

SEEKING HEALING THROUGH TRIBAL VALUES:

- Discipline and Obedience to the Traditions of our Ancestors
- Respect for Self, Elders and Others
- Respect for Nature and Property
- Patience
- Pride in Family, Clan and Traditions is Found in Love, Loyalty and Generosity
- Be Strong in Mind, Body and Spirit
- Humor
- Hold Each Other Up
- Listen Well and with Respect
- Speak with Care
- We are Stewards of the Air, Land and Sea
- Reverence for Our Creator
- Live in Peace and Harmony
- Be Strong and Have Courage



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ARTWORK TRANSLATION

The design on the cover of the Wellness Court brochure is a representation of people coming together to create a space for healing and well-being:

The two people are connected by their backs and holding paddles to show that they have support in one another and support from their culture. The hands on the outside are the community and program staff who are going to hold them up when they need them the most and are at their side so that they don't have to continue this journey alone. Below them is Devil's Club, a medicine that has been used by Tlingit & Haida people since time immemorial. The salmon trout at the center of the Devil's Club is our culture and this serves as a seed for our growth. When you know who you are and where you come from, healing can take place, and this is why the Devil's Club is at the root of the journey to wellness.

The language translates to "we are walking towards the good life".

The artwork was commissioned by Micians Alise, Áak'w Tu Sháa. She is Raven Dog Salmon from Angoon and was raised in Juneau.



WELLNESS COURT

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TLINGIT & HAIDA



"We are walking toward the good life."



WELLNESS COURT





ABOUT US

The Central Council of the Tlingit and Haida Indian Tribes of Alaska's (Tlingit & Haida) Wellness Court is a voluntary program that provides restorative justice and serves as an alternative to the State of Alaska's criminal justice system. The program's focus is to reduce recidivism among Alaska Natives and bring holistic healing through community engagement, collaborative intervention and cultural/traditional practices.

Tlingit & Haida's Wellness team is devoted to providing support through mentorship and guidance with a focus on participant's strengths while teaching our way of life through traditional tribal values.

VISION

Increase cultural healing and wellness for our tribal citizens, their families and their communities.

MISSION

Working together to promote a healthier, safer and stronger tribal community by addressing personal and historical traumas while reconnecting to our traditional tribal values and offering a culturally supportive space to focus on wellness and living the process of healing.



PURPOSE

- Offer team and community support to help participants develop responsibility and accountability skills.
- Change harmful behaviors, reduce crime and restore relationships.
- Offer cultural awareness and guidance by teaching traditional tribal values and our way of life.
- Strengthen participant's self respect and respect for others through group participation, peer support and mentorship.
- Establish lasting community supports for participants to pave the way for success after graduation.

PROCESS

Participant will work closely with the Wellness Court team as they progress through the four phases of the program:

- **Phase I:** Learning
- **Phase II:** Accepting
- **Phase III:** Willing
- **Phase IV:** Succeeding

Upon completion of Phase IV, participant will graduate from the program.

ELIGIBILITY

- Fourteen years of age or older.
- Enrolled or eligible for enrollment with Tlingit & Haida, or are a household member of a tribal citizen.
- Experienced dependence or have a history of using drugs, alcohol or other substances.
- No prior charges of a violent or sexual crime.
- Willingness to participate in the Wellness Court program.

"Promoting accountability, healing and tribal lifeways through culture for our tribal citizens."