



# “The Process is as Important as the Outcomes”

Jessica Saniguq (Sanigaaq) Ullrich, MSW, PhD  
Nome Eskimo Community Tribal Citizen  
Washington State University- College of  
Medicine- IREACH Program  
NIH Tribal Research Panel Discussion  
August 16, 2023

# Who I Am, Where I Come From





# ANCHRR

## Alaska Native Collaborative Hub for Research on Resilience



**Stacy Rasmus, PhD,  
James Allen, PhD,  
Evon Peter, MA,**

**Katie Cueva, ScD, MAT, MPH**

Center for Alaska Native Health Research,  
University of Alaska Fairbanks

**Lisa Wexler, PhD**

School of Social Work and ISR,  
University of Michigan

**Jessica Black, PhD**

University of Alaska Fairbanks

**Charlene Akpik Apok, PhD**

Native Movement

**Jessica Saniguq Ullrich, PhD**

Washington State University- IREACH

**Diane McEachern, PhD**

Yukon Kuskokwim Campus

# ANCHRR's Approach



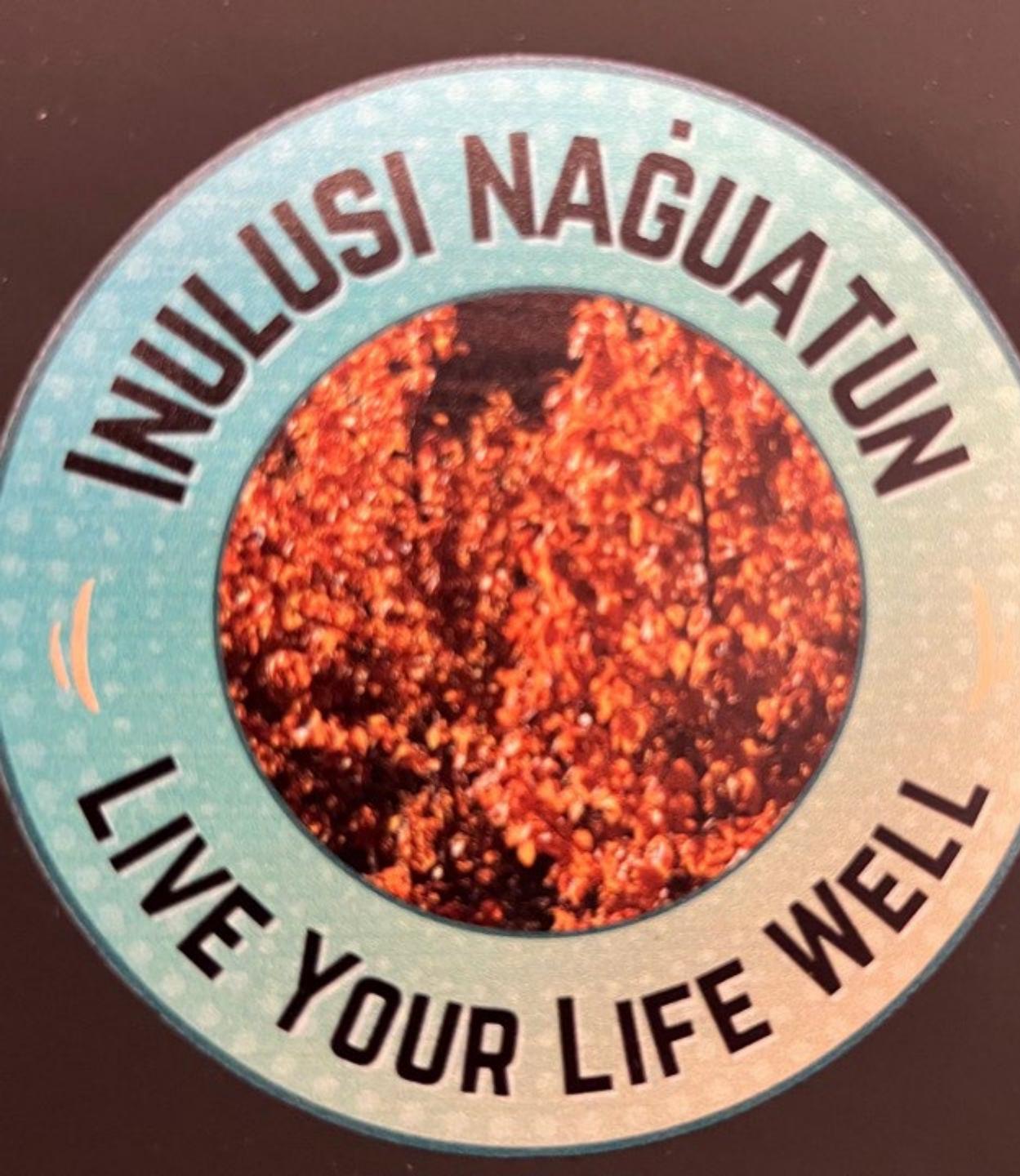
**WHO:** Indigenous leadership at all levels

**WHAT** is the Research **ABOUT**?

- Strengths versus Risks/Problems
- Community versus Individual
- Identifying community-level protective factors reducing suicide
- Working to understand protection and strengths in a holistic context

**HOW:** Process is as important as the outcomes

- Ceremony – healing through the research process



## More on the Approach

- Mindful of grief and loss
- Treat each other as whole human beings
- Recognition that solutions already exist in the community- (strengths based)
- Preparation (relationship building) cannot to be bypassed or skipped
- Respect for Tribal community's self-determination
- The work must support wellbeing in real time- culture and ceremony guide the way



# Community Relational Guidance

- We as researchers are not separate from community
- Over a decade of relationship with communities
  - Trust, demonstrated commitment, on the same page about what we're doing
- Community invites the researchers to collaborate
- Community leaders requested bringing up own community members as researchers



# Collaborative Hubs

- Planful meetings and gatherings, to build and maintain a relationship
- Young people are leaders already, not 'future leaders'
- Fairbanks, Nome, Juneau, Anchorage
- Keynote speakers
- Received guidance, provided guidance
- Hearing community stories as scholars- profound influence on us and each other

# Digital Storytelling with Young People

- Youth Steering Committees
- In Person Gatherings
- Community Showing
- Interviews with young people
- How community supports young people's wellbeing

## Living the good LIFE in Unalakleet



# How We Frame the Results and the Narrative Matters

- Acknowledge the people that helped this knowledge come to surface and discuss what will be done with it
- Understand and be mindful of collective impact
- The conclusions being made need to be guided by and co-created with community, young people, Elders, influential people doing the day-to-day work
- Practical dissemination plans should always be included



# Lessons Learned: This is What it Takes

- Intentionality
- Time and Funding
- Good energy
- Follow thru
- Committed relationships
- Determination and persistence
- Advocacy

LOVE IS LOVE

LOVE IS when I feed my baby sister. I love  
LOVE it when my dad teaches me how  
to hunt. I show love by helping my  
grandma. I love it when my sister do my dishes  
for me. I LOVE it when my dad helps me with  
my homework and stuff. I feel love when my  
class mates help me with stuff at school.  
I love it when I play with my baby sister. Love is  
when my grandparents help me. I love thing that are  
easy and little bit hard. I love it when  
my parents help me and teach me how  
to cut seal and moose. I feel loved by  
the others that help me and stuff.



Grateful for the Youth, Elders,  
Communities, ANCHRR team,  
Funders! Piiragumausi!

---