



# FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007 MAY • 2024

**INSIDE THIS ISSUE:**

- CEO Report .....2
- Youth News .....3
- Counselors Corner .....4
- Nutrition News .....5
- Family Spirit.....6
- Nurses Corner .....7
- Native Wellness .....8-10
- Community News..... 11-12
- Calendar .....13



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Editor: Christina T...



## CEO REPORT- Selina De La Peña

MAY News

Dear FAIHP Community,

April was a busy month for us, we had a three day staff GONA off site where we looked at the strategic plan and experienced great team building and camaraderie. We also had our Board of Directors retreat at Chukchansi to really look at the last strategic plan and vision forward for the next five years. On day two we invited some of our community members to share the vision and have input into what the strategic plan should look like from the community perspective. It was a very productive and informative time for all.

At the end of April we held our Second Annual Spirit Run/Walk with almost 300 runners and walkers participating. It was a great day with our Native Veterans starting us off with drumming by our own Sacred Circle drummers. We also had dancers from local tribes honoring us with dance. This year we offered age group first place trophies and our own Clubhouse youth Gabby G. won her age group and was the overall fastest time winner! Our team worked hard to bring another great event for our community. Special thanks to California Health University for donating the venue!



We are excited for the future as we add new positions and staff, and begin the remodeling and building phase.

Kind regards,

Selina De La Peña  
CEO, FAIHP



**FAIHP**  
Fresno American Indian Health Project



**BIG SANDY**  
RANCHERIA

# NATIVE TEEN GROUP

Teen Group for Native youth ages 12-17

**April 16, April 30, May 14, May 28 3:00 - 5:00**

Parent/legal guardian must register youth before attending: scan the QR code below!



## Hear about our services:

- Cultural Activities
- Gaming
- Tutoring services on site
- Snacks
- Support and community!



*See you soon!*

## Join Us!

Registration here!



BSR Community Resource Center  
33041 Auberry Rd  
Auberry, CA 93602



For Questions - Dori Andrews  
**559-320-0490 Option 4**

# “How Do I Find a Good Therapist?”

Choosing a therapist is a big decision because working with the right one can be an important part of reclaiming your life and maintaining wellbeing. When you know what to look for and understand what would best suit your specific concerns, choosing a therapist can be a positive and productive first step on your way to better mental health.

Therapy is for everyone who wants to do the work it takes to get out of and through a tough situation. When you're starting to feel like you're unsure of your next move or what to do, or even confused and overwhelmed about how you feel, consider trying therapy. Many people consider therapy when they are in a panic or crisis, but you don't have to be at rock bottom to get a lot out of therapy. If you're dealing with depression, anxiety, relationship issues, family issues, couples' issues, mood and stress concerns, or any kind of life transition, talking with a therapist can really help you.

While there are a lot of therapists offering their services, finding someone you like takes dedicated effort, especially if you have never seen a therapist before. Here are some of the more important issues you should consider:

- Is the therapist licensed? Each state is responsible for making sure therapists are competent to provide their services. Only those with proper training receive a license.
- If you have health insurance, will it cover the therapy from this provider?
- Are there limits to the number of sessions covered by your insurance?
- Do I need an authorization? Some insurance require pre-approval before any treatment begins.

While it is not too difficult to find the name of a therapist, it may take more time to find a therapist that you consider to be “good.” Here are some helpful hints:

- Ask whether the therapist has had experience in dealing with your concerns. Some therapists specialize in working with children or families, adults or older adults. Some may have lots of experience with the problems that concern you. Find out, if possible, how much experience they have had.
- Find out in advance what the fees will cost you, the charge for missed sessions and, if possible, how long therapy might take.
- Find out where the therapist is located, what hours are available for your treatment, and if the therapist will see you in an emergency. Is the therapist located in a clinic, community mental health center, medical school, independent practice or other setting?
- Find out what kind of therapy your potential therapist is likely to provide (for example, long term versus short term, individual or group therapy, what theoretical orientation) and see if that fits your expectations.

Remember that choosing a therapist is a very personal matter. There is no one therapist that is good for everyone. It is important that you feel a sense of trust and that this therapist can help you.

After you have gathered all of this information (or as much as you have been able to obtain), give yourself a little time to think about all this. You may want to set up initial appointments with one or two potential therapists and see how comfortable you are with them. Take the time to find the right therapist for you.

Resource: <https://www.apa.org/ptsd-guideline/patients-and-families/finding-good-therapist>

Resource: <https://www.choosingtherapy.com/how-to-choose-a-therapist/>

# Healthy Eating



*Tips*

## **Fruits and Vegetables**

Consume some colorful fruits and vegetables. Those things provide essential vitamins and minerals.




**Health is wealth**

## **Protein Choices and Healthy Fats**

Include lean protein sources like poultry, fish, tofu, and beans. Limit red and processed meats.



## **Plan Ahead**



Plan your meals and snacks to make healthier choices and avoid impulsive, less nutritious options.

# SMOKING AND PREGNANCY

Today, we know the dangerous effects of smoking on the human body. When we add vaping, e-cigarettes, and second-hand smoke to the discussion that equals more bodily harm. We know how many people (480,000) die from smoking related problems each year.

For pregnant women, the effects on both mother and baby can be even greater – creating lifelong effects for both of them.

Basically, there is no safe amount when it comes to smoking, as any amount damages mom’s health and baby’s health. Some people think that cutting down or switching to low-tar cigarettes is better but the safest thing is to stop smoking completely.

## Serious health problems from Smoking while Pregnant include:

- ☑ Being born too small, even after a full-term pregnancy
- ☑ Being born too early also known as Premature Birth
- ☑ Damaging baby’s developing lungs and brain
- ☑ Doubling the risk of abnormal bleeding, putting mom and baby in danger
- ☑ Increasing birth defects such as cleft lip, cleft palate, or both
- ☑ Increasing the risk for Sudden Infant Death Syndrome (SIDS)

It’s never too late to Quit Smoking—do so when you are trying to get pregnant or as soon as you find out about the pregnancy.

SMOKING
Pregistry

**TYPES OF SMOKING**

CIGARETTES

NATURAL TOBACCO

E-CIGARETTES

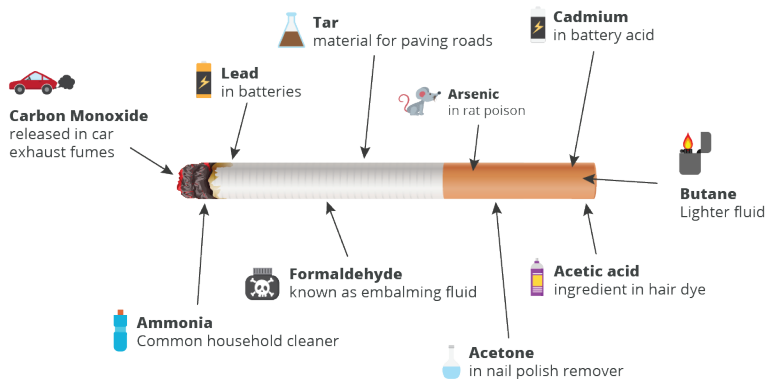
HOOKAH

## Support for Quitting Smoking During Pregnancy

Most pregnant women who smoke want to quit and we know that quitting isn’t always easy. Additionally, if you’re pregnant and still smoking, you may feel ashamed and alone. There is help available!

Here are some free resources and support:

- Call 1-800-QUIT-NOW
- Text QUITNOW to 333888 – Message and data rates may apply
- Centers for Disease Control and Prevention ‘How to Quit Smoking’ website.



## 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.



# Mental health is important at all stages of life.



**Age joyfully! Consider your passions and interests and pursue something that brings you happiness and fulfillment. Remember that mental health support is available to you if you need it. Visit [samhsa.gov/resources-serving-older-adults](https://www.samhsa.gov/resources-serving-older-adults) to learn more. #MHAM2024**

# New Beginnings

The arrival of summer is a good time to consider becoming more active when you are on a journey toward recovery from substance use or when you are trying to maintain sobriety. When you are energetic, your body releases endorphins, making you feel happier. There is no denying the warmth of the summer sunshine, especially after the record-setting winter and rain so many of us had prayed for!

When you are active outside, it can improve your mood.

Pow Wow season is here, and being around ceremonies and community is healthy. Summer is a new beginning, just as recovery is a new beginning. When you've been dealing with substance use for long periods of time, it's easy to separate yourself from people, places, and things that used to bring beauty into your life. By walking in summertime's beauty and Wellbriety, you are starting a new beginning!

If you are struggling with substance use or are seeking sober support and have made a decision to do something about it, contact FAIHP.

We have cultural knowledge and experience to help you with your Wellbriety goals, including credentialed substance use professionals and peer support through culturally based programs.

Contact Deborah 559.230.0490 or at [dgilleran@faihp.org](mailto:dgilleran@faihp.org)





**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

**12:00 pm**

END TIME

**2:00 pm**

RSVP to Jenny G. at  
559-320-0490  
jgarcia@faihp.org

1551 E. Shaw Ave Ste 101

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



**FAIHP**

Fresno American Indian Health Project

# BEADING CLASS

## EVERY TUESDAY

Start Time

End Time

### 5:30PM - 7:30PM

at Fresno American Indian Health Project

1551 E. Shaw Ave Ste 101



❖ Reading Materials to Empower

❖ Ages 12 and up (must be accompanied by an adult 18+ for whole session)

❖ **MUST PROVIDE OWN MATERIALS** ❖

If you have any questions, please feel free to contact:

**Jenny Garcia**

@ jgarcia@faihp.org ☎ 559-320-0490

# Wellbriety Meetings

Every Friday

12:00pm- 1:00pm

1st Friday Open Meeting

2nd Friday Topic Stick Meeting

3rd Friday Step Study

4th Friday Birthday Meeting



**FAIHP**  
Fresno American Indian Health Project

Come join us for noon meetings to create a place to support recovery and obtain sober support and friends in recovery. You do not need to sign up!



Meetings at:  
1551 E. Shaw Ave.  
Suite 121,  
Old Clubhouse,  
Fresno CA 93710

Questions?  
Contact:  
Deborah or Michael  
Native Wellness  
559-320-0490

**Show up and get your  
wellbriety on!**



# YOGA

All are welcome (staff and community) to come join us for an hour and a half of the mindful practice of Hatha Yoga. With this type of yoga, you move your body slowly and deliberately into different poses that challenge your strength and flexibility, while at the same time focusing on relaxation and mindfulness. Each session will begin with grounding through smudging and a meditation reading. This exercise is intended to bring wellness to you; spiritual, physical, mental and emotional health.

**This group will meet twice a week beginning January 8th, 2024.**

- Every Monday from 1:30pm to 3:00pm
- Every Thursday from 5:00pm to 6:30pm

Poses are modified to meet participants limits and skill set. All children 10 and older are welcome when accompanied by an adult.

Contact Person: Michael Jimenez  
Contact Email: [mjimenez@faihp.org](mailto:mjimenez@faihp.org)  
(559) 320-0490 ext.501



**FAIHP**

Fresno American Indian Health Project

1551 E. Shaw #121, Fresno CA 93710



Scan QR Code  
to register

## Ongoing Classes & Meetings

See our Live Calendar @ [www.faihp.org/calendar](http://www.faihp.org/calendar) for updated information and flyers and registration links.

### WISE Group

- Zoom & In-person
- 12:00-2:00pm 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

- In-person
- 3rd Thursday each month, 12:00-2:00pm

### Nutrition Counseling

- Via phone or video

### Clubhouse Tutoring/Educational Support

- In-person (Limited capacity)

### 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 May 20-, 2024

### 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)



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**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

Brandy Jaramillo - Chair

Ralph Vigil - Vice Chair

Pam Coronado - Secretary

Bernadette Alvarez - Treasurer

Leece Lee Oliver - 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.