

AUGUST 2022

# Victims Services Program

## August

Our **mission** at VNT Victims Services is to support and empower victims to be safe, heal, and participate at every step of their journey.

Our staff engages **members of the community**, social service agencies, and local government/departments to collaboratively fulfill our mission to restore lives impacted by crisis, violence, and tragedy.

There are **numerous** programs and agencies in Valdez that provide support services for victims; below is a list of a few and how they can help:

### Alaska Housing Finance Corporation

104 Bremner Street #B

907.835.2119

\*Provides housing resources for Alaskans

### Advocates for Victims of Violence (AVV)

24/7 Crisis # 907.835.2999

\*Helping Victims of Domestic Violence and Sexual Assault. 24/7 shelter for Victims/Survivors and their children.

### Valdez Food Bank

278 Richardson Hwy

907.835.FOOD (3663)

\*Provides emergency financial and food assistance to individuals in crisis.



### Valdez Senior Center

1300 Hanagita Street

907.835.5032

\*Seniors aged 60 and older can call for a ride and sign up for the Valdez Meals on Wheels program.

24 Hour Crisis Hotline 907.835.1144

## Important Dates

### Gold Rush Days

August 3 - 7

### Tagged Fish Contest

August 12 - September 14

### Women's Silver Salmon Derby

August 13

### Gathering Circle

August 17

### First Day of School - Valdez

August 23

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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@valdeztribe.org

### Mailing Address

PO Box 1634 Valdez, AK 99686



## Gathering Circle

August 17, 2022 | 6 - 8pm | VNT Community Hall

Join us **IN-PERSON** on Wednesday, August 17, from 6 - 8 pm in the VNT Community Hall.

Keristyn Weber will teach us how to make **wild berry fruit leather**, and Hazel Nevak will teach us how to make **Akutaq**. Please call or text **907-255.7172** to **reserve** your spot.

There will be 20 spots available.

## 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

August 14 | 1-3pm

August 28 | 1-3pm



Scan the QR code for  
more information

AUGUST 2022

# Mental Health Services



## ANNOUNCEMENTS

Alaska Native Foster Parents are Needed!

Call 907-461-7290  
for additional information

## CONTACT

Dr. Tanya Bailey  
Director of Social Services

907-461-7290

[DrTanya.B@valdeznativetribe.org](mailto:DrTanya.B@valdeznativetribe.org)

Proper sleep is essential to proper functioning. Sleep deprivation not only impacts your body but the whole person. It contributes to weight gain, diabetes, high blood pressure, heart attacks, a decline in organ system functioning, and more. Furthermore, psychological studies suggest that sleep deprivation hinders our ability to learn, focus, have good insight, emotionally regulate, and combat symptoms of anxiety, depression, suicidal ideation, and lack of empathy. Knowing what things can help or hurt your sleep cycle is important. Some things make sleeping more difficult: reading, gaming, art, playing on your phone, bright/blue screens an hour before bedtime, alcohol, caffeine, intense exercise before bed, and eating a heavy meal three hours before bed.

### To sleep better, try:

- Getting **regular exercise** (30 minutes/day, three days/week)
- Setting a "worry time" that's not an hour before bed. You can **write down** all your concerns, make your plans, and then let go of them until it's their time in your schedule.
- Have a **routine** to relax that doesn't involve screens
  - shower/bath or face mask
  - comfy clothes and a relaxing book
- Set **environmental conditions**
  - block out the light, make your bed cozy, and set the right temperature
- Use **relaxation techniques**, like breathing or guided imagery exercises



Ultimately, sometimes sleep just doesn't come even if you are tired. In such cases, it's a good idea to see a professional who can explore your concerns.