



# FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

JULY • 2023

**Have  
A Safe  
Summer!**



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## CEO REPORT- Selina De La Peña

### *July News*

Hello Everyone,

As we swiftly ride the summer wave, it's time to gear up for our 12th Annual Youth GONA Camp! We're excited about hosting this remarkable event for our younger generation. The growth we've witnessed is astounding - starting from a small gathering of about 30 enthusiastic youth to now over 60!

The suggestions and insights we've received over the years have truly shaped our programs. They've helped us carve out strength-based activities, significantly enriching our growing youth services department.

As fall approaches, we're thrilled to announce our very first Annual Spirit Run Event on Oct 15, 2023. Ralph Vigil, our visionary board member, has imagined an event aimed at fostering health and wellness among the Native American communities in the Fresno area. His dream of uniting local tribes and the community is soon becoming a reality, and we couldn't be more proud. This unique event, the first of its kind in the Valley, is something we're eagerly anticipating. The potential it holds to invigorate our community is thrilling, and we can't wait to witness it.

We will also be hosting our second annual Native American Caregiver Forum on August 18th which will include special guest speakers, vendor booths, and resources. Please see the enclosed flyer.

Stay tuned for more updates!

Best,  
Selina De La Peña



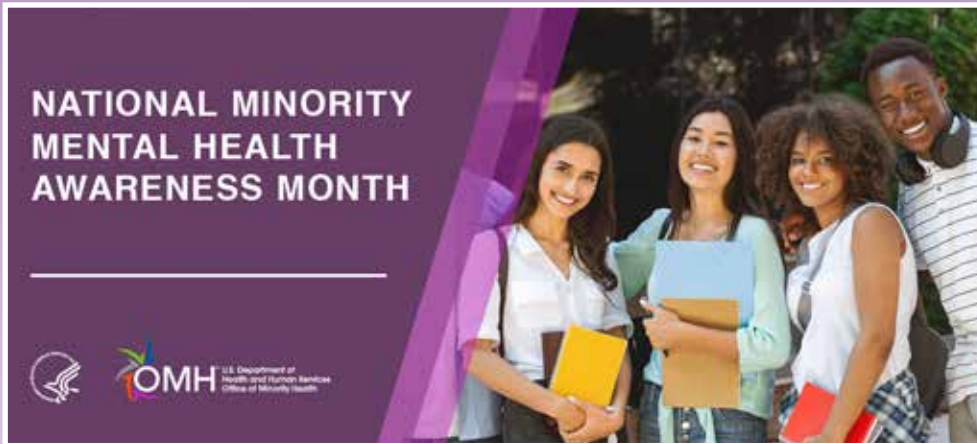
# Summer Celebrations

During the month of June our Youth Services department honored active Clubhouse participants who were promoting from Kindergarten, sixth grade, eighth grade, and high school! Some youth have been participating in FAIHP programs since they were very young and it was a wonderful time to recognize youth for their accomplishments. Family members were invited to make a tie blanket for their graduates and enjoy a meal at Fresno State's O'Neil Park. Congratulations to all 2023 graduates!



Clubhouse and tutoring are still occurring throughout the summer, if you have any questions about Youth Services programs, give us a call at 559-320-0490 (press 4)

**Clubhouse times are Monday through Thursday from 2pm-5pm.  
Through the first week of August**



National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Racial and ethnic minorities often suffer from poor mental health outcomes due to the cultural stigma and lack of access to mental health care services. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, relate to others, and make choices. Mental health is just as important as physical health at all stages of life. Mental health issues are common – about 1 in 5 American adults experiences a mental illness each year. Mental health issues are treatable and often preventable. However, people in some racial and ethnic minority groups face obstacles to maintaining positive mental health.

Mental health issues may increase when people face additional stressors, on top of those related to COVID-19, and lack access to the resources and support needed to navigate these challenges. Mental health care is important for mental wellbeing, yet many people from racial and ethnic minority groups face obstacles in accessing needed care. These obstacles may include lack of or insufficient health insurance, lack of racial and ethnic diversity among mental healthcare providers, lack of culturally competent providers, financial strain, and stigma.

All of society benefits when people from racial and ethnic minority groups have access to mental health care, supportive social conditions, freedom from stressors that can compromise mental health, and access to other resources needed for health. We all have a role to play in promoting health equity. Individuals can:

- Learn about healthy ways to cope with stress and respond to loss. When possible, engage in these practices.
- Get help for mental health issues through free and confidential resources.
- Learn about mental health and take the mental health quiz.
- Share information on mental health, healthy coping skills, and resources with family, friends, neighbors, and other members of your community.
- Encourage open conversations about mental health and use non-stigmatizing language when talking about mental health issues.
- Learn about implicit bias, microaggressions, and other forms of discrimination and make efforts to avoid perpetuating them.

Sources: <https://www.minorityhealth.hhs.gov/minority-mental-health/index.html>

<https://www.cdc.gov/healthequity/features/minority-mental-health/index.html>



# FOOD POISONING 101

Food poisoning causes an estimated 48 million illnesses (1 out of 6 Americans) with 128,000 hospitalizations and 3,000 deaths each year in the United States, according to the Centers for Disease Control and Prevention.

## **Those at Risk for Food Poisoning**

Everyone has some risk of getting food poisoning, but some are at greater risk of long-term effects, such as: older adults, infants and young children, pregnant women. Those with weakened immune systems and chronic illness like diabetes, kidney disease, HIV/AIDS and some cancers are also at higher risk.

## **The Causes of Food Poisoning**

Food poisoning can be caused by any number of things, from the food being handled by unclean hands, improperly stored food, or food that contains a known toxin. The most common outbreaks are caused by:

- Norovirus (a virus that spreads through affected people and contaminated water)
- Salmonella (found in infected animals and contaminated raw juices)
- Clostridium perfringens (a natural bacteria that develops from improperly stored and cooled foods)
- Campylobacter (raw or undercooked animal products)
- Staphylococcus aureus (bacteria from unclean hands)

Very serious food poisoning also can result from foods or drinks that are contaminated with Escherichia coli (E.Coli), Listeria and Clostridium botulinum (or botulism) and result in severe reactions.

## **Food Poisoning Symptoms**

The symptoms and severity of food poisoning vary, and can take anywhere from 30 minutes to 2 weeks to occur. The most common symptoms show up between 8 and 24 hours after eating the contaminated food and include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever and dehydration.

## **Long Term Risks and Side-Effects**

Although long-term risks of food poisoning are relatively rare, they can be very serious when they do happen, resulting in problems such as kidney failure, chronic arthritis and brain or nerve damage. In extreme cases, foodborne illness can also result in death. The best way to prevent this is to reduce your risk.

## **How to Reduce the Risk of Food Poisoning**

You can significantly reduce your risk of food poisoning by following four easy steps:

- Wash - Wash your hands, all surfaces and utensils used to prepare food and all fresh fruits/ vegetables.
- Separate - Keep raw meat, poultry, seafood and eggs separate from ready-to-eat foods.
- Cook - Use a food thermometer to make sure foods are cooked to the appropriate internal temperature.
- Refrigerate - Store perishable foods at or below 40°F within two hours. If the surrounding temperature is above 90°F, then refrigerate within one hour.

**Remember: When in doubt, throw it out!**

### FIVE SIGNS of SEVERE FOOD POISONING

Do you have any of these symptoms? IF SO, SEE A DOCTOR!



# ***FUN IN THE SUN!***

## **July is UV Safety Awareness Month**

UV stands for Ultraviolet and too much time in the sun can be dangerous for you and your family's health. Summer is here and many families are spending their free time outdoors and directly exposed to the sun.

However...

**Too much sun can also be harmful** and can cause damage to skin, eyes, and lead to skin cancer.

We spend a great deal of time during childhood/adolescence in the sun.

**Here are some tips for protecting children.**

### **SUN SAFETY FOR INFANTS & CHILDREN**

#### **Infants 0-6 months**

- ◆ Keep out of direct sunlight
- ◆ Avoid sunscreen (skin is too sensitive for ingredients)
- ◆ Protect ears, face, and head with a wide-brim hat
- ◆ Avoid taking infant during the peak hours (10am to 4pm)
- ◆ Use stroller with shades
- ◆ Protect eyes by using sunglasses
- ◆ Dress in clothing that is breathable and offers protection from sun (arms/legs)



#### **Babies 6-12 months**

- ◆ All previously mentioned methods (infants 0-6 month) plus
- ◆ Sunscreen that is designed for infant skin (sunscreen is safe for babies 6+ months)
- ◆ Sunscreen should SPF 30 or greater, applied 30 minutes before going outside, and reapplied every 2-hours or after swimming/heavy sweating

#### **Toddlers and Pre-School Age**

- ◆ All previously mentioned methods + sunscreen (see previous note on sunscreen recommendations)
- ◆ If possible, dress in clothing that offers ultraviolet protection factor (UPF)
- ◆ Check outdoor play areas (where your child is playing) to ensure there is adequate shade

#### **Do you have Questions about this topic?**

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.



5

Ways to Keep Your Kids Safe This

SUMMER



1

**Water safety**

Maintain constant eye contact on kids in or around water, without distraction.



2

**Child safety helmet**

Make sure your kids wear a properly fitted bike or multi-sport helmet every time they ride.



3

**Hydration**

Encourage children to stay well-hydrated by drinking plenty of water before, during and after play.



4

**Playground safety**

Visit parks with impact-absorbing material under equipment, and actively supervise them while they play.



5

**Hot cars**

Never leave your child alone in a car, not even for a minute.

# THE EFFECTS OF DOMESTIC ABUSE

The effects of domestic abuse can be far-reaching, influencing many aspects of our daily lives, how we see ourselves, how we care for ourselves, and how we interact with others. Sometimes it opens the door to a myriad of mental health issues, while other times, it can exacerbate existing conditions, making a bad situation worse.

So how does domestic abuse affect mental health? Research has shown that adults who have experienced domestic violence are far more likely to suffer from mental health disorders of all kinds than the general populace.

One study, a 5-year research program on domestic violence funded by the National Institute for Health Research in the United Kingdom, found “there is a higher risk of experiencing adult lifetime partner violence among women with depressive disorders, anxiety disorders, and PTSD when compared with women without mental disorders.”

## **Their findings also concluded that:**

- Compared to women with no mental health disorders, measured over their adult life, women with depressive disorders were around 2.5 times more likely to have been victims of domestic violence.
- This figure was over 3.5 times higher for women with anxiety disorders
- For women with post-traumatic stress disorder (PTSD), the chances of having experienced domestic violence were seven times higher than women with no mental health problems.

Women with other mental health diagnoses were also found to have been more likely to have suffered from domestic violence than women with no mental health diagnoses. Such diagnoses were:

- eating disorders
- obsessive-compulsive disorder (OCD)
- schizophrenia
- bipolar disorder
- and other mental health problems

The pattern for men has been determined to be similar. Men who deal with mental disorders are also more likely to have been victims of domestic violence. However, studies find it is much less common for men to experience repeated severe domestic abuse.

The evidence suggests that domestic abuse can affect mental health and lead to the victims developing mental health problems, such as anxiety or PTSD, or people who already have mental health problems will be likely to experience domestic violence.

We are dedicated to helping victims and survivors find their pathways to safety and independence for anyone who has experienced physical, mental, or sexual abuse. Any questions, please contact Domestic Violence Prevention Coordinator, Teela Kipp at [tkipp@faihp.org](mailto:tkipp@faihp.org) 559-320-0490 ext. 506

For a safe, confidential way to talk with someone, please contact:

National Domestic Violence Hotline: 1-800-799-7233 (SAFE)

Strong Hearts Native Helpline: 1-844-762-8483

988 Suicide and Crisis Lifeline

Suicide Prevention Lifeline (800) 273-TALK or (800) SUICIDE

NAMI Information Line. (800) 950-NAMI.



**2<sup>nd</sup> Annual**

# **Native American Caregiver Forum**



*For Those Experiencing Or Caring For Memory Loss,  
Alzheimer's, and Dementia*



**Date: August 18th, 2023**

**Time: 9:00 AM - 2:00 PM**

**Place: Clovis Veterans Memorial District  
808 4th Street, Clovis CA 93612  
Veterans Room A & B**

- **Special Guest Presenters**
- **Vendor Booths**
- **Resources**
- **Lunch Provided**

*For more information contact Teela at (559) 320-0490  
or [tkipp@faihp.org](mailto:tkipp@faihp.org)*

*Scan QR Code to register*



*Presented by:*



**FAIHP**  
Fresno American Indian Health Project





**FAIHP**  
Fresno American Indian Health Project

**WISE**

WELLNESS IN OUR SENIOR YEARS Support Group

**Join the WISE Group every 2nd  
& 4th Thursday of the month**



START TIME

**1:00 pm**

END TIME

**3:00 pm**

RSVP to Jenny G. at  
559-320-0490  
[jgarcia@faihp.org](mailto:jgarcia@faihp.org)

1551 E. Shaw Ave Ste 101

[www.faihp.org](http://www.faihp.org)



**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](http://www.faihp.org/calendar)**

## **WISE Group**

- Zoom & In-person
- 1:00-3:00pm on the 2nd and 4th Thursday each month

## **Beading for Stress Management Group**

- Zoom & In-person
- Every Tuesday, 5:30-7:30pm

## **Sacred Circle**

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

## **Community Advisory Committee**

- Zoom Meeting/In-person
- Third Monday, 5:30-7:30pm

## **Case Management Services**

- Via phone or In-person

## **Therapy Services**

- In-person
- Via phone or video

## **Family Spirit Services**

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

## **Nutrition & Wellness Class**

- Zoom & In-person
- 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)

- Monday through Thursday from 2pm-5pm. Through the first week of August

## **Health Services**

- In-person (Limited capacity)

- Via phone or video

## **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)

## **Alcohol & Drug Prevention & Counseling**

- 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 In-person & via Zoom.

**Our next meeting is Monday, June 15, 2023**

### **How can I get involved with the CAC?**

Please contact Ruben Garcia at [rgarcia@faihp.org](mailto:rgarcia@faihp.org). He can send you more information and the Zoom link to our next meeting.



# 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](http://www.faihp.org)



**ATTENTION:** If you would like to receive the Newsletter in digital format only please let us know contact: [mcolvard@faihp.org](mailto: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 Aliasson - 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](http://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.