

49 Days of Ceremony

Finding a Balance Between
Modern Requirements and Traditional Ways

April 28, 2026
9:45 AM to 11:15 AM
Marriott Downtown

Introductions

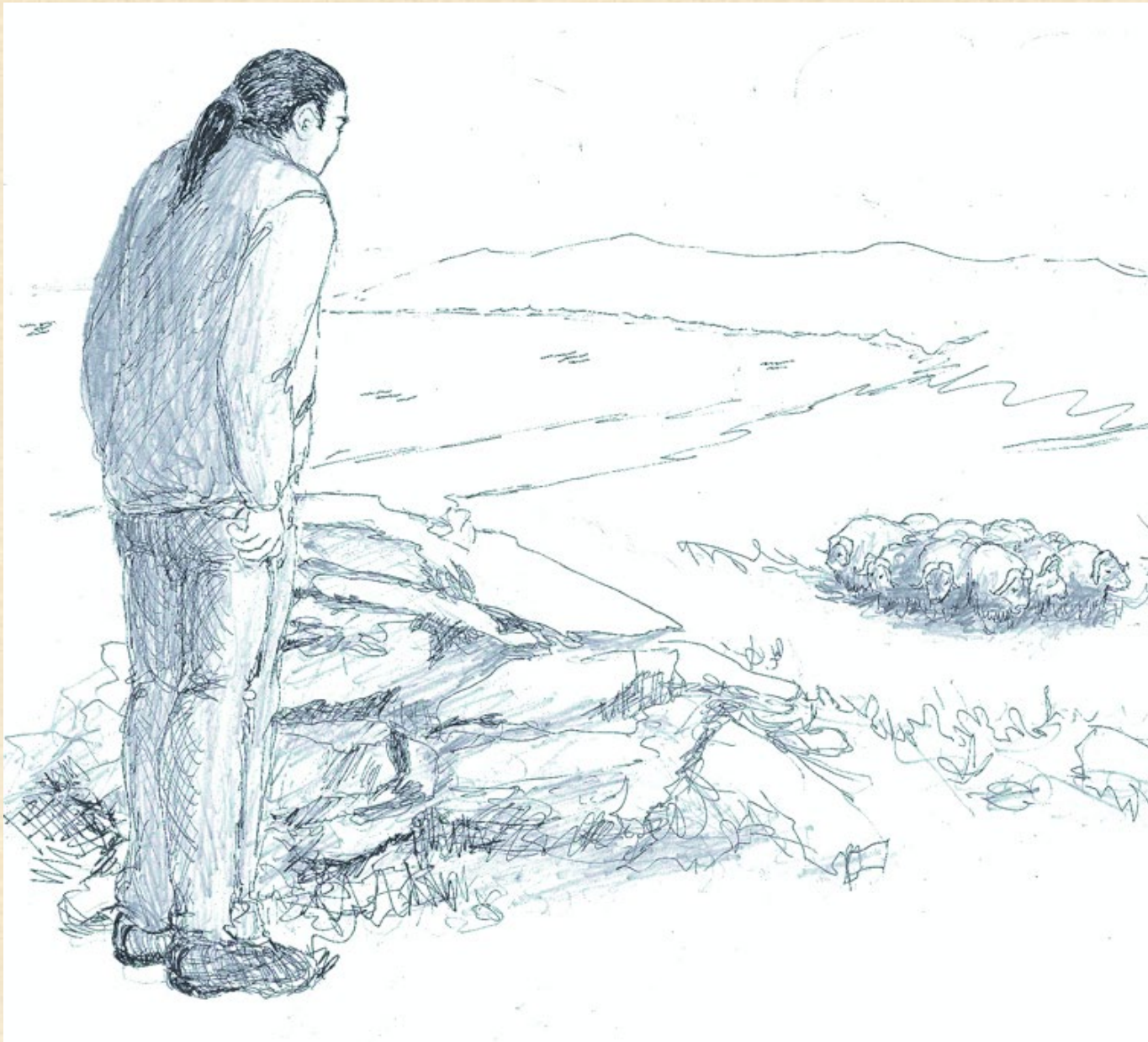
- Doug Modig – Tsimshian, Eagle Clan of Ketchikan and Metlakatla, Alaska
- Amy Modig – Deg Xit'an Dené of Shageluk & Holikachuk, adopted to Tanacross (Dik Thaad), Alaska
- Past work and experience in rural Alaska
- Teaching style and welcome questions

BHA Overview

- The BHA world; about 100 BHAs in 170 Alaska communities while there is about 550 CHA/Ps in 170 communities
- Four levels of BHA/P that require specific supervisors as well as working with clients
- Access to training from all universities and training center that can lead to a Behavioral Health Certificate as a BHA I, II, III or P
- A 14-page BHA/P Knowledge and Skills Checklist and a wide-ranging BHA Scope of Practice.

The BHA Code of Ethics as Values

1. Practice self-care daily.
 2. Do NO Harm.
 3. Always show care and concern for the client as a person.
 4. Treat all clients equally.
 5. Respect each client's beliefs.
 6. Be sensitive to clients' feelings and reactions.
 7. Protect client confidentiality.
 8. Work within BHA/P guidelines, job responsibilities and certification scope of practice.
 9. Promote holistic health.
 10. Pursue personal and professional growth and development.
 11. Be a good role model professionally and in the community.
 12. Treat colleagues with respect, courtesy, fairness, and good faith.
 13. Advocate for all persons impacted by social or behavioral health related issue
 14. Honor cultural diversity.
- (CHAPCB Standards and Procedures)



The Seven Circles Story

- On a visit to a village, I walked up a hill.
- A noise behind me, made me turn and I accidentally kicked a few small stones.
- I saw animals running about and then stop. It looked like one large circle.
- Later, I asked the Elders what it meant. They said to ask my own Elders because they could say in their own language, but not in English.
- I asked my Elders and this is what I learned.



Babies



Elders



Community



Children



Adolescents



Adults

The First 6 Circles Protect the Inner Circles

1. The babies are in the first circle and give purpose and meaning.
2. The children protect the babies.
3. The adolescent boys and girls protect the children and babies.
4. The parents, aunts and uncles protect the adolescents, children and babies.
5. The community protects the adults, the adolescents, the children and the babies.
6. The Elders protect the community, the adults, the adolescents, the children and the babies.
They stand against the 7th Circle.



What is the 7th Circle?

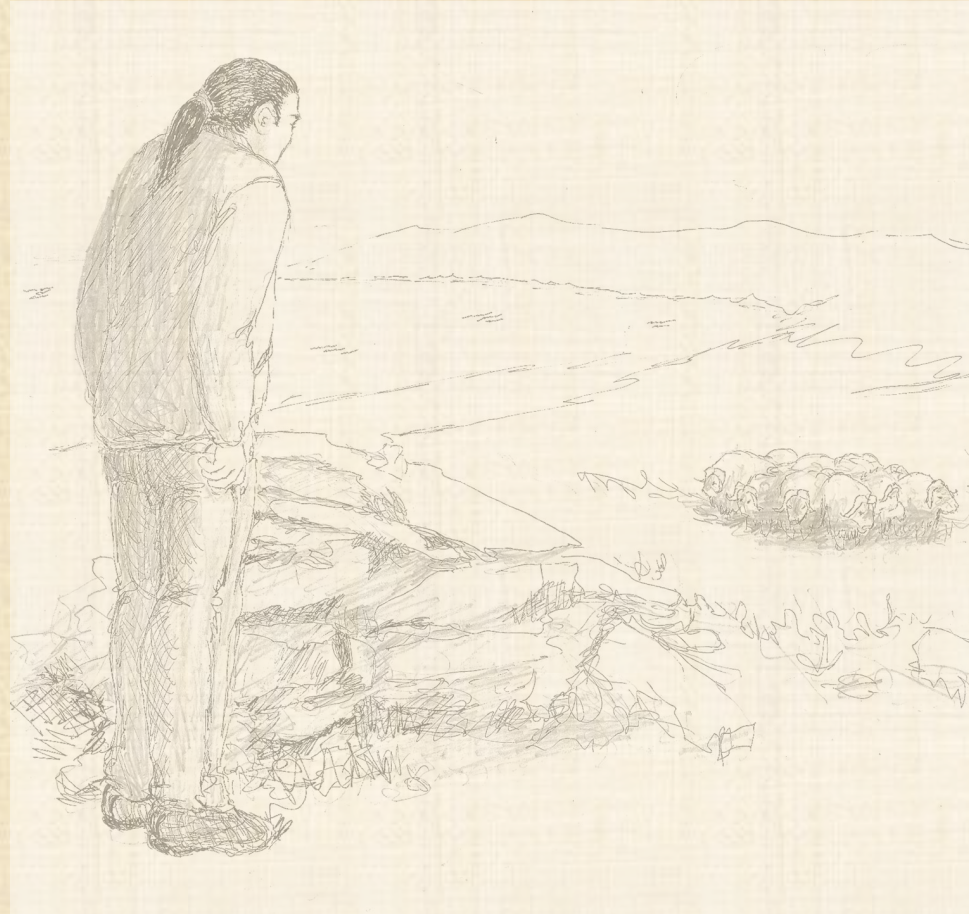
And I asked, “What is the 7th Circle?”

The Elders said –
“Look.”

I saw wolves.

I saw natural disasters,
other predators and, of
course, disease and old
age. I also saw modern
hunters.

They all killed or hurt
the musk ox.



The 7th Circle in Modern Times

- MURDER ° DRUGS ° ALCOHOL ° SUICIDE °
- STARVATION ° SEXUAL ABUSE ° MMIWG
- RAPE ° POVERTY ° RACISM ° TSUNAMI ° WAR ° TORNADOES
- HOMELESSNESS ° ADVERSE CHILDHOOD EXPERIENCES
- POLARIZED POLITICS ° PANDEMIC ° BULLYING °
- CANCER ° HURRICANES ° PTSD ° OBESITY ° NUCLEAR THREAT
- ° RADIATION ° TERRORISM ° FLOOD ° FAS ° EXPLOITATION
- DIABETES ° ACCIDENTS ° ARTHRITIS ° GENOCIDE
- HISTORICAL TRAUMA ° POLLUTION ° DEPRESSION ° MASSACRES
- ° INEQUITY ° CLIMATE CHANGE ° HUNGER ° WATER
- EXTINCTION ° VOLCANOES ° INVASIONS

Standing Up to the 7th Circle

- The 7th Circle is always with us
- Cultivate respect for the 7th Circle, not fear
- Have plans and practice fire drills, disaster preparedness, etc.
- Planes were on lockdown in 2001 and again in 2020; how long could your community survive without deliveries?
- How can a BHA help a community stand up to the 7th Circle?



-Notice how the adult geese are on the lookout for possible threats.-

Values Consciousness

- Hold one's values in awareness during times of confusion or stress.
- Remember - being unconscious or forgetting values, magnifies fear and anger.
- Insist on respect for oneself, other people, the land as much as possible.
- Protect the hope of the young people at every stage of their lives.
- Young people who face their futures with confidence benefit the human family.
- “It is not the strongest of the species that survives, nor the most intelligent; it is the one most adaptable to change.” – Inspired by: Charles Darwin, British naturalist.¹⁰

Balancing the Values and Code of Ethics with Self, Co-workers, Family and Culture

Questions to consider:

- Your Elder comes in worried about grandson's drinking and your supervisor needs the report done five minutes ago? What do you do? What have you done?
- A tribal member tells you a popular coach has a sexual abuse charge from several years ago? What do you do? What have you done?
- Your babysitter says she has COVID and has dropped your child off at your mom's. What do you do? What have you done?

Preparing ◦ Getting Ready ◦ Planning

- There are no *RIGHT* answers to every question. Always check the facts, not just gossip. Always let those in authority know. Always protect the community, especially the young.
- Sometimes village realities need to be explained to supervisors, such as potlatches, the stresses of having to choose between the job and family or between your own values and work priorities.
- If not balanced, BHA work can lead to chronic stress.
- Always remember, the BHA position can save lives and heal the community. Honor yourself and honor each other.



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Doug Modig

(907) 360-0077

dgmodig@icloud.com

Amy Modig

(907) 764-8880

amy_modig@yahoo.com