



the Messenger

YUKON-KUSKOKWIM HEALTH CORPORATION
QUARTERLY

"Working Together To Achieve Excellent Health"

Volume XXXI No.1 · January 2026



INSIDE

| | |
|--|----|
| Numbers to call..... | 2 |
| Board of Directors..... | 2 |
| Patient Rights and Responsibilities... | 3 |
| President/CEO Message..... | 4 |
| Reflective gear | 6 |
| Tips for safe street crossing..... | 6 |
| Supporting survivors of violence..... | 7 |
| Healthy Living: | |
| Recipes..... | 8 |
| Activity breaks..... | 9 |
| Understanding Title 47 | 10 |
| Suicide Care Pathway | 11 |
| Support for stress after typhoon.... | 12 |
| "Our Food is Medicine" | 12 |
| Health Aide Retreat | 13 |
| Capital Projects Update | 14 |
| Think TB | 16 |

Discover more.
Follow us on social media.  ykhealth.org



Community members and YKHC leadership gathered on Oct. 9 for a groundbreaking for the new health clinic in Mertarvik. Learn more about new infrastructure that will support the health of our region on page 4.

Photos: Top row, l-r: Community members in Mertarvik; Health aides. Middle row: Health aides and YKHC leaders; Ground breaking at the clinic site; Dan Winkelman speaking at community gathering. Bottom row: A view of Mertarvik.

RESOURCES

YKHC main switchboard 907-543-6000
Toll Free 1-800-478-3321

APPOINTMENTS

Outpatient Clinics 907-543-6442
Dental 907-543-6229
Optometry 907-543-6336
Audiology 907-543-6466

SUBREGIONAL CLINICS

Aniak 907-675-4556
Emmonak 907-949-3500
St. Mary's 907-438-3500
Toksook Bay 907-427-3500
Hooper Bay 907-758-3500

SERVICES

Inpatient (North Wing) 907-543-6330
Pharmacy Refill Line 907-543-6988
Toll Free 877-543-6988
Physical Therapy 907-543-6342
Women's Health 907-543-6296
Irnivik Birthing Center 907-543-6346
Behavioral Health Services 907-543-6100
BH CRISIS RESPONSE LINE 907-543-6499
Developmental Disabilities 907-543-2762
Emergency Room 907-543-6395
Office of Environmental Health & Engineering,
Injury Control & EMS 907-543-6420
Community Health Aide Program .. 907-543-6253
Medicaid Travel and Enrollment 833-543-6625

ADMINISTRATION & SUPPORT

Administration 907-543-6020
Human Resources 907-543-6060
Public Relations 907-543-6038

The Messenger is a quarterly publication produced by the Yukon-Kuskokwim Health Corporation's Public Relations Department as a report to Tribal Members.

For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559; or call 907-543-6036. E-mail: publicrelations@ykhc.org

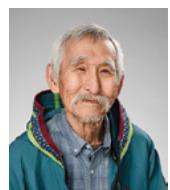
The Messenger is also available for download on our website at www.ykhc.org/messenger. Please ask permission to reprint articles or pictures.

This institution is an equal opportunity provider.

ATTENTION: If you speak Yup'ik, free translation services are available to you. Call 907-543-6603.

YKHC BOARD OF DIRECTORS

Elected by the Tribal Councils of each of the 58 federally recognized Tribes in the YKHC service area, the Board of Directors is the chief policy-making body of the corporation, exercising overall control, management and supervision.



Chris Larson,
Napaskiak
Honorary Board
Member

Unit 1



Mary Ayunerak
Alakanuk



Sarah T. Prince
Kotlik

Unit 2



Geraldine Beans
St. Mary's



Gloria George
Mtn. Village

Unit 3



Margaret Mute
Upper Kalskag



Mary Willis
Stony River

Unit 4



Danielle Epchook
Kwethluk



Mike Williams Sr.
Akiak

Unit 5



Stanley Hoffman Jr.
Bethel



Alton Alexie
Bethel



Walter Jim
Bethel

Vacant
Unit 5

Unit 6



Sam Tinker Sr.
Kasigluk



Adolph Lewis
Kwigillingok



Simeon John
Toksook Bay



James Sipary
Toksook Bay

Unit 7



Patrick Tall
Chevak



John Uttereyuk
Scammon Bay



Darren Cleveland
Quinhagak



Rebecca Bostrom
Grayling

PATIENT RIGHTS AND RESPONSIBILITIES AT YKHC: WORKING TOGETHER FOR EXCELLENT HEALTH

The Yukon-Kuskokwim Health Corporation's mission is: Working together to achieve excellent health. This means that both the organization and you, the customer, have rights and responsibilities during this process.

We want you to know your rights and responsibilities every time you come to YKHC, whether you are visiting one of our clinics, traveling to or from a medical appointment, or staying at our customer lodge in Bethel.

You are never alone. Your healthcare team is here to help and support you every step of the way. We work together to make sure you feel safe and respected. Your voice matters, and your health is our shared goal.

Your rights include the right to:

- Considerate and respectful care.
- Obtain from your provider complete, current information concerning diagnosis, treatment, and prognosis in terms the patient can be reasonably expected to understand. Effort will be made to provide an interpreter if needed.
- Receive from his/her provider information necessary for an informed consent prior to the start of a procedure or treatment.
- To refuse treatment to the extent permitted by law, and to be informed of the medical consequence of your decision.
- Privacy and assurance that all communications and records pertaining to your care should be treated as confidential, within the federal guidelines.
- Obtain information as to any relationship of your hospital to other health care and educational institutions insofar as your care is concerned.
- Be advised and may refuse if YKHC proposes to engage in or perform experimental treatment affecting your care.
- Expect reasonable continuity of care.
- Know what hospital rules and regulations apply to your conduct as a patient.



Your responsibilities include:

- Participate in your care by following a healthy lifestyle.
- Give complete and accurate information about current and previous health issues, medications you are taking (including herbal supplements), any allergies you may have, and any other information you think your caregivers need to know.
- Work with us to develop a plan for treatment including pain management.
- Follow the recommended care plan and report any changes in your condition or unexpected complication to your doctor or nurse.
- Understand and accept the consequences of refusing tests, treatment, or failing to follow your care/treatment plan.
- Provide ID and other documents of release of information.
- Give current and accurate insurance/billing information.
- Abide by hospital rules, regulations and policies during your stay including safety guidelines.
- Be considerate of the rights, privacy, dignity, and confidentiality of other patients, hospital personnel, and others you may come in contact with.

If you ever have questions about your responsibilities, are concerned about your rights not being honored or want to report patient safety, financial or regulatory issues, call the YKHC compliance hotline at 800-829-8523.”

Message from the President & CEO

HAPPY HOLIDAYS!

In August, leadership traveled to Alakanuk, Emmonak and St. Mary's and met with the Tribes, employees and customers. We worked to recruit employees to fill our community and behavioral health aide positions and shared exciting updates about our work, some of which is outlined below.



Dan Winkelman,
President & CEO

NEW ELDERS HOME EXPANSION

Late last year, I announced YKHC's pursuit of a new joint venture with the US Indian Health Service to expand the Elders Home. The joint venture program is a nationwide, competitive construction program that we applied for in the spring of 2025. If successful, it would double the size of the facility and increase its residents from 18 to 36. In July, we were notified that our proposal was selected for the second and final phase of evaluation and expect notification soon. The Elders Home has a waitlist and doubling our capacity is the next right step towards achieving our vision for the Yukon-Kuskokwim region and our customers.

NEW EMPLOYEE HOUSING

Workforce and housing issues will always be a challenge but the opening of our new 132-unit staff apartment complex in the summer of 2026 will greatly alleviate our daily recruiting challenges at the Elders Home and across all YKHC departments. As we all know, the lack of housing in Bethel has been a significant challenge to recruiting and retaining new staff.

NEW VILLAGE HEALTH CLINICS

In October, we broke ground on the construction of a new clinic in Mertarvik. Earlier that day, we also broke ground on the expansion of our existing clinic in Kwigillingok. We are continuing construction of new clinics in Anvik, Oscarville and Stony River. (See page 15 for more photos.)

We recently finished the Lime Village clinic expansion. We have plans to renovate and double the size of our supply warehouse and build a daycare facility for employees. However, due to upcoming changes in the State of Alaska's Medicaid program, these improvements have been put on hold until we know how the national changes passed by Congress will affect the State's program. Excluding the proposed expansion to the Elders Home, we currently have over \$150 million of new infrastructure in design or under construction.

These significant investments in new infrastructure are an unparalleled growth happening nowhere else in rural Alaska. They will greatly improve access and quality across the YKHC health system, and thus, ultimately the health of our People. YKHC is only able to undertake this historic journey towards improved quality due to our unrelenting commitment towards excellence and our superior financial strength.



Groundbreaking for expansion of health clinic at Kwigillingok on October 9.

TYPHOON EMERGENCY RESPONSE



CEO Dan Winkelman, Sen. Dan Sullivan, Sen. Lyman Hoffman, Rep. Nellie Jimmie and other federal, state and local leaders met to to discuss next steps after trip to Kipnuk and Kwigillingok on Oct. 25.

Later in October, I traveled twice to Kipnuk, Kwigillingok, the shelters at the Alaska Airlines and Egan Centers to visit survivors of Typhoon Halong. We hosted Sen. Dan Sullivan, Sen. Lyman Hoffman, Rep. Nellie Jimmie, Speaker Bryce Edgmon, and other state and federal officials at YKHC for disaster coordination meetings. After setting up the Bethel shelter and visiting the Anchorage shelters, I strongly advocated for all shelter residents to quickly receive state/federal financial assistance and to be swiftly transferred into hotels, bed-and-breakfasts and longer-term housing, like apartments. That was largely accomplished by October 31 by the State emergency operations center.

Since October, the daily, local state/federal emergency operations center has been hosted by YKHC at the Bethel hospital. YKHC helped lead and coordinate the local emergency operations center with other local agencies until the beginning of November and has since transitioned out of that role. YKHC assisted the Alaska National Guard and Coast Guard and evacuated more than 100 residents from affected villages to safe places of their choosing with more than 50 YKHC charters. We shipped more than 22,000 bottles of water, 12,000 ready-to-eat meals and other supplies throughout the region. Most of that was accomplished within the first five days after the storm.



Within hours of the storm receding on Sunday, Oct. 11, YKHC teams began to send pallets of water and food to villages affected by flooding. Over the next two weeks, YKHC shipped more than 22,000 bottles of water, 12,000 ready-to-eat meals and countless pallets of other supplies.

IN APPRECIATION AND GRATITUDE

Countless YKHC personnel played an important part in our emergency response to Typhoon Halong. We had medical, behavioral health, construction and remote maintenance teams who worked and slept in affected villages. Many others shipped supplies throughout the region and set up and managed the Bethel shelter, its travel, meal preparation, laundry and cleaning operations. We continue to lead water and sewer rebuilding efforts.

A special thank you to the Alaska National Guard and Coast Guard for their heroic and life-saving missions during the storm and those that continue today in order to help ready survivors' homes for winter. The professionalism, urgency and compassion shown by the Guard, President Trump, Governor Dunleavy, State of Alaska emergency operations center, FEMA, Alaska Division of Forestry, American Red Cross, AVCP, AVCP RHA, City of Bethel, Lower Kuskokwim School District, airline and cargo operators, Samaritan's Purse, Team Rubicon, local churches, businesses and many others is truly commended.

I thank YKHC leadership, all 1,600 employees and especially each YKHC employee who helped survivors of Typhoon Halong. Your dedication and devotion toward achieving our mission and vision are applauded.

While recovery and repatriation from Typhoon Halong will continue through the months and years, if Alaskans continue to act with the same resolve as we did with this emergency response, much more can be accomplished in the future. Although many lost much during this tragedy, each of us still has much more to be thankful for during this holiday season.

Sincerely,



YKHC team members worked with Alaska National Guard to set up emergency shelter in Bethel immediately after the storm.



The Alaska National Guard and Coast Guard flew heroic and life-saving missions during and after the storm to evacuate people and help with repair efforts.

REFLECTIVE GEAR HELPS YOU BE SEEN, BE SAFE

In Alaska's dark winters, your choice of clothing can be a lifesaver. Here's a startling fact: Drivers can only see someone walking in dark clothing from 55 feet away. But with reflective materials, that distance jumps to 500 feet!

To help our customers stay safer, in October and November, staff from Office of Environmental Health, Injury Control & EMS, and the Safety Store offered free reflective tape at three different community events in Bethel: Ayaprun School Halloween Carnival, ME School Halloween Carnival and Project Resource Connect.

If you would like to purchase reflective tape, ice cleats, or any other safety gear, stop by the Safety Store located on the first floor of the Hospital by the Gathering Place/Cafeteria. Reflective tape is available at \$0.50/foot for iron-on and \$0.25/foot for adhesive strips.

Not in Bethel? We ship to villages too! Call 907-543-6556 to order.



Staff from Office of Environmental Health, Injury Control & EMS, and the Safety Store helped add free reflective tape to kids' outdoor gear at schools in Bethel this fall.

Free adhesive strips can also be ordered for your household from the Center for Safe Alaskans at <https://safealaskans.org/reflectivetape/>.

SAFETY REMINDER: TIPS FOR SAFE CROSSING

The crosswalk between the hospital and the Kangiq Building in Bethel was created to provide a safe way for pedestrians to cross the busy state highway.

However, having a designated crossing area is not enough to keep people safe. Safety also requires that pedestrians and drivers know, understand and follow best practices for safe crossing.

When you are driving

- Stay alert. Avoid distractions like cell phones and be especially aware of all your surroundings.
- Yield to pedestrians: stop for pedestrians at crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the pedestrians so they can stop too. Never pass a vehicle that is stopped for a pedestrian.
- Be cautious: slowdown in areas with high pedestrian activity. Watch for pedestrians when turning or backing up, as they may not be seen.
- Obey signals. Follow all traffic signs and speed limits.
- Exercise extra caution at nighttime or bad weather, since pedestrians can be harder to see and may appear suddenly.

When you are walking

- Be visible. Wear bright or reflective clothing, especially at night and carry a flashlight if possible.
- Use the crosswalk. Walk on the side of the road facing oncoming traffic.
- Follow traffic signals: look left, right and left again before crossing, even at a crosswalk.



Running is fun in the gym, but crossing Bethel's highway requires slowing down and following safety rules.

- Be aware. Don't rely on a walk signal alone. Make eye contact with drivers to ensure they see you before you cross.
- Look for cars in all directions, including those turning left or right.
- Avoid distractions: do not use cell phones or wear headphones while walking near traffic.
- Don't assume drivers will stop. Always make sure it is safe to cross and never step in front of a vehicle that is too close to stop.

Pedestrian and driver safety is a shared responsibility on the crosswalk. Always do your part!

SUPPORTING SURVIVORS OF VIOLENCE THROUGH TEAMWORK AND CARE

The Yukon-Kuskokwim Health Corporation and Tundra Women's Coalition (TWC) have had a decades-long partnership to provide services to families who have experienced physical and sexual violence.

Experiencing violence is personal and traumatic, so it takes an entire team of service providers like medical personnel, law enforcement and victims services to help survivors of violence to access and navigate through systems to both begin the healing process and achieve justice. In this article, we're proud and honored to share the work of our region's Sexual Assault Response Team (SART), Surviving and Thriving while At Risk (STAR) Clinic, and the Children's Advocacy Center.

Sexual Assault Response Team (SART)

Our medical team includes trained professionals who provide many types of care. This can include general medical exams to check your health after an assault, as well as specialized sexual assault exams for both adults and children. If you or someone you care about needs help, our team has the training and experience to provide respectful, high-quality care in a safe environment.

Alongside our medical staff, a social worker helps children through forensic interviews and offers mental health support to adult survivors. This helps make sure every person gets the care and emotional support they need.

We believe every survivor deserves care that supports both their body and mind. That's why our SART team works closely with TWC advocates, who help patients understand their options and stay connected with everyone involved in their care. Advocates also help patients communicate with law enforcement if there's an active case.

Surviving and Thriving while At Risk (STAR) Clinic

Collaboration doesn't stop at the hospital. The STAR Clinic, located inside the TWC building, provides services for people who are sheltered at TWC or are receiving support from the Children's Advocacy Center.

The clinic is operated by our SART team and offers:

- Routine medical care
- Sexual assault exams
- Forensic interviews
- Mental health support
- Coordination with partner organizations



YKHC's Sexual Assault Response team (SART) helps patients understand their options and stay connected with everyone involved in their care.



Physical exams are conducted in a safe environment by professionals who receive special training to support people who have experienced physical and sexual violence.

To receive assistance from our team, first connect with a YKHC provider, law enforcement or Tundra Women's Coalition to determine the most appropriate path to care. These agencies will then work to pull our full team together to support you.

Together, we're building a network that helps meet each person's medical and emotional needs and that ensures each patient feels safe, supported, and cared for.

HEALTHY LIVING

NEW YEAR, TRY A NEW RECIPE!

Looking for ways to share a tasty meal with others and support your health? YKHC has you covered!

The Diabetes Prevention and Control team has created twelve new recipes that can be made at home and shared with others. These dishes are designed to nourish your body, support heart health, help keep blood sugar stable, taste great—and be perfect for your next potluck gathering.

Check out the featured recipe below and visit www.ykhc.org/recipes/ for many more delicious ideas! You'll find dozens of recipes that can be made with a few simple ingredients—many you may already have in your pantry or freezer—that help nourish your overall wellness.

Salmon Chowder

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, diced
- 4 stalks of celery, diced
- 1 teaspoon garlic, minced
- 2 medium potatoes, chopped
- 4 carrots, chopped
- 1 can low sodium corn, do not drain; or 1 cup corn + 1 cup water
- 2 cups dry milk mixed with 5 cups water
- 3 tablespoons corn starch mixed with 3 tablespoons water
- 2 pounds cooked salmon, flaked or 2 pint jars canned salmon, do not drain
- Optional: 1 tablespoon fresh dill, chopped; or 1 teaspoon dried dill
- Salt and black pepper to taste

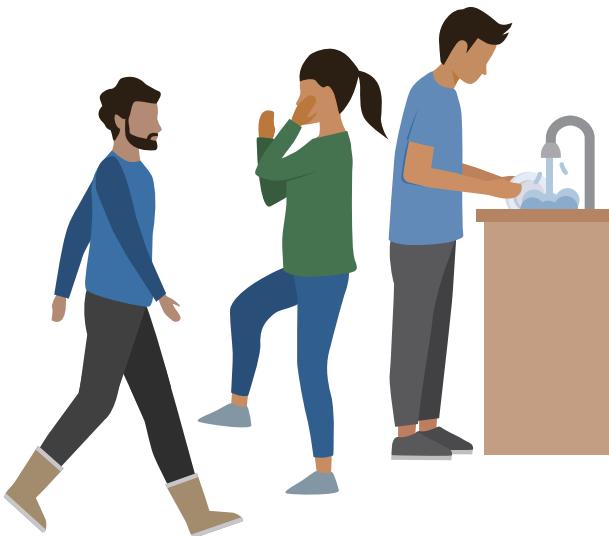
Preparation

1. Heat oil in a large pot over medium-low heat.
2. Once hot, add vegetables in this order: onions, celery, garlic, potatoes, carrots. Cook for one minute after each addition; after adding carrots, cook for another 2–3 minutes.
3. Place cover over pot and “sweat” vegetables for 2 minutes.
4. Add enough water to cover vegetables (about 2 cups); bring to a boil and simmer until vegetables are fork tender (about 10–15 minutes).
5. Add corn and milk; stir well.
6. Add corn starch mixture, stir well, and simmer to thicken broth (about 5–10 minutes).
7. Add salmon and heat through.
8. Add dill, salt, and pepper to taste.
9. Garnish with additional dill, if desired.



SIXTY SECOND ACTIVITY BREAKS CAN HELP KEEP YOU MOVING

With winter's snow and ice keeping many of us indoors and seated for long stretches, it's easy to overlook how this inactivity affects our health.



Sitting for long periods of time is associated with increased risk of diabetes, high blood pressure, cancer, stroke, heart disease, kidney disease, and Alzheimer's disease. Doing some physical activity to get your heart pumping is a great way to break up long periods of sitting. It is recommended that you get up from sitting every at least 30-60 minutes.

Taking a movement break does not take long and can have great health benefits.

If you want to stay inside, here are five ideas for short, simple exercises to get you moving.

- Walk (or dance!) around the room for 60 seconds
- Sit down and stand up from a chair 10 times
- Do 30 jumping jacks
- Do 30 high knees
- Do the dishes or laundry

If you want to get outside, walking is an easy way to get your movement in for the day. Worried about the ice and cold? Just follow these tips to stay safe and comfortable!

Try This!

Next time you will be sitting at home or work for longer than 60 minutes, set a timer on your phone for 30 minutes. When the timer goes off, stand up and do 60 seconds of physical activity.

Cold temperatures?



Wear a warm hat, coat, and mittens/gloves

Get good boots that are water proof

Darkness?



Use reflective patches

Carry a flashlight or wear a headlamp

Icy conditions?



Carry a walking stick



Wear socks over shoes or ice cleats

Stray dogs?



Carry a walking stick

Carry bear/pepper spray

Seems too hard?



Recruit a friend or family member to come along!

UNDERSTANDING TITLE 47: What happens when someone is in a mental health crisis

When someone is going through a mental health crisis and may hurt themselves or others, Alaska law allows for a short-term, emergency step called a Title 47 hold. This means the person can be taken to a mental health facility for up to 24 hours, even if they don't want to go.

Title 47 holds are a valuable tool to help stabilize an individual and an important first step in care. However, they are not a full treatment plan. Below we address common questions about Title 47 holds.

What is a Title 47 hold?

A Title 47 hold is used when someone shows signs of a mental illness and is a danger to themselves or others. It can also be used when a person is so mentally unwell that they can no longer care for basic needs like food, hygiene or safety. This condition is sometimes called being "gravely disabled."

The Title 47 hold is not a full treatment plan. It is a short-term, emergency response to help keep the person and others safe during a serious mental health event.

Who can place someone under a Title 47 hold?

Only specific professionals are allowed to put someone on a Title 47 hold. These include police officers, doctors, psychiatrists and licensed mental health providers. They must believe that the person is in immediate danger or that others around them are not safe—and that other options to keep them safe are not working.

Health aides are not allowed to place someone on a Title 47 hold, but they often help by providing important information to the professionals who make that decision.

Why are people often released within 24 hours?

Many people are surprised that someone who seemed to be in serious crisis is sent home so soon. That's because Title 47 is just the beginning of a legal and medical process. Once the person is brought in, mental health professionals do an evaluation to decide how serious the situation is.

Sometimes, a person may need more care and will be transferred to a higher level of mental health treatment before going home. Other times, when the crisis is passed and the patient is stable and does not want additional treatment, the law says they must be released. An individual cannot be held against their will when they are no longer considered an immediate threat to themselves or others.

What happens before someone is discharged from a Title 47 hold?

Before deciding to send someone home, mental health professionals look at a few important things. They check if the person seems stable, if they're willing to use healthy ways to cope, and if they have a safe, supportive place to go. If there are any dangerous items at home—like guns, knives or ropes—they need to be locked up or taken away.

The professional may also refer the patient for outpatient services or ongoing medication management. Whenever possible, these decisions are made in shared partnership with the patient and their family. However, patients age 18 and older must give YKHC permission to include their family in this conversation.

What kind of care can someone expect if they choose to leave after a Title 47 hold?

Support doesn't end once someone leaves the hospital. A program called the Suicide Care Pathway can provide follow-up for up to six weeks after the crisis. This helps ensure that suicidal thoughts or feelings don't return. If they do, the person can be reconnected with a mental health professional right away.

Sometimes, it seems like the person may still seem unchanged after going home. Why?

Title 47 hold is meant to stabilize someone, not to fully treat them. Stabilization is short-term. It's about calming the crisis, creating a safety plan and making sure the person is no longer in immediate danger – so the person can choose to start treatment.

YKHC encourages individuals to choose treatment, where the person continues meeting with counselors, doctors or support groups, either in a residential or outpatient setting. Treatment takes longer and is often where true healing can take place.

To contact Behavioral Health to seek treatment, call 907-543-6100.

SUICIDE CARE PATHWAY OFFERS SUPPORT FOLLOWING SUICIDE-RELATED CRISIS

When a person has recently had a suicide-related crisis, they may be stable enough to be released from emergency care – but still need support to handle difficult thoughts and feelings which could lead to another suicide attempt.

To help support these individuals, YKHC's behavioral health team has developed a new, hands-on support and education approach, called the Suicide Care Pathway (SCP). The SCP focuses on building strong, supportive connections with each person who was recently discharged from YKHC's emergency room, designated evaluation and stabilization unit, or an outside higher-level of care psychiatric hospital after a suicide-related crisis.

Here's how it works:

- Soon after a person is discharged, a Suicide Care case manager reaches out to them. The case manager explains the Suicide Care Pathway program, makes a follow-up plan, and reviews the person's safety plan.
- During three to ten follow-up contacts over the next months, the case manager repeats screenings to check for depression, anxiety, and suicide risk. These caring check-ins offer a chance for education and can help spot early warning signs before they become a crisis.
- If someone is identified as being at high risk, they are quickly connected to the right providers for help.

Although the SCP does not replace regular counseling, it offers support by discussing treatment options, sharing resources, helping families reduce access to dangerous items, and teaching new coping and self-care skills.

The SCP, which has been operating since Sept. 2024, has helped many individuals. One powerful example is a 27-year-old woman, "Betty," who had been admitted to the DES Unit several times because of frequent suicidal thoughts and one suicide attempt. Betty felt alone, believed she was the "black sheep" of her family, and thought she had no value.



After she left the unit, a Suicide Care pathway counselor contacted her. Over the next 10 weeks, Betty received support to report her abuse, learned to recognize and interrupt negative thought patterns, and discovered how movement and gratitude helped her mindset. She later chose to enter a long-term treatment center to work on living without substances and to build her self-worth.

Today, Betty and others like her still call their case manager to share positive updates and report that their progress began when they chose to accept help from the Suicide Care Pathway.

If you or someone you know is in crisis, help is available. Call YKHC's Behavioral Health Emergency Services at 907-543-6499 or contact the National Lifeline by calling or texting 988.

FINDING SUPPORT FOR STRESS AFTER TYPHOON HALONG

In the aftermath of the flooding from Typhoon Halong, which occurred in early Oct. 2025, many people in our region face the tremendous task of rebuilding their lives, homes and communities.

While rebuilding the physical elements of communities is a critical part of recovery, it is equally vital to recognize and address the emotional and psychological effects of the storm.

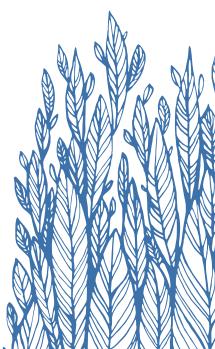
Acute stress can appear in a range of emotional, psychological, and physical symptoms shortly after a traumatic event. These symptoms may include flashbacks, nightmares, severe irritability and anxiety (or the opposite, emotional numbness), and thoughts of the event that won't go away and intrude when you're not thinking about the event. Sadness and worry about the future is also commonly experienced.

Adjustment disorders are also common when a stressful change or event has occurred. Adjustment disorders are ex-

cessive reactions to stress that involve negative thoughts, strong emotions and changes in behavior. These may lead to problems getting along with others and new problems in managing daily tasks—at home, school, or work. In children and adolescents, one may see a decline in school performance or refusing to go to school, increased irritability and anger, changes in appetite and sleep.

Adjustment disorder and acute stress can occur in both children, adolescents and adults. While all reactions to a stressful life event is normal and expected, early intervention can help children and teens develop coping strategies and improve their emotional well-being. For adults, early intervention is crucial to recovery and prevention of long-term effects.

To request a behavioral health appointment, please call 907-543-6100. Please let us know if you are interested in outpatient counseling, Calricaraq services, or a family or community debriefing. You may also access brief, time-limited counseling through your medical provider by asking to speak with an ACT Clinician before, during, or after your medical appointment. YKHC is by your side.



IN A CRISIS, HELP IS ALWAYS AVAILABLE.

If you need immediate behavioral health support, contact the YKHC Behavioral Health Crisis Line at 907-543-6499 or call or text 988.

NEW HEART HEALTH PROGRAM BASED ON YUP'IK TRADITIONS AND STRENGTHS

YKHC is proud to share news about a heart-health program coming to the Yukon-Kuskokwim Delta, thanks to a \$3.26 million grant awarded to the University of Alaska Fairbanks by the National Institutes of Health.

The program, called Neqpiaput Iinruugut – which means “Our Food is Medicine” – is a community-based effort to support coronary health by focusing on the strength of Yup’ik traditions, foods, and ways of life.

This new health program is guided by Calricaraq, a YKHC elder-designed program that teaches how to live a balanced, healthy life through traditional teachings. The program also includes workshops that bring people together to learn about traditional foods – how to gather, prepare, and enjoy them – and how these foods connect to our health.

While the project focus is heart health, elders have advised us that this is a model for holistic health, for the whole person, their family and community.

Over 12 months, the program will offer monthly community gatherings, hands-on workshops every few months, and an online group for support and sharing. The goal is to build on the strengths that already exist in our communities, support food sovereignty, reconnect with our cultural practices, and improve health in a way that fits who we are.

The new project builds on longstanding partnerships between Dr. Andrea Bersamin and others at Center for Alaska Native Health Research at the University of Alaska Fairbanks, the Yukon-Kuskokwim Health Corporation, Rose and Katrina Dominick, and the Calricaraq Elders Council. Other collaborators include the University of Michigan and the University of Montana.

COMMUNITY HEALTH AIDES GATHER TO REFRESH AND RECHARGE

Health aides tirelessly serve others in their communities. In October, ten health aides from across YKHC's service area stepped away to gather for a week of renewal, support and learning at YKHC's Community Health Aide Wellness Retreat.



YKHC leadership, including President and CEO Dan Winkelman, left, and Vice President of Village Health Patty Smith, right, expressed appreciation for our health aides.



The retreat focused on building wellness and resilience using Alaska Native cultural practices.

The retreat focused on building wellness and resilience using Alaska Native cultural practices. Participants learned ways to cope with stress and trauma, rebuild their confidence, and recognize their personal and work accomplishments. They also took part in emotional intelligence training to help improve communication and relationships.

The week was guided by facilitators Joseph Okitkun, Tamara Ayapan, Asela Calhoun, PhD, and Josephine Augustine-Edmund, with visits from Vice President Patricia Smith and President/CEO Dan Winkelman. Feedback from attendees was overwhelmingly positive.



Health Aides participated in activities to help them reflect and learn.

YKHC continues to support the overall well-being of village-based staff by making sure they have the skills they need to handle tough situations and keep providing important care in remote western Alaska.

BE PREPARED IN 2026

Learn about Purchased and Referred Care program.

If you need medical care outside of Indian Health Services or Tribal facilities, you'll want to be familiar with ANTHC's Purchased and Referred Care (PRC) program. PRC may help pay for outside care if you meet eligibility requirements and get proper referrals. Learn more at www.ykhc.org/prc.

Capital Projects Update

September - November 2025

 Tuntu Apartments
 Village Clinics


Program Accomplishments

Tuntu Apartments:

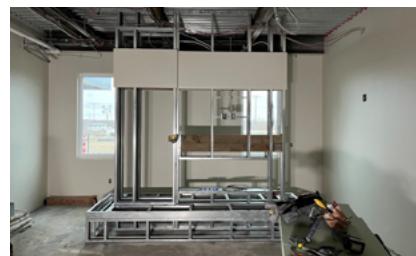
- Building generator support frame was built, and unit set in place.
- Fuel tank piping completed for boiler startup to heat the building over winter.
- Main entrance canopy roofing, siding and lighting done.
- Exterior Monument sign and building sign/logo installed.
- Majority of site lighting completed in time to light the site over winter.
- Apartment unit plumbing fixtures and trim continues on 3rd and 4th floors, electrical on 2nd floor, fire alarm devices throughout the building.
- Flooring and casework close to completing in units on 1st floor.
- Drywall and painting completed in corridors and public spaces.
- Mechanical ductwork and plumbing continues in air handling rooms.
- Ceiling grid in corridors and lobbies installed, with lighting, fire alarm and sprinkler setting fixtures and device ceiling tiles.



Casework and counters in Common Space



Ceiling grid at elevator lobby



Fireplace framing in Common Space



Setting building standby generator



Exterior Signage Placed at Tuntu Apartments

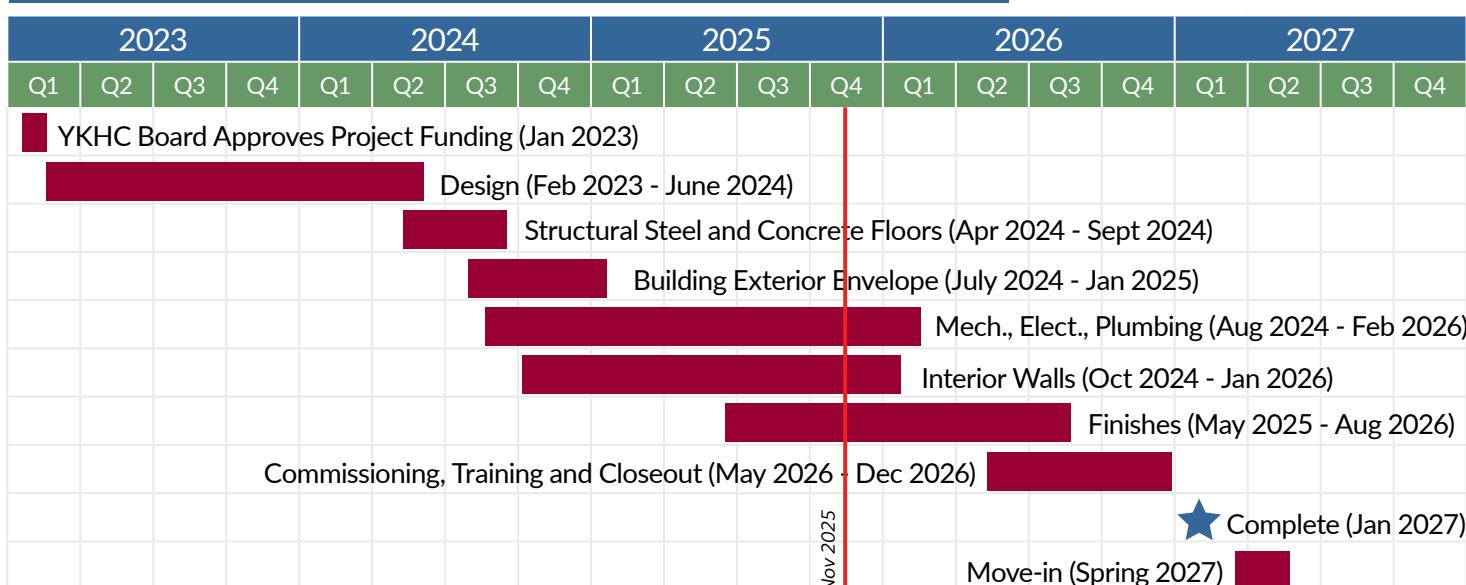
Anvik Village Clinic: Siding and utility tie-in ETA is to be determined. Interior construction complete.

Oscarville Village Clinic: Waiting for Ice road to freeze to bring in utility system and boardwalk material. Interior construction is in final stages.

Stony River Village Clinic: Currently installing dental equipment, wall coverings, mech. & elect. trim outs. Utility systems are complete.

Lime Village Clinic: Construction is completed. Final Inspection and punch-list underway. Ribbon cutting scheduled for spring 2026.

Tuntu Apartments Project Schedule





Anvik Village Clinic Exterior



Anvik Village Clinic Dental



Oscarville Village Clinic Exterior



Stony River Village Clinic Exterior



Tuntu Apartments - Studio Bathroom



Tuntu Apartments - Studio Kitchen

**Think TB.
Test now.
Treat fully.**



Let's work together to get rid of TB in our region. Every person who gets tested, treated, and shares information helps move us closer to a TB-free YK Delta.

Talk to your healthcare provider or call 907-543-6949 if you have questions.