

Week 7: Tips and Reminders

Community Support Tips

Dealing with Gossip

1. Control your reaction (take a breath and pause before you respond)
2. Keep focused on your work
3. Be a positive role model by keeping your remarks positive
4. When gossip occurs practice changing the subject. (Example, ask the person what's new in their life?)
5. Walk away when the conversation turns to gossip
6. Tell the gossiping person it makes you uncomfortable to listen
7. Tell the gossiping person you think it would be embarrassing, if the target of the conversation overheard what is being said
8. Tell the gossiping person you plan to follow-up with the person, being gossiped about
9. Focus on cooperation not competition
10. Behave professionally and ask people to discuss their concern openly

Maintaining Boundaries

1. Remind your clients not to talk about issues when you meet them outside of work
2. Refer clients who contact you about issues after hours to the person on call
3. Discuss Boundary setting with your co-workers and supervisors
4. Post a Client's and Health Provider's Bill of Rights in the office (sample from <http://www.ucsvt.org/for-clients/bill-of-rights/>)
5. Maintaining Boundaries at Home (See week 8)

Positive Fun Community Activities

Monthly community activities sponsored by Kaltag and other wellness groups.

1. Fun runs
2. Alcohol free dances or talent shows
3. Health education skits by kids at community events
4. Poster contests of health messages
5. Cross generational activities
6. Read stories to young children (Elders, older students, adult men)
7. Recording Elder's stories
8. Help prepare & share food at community events
9. Talking Circles
10. Hosting traditional activities (dancing, drumming, carving, beading)
11. Educational lock-ins for students (overnights) with learning, movies, food and fun
12. Community events with games and food
13. Educational activities with Headstart Program, Alaska State Troopers or VPSO
14. Educational groups for all ages on mental health, substance abuse, etc. (includes both learning and fun.)



**Healthy Healers
Program**

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM