



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

SEPTEMBER • 2022

Fall is Here!

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Photo by Autumn Mott Rodeheaver



CEO REPORT- Selina De La Peña

September News

In August we held our Annual Board Retreat, we held it in town with Virginia Hedrick from CCUIH who discussed UIO's (Urban Indian Organizations) with the Board and shared great information on how we can grow our services. We invited community members who represented different age groups and programs to share what they would like to see in our organization with the Board and debuted a video on Vaccines and Native American Communities. It featured an elder and a young adult community member who were present and shared their own experiences. This was followed by Sharol McDade a consultant who made us examine our strategic plan to make sure it was aligned with our goals and values.



Grace R. - WISE Group



Jenessa T. - Clubhouse



Vaccine Video



Shane L. - Young Adults



Lou Anne G. - Beading Group



Native Caregiver Forum



Ralph Vigil



Native Wellness Staff

Also in August FAIHP co-hosted the Native American Caregivers Forum. FAIHP collaborated with the Alzheimer's Association and the American Indian Studies/College of Social Sciences at California State University. This event was held at California State University, Fresno in the Table Mt. Reading Room. We would like to thank the participants, our board members Ralph Vigil who emceed the event, Leece Lee Oliver Board Chair & Director of American Indian Studies Fresno State, Brandy Jaramillo Board secretary and our Native Wellness program. Thank you to our partners and the Alzheimer's Association for helping us to offer our first Native

American Alzheimer's Conference. We appreciate all of the vendors who attended to share valuable resources with our families.

Native Days Car & Bike Show – November 19 – The Native Days Car and Bike Show is an annual fundraiser. It will be held in FAIHP's parking lot. All proceeds that are raised at the event will be used to give back to the community in the form of scholarships and charity care. There are plenty of sponsorship packages available and Early Bird discounts for vendors and cars how exhibitors. For more information please visit our website @ www.faihp.org

We look forward to the fall weather and the continued growth here at FAIHP.

YOUTH NEWS

In August, members of the Youth Services Department took a group of youth to the Boys with Braids Conference at the Friendship House in San Francisco, California.

The purpose of this event was to celebrate Indigenous boys and their long hair, as well as teach young Native American boys and girls about the traditions and cultural significance of our hair.



The spiritual leaders and cultural facilitators at the conference emphasized that our hair is a symbol of our identity as Indigenous peoples. Teachings vary, but our hair is often viewed as a physical representation of our strength, wisdom and spirit which connects us to the ancestors that walk with us throughout our lives. Washing, brushing, braiding, and taking care of our hair is a prayerful and sacred part of our day because our hair is just that - sacred.



For generations many Native American youth, especially boys and young men, have been bullied and shamed at school for wearing their hair long. The Boys with Braids movement was created by Michael Linklater, as he and his sons were bullied for wearing their braids, to raise awareness around the discrimination Indigenous youth face and to encourage them to celebrate their culture and take pride in their long hair.

For example, the men and young boys who attended the conference participated in a friendly competition - those with the longest hair and/or coolest braid received praise from the audience and won gift cards to take home. What a great way to show love to our young boys and men with long hair.

We saw relatives and old friends, and of course made new ones. There was food, men and women talking circles, workshops for the youth, gifts and raffles, and Shakehead Dancers to send us off in a good way. Overall, Boys with Braids offers powerful teachings and instills resilience in Native American boys who continue to wear their hair long through traditional values such as spirituality, respect, honor and love.



After the conference, the boys had the opportunity to explore some of San Francisco as we visited the gift shops and grabbed dinner at Pier 39 before the ride back home.

Let's continue to create positive experiences for the youth and encourage them to love themselves and their hair. As Mike Duncan of Native Dads Network said, when we see a young Native boy or girl proudly wearing their braid or long hair, let's say "I love your hair" "I am proud of you."

WORLD SUICIDE PREVENTION DAY ●●●

10th September

Suicide is a major concern across the United States, where more than 30,000 people die by suicide a year. Ninety percent of people who die by suicide have a diagnosable mental illness and/or substance abuse disorder. According to the Centers for Disease Control, the suicide rate for American Indians and Alaska Natives is over twice the

national average for other groups. Suicide impacts, not just the individual, but also their family, peers, and community. Suicide is due to a complex interaction of social, environmental, biological and cultural factors operating in an individual's life. In recent years our understanding of suicide has grown tremendously, and we now know that it can often be predicted and prevented.

- Native teens experience the highest rate of suicide of any population group in the United States.
- Violence, including intentional injuries, homicide and suicide account for 75% of deaths for AI/AN youth age 12-20.
- Adolescent AI/ANs have death rates 2 to 5 times the rate of Whites in the same age group, resulting from higher levels of suicide and a variety of risky behaviors.

Warning Signs: Warning signs are indicators that a person may be in acute danger and may urgently need help.

- Talking about wanting to die or to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Sleeping too little or too much
- Displaying extreme mood swings

Risk Factors: Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- History of trauma or abuse
- Major physical illnesses

- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Lack of social support and sense of isolation
- Exposure to others who have died by suicide (in real life or via the media and Internet)

How to Help

1. Ask: "Are you thinking about killing yourself?" It's not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
2. Keep them safe: Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention.
3. Be there: Listen carefully and learn what the individual is thinking and feeling. Findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.
4. Help them connect: Save the National Suicide Prevention Lifeline's number in your phone so it's there when you need it: 1-800-273-TALK (8255). You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
5. Stay Connected: Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

More ideas: It may be helpful to save several emergency numbers to your cell phone. The ability to get immediate help for yourself or for a friend can make a difference.

1. The phone number for a trusted friend or relative.
2. The non-emergency number for the local police department: Fresno (559) 621-7000/Clovis (559) 324-2800.
3. The Crisis Text Line: 741741
4. The National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

Additional Resources

1. Teen Line: 1-800-852-8336
 2. Trevor Lifeline (LGBT): 866-488-7386
 3. National Sexual Assault Hotline: 800-656-4673
- References: samhsa.gov and nami.org

Cholesterol and Nutrition

The CDC has named September “Cholesterol Education Month”
Here is some information to help you care for your heart each day.

What to Do:

The American Heart Association recommends the following:

<ul style="list-style-type: none"> • Balance calorie intake and physical activity to achieve or maintain a healthy body weight. • Consume a diet rich in fruits and vegetables. • Consume whole grain, high-fiber foods. 	<ul style="list-style-type: none"> • Consume fish, especially oily fish, at least twice per week. • Choose and prepare foods with little or no added salt. • Consume alcohol in moderation. • Minimize intake of beverages and foods with added sugar. 	<ul style="list-style-type: none"> • Limit intake of saturated fat to less than 7% of total calories, trans fat to less than 1% of energy, and cholesterol to less than 300 milligrams per day by: <ul style="list-style-type: none"> ○ choosing lean meat and vegetable alternatives; ○ choosing nonfat, 1%, and low-fat dairy products ○ minimizing intake of partially hydrogenated fats
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How to Do It:

Your diet affects your cholesterol level. To lower your cholesterol: limit foods high in saturated fat; avoid foods with trans-fats, which can raise your “bad” cholesterol (LDL); add more soluble fiber; add plant-based foods to your diet, which can lower your LDL cholesterol.

Cooking at home helps you take control of your diet – try these cooking tips for a healthier eating plan.

Add fish to your meals:	- <i>Try 8 oz or more per week and bake or grill instead of fry!</i>
Avoid using butter, lard and shortening:	- <i>Use a small amount of healthy cooking oil or low-salt vegetable stock</i>
Bake, broil or steam your foods:	- <i>Use these methods instead of frying them.</i>
Hold the butter and high-fat sauces:	- <i>Don't add butter or high-fat sauces to your recipes.</i>
Find herbs and spices you enjoy:	- <i>Use them in place of salt or butter for flavor.</i>
Make your own salad dressing.	- <i>Dressings are often hidden sources of saturated fat.</i>
Remove the fat from soups or stews:	- <i>Refrigerate after cooking (a few hours) then remove the layer of fat.</i>
Remove the skin:	- <i>Remove the skin from chicken before cooking.</i>
Trim visible fat:	- <i>Trim fat from meat before cooking.</i>
Use oatmeal in your meatloaf:	- <i>Use oatmeal instead of bread crumbs in your recipes.</i>
Use soft margarine when baking:	- <i>Use soft margarine instead of butter when baking.</i>

How to Keep Doing It:

Don't expect to overhaul an eating plan overnight. Make small, simple changes and gradually add more as you go along. You may miss some of your favorite foods. But try to focus on the new foods you're exploring rather than the ones you're limiting. Plus, involve your family and friends in your new plan. Explain why you're making these changes and how they can support you - it's a lot easier when the people around you support your goals.

If you've made changes to what you eat, you may hope to see changes in your cholesterol numbers right away. But your cholesterol numbers reflect patterns that develop over time — keep going and the results should follow!

Child Passenger Safety Awareness Week

September 18-24, 2022

The best way to keep your child safe in a car is to use the right car seat. For children, road injuries are the leading cause of preventable death and injuries. When used correctly, car seats can reduce the risk of death by 71%.

BOOSTER SEATS

Booster seats protect children who are too big for a car seat and too small for a seat belt.

Did you know that seat belts don't properly fit children until they are at least 4'9" tall?

More than half of Car Seats are Not Used or Installed Correctly!

CAR SEAT CHECKUP

Top 5 Things to Do to Ensure Safety

- 1.Right Seat:** Make sure your car seat is appropriate for your child's age, weight , height, and is not expired.
- 2.Right Place:** All children should ride in the back seat until they are 13.
- 3.Right Direction:** Keep you child in a rear-facing car seat for as long possible (until they reach height/weight limits) before moving to a forward facing car seat. In California, a child must use a rear facing car seat until the age of two (unless child weight 40 or more pounds or is 40 or more inches tall).
- 4.Inch Test:** Once car seat is installed, give it a good shake at the base. If you can move it more than an 1" inch it is too loose. A properly installed car seat will not move than an inch.
- 5.Pinch Test:** Make sure the harness is coming from the right slots (check manual) and tightly buckled. The chest clip should be at armpit level. Pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you are good to go.

For more information visit safekids.org

In need of a Car/Booster Seat or Car Seat Inspection? - We can help!

The Injury Prevention Program (IPP) at FAIHP has a certified child passenger technician. We offer professional inspections and education on proper installation. Those in need of car or booster seats may also qualify for a free seat.

For more information please contact our office at (559) 320-0490 and ask about our Injury Prevention Program.

Do you have Car Seat Questions?

The Family Spirit Program at FAIHP is here to help. This program is for pregnant women and parents/caregivers of Native children under the age of 3 years. To learn more please call FAIHP at (559) 320-0490 to speak to our Health Educator.

FRESNO AMERICAN INDIAN HEALTH PROJECT PRESENTS

5th Annual Suicide Vigil

SEPTEMBER 14, 2022
5:30 PM -7:30 PM

Guest Speaker - Paul Beecher,
Mono from Big Sandy Rancheria

Join us for a cultural community
talking circle about suicide
awareness, prevention and
resources.

Candlelight vigil to follow.
Dinner will be provided.


Two "Memory Board"
workshops will also be
held on 9/8/2022. Contact
Teela to register.



Deadline to register
9/9/2022 (with QR code)




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(559)320-0490 

FAIHP.org 

@faihp_community 

FAIHP Community Garden 1937 N. Winery Ave, Fresno CA 



**September is
Recovery
Month**

Solutions in Sobriety is a program being developed to create a bridge between prevention and recovery. For example, since participation in The Sacred Circle or past Wellbriety Meetings, the community has come to feel a sense of belonging to FAIHP and the recovery community.

The Substance Use Disorder (SUD) Counselor is excited to build the recovery network by offering upcoming Medicine Wheel 12 Step Classes; Fresno American Indian Health Project FAIHP has created a program for the community that relies upon recovery and prevention best practices. When a community member shows signs of substance use disorder or reaches out, they can come to FAIHP, where they can utilize Substance Use Professionals to talk with in a way that addresses their concerns without stigmatic language or judgment.

The certified SUD Counselor is available for our community and helps relatives connect to treatment, serves inpatient, or outpatient in a mentoring role, and in the future, will lead group sessions both psychoeducational and clinical, Wellbriety support systems, to create connection and belonging during treatment and into aftercare and continued recovery and Wellbriety.

Contact Deborah for more information at dgilleran@faihp.org or 559-878-2238





The Red Warrior Project has successfully wrapped up their talking circle series. They met with three different age groups, teens, adults and elders. The talking circles allowed the Red Warrior Project to show who they are and what they will be doing for the local community. They received great feedback from the community members on how they can improve their program and work together with the entire Fresno Community. The Talking Circle Series was an overall success!

The Red Warrior Project has also been helping with the Club House transporting and attending events with the youth. In addition, they have been working to help distribute the food boxes every Tuesday from 1:00pm-5:00pm. The Red Warrior Project will be having a few different events coming up: The Annual Aids Walk and they plan to initiate a 360x4 program. "This program will have four separate days that we will be meeting. The plan is to have the participants meet every Saturday 10:00am-2:00pm at the Fresno American Indian Health Project site. During each meeting date we will address one piece of the Medicine Wheel and that is Spiritual, Mental, Emotional and Physical."

Connect with Jeremy or Serena for more information at 559-320-0490

Illustration by: Nativestor





SAVE THE DATE!
NOVEMBER 19TH, 2022
10:00AM-3:00PM @ FAIHP



SCAN TO REGISTER AS
A VENDOR OR AS PARTICIPANT



To register your ride, be a vendor or donate, please call 559-320-0490
Join us for a good time; raffles prizes, food vendors, native arts & crafts, music and
more! Early Bird discounts Available!

Visit our website to download registration materials:
www.faihp.org

Location: Fresno American Indian Health Project - 1551 E. Shaw Ave. Fresno CA 93710

FAIHP is a nonprofit 501(c)3 organization all donations are tax-deductable.

Smoke Free Event

FAIHP Will be going back to in-person (limited capacity) and with Zoom meetings per CDC and County Guidelines for your safety!

See our Live Calendar @ www.faihp.org/calendar

WISE Group

- Zoom Meeting
- 1:00-2:00pm on the 2nd and 4th Thursday each month

Beading for Stress Management Group

- Zoom Meeting
- Every Tuesday, 11:00-12:00pm

Sacred Circle

- Every Wednesday, 5:30-7:30pm
- In-person (Limited capacity)

Community Advisory Committee

- Zoom Meeting
- Third Monday, 5:30-7:30pm

Case Management Services

- Via phone or video

Therapy Services

- In-person
- Via phone or video

Family Spirit Services

- In-person
- Via telehealth (phone or Zoom)

Nutrition & Wellness Class

- Zoom Meeting
- 3rd Thursday each month, 12:00-2:00pm

Nutrition Counseling

- Via phone or video

Clubhouse Tutoring/Educational Support

- In-person (Limited capacity)
- Via Zoom

Clubhouse Program

- In-person (Limited capacity)

Health Services

- In-person (Limited capacity)
- Via phone or video

Phoenix Club

- Every Monday - Zoom
5:30-6:30pm

Talking Two Spirit Coffee Hour

- 1st Friday - 11:00-1:00pm
- In-person (Limited capacity)
- or Via Zoom

Women's Wellness Group

- Fridays - 5:30-7:30pm
- In-person (Limited capacity)

(Dates and times subject to change without notice.)

Community Advisory Committee

Fresno American Indian Health Project's Community Advisory Committee (CAC) originated in 2012 and is made up of Native parents, elders, community members, and supporters. We meet regularly to provide our feedback to ensure the delivery of culturally appropriate services to the American Indian Alaska Native residents of Fresno and its surrounding communities.

What's the current focus of the CAC?

This year FAIHP will complete a Strength and Needs Assessment and are working to encourage community feedback by completing different surveys.

We understand there may be reluctance to complete surveys and we know how important it is to provide more community education and information about efforts like this.

When does the CAC meet?

The CAC meets every 3rd Monday of each month from 5:30-7:30pm via Zoom.

Our next meeting is Monday, Sept. 19, 2022

How can I get involved with the CAC?

Please contact Darlene Franco at dfranco@faihp.org. She can send you more information and the Zoom link to our next meeting.



FAIHP

Fresno American Indian Health Project

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www.faihp.org



ATTENTION: If you would like to receive the Newsletter in digital format only please let us know contact: mcolvard@faihp.org



Fresno American Indian Health Project

Donation Opportunity

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:

- Medical Appointments
- 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

Leece Lee Oliver - Chair
 Jeremy Aliason - Vice Chair
 Bernadette Alvarez - Treasurer
 Brandy Jaramillo - Secretary
 Ralph Vigil - Member
 Bobby Von Martin - Member
 Audrey Osborne - Member

Learn more about the board
at www.faihp.org/about-us/board-of-directors

The Fresno American Indian Health Project is a culturally sensitive health access and advocacy program designed to enhance the health and well being of the American Indian community in the City of Fresno, CA. The Health Project provides public health services and access to free & low cost quality health care. The primary program services are medical, behavioral health, comprehensive case management, public health nursing, providing health services and prevention education.