

# CALRICARAQ A Culture Based System of Care



## Service Area



## Calricaraq A Culture Based System of Care

Yupit have a prescribed way-of-living called "Nutemllaat" (Principals) to help maintain health and balance. It is our ancestral health care system, a holistic approach to maintaining a healthy, balanced life



## Understanding the Differences

### Kass'artaq

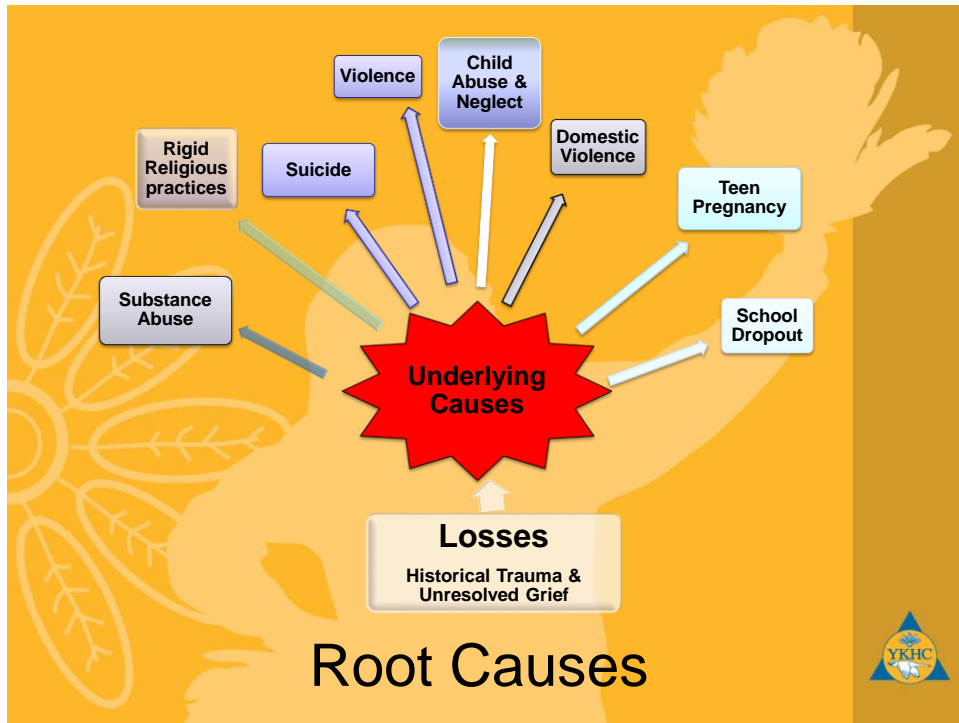
- Structured system
- Rooted in western way of illness
- *Referral* ⇨ *Assessment*  
⇨ *Diagnosis* ⇨ *TX*

### Yugtaq

- Awareness Skills
- Elders (apercetaartet)
- Ancestral Wisdom/Teachings
- Way of Life: Therapeutic
- How community functions

It is vital that we understand the differences so that we can integrate the different systems and approaches for better outcomes. Not understanding this is a huge barrier





## Delivery of Calricaraq

### 3-Day Community Gathering

- Invitation by Tribe
- Planning with Tribe
- Community Gathering
- Follow-up Gatherings
- Healing circles
- Training activities




**YKHC**

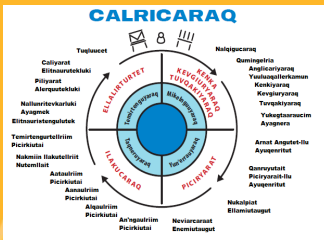
# Trainings

## BUY-IN



## UNDERSTANDING

- Strengthens & builds regional capacity to provide support services in partnership



**Yup'ik**  
*Anqiyaraq*  
*Yun'erraq*  
*Taqneq*  
*Temirta*

**English**  
*Infancy*  
*Pre-teen/ teenager*  
*Adult*  
*Elder*

<i>Kangiliryaraq Tuqluutet Teggutvut....</i>	<i>Introduction</i>
<i>Qingalriim liyautai.....</i>	<i>Pregnancy</i>
<i>Kenka .....</i>	<i>Unconditional love</i>
<i>Kevgiuryaraq, Tuvqataryaq.....</i>	<i>Value of being helpful &amp; generous</i>
<i>Arnarn Ayuqucia/Angutem.....</i>	<i>Transitioning from girlhood/boyhood</i>
<i>Uingellerkaq Nulirtullerkaq-llu.....</i>	<i>Healthy Relationships</i>
<i>Nakmiin Ilakellriani .....</i>	<i>Family</i>
<i>Nutaan Allakararmmeng.....</i>	<i>Family leaving home</i>
<i>Yuungnatuulleq</i>	



# CALRICARAQ

**Calricaram aturtii, yuuluaqerciq**  
**One who lives by Calricaraq will live a good, healthy life**

**Promoting Health & Wellbeing**  
**CALRICARAQ**

**Facilitators Guide**  
**Kevgiurtem Ayuqcirtuutai**

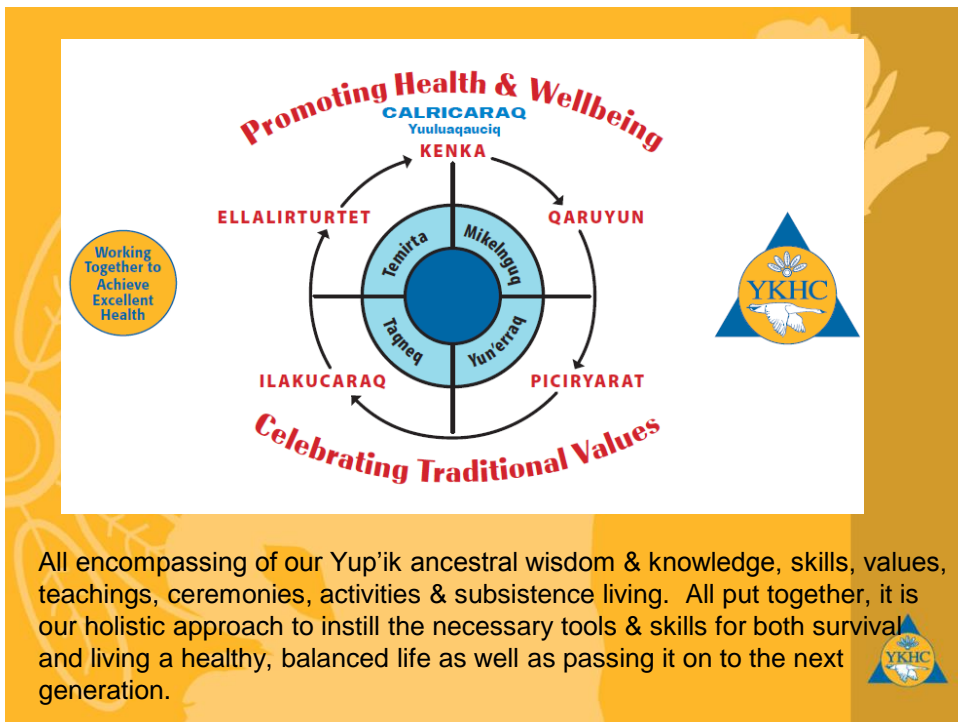
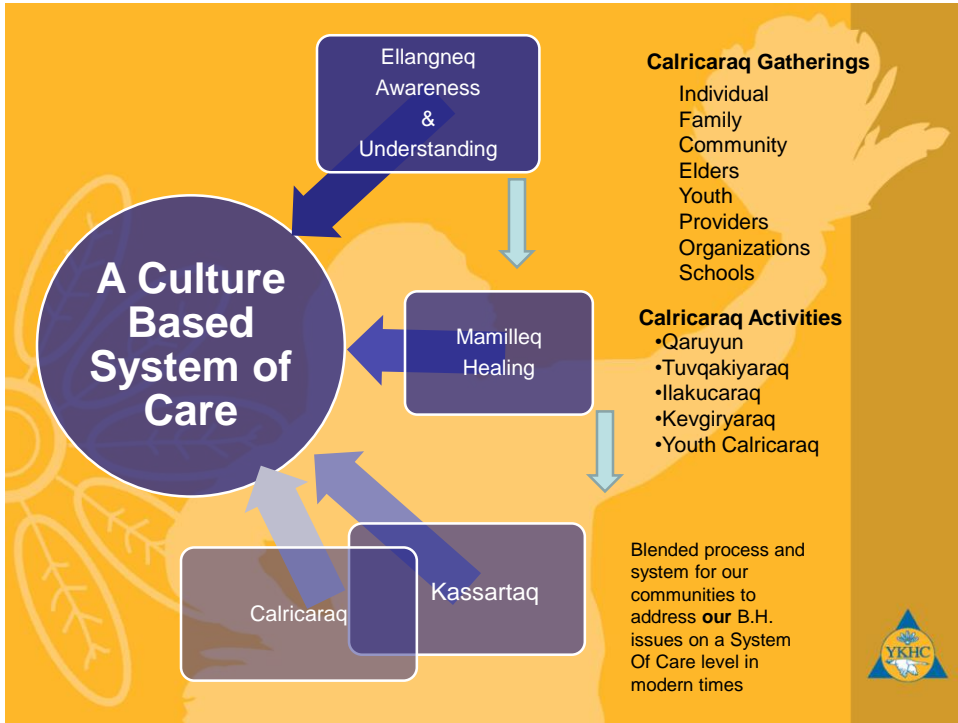
Yukon-Kuskokwim Health Corporation  
 Behavioral Health Services  
 Preventative Services Department

**Calricaraq Facilitator Manual - published March, 2015**  
 First Train-the-Trainer: May, 2015

**Qaruyun Manual – started**

**Tuvqakiyaraq Manual**

**Ilakuyucaraq Manual**



All encompassing of our Yup'ik ancestral wisdom & knowledge, skills, values, teachings, ceremonies, activities & subsistence living. All put together, it is our holistic approach to instill the necessary tools & skills for both survival and living a healthy, balanced life as well as passing it on to the next generation.

# Quyana Cakneq

Thank You

## Contact Information

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