



FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

JULY • 2024

CELEBRATE



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CEO REPORT- Selina De La Peña

JULY News

Dear FAIHP Community,

Celebrating Milestones: Honoring Our Future Leaders

This June, we proudly celebrated a significant milestone for 10 of our remarkable Clubhouse youth, who have successfully advanced from Kindergarten, 6th Grade, 8th Grade, and 12th Grade. These young individuals were joined by their families and supporters in a heartwarming ceremony where they crafted tie blankets as special gifts for our graduates. These youth, actively engaged in various programs and activities at FAIHP, embody the spirit and resilience of our community.



The Fresno Chaffee Zoo recognized FAIHP and awarded it at its Rainbow Pride Award Day on Saturday, June 8, 2024. A big thank you to Bobby Martin, who accepted the award on behalf of FAIHP. FAIHP had a booth at the event along with other community partners. The Zoo Rainbow Pride event is where you discover what animals and their families can teach us about diversity, acceptance, and love.

Board & Community Mixer

The Board and Community Mixer was held on June 10, 2024. There was a lot of laughter and fun playing trivia and games. It was great seeing the Board and Community having so much fun together. We will plan another one in the Fall/Winter.



Embracing Tradition: Our 13th Annual Gathering of Native Americans

We are thrilled to announce that this year marks the 13th Annual Gathering of Native Americans (GONA). Over the years, this week-long cultural camp has welcomed hundreds of youth, providing a unique opportunity for Native teen youth to come together and celebrate their heritage. The camp runs from July 14-19.

We look forward to another unforgettable year of tradition, unity, and celebration.

Kind regards,

Selina De La Peña
CEO, FAIHP

Youth Happenings

In June, Youth Services was able to celebrate 10 of our Clubhouse youth who were promoting and graduating from Kindergarten, 6th Grade, and 8th Grade, and 12th Grade. They were joined by their family members and supporters as they made tie blankets to gift to the youth. Many of these youth are active in various programs and activities here at FAIHP and it was an honor to celebrate them!



This year will be FAIHP 13th annual Gathering of Native Americans. Over the years, hundreds of youth have participated in this week-long cultural camp with other Native teen youth. GONA 2024 will be at Camp Sierra near Shaver Lake and we are looking forward to all of the fun and cultural activities planned. Be sure to register your youth before capacity is met. Registration link and information is found on our website faihp.org.

Gathering of Native Americans 2024
For Native Youth Ages 13-17

Have a blast while learning about your culture, meet new friends, and connect with our Native community. This camp will utilize the principles of GONA in a fun way! The Gathering of Native Americans is a free, week-long cultural camp.

There will be a mandatory youth and parent orientation in early July.

Scan to register your youth now:
Give us a call at 509-320-0490 (press 4 for Youth Services)
if you have any questions.

This is a drug/smoke-free event

What is Generational Trauma?

Generational trauma involves unresolved psychological wounds passed down through generations. It encompasses the emotional, mental, and social impacts inherited from ancestors who endured traumatic experiences like oppression, violence, or loss of culture. This trauma manifests in various forms, including anxiety, depression, and unhealthy coping mechanisms. Generational trauma roots itself in complex, interconnected factors impacting individuals, families, and communities. It transcends genetics, perpetuating through social interactions, family dynamics, and cultural narratives.

Signs and Symptoms

- 1. Emotional Dysregulation:** Individuals may experience intense, uncontrollable emotions like anxiety, anger, or sadness stemming from unresolved trauma ingrained in their family history.
- 2. Relationship Difficulties:** Forming and maintaining healthy relationships can be challenging due to trust issues, emotional detachment, or a tendency to recreate dysfunctional patterns learned from previous generations.
- 3. Maladaptive Coping Mechanisms:** Generational trauma may lead to harmful coping strategies such as substance abuse, self-harm, or other addictive behaviors as a means of escape or self-medication.
- 4. Chronic Physical Symptoms:** Unexplained physical ailments, chronic pain, or autoimmune disorders can sometimes be linked to the physiological effects of long-term stress and trauma.
- 5. Low Self-Esteem and Self-Worth:** Feelings of inadequacy, shame, or a pervasive sense of unworthiness can be rooted in generational trauma, impacting self-perception and personal growth.
- 6. Hypervigilance and Heightened Stress Response:** Constant alertness, difficulty relaxing, and exaggerated stress response can stem from the body's learned survival mechanisms in response to ancestral trauma.
- 7. Dissociation and Depersonalization:** Detachment from reality, feeling disconnected from one's emotions or body, or experiencing a sense of unreality can be manifestations of generational trauma.
- 8. Intergenerational Reenactment:** Unconsciously repeating patterns of abuse, neglect, or dysfunctional behaviors learned from previous generations, perpetuating the cycle of trauma.
- 9. Disrupted Attachment and Bonding:** Difficulties in forming secure attachments or bonding with children or loved ones, potentially due to the impact of generational trauma on emotional regulation and trust.
- 10. Impaired Cognitive Functioning:** Trauma can impact concentration, memory, and decision-making abilities, potentially leading to academic or professional challenges.

Reclaiming your power starts with understanding the trauma cycle — confront the past, embrace self-compassion, and cultivate resilience through mindful practices like meditation or journaling. Joining supportive community groups such as Drumming, Beading, and Yoga can also be helpful in fostering connection and healing as community.

Source: Yatra Trauma Center



SUMMER SEASONALITY

WHAT FRUITS AND VEGGIES ARE IN SEASON THIS SUMMER?



EATING SEASONALLY IS IMPORTANT BECAUSE PRODUCE ...

- CONTAINS MORE NUTRIENTS
- PEAK SEASON FOOD TASTES BETTER
- HAS A LOWER ENVIRONMENTAL IMPACT
- SUPPORTS LOCAL ECONOMY
- IS MORE AFFORDABLE

FRUITS

BLACKBERRIES, BLUEBERRIES, RASPBERRIES, CHERRIES,
RHUBARB, MELONS, NECTARINES, APRICOTS, PEACHES

VEGGIES

BROCCOLI, CAULIFLOWER, CORN, SNAP PEAS, ARTICHOKE,
AVOCADOS, SUMMER SQUASH, GREEN BEANS



Getting Lab Work When Pregnant

Prenatal Care provide pregnant women with the opportunity to receive information about what they can do to have a healthy pregnancy and give their baby a healthy start. These visits also offer early detection (screening) of health issues before they become more serious. As part of that, a prenatal panel, which is a group of Blood Tests, is done early in pregnancy. This is usually done in the first trimester, but can be done in any trimester. These tests are used to check for diseases and infections that can affect the health of a pregnant woman and her unborn baby. A prenatal panel usually includes the following tests:

- ☐ **Complete blood count (CBC)**
- ☐ **Blood type and Rh factor**
- ☐ **Rubella**
- ☐ **Hepatitis B and C**
- ☐ **Sexually transmitted diseases (STDs)**
- ☐ **HIV**

In addition to a prenatal panel, pregnant women may get a Urine Test, which is used to:

- Diagnose a urinary tract infection
- Check glucose levels for diabetes
- Check protein levels

The Importance of Lab Work

Prenatal Screening Tests act as a vital source of information for pregnant women. They are used to evaluate women's and baby's health. They can also be used to guide any necessary treatments and can even be used to help prevent serious complications.

When Should Lab Tests Get Done?

Pregnant women typically undergo lab work at various stages throughout their pregnancy, with some tests performed more than once. Here's a general guideline of when Testing should be completed:

Women should see a doctor as soon as they know they are pregnant.

1. First trimester (weeks 11-13)
 - a. Non-invasive prenatal testing (NIPT) is completed to assess the risk of chromosomal abnormalities like Down syndrome.
2. Second trimester (weeks 14-28)
 - a. Quad screen or maternal serum screening is completed to screen for neural tube defects (birth defects) and genetic disorders.
 - b. Glucose Tolerance Test (GTT) screens for diabetes in pregnancy (gestational diabetes). This test may be performed earlier if risk factors are high.
3. Third trimester (weeks 29-40+)
 - a. Group B Strep B bacteria (GBS) screening is done at the 36th or 37th week of each pregnancy to screen for GBS diseases that can be passed during labor and cause serious infections to the blood, spinal fluid, and lungs.
4. Ongoing monitoring
 - a. Healthcare providers may order additional lab work to ensure the best possible outcomes for both mother and baby.

References:

<https://medlineplus.gov/lab-tests/prenatal-panel/Essential-Lab-Tests-During-Pregnancy>, Metropolis.

<https://www.acog.org/womens-health/faqs/routine-tests-during-pregnancy>

National Minority Mental Health Awareness Month will take place from July 1–31, 2024. The month aims to raise awareness of the unique challenges that racial and ethnic minorities in the United States face when it comes to mental illness.

You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

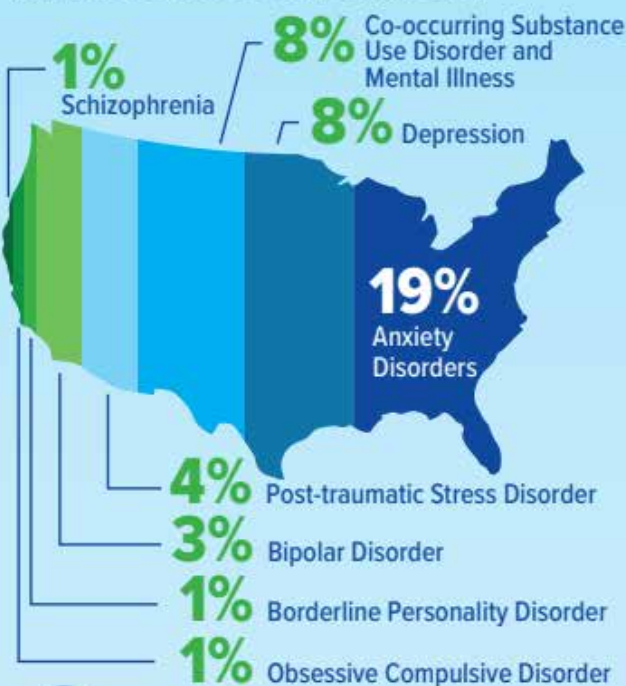
1 in 20

1 in 20 U.S. adults experience serious mental illness

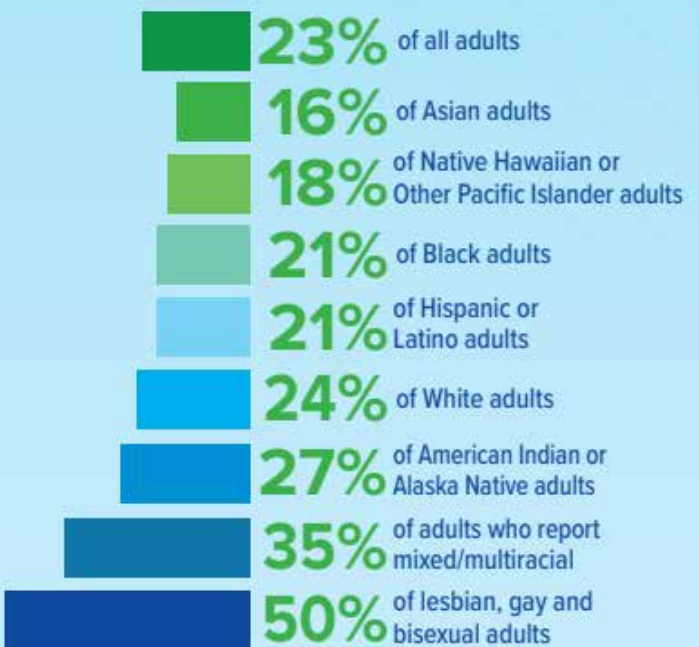
17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

NEW!

TAI CHI



Wednesdays
3pm-4 pm
Fridays
10am-11am

1551 E Shaw Ave
Suite 121



At FAIHP

Fresno American Indian Health Project

Instructor: Mary Anne Villegas
Peer Support: Michael Jimenez

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation. The style of Tai-Chi that FAIHP will be offering is called, Sun - Style. This particular style is beneficial for arthritis and joint repair.



Questions? Contact Michael Jimenez
mjimenez@faihp.org
559-320-0490 extension 501



Interest Form!



BENEFITS OF GARDENING



01

Gardening gives you endless opportunities to learn new skills.



02

Growing your own food can help you eat healthier.



03

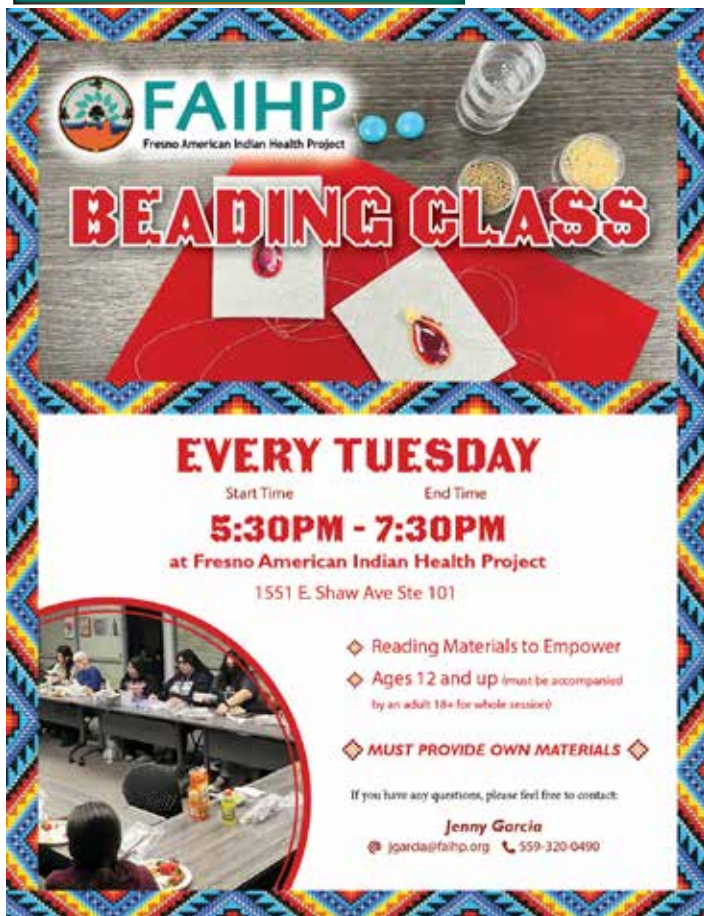
By gardening, you can let your creativity thrive.



04

Heal your mind, body, and soul.
Envigorate the spirit





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



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Fresno American Indian Health Project

WISE

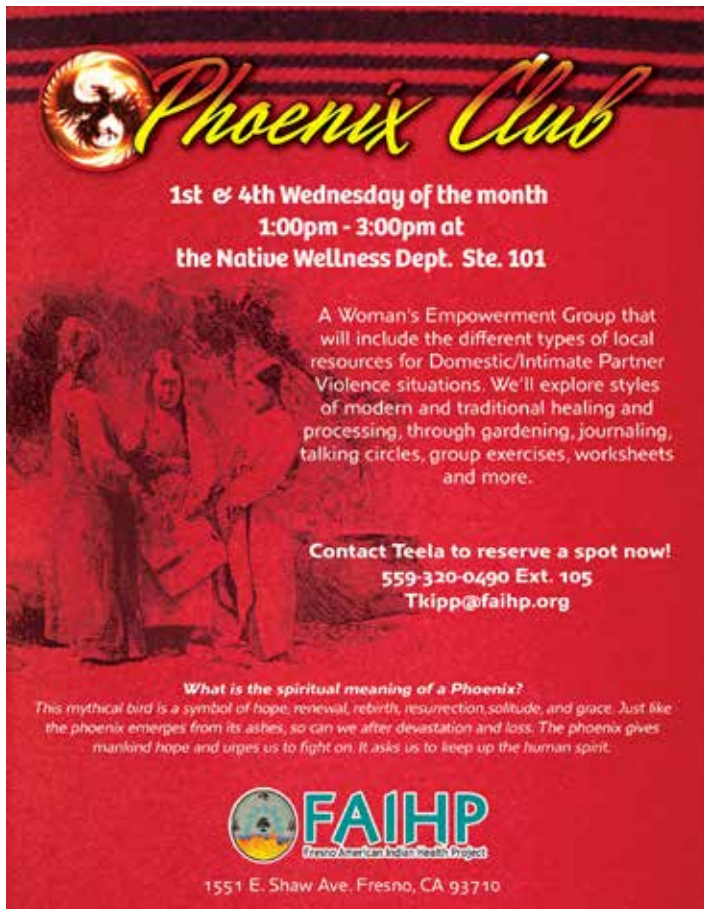
WELLNESS IN OUR SENIOR YEARS SUPPORT GROUP

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



Phoenix Club


1st & 4th Wednesday of the month
1:00pm - 3:00pm at
the Native Wellness Dept. Ste. 101

A Woman's Empowerment Group that will include the different types of local resources for Domestic/Intimate Partner Violence situations. We'll explore styles of modern and traditional healing and processing, through gardening, journaling, talking circles, group exercises, worksheets and more.

Contact Teela to reserve a spot now!
559-320-0490 Ext. 105
Tkipp@faihp.org

What is the spiritual meaning of a Phoenix?
This mythical bird is a symbol of hope, renewal, rebirth, resurrection, solitude, and grace. Just like the phoenix emerges from its ashes, so can we after devastation and loss. The phoenix gives mankind hope and urges us to fight on. It asks us to keep up the human spirit.

FAIHP
Fresno American Indian Health Project
1551 E. Shaw Ave. Fresno, CA 93710



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

WELLBRIETY MOVEMENT

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!

GONA24

JULY 15-19, 2024

@ Camp Sierra



Gathering of Native Americans 2024

For Native Youth Ages 13-17

Have a blast while learning about your culture, meet new friends, and connect with our Native community. This camp will utilize the principles of GONA in a fun way! The Gathering of Native Americans is a free, week-long culture camp.

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if you have any questions.

This is a drug/smoke/vape free event



FAIHP
Fresno American Indian Health Project



SCAN ME

SUBSCRIBE TO OUR NEW DIGITAL NEWSLETTER

For A Chance
to WIN!

RAFFLE

\$50 Gift
Card



**FOR CURRENT
PAPER
NEWSLETTER
CLIENTS**

Only 1
entry per
address!

STEP 1

Fill Out The Form

STEP 2

This will opt you out of the paper
newsletter

STEP 3

Be entered to win a \$50 GIFT CARD



faihp.org



Ongoing Classes & Meetings

See our Live Calendar @ 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 July 22, 2024.

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



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**Visit Page 12 to learn how you
can have a chance to WIN \$50!**



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

Ralph Vigil - Board Member

Pam Coronado - Board Member

Bernadette Alvarez - Board Member

Leece Lee Oliver - Board Member

Bobby Von Martin - Board Member

Audrey Osborne - Board 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.