness, and educating people about things like that.

Speaker 2: I think people are more willing to do something about it. I think it's because of spreading the word, people helped each other to do that, encourage them.

Speaker 3: Yes. Because they would like to -- I got nothing else to say.

Facilitator: What do you think might have caused them to be more likely to get involved? What has influenced that, do you think?

Speaker 3: Maybe like seeing other people do it, and they think that's cool.

Speaker 4: I think they are, yeah, because people are pretty open about violence nowadays, and people want to help.

Facilitator: Why do you think it's changing? What do you think's bringing about the change?

Speaker 4: I'm not really too sure.

Speaker 5: Yes. Because I think the community's coming together more, and everybody keeps helping stuff.

Question 7: In the last five years have you noticed more participation in school and community activities in Dillingham?

If yes, why would you say that is, and if not, what can be done to improve that?

Speaker 1: Yeah, I think so. I mean, the school I think has been trying a lot more to get more people involved, and there's a lot more people, I guess, pushing or encouraging for younger people to start doing things.

Speaker 2: Yes, because the younger kids are looking up at their mom and dads, like SAFE, their mom and dads didn't go like -- like really didn't pay attention in school. They're learning from them, so they're trying to like go to school more and learn more.

Speaker 3: Yes, I have, because there's parents and cousins and friends encouraging other people to go.

Speaker 4: Yes.

Facilitator: And why?

Speaker 4: Because this year in school I seen a lot more people join sports and participate in school stuff.

Facilitator: More participation.

Speaker 4: Yes.

Facilitator: Do you have an idea why that's happening?

Speaker 5: No.

Speaker 6: Yes, people seem to be willing to be more involved with things. They see change, and they want to be part of that change.

Question 8: Have you seen that there has been any changes in relationship between youth and elders in Dillingham?

If yes, what has influenced? If not, what can be done?

Speaker 1: Little bit, yeah. Like the youth are trying to like use alcohol more for like sexual stuff.

Facilitator: You lost me. The youth are trying to use alcohol more?

Speaker 1: Yeah, for like their relationships and stuff.

Facilitator: So it's -- in your mind it's more of a negative change as --

Speaker 1: Yeah.

Facilitator: -- far as -- okay, so there's more kids using alcohol, and it's -- and doing it in part because they want to have sexual relationships?

Speaker 1: Yes.

Speaker 2: It seems like they hardly ever, yeah, I mean, you know, talk to the elders or anything.

Facilitator: They're not talking to the elders very much.

Speaker 2: Well, the ones that are drinking, yeah. Like the old people you see downtown drinking? Kids know to stay away from them.

Facilitator: Okay. What do you think can be done to change that? Any ideas?

Speaker 2: No.

Speaker 3: Yes, the kids nowadays don't really talk to elders anymore, and --

Facilitator: What do you think can be done about that?

Speaker 3: I think, I don't know, like have more community events involving elders and youth.

Facilitator: Do you think there should be more?

Speaker 3: Yes.

Speaker 4: No. The youths and elders really aren't talking. Maybe if we had more community events held at the senior center, because it's hard to like hold events like at the elementary where the seniors have to climb down the stairs, and it's hard for them to get places.

Speaker 5: I think so. When I was younger there was a lot more -- I guess a lot more involvement with elders and the youth. It was more encouraged, and now it's kind of you don't really talk to them, and they're just kind of at Grandma's House, and that's like (indiscernible), yeah.

Question 9: Do you think that elders just feel more comfortable with little kids, so they're more likely to be with little kids than they are with teenagers, and they're more afraid of teenagers?

Speaker 1: Kind of, yeah, because like teenagers are -- like it's getting hard to express themselves to the elders and tell them what's going on.

Speaker 2: I think it is, yeah, because they're hard to understand. Most of them don't speak fluent English.

Speaker 3: I think it's hard for elders to speak to teenagers because the teenagers just want to do what they to do, not really want to listen to anybody.

Facilitator: So teens -- part of it's the attitude. Teens' attitudes are more like --

Speaker 3: Yes.

Facilitator: -- leave me alone, you're not in the modern age, you don't know how to use an iPhone, so --

Speaker 3: Yeah.

Speaker 4: I think that just teenagers and elders don't have that much to talk about. We grew up in different times, and now we're on the Internet, and the elders are like, "What's the Internet? What are you doing?"

Facilitator: Do you think they have anything to contribute? Like the elders still have -- like do you like to hear those stories, do you like to hear how things were and -- or do you just feel like, "Oh, they're just going to tell me don't drink, and do this, do that"?

Speaker 4: Their stories and like everything that they've gone through still has value. We just don't know how to communicate with them. We don't know where to start.

Speaker 5: I think it is harder just because there isn't a lot in common, but I know I do and people do like hearing what the elders have to say and the stories they have, because it's something that we don't really know about, and they've had -- and experienced that. We might not be able to directly relate to, but it's something that can still benefit us.

Question 10: In the last few years have you observed or experienced an increase in tribal presence and Alaska Native cultural influences in Dillingham?

Speaker 1: I don't think there's that much events as there was back in the day cultural wise.

Facilitator: Why do you think that is?

Speaker 1: Not enough elders? I don't know. Not enough events planned. Not too many people want to go, rather stay home and play video games, probably. I don't know.

Speaker 2: A little bit, yeah. The last -- during the last big roundup they had like a thing for like old Native arts and weapons and stuff, but this is like once in a while they'll do something like that.

Speaker 3: Not really. I think that they've diminished. We don't -- it's hard to find somebody who knows how to basket weave and make drums, and if they have the time to do that. The traditions just aren't being passed on.

Speaker 4: I think they -- there's not as much as there used to be. The only -- I guess in the summer it kind of gets a little bit more focused because of fishing and subsistence, and so that's when you kind of see it a little bit more. That's kind of it.

Speaker 5: Little bit, yeah. Like sometimes elders will come up to me and be like do you want to learn how to do this, you want to do that? Like, yeah, sure, and they'll teach me how do it, and I know how to do different things that I taught myself at times.

Question 11: Have you seen or experienced a growing number of men and boys taking active roles in ending violence?

If yes, what do think has helped change attitudes? If no, what can be done?

Speaker 1: Yes.

Facilitator: And what do you think's helped to change that? Why do you think that is?

Speaker 1: I'm not too sure. I just seen.

Speaker 2: Yeah, it's -- the men aren't seen as like the constant perpetrators. They're more of - - we're trying to teach them to grow up and be respectful, and more people are just willing to do that.

Facilitator: What do you think has contributed to that?

Speaker 2: Just events that are being put on that -- there's a bunch of events that are like focused for men, and -- yeah.

Speaker 3: I think so. I mean, you see a lot more of them, I guess, especially like the Respect March, and you see the people -- the men who choose to stand up against it, and then I think it's because they've all kind of -- more have gotten onboard with it, so if their friend's doing it, then they'll do it, too, and it kind of keeps going on.

Speaker 4: Not that much that I see or know of.

Facilitator: Okay. Any ideas on what to do about that?

Speaker 4: Stand up. Just like -- don't just watch it. Do something about it.

Speaker 5: I don't really pay too much attention.

Question 12: Have you noticed that men and boys' attitudes towards girls and women have improved in Dillingham? Is there more respect for women?

If yes, what do you think has helped change attitudes? If no, what can be done?

Speaker 1: I think that there is, because women were more seen as people that stay home, and now they're like your bosses, your colleagues, and it's just more acceptable to show women respect now, when before it was like no, I'm dominant over you and that's how it's going to be, but now it's -- everyone's kind of treated as equals.

Speaker 2: I think women are more likely to get respect now. I guess there -- I guess it's starting to be where women are kind of -- they're not accepting being disrespected, and they're standing up for themselves, and so it kind of promotes that they're just the same as the men, and they deserve respect just as much.

Speaker 3: Yes.

Facilitator: And why?

Speaker 3: Because -- I really don't know what to add onto that.

Speaker 4: Yes, I do think that women are getting respect out of men these days.

Speaker 5: Yes, because women are getting more respect from men and boys because they work as hard as the men do.

Question 13: Compared to a few years ago, do you personally feel like a more valued member of the community? Do you feel like you have more ability to have influence in the community?

Speaker 1: I think that I've been encouraged to get involved more so that I am one of the people who's trying to help make it better, so I feel that -- I guess, I don't know, but I'm a little bit more, I guess, into the community, I guess, or something.

Speaker 2: Yeah.

Facilitator: Any examples come to mind of something that makes you feel that way?

Speaker 2: Like I'll help out elders, and they'll say thank you, and then they'll treat me to something, and then --

Speaker 3: Yes, I do. Every time I walk out my door I'm encouraged to stay out of trouble, and that's pretty good.

Speaker 4: Yes, because I'll help once in a while with community events and stuff.

Speaker 5: Yeah, adults are more encouraging. We're given more opportunities to do things and make a difference. Adults are constantly asking like, oh, well, how would you do this, how should we do this. It's not just put us to work carrying things. It's -- we're part of the planning process.

Question 14: Has Myspace been a part of that, do you think? Is it helping to create that change of attitudes?

Speaker 1: I think so, because, well, I went to Lead On because of Myspace. That helped, I guess, with like leadership skills and stuff like that.

Facilitator: So Myspace got you involved in Lead On, and then -- so it connected you more to things outside than just Dillingham.

Speaker 1: Yeah.

Speaker 2: Yeah, because Myspace is like a place to be safe and be who you are, and nobody will make fun of you. It's a place for you, like for everyone.

Speaker 3: I went there one time. I think it's a good place to go to stay out of trouble.

Speaker 4: Yes. After I started coming here, I think, you know, just Greg and all those people, I've been getting more involved with the community.

Speaker 5: Myspace really drives you to do your best. They get you involved in community projects. They help you out a lot with tutoring, and the advocates are constantly there to help you if you need it, and it just makes you want to go out and do more because there's a place like this that's helping you do more.

Question 15: Compared to a few years ago, do you feel safer and more hopeful about living in Dillingham? Why or why not?

Speaker 1: Kind of, yeah. Like hopeful for me because I'm glad this school's up here, because my school down in Clarks -- I'm hopeful for my aunties and uncle because they took me in and let me -- sent a place to go to school.

Speaker 2: Yeah, I guess I could say that, but I don't plan on being here too long. I'm just here for the summer.

Speaker 3: Not really. There's been a lot more drug use, and a couple weeks ago we had a lockdown for -- because someone had heroin paraphernalia. There's a lot of drug addicts where I live.

Speaker 4: Yes and no. No, because there is a lot more drugs coming into Dillingham, but the community has really tried to take charge and fight back with the drug dealers bringing them in, and they've been putting together like community meetings to plan on what they could do. It's brought the community together a lot.

Speaker 5: I think I -- I don't know, I view it as hopeful, I guess, because I could picture myself coming back here one day, and I could see that there is good influences here, even though there is also bad things going on, but there are people who are trying to stand up and make a difference about that.

Question 16: Compared to a few years ago, do you believe there is more or less domestic violence and sexual assault in this community? More or less alcohol and/or drug abuse?

Speaker 1: I think there's less, probably.

Facilitator: Less, and how about alcohol use, more or less?

Speaker 1: There's way more alcohol use. Holy smokes.

Facilitator: And how about drugs?

Speaker 1: There's a lot of that, too.

Facilitator: More or less domestic violence?

Speaker 2: There's less.

Facilitator: How about alcohol abuse?

Speaker 2: A lot more use.

Facilitator: And how about drugs?

Speaker 2: Yes, a lot more use of drugs.

Facilitator: Domestic violence, sexual assault, more or less, same?

Speaker 3: I think it's around the same, but I think more people are willing to report it when it happens.

Facilitator: How about alcohol use?

Speaker 3: There is a lot more alcohol use.

Facilitator: And drugs?

Speaker 3: Yeah.

Speaker 4: I don't really know that much, but in my opinion I think that it's kind of stayed the same for domestic violence, maybe there's a little bit less, but I think alcohol and drugs there's a lot more now.

Speaker 5: Less domestic violence. Way more alcohol and drug use.

Question 17: Do you have anything else that you want to say, any suggestions you have for how to involve youth more, what can be done to solve these problems of alcohol, drug, domestic violence? Anything else that you want to add?

Speaker 1: Not really. I think we're on the right path right now, and people are getting more involved. The youth are really starting to take action, especially because Myspace is here, and they're -- they see hope in what they're doing.

Speaker 2: I think that people are starting to do things to help prevent and stop the bad influences. I guess enthusiasm about trying to stop them helps, because sometimes there needs to be more encouragement, enthusiasm for the youth in the community to have a job and do their part, because sometimes they don't get the chance, even when like they wanted to help.

Speaker 3: No.

Speaker 4: I think they just need more things to do, and they need more positive role models that encourage them to stay out of trouble.

Speaker 5: I think Dillingham could have more community events during the summer, because that's when most of the kids drink and stuff, because Dillingham gets boring.

Facilitator: Because school's out and there's not as much activities, so they're more likely to get involved in something negative?

Speaker 5: Yeah.

Facilitator: Is Myspace open all summer long in the day or --

Speaker 5: No, not in the summers. It was open for the weekend last summer.

Facilitator: But it's not open during the day in the summer, so it's less -- so there's not as much to do, not as many places to go.

Speaker 5: Yes.

Facilitator: Is that a suggestion, then, that maybe it -- you think it should be open during the summer?

Simultaneous Speakers: Yes.

Speaker: I think it should.

Speaker: Yeah.

Speaker: Gives -- give the kids a place to go and stay out of trouble. I mean, there's a ball court right up there, too. If they want to go up and play ball, they could still play ball.

Speaker: And Myspace provides basketballs. We have Frisbees, and a bunch of things.

Facilitator: So you have somewhere to go after school, but in the summer there's no place for youth to -- where do youth go in --

Speaker: Fishing.

Facilitator: Besides fishing and fish camp, and helping family?

Speaker: They hang out with friends, but -- that's how drinking starts, hanging out with friends and --

Facilitator: And then there's more influences from out of town, too, more --

Speaker: Yeah, all the cannery workers.

Facilitator: More people coming in, likely to get people -- interesting.

CANDU SISTRS FOCUS GROUP

4/28/15

Note: Facilitator comments made to clarify questions are not transcribed in their entirety in this transcript.

This focus group met during a regularly scheduled SISTRS meeting and the group had several participants that been in Dillingham for very short time. One participant was not present for all the questions. Two additional SISTRS participants were interviewed separately.

Question 1: In the last five years have you noticed changes in attitudes or more understanding toward women who are victims of physical or sexual violence in Dillingham?

If yes, what do you think might have caused those changes? If no, what do you think can be done to change that?

Speaker 1: No. A little bit more advertising. I don't know if everybody listens to the radio, but if -- those that don't listen to the radio, because I don't listen to it all the time, maybe advertising, pamphlets.

Speaker 2: I haven't really seen a change. A think a lot of it more is not being reported as much as it used to be, I think. I think it's gotten more than it might have been.

Facilitator: Why do you think that is?

Speaker 2: Because of shame. Because of threats. Just wanting to cover it up, and because they're ashamed, and they feel like they can't get any help anywhere, or don't want to try, afraid to get out of the situation and move away from it, go from it.

Speaker 3: Is that here in Dillingham? I haven't lived here in Dillingham.

Facilitator: Where have you been?

Speaker 3: I lived in Wasilla, Kenai.

Facilitator: How long have you been in Dillingham?

Speaker 3: Seven months.

Facilitator: Okay. Well, how about commenting on just kind of your experience in your time here. Have you noticed or --

Speaker 3: No, I --

Facilitator: Not enough time.

Speaker 3: Not enough time to, yeah, because I'm pretty much alone, so -- and I haven't heard of anything like that since I've been back, so --

Speaker 4: Well, I only been here for three months, and right now I'm going to treatment, and, well, the last three months I had a friend who was sexually assaulted, and she was opening up more about it, and while I'm going to the SAFE meetings it's a time where women can talk about things, I guess, and when I was here I heard a lot of people opening up about it, and that's a good step to do, and I don't really know that much women here in Dillingham.

Speaker 5: I was at Jake's before, the treatment center out here, and I stayed here at SAFE afterwards, got to know people around here pretty well. Yeah, there's -- it's a lot more open, a lot more spoke about. There's more people coming in to do statistics, and see what they can do to get some sexual abuse problems handled around the area, try to help it, and it's -- I think it's a positive thing. Other than that, I haven't seen no advertising around town, or I don't -- you know, I see the parade or whatever it is, the walk that goes on, and that's -- I haven't been here in Dillingham, so I don't -- that's all I know of, just being here at SAFE. I think it's great that they have people come in and question the women, because these are the women that should be questioned, that are staying here.

Facilitator: Any ideas on how to improve things?

Speaker 5: Nope.

Speaker 6: I think people are more knowledgeable and more understanding. People are definitely more knowledgeable in Dillingham. Domestic violence is a problem but a lot of people are more knowledgeable because there has been more education out there. People are more aware of it.

Speaker 7: The changes I have seen in the community services to women is that there is more outreach. There is more getting the women involved in going out in the community and talking. There is more in the schools, in education and the prevention part of things. SAFE has doubled the staff in advocates on call, so that there is always someone available to talk to people. Even though I work here, I was a victim and I feel I can always talk to people here. I have been receiving services from SAFE for five years.

Question 2: In the last five years have you noticed changes in attitudes or more understanding toward people who have an alcohol problem in Dillingham?

If yes, what do you think might have caused those changes? If no, what do you think can be done to change that?

Speaker 1: Yes. People talking about there's too much of it, and I've always thought why can't -- what can we do more to help those that need the help. That's it.

Speaker 2: Attitude toward people who drink? I guess that just depends in my situation it's been taking me awhile, and recovery and -- for me it's just a lot of people lose hope very quickly, I think, as -- because they give them a timeline, and it's not always like that, I think. There's some people who could be rebellious just like I was the more they pushed, the worse I got, and so they kind of just sort of backed off, and I stayed the same for a while, but, you know, it gave me a lot of time to think because I didn't have my family and my friends anymore.

Speaker 3: I've noticed a lot of alcohol problems here, that it's become more visual to me. Yeah, I've seen a lot more people, and I think they need to open a homeless shelter here as -- like they do in Anchorage. I don't know what the -- but I think they should have a safe place for these people that are walking around to go.

I think there's a lot more alcohol usage with -- just the other day when I was on my pass I seen a young lady walking up to the graveyard just totally drunk. It was like 6:30. And I think there needs to be some kind of shelter here to protect these people, and there's no place for these drunks to go besides down to the water, down underneath the dock, and drink on the dock. I think it should be a place where they can go, you know, to be -- a dry-off center or whatever you call -- you know, some kind of place for them to go. There's absolutely no place for these people to go, and I think Dillingham is really neglecting the alcohol problem here. I think it should be brought out in the open, and have a safe place for them to go, because there is no -- when this woman passes out she -- you know, if she -- who knows if she gets raped or -- you know? I mean, there's a women SAFE, but there's not a shelter for men and women, because it's not just a woman, you know, it's a man and woman situation with alcohol here. I just can't believe how bad it is.

Speaker 4: No.

Facilitator: Any ideas on what can be done?

Speaker 4: I feel like I'm on a Miss America beauty pageant.

Facilitator: Yeah, I know.

Speaker 4: I'm not really sure I like what the previous person was saying about having a homeless shelter, because these people don't really have a place to go, and, you know, they're -- it's hard for them to just quit drinking. People like to say, "Well, they should just quit drinking and not put themselves there. Then they would" -- but it's hard, and I guess that's what help is for, they could get seek help at an AA meeting or whatever, but it's hard to do that, too, so -- yeah.

Speaker 5: (Not available to respond to this question)

Speaker 6: I have actually done treatment myself. What I have seen and heard from a lot of people is that in AA more and more attendees at AA are younger. It is out there for sure. It has changed from 5 to 10 years ago, where with alcoholism, people would say that someone just likes to drink too much. Today it is more like, someone says I have a problem or you have a problem. It is not as accepted. More younger people in the community are more knowledgeable and asking themselves 'Am I an alcoholic?'

Speaker 7: I work directly with sobriety and what I have noticed is that it's just being able to have support group with a hot meal and a steam is so relaxing for the women. To have a fresh clean slate to start the week, I've noticed a huge impact with the steam in the SISTRs group.

In the community, I definitely think people are a lot more open to the conversation and more willing to reach out and help people. There's a lot more of an open conversation. When I was

growing up we didn't talk about it if someone was drinking, but now people are talking about it at school; we have the MySpace and kids can come in and ask for help. It's definitely changed.

Question 3: Do you think more people in Dillingham now are more likely to seek help than they were five years ago, or are more aware of resources available to them?

If so, why do think that is, and what has caused those changes? If not, what are the problems?

Speaker 1: Yes.

Facilitator: And do you think they're more aware of resources or less aware of resources or --

Speaker 1: I think it's the -- Jake's Place. Since I've been here it's improved drastically since the last time I was here. I mean, it seems like it's more accepted to be an alcoholic or a drug addict nowadays than it was before. I'm not ashamed. I don't know about any other -- anyone -- anybody else that I seen that's been ashamed to -- of their addiction. It's -- the help that we receive here, it's encouraging. It's really uplifting to have recovering addicts as your counselor, or even the person that runs the place, because they understand, they know where we are, and they're -- I seen a lot of cultural differences since the last year -- the last time I was in treatment, bringing out culture into -- even just a little bit more, has helped out a lot.

Speaker 2: Well, yeah, there's a women's shelter, SAFE, and there's all kinds of help they could go to, I guess. I don't really know anything going on here, but I could assume, I guess, that -- I -- it's hard to answer these questions. I was in a domestic violence relationship one time, and it's kind of hard to get help if you -- I mean, I don't know.

Facilitator: Did you know SAFE was available like when you were involved? Were you aware that SAFE -- what SAFE did, and what they offered?

Speaker 2: Yeah, I was aware. After my jaw broke, got it broken, I was offered to go to SAFE for -- and -- but I just turned it down because I didn't like the idea of being here with other women, and it's like I thought it was going to be hard because, I don't know, my daughters are just -- they're twins, and they're babies, and it's a different place for me to live in. I've never been here for more than three months.

Speaker 3: I think that they're aware of the help, but getting somebody to say, oh, yeah, I was raped, and to bring somebody forward to have that actual -- them come forward takes a big part of being raped, because a lot of it's from embarrassment and shame, and no one wants to admit they're raped. You know, if they don't say anything, it'll just go away. So I think it -- it's -- I don't see how -- it takes a person to do -- you know, a strong person to do that, to come forward and say, "Hey, I've been raped," and I think everybody knows that -- I don't know if they necessarily deal -- I -- when I think of SAFE I think of as women being beat. I don't think it as, "Oh, I -- I've been raped, I can go here to feel safe." I think of it as, "Oh, this is a safe house for

women that have been beat.” I don’t think that rape acknowledgment is -- really acknowledges that they handle rape cases.

I think they should need to be more voices on -- that it is not just for battered women, that it’s also for rape, and to be specific in their -- because the person that comes to my mind is, oh, my god, battered women, that’s a safe place to go for battered women. It never occurred to me that it was for rape, you know, and I’ve known about SAFE for a long time, and that’s kind of a sad situation that I didn’t know that it was about rape as well.

Speaker 4: I think most women are aware of the resources they have here in Dillingham. SAFE has certainly been a part of getting me back up on my feet when I was in need of help and shelter, and everything else. I think SAFE provides a lot of the resources, even out of Dillingham, like in state, if they needed to. But, like I said, there’s a lot of women who are in shame and don’t want to come forward with anything. I mean, I guess it depends on the environment you’re in, because I’m in an environment where it’s -- there’s something going on every day, and I talk to people, and a lot of times they don’t ask for help or they don’t go to help because of shame and fear of, you know, people threatening their lives or their family’s lives. I think it’s gotten a lot more violent than it used to be.

Speaker 5: I’m not quite sure. I always handled things on my own, but, on the other hand, you know, it’s not just the women that get battered here. There are men that get battered by women that -- I’ve known cases where the men have gotten battered, and there’s nowhere for them to go to. I mean, it’s something like that that needs to be looked into as well, you know, and -- because I’ve called here for a couple of my friends, male friends needing a place to go, you know, because they were getting beat on.

Speaker 6: I think so. You go to the stores and on the boards there are sometimes brochures on the store bulletin board like a quit tobacco line; hotlines for this - hotlines for that. We have the programs here for kids. Kids can come to safe during the week. I see people going around with domestic violence brochures, sexual assault brochures. Even in high schools they are much more aware of drugs and alcohol and are more likely to talk about it if their parents have problems. People are much more aware and there are many more groups and programs that people can go to. It’s out there ...definitely out there that people can get help and it’s more OK to seek out help. There are a lot of programs for alcohol abuse, substance abuse or anything.

Speaker 7: I definitely think yes, people are more aware of resources. We do the Choose Respect march, Drug Awareness march. SAFE definitely puts themselves out there in the community and that makes people more likely to ask for help. We are always talking about asking for help so that makes the clients feel comfortable to ask for help. I think people search for help more and we (SAFE) know how to respond a lot better now than five years ago.

Question 4. OUTSIDE OF YOUR WORK ROLE have you or someone in your family been involved in any of these CANDU supported programs?

	Speaker 1	Speaker 2	Speaker 3	Speaker 4	Speaker 5	Speaker 6	Speaker 7
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a. Rural Providers Conference	Yes	Not that I know of	No	Yes	No	No	No
b. Beauty for Ashes	Yes	No	No	Yes	No	No	Yes
c. Peer Tutoring	No	No	No	No	No	No	Yes
d. Culture Camp/Summer youth services	Yes	No	No	Yes	Yes	No	Yes
e. Community mural projects -- The Fish project	Yes	No	No	No	Yes	No	Yes
f. Bristol Bay Wellness Program	Yes	No	No	Yes	No	No	Kind of recently, yes
g. Choose Respect March	No	No	No	Yes	No	No	Yes, we walk together as a family
h. Community Justice Alliance	No	No	No	No	No	No	Yes
i. CANDU organizational meetings	No	No	No	No	No	No	No
j. SISTR's	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Question 5: Have you noticed any changes in the ways in which agencies in Dillingham are dealing with or serving people affected by violence, abuse, or alcohol?

What, if any, specific changes have you noticed?

Speaker 1: No, I don't see any changes. I -- it's kind of still the same. When I first got here I noticed the AA meetings didn't involve people who really wanted to really go. There's probably

one or two people, but other than that the rest of the 15 of us in AA were just people who have to go, and sometimes there's not very much people there, and I would love to see AA with -- just packed with a bunch of people who -- where they have to make a bigger building for it, and I don't -- it's a very nice support group, but there are just not very many people who really want to go there.

And with all the things I learn at treatment, I learn that there's a lot of help available, and there's no excuses to not get help for alcoholism, because there's a lot of help everywhere, and it's just a matter of if you're willing to go seek it, I guess, and get away from that fear of losing your pride or something, I guess, all that -- that's like my personal experience about it. And I got help, and went to treatment, and I guess treatment's doing a good job on me.

Speaker 2: I just -- when I come over here I just come -- either I'm at Jake's or at SAFE. I'm not -- I've never really been outside of the area. I just -- I know it's Bristol Bay Area Health Corporation. I know that they support their employees. I don't know if I'm answering your question correctly.

Facilitator: You mentioned Jake's. That's one of the agencies, too, and you said before that you noticed that there's been more cultural activities at Jake's. Is that one of the changes that you might have seen?

Speaker 2: Oh, yeah.

Facilitator: Can you think of any other changes either -- and just the ones that you've interacted with, you've noticed from being there before?

Speaker 2: I'm pretty sure it's not -- well, I think Jake's has turned around so much since the last time I've been there. It's really actually -- it's amazing how much it's changed within the last year since I've been there. I know it has a lot to do with the director, her being from this area, and it's -- I think it's really important that they do hire local people that cultural, traditional, know what we're doing, know what's important for our healing, and she's doing a really good job.

Speaker 3: No. Sorry.

Facilitator: And if you haven't noticed any changes, do you have any suggestions that you haven't mentioned about how that could change?

Speaker 3: Probably just like I said before, just more education, more advertising, you know. Like I said, I don't listen to the radio all the time, and I'm sure a lot of the people around here in the area do -- I know they listen to the radio, and I always -- that's how I always hear about things, is from word of mouth, but I wouldn't mind seeing a little bit more improvement that way so I would know what's available. Okay.

Speaker 4: No, I haven't noticed any changes, but I do agree with what was being said about how Jake's is running their program now. I mean, I haven't been out there, but I've heard stories, and I was there about the same time, so I think it would be really great for them to go look into long-term treatment, though, because there are a lot of people who go through that program, and there are a lot of people here who need longer-term treatment as diagnosed, or

whatever your assessment says, but there are people who are from around this area who have to look into going like out to Anchorage or Fairbanks that have to leave their home to go get treatment elsewhere, and so I think that would be something that -- to improve on, and all the other agencies here, you know, they do their job, but it's just the matter of the people who are having these problems to want to get out of there, get away from what they're doing and what's happening to them. I don't think that, you know, it's -- it is a community's -- is should be a community issue to work on, but there also has to be personal choice.

Speaker 5: I haven't really seeked any help to any agencies, but my group at the Jake's program is a good program. I've learned a lot from it, and it's very beneficial to whoever -- like she said, whoever wants it and whoever -- you know, you got to want it in order to get something out of it, so -- but it is a good program, though, I agree, but, otherwise, I don't know. It's out there to offer.

Speaker 5: I don't think I noticed a change as far as the resources. I mean, those are still kind of the same, and I think even the way things are handled are still kind of the same.

Facilitator: Do you have any suggestions for how to improve it?

Speaker 5: I think they do well with what they have. I mean, it takes a lot to have not only people who intellectually can say, okay, counseling, this is what we're going to do, but it also would be beneficial if they had more people who understood and maybe have experienced, because I don't know that, you know, with Jake's Place -- and they do hire some people that kind of went through that cycle, but sometimes a lot of them aren't, they're from Lower 48, who've never lived in this region before. Not just hiring locally, but also people with the same experience who can understand. I think that would be beneficial as far as being able to relate to someone who understands your situation.

Speaker 6: I think so. We have Jakes Place --rehab place. The hospital has made changes. Five years ago we had a program that was 30 to 60 days. Now it is a minimum of 90 days or however long it takes. It's not just a 30-day program where you are healed and now get out to the way. The agency has changed to give people more of a chance;

Speaker 7: Definitely with BBNA Family Wellness Program, they coordinated well with SAFE to get people in the 32 surrounding villages to make sure someone in the community can respond to domestic violence or sexual assault. That is a big change.

Question 6: Have you noticed any changes in the attitudes or relationships between youth and elders in Dillingham?

New participant was added to the group.

Speaker 1: I'm not -- I've been here for 25 years, and just from what I've seen I think the communication is good between the youth and the elders, depending on the family, you know. Some are really into their -- into the elders and want to do for the elders, but -- I don't even know if I'm answering the question right, but I'm not -- I haven't -- I don't know. I'll leave it at that.

Speaker 2: I kind of have the same answer as her. Just depends on the family, who are the people. I myself never really looked up to them in any special way because it wasn't said that I

had to, but I do believe in treating people how I'd like to be treated, and there goes that one saying, "By my attitude will always be based on how you treat me," so no matter if it was an elder or not who disrespected me, not saying I would do it back, but, you know.

Speaker 3: I recently had this conversation with a friend of mine, and -- who's older than me, and he says, "You know, if I would ever, ever -- ever would have talked to my elder like that, I would have had -- I would have been -- had my ass whipped." And I see do -- I do see a lot of disrespectful in the younger generation, and like if we -- if I were to do that to my parent, I would have been backhanded. That never would have happened. I would never, ever talk to my -- but I do see a lot of disrespect for the elders. I mean, not everybody's family's like that, but I've just seen the younger generation nowadays does not do the values like we used to, you know, and, yeah, it's -- I think it's worse.

Speaker 4: Well, the -- no, I don't really see any changes, really, except negative changes. I see kids disrespecting elders more and more often, but sometimes I see kids who are really helping elders and -- but some kids help the elders, and respect them and all that, and learn from them, and some kids don't. So it's just been like a balance, whatever, like you can't let -- have everybody start respecting elders. There's bad apples here and there, I guess.

Speaker 5: Yes, there's definitely a change. I don't think it's entirely the children's fault with changes that are going around in the world today. Grandparents love their grandchildren, and they want what the -- they want their grandchildren to be happy, so they give them what they tend to see other kids wanting, and, you know, technology these days, it's amazing what -- the things that are out there for children. I think we need more cultural programs that can bring our tradition back, our cultural ways back, so our grandparents can teach us we respect that we need to learn to have towards others, and, of course, our elders.

Speaker 6: I think -- I wouldn't say it's changes. I feel like sometimes it's strained. A lot of times I -- not all families, but a lot of times you will see grandparents stepping in as parents, so I think that changed the dynamic in the relationship. Some of those generations are, you know, really good, and they learn from their elders in that way, you know, because my Apa (ph) raised me or whatever, and sometimes they don't. Sometimes it has a negative effect.

As far as a change, I don't really see it. I know recently, I'd say within the last year, they've started doing more things to connect youth with elders, like, you know, having elder talks, and just kind of listening, just sitting and listening to stories. I think you can learn all kinds of things, because a lot of things that we experience as young adults, even smaller youth, teenagers, these elders have already lived, they know, and they can be just a really good resource of information on how to deal, and how to make better choices, as opposed to just making mistakes, and having to learn the hard way.

Speaker 7: I think so; there are a lot more things going on. There are a lot more interactions. I live next to Grandma's House and see the senior center, senior apartments. I see family members going in and out seeing the elders. Just walking to store if someone needs help people are helping them. My kids' grandma, I help her out all the time. She doesn't fish any more but she does cut fish and put it away. Her grandkids and nephews are always bringing her fish. During hunting season people are bringing her things. I always see young people thinking about their elders and

kind of having that aspect. I see that a lot... younger kids going out and helping. I think it has to do with respect. There is a lot of respect.

Speaker 8: The relationships are a lot stronger. The youth are learning how to provide for the elders... how to tell stories with the elders and spend time with them. Overall talking about the ideas that we wouldn't have anything in place if the elders hadn't laid the path. The youth donate berries and fish. There is story time with elementary kids. It's good to see elders and youth together.

Question 7: Compared to five years ago, do you feel safer and more hopeful living in Dillingham? Why, or why not?

Speaker 1: Yes, I feel safer. Why? Because I take care of myself. Haven't really had the oppor-- needed the -- I haven't needed the resources around here that are provided. I know there are others, but -- that's it.

Speaker 2: I don't feel safer, because I moved into an environment where drugs and alcohol, domestic violence, sexual assault, is a lot more there than I think in any other place in Dillingham. So I don't feel safe, and the thing I need to do to get away from it is just to move away from where I am. I mean, since I moved there I've had a lot more -- just a lot -- it's a lot more easier for me to drink up there because it's there and always available to me, even when I don't want to. I mean, it's just -- I guess it depends on the environment. I've always considered Dillingham my home, and when I do move I always come back, so I thought I'd always just end up being here forever, but I'm actually considering moving out of Dillingham. It's gotten to be a pretty scary place if you really have seen and lived what's going on now.

Facilitator: The support that -- you're not seeing support around -- or trying to support you with the positive changes that you're trying to make.

Speaker 2: Well, of course, there's a lot of support here, and I'm just saying -- I was talking about the home environment.

Facilitator: Oh, the home environment.

Speaker 2: Yeah. I mean, not just my home, but the community part that surrounds my home. So if -- I mean, it's like if I were living away from where I am at now, I think I would feel a whole lot more safer.

Speaker 3: Where Dillingham's going, I know there's a bad heroin problem and drug problem here since I've been back here. I think I've seen it more now that I'm in treatment. I didn't realize how bad it was, and until then I was totally oblivious to all of it, so I feel totally safe here, yeah. I was born here, so I haven't lived here in 16 years, but I have no fear here. I have good support. I have good family. I have awesome people. I have a gun, so --

Speaker 4: Well, if I were to live here I would feel safe, because I don't really know that much people, and I don't really know dangerous men, or really mean men, or whatever. Maybe because it's far away from the man I was with who was in a domestic violence -- I was with. I feel safe away from him, but then there's also the same kind of guys here in Dillingham that just hide it very well, just like he did, and my -- if I were to live here I'd feel safe because I don't

know anybody, and they don't know me, but it just matters if -- who I hang out with, and who I allow to get to know me, and hanging out with the right people, and here at the SISTR's meeting I find a lot of support, and it's good to know that there's a lot of help out there, help -- and it's comforting to know that. Yeah.

Speaker 5: I feel hopeful in the situation that I'm in. Of course, me wanting what's better for myself, there's really, really strong feelings toward becoming a sober recovering alcoholic, because it's just -- I'm in a different -- I check -- of course, everybody wants to be sober, of course, everybody wants what's best for themselves, but I've actually gone as far as turning myself into treatment, and I moved out of my hometown to come over here to get myself into treatment once again, and I only know the treatment center and the SAFE place, so I know I'm safe when I'm here, unless -- no, I'm safe. Yeah, so I'm very hopeful for the town, because I see the good that people -- or agencies are doing that people -- great people that are wanting change for their community. I see a lot of good things, like this here. So, yes.

Speaker 6: I feel hopeful, absolutely. I think there's hope. We got the resources. We have the people to make whatever differences need to be made made. Do I feel safe here? Yes and no. My situation with domestic violence happened here. I'm not originally from here, so in that aspect, just memories, and kind of how -- not necessarily how people looked at me, but it was kind of accepted. Like I didn't -- you know, what happened, and not really accepted. People kind of just turned the other way. So in that aspect, you know, I want someone if they, you know, see something, not just with me, stand up for it, you know, say it's wrong, and shout to whoever you have to shout to to let them know, you know, that kind of aspect.

But I also feel it's safe because it's just a great place to be. I mean, we -- I've lived here for nine years now, and I can go anywhere and know so and so, I mean, anywhere we go, and when you go Outside or these bigger areas you won't ever see anybody you've seen. I mean, it's very rare. And everywhere you go it's -- you know, you know their family. You, you know, talk on a regular basis. It's always cordial, hi, how are you, and really genuine people. So in that aspect absolutely I feel safe, because I know I can go anywhere and know somebody that knows me, or my son, or my family.

Speaker 7: Yes I do actually feel safer. Five years ago I was in a bad place in my life and now I do feel a lot safer. I know SAFE is here. I am more knowledgeable, I know who, what and where to stay away from now. I have educated myself and I have also been taught and learned a lot. Mentally I feel safer, physically I feel safer than five years ago. I am where I need to be in my life.

Speaker 8: I do and I don't. I do feel safer being able to have SAFE as a resource and being able to refer this resource to others and know they will get help. The only part I don't feel safe in the community is with the Dillingham Police Department. They don't always respond to all the DV calls or violations in the protective orders. Officers are often telling clients to modify protective orders and then the Judge doesn't understand why that is happening and often it is because of the police officers. SAFE can help them when that happens, but really it shouldn't be our job to make sure the police department upholds their job. With this big heroin problem people are being robbed and the police are often putting things back on the victim saying lock your doors. It's very frustrating. I am a victim and an advocate and it made me not want to file a protective order

because I don't want the police to doubt me. I have seen that with clients too. SAFE is so great we can provide help 24/7.

I have mixed feelings about the community. Overall we are definitely coming together as a community a lot more than we used to. Taking the time to communicate with one another has really helped.... healthy communication helps. It is difficult to get the police to respond sometimes and that is worrisome as a victim and an advocate. It's scary to feel that way that it is a possibility that a victim ends up dead because the police don't respond.

The Alaska State Troopers and VPSO's are great.

I think there are lots of good programs. At SAFE we have programs available for kids and we have more events. There are more things for people to go to. I was a resident at SAFE for five months and now I am helping other women and I love it. It is wonderful. I know that I have done a lot of wrong things in my life and made bad choices. I came here from King Salmon and SAFE was able to get me out of a really bad relationship. I was able to use these services to get help and now I have two beautiful kids and a wonderful job and I have all that gratitude for SAFE because that is where the changes happen.

It's great being able to provide cultural food for the women who receive services. It's nice to be able to sit down with them and have fish and rice. It's nice to help them feel normal. It's so hard for them and it's great help them have a normal life... reminding them that tomorrow it is going to be a new daythat they have all the support that they need. As a victim I have very much benefitted from services and as an employee I am so happy to provide services because I do know what it is like to be in their shoes.

Question 8: Do you see any change in attitudes, beliefs, or respect from men and boys compared to where it's been in the past?

If not, what can we do to improve it? If yes, what do you think has helped change it?

Speaker 1: I can't answer that.

Facilitator: Can you think -- do you have any ideas of what can help the situation to get more respect from men and boys?

Speaker 1: I don't hang around a lot of men and boys, so I can't answer that. I'm sorry.

Speaker 2: I have noticed changes, and they're not good ones. That's all I'm going to say about that.

Facilitator: What can be done to change it? Any ideas on how to change that situation? There's been a lot of work done to try to get men to change attitudes. Do you have any ideas of what can be done?

Speaker 2: I don't know, I think they just need to be confronted, if not personally, as a community somehow with things like the wellness programs and everything. I really don't know. I think it's just because of all the cultural changes, diversity, and pressures of keeping up your -- I don't know the word, but --

Facilitator: The macho, the tough guy stuff is still alive and well.

Speaker 2: Yeah, and -- yeah, I guess, and wanting to be more culturally diverse. I mean, I think there's still a lot of shame coming from our people, and I think they're just moving towards other styles of manhood, you know. But it does seem like the ones who are more -- stay in the lifestyle that we've always grown up, they seem to be doing well, and as long as they keep doing that I think they will continue on having a lot of that respect towards women, any woman.

Speaker 3: I can't really honestly answer that, because I haven't really been in the community very much, and what I have seen with boys and men, they're very respectful. I haven't seen any change at all with lack of respect, you know, but I've seen -- with my family it's still the same, you know, and I've been around my brothers and his kids, and they're very respectful. They go down and help their grandma, chop wood for their grandma, and they give with utmost respect when I'm there, and I haven't seen any of that, actually, so --

Speaker 4: Well, since I haven't been very long, just three months, I see respect from men, I guess, yeah. If that means if they open the door for you, or what does respect mean? Respect. Well, an encounter, the most dramatic encounter I've been experienced with while in Dillingham was very disrespectful, of this guy to tell me I should eat more so I could get love handles, and I was like what, what the heck? Somebody said, "What do you know about love handles?" And he hand signaled the motion of -- you know, and I was like, oh, my gosh, and I just ran to my room or trudged along quickly, and I was thinking how disrespectful of him to say that. I don't know, that was just one person, but it's been the three months I've been here, and one guy to say that to me, but other than not no one really been disrespectful.

Speaker 5: I don't -- I could tell you maybe the differences between seeing -- going to the Russian Orthodox church and seeing like the way that those -- the congregation might practice more their cultural ways than other groups of people that I see, see a lot more respect out of the congregation men than I see anywhere else, but that's Russian Orthodox. I mean, I'm not saying that they practice their cultural traditions more. It's different. It's definitely more traditional than anybody else, anywhere else I've been. I don't -- I haven't been here long enough to really notice any changes.

Speaker 6: I don't think I've noticed any changes. I think anywhere you go there's the concept of how boys are going to learn from their fathers, and as much as a mother tries and tries to -- whether that be good or bad, what they see is how -- is the men they're going to grow up to be. I don't think -- I think here in this area certain culture ways, absolutely, there's that respect. This is known, you know, this is what we as men do, this is what we as women do. In those aspects, absolutely, the respect is there, it's known, the children know that, and that's just because that's what you grew up knowing, and that's fine, but the outside of the culture aspect, it's the home life, and those aspects are different, you know, from house to house. I would say a general consensus is, yeah, for the most part there's just a -- you know, a common respect. How much or how less, that's kind of -- I mean, that just goes from place to place. Being who I am, it is very important, because I do have a son, and with his dad it's there, and it's an explanation. However he sees, that's the man he's going to grow up to be.

So whomever, you know, is there or in that person's life, or lack thereof, I mean, that's going to make the difference. I think, you know, that's one of the traditional ways, that's one of the

things I love about this area, because it's just known, you know, there's just certain things -- it's not to say that women can't do certain things, or men can't do, but it's just kind of an unspoken understanding, you know, and those terms, this is what we as women do, we go split fish, we do whatever, and maintain, and whatever. And so, yeah, those respects.

As far as like with domestic violence and understanding -- or sexual assault, understanding how women should be treated, there probably could be an improvement, you know, as far as that, but I wouldn't just specifically section this area off. I think that's kind of a worldwide, nationwide kind of thing. But it really just goes back to the raising, you know, what you see is what your children are going to grow up. I mean, you may have a select few who decide to break that cycle, but, generally speaking, you know, what they grew up with, they're going to assume that that's normal and that's how everyone else lives as well.

Speaker 7: I have actually seen a difference in the younger kids. Kids are more knowledgeable; everybody is getting more education. That is where it starts. Kids now that are 18 -five years ago they were middle school and they were getting education. Older men ... some times it's harder to teach an old dog new tricks. It's all about how somebody was raised. Nobody can change anybody, they have to want to change.

Speaker 8: I have seen men and the youth being more active in the community. The last Choose Respect march was the most men I have seen participate. I also see more men protecting local women when cannery workers come in. Local men have been more standing up for women. I have seen local men take a stand to the outsiders. The elders in this community are very protective of the elders.