

COMMUNITY WELLNESS & EDUCATION

Introduction

A community workgroup with members from a variety of health and human services fields including the justice community, as well as parents, educators and concerned citizens identified the goals and objectives in this chapter. The workgroup understands that promoting wellness in Dillingham and improving the well-being of the whole community requires an integrated approach to protect and improve the natural, built, and social environments.

This chapter is informed by the efforts of the Bristol Bay Native Association Wellness Initiative, which is a non-treatment approach that shifts tools, responsibility and power for healing and developing healthy behaviors to individuals, families and communities. Another umbrella organization named CANDU – Community Action Network Dillingham United formed in 2008 to promote community health through prevention planning. Many of the initiatives in this chapter originated with these two major community wellness efforts.

The City of Dillingham is committed to work as an active partner to foster the strengths of community organizations and citizens, including the tribal governments, to work together for the common good. The City recognizes that citizens are entitled to education, clean air and water, open spaces, trails and recreational opportunities. Public education is a responsibility of the City of Dillingham, as a first class city. Public health laws, such as the tobacco ordinance passed by ballot initiative in 2003, demonstrate the community's desire to promote public health. Through its land use ordinances and cooperative efforts with landowners in the community the City aims to preserve its open spaces, and trails as well as maintain its recreational facilities and assist in providing recreational opportunities for its citizens.

The community of Dillingham is home to many cultures. Yup'ik Eskimo is the predominant indigenous culture in the area, though Athabaskan and Aleut peoples also settled here over the last century as well as immigrants from around the world who came to work in the Bristol Bay fisheries. The City of Dillingham honors all of its citizens and will work together to be a community that supports and celebrates diversity.

The indigenous people of Bristol Bay supported their communities for generations from the land and the sea. They developed ways of living in community that respected the natural world on which all life depends. Dillingham will use the lessons learned by its ancestors to chart a course for the future.

Dillingham has many strengths and values that support healthy living. To foster wellness in our community, we will work together to share positive values and strengthen the relationships that keep us healthy. We recognize that our wellness is connected to the education and social norms of our community and that the physical environment strongly affects our health.

Strengths & Values

1. Family & cultural connections: a close community
2. Strong sense of history and culture: Elders who teach about the past
3. Active in the outdoors: subsistence, recreation, exploration, and commercial fishing
4. Art, culture and community events that bring people together
5. Community organizations that work together: history of strong collaboration and cooperation among groups and agencies
6. Caring community that reaches out to those in need
7. Excellent emergency response teams
8. Families, schools and other organizations that help raise children and youth to take advantage of opportunities for the future
9. Growing our community: attracting young people, creating jobs, living sustainably (local energy, growing food, local economy)
10. Organized, active community groups that are focused on primary prevention and effective interventions: promoting our strengths rather than focusing on our weaknesses
11. Building youth leadership capacity and providing youth with meaningful roles in community life

Trends & Pertinent Issues

This section highlights a number of health and wellness disparities in Dillingham that provide starting points for this chapter's goals and objectives.

Education: School Enrollment and Graduation Rates

Enrollment in the Dillingham City Schools has steadily decreased in recent years. From 2000 to 2008, the population under 19 dropped from 2,002 to 1,898 for the Dillingham Census Area.¹

Dillingham High School is currently identified by the Alaska Department of Education and Early Development as a Tier I school in need of improvement, largely due to low graduation rates.² Only 53 percent of high school seniors graduated in the 2008-

¹ Source: Alaska DCCED.

² As defined by the Alaska Department of Education and Early Development, a Tier I school is a school that is among the lowest-achieving 5 percent, or 5, whichever number is greater, or a school that includes grade 12 that has had a graduation rate of less than 60 percent for 3 years.

2009 school year, compared to 68 percent statewide.³ Planning participants cite declines in state funding; a funding formula that does not adequately compensate teachers in rural Alaska for the higher cost of living; lack of housing; teacher turnover; and, socio-cultural issues as contributing factors to the lack of student success in the Dillingham City Schools. The high drop-out rate is a call to action for the entire community to assess where changes are needed and to develop the resources and methods to positively engage youth and their families in the local educational system to help them achieve their goals. Educational excellence is essential for personal growth and well-being, and an informed and engaged citizenry. Quality education is also critical for community development as well as providing a trained and engaged workforce.

Improving the education system to increase student success directly benefits students and has an indirect benefit on community health. Numerous studies demonstrate that increased educational attainment decreases rates of teen pregnancy, reduces the rate of tobacco use and binge drinking, and improves the local economy by increasing employability.⁴

Recognizing that multiple factors affect individual, family and community health, the City will work to foster respectful, collaborative processes that promote equality, peace and social justice to improve health and education for all.

Injury

Unintentional injuries are the second leading cause of death in the Dillingham Census Area behind cancer. Diseases of the heart and stroke are the third leading cause of death. The rate of death by unintentional injury is more than double that of the statewide rate, when adjusted for age. While these rates are alarming, unintentional injuries can be prevented, as can many cancers and diseases of the heart. Effective community approaches to preventing injuries include enforcing speed limits and helmet laws on snowmachines and ATVs, and storing and using firearms safely. Public health strategies to prevent cancer and heart disease include encouraging physical activity and healthy diets, and helping people to stop smoking and using other types of tobacco.

³ Source: Alaska Department of Education and Early Development. <http://www.eed.state.ak.us/stats/>.

⁴ Healthy People 2010, Office of Disease Prevention and health Promotion, US Department of Health and Human Services.

Table 9.1 Unintentional Injury Death Rates (per 100,000), Dillingham Census Area, 2005-2007

Cause of Death	Dillingham Deaths	Age-Adjusted Rate	Alaska Deaths	Alaska Age-Adjusted Rate
Unintentional Injury Deaths	15	114.0*	981	53.4

* Rates should be used with caution as they are based on relatively few occurrences. Source: http://www.hss.state.ak.us/dph/bvs/death_statistics/Leading_Causes_Census/default.htm

Disability

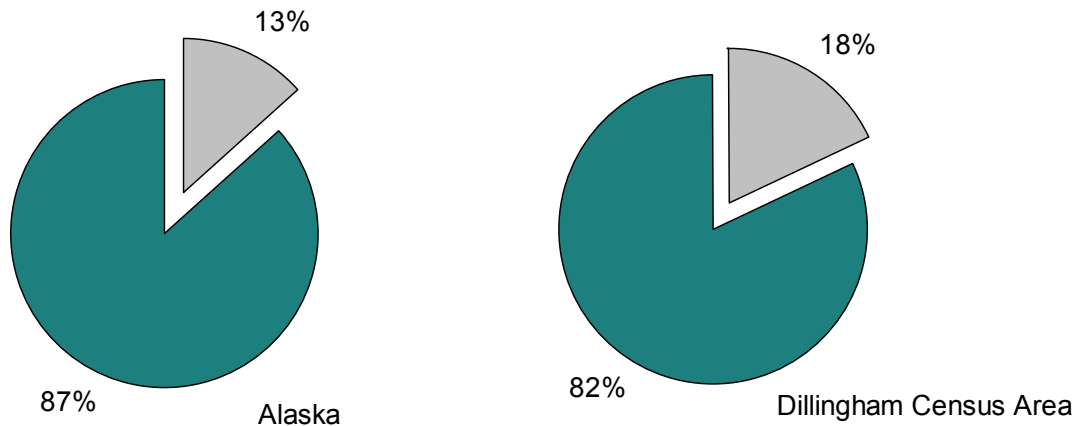
In 2000, the population over the age of five in Alaska was 557,705; 15 percent of those were residents living with a disability. In the Dillingham Census Area, there were 4,417 individuals over the age of five, with 20 percent (896 people) living with a disability. This compares to the disability rate of 19.3 percent for the country as a whole in 2000.⁵

Figure 1 compares the percentage of individuals living with a disability in the Dillingham Census Area with the state percentage in 2000. Based on the Alaska Department of Labor’s population projections (assuming the percentage of individuals living with a disability stays constant), there will be an additional 150 individuals with disabilities in the Dillingham Census Area by 2020.

To ensure that people living with disabilities enjoy the same level of access and benefit from public institutions and services, Dillingham must increase compliance with the Americans with Disabilities Act: Accessibility Guidelines.

⁵ Source: U.S. Census 2000

Figure 9.2 Percent of People Living With Disability in Dillingham Census Area and Alaska, 2000⁶



Obesity

Obesity increases the risk of chronic disease such as diabetes and heart disease. In Alaska, the rate of obesity has followed the general U.S. trend of increasing rates, more than doubling over the past 17 years. Obesity rates have increased from 13 percent in both the U.S. and Alaska in 1991 to 27 percent for the U.S. in general and 28 percent for Alaska in 2008.⁷ In rural Alaska, the obesity rate is above the statewide average, at 32 percent of the population.⁸ The obesity rate for Alaska Natives is even higher, 38 percent, versus 26 percent for non-Natives.

The rates of diabetes have increased dramatically in the region. The Bristol Bay Area Health Corporation (BBAHC) reports in their 2008 Regional Health Profile that the prevalence rate of diabetes increased by 240 percent between 1990 and 2005. Communities can help individuals maintain healthy body weight by making fruits and vegetables more available, by promoting the health values of traditional subsistence foods, and by promoting healthy eating in school lunch programs.

Fetal Alcohol Spectrum Disorder (FASD)

While there has been a reported drop in the incidence of Fetal Alcohol Spectrum Disorder, the Alaska Maternal and Child Health Data Book 2005, reports that for each annual birth cohort during 1996-2002, the prevalence of FASD was at least ten times higher for Alaska Natives than for non-Natives.⁹ The statewide rate of FASD in

⁶ Source: U.S. Census 2000

⁷ Source: Alaska Behavioral Risk Factor Survey, 2008 Annual Report, <http://www.hss.state.ak.us/dph/chronic/hsl/brfss/2008/BRFSS08.pdf>

⁸ Rural Alaska is defined as the area that is not Anchorage & Vicinity, Fairbanks & Vicinity, Gulf Coast or Southeast.

⁹ Source: <http://www.epi.hss.state.ak.us/mche/pi/pubs/databook/2005/MCHDataBook05.pdf>

2002 was 80.4 per 10,000 live births; in Southwest Alaska, that rate was 235 per 10,000 live births.¹⁰

FASD is an entirely preventable condition. With prenatal support, positive intervention by health providers and community strategies to educate pregnant women and their partners about the risks to their child from using tobacco and drinking alcohol, FASD can be eliminated. The recent decrease in FASD among Alaska Native populations is evidence that these interventions do work.¹¹

¹⁰ Ibid. Although the prevalence of FASD appears to have declined during 1996–2002, this trend may not reflect the true birth prevalence of affected children. Because FASD is typically not diagnosed until after the child enters school, prevalence for more recent birth years may be underestimated (children born in 1999–2002 were under age six at the time of this analysis).

¹¹ Shinohara, Rosemary. “Fetal alcohol syndrome rate in Alaska is declining.” Anchorage Daily News. February 20, 2010. <http://www.adn.com/2010/02/19/1148098/fas-rate-among-natives-declining.html>

Goals, Objectives & Strategies

Overarching Goal: Dillingham residents and community organizations will respectfully collaborate to overcome educational, economic, social, environmental, and health disparities, to empower children and youth by building emotional support and sharing knowledge to create an environment that fosters physical, mental and social health throughout the life cycle.

GOAL 1: Improve the quality and breadth of educational programs offered by local schools.

Strategies:

1. Obtain accreditation of Dillingham City Schools.
2. Offer a diverse range of educational opportunities for youth.
3. Offer media literacy courses to improve critical thinking skills among youth.
4. Establish a central boarding home for teens and young adults attending alternative school or high school in Dillingham.
5. Provide career counseling and begin planning for higher education in the 8th grade with students and parents. Counsel students on which classes to take to reach educational goals. Offer college preparatory classes starting in 9th grade. Offer voc-tech curricula.
6. Teach healthy relationships and sex education in the schools using culturally based life skills curricula.
7. Adopt and implement a comprehensive K-12 health education curriculum.
8. Support the Maximum Achievement Program (MAP) alternative school for at-risk teens from throughout the region.
9. Institute changes to make employment at the Dillingham City School District attractive and retain professional staff.
 - 9a. Support teachers and help them connect with the community.
 - 9b. Compensate teachers at competitive rates.
 - 9c. Encourage graduates to return to teach in local schools.
 - 9d. Explore providing teacher housing as one method to improve their compensation package.
10. Seek innovative board training to assist in improving the culture of education at Dillingham City School District, focusing on improving the quality of education and improving graduation rates.
11. Seek innovative ways to engage parents in the school.
12. Adopt the Power of Five where businesses and organizations give adults paid time off to volunteer in the schools or for youth programs.

13. Foster community engagement, from the boardroom to the classroom.
14. Investigate how to bring back the community schools program.

GOAL 2: Promote cultural awareness, social connectedness and physical health.

Objective 2A: Educate others and ourselves about Dillingham’s culture and history.

Strategies:

1. Bring a diverse range of exhibits to Dillingham to celebrate local history and culture, as well as other cultures from around the world.
2. Develop the H. Harvey Samuelsen Community Cultural Center as a central gathering place for community events, visitor information and conferences. Use public art, green space, landscaping, trees and ceremonial naming of public buildings and parks to honor the wellness values of local leaders and role models.
3. Hold, support, help coordinate and participate in Community Welcome events for new residents and City employees.
4. Develop a communal fish preparation site for residents of low-income and multi-family housing.

Objective 2B: Strengthen connections between individuals and organizations within Dillingham; increase connectivity with the outside world.

Strategies:

1. Dillingham City Council will recognize, support and promote health and wellness initiatives through proclamations, resolutions, and amending regulations and ordinances, where appropriate.
2. Establish and maintain a community calendar.
3. The Dillingham City Schools will engage youth in local media:
 - 3a. Update the school website to include a page created and maintained by youth.
 - 3b. Establish a time during the school day when youth can make announcements about items of interest on the school PA system.
 - 3c. Establish a school newspaper.
 - 3d. Establish a regular program on KDLG produced by and for youth.
4. Add a Youth Representative to the City Council.
5. Collaborate with community organizations to provide wellness activities and programs.

6. The City of Dillingham will host and participate in forums and community events around issues of community-wide concern.
7. Improve communication between the City of Dillingham and community members by adding a Community Outreach worker.
8. Bring back the Parks and Recreation Department at the City.
9. Increase awareness that the built environment affects public health.

Objective 2C: Increase opportunities for healthy recreation and artistic expression, both outdoors and indoors (see also Transportation & Public Facilities chapters).

Strategies:

1. Expose youth at an early age to diverse, enjoyable pursuits.
2. Offer engaging, healthy activities for all youth.
3. Encourage traditional subsistence learning.
4. Bring back Parks and Recreation Department at the City.
5. Assess the feasibility of a community gym, pool, and recreation center.
6. Prioritize safe pedestrian access throughout Dillingham.
7. Reserve a fund for public art.

GOAL 3: Foster respectful relationships between all citizens.

Objective 3A: Because experiences in early childhood have the greatest impact on lifelong wellness, support parents, particularly young parents, with resources to teach and promote positive parenting and healthy early childhood development.

Strategies:

1. Establish a parent support website and support group meetings.
2. Convene and promote activities with a specific focus on young families and teen parents (e.g. Children's Fairs, Women's Health Forums, regular family potlucks). Host an annual Parenting Summit and Children's Fair.
3. Provide engaging activities for children at public events to attract the participation of young families.
4. Encourage child friendly areas in businesses and gatherings.
5. Support family planning.

Objective 3B: Increase access to quality early childhood programs and services from prenatal to school age.

Strategies:

1. Increase the number of licensed childcare providers.
2. Support and sustain the Infant Learning Program and Head Start programs, and the Toddler Center.
3. Encourage local industry to adopt family friendly employment policies such as on-site childcare, breastfeeding support and infant care.
4. Support BBNA's childcare resource and referral program that provides resources to childcare providers, connects working parents with quality childcare providers and publicizes the State childcare subsidy program.
5. Reactivate the Fetal Alcohol Spectrum Disorder (FASD) Diagnostic Process.
6. Institute a 'Reading Is Fundamental' model program at the Dillingham Library to receive donations of high quality children's books and distribute them to engage young families with the Library.

Objective 3C: Involve the community in mentoring youth to create opportunities for career paths and internships that help youth set a course for a healthy future.

Strategies:

1. Establish a Job Club for youth to develop resumes, receive training in skills for securing employment and soft employment skills.
2. Develop a community schools program where middle school and high school students can learn alongside adults and obtain school credit.
3. Develop a Youth Rangers program to engage youth volunteers in emergency response, public safety and search & rescue.
4. Develop a health promotion program to engage youth in primary prevention efforts to teach youth how health problems develop and how to prevent them.
5. Engage youth as volunteers in public facilities and services including the animal shelter, a homeless shelter (if one were to be built), senior center and providing assistance to Elders, the library, maintaining parks and recreation areas and other local organizations.
6. Engage youth in sustainable community enterprises including community gardens and greenhouses, bicycle maintenance, renewable energy, composting and recycling.
7. Create a central clearinghouse for all youth development opportunities, including scholarships from BBEDC, BBAHC, BBNA workforce development, summer youth employment programs, internships, federal apprenticeships and vocational education opportunities at the UAF Bristol Bay campus and SAVEC.
8. Explore allowing the Dillingham Police Department to assist with a youth court for handling juvenile misdemeanor cases

9. Support and develop youth-focused vocational training in small engine repair and mechanics, bicycle maintenance, nursing, carpentry, plumbing, renewable energy system maintenance and other industries necessary for the local economy.
 - 9a. Consider developing a “Youth Build” program through the alternative school to teach life skills and skills in the building trades.

Objective 3D: Encourage adults to practice and model healthy lifestyles. Reduce alcohol and drug abuse in Dillingham.

Strategies:

1. Provide physical recreation facilities and opportunities for all ages (see Public Facilities chapter).
2. Use effective social marketing to encourage everyone in the community to take steps toward improving their personal health; publicly reward and support positive changes to continue to build the health of the community.
3. Encourage all employers to sponsor and promote employee wellness programs where employees are rewarded for healthy lifestyle choices.
4. Enforce existing public health laws including tobacco use restrictions, use of vehicle seat belts, car seats for infants and children and helmet laws for ATV and snowmachine use.
5. Educate the public about humane and responsible animal care and ownership.
 - 5a. Enforce animal control laws and ordinances against animal neglect and cruelty.
 - 5b. Provide a shelter for caring for neglected and unwanted animals.

Objective 3E: Support a continuum of care for Elders and people living with disabilities that allows them to live and receive supportive services as close to home as possible, so that they can live as independently as possible.

Strategies:

1. Continue to operate and sustain the Senior Center.
2. Require ADA compliance in public buildings and facilities, including trails and transit.
3. Develop supportive housing for Elders and people living with disabilities.
4. Support the development of a Center for Independent Living (resource and referral source for people with disabilities).

5. Develop and connect home and community-based services for Elders and people with disabilities so that Elders can live healthy, independent lives for as long as possible.
6. Connect workforce development programs with the schools and University campus to encourage careers in healthcare, supportive services and Elder care.
7. Expand transportation for Elders and people living with disabilities.

GOAL 4: Promote health, prevent disease, and use rehabilitative treatment in an integrated manner.

Objective 4A: Integrate physical and behavioral health services offered by local organizations; increase access and collaboration between services and providers.

Strategies:

1. Hire a behavioral health counselor at the middle/high school to increase access to services; consider a school-based clinic for primary care and family planning services.
2. Identify and reserve a site for BBAHC to develop a satellite clinic in the downtown area.
3. Improve access to confidential family planning services and increase collaboration between providers.
4. Support substance abuse prevention through education, community discussions of root causes, supporting sober lifestyles, interagency collaboration and involvement in the schools.
5. Begin a Talking Circle at the Senior Center.
6. Increase public awareness of sliding fee scale at community health center at BBAHC.

Objective 4B: Make Dillingham a community where binge drinking is unacceptable.

Strategies:

1. Make facilities available for support groups including Alcoholics Anonymous, Narcotics Anonymous and Alateen to meet on a regular basis; publish the schedule of meetings and widely distribute.
2. Enforce city ordinances related to excessive consumption of alcohol and public inebriation.
3. Encourage use of a therapeutic court.
4. Develop a comprehensive approach to stop underage drinking.
5. Enforce city ordinances that ban products with particularly high alcohol levels.

6. Increase monitoring of alcohol-serving businesses and enforcement of laws to stop underage consumption and serving inebriated persons.
7. Consider establishing municipal control of liquor sales and eliminating private sales.
8. Consider establishing an 'alcohol-free zone' in downtown Dillingham.
9. Establish a task force to address addictions: alcohol, prescription drug abuse and other destructive behaviors.

Objective 4C: Promote peace.

Strategies:

1. Support the BBNA Wellness Initiative.
2. Strive for equal representation of gender and cultural background on governing boards.
3. Use effective social marketing and public awareness campaigns to change community norms about binge drinking, domestic violence and sexual assault.
4. The City will institute annual staff trainings about domestic violence and laws regarding sexual harassment and sex discrimination in the workplace.
5. Identify places in the community where people are at high risk for assaults and install lighting, increase surveillance or change the physical space to make them safer. Examples of dangerous places in Dillingham include "Togiak" alley, under the dock, and in the boat harbor/boat yards in summer.
6. Develop a specialized Domestic Violence/Sexual Assault Unit at the Dillingham Police Department.
7. The City of Dillingham and the Dillingham Police Department shall actively participate in interagency groups like Community Justice Alliance and cross-training with SAFE/BBNA/Mental Health/Hospital etc.
8. The City of Dillingham and the Dillingham Police Department shall provide effective officer training to ensure that laws are enforced fairly and equitably without regard to race, gender, sexual orientation, religion, disability, economic status or ethnicity.
9. Create a taxicab commission to regulate taxi services and ensure the safety of all passengers.

Objective 4D: Develop a shelter for the homeless.

Strategies:

1. Investigate funding sources, locations, level of need and define a project plan for solving the issue of unsheltered homeless men.

Objective 4E: Increase community awareness of depression and prevent suicide.

Strategies:

1. Adopt and implement the public awareness campaign from the American Psychological Association, "Depression is real. Depression is treatable."
2. Support efforts to install gun safes in all homes and conduct a public awareness campaign to teach the public about the effectiveness of gun safes in reducing violence.
3. Train community "gatekeepers" in how to respond to and prevent suicides.

Objective 4F: Reduce tobacco use.

Strategies:

1. Enforce ordinances that eliminate indoor tobacco use and tobacco use within a 30-foot radius of public doorways.
2. Consider a ban on indoor tobacco use in rental and public housing.
3. Eliminate smoking in bars.

Objective 4G: Improve the built environment to improve the overall health and well-being of residents (see also Land Use chapter).

Strategies:

1. Preserve, protect and enhance green and open space citywide.
2. Connect residential and business areas with attractive, safe, well-signed pedestrian facilities.
3. Connect trails and sidewalks to and through downtown to promote walking and cycling.
4. Increase bicycle parking.
5. Research approaches to integrate foot, cycle and motor traffic safely.

Implementation Plan

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
GOAL 1: Improve the quality and breadth of educational programs offered by local schools.				
1. Obtain accreditation of Dillingham City Schools.		x		City, DCSD
2. Offer a diverse range of educational opportunities for youth.		x		All entities, BB Campus, DCSD,
3. Offer media literacy courses to improve critical thinking skills among youth.	x			DCSD, BB Campus
4. Establish a central boarding home for teens and young adults attending alternative school or high school in Dillingham.	x			DCSD, BBNA, State of Alaska
5. Provide career counseling and begin planning in the 8th grade with students and parents. Counsel students on which classes to take to reach educational goals. Offer college preparatory classes starting in 9th grade. Offer voc-tech curricula.	x			DCSD
6. Teach healthy relationships and sex education in the schools using culturally based life skills curricula.	x			State of AK, DCSD
7. Adopt and implement a comprehensive K-12 health education curriculum.	x			DCSD
8. Support the Maximum Achievement Program (MAP) alternative school for at-risk teens from throughout the region.	x			State of AK, DCSD, City, all partners
9. Institute changes to make employment at the Dillingham City School District attractive and retain professional staff.	x			City, DCSD
9a. Support teachers and help them connect with the community.	x			City, SAFE, DCSD
9b. Compensate teachers at competitive rates.	x			DCSD
9c. Encourage graduates to return to teach in local schools.	x			DCSD, City
9d. Explore providing teacher housing as one method to improve their compensation package.	x			City, DCSD
10. Seek innovative board training to assist in improving the culture of education at DCSD, focusing on improving the quality of education and improving graduation rates.	x			DCSD

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
11. Seek innovative ways to engage parents in the school.	x			Safe, City, DCSD
12. Adopt the Power of Five where businesses and organizations give adults paid time off to volunteer in the schools or for youth programs.	x			Safe, City, DCSD, all entities
13. Foster community engagement, from the board room to the classroom.	x			All entities
14. Investigate how to bring back the community schools program.	x			City, DCSD
GOAL 2: Promote cultural awareness, social connectedness and physical health.				
Objective 2A: Educate others and ourselves about Dillingham's culture and history.				
1. Bring a diverse range of exhibits to Dillingham to celebrate local history and culture, as well as other cultures from around the world.			x	Curyung and Ekuk Tribes, City, BBNA
2. Develop the H. Harvey Samuelsen Community Cultural Center as a central gathering place for community events, visitor information and conferences. Move some museum exhibits and displays on local history and culture to the Center. Consider including onsite replicas of traditional Yup'ik dwellings, tools and technologies, as well as a space for traditional storytelling and teaching.	x	x		City / Tribe
3. Use public art, green space, landscaping, trees and ceremonial naming of public buildings and parks to honor the wellness values of local leaders and role models.	x			City / Parks & Recreation
4. Hold, support, help coordinate and participate in Community Welcome events for new residents and City Employees.			x	Curyung and Ekuk Tribes, City
5. Develop a communal fish preparation site at BBHA housing on Tower Road.			x	Curyung and Ekuk Tribes, City
Objective 2B: Strengthen connections between individuals and organizations within Dillingham; increase connectivity with the outside world.				
1. Dillingham City Council will recognize, support and promote health and wellness initiatives through proclamations, resolutions, and amending regulations and ordinances, where appropriate.	x			City
2. Establish and maintain a community calendar.	x			City & other entities

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
3. The Dillingham City Schools will engage youth in local media.			x	Dillingham School District
4. Add a Youth representative on the City Council.	x			City
5. Collaborate with community organizations to provide wellness activities and programs.			x	City
6. The City of Dillingham will host and participate in forums and community events around issues of community-wide concern.			x	City
7. Improve communication between the City of Dillingham and community members.	x			City
8. Add a Community Outreach worker.		x		City
9. Bring back the Parks and Recreation Department at the City.	x			Community/City
10. Increase awareness that the built environment impacts health.	x			City
Objective 2C: Increase opportunities for healthy recreation, both outdoors and indoors				
1. Expose youth at an early age to diverse, enjoyable pursuits.			x	City, SAFE, School, BBNA, Tribes
2. Offer engaging, healthy activities for all youth.	x			Faith communities, City, BBNA, Dillingham City School District, SAFE
3. Encourage traditional subsistence learning.	x	x	x	Tribes, ADF&G, BBNA
4. Bring back Parks and Recreation Department at the City.	x			City
5. Assess the need and feasibility for a community gym, pool, recreation center.	x			City
6. Prioritize safe pedestrian access throughout Dillingham.	x			City
7. Reserve a fund for public art.	x			City

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
GOAL 3: Foster respectful relationships between all citizens				
Objective 3A: Because experiences in early childhood have the greatest impact on lifelong wellness, support parents, particularly young parents, with resources to teach and promote positive parenting and healthy early childhood development				
1. Establish a parent support website and support group meetings.	x			BBNA, Dillingham City School District, SAFE
2. Convene and promote activities with a specific focus on young families and teen parents (e.g. Children’s Fairs, Women’s Health Forums, regular family potlucks). Host an annual Parenting Summit and Children’s Fair.	x			BBNA, Dillingham City School District, SAFE
3. Provide engaging activities for children at public events to attract the participation of young families.	x			All entities
4. Encourage child friendly areas in businesses and gatherings.			x	City, Tribes, BBNA, BBAHC
5. Support family planning.	x			BBAHC, City, BBNA,
Objective 3B: Increase access to quality early childhood programs and services from prenatal to school age.				
1. Increase the number of licensed childcare providers.	x			BBNA Workforce Development & TANF, SAFE
2. Support and sustain the Infant Learning Program and Head Start programs, and the Toddler Center.	x	x		City, Dillingham City School District, BBNA, Businesses
3. Encourage local industry to adopt family friendly employment policies such as on-site childcare, breastfeeding support and infant care.			x	City, Tribes, BBNA
4. Support BBNA’s childcare resource and referral program that provides resources to childcare providers, connects working parents with quality childcare providers and publicizes the State childcare subsidy program.	x			BBNA
5. Reactivate the FASD Diagnostic Process.	x			BBAHC

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
6. Institute a Reading Is Fundamental model program at the Dillingham Library to receive donations of high quality children's books and distribute them to young children to engage young families with the Library.	x			City, Dillingham City School District
Objective 3C: Mentor youth. Involve the community in mentoring youth to create opportunities for career paths and internships that help youth set a course for a healthy future.				
1. Establish a Job Club for youth to develop resumes, receive training in skills for securing employment and soft employment skills (getting to work on time, appearance, self-directed learning, and work ethic).	x			BBNA Workforce Development, Dillingham School District
2. Develop a community schools adult education program where middle school and high school students can learn alongside adults and obtain school credit.			x	State, City,
3. Develop a youth rangers program to engage youth volunteers in emergency response, public safety and Search & Rescue.	x	x		Dillingham School District, RAFT, SAFE and others
4. Develop a health promotion program to engage youth in primary prevention efforts to teach youth how health problems develop and how to prevent them.	x			State of Alaska Public Health, RAFT
5. Engage youth as volunteers in public facilities and services including the animal shelter, a homeless shelter (if one were to be built), senior center and providing assistance to Elders, the library, maintaining parks and recreation areas and other local organizations.			x	City, BBNA, Tribes
6. Engage youth in sustainable community enterprises including community gardens and greenhouses, bicycle maintenance, renewable energy, composting and recycling.			x	
7. Create a central clearinghouse for all youth development opportunities, including scholarships from BBEDC, BBAHC, BBNA workforce development, summer youth employment programs, internships, federal apprenticeships and vocational education opportunities at the UAF Bristol Bay campus and SAVEC.	x			UAF BB Campus, BBNA Workforce Development, Dillingham School District, BBAHC

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
8. Explore allowing the Dillingham Police Department to assist with a youth court for handling juvenile misdemeanor cases	x			City, RAFT
9. Support and develop youth-focused vocational training in small engine repair and mechanics, bicycle maintenance, nursing, carpentry, plumbing, renewable energy system maintenance and other industries necessary for the local economy.	x	x		Bristol Bay Campus, Choggiung, possibly other partners
9a. Consider developing a “Youth Build” program through the alternative school to teach life skills and skills in the building trades.	x	x		Dillingham School District, BBHA
Objective 3D: Encourage adults to practice and model healthy lifestyles. Reduce alcohol and drug abuse in Dillingham.				
1. Provide physical recreation facilities and opportunities for all ages (see Public Facilities chapter).	x	x		City of Dillingham
2. Use effective social marketing to encourage everyone in the community to take steps toward improving their personal health; publicly reward and support positive changes to continue to build the health of the community.	x			State of Alaska Public Health; BBAHC
3. Encourage all employers to sponsor and promote employee wellness programs, where employees are rewarded for healthy lifestyle choices.				City, BBNA, Tribes
4. Enforce existing public health laws including tobacco use restrictions, use of vehicle seat belts, car seats for infants and children and helmet laws for ATV and snowmachine use.	x			City of Dillingham
5. Educate the public about humane and responsible animal care and ownership.	x			City, BBAHC
6. Enforce animal control laws and ordinances against animal neglect and cruelty.	x			City of Dillingham
7. Provide a shelter for caring for neglected and unwanted animals.	x			City of Dillingham
Objective 3E: Support a continuum of care for Elders and people living with disabilities that allows them to live and receive supportive services as close to home as possible, so that they can live as independently as possible.				
1. Continue to operate and sustain the Senior Center.	x			City

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
2. Require ADA compliance in public buildings and facilities, including trails and transit.	x	x		City
3. Develop supportive housing for Elders and people living with disabilities.	x	x		BBAHC, BBHA, Hope Community Resources, BBNA
4. Support the development of a Center for Independent Living (resource and referral source for people with disabilities).	x			BBNA, BBAHC
5. Develop and connect home and community-based services for Elders and people with disabilities so that Elders can live healthy, independent lives for as long as possible.	x			BBNA, BBAHC, BBHA, HOPE Community Resources, SAFE and Marrulut Eniit
6. Connect workforce development programs with the schools and University campus to encourage careers in healthcare, supportive services and Elder care.	x			BBNA Workforce Development, UAF BB Campus
7. Expand transportation for Elders and people living with disabilities.	x	x		City, HOPE Community Resources
GOAL 4: Promote health, prevent disease, and use rehabilitative treatment in an integrated manner.				
Objective 4A: Integrate physical and behavioral health services offered by local organizations; increase access and collaboration between services and providers.				
1. House a behavioral health counselor at the middle/high school to increase access to services; consider a school-based clinic for primary care and family planning services.	x			Dillingham City Schools, BBAHC
2. Identify and reserve a site for BBAHC to develop a satellite clinic in the downtown area.			x	City, Choggiung, BBAHC
3. Improve access to confidential family planning services and increase collaboration between providers.	x			BBAHC, State of Alaska Public Health
4. Support substance abuse prevention through education, community discussions of root causes, supporting sober lifestyles, interagency collaboration and involvement in the schools.	x			Dillingham City Schools, BBAHC, BBNA, Curyung, CANDU

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
5. Begin a Talking Circle at the Senior Center.	x			Senior Center, BBNA, Curyung
6. Increase public awareness of sliding fee scale at community health center at BBAHC.	x			BBAHC
Objective 4B: Make Dillingham a community where binge drinking is unacceptable.				
1. Make facilities available for support groups including Alcoholics Anonymous, Narcotics Anonymous and Alateen to meet on a regular basis; publish the schedule of meetings and widely distribute.	x			City, SAFE, BBNA, BBAHC
2. Enforce city ordinances related to excessive consumption of alcohol and public inebriation.	x			City, Police Department
3. Encourage use of a therapeutic court.			x	BBNA, SAFE
4. Develop a comprehensive approach to stop underage drinking.	x			SAFE, BBNA, BBAHC, CANDU
5. Enforce city ordinances that ban products with particularly high alcohol levels.	x			City, Police Department,
6. Increase monitoring of alcohol-serving businesses and enforcement of laws to stop underage consumption and serving inebriated persons.	x			City, Police Department, cab companies (?)
7. Consider establishing municipal control of liquor sales and eliminating private sales.	x			City, Police Department
8. Consider establishing an 'alcohol-free zone' in downtown Dillingham.				City, Police Department
9. Establish a task force to address addictions: alcohol, prescription drug abuse and other destructive behaviors.	x	x	x	SAFE, BBAHC, Community justice Alliance
Objective 4C: Promote peace.				
1. Support the BBNA Wellness Initiative.	x			ALL
2. Strive for equal representation of gender and cultural background on governing boards.			x	City, Tribe, BBNA
3. Use effective social marketing and public awareness campaigns to change community norms about binge drinking, domestic violence and sexual assault.	x			SAFE, BBNA, City

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
4. The City will institute annual staff trainings about domestic violence and laws regarding sexual harassment and sex discrimination in the workplace.	x			City & all entities
5. Identify places in the community where people are at high risk for assaults and install lighting, increase surveillance or change the physical space to make them safer. Examples of dangerous places in Dillingham include “Togiak” alley, under the dock, and in the boat harbor/boat yards in summer.	x	x		City, Police Department, SAFE
6. Develop a specialized Domestic Violence/Sexual Assault Unit at the Dillingham Police Department.	x	x		City, Police Department, SAFE
7. The City of Dillingham and the Dillingham Police Department shall actively participate in interagency groups like Community Justice Alliance and cross-training with SAFE/BBNA/Mental Health/Hospital etc.	x			City, Police Department,
8. The City of Dillingham and the Dillingham Police Department shall provide effective officer training to ensure that laws are enforced fairly and equitably without regard to race, gender, sexual orientation, religion, disability, economic status or ethnicity.	x			City of Dillingham
9. Create a taxicab commission to regulate taxi services and ensure the safety of all passengers.	x			City
Objective 4D: Develop a shelter for the homeless.				
1. Investigate funding sources, locations, level of need and define a project plan for solving issue of unsheltered homeless men.	x	x		SAFE, BBHA, Curyung, City
Objective 4E: Increase community awareness of depression and prevent suicide.				
1. Adopt and implement the public awareness campaign from the American Psychological Association, “Depression is real. Depression is treatable.”			x	State of Alaska, BBAHC
2. Support efforts to install gun safes in all homes and conduct a public awareness campaign to teach the public about the effectiveness of gun safes in reducing violence.	x			BBAHC, BBHA, City

Priority Strategies	Timeframe			Primary Responsibility
	0-5 yrs	6-10 yrs	11-20 yrs	
3. Train community “gatekeepers” in how to respond to and prevent suicides.	x	x		BBAHC, faith communities, SAFE
Objective 4F: Reduce tobacco use				
1. Enforce ordinance that eliminate indoor tobacco use and tobacco use within a 30-foot radius of public doorways.	x			BBAHC, BBHA, City
2. Consider a ban on indoor tobacco use in rental and public housing.	x			BBAHC, BBHA, City
3. Eliminate smoking in bars.	x	x		City
Objective 4G: Improve the built environment to improve the overall health and well-being of residents.				
1. Preserve, protect and enhance green and open space citywide.	x			City of Dillingham
2. Connect residential and business areas with attractive, safe, well-signed pedestrian facilities.		x		BBNA, City
3. Connect trails and sidewalks to and through downtown to promote walking and cycling.	x			City
4. Increase bicycle parking.	x			City, private businesses
5. Research approaches to integrate foot, cycle and motor traffic safely.	x	x		City