Qungasvik (Tools for Life): A Yup’ik Community-Driven and Cultural Approach to Reducing Risk for Youth Suicide and Alcohol Misuse

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Presentation Overview

• The Qasgiq Model: Culture as Prevention
  • Informed by historical and intergenerational strengths & resilience

• Reducing Risk for Youth Suicide through a Strengths-based and Protective Factors Approach
  • Builds protective childhood experiences

• Results from Research
  • Earlier work
  • Current and ongoing
Yup’ik Culture is Prevention
Mechanisms of Change

The Qasgiq Model
A Yup’ik Alaska Native Toolbox Designed for Local Community Adaptation

SAMHSA Emerging Practice


Qungasvik Toolbox
A Model for Promoting Reasons for Life and Reasons for Sobriety in Yup’ik/Cup’ik Communities

Promotes Growth in Protective Factors from Suicide and Alcohol Use Risk for Yup’ik Youth
Qungasvik: Toolbox Preview — Table of Contents

- Qungasvik Toolbox
- Qungasvik Introduction
- The Qaqiq Model
- People Awakening Protective Factors
- The Land Provides for Us
- Surviving Your Feelings
- Strong and Solver
- Relationships for a Good Life
- Additional Activities
- The Journey Continues
- Acknowledgments
- Publication Information
Murilkelluku Cikuq = Watch the Ice
Protective Factors Promoted:
• Ellangneq (Awareness)
• Communal mastery
• Self-efficacy

Maliqnianeq = Seal Hunt
Protective Factors Promoted:
• Ellangneq (Awareness)
• Self-Efficacy
• Communal Mastery
People Awakening Project
(R01AA11446 NIAAA/NIMHD)

Cuqyun (Measurement)
(R21AA016098 NIAAA)

Ellangneq (Awareness)
(R24MD001626-1 NIMHD)

People Awakening Resilience Project
(R21AA015541 NIAAA)

Elluam Tungiinun (Towards Wellness)
(R24MD001626-4 NIMHD)

Qasgiq (Communal House)
(R24MD001626-8 NIMHD)

Qungasvik (Toolbox)
(R01AA023754 NIAAA/NIMH/IDeA)

Development of Research Informed Prevention Based in Yup’ik Cultural Knowledge and Social Processes

1996

2017
Earlier research:
Development of culturally grounded measures and testing an Indigenous theory of change.

The Qungasvik prevention approach builds individual, family and community level strengths and protections in youth.

Community level factors are associated strongly with reasons for life and beliefs about alcohol in young people.

Factors that are protective against suicide and alcohol risk are related.

Special issue:
Ecological Description of a Community Intervention.
Am J Community Psychol (2014) 54:81–186

Current and ongoing research:

Protection in a group of 128 youth increased, particularly for youth with low protection at baseline.

Higher exposure led to higher impacts in youth.

Reasons for life increased significantly (effect size, Cohen’s $d = 0.28$) for youth in communities that delivered 18 or more activities with fidelity to the Qasgiq model.

--Results across 6 communities is forthcoming--
--Current study validates findings in two communities with strongest outcomes--
Promoting Alaska Native Legacies of Strength and Resilience

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Alaska Native Collaborative Hub for Research on Resilience

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