

MARCH 2022

# Victims Services Program

## MARCH

is National Consumer Protection Month

Valdez Native Tribe Victims Services celebrates National Consumer Protection Week.

Looking to protect yourself from **fraud, identity theft, and scams**? Maybe you're wondering about the best way to **use credit, how to shop for a used car** or **maximize your security online**.

Valdez Native Tribe (VNT) Victim Services Program has information for you during National Consumer Protection Week: March 6-12, 2022 - and any time of the year.

### National Consumer Protection Week:

During National Consumer Protection Week, Valdez Native Tribe Victims Services Program will be posting daily consumer protection information on the VNT Facebook page that will give you the necessary tools and resources to teach you how to protect yourself against different forms of scams and frauds.



If you or someone you know is a **victim of fraud, identity theft, or scams**, call the **National Consumer Protection Hotline** at **1-800-638-2772**.

## Important Dates

Valdez City Schools - Spring Break  
MARCH 7-18

Daylight Savings Begins  
MARCH 13

VSP Gathering Circle  
MARCH 16

Chenega Day (OFFICE CLOSED)  
March 25

Seward's Day (OFFICE CLOSED)  
March 28

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## Contact

Samantha Rice, Director  
(907) 255 - 7172

Keristyn Weber, Advocate  
(907) 255 - 7413

Office Phone  
(907) 835 - 8069

Email  
victims\_services@valdeznativetribe.org

Mailing Address  
PO Box 1634 Valdez, AK 99686



## Gathering Circle

Consumer Protection Awareness  
March 16, 2022 from 6-8pm

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Join us as we discuss consumer protection and ways that you can protect yourself against credit card scams, reporting fraud, and so much more.

## 24/7 Crisis Hotline

(907) 835 - 1144

- You need someone to talk to
- You need information & resources
- You don't know what to do next
- You are a victim of a crime of trauma
- You are a family member of a victim



## Food Bank Dates

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March 13th from 1-3pm  
March 27th from 1-3pm

If you or someone you know is a **victim of fraud, identity theft, or scams**, call the **National Consumer Protection Hotline** at **1-800-638-2772**.

Scan the QR code for more information



MARCH 2022

# Mental Health Services



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



## ANNOUNCEMENTS

Alaska Native Foster Parents are Needed!  
Call 907-255-7413 for additional information.

## EVENTS

Parenting Classes - Coming April 2022

## CONTACT

Dr. Tanya Bailey  
Director of Social Services  
907-461-7290  
[DrTanya.B@valdeztribe.org](mailto:DrTanya.B@valdeztribe.org)

Research has demonstrated that after an individual has been exposed to trauma, they experience an increase in problematic health conditions. Conditions include cardiovascular disease, cancer, diabetes, gastrointestinal disorders, liver and lung diseases, somatic complaints, and higher rates of mortality. Women are more likely to report somatic complaints and men are more likely to report more cardiovascular-stroke complaints. Researchers have started to explore the impact trauma has upon the trauma survivors' descendants. Studies have found that second-generation Holocaust survivors reported experiencing higher rates of heart attacks, cancer, strokes, osteoporosis, somatic complaints, and medication use compared to families who did not have Holocaust trauma. In addition to physical health conditions, research found in the second and third generation of Holocaust survivors, family members also experienced mental health disorders. Researchers conducted two studies, First Nations Regional Longitudinal Health Survey and the Aboriginal Peoples Survey. Results found grandchildren of people who attended boarding schools were more likely to report psychological distress, suicide attempts, and substance use. Others were found to have difficulty learning and problems in school.

If you or anyone you know has experienced trauma, speak with your medical and mental health provider to engage in exploring its impact on your/their physical or mental health.

