



FAIHP

Fresno American Indian Health Project

DRUM BEATS

The Heartbeat of The Community

Volume 10 • Issue 7 • September • 2017

Dominique introduces Family Spirit



Dominique Carrillo,
Care Coordinator
Chukchansi

Hello Everyone! I am very excited to announce the newest program Fresno American Indian Health Project has to offer. I had the opportunity to attend Family Spirit training in Sacramento last month and I was certified to teach the curriculum to our community. Family Spirit is a home visiting program providing services to pregnant and parenting families with Native children under the age of three in Fresno County. I will visit every week as desired up until your child is three years old. I will also work around your family's schedule. I am the only family educator here at FAIHP and I am ready to take on this very important task for my Native Community!

Family Spirit will help support Native families in many different aspects during pregnancy and post pregnancy. Family Spirit will help support in a healthy pregnancy and a healthy baby as well as help build strong support for the caregiver and the baby. The program will help access medical, dental and behavioral health services. Connect with cultural ceremonies and traditions around pregnancy, parenting and childbirth. I will teach you about childbirth, newborn care, child development, family planning and parenting. I will also help get referrals for healthcare, childcare, job training and other support services available in our community. If education is something the caregiver would like to pursue then I will find ways to continue the caregivers education and develop job skills. Most importantly I will help set goals for your family's future and find ways to help the family reach them.

Who can enroll in this program? Self-identified Native American pregnant women, expectant fathers, grandparents, and other caregivers of Native American children ages 0-3. A person also must register with Fresno American Indian Health Project and live in Fresno County.

If you believe this program is for you and your family please call FAIHP and ask for me and I will schedule our first appointment. This is an amazing opportunity for our community and I am happy to be your Home Health Educator for the Family Spirit Program. Remember, it takes a village to raise a child!



Family Spirit is
now available at
FAIHP! Call us
today at 559-
320-0490 to
schedule a visit

The next Community Advisory Board meeting will be Monday, Sept. 18th, 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

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SYSTEM OF CARE QUARTERLY REPORT

CLUBHOUSE APRIL 1ST THROUGH JUNE 30TH, 2017

100%

THE YOUTH WHO GRADUATED FROM CLUBHOUSE ARE NOW ENROLLED IN COLLEGE



CLUBHOUSE TEAM

Rachel Ramirez, Director of Youth Services
Rachelle Areyan, Youth Coordinator
Domingo Ramirez, Transporter

EMPLOYEE TRAININGS

GONA Evaluation Training
Grant Solutions MSPI Webinar

TUTORING

Fresno State students tutored Clubhouse youth a total of 52 hours during the quarter, majority of this took place in April as school ended.

ACTIVITIES

Spring Camp in Visalia
Color Me Rad
Insane Inflatable 5 K
Resume Workshop
Arthop: Indigenous Art Exhibit
Logo Making Workshop
NAMI Walk
Community Mental Health Night
Foam Glow Run
Field trip to discovery center
Emotion group with Eva and Amber

CLUBHOUSE NOTES

GONA Recap:

Last month we highlighted the teachings of GONA along with the youth. This month we would like to give a shout out to our wonderful volunteers who gave their time to help with the planning and implementation of GONA. You are worthy! We had 29 volunteers and an additional 12 who attended to make special presentations for the youth. Thank you to North Fork Tribal TANF for your collaboration. Special thanks to previous GONA participants who volunteered this year: Noah B., Ressie G., Rodney M., Winstin M., Izaya L., Tim L., Elisio F. The GONA is a testament to how our community joins together for positive change and events. The nearly 70 youth were able to attend this camp because of each individual who helped. We look forward to doing it again next year!

Summer Camp Highlights:

This year 22 kids attended the United American Indian Involvement Summer Camp in Descanso, California. The youth participated in activities including archery, swimming, and gourd painting. Youth also took trips to the Sycuan Cultural Center, and to San Diego Beach.

Clubhouse started back on our regular school schedule. We're so excited to see and work with the kids again in addition to welcome some new faces. This year, Clubhouse will continue to work with the Behavioral Health Team on a monthly basis, bringing in therapists to facilitate group work with the youth. The youth have loved learning new ways to express themselves in a positive manner. Starting in September, students from Fresno State will be assisting youth on Tuesday and Thursdays on the youth's reading and writing skills. We look forward to working with Fresno State for the upcoming semester.

Power up breakfast!

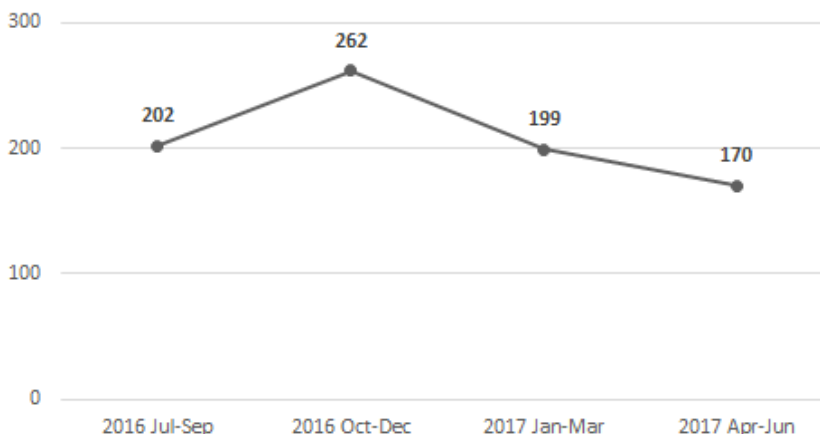
Now that the kids are back to school, make sure they aren't skipping the most important meal of the day! Breakfast gives you energy to start the day off right and is important for everyone. Studies show that a healthy breakfast increases information retention and boosts test scores. Get the morning nutrition you need with these quick breakfast ideas:

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
 - Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
 - Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
 - Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
 - Top a toaster waffle with low-fat yogurt and peach slices.
 - Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
 - Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
 - Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
 - Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.
 - Peanut butter and banana sandwich on whole-grain bread
 - Leftover veggie pizza
 - Deli turkey, a slice of low-fat cheese and lettuce wrapped in a tortilla
 - Leftover rice mixed with low-fat yogurt, dried fruit and nuts. Sprinkle with cinnamon.
- Power up with a healthy breakfast and you're off to a great start!

SYSTEM OF CARE QUARTERLY REPORT

HEALTH DEPARTMENT APRIL 1ST THROUGH JUNE 30TH, 2017

Patients seen in Health Department



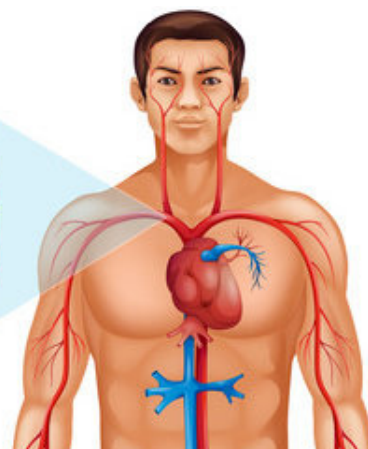
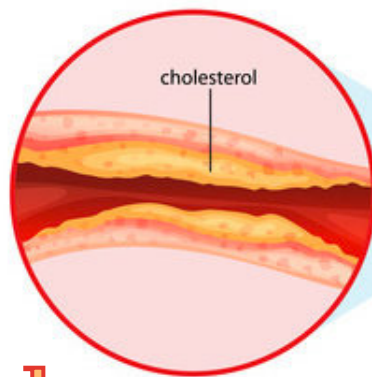
ACTIVITIES

Turtle Lodge Nutrition
Walking class at Manchester Mall
Exercise class
Diabetes class
Beading and Eating
Clubhouse running group

HEALTH TEAM

Nancy Pierce, Director of Health Services
Renee Ingalls, Dietitian

September is National Cholesterol Education Month



September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about food and lifestyle choices that help you reach personal cholesterol goals.

How many Americans have high cholesterol?

More than 102 million American adults have total cholesterol levels at or above 200 mg/dL, which is above healthy levels. More than 35 million of these people have levels of 240 mg/dL or higher, which puts them at high risk for heart disease, the leading cause of death in the United States.

What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for

heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are high. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

Can children and adolescents have high cholesterol?

Yes. High cholesterol can develop in early childhood and adolescence, and your risk increases as your weight increases. It is important for children over 2 years of age to have their cholesterol checked, if they are overweight/obese, have a family history of high cholesterol,

a family history of heart disease, diabetes, high blood pressure, or certain chronic conditions.

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol. In addition, you can lower your cholesterol levels through lifestyle changes:

- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 30 minutes a day of physical activity. Aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you do!

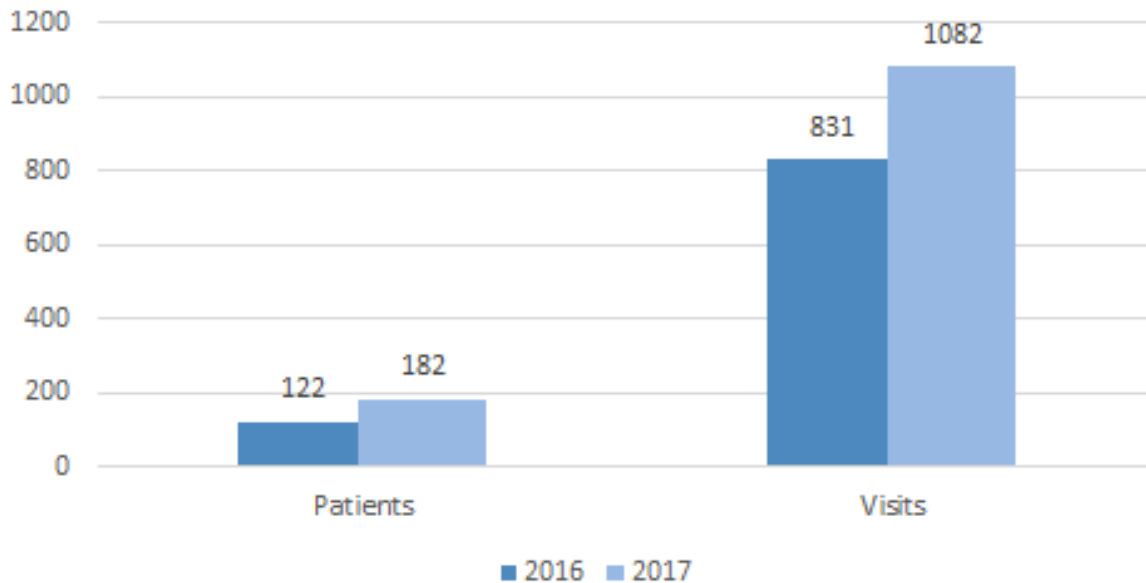
Desirable Cholesterol Levels

Total cholesterol	Less than 170 mg/dL
Low LDL ("bad") cholesterol	Less than 110 mg/dL
High HDL ("good") cholesterol	35 mg/dL or higher
Triglycerides	Less than 150 mg/dL

SYSTEM OF CARE QUARTERLY REPORT

BEHAVIORAL HEALTH HIGHLIGHTS APRIL 1ST THROUGH JUNE 30TH, 2017

Patient vs Visits



This graph shows an overview of patients served from April 2016 to June 2016 and from April 2017 to June 2017. In comparison to 2016, we've increased patients from 122 to 182. Our visits have also increased from 831 visits in 2016 to 1,082 visits in 2017.

ONGOING PROGRAMS

- Wise support group for elders
- Stress management beading group
- Fatherhood is Sacred
- Wellbriety substance abuse class
- Turtle lodge outpatient group
- Stress management beading group
- Clubhouse boys and girls groups
- Motherhood is Sacred

NEW PROGRAMS/COMMITTEES

- Sobriety GONA
- Fatherhood is Sacred
- Talking Two Spirit Committee

EMPLOYEE TRAININGS

- Trauma Informed Care Webinar Series
- West Coast Institute for Gestalt Therapy with Children and Adolescents
- American Indian/ Alaska Native Clinical Mental Health Training
- Strengthening Ties with Tribal System of Care Family Run Organizations
- Crossing: Exploring Shared Work in Writing
- The Hope Squad Program- Addressing Suicide Prevention and Untreated Mental Illness
- Patient Engagement Champion Training

THE BEHAVIORAL HEALTH TEAM

- Dr. Carizma Amila Chapman, Director of Behavioral Health
- Jannet Castaneda, Quality Improvement Coordinator
- Ruben Garcia, CBANS Peer Support Specialist
- Dawn Batten, Billing Manager
- Dominique Carillo, Care Coordinator
- Amber Molina, Outpatient Therapist

- Joyce Burel, Family Therapist
- David Stroud, Outpatient Therapist
- Eva Mavyan, Outpatient Therapist Trainee
- Melissa Putman, Outpatient Therapist Trainee
- Naomi Weins, Outpatient Therapist Trainee
- Megan Bronson, Social Media Coordinator



An interview with local Native artist Bobby Von Martin

My name is Bobby Von Martin. I'm 39 years old and reside in Fresno CA with my wife Soupie Martin and our 3 children. I've grown up here all my life, born and raised. I am an enrolled member of the Choctaw Nation of Oklahoma. I'm also a registered artist with the Choctaw Nation. I try to give back to the community as much as I can, especially with the native youth that are struggling.

Coming from a broken home, my brother and I would occupy our time with drawing. From my younger years, I started graphite drawing. In high school I didn't make the best decisions, but still did art as far as graffiti and murals. I also did tattoos for a while. I didn't really pursue this as a career, more of a hobby. Actually, it was my therapist that encouraged me to do something that made me feel at peace. The only time I could think of, was when I would draw when I was younger. So I picked up some water color paint and started painting. I landed my first show with James Luna in the beginning of 2016 at Fresno State. I didn't have much, just a few water color paintings I did, that I guess impacted some of the people that were there. So much so that I sold my first ever paintings. From then, it's just kind of sprouted into this incredible journey.

For me, because my art is more cultural activism, to the indigenous people, it brings an empowerment to their culture and ancestors. To the non natives, my art brings an awareness not just through the colors and artistic freedom of my art, but brings to light some of the dark histories that is unwritten about the indigenous people. Every time I show my art, I'm explaining to someone, a piece of history that they didn't know.


My advice to aspiring native artists, is to paint for yourself and nobody else. Paint things that make you feel good about yourself and your community. Just like other artists, poets, singers, song writers, put all your emotions into your art. Don't be a critic of your work, as far as being perfect, because art is never perfect. Be able to take criticism from all angles. Never feel like your work is not good enough to be shown, you'll be surprised of something you might not think highly of, because someone else just might fall completely in love with it. Like everything else, it takes hard work, dedication and sacrifices. Always be humble. For me, every painting that I'm blessed with to sell, I try to gift another one to someone in need, whether it be a painting or lesson.

**Join Bobby
Von Martin
on Sept.
26th and
28th at
5:30 for
art classes
at FAIHP.
Materials
will be
provided!**

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day Office Closed	5 Beading 5:30-8:30	6 Exercise Group 11-12 Wellbriety 5:30-7:30	7 Beading 5:30-8:30 Fatherhood Is Sacred 5:30	8	9
10	11 Walking Group 11-12 Motherhood is Sacred 6-8	12 Beading 5:30-8:30	13 Exercise Group 11-12 Wellbriety 5:30-7:30	14 WISE 12-2 Beading 5:30-8:30 Fatherhood Is Sacred 5:30	15	16
17	18 Walking Group 11-12 Motherhood is Sacred 6-8 Advisory Board 5:30	19 Beading 5:30-8:30	20 Exercise Group 11-12 Wellbriety 5:30-7:30	21 Diabetes class 12-2 Beading & eat- ing 5:30-8:30 Fatherhood Is Sacred 5:30	22 Native American Heritage Day Office Closed	23
24	25 Walking Group 11-12	26 Beading/ Bobby Von Martin visit 5:30-8:30	27 Exercise Group 11-12 Wellbriety 5:30-7:30	28 WISE 12-2 Beading/Bobby Von Martin 5:30-8:30 Fatherhood Is Sacred 5:30	29	30

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Motherhood is Sacred 6-8	3 Beading 5:30-8:30	4 Exercise Group 11-12 Wellbriety 5:30-7:30	5 Beading 5:30-8:30 Fatherhood Is Sacred 5:30	6	7
8	9 Walking Group 11-12 Motherhood is Sacred 6-8	10 Beading 5:30-8:30	11 Exercise Group 11-12 Wellbriety 5:30-7:30	12 WISE 12-2 Beading 5:30-8:30 Fatherhood Is Sacred 5:30	13 Chukchansi Pow Wow	14 Chukchansi Pow Wow
15 Chukchansi Pow Wow	16 Walking Group 11-12 Motherhood is Sacred Advisory Board 5:30-7:30	17 Beading 5:30-8:30	18 Exercise Group 11-12 Wellbriety 5:30-7:30	19 Diabetes class 12-2 Beading & eating 5:30-8:30 Fatherhood Is Sacred 5:30	20 Talking Two Spirit 5pm	21
22	23 Walking Group 11-12 Motherhood is sacred	24 Beading 5:30-8:30	25 Exercise Group 11-12 Wellbriety 5:30-7:30	26 WISE 12-2 Beading 5:30-8:30 Fatherhood Is Sacred 5:30	27	28
29	30 Walking Group 11-12 Motherhood is sacred 6-8	31 				



FAIHP
Fresno American Indian Health Project

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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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