



# CONGRATS!



## Motherhood is Sacred Graduates!

Congratulations to our 2nd group of Motherhood is Sacred graduates! On April 24, 2017 we celebrated and honored an amazing group of women that participated in the Motherhood is Sacred 12 week program. Graduation consisted of a catered meal, honoring with gifts, and also recognition of strengths and personal growth. Special recognition to graduating participants: Brandie Ramirez, Maria Huaracha, Gabrielle Mills, Angelita Marquez, and Angela Polecat! Also, special recognition to Desiree Pacheco, Site Project Coordinator with Owens Valley Career Development Center for providing support and funding for the Motherhood is Sacred program.

Motherhood is Sacred curriculum offers participants the opportunity to gain a deeper understanding of the importance of responsible Motherhood and strengthening families as reflected in Native American values and beliefs. Fresno American Indian Health Project is proud to be a certified agency to implement this curriculum to our Native community. Be on the lookout for the next Motherhood is Sacred group coming soon, details to follow. For more information, please contact Amber Molina at 559-320-0490 to sign up and reserve your spot.

The next Community Advisory Board meeting will be Monday, May 15th, 5:30 to 7:30 PM Please join us, your voice is important! We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490



Nickie Matus is graduating from California State University, Humboldt with her degree in Social Work! She has been interning at FAIHP since August of 2016. In addition to working with us here, Nickie was employed with Sierra Tribal Consortium at Turtle Lodge. Nickie will begin her Master's program in Social Work in August. We are sad to have her leave us, but we are so proud of her!

## We will miss:

- "Her hilarious stories and how each of her tattoos has a story behind it. Also, that time I let her talk me into buying Nike Cortez shoes" - Erica
- "Her nice smile everyday" -Valerie
- "Struggling at the gym with her while she was in beast-mode" - Jannet
- "Her positive attitude and her smile" - Renee
- "That one time she was hangry" - Ruben
- "How she is super bright and is always on it - She gets things done!" - Amila
- "Her crazy funny stories about roller derby. Also how she caches my bad spelling" - Megan
- "How she is a calming resource" - Nancy

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# CLUBHOUSE NEWS



For Spring break the youth took trips out to the Native Garden in Woodward Park. They met with our Garden Coordinator, Laura Wass. They were able to find some goodies out in the garden, and then she took the youth on a tour through the garden and explained the different uses for the plants. They then took a walk down to the river, and explored some of the inhabitants that live along the water's edge.



Our girls group went to the Fres-Con anime convention held at Fresno State. They had a lot of fun meeting some cosplayers, and looking at all the interesting booths. After we met and discussed healthy relationships, and signs of relationship abuse. The girls were able to share their experiences, and learn from others.

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A group of our H.O.P.E. Youth went to do outreach at the Fresno State Powwow to do some outreach for our upcoming GONA.



Our Youth were invited to go to Fresno State to meet the artist Cannupa Luger Hanska. They were able to ask questions, and actually took part in building the sculpture itself. The youth were able to talk with Cannupa and hear his story behind his piece, and hear his story of how he started getting interested in art. He also gave the youth some background into the buffalo, and what they meant to his people and how they changed history.

# Did you know?

## May is International Mediterranean Diet Month!



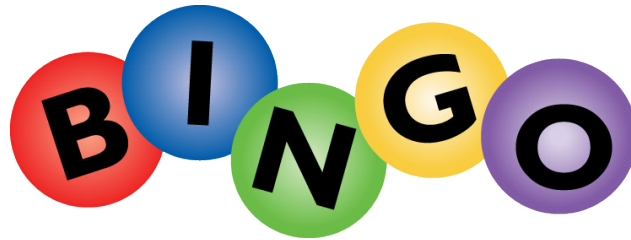
The Mediterranean diet has long been ranked one of the healthiest diets on the planet. Research has shown that the traditional Mediterranean diet drastically reduces the risk of heart disease. Additionally, a meta-analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of death overall.

Those following a Mediterranean diet have shown a de-

creased likelihood of heart attacks, stroke, cancer, Parkinson's and Alzheimer's diseases. Women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts may also have a reduced risk of breast cancer. For these reasons, most if not all major scientific organizations encourage healthy adults to adapt to the Mediterranean diet for prevention of major chronic diseases.\*\*\*

Why don't you try it out for yourself this month?

Hang me  
on your  
fridge!



Take me to  
the super  
market!

Eat your veggies and fruits. An abundance and variety of plant foods should make up the majority of your meals. Strive for 9 to 11 servings a day of veggies and fruits.

Switch to whole grains. Choose whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.

Load up on the good fats. Try olive or canola oil as a healthy replacement for lard or margarine. Use it in cooking. Olive oil is a staple in the Mediterranean diet and it contains a type of fat that helps reduce LDL ("bad") cholesterol.

Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added and added sugars. Try tahini (blended sesame seeds) as a dip or spread for bread.

Choose low-fat dairy. Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.

Go fish. Eat fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. These are packed with Omega-3 fatty acid which lower triglycerides, decrease blood clotting, are associated with decreased sudden heart attack, improve the health of your blood vessels, and help moderate blood pressure.

Rein in the red meat. Switch fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (the size of a deck of cards). Avoid sausage, bacon and other high-fat or processed meats. Try to limit red meat to a few times a month.

Spice it up. Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.

Raise a glass to healthy eating. If it's OK with your doctor, have a glass of wine at dinner. Studies show that switching to red wine (no more than 8oz a day for a woman, and 10oz a day for a man) if you are already a drinker, has heart healthy benefits. The heart healthy benefits are outweighed by the negative effects of alcohol.

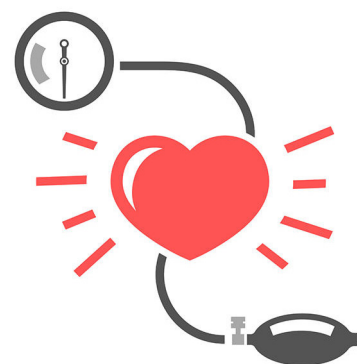
### Don't forget!

Get plenty of exercise. Physical activity guidelines recommend 30-60 minutes of moderate to vigorous physical activity every day, but the bottom line is that you just need to move more. Try not to sit for longer than 30 minutes at any given time.

\*\*\*

This diet may not be best for those already suffering from Kidney disease. If you have been diagnosed with any major illness, please speak with your doctor and dietitian before starting on a new diet plan.

# HOW IS YOUR BLOOD PRESSURE?



| Blood Pressure Category                     | Systolic        |     | Diastolic       |
|---|-----------------|-----|-----------------|
| Normal                                      | less than 120   | and | less than 80    |
| Prehypertension                             | 120 – 139       | or  | 80 – 89         |
| High Blood Pressure (Hypertension) Stage 1  | 140 – 159       | or  | 90 – 99         |
| High Blood Pressure (Hypertension) Stage 2  | 160 or higher   | or  | 100 or higher   |
| Hypertensive Crisis (Emergency care needed) | Higher than 180 | or  | Higher than 110 |

## Did you know?

- High blood pressure often has no signs or symptoms
- High blood pressure develops slowly over time.
- High blood pressure cannot be cured, but lifestyle changes and medication can control it.
- Even if your blood pressure is high, you probably will not notice any symptoms.
- That's why high blood pressure is often called the "silent killer."

## What Does the Systolic Blood Pressure Mean?

When your heart beats, it squeezes and pushes blood through your arteries to the rest of your body. This force creates pressure on those blood vessels, which is your systolic blood pressure, or top number. Normal systolic is 120 or lower.

## What Does the Diastolic Blood Pressure Mean?

The diastolic reading, or bottom number, is the pressure in the arteries when the heart rests between beats. It is when the heart fills with blood and receives oxygen.

A normal diastolic is 80 or lower.

## Don't Forget!

Avoid caffeine, cigarettes, and exercise for 30 minutes before getting blood pressure taken.



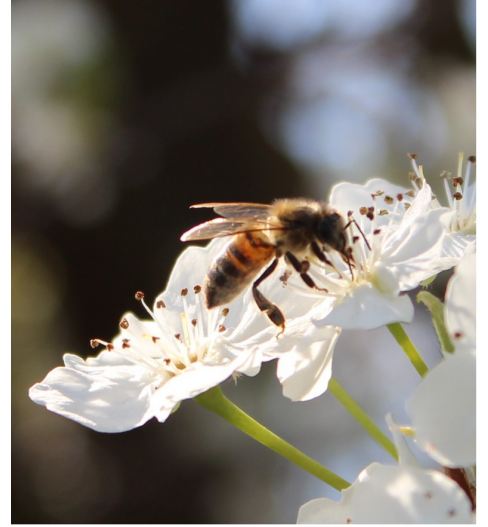
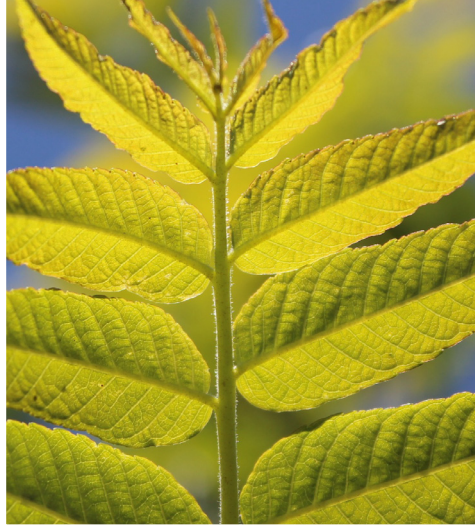
## The Risks of High Blood Pressure can lead to:

- Heart attack
- Stroke
- Heart failure
- Kidney disease
- Vision loss
- Sexual dysfunction
- Angina
- Peripheral artery disease

## What can I do?

- Eat a well-balanced, low-salt diet.
- Limit alcohol intake.
- Get regular physical activity/ exercise.
- Maintain a healthy weight.
- Take prescribed BP medications.

# Good Medicine in the Garden



## 5 Benefits of Gardening

According to a study by Michigan State University, gardening is good medicine!

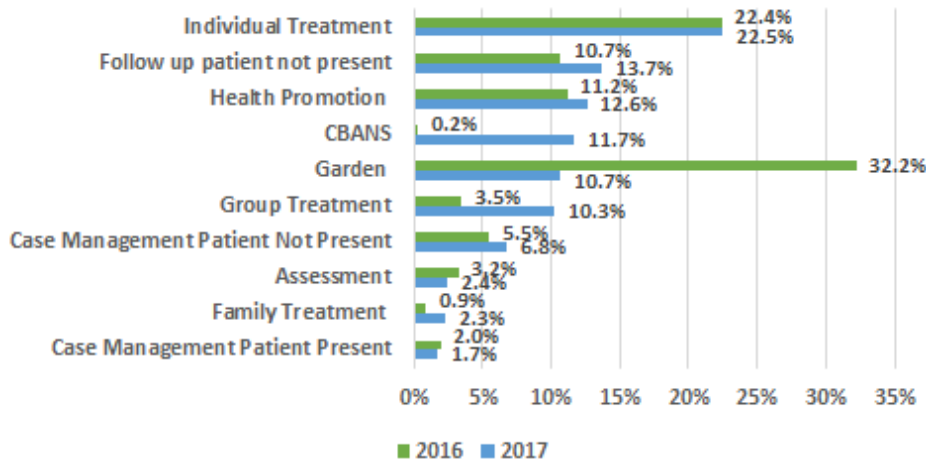
1. Breathing fresh air can reduce the symptoms of ADHD.
2. Gardening is a stress reliever, and stress can cause irritability, headaches, stomach aches, heart attacks and worsen pre-existing conditions.
3. Being in nature for 10% more of your life can add five years to your life!
4. Gardening helps increase mental clarity and feelings of reward.
5. Gardening for 2.5 hours each week can reduce the risk for obesity, high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer and premature death.



# SYSTEM OF CARE QUARTERLY REPORT

FAIHP was awarded the SOC grant in September 2014. We are currently in our third year. To date, our behavioral health team has served more than 663 patients, with a total of around 6,400 visits. Our behavioral health has been doing an amazing job expanding mental health services to Native Americans and Alaskan Indians in Fresno.

## BEHAVIORAL HEALTH ACTIVITIES



This graph shows the top 10 services our community has received this quarter. Nearly 25% of our patients received individual mental health counseling in 2017. This service has slightly increased by .1% from this time last year. Our Native Garden visits have decreased drastically this year due to heavy rain.

# 362.5

## VOLUNTEER HOURS

In the first quarter our community offered up these hours for groups like Wellbriety, the Youth Boys Group, the Stress management Beading Class, the Peacekeepers trainings, and garden clean up crews.

## ONGOING PROGRAMS

**WISE** “I was going through depression, and since I’ve joined beading, I’m alright”

**YOUTH BOYS GROUP**

**YOUTH GIRLS GROUP**

**STRESS MANAGEMENT BEADING GROUP**

**MOTHERHOOD IS SACRED**

**WELLBRIETY SUBSTANCE ABUSE CLASS**

**TURTLE LODGE OUTPATIENT GROUP**

## EMPLOYEE TRAININGS

**CPR/AED** All FAIHP staff completed the training

**PLAY THERAPY CONFERENCE** Our outpatient therapist Amber went

**ASSIST WORKSHOP** Our youth coordinator Rachelle took one youth to a two day workshop on suicide intervention

## OUTREACH EVENTS/MEETINGS

**FIRST NATIONS OUTREACH**

**RED ROAD SOBRIETY GONA PLANNING MEETING**

**MONTHLY OVCD PRESENTATIONS**

**CLUBHOUSE THERAPEUTIC GARDEN VISITS**

**WESTCARE THERAPEUTIC GARDEN VISITS**

**OVCD THERAPEUTIC GARDEN VISITS**

**BIG SANDY FAMILY WELLNESS DAY AT THE GARDEN**

**PARTNERSHIP WITH AIVA**

**FOSTER YOUTH GONA MEETINGS**

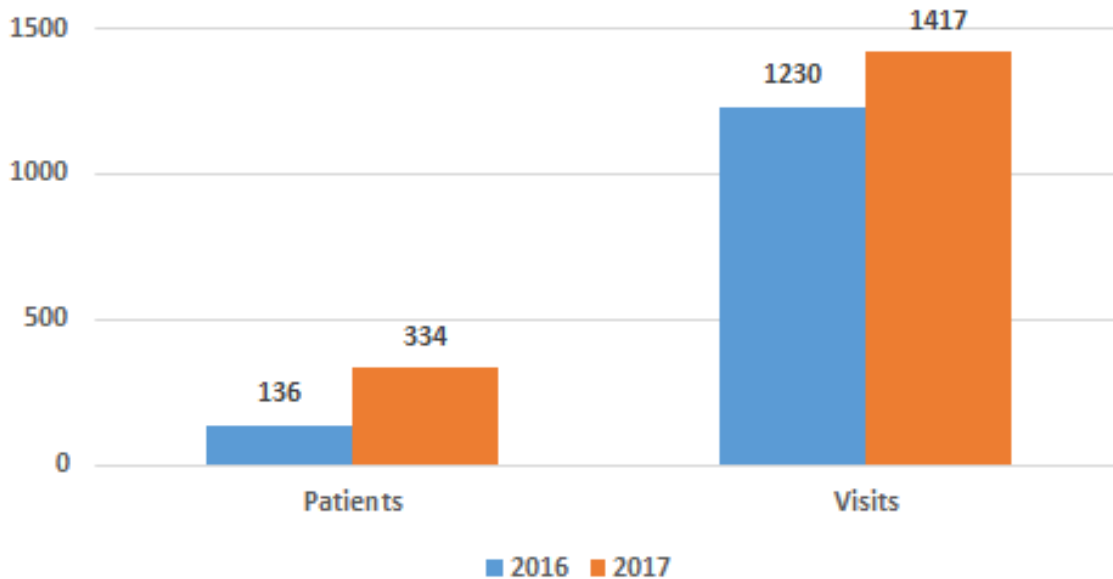
**RESOURCE FAMILY INFORMATIONAL**

**PAINT NIGHT WITH BOBBY MARTIN**

**SOBRIETY GONA MEETINGS**

SOC Quarterly Report continues on page 7

## QUARTERLY REPORT CONTINUED FROM PAGE 6



This graph shows an overview of patients served from January 2016 to March 2016 and from January 2017 to March 2017. In comparison to 2016, we've increased patients from 136 to 334. Our visits have also increased from 1,230 visits in 2016 to 1,417 visits in 2017.

## NEW HIRES



**DAVID STROUD MA, LMFT**  
Outpatient Therapist



**JEFF ESTES**  
Family Advocate  
*Cherokee West Nation*



**MEGAN BRONSON**  
Social Media Coordinator

## NEW PARTNERSHIPS



FAIHP partnered with Fresno Pacific for outpatient therapist interns

## SOCIAL MEDIA

## PAGE LIKES



|      |     |
|------|-----|
| 2016 | +10 |
| 2017 | +64 |

## FOLLOWERS



|      |     |
|------|-----|
| 2016 | +0  |
| 2017 | +15 |

## NEW PROGRAMS/COMMITTEES

**NATIVE CREATIVE WRITING GROUP**

**FATHERHOOD IS SACRED**

**SOC STRATEGIC PLANNING COMMITTEE**

**WELLNESS COMMITTEE**

**TRANSITIONAL YOUTH COMMITTEE**

**INTEGRATING CULTURAL SERVICES COMMITTEE**

**MENTAL HEALTH SERVICE SPECTRUM OF CARE COMMITTEE**

## THE BEHAVIORAL HEALTH TEAM

Dr. Carizma Amila Chapman, Director of Behavioral Health  
Jannet Castaneda, Quality Improvement Coordinator  
Dawn Batten, Billing Manager Program Development  
Ruben Garcia, CBANS Peer Support Specialist  
Laura Wass, Care/Community Garden Coordinator  
Jeff Estes, Family Advocate

Amber Molina, Outpatient Therapist  
Joyce Burel, Family Therapist  
David Stroud, Outpatient Therapist  
Eva Mavyan, Outpatient Therapist Trainee  
Nickie Matus, Social Work Intern  
Megan Bronson, Social Media Coordinator

# A BUSY MONTH FOR CBANS!

CBANS was out about about this month at three different events doing outreach.

The first event was the CBANS PEI monthly meeting which took place at the Native Community Gardens on 4/4/2017. Several members of the PEI committee met at the Gardens. Laura Wass first explained about the land and its rich history in the Native American Community. The committee members were then allowed to explore the Garden on their own connecting with Mother and the beauty of the land. When the committee members regathered they were asked to explain how they felt physically, mentally, spiritually, and emotionally. Their responses were amazing.

The second was the Fresno State "Water is Sacred" Pow Wow which took place on 4/8/2017. CBANS tabled at the event to spread awareness about behavioral health and reducing stigmas associated with services. The turnout was great despite the weather. Everyone enjoyed celebrating Native American Culture and promoting behavioral health to the community.

The third event was Weave your way to health which took place at the Tule River Pow Wow grounds on 4/14/2017. CBANS tabled this event as well we were able to provide outreach to many community members as well as making contact with other community partners. There were many cultural activities throughout the day promoting good physical and mental health within the community.

Don't forget about Sobriety GONA May 9th through the 12th! Contact Jeff or Laura for information at 559.320.0490.



# MAY 2017

| Sunday                    | Monday  | Tuesday                      | Wednesday   | Thursday  | Friday   | Saturday  |
|---------------------------|---|------------------------------|---|---|--|---|
|                           | 1<br>Walking group<br>11 - 12                                   | 2<br>Beading<br>5:30 - 8:30  | 3<br>Welbriety<br>5:30 - 7:30<br>Fatherhood is Sacred<br>5 - 7:30<br>Exercise group<br>11 - 12<br>Garden day  | 4<br>Beading<br>5:30 - 8:30                                       | 5  | 6   |
| 7                         | 8<br>Walking group<br>11 - 12                                   | 9<br>Beading<br>5:30 - 8:30  | 10<br>Fatherhood is Sacred<br>5 - 7:30<br>Exercise group<br>11 - 12   | 11<br>Beading<br>5:30 - 8:30                                      | 12   | 13  |
| 14<br>Mother's Day        | 15<br>Advisory Board<br>5:30 - 7:30<br>Walking group<br>11 - 12 | 16<br>Beading<br>5:30 - 8:30 | 17<br>Welbriety<br>5:30 - 7:30<br>Fatherhood is Sacred<br>5 - 7:30<br>Exercise group<br>11 - 12<br>Garden day<br>Fresno City Indian Graduation<br>Creative writing 12 - 2 | 18<br>Beading & Eating<br>5:30 - 8:30<br>Diabetes class<br>12 - 2 | 19<br>Keep It Native<br>Day Minarets<br>High School                        | 20<br>Big Sandy<br>Powwow<br>NAMI Walk                          |
| 21<br>Big Sandy<br>Powwow | 22<br>Walking group<br>11 - 12                                  | 23<br>Beading<br>5:30 - 8:30 | 24<br>Welbriety<br>5:30 - 7:30<br>Fatherhood is Sacred<br>5 - 7:30<br>Exercise group<br>11 - 12<br>Garden day   | 25<br>Beading<br>5:30 - 8:30<br>WISE<br>12 - 2                    | 26<br>Youth Mental<br>Health Aware-<br>ness Family<br>Movie Night<br>5 - 8 | 27<br>Central Valley<br>American Indian<br>Graduation<br>11 - 2 |
| 28                        | 29<br>Memorial Day<br>Office Closed                             | 30<br>Beading<br>5:30 - 8:30 | 31<br>Welbriety<br>5:30 - 7:30<br>Fatherhood is Sacred<br>5 - 7:30<br>Exercise group<br>11 - 12<br>Garden day   |   |  |   |

# JUNE 2017

| Sunday | Monday  | Tuesday                      | Wednesday  | Thursday  | Friday                                       | Saturday |
|--------|---|------------------------------|--|---|--|----------|
|        |   |                              |  | 1   | 2  | 3        |
| 4      | 5<br>Walking group<br>11 - 12                                   | 6<br>Beading<br>5:30 - 8:30  | 7<br>Welbriety<br>5:30 - 7:30<br>Exercise group<br>11 - 12<br>Garden day<br>GONA registration<br>due | 8<br>Beading<br>5:30 - 8:30<br>WISE<br>12 - 2                                       | 9<br>GONA<br>Volunteer<br>Orientation<br>9-2 | 10       |
| 11     | 12<br>Walking group<br>11 - 12                                  | 13<br>Beading<br>5:30 - 8:30 | 14<br>Welbriety<br>5:30 - 7:30<br>Exercise group<br>11 - 12<br>Garden day                            | 15<br>Beading<br>5:30 - 8:30  | 16   | 17       |
| 18     | 19<br>Advisory Board<br>5:30 - 7:30<br>Walking group<br>11 - 12 | 20<br>Beading<br>5:30 - 8:30 | 21<br>Welbriety<br>5:30 - 7:30<br>Exercise group<br>11 - 12<br>Garden day                            | 22<br>Beading & Eating<br>5:30 - 8:30<br>Diabetes class<br>12 - 2<br>WISE<br>12 - 2 | 23   | 24       |
| 25     | 26<br>Walking group<br>11 - 12                                  | 27<br>Beading<br>5:30 - 8:30 | 28<br>Welbriety<br>5:30 - 7:30<br>Exercise group<br>11 - 12<br>Garden day                            | 29<br>Beading<br>5:30 - 8:30  | 30   |          |



# FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139  
Fresno, CA 93710  
559.320.0490  
Fax: 559.320.0494  
**www.faihp.org**



## Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

DONATION AMOUNT: \_\_\_\_\_

**Please make all checks payable to:**

Fresno American Indian Health Project  
1551 E. Shaw Avenue, Suite 139, Fresno CA 93710.

### Our services include:

- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

### OUR BOARD OF DIRECTORS

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