



ALASKA NATIVE  
**TRIBAL HEALTH**  
CONSORTIUM



# ANTHC HIV/STD Prevention Program

*iKnowMine.org Resources*

Hannah Warren, Program Manager



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

We acknowledge the Dena'ina people, on whose traditional lands we gather.

We also acknowledge the Creator and all Indigenous people of Alaska. Thank you for your past and present stewardship of the waters, plants, animals and spiritual practices of this place.



## **OUR VISION:**

**Alaska Native people are the healthiest people in the world.**



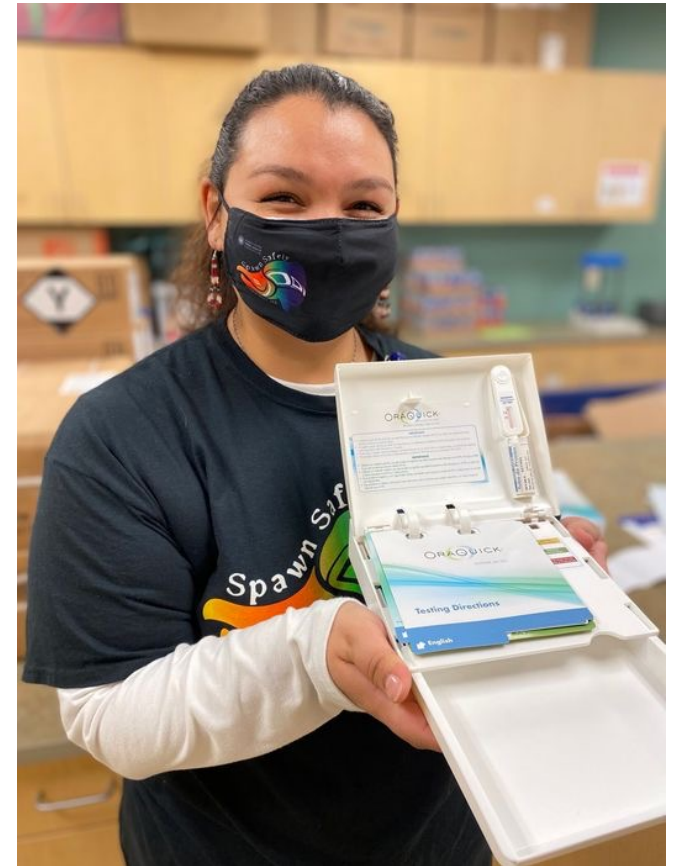


## HIV/STD Prevention Program

To be a trusted statewide resource for HIV & STD prevention and education, in partnership with the Alaska Tribal Health System.

# Technical Assistance

- Trainings, presentations and educational sessions
- Community-based outreach and events
- Partnerships for outreach and education







Truthful, Accurate Information for You(th)

 [order resources & supplies](#)

[get answers](#)



SEXUAL HEALTH



2SLGBTQIA+



MY BODY



MY MIND



MY SPIRIT



MY RELATIONSHIPS



ALCOHOL, TOBACCO &  
OTHER DRUGS



[Learn about coming out](#)

[Learn about 2SLGBTQ+ resources](#)

[Download 'Safe Spaces' materials](#)

# Educational Information: *Sexual Health*

BIRTH CONTROL

CONSENT

GONORRHEA

HIV

HIV TESTING

HOW TO TALK WITH A CHILD

HOW TO TALK WITH A PATIENT

## What is HIV?

'HIV' stands for Human Immunodeficiency Virus. It is a virus that attacks the immune system. It weakens the immune system and makes it harder for the body to fight off infections and some types of cancers. There is no cure for HIV, but with proper medical care, HIV can be controlled<sup>[3]</sup>. With the proper management plan, a person living with HIV may have a normal life expectancy.

### ORDER A FREE HIV SELF-TEST KIT

HIV self-test kits are available for free to any mailing address in Alaska. Tests are shipped directly and discreetly to you. It's the comfort of knowing on your own terms.

Order an HIV  
Kit

There are many things to consider when learning more about HIV, such as:

- Types of HIV
- How HIV is spread
- How HIV is treated
- What happens when HIV is untreated
- Who is at risk for HIV
- How to reduce risk for HIV
- Where to go for testing or treatment



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



# Ask Nurse Lisa

iknow  
mine.org

- Ask a sexual health question online
  - Prevention strategies
  - Testing and treatment options
  - Review local resources across the state
- Responses are:
  - Medically accurate
  - Non-judgmental
  - Confidential
  - Quick
  - Free
- Prefer to chat? Call Nurse Lisa at: 877-334-8762

Can we talk about STI testing options in my area?

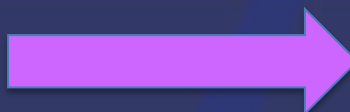
Where can I access PrEP for HIV prevention?




ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

**iknowmine**.org

Truthful, Accurate Information for You(th)



 [order resources & supplies](#)

[get answers](#)



SEXUAL HEALTH



2SLGBTQIA+



MY BODY



MY MIND



MY SPIRIT



MY RELATIONSHIPS



ALCOHOL, TOBACCO &  
OTHER DRUGS

# Order Resources & Supplies



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

# Store Resources

## Individuals

- Condoms
- Dental Dams
- HIV Self-Test Kit
- I Want The Kit: STI self-swab
- Safer Injection Kit
- Opioid Overdose Response Kit
- Safe Medicine Disposal Systems
- Educational materials
  - DVDs, lesson plans, toolkits, etc.

## Organizations

- Educational Materials
  - DVDs
  - lesson plans
  - Toolkits, etc.
- Community awareness tools
  - Posters
  - Brochures
  - Palm cards, etc.
- Bulk supplies for outreach
  - Condoms, etc.





# Sexual Health & Wellness



PERSONAL CONDOM PACK



CONDOMS FOR ORGANIZATIONS



HIV SELF-TEST KIT



STI SELF-TEST KIT



ORAL DAMS FOR PERSONAL USE



SEXUAL HEALTH PRINTED MATERIALS



# Safer Substance Use



SAFE MEDICATION DISPOSAL SUPPLIES



OVERDOSE RESPONSE KIT



HARM REDUCTION KIT

## Medication Assisted Treatment Toolkit

Empowering Recovery from Substance Use Disorders in Rural Alaska



MEDICATION ASSISTED TREATMENT TOOLKIT



SAFER SUBSTANCE USE SUPPLIES

A Lesson Plan from

**iknowmine**.org

OFFLINE VERSION



PRODUCED BY THE  
ANTHROPOLOGY Prevention &  
Education Mission Research Team

SUBSTANCE USE EDUCATION

# Educational Materials



**STD** stands for Sexually Transmitted Disease. They are sometimes called STIs (sexually transmitted infections).

1 in every 4 sexually active teens will get an STD this year.

## Prevention

### abstinence

This means not having vaginal, oral or anal sex. This is the best way to protect yourself. It is possible to get an STD even without having sex through skin-to-skin contact.

### monogamy

If you have sex, choose only one partner

## Language Matters

We can speak, write and think in a way that acknowledges the human being first, rather than their condition or disease.

- Use people-first language
- Use language that reflects the medical nature of substance use disorders
- Avoid negative slang

### Suggested language:

- Person who uses drugs
- Substance use disorder
- Had a setback
- Maintained recovery

For more tips, visit [iknowmine.org/wordsmatter](http://iknowmine.org/wordsmatter)



**Medication-assisted Treatment (MAT)** is the use of FDA approved medications alongside counseling and behavioral therapies to treat substance use disorders. The goal is to sustain recovery and to prevent or reduce opioid overdose. Research shows that MAT can improve patient survival, increase retention in treatment and reduce risk of contracting HIV or hepatitis C.

For more information, visit [www.samhsa.gov/medication-assisted-treatment](http://www.samhsa.gov/medication-assisted-treatment)

Request an MAT Toolkit from [behavioralhealth@anthc.org](mailto:behavioralhealth@anthc.org)

## Harm Reduction Resources Near You:

Stressful times, like the COVID-19 pandemic, increase the likelihood of substance use. Harm reduction aims to connect people who use drugs to resources. Whether you use drugs, or love someone who does, the following resources support safer drug use and substance misuse prevention and treatment.



**Emergency:** Call 911

**Resources near you:** Call 211 or visit [211.org](http://211.org)

**Treatment options in Alaska:**  
Visit [treatmentconnection.com](http://treatmentconnection.com)

**Need someone to talk to,** call the Careline at 1-877-266-4357

**Local, in-person or virtual support** for behavioral health or substance use management needs: Call SAMHSA's 24/7 National Helpline at 800-662-Help (4357)

**Additional Harm Reduction Resources and Free Supplies,** visit: [iknowmine.org/HarmReduction](http://iknowmine.org/HarmReduction)

## A Compassionate Approach to Drug Use

### Harm Reduction



People are more than their substance use. Harm reduction focuses on the whole person.



## What is harm reduction?

Harm reduction is a public health philosophy that aims to minimize potential harms related to health, social and legal impacts associated with drug use, drug policies and laws.

It focuses on positive change, safety and working with people without judgment, discrimination, coercion, or requiring that individuals stop using drugs as a precondition for support.

Harm reduction meets people where they are at.





# Mail-outs

- Packages are shipped within 1 week
- Mail is discreet
  - Packages do not indicate contents
  - Return label is a generic ANTHC address

4115 Ambassador Dr.  
Anchorage, AK 99508

Spawn Safely  
4000 Ambassador Drive  
Anchorage, AK 99508



## CONTACT US



Hannah Warren, MPH  
ANTHC HIV/STD Prevention Program Manager  
[hewarren@anthc.org](mailto:hewarren@anthc.org)



Facebook: [@iKnowMine](#)  
Instagram: [@iKnowMine](#)  
Website: [iKnowMine.org](http://iKnowMine.org)  
Email: [iKnowMine@anthc.org](mailto:iKnowMine@anthc.org)

http://



Order supplies online at [iKnowMine.org/shop](http://iKnowMine.org/shop)



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



