

CALRICARAQ

A Culture Based System of Care



Calricaraq

A Culture Based System of Care

We have a prescribed way-of-living called “Nutemllaat” – Ancestral Ways (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

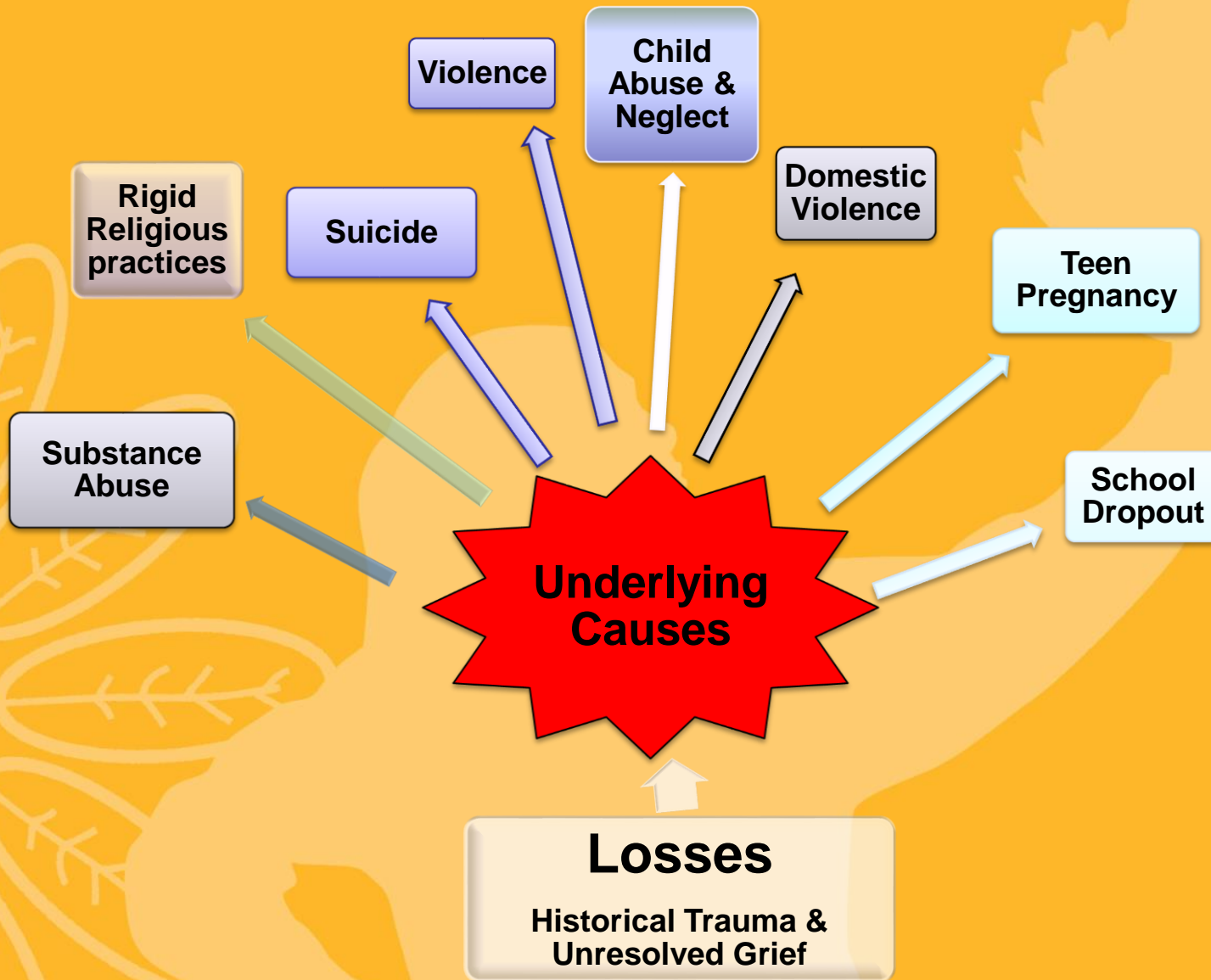
- Structured system
- Rooted in western way of illness
- *Referral* ⇨ *Assessment*
⇨ *Diagnosis* ⇨ *TX*

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





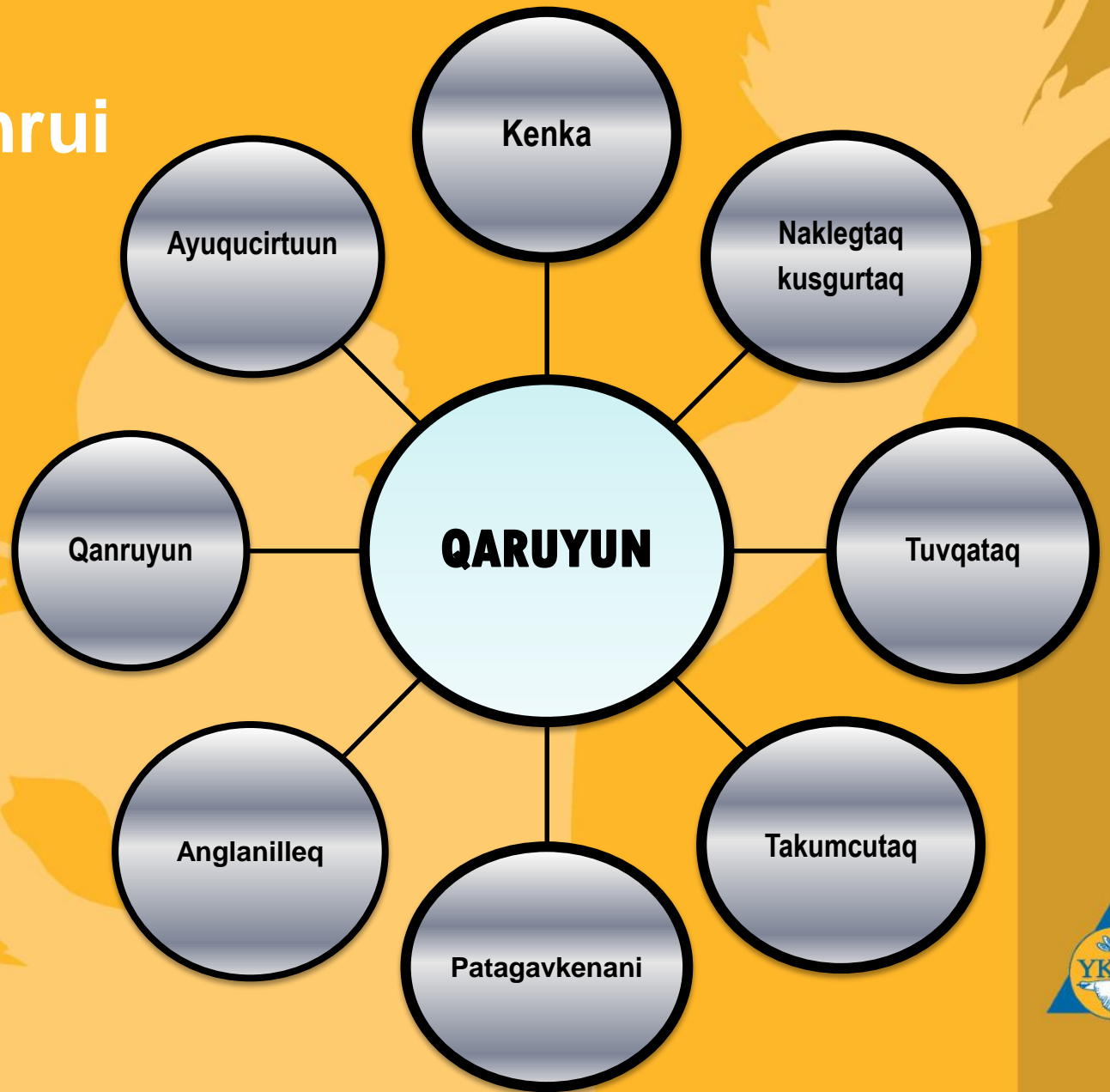
Root Causes

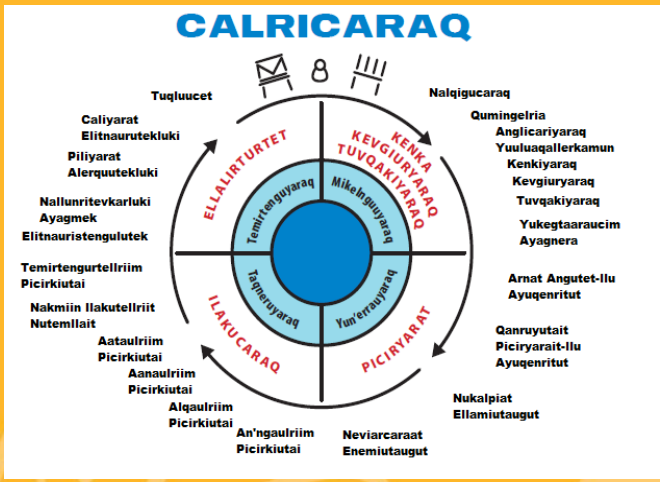
QARUYUTET

Umyuam

Navellran linrui

Our medicine for
the mind, heart
and spirit



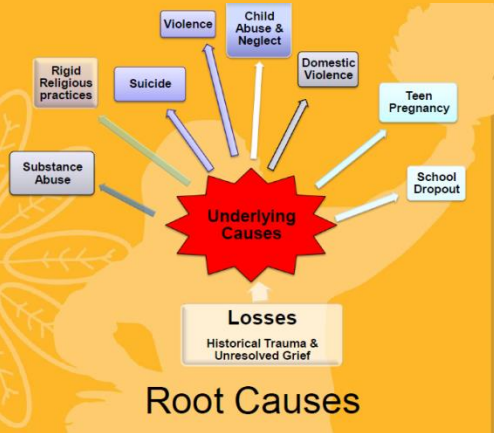


Yup'ik
Anqiiyaar
Yun'erraq
Taqneq
Temirta

English
Infancy
Pre-teen/ teenager
Adult
Elder

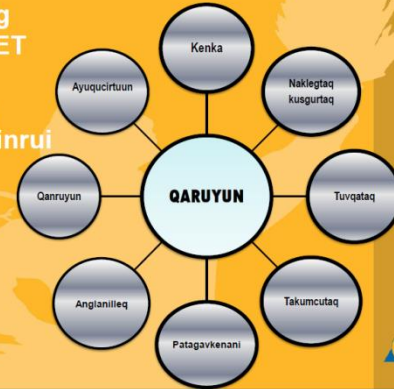
- Kangiliryaraq Tuqluutet Teggutvut...* *Introduction*
- Qingalriim liyautai.....* *Pregnancy*
- Kenka* *Unconditional love*
- Kevgiuryaraq, Tuvqataryaq.....* *Value of being helpful & generous*
- Arnam Ayuqucia/Angutem.....* *Transitioning from girlhood/boyhood*
- Uingellerkaq Nulirtullerkaq-Ilu.....*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





Makut
Quyurmeng
QARUYUTET

Umyuam
Navellran linrui



Components of Calricaraq

- Understanding of Historical Trauma
- Healing
- Rediscovery of our Ancestral Ways



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Kangiliryaraq Tuqluutet Teggutvut.....	Introduction
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Yuungnatuulleq	



Ellangneq
Awareness
&
Understanding

**A Culture
Based
System of
Care**

Qaruyun
Healing

Calricaraq
Kassartaq

Calricaraq Gatherings

- Individual
- Family
- Community
- Elders
- Youth
- Providers
- Organizations
- Schools

Calricaraq Activities

- Qaruyun
- Tuvqakiyaraq
- Ilakucaraq
- Kevgiryaraq
- Youth Calricaraq

Train community members in facilitating Calricaraq Activities.

Integrated services addressing our B.H. needs on a System Of Care level.



Service Area

Yukon-Kuskokwim Health Corporation Service Area Map



Promoting Health & Wellbeing

CALRICARAQ
Yuuluaqauciq

KENKA

ELLALIRTURTET

QARUYUN

Temirta

Mikelnguq

Taqneq

Yun'erraq

ILAKUCARAQ

PICIRYARAT

Celebrating Traditional Values



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

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