

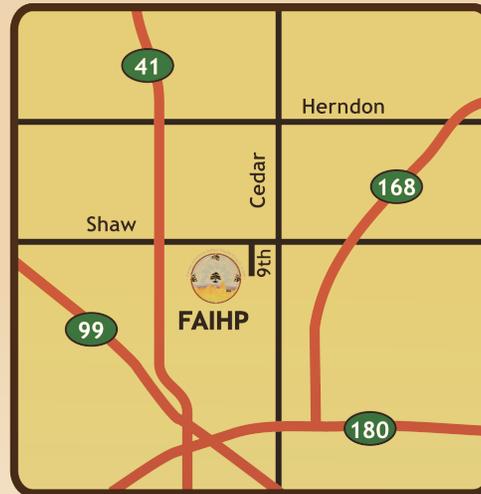
MISSION

Fresno American Indian Health Project strives to provide excellence in a wide variety of services for the American Indian Community in a respectful manner with a high regard for cultural, spiritual, personal values and tribal affiliation.



FAIHP

Fresno American Indian Health Project



1551 E. Shaw Ave. Ste. 139
Fresno, California 93710
Phone: 559.320.0490
Fax: 559.320.0494
www.faihp.org



FAIHP is a nonprofit
501(c)3 Program

This project is funded by:



CBANS

Cultural Based Access Navigation
and Peer Support Services



*Providing mental health
awareness, prevention, and
early intervention services
to American Indians in
Fresno County*



WHO WE SERVE

Primarily Native American individuals and families residing in urban or rural areas of Fresno County



- Young Adults
- Adults
- Elders

WHO IS ELIGIBLE

- Individuals in need of services
- Our intake process does not require income, or tribal verification

WHERE WE PROVIDE SERVICES

- In our office
- Participant homes
- Community events
- Powwows and gatherings
- Other local venues

CBANS SERVICES

Our CBANS staff consists of a community health worker and peer support specialists who will provide mental health awareness, prevention and early intervention services.

AWARENESS

Provide information and be available to set up informational booths or make presentations on mental health.

PREVENTION

Work in one-on-one settings, and small groups to provide peer support, reduce the stigma of mental health conditions, relieve stress through artistic expression and make referrals to appropriate support groups or providers.

EARLY INTERVENTION

Early Intervention services will assist people experiencing distress, and at risk for developing serious mental health conditions.

Education and support will be provided with the goal to manage and prevent distress from becoming more serious and thereby reduce secondary effects such as, job loss, relationship issues and substance abuse problems. Appropriate support services and referrals will be a part of early intervention services. Developing coping skills and the tools needed to cope with life's stressors.

WHAT IS GOOD MENTAL HEALTH?

According to the World Health Organization good mental health is:

- A state of well-being
- An individual realizes his or her own abilities
- Able to cope with the normal stresses of life
- Able to work productively and fruitfully
- Able to make a contribution to his or her community

How common are mental disorders?

In the United States one in four adults has a mental illness in any one year.

In Fresno city approximately :

- 62,328 adults have anxiety
- 23,200 adults have major depression

Many people suffer in silence. CBANS is here to provide outreach and mental health first-aid to help relieve discomfort, promote better mental health, and help people connect with appropriate professionals when necessary. CBANS is not a treatment program and should not be substituted for treatment by a professional.