

To the Board of Fish:

I support the Sitka Tribe of Alaska's proposals 98, 99, 105, and 106, because the maintenance of traditional food sources is directly related to the reduction of violence in our communities. I was born and raised in Sitka, and now work at the public health NGO and women's shelter, Sitkans Against Family Violence (SAFV), where I implement programs to reduce domestic violence, suicide, and sexual assault.

Evidence from the CDC suggests that a lack of cultural connectedness is a huge risk factor for domestic violence, sexual assault, and suicide (see attached logic model). This is rooted in the historical, colonial attack on Native cultures, from generations of rape and murder and forced removal of native people from their land, to forced assimilation in highly abusive boarding schools, to the extraction of land and animals on which Native people's culture and identities depend. This colonialism is the source of historical trauma, most often defined as "the accumulative emotional and psychological pain over an individual's lifespan and across generations as the result of massive group trauma. Historical trauma can have varied effects on individuals and populations that may include: unsettled trauma or grief, depression, high mortality, increase of alcohol abuse, child abuse and domestic violence. Examples of historical trauma have been observed among Lakota and other American Indian populations, Jewish Holocaust survivors and descendants, and Alaska Native populations" (www.safv.org).

To disregard Native knowledge of the historical populations of herring while continuing to deplete the second most widely used subsistence food among Sitka's tribal citizens is to continue a violent history of colonial extraction and to continue the legacy of historical trauma. **Traditional subsistence lifestyles are a necessary component of cultural connectedness, which is a key protective factor in preventing violence and growing a healthy, non-violent community.**

This is not just about herring. This is about healing, decolonization, and justice for the first nations of this land.

Thank you for all of your good work,

Alaire Hughey

Sitka Alaska

Risk Factors	Child Maltreatment	TDV	IPV	Sexual Violence	Bullying	Suicide	Substance Use
- Cultural norms that support aggression	X	X	X	X	X	X	X
- Media Violence				X	X		
- Income Inequity	X		X	X	X	X	X
- Harmful masculinity & femininity norms	X	X	X	X	X		X
- Neighborhood poverty	X		X	X		X	X
- Community Violence	X		X	X	X	X	X
- Poor neighborhood support & cohesion						X	
- Availability of alcohol/drugs	X	X	X			X	X
- Lack of social support	X	X	X	X	X	X	X
- Negative parent-child relationship	X	X	X	X	X		X
- Family conflict							
- Low educational achievement	X	X	X		X	X	
- Lack of healthy problem solving	X	X	X	X	X	X	X
- Impulsiveness	X	X	X	X		X	X
- Hx of victimization	X	X	X	X	X	X	X
- Loss of cultural identity & connection	X*		X*		X	X	X

Bolded Risk and Protective Factors are ones actively being addressed in Sitka by Pathways

	Child Maltreatment	TDV	IPV	Sexual Violence	Bullying	Suicide	Substance Use
Protective Factors							
- Resource & service coordination	X		X			X	X
- Access to mental health & substance abuse services	X					X	X
- Community connectedness	X		X	X		X	X
- Family support & connectedness	X	X			X	X	X
- Connection to a caring adult		X				X	X
- Pro-social peers		X			X		X
- School connectedness		X		X	X	X	X
- Cultural connectedness	X	X				X	X
- Healthy problem solving skills	X	X				X	X
- Engagement in meaningful activities						X	X
- Cultural Identity & connection						X	X

Bolded Risk and Protective Factors are ones actively being worked on in Sitka by Pathways