



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

OCTOBER • 2023

Fall Is Here!



October 27, 2023!



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CEO REPORT- Selina De La Peña

OCTOBER News

Hello Everyone,

We have a busy October planned with our first ever 5K event at Woodward Park and our annual Harvest Fair on October 27th here at the health project from 3:00pm-6:00pm, with fun games and activities and of course treats for the kids. We are also gearing up for an exciting day at the Native Days Car & Bike Show, happening on November 18th, 2023, right here at FAIHP. Join Us for a Day of Culture and Fun: with traditional dance performances, unique crafts, live music, delicious food, raffles and a diverse display of classic cars, hot rods, and motorcycles.

For us this is not just an event; it's also a fundraiser for scholarships & charity care. Your attendance directly helps local Native American students and families in Fresno.. We plan on handing out multiple scholarships at the event.

Calling All Vendors and Enthusiasts: Whether you're a vendor looking to showcase your crafts or a car/motorcycle enthusiast, registration forms are now available. Secure your spot and be a part of this fantastic day!

Sponsorship & Donations: If you'd like to support our cause through sponsorship or donations, please get in touch. Your contribution makes a real difference.

Best,

Selina De La Peña

FAIHP Native Student Scholarship Opportunity

FAIHP Native Student Scholarship Opportunity is excited to provide this opportunity for Native Indian / Alaska Native students to apply for a scholarship. Funds for this opportunity are thanks to a variety of donors and through fundraising efforts from the FAIHP Native Days Car & Bike Show.

Eligibility

- Students in Fresno-Kern County, who are currently attending or will be attending a college or university in the Fresno-Kern County area.
- Must be a Native American, Alaska Native, or Native Hawaiian.
- Must have a minimum GPA of 3.0.
- Must have a minimum income of \$10,000 per year.

Scholarship Amount: \$1,000

Deadline to Apply: October 13, 2023 5:00 p.m. PST

Scan here to begin the application

Contact: Rachel Ramirez with any questions (559) 520-0400 (press 6) rramirez@faihp.org

SPIRIT RUN 5K

OCTOBER 15, 2023
AT WOODWARD PARK, FRESNO, CA

The Spirit Run is a 5K run that is a fundraiser for the FAIHP. It is a fun and exciting event for all ages. The run will start at Woodward Park and will end at the FAIHP. There will be a variety of activities and games for the kids. There will also be a live performance by the Native American dancers. The run will be held on a beautiful day in October. The run will be held on a beautiful day in October. The run will be held on a beautiful day in October.

Registration:

- 5K Run - \$15.00
- 1 Mile Walk - \$5.00
- 1 Mile Run - \$5.00
- Light Refreshments - \$5.00
- Live Native Performance - \$5.00
- Kids for the Whole Family - \$5.00
- Plus Register to Participate

For more information about our Spirit Run, please contact FAIHP at 559-520-0400

FAIHP
1515 S. 9th Ave.
Fresno, CA 93721
559-520-0400
www.faihp.org

HARVEST FAIR

October 27, 2023
3:00pm- 6:00pm
@FAIHP

Join us for some family fun!

GAMES **TREATS**
Resources **Cake Walk**

Costume Contest

FAIHP
SEE YOU THERE!

1515 S. 9th Ave.
Fresno, CA 93721
559-520-0400
www.faihp.org

NATIVE DAYS CAR & BIKE SHOW

FAIHP 2023

Save the Date!
November 18th, 2023!
1515 S. 9th Ave. Fresno, CA 93721

Mark your calendars for the most exciting event of the year! The Annual Native Days Car & Bike Show is a great opportunity to see some of the best cars and bikes in the area. There will be a variety of activities and games for the kids. There will also be a live performance by the Native American dancers. The show will be held on a beautiful day in November. The show will be held on a beautiful day in November. The show will be held on a beautiful day in November.

Registration:

- Car Show - \$15.00
- Bike Show - \$15.00
- Light Refreshments - \$5.00
- Live Native Performance - \$5.00
- Kids for the Whole Family - \$5.00
- Plus Register to Participate

For more information about our Native Days Car & Bike Show, please contact FAIHP at 559-520-0400

FAIHP
1515 S. 9th Ave.
Fresno, CA 93721
559-520-0400
www.faihp.org

Pre-registration is closed but you're welcome to come out and participate in the event, only preregistered get the race gear.

Deadline to Apply
October 13, 2023 5:00 p.m. PST

Scan here to begin the application



This summer

, Youth Services took the boys and girls club out to Sugar Pine Railroad, and Yosemite for a full day's trip. The day started early. We first met at FAIHP to get situated and fill our water packs for the excitement ahead of us. Our first stop was the Sugar Pine Railroad. It carried us around and about the mountain side. As we rode throughout the forest, the youth and the staff were able to share in conversation and laughter among the beautiful scenery of the trees. After an hour's ride, we came back to where we started, and ended our time there with lunch.



With satisfied bellies, and more day to cover, it was time to make our way up to Yosemite. An hour drive flew by as we finally reached the grand view of Yosemite. The enclosing stone walls of Half Dome and El cap were as powerful as ever. The Merced river meandered lazily through the valley. The fresh scent of pine and cedar mixed with a little dust covered the area. The youth jam-packed snacks and drinks in their bags. We were ready to lose ourselves in the sense of adventure. Together we proceeded onward to the upper Yosemite falls. At a steady pace, we made our way to the falls. Not far there was a stream coming down from the waterfall.

So we balanced on a couple rocks and made it to the water. What was supposed to be a simple feet dip to cool off, turned into a whole-body drench for some. The water was cold yet refreshingly crisp. Who could blame them? The youth enjoyed their time in the moment, as if nothing else mattered. This pure joy was what these trips are all about. Unfortunately time was a considerable factor and we had to make our way back to the vans and head home. It was a great day for both the Clubhouse youth and the FAIHP staff. These memories are a reminder of the good things in life.



Warning Signs of Suicide in Children and Youth

Suicide is when someone ends their own life, often as a way to end overwhelming hopelessness or frustration or to solve a problem for which they can't find another solution. A young person dying by suicide is devastating to family, friends, and community. Parents, siblings, classmates, coaches, and neighbors might feel angry or guilty, or be left wondering if they could have done something to prevent that young person from turning to suicide.

If you're worried about your teen or another child, take it seriously and talk to them right away. You also can turn to these resources for 24/7 help:

- 988 Suicide & Crisis Lifeline: You can call or text 988.
- Trevor Lifeline for LGBTQ community: 1-866-488-7386 or text START to 678678.

What Are the Warning Signs of Suicide?

Suicide among teens often happens after a stressful life event, such as problems at school, a breakup with a boyfriend or girlfriend, the death of a loved one, a divorce, or a major family conflict. Teens who are thinking about suicide might:

- talk about suicide or death in general
- give hints that they might not be around anymore
- talk about feeling hopeless or feeling guilty
- pull away from friends or family
- write songs, poems, or letters about death, separation, and loss
- start giving away treasured possessions to siblings or friends
- lose the desire to take part in favorite things or activities
- have trouble concentrating or thinking clearly
- have changes in eating or sleeping habits
- engage in risk-taking behaviors
- lose interest in school or sports



Ask Questions

Some parents are reluctant to ask teens if they have been thinking about suicide or hurting themselves. Some fear that by asking, they will plant the idea of suicide in their teen's head. It's always a good idea to ask, even though it can be hard. Sometimes it helps to explain why you're asking. For instance, you might say: "I've noticed that you've been talking a lot about wanting to be dead. Have you been having thoughts about trying to kill yourself?"

How Can We Get Help?

If you learn that your child is thinking about suicide, get help right away. Your doctor can refer you to a psychologist or psychiatrist, or your local hospital's department of psychiatry can give you a list of doctors in your area. Your local mental health association or county medical society can also provide references. If your teen is in a crisis situation, your local emergency room can do a psychiatric evaluation and refer you to the right resources. If you're unsure about whether you should bring your child to the emergency room, call your doctor.

References: https://www.health.ny.gov/prevention/injury_prevention/children/fact_sheets/10-19_years/suicide_prevention_10-19_years.htm



OCTOBER 15, 2023
AT WOODWARD PARK,
FRESNO, CA

The Spirit Run is a Free community event aimed at promoting health and wellness among Native American communities in the Fresno area.

Featuring:

- 5K Run / 2 Mile Walk
- Native Drumming
- Ceremonies
- Light Refreshments
- Inter-Tribal Participation
- FUN for The Whole Family
- Must Register to Participate

For more information about our Spirit Run, please contact FAIHP at 559-320-0490



FAIHP
Fresno American Indian Health Project

(559) 320-0490
www.faihp.org



Pre-registration is closed but you're welcome to come out and participate in the event, only pre-registered will get the race gear.

Registration is open on event day only, from 7:00-8:30AM. Items are not guaranteed for late arrivals.

Self-Regulation in Young Children *What is that?*

Self-Regulation is the ability to manage and understand the behavior, reactions, and feelings children experience every day. As parents and caregivers, it's important to pay attention to these reactions from children. The ability to manage their feelings and emotions when something happens lays the foundation for managing stress and dealing with conflict later in life. Most children will not fully grasp Self-Regulation until they are three and a half to four years old.

HOW CAN YOU HELP TO BUILD THIS SKILL IN BABIES AND TODDLERS? HERE ARE SOME TIPS.

- ⇒ Sooth infants when they are hungry or upset to help build brain connections that lead to emotional regulation and self-soothing
- ⇒ Offer alternatives when discipling (throwing a ball instead of rocks)
- ⇒ Model self-regulation as an adult
- ⇒ Establish daily routines in your home
- ⇒ Nurture their emotional intelligence and social skills with encouragement
- ⇒ Play games that promote taking turns, focus, or waiting—Practice makes perfect

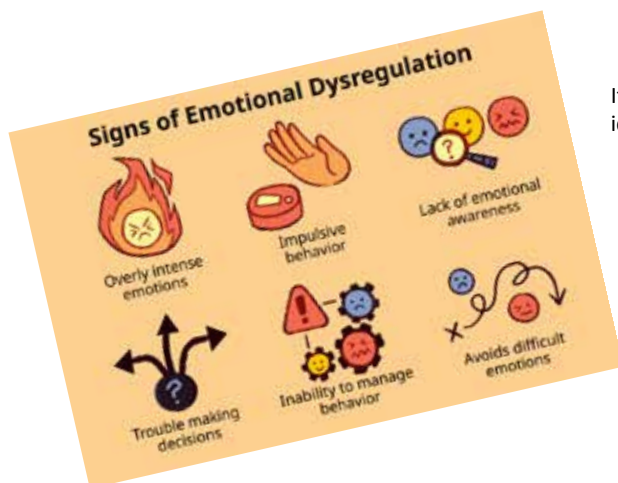
**SELF-REGULATION ALLOWS US TO
MANAGE EMOTIONS & CONTROL IMPULSES**



<https://www.faihp.org/wp-content/uploads/2023/09/Self-Regulation-Article-1.pdf>

**Work with babies and toddlers to develop Self-Regulation skills before the age of 5 years —
It is one of the most important areas of skill development for young children!**

These skills will help them learn at school, behave in acceptable ways, make friends, and be independent!



PROBLEMS WITH SELF-REGULATION

If you are concerned about your child's behavior it may be a good idea to speak with a professional. Does your child have...

- ☐ More tantrums/difficult than other children of the same age?
- ☐ Behavior that is more difficult/out-of-control as they age?
- ☐ Behavior that has become dangerous for themselves/others?
- ☐ Trouble interacting with others or is withdrawn?
- ☐ Less communication/social skills of children the same age
- ☐ Trouble even when encouragement of positive behavior and discipline are used?

Talk to your pediatrician if you are experiencing these issues.
They can help!

Do you have Questions about this topic?

The FAIHP Family Spirit Program 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.



FAIHP

Fresno American Indian Health Project

WE HAVE FLU VACCINES, GET YOURS TODAY.

American Indians and Alaska Natives (AI/ANs) are at higher risk of developing serious complications from flu



A yearly flu vaccine can help protect you and others around you from flu

Flu is a leading cause of pneumonia

Flu and pneumonia rank among the top 10 causes of death for American Indians and Alaska Natives.

American Indians and Alaska Natives are more likely to die from pneumonia and flu than are US residents of other races.¹

Across the U.S., flu causes hundreds of thousands of hospitalizations each season.

American Indians and Alaska Natives are at **higher** risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death

Flu poses an even greater risk to American Indians and Alaska Natives who:

are young children or elders

are pregnant women

have diabetes, severe obesity, heart disease, or asthma and other lung problems



Get yourself and your family a flu vaccine each year before flu activity begins in your community. Getting vaccinated this season is may be more important than ever if there is both flu and COVID-19 activity at the same time.

DOMESTIC VIOLENCE



AWARENESS MONTH

National Domestic Violence Awareness Month is an annual designation observed in October, highlighting a critical issue for American Indian and Alaska Native (AI/AN), and Native Hawaiian women who experience domestic violence at significantly higher rates than other women. According to the National Institute of Justice, more than 1.5 million American Indian and Alaska Native women and 1.4 million Native men have experienced violence in their lifetime, often by non-Indian perpetrators.

For many, a home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. We cannot stress this truth enough: domestic violence is not traditional to Indigenous cultures and is a lasting effect of colonization. Domestic violence happens when a person directs one or multiple types of fear-inducing abuse (ex. physical, emotional/verbal, sexual, financial, cultural, spiritual, or digital) toward a relative to maintain power and control. Intimate Partner Violence (IPV) is a form of domestic violence when a current or former spouse or intimate partner engages in a repetitive pattern of fear-inducing abuse toward their partner to maintain power and control in a relationship. This pattern of abuse can happen in relationships where couples are dating, married, living together, having a child together, or after the relationship has ended. Research shows that the majority of intimate partner violence is perpetrated by men against women, though anyone can experience domestic violence or IPV in their relationships. Today, the legacy of colonization and oppression toward Native people continues to impose and promote the domination and ownership of Indigenous women by men, as reflected in the disproportionate rates of domestic violence and sexual violence against women seen throughout history since contact. This legacy of colonization also includes the forced removal of generations of Native children from their families who suffered abuse during their placement in federal boarding schools. Girls specifically suffered molestation, rape, pregnancies, forced abortions, and murder while in these schools. This legacy of trauma is one of the most terrible truths about the violence against our people and has had devastating effects on families who had members who attended the schools or had children murdered at them. We believe these realities created the wake for the crisis levels of violence against Indigenous women and are now surfacing as proof of the ongoing violence against Indigenous people that continues today.

Violence against Indigenous women is preventable and will end when Indian Nations have the full authority of self-government, including authority over non-Indian perpetrators who commit this violence. In addition, Indigenous communities require adequate resources to support Native victim-survivors on their journey to healing. Indigenous people remain disproportionately impacted by violence with little to no access to lifesaving services and shelter due to the failure of the federal government to uphold its trust responsibility to assist Tribes and Native Hawaiians in maintaining safe and stable communities. Indigenous-based domestic violence shelters provide critical advocacy—such as safety planning, resources, and support—to Native victim-survivors, yet there are only 58 Native domestic violence shelters nationwide for 574 Tribes, signaling an urgent, unmet need. This is especially concerning during the pandemic considering the need for social distancing inside public areas and the increase in domestic violence overall.

The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year. Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other. 1 in 4 men are victims of some form of physical violence by an intimate partner.

People who are in an abusive relationship will stay with their partner for a number of reasons:

- Their self-esteem is totally destroyed, and they are made to feel they will never be able to find another person to be with.
- The cycle of abuse, meaning the ‘honeymoon phase’ that follows physical and mental abuse, makes them believe their partner really is sorry and does love them.
- It’s dangerous to leave. Women are 70 times more likely to be killed in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.
- Statistics suggest that almost 5 percent of male homicide victims each year are killed by an intimate partner.
- They feel personally responsible for their partner, or their own behavior. They are made to feel like everything that goes wrong is their fault.
- They share a life. Marriages, children, homes, pets, and finances are big reasons victims of abuse feel they can’t leave.

HOW TO OBSERVE

Sometimes, people don’t know if they are really in an abusive relationship because they’re used to their partner calling them crazy or making them feel like all the problems are their own fault. Here are a few ways to know if you’re in an abusive relationship that you need to get out of:

1. Your partner has hit you, beat you, or strangled you in the past.
2. Your partner is possessive. They check up on you constantly wondering where you are; they get mad at you for hanging out with certain people if you don’t do what they say.
3. Your partner is jealous. (A small amount of jealousy is normal and healthy) however, if they accuse you of being unfaithful or isolate you from family or friends, that means the jealousy has gone too far.
4. Your partner puts you down. They attack your intelligence, looks, mental health, or capabilities. They blame you for all of their violent outbursts and tell you nobody else will want you if you leave.
5. Your partner threatens you or your family.
6. Your partner physically and sexually abuses you. If they EVER push, shove, or hit you, or make you have sex with them when you don’t want to, they are abusing you (even if it doesn’t happen all the time.)

HISTORY

Domestic Violence Awareness Month evolved from the “Day of Unity” held in October 1981 and conceived by the National Coalition Against Domestic Violence. The “Day of Unity” soon evolved into a week, and in October of 1987, the first National Domestic Violence Awareness Month was observed. In 1989 Congress passed Public Law 101-112, officially designating October of that year as National Domestic Violence Awareness Month. Such legislation has been passed each year since. Tribal and Indigenous-based programs need access to critical, permanent funding to ensure our relatives have the necessary medical, healing, and comprehensive range of supportive services they desperately need. As Indigenous organizations, we recognize our responsibility as relatives to speak out against domestic violence and ensure the voices of survivors are honored and heard. Together we ask each of you to honor the needs of Indigenous victim-survivors of domestic violence by listening to, believing, and supporting them on their journey to healing this October for Domestic Violence Awareness Month.

If you are experiencing domestic abuse and if you are in danger, call 911.

Strong Hearts Native Helpline: 1-844-7NATIVE (1-844-762-8483)

strongheartshelpline.org.

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

www.ndvh.org



HARVEST FAIR

**October 27, 2023
3:00pm- 6:00pm
@FAIHP**

Join us for some family fun!

GAMES

TREATS

Resources

Cake Walk

Costume Contest



FAIHP

Fresno American Indian Health Project

SEE YOU THERE!

**1551 E. Shaw Ave.
Fresno CA 93710
(559) 320-0490
www.faihp.org**



FAIHP
Fresno American Indian Health Project

FAIHP Native Student Scholarship Opportunity

Fresno American Indian Health Project is excited to provide this opportunity for Native Indian / Alaska Native students to apply for a scholarship. Funds for this opportunity are thanks to a variety of donors and through funds raised from the FAIHP's Native Days Car Show Fundraiser.

Eligibility

- Identify as Native American/ American Indian, currently living in the San Joaquin Central Valley (Fresno, Madera, Mariposa, Kings, or Tulare counties).
- Must be an enrolled student at an accredited college, university, or vocational program as part-time or full-time.
- Must have engaged in community service within the past 12 months as validated by a college nominator either on campus or in the community.
- Must have a minimum cumulative Grade Point Average (GPA) of 2.7

Scholarship Amount **\$1,000**

Deadline to Apply
October 13, 2023 5:00 p.m. PST

Scan here to begin
the application



Contact Rachel Ramirez with any questions
(559) 320-0490 (press 4)
rramirez@faihp.org





November 18th, 2023!

1551 E. Shaw Ave. Fresno CA 93710

Join us for a day of cultural celebration, featuring traditional Native American dance performances, craft vendors, music, food, and more. See a variety of classic cars, hot rods, motorcycles, and other vehicles on display in the car and bike show.

But that's not all – the Native Days Car & Bike Show is also a scholarship fundraiser, with proceeds going towards providing financial support for Native American students in the Fresno area. By attending the event, you'll not only have a great time, but you'll also be making a difference in the lives of people in our community.

Sponsorship & Donation opportunities are available, call today!

1551 E. Shaw Ave. #139 - Fresno CA 93710

(559) 320-0490 - www.faihp.org



If you would like to be a vendor or enter your Car or Motorcycle scan the code to get your registration forms!



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 & 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

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

- Via phone or video

Talking Two Spirit Coffee Hour

- 1st Friday - 11:00-1:00pm

- In-person

- or Via Zoom

Women's Wellness Group

- Fridays - 5:30-7:30pm

- In-person

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, October 16, 2023

How can I get involved with the CAC?

Please contact Ruben Garcia at 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



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

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Jeremy Aliasson - Vice Chair
Bernadette Alvarez - Treasurer
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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.