



STAFF HIGHLIGHT

Dr. Carizma Amila Chapman, Director of Behavioral Health

Laura: Welcome Dr. Chapman!
We're so very happy to finally have you here and settling in at Fresno American Indian Health Project! We've been anticipating your final arrival and are really excited to have you get to know our Native Community, and for our Community to get to know you!



Dr. Chapman: Thank you.

Laura, it is good to finally be here!

Laura: So where is home?

Dr. Chapman: My family is originally from St. Thomas the U.S Virgin Islands and Antiqua, but my parents and two younger siblings live in Atlanta Georgia. So I guess in a way Georgia had been my home and will still be an important place for me because it is where my family is. But when I made the decision to take the position here at FAIHP, I did so with the intention of making Fresno my home, so Fresno is now my home, but my family is in Georgia.

Laura: Wow that is a huge move.

Dr. Chapman: Yes! It is a huge move, across the country with a three-hour time difference (laugh)

Laura: Well we can't wait to meet your family (laughter).

Dr. Chapman: Thank you I am looking forward to them coming over and meeting you too.

Laura: So what are some of your hobbies, some of your favorite things to do?

Dr. Chapman: I love love the arts. I love photography, I am like an amateur photographer. I love playing the piano, I stopped playing several years ago and I just started playing again. I enjoy hiking, I

love watching good movies. I love eating, not necessarily cooking but eating (laugh). I have a goal to work on the cooking part. I also just love being around family and friends. So anything that includes friends, food, nature or some creative activity is pretty much what I spend my time doing.

Laura: That is beautiful.

Dr. Chapman: Thank you.

Laura: What about your educational background, you said you have been in school forever?

Dr. Chapman: So I completed my bachelors degree in Human Services at Montreat College, a small Christian College near Asheville North Carolina. I then went on to complete my masters in Marriage and Family Therapy at Appalachian State University in Boone North Carolina, I then moved to Southern California and attended Loma Linda University and completed dual doctorates, one in Family Therapy, and the second in Family Studies. I then moved to Atlanta Georgia to complete a post doc at Morehouse School of Medicine. The post doc focused on health policy and health equity, looking very much at how community and societal disparities impact the resources that people have and consequently their health and health behavior. It focused on social policy and research as a means to eradicating those barriers.

Laura: So you were able to apply that?

Dr. Chapman: Yes! So a lot of what we did in the program was to look at how to apply the information we were learning to our own training and professional areas of interest. During the fellowship I looked at state sex education policies while working with the Division of Adolescent and School Health at the Centers for Disease Control (CDC). I also focused on

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The next Community Advisory Board meeting will be Monday, August 15, 10-12PM Please join us, your voice is important!
We are always looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490





GONA 2016

60 Native teen youth from all over Central California came together to attend our 5th Annual Gathering of Native Americans. With 18 tribes represented, the youth learned about four principles:



Belonging, Mastery, Interdependence, and Generosity. These principles represent

stages in our lives that we go through to be healthy individuals, who can make a difference in our community.

The week started off with returning campers and new campers coming together. They played games and did activities to learn more about one another and to learn about the staff. This set the tone for all of the fun



they had throughout the week. During this time, they also created clan shields to represent the positive qualities each group shared.

When youth learned about Mastery they focused on overcoming challenges and how to heal. Youth identified issues they wanted to address in the community and created action plans on how to address them.



Interdependence focused on how to work as a community. Youth did this when each clan/group were given different tasks to ensure that our day at Shaver Lake went smoothly. Each clan

completed their roles and our day was a hit! They also did activities focused on team communication.

Finally, on the last day, the youth learned about Generosity; what it is and the importance of practicing it. All youth were presented with positive words that their peers wrote about them and they picked a gift that was made during the week.



It was another great year working with our community and watching these future leaders develop!

Thank you to all of those who helped make GONA a success: our volunteers, especially our GONA alum, our facilitation team, FAIHP staff, the Media Team, and our staff and elders for making Indian Tacos! Most of all, thank you to the youth who attended and gave their all, we are so thankful for all of you!

Foods to Fight Iron Deficiency



You may pump iron at the gym on occasion, but your body pumps it continuously through the bloodstream every day. Iron is needed to make hemoglobin, a part of red blood cells that acts like a taxicab for oxygen and carbon dioxide. It picks up oxygen in the lungs, drives it through the bloodstream and drops it off in tissues including the skin and muscles. Then, it picks up carbon dioxide and drives it back to the lungs where it's exhaled.

Iron Deficiency

If the body doesn't absorb its needed amount of iron, it becomes iron deficient. Symptoms appear only when iron deficiency has progressed to iron deficiency anemia, a condition in which the body's iron stores are so low that not enough normal red blood cells can be made to carry oxygen efficiently. Iron deficiency is the most common nutritional deficiency and the leading cause of anemia in the United States.

Symptoms include:

- Fatigue
- Pale skin and fingernails
- Weakness
- Dizziness
- Headache
- Glossitis (inflamed tongue)

Sources of Iron

The body absorbs two to three times more iron from animal sources than from plants. Some of the best dietary sources of iron are:

- Lean beef
- Turkey
- Chicken
- Lean pork
- Fish

Although you absorb less of the iron in plants, every bite counts, and adding vitamin C to vegetarian sources of iron will enhance absorption. Some of the best plant sources of iron are:

- Beans, including pinto, kidney, soybeans and lentils
- Dark green leafy vegetables such as spinach
- Fortified breakfast cereals
- Enriched rice
- Whole-grain and enriched breads

High-Risk Populations

The following populations of individuals are at a higher risk for developing iron deficiency.

Women Who Are Pregnant or Breast-feeding: Increased blood volume requires more iron to drive oxygen to the baby and growing reproductive organs. Consult your doctor or registered dietitian before taking an iron supplement.

Young Children: Babies store enough iron for the first six months of life. After six months, their iron needs increase. Breast milk and iron-fortified infant formula can supply the amount of iron not met by solids. Cow's milk is a poor source of iron. When children drink too much milk, they crowd out other foods and may develop "milk anemia." Two cups of milk per day is the recommended amount for toddlers.

Adolescent Girls: Their often inconsistent or restricted diets — combined with rapid growth — put adolescent girls at risk. *Women of Childbearing Age:* Women with excessively heavy menstrual periods may develop iron deficiency.

How to Prevent Iron Deficiency

Eat a balanced, healthy diet that includes good sources of iron to prevent any deficiencies. Combine vegetarian sources of iron with vitamin C in the same meal. For example: a bell pepper-bean salad, spinach with lemon juice, or fortified cereal and berries.

If treatment for iron deficiency is needed, a health-care provider will assess iron status and determine the exact form of treatment — which may include changes in diet or taking supplements.

Article excerpt derived from EatRight.org

Heat Cramps, Heat exhaustion and Heat Stroke

As the summer temperatures begin to rise, stay cool and hydrated. There are three types of heat illness to be familiar with: heat cramps (mildest), heat exhaustion (more severe), and heat stroke (most severe). This can occur when you are exposed to high temperatures for long periods and not hydrated properly.

Heat Cramps

Heat cramps are painful muscle spasms that mostly occur in the legs during strenuous exercise in the heat. Although this is the mildest form of heat illness it may be an early sign for heat exhaustion or possibly even heat stroke. If you have heat cramps, cool off, rest, and rehydrate.

Heat Exhaustion

This is when you are losing water and salt through excessive sweating as your body is trying to cool itself down. If your body loses the ability to cool itself down, heat exhaustion can quickly progress to heat stroke. Some symptoms of heat exhaustion are muscle cramps, nausea, vomiting, diarrhea, headache and weakness.

Heat Stroke

Your body no longer has the ability to cool itself down and your body temperature rises to 104 degrees or higher. When your body's temperature increases that high, you can begin to damage your brain, heart, kidneys and muscles. If treatment is delayed it can lead to seizures, coma and even death. Symptoms are confusion, slurred speech, hot and dry skin, headache, nausea, vomiting, rapid breathing

and fast heart rate. This is a medical emergency and you need to call 911!

After you have called 911, you need to get the person cooled down, preferably indoors or under the shade, remove excess clothing and cool them down in any way possible. Use cool water or ice packs or place the person in front of a fan.

Heat Stroke can affect anyone! Although, it affects the very young and adults over the age of 65 more often because they are not able to handle changes in body temperatures as easily. There are medications that affect your body's ability to stay hydrated like vasoconstrictors, high blood pressure medication and diuretics.

In order to prevent heatstroke some of the things you can do is wear loose clothing so your body can properly cool itself down. The most important is to drink plenty of water and to avoid strenuous activity during the hottest parts of the day.



Finding MENTAL HEALTH CARE that Fits Your CULTURAL BACKGROUND



What is Cultural Background?

Culture is a particular group's beliefs, customs, values and way of thinking, behaving and communicating. Cultural background affects how someone:

- Views mental health conditions
- Describes symptoms
- Communicates with health care providers such as doctors and mental health professionals
- Receives and responds to treatment

What is Cultural Competence?

Cultural competence is the behaviors, attitudes and skills that allow a health care provider to work effectively with different cultural groups. Finding culturally competent providers is important because they understand the essential role that culture plays in life and health. A culturally competent provider includes cultural beliefs, values, practices and attitudes in your care to meet your unique needs.

Tips for Finding a Culturally Competent Provider

Research Providers

- Contact providers or agencies from your same cultural background or look for providers and agencies that have worked with people who have a similar cultural background.
- Ask trusted friends and family for recommendations.
- Look online or ask for referrals from cultural organizations in your community.
- If you have health insurance, ask the health plan for providers that fit your cultural background.



Ask Providers These Questions

- Are you familiar with my community's beliefs, values and attitudes toward mental health? If not, are you willing to learn about my cultural background and respect my perspective?
- Do you have experience treating people from my cultural background?
- Have you had cultural competence training?
- Are you or members of your staff bilingual?
- How would you include aspects of my cultural identity, such as age, faith, gender identity or sexual orientation, in my care?



Other Things You Can Do

- Tell the provider about traditions, values and beliefs that are important to you.
- Tell the provider what role you want your family to play in your treatment.
- Learn about your condition, particularly how it affects people from your culture or community.
- Look around the provider's office for signs of inclusion. Who works there? Does the waiting room have magazines, signs and pamphlets for you and your community?

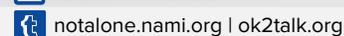


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health, which is using technology to engage folks in mental health services, and I also focused on integrating behavioral health services into primary care settings. I worked on two projects in this area, a training program at Morehouse, and I did a program evaluation for a Federally Qualified Health Center (FQHC). I believe these are important issues because we know people often don't come to clinics like this for mental health services. More often than not they go to primary care clinics or to the emergency room for their mental health treatment. So more of us need to be in those contexts and use appropriate technology to make sure people are getting holistic care. So that was what I focused on in Atlanta. Since I started working here at FAIHP I have been exploring how to address disparities in ways that are in line with the needs and interests of the community.

Laura: So what do you mean by holistic health care?

Dr. Chapman: Ideally our treatment and health systems should assess the whole needs of a person; mental, physical, emotional, relational, and spiritual. But a lot of time our health systems will attend to just physical ailments or just emotional ailments and not look at the big picture. Sometimes it happens because of limited training and other times its because of resources like time or money. Consequently, our services continue to be fragmented, addressing one component of care, and not the whole person. So I am interested in developing diverse teams and a process by which physicians, therapist, care coordinators, case managers, nurses, and medical assistants, are all collaborating at a one stop health shop. Where everything as much as possible could be addressed in one treatment setting.

Laura: So what you are talking about is the medicine wheel the physical, mental, emotional, spiritual aspects.

Dr. Chapman: Yes, exactly! But we still have a way to go. Ideally we should be assessing for all of those things in a treatment encounter but because of time it is often typical for providers to focus on symptoms causing pain without substantively exploring the strengths, resources, and assets that can be used to buffer against pain and facilitate healing. But when someone works form a holistic framework, like the medicine wheel, he/she can address the physical, mental, emotional, and spiritual need and resources that people have. We still have a way to go. We have been researching it and talking about it more than it has been put into practice.

Laura: So you are wanting to implement that here at Fresno American Indian Health Project?

Dr. Chapman: I am committed to holistic care. I am committed to holistic care in a way that is aligned with what the community sees as holistic care. One of the things that I have learned from doing research with different groups of people and working with different communities is that holistic care in action can be different for different people. So I am not brining in another community's

vision for holistic care, I am really wanting to collaborate with this community, around what this community's vision of holistic care is. So I would say yes my goal is holistic care, but I am not brining a definition and a plan for what that is.

Laura: Have you every worked in an Indigenous community?

Dr. Chapman: I worked once on a project at a Native school in Riverside California. I participated in the development and presentation of a training on Suicide Prevention for Native youth. I enjoyed the experience and wanted to do more, so I am excited that I am able to do so now with FAIHP. I have other experience working with people from a wide range of backgrounds with different needs, in variety of communities. I worked as part of a team helping two coastal communities in Honduras, I was part of a mission trip to Cuba, I have worked a lot with Hispanic, African American, Caucasian, and Asian individuals and families, addressing a wide range of issues such as partner conflict/or domestic violence, substance abuse, grief and loss, depression, and HIV.

Laura: It sounds like you definitely have. Since you have been in Fresno and spent time with us you have gone to our GONA, and some of our groups, like the youth council, and advisory committee, have you learned anything about our culture?

Dr. Chapman: Yes, I have been learning so much about the diversity that exists across tribes and communities. I have learned so much about indigenous plants/herbs, frameworks for healing like the GONA, and different parenting programs like Motherhood is Sacred. I have learned a lot about historical trauma, and the power of tradition and culture as a form of medicine that can be used to prevent negative health outcomes and to facilitate healing. I have learned about the important role elders play in supporting and guiding the community, and the importance of silence, to name only a few. I could probably write a book about all I have learned in such a short period of time. I am thankful that you all have been open to me coming and teaching me, I know that I could not and would not be effective in my role if I did not listen, watch, and learn from all of you.

Laura: Well we are excited to have you, especially with your background in your role, and with your ambitions. You are bringing some fresh new light out here, and we are hoping that you will stay for a very long time.

Dr. Chapman: I moved with the intention of staying so I am hoping you will keep me too.

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All events are subject to change. Please call for more info (559)320-0490



FAIHP

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