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## Tribe Hosts Trauma Recovery Workshop

**Two-day event in response to violence against Indigenous people**

Sitka Tribe of Alaska is hosting a two-day summit on moving from trauma to healing for Missing and Murdered Indigenous Relatives Awareness (MMIR) month. Alaska Natives and other Indigenous individuals experience violence at much higher rates than other Americans. Violence and loss have powerful effects on Native families, with impacts echoing through generations. STA's goal is to provide community health providers and others with cultural knowledge and other resources to prevent violence and promote healing and resilience.

The workshop will include information on the history of violence, human trafficking, and other forms of oppression in Native communities, and related impacts, including mental and behavioral health issues, incarceration, and generational trauma. Participants will learn about the healing power of storytelling and other culturally responsive strategies and paths to individual and community healing.

The workshop will be led by Christina Love, a Juneau-based advocate for survivors of domestic violence and incarcerated women. Love is an Alutiiq/Sugpiaq mother of two who serves on the U.S. Advisory Council on Human Trafficking. Her history as a survivor of domestic violence, sexual assault, and trafficking, and as a person in recovery with a history of incarceration, informs her work in helping other women recover from trauma. "There are as many ways to



recovery, safety, and healing as there are people. Each one is as unique as we are,” says Love. “You can’t make a wrong choice; the whole point is to survive. Whatever you decide is the right choice for you and no one else. Recovery is always possible, believing that it is possible is what makes it possible. People will always end their own suffering in any way they can, we must make safety, recovery, and services as easy to access as heroin and alcohol.”

The training will offer local professionals and individuals an opportunity to engage in reflection and discussion on effective strategies for supporting individuals, children, families, and the community in healing from violence. The target audience is nonprofits and behavioral health providers that work with persons at risk of violence and those experiencing trauma, but all are welcome to attend at no cost. For more information or to register, please contact Harper Glazer, (907) 747-7152, [harper.glazer@sitkatriben-sn.gov](mailto:harper.glazer@sitkatriben-sn.gov).

“Violence is preventable,” says Melonie Boord, Director of Social Services for Sitka Tribe of Alaska. “We hope that our workshop will help a safer future for our Indigenous relatives and our whole community.”

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Sitka Tribe of Alaska (STA) is a federally recognized tribal government under the 1934 Indian Reorganization Act that serves more than 4,500 citizens of Tlingit, Haida, Aleut, Tsimshian and other Tribal heritage. STA operates within the City and Borough of Sitka, Alaska.