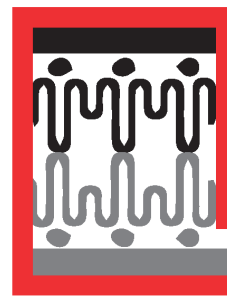




ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Alaska
Blanket
Exercise

Truth, understanding, respect, and reconciliation

Alaska Blanket Exercise Frequently Asked Questions

What is the Alaska Blanket Exercise?

The Alaska Blanket Exercise program is a unique, participatory history lesson – developed in collaboration with Alaska Native Elders, knowledge keepers and educators – that fosters truth, understanding, respect and reconciliation among Indigenous and non-Indigenous peoples.

Through this experiential learning activity, participants will walk on blankets representing the land and into the role of Alaska Native people by reading scrolls and carrying cards which ultimately determine their outcome as they literally ‘walk’ through situations that include pre-contact, colonization and resistance. This exercise was adapted from a best practice exercise used by Indigenous people in Canada.

Learning Objectives

1. Participants will gain knowledge and understanding of Alaska Native history, since time immemorial.
2. Participants will develop an understanding of the impacts of historical trauma on Alaska Native people.
3. Participants will develop awareness of and gain an understanding of what they can do in their own lives and communities to break cycles of intergenerational trauma

Why Become a Facilitator?

During a March 2019 strategic planning session, behavioral health leaders in the Alaska Tribal Health System identified three priorities to address opioid and substance use disorders:

1. Behavioral health workforce development, especially among Alaska residents;
2. Treating root causes of addiction, including adverse childhood experiences; and
3. Destigmatizing and humanizing prevention, intervention, and treatment.

The exercise will educate providers, clients, and families about the nature of addiction, use training and education to facilitate a cultural shift towards holistic health, provide cultural healing, and contribute to a culture of trauma informed care.

The exercise has implications beyond health and is beneficial for any person, organization, or community that interacts with Alaska Native peoples.

Where Can I Get More Information?

If you have any further questions, comments, or concerns, please contact program staff at akblanketexercise@anthc.org.