

# CATG BEHAVIORAL HEALTH NEWSLETTER

## BEHAVIORAL HEALTH STAFF

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## BEHAVIORAL HEALTH AIDE PROGRAM

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Irma Brown  
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(Vacant)  
BHA - Birch Creek

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BHA - Fort Yukon

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BHA - Venetie



Youth Night Activities - Fort Yukon

## WINTER BREAK ACTIVITIES

In December, the Behavioral Health department sponsored several nights of youth activities at the Addie Shewfelt Building. Youth ages 7 and older were invited to participate in board games, arts & crafts activities, and to watch movies and sporting events. In addition to the activities (thanks to the City of Fort Yukon for their donation), snacks were provided courtesy of a donation received from the GZ Fuel Station. Over 25 youth participated in these activities and requests were received to expand the hours. We hope that everyone that participated had fun!



Snack time at Youth Night.



Kicking back at Youth Night!



# FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

## LOVE IS ... RESPECT

February is Teen Dating Violence Awareness Month! Teen DV Month (sometimes called TDVAM) is a national effort to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it.

Dating violence is more common than many people think. One in three teens in the U.S. will experience physical, sexual or emotional abuse by someone they are in a relationship with before they become adults. Help us spread awareness and stop dating abuse before it starts!

### What is "Respect Week"?

Respect Week is a special way for young people to raise awareness about healthy relationships and dating abuse during Teen Dating Violence Awareness Month (Teen DV Month) in February.

In order to raise awareness about dating violence and help prevent it, you need to know the basics! Dating violence can happen to anyone, regardless of age, financial status, race, gender, sexual orientation or background. Drugs and alcohol can affect a person's judgment and behavior, but they do not excuse abuse or violence.

### Dating violence can be:

**Physical:** hitting, slapping, choking, kicking

**Emotional/Verbal:** putting you down; embarrassing you in public (online or off); threatening you in any way; telling you what to do or what to wear

**Sexual:** pressuring or forcing you to do anything sexual, including sexting; restricting access to birth control

**Financial:** taking your paychecks; preventing you from working

**Digital:** sending threats via text, social media or email; stalking or humiliating you on social media; logging into your social media or email accounts without permission; forcing you to share passwords

### Dating violence is common:

- **One in three teens** in the U.S. has experienced some form of abuse by a dating partner
- Dating abuse affects around **1.5 million teens** annually
- **43% of dating college women** report experiencing abusive dating behaviors.

Abuse can be as visible as bruises or as subtle as name calling and controlling what a partner wears.

57% of college students say dating abuse is difficult to identify, and 58% say they don't know how to help

someone who's experiencing it.

Young people who have questions about their relationships can visit [loveisrespect.org](http://loveisrespect.org) or text [loveis](tel:22522) to 22522 to get help from trained peer advocates.

## Disrespect

By Anitra, *loveisrespect* youth organizer

When speaking with people about their relationship experiences, one word I hear a lot is "disrespectful." Disrespectful behavior can happen in any relationship, whether with someone we're dating or a friend or family member. However, there are times when someone labels a behavior as disrespectful when it's....not. Sometimes our ideas about what's disrespectful are influenced by unrealistic expectations about our relationships, as well as feelings of jealousy, possessiveness or insecurity – which can all contribute to unhealthy or even abusive behavior. It's okay to feel jealous or insecure at times (we all do!). But it's never okay to use those feelings as excuses to control or isolate your partner.

Disrespectful behavior can happen in any relationship, but it's important to consider a partner's intent and the boundaries you've agreed to in the relationship. In a healthy relationship, there are three things you can do to make sure both partners are on the same page when it comes to what's respectful and what's not:

**Build trust.** Healthy relationships are built on trust and mutual respect. Both partners should be able to trust that their partner would not do anything to intentionally hurt the other or violate their boundaries. If one partner tries to control the other, or is acting possessive, that is not showing that they trust their partner.

**Communication.** A good sign of a healthy relationship is open, honest communication. Both partners should be able to safely express how they feel. If your partner is behaving in a way that you feel is disrespectful, you should be able to talk honestly with them about it. If there is a disagreement, it's important to know how to "fight" fair.

**Set Boundaries.** Each partner should feel they can be upfront at all times about what makes them feel safe, happy and comfortable. Remember: a healthy boundary helps to protect and respect you – it doesn't seek to control or harm someone else.




*Do you struggle with feelings of jealousy and insecurity in your relationship? Do you feel unsafe talking openly with your partner about your boundaries? Talk to us! Call 1-866-331-9474, chat here on [loveisrespect.org](http://loveisrespect.org) or text "loveis" to 22522.*

## Relationship health check



Look through the checklist below - this aims to give you an idea of some of the behaviours that are unhealthy or abusive. There will be other things that indicate an unhealthy or abusive relationship that are not included here. If you feel uncomfortable with how your boyfriend or girlfriend is making you feel or if you are not happy with what they are making you do it may be best to consider **ending the relationship**.



| Healthy   | Unhealthy   | Abusive    |
|--|--|---|
| <b>Communicating</b> - You talk openly about your feelings without shouting or swearing. You listen to each other, hear each other out, respect each other's opinions, and are willing to compromise.  | <b>Not communicating</b> - You normally discuss problems calmly but sometimes one of you shouts the other down. You don't listen to each other or try to compromise.   | <b>Communicates abusively</b> - During disagreements there is screaming, swearing, or threatening, or these things happen even when there is no argument. Your partner is demeaning or insulting towards you or will deliberately 'punish' you following arguments by ignoring you.   |
| <b>Respectful</b> - You value each other as you are. Culture, beliefs, opinions and boundaries are valued. You treat each other in a way that demonstrates the high esteem you hold for one another.   | <b>Disrespectful</b> - One or both of you are inconsiderate toward each other. Your partner occasionally disregards your views, ignores what you say or laughs at you.   | <b>Completely disregards your personal safety or your views</b> - Your partner doesn't care what you think, undermines what you say and disregards your safety. Disregarding your safety might include them getting you to drink too much or encouraging you to take drugs.   |
| <b>Equal</b> - You make decisions about where you go and what you do jointly. Your boyfriend or girlfriend gives you freedom to see your friends and family when you want to.  | <b>Unequal</b> - one of you makes most of the decisions about where you go. Your boyfriend / girlfriend puts pressure on you to do what they like doing.   | <b>Totally controlling</b> - you're only allowed to make decisions if your partner allows you. You are pressured not to see friends even when he/she can. You are worried to tell you boyfriend / girlfriend what you want to do in case they react badly.  |
| <b>Compassionate</b> - You feel cared about and loved. Your partner is kind to you and open with you about how they feel. If you are down about something they listen to you and give you support.   | <b>Unkind</b> - your bf/gf is dismissive of your feelings and occasionally belittles or jokes about how you feel. He / she is unable to be open about feelings and can be immature when responding to you.   | <b>Cruel</b> - your bf/gf takes pleasure in you feeling down and deliberately lets you down, winds you up or is nasty to you.   |
| <b>Trusting</b> - you trust each other and this trust has been earned.   | <b>Untrusting</b> - There is suspicion that your partner is doing things behind your back, or your partner is suspicious of your loyalty without reason.   | <b>Obsessively jealous</b> - your bf/gf won't allow you to be around other people. They put pressure on you to end friendships. They constantly ask where you have been and what you've been doing.   |
| <b>Making consensual sexual decisions</b> - You talk openly about sexual decisions together. You both consent to sexual activity and can talk about what is ok and what isn't. If you're having sex you talk about possible consequences together, such as pregnancy or STD's. You decide together how to address these things, such as through condoms and other birth control methods. | <b>Pressuring the other into sexual activity or ignoring the consequences</b> - One of you is trying to convince the other that the relationship should become more sexual. Or both of you are consensually sexually active with each other but aren't addressing the possible consequences.   | <b>Forcing sex or other sexual activities</b> - The how, when, and where of sexual activity is determined by your partner. Threats and violence might be used prior to or during sexual activity. You might be pressured into having sex with his / her friends   |
| <b>Enjoying personal space</b> - You both enjoy spending time apart and respect when one of you voices a need for space.   | <b>Smothering or trying to stop you spending time with other people</b> - So much time is spent together that one of you is beginning to feel uncomfortable. When you express this the other is upset and tries to persuade you not to go out without them. Or sometimes both partners spend so much time together that they ignore friends, family or other things that used to be important to them. | <b>Isolating you from friends and family</b> - Your partner controls where you go, who you see and talk to. You have no personal space and you're often isolated from other people altogether. This isolation can start by your partner making things up about people, telling you that your friends are bad and that the only person who really cares about you is them. |
| <b>Honest</b> - You are both honest with each other but can still choose to keep certain things private. For example, you both know that it is important to be honest about things that affect or involve the relationship and still know that it is also ok to keep certain things private.   | <b>Dishonest</b> - One or both partners are telling lies to each other on occasions.   | <b>Actively lies and doesn't take responsibility for the abuse</b> - The violent or verbally abusive partner denies or minimizes their actions. They try to blame the other for the harm they're doing.   |

ARE YOU IN A HEALTHY RELATIONSHIP?!

A HEALTHY RELATIONSHIP MEANS GIVING LOVE, RESPECT AND SUPPORT... AND RECEIVING EXACTLY THE SAME IN RETURN.

## UPCOMING EVENTS

### Respect Week, Feb. 13th-17th

Respect Week is a special way for young people to raise awareness about healthy relationships and dating abuse during Teen Dating Violence Awareness Month

### Tuesday, Feb. 14th

#### Wear Orange for Love

Wear something orange to promote respect and healthy relationships!

### Monday, February 13th - Fort Yukon

Community Health Forum  
6:00pm  
Tribal Hall

## BH ACTIVITIES IN OUR VILLAGES

The Behavioral Health Aides and Prevention Workers have been busy providing various services to our villages.

In December, a holiday care package was sent to Birch Creek with candy, fruit and other goodies to help celebrate the holiday season!

Behavioral Health Aide Myra Thumma (Venetie) hosted sewing nights, Christmas caroling, game nights (with over 15 kids participating!), baking time, and helped decorate the church.

In Beaver, Irma Brown (Prevention Worker) helped make Christmas ornaments, held open gym, and volunteered at the school.



Are there activities or services you'd like to see offered or that you would be willing to participate in? Drop the Behavioral Health program a line and let us know what you'd like to see in your community!  
PO Box 309 Fort Yukon 99740 or  
behavioral\_health@catg.org

## BEHAVIORAL HEALTH SERVICES

The CATG Behavioral Health Program provides professional, confidential, and culturally appropriate mental health and substance abuse services. Through a variety of services the program promotes healing, personal growth, and healthy living for the individual, family, and community.

CATG Behavioral Health Program services include: alcohol assessments, prevention education, individual counseling, and referrals.

All services start with a basic screening and information gathering session. If you would like to make an appointment, please contact our office at 662-7545.

**If you feel that you are experiencing a crisis, please call the Yukon Flats Health Center: (907) 662-2460. After hours crises may be directed to the on-call number (907) 662-2462.**

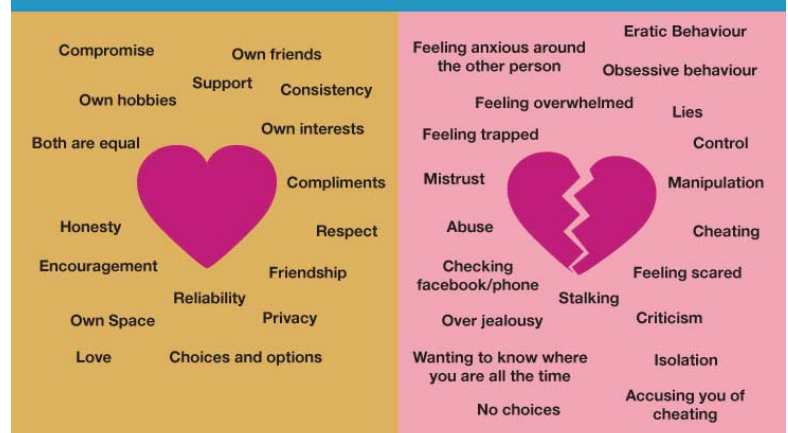
### Other Crisis Contacts:

CareLine (suicide hotline):  
877-266-HELP (4357)

National Child Abuse Hotline:  
800-25-ABUSE (22873)

National Domestic Violence Hotline:  
800-799-SAFE (7233)

### What is the difference between a healthy and an unhealthy relationship?



CATG BH Program  
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www.catg.org  
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907.662.7545  
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