



FAIHP attends Horticultural Therapeutic Community Center Cultural Event

On Friday June 26th, 2015, FAIHP staff, youth, and Spiritual Leader Ron Alec attended the Horticultural Therapeutic Community Center cultural event



sponsored by the Fresno County Behavioral Health Department. The event was held at the West Fresno Family Resource Center, located at 1802 E. California Ave. in Fresno. The event was held to raise community awareness around the Horticultural Therapeutic Community Centers funded through Fresno County Behavioral Health using Prop. 63 Prevention and Early Intervention monies. FAIHP is currently in the process of applying to open a Horticultural Therapeutic Community Center in partnership with Many Lightning's American Indian Legacy Center and as such we were invited



to participate in this event. Each of the participating agencies displayed cultural items as well as information about their agency and culture. Participants also prepared two food items that represent their culture.

After folks had a chance to stroll through the cultural display booths gathering information and learning about the various cultures represented, a

community potluck was held that featured the food items that were brought by each of the cultural groups. Following the potluck each cultural group came forward to share about their organization, their culture, and to provide some culturally relevant entertainment. Community Outreach Coordinator, Pete Molina, gave an overview of FAIHP, our Clubhouse youth then sang a spirited version of the Deer Song, and finally, Spiritual Leader Ron Alec brought a prayer before singing the Bigfoot Song. The event provided a wonderful opportunity to share each others traditions and developing relationships with other organizations.

Next month we hope to have news about the opening of the FAIHP/Many Lightning's Horticultural Therapeutic Community Center.



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



Youth News & Events!

For the month of June Clubhouse has been in full camp mode! We are getting ready for our Fourth Annual GONA camp at Camp Sierra ages 12-17 yrs olds. The younger youth ages 5-12 yrs old are also getting ready for the Robert Sundance Camp in Bishop CA.



that take place at one locale and officials' failure to erect suicide barriers. The forum was held on Saturday, May 2nd, 2015.

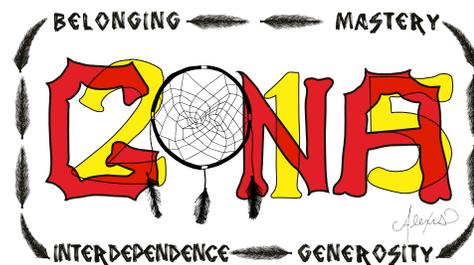


Clubhouse youth attended the Fresno Survivors of Suicide Loss, suicide prevention and awareness forum. This forum centered on mental health and wellness for individuals ages 14-25. It was a fun and educational day. There were guest speakers, prizes, activities, food, resource fair, DJ, art show, goodie bags and entertainment. The goal of this forum is to educate youth in our community on suicide, prevention, and empower youth to educate, help their peers, as well as locate resources for help.

Guest speaker Kevin Hines, who suffers from bipolar disorder, survived a jump from San Francisco's Golden Gate Bridge in 2000 shared his story. The youth watched "The Bridge" a new documentary that captures 23 suicide jumps from the bridge. Hines' goal is to expose the high number of suicides



Many of the youth at Clubhouse have been promoted to high school and wanted to share that excitement with Clubhouse. Rachel our MSPI coordinator held a promotion ceremony here at clubhouse. FAIHP Staff and Clubhouse would like to encourage all youth to keep up the good work!



Tips to Make This Summer's Cookouts Both Healthy and Delicious

Do you need motivation to achieve your health goals and start eating right? Celebrate warmer weather with a healthful backyard barbecue while impressing your family and friends with delicious foods they will love.

Start building your healthful barbecue around fruits and vegetables, which are low in calories, high in fiber and packed with the nutrients you need. Look no further than your local grocery store or farmers' market for fresh, seasonal fruits and vegetables. Not sure how to feature fruits and vegetables at your barbecue? Here are a few ideas, but feel free to get creative:

Watermelon

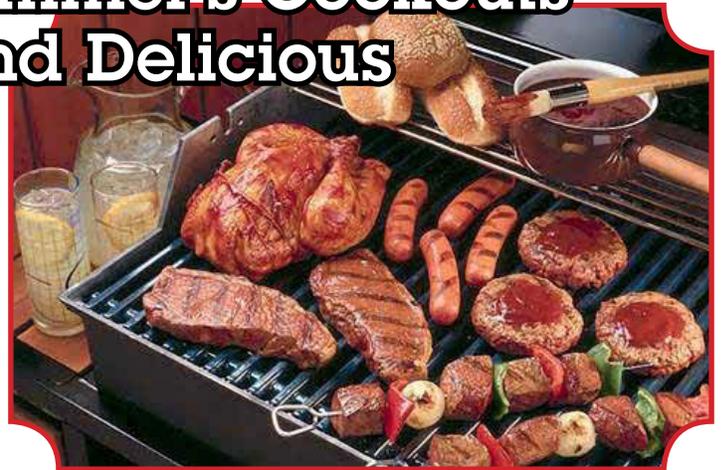
No summer gathering is complete without this sweet treat. Made up of more than 90 percent water, it will also keep your guests hydrated on a hot day.

- Caramelize watermelon slices on the grill, then drizzle with honey, lime and a pinch of salt.
- Pair with shrimp on a kebab.
- Carve out a watermelon to use as a bowl for fruit salad.
- Use the juice of a watermelon as a glaze for chicken, shrimp or pork.

Summer Squash

When it comes to summer squash like zucchini, patty pans or yellow crooknecks, you've got options. You can stuff it, bake it, steam it or grill it.

- Grate squash and bake with it. Summer squash can be used in recipes ranging from meatloaf to muffins or breads.
- Stuff squash with lean protein like chicken, fish or beans, and brown rice.
- Cut squash into length-wise strips and place directly on the grill or cook smaller pieces in tin foil.



Sweet Potato

While potato salad and potato chips are popular at summertime gatherings, they contain high amounts of fats and sodium. A medium-sized sweet potato contains 3 grams of fiber and just 130 calories, making them a nutritionally sound choice.

- Wrap a sweet potato in foil and cook on the grill until soft; top with cinnamon.
- Cut into strips and bake for sweet potato fries.
- Grill sweet potatoes until tender and mash for mashed sweet potatoes topped with a touch of brown sugar or freshly grated nutmeg.

Dessert

No cookout is complete without dessert, but nobody wants to be weighted down with something heavy in 100+ degree weather. So try these healthier and lighter options at your next barbecue:

- Cut fresh peaches and/or nectarines in half and grill until caramelized and tender.
- Grill sliced pineapple to bring out the sweetness.
- Slice a banana in half and place in a tin foil pouch. Smear a small spoonful of peanut butter and just a few chocolate morsels on top, close the pouch and place on the grill for 3-5 minutes until the chocolate is melted.
- Make fruit skewers of apple, pineapple, peaches, watermelon, and strawberries and cook it like any other kebob, only with a sweet twist.

Stay Cool During Summer Heat

Keep Yourself and Your Family Cool

- Drink plenty of water and other fluids.
- Avoid alcohol and caffeinated drinks such as coffee, soda, and tea.
- Stay indoors and limit activity between noon and 6 pm.
- Use portable and ceiling fans to circulate cool air.
- Wear light-colored, light weight and loose fitting clothing.
- Never leave a child or pets in a parked car.
- Take care of pets: Provide plenty of water, shade, and well-ventilated kennels and bring pets inside during the hottest part of the day.
- If the power fails, go to a friend's house, a local business, the library or a "cooling center."

Health and Safety Checks

During extreme conditions:

- Check twice a day on family members, friends, neighbors, and others.
- Call or visit to be sure they are comfortable and safe.
- Older adults and people with chronic health conditions are at higher risk.



Stay Cool

- Stay in the shade if outdoors
- Put a wet towel on your head, neck, or wrists.
- Bring drinking water when going out

Take Action to Prevent Heat Related Illnesses

Contact your doctor regarding special precautions for older adults and for people with chronic conditions.

Heat Exhaustion

- Heavy sweating
- Muscle cramps
- Weakness
- Dizziness

If you feel ill due to heat, take immediate steps to cool off and see a doctor or call 911.

Heat Stroke

- Rapid pulse
- Nausea
- Throbbing headache
- Confusion



For More Information Visit:

www.fcdph.org/staycool



Department of Public Health
www.fcdph.org

MENTAL HEALTH MONTH 2015

B4Stage4

Anxiety in Older Adults

Have you ever suffered from excessive nervousness, fear or worrying? Do you sometimes experience chest pains, headaches, sweating, or gastrointestinal problems? You may be experiencing symptoms of anxiety.

Excessive anxiety that causes distress or that interferes with daily activities is not a normal part of aging, and can lead to a variety of health problems and decreased functioning in everyday life.

14%

of older adults meet the criteria for a diagnosable anxiety disorder

27%

of older adults had symptoms of anxiety that didn't qualify as a diagnosable disorder, but significantly impacted their functioning¹

Common Types of Anxiety Disorders and Their Symptoms

The most common anxiety disorders include specific phobias and generalized anxiety disorder. Social phobia, obsessive-compulsive disorder, panic disorder, and post-traumatic stress disorder (PTSD) are less common.

Panic Disorder: Characterized by panic attacks, or sudden feelings of terror that strike repeatedly and without warning. Physical symptoms include chest pain, heart palpitations, shortness of breath, dizziness, abdominal discomfort, and fear of dying.

Obsessive-Compulsive Disorder: People with obsessive-compulsive disorder (OCD) suffer from recurrent unwanted thoughts (obsessions) or rituals (compulsions), which they feel they cannot control. Rituals, such as hand washing, counting, checking or cleaning, are often performed in hope of preventing obsessive thoughts or making them go away.

Post-Traumatic Stress Disorder: PTSD is characterized by persistent symptoms that occur after experiencing a traumatic event such as violence, abuse, natural disasters, or some other threat to a person's sense of survival or safety. Common symptoms include nightmares, flashbacks, numbing of emotions, depression, being easily startled, and feeling angry, irritable or distracted.

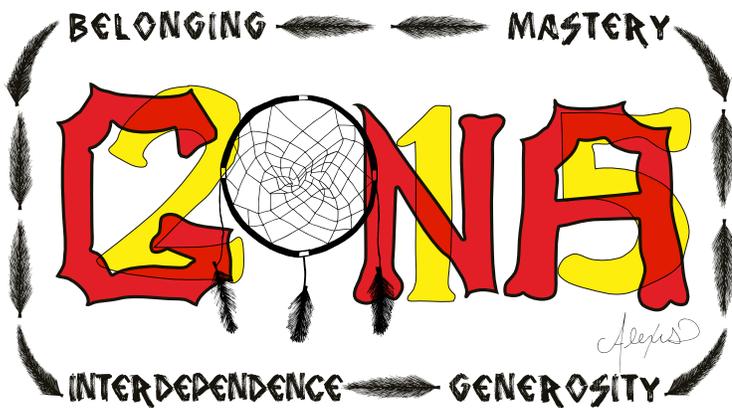
Phobia: An extreme, disabling and irrational fear of something that really poses little or no actual danger; the fear leads to avoidance of objects or situations and can cause people to limit their lives. Common phobias include agoraphobia (fear of the outside world); social phobia; fear of certain animals; driving a car; heights, tunnels or bridges; thunderstorms; and flying.

Generalized Anxiety Disorder: Chronic, exaggerated worry about everyday routine life events and activities, lasting at least six months; almost always anticipating the worst even though there is little reason to expect it. Accompanied by physical symptoms, such as fatigue, trembling, muscle tension, headache, or nausea.

Source: www.mentalhealthamerica.net/may

If you are dealing with anxiety or know someone who is, we can help.

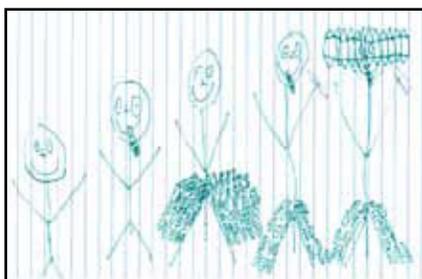
MSPI NEWS



GONA 2015's logo was designed by Alexis B., an avid participant at Clubhouse and member of the FAIHP Youth Council. Great job, Alexis!



Thank you to all those who submitted entries for the 2015 GONA logo contest: Elisio F., Alex F., Steven G., Mathew H., and Andrew H. We are so glad to have such creative youth who took the time to create amazing art!



GONA Orientation



for Fresno American Indian Health Project's GONA 2015 participating youth and parents of youth

This is a mandatory event for participants

Big Sandy – Tuesday, 7/7 at the BSR Gym	1:00 – 2:00
Cold Springs – Thursday, 7/9 at the CSR Wellness Center	1:00 – 2:00
Fresno/Clovis – Friday, 7/10 at the FAIHP Clubhouse	1:00 – 2:00
North Fork – TBA	



Please call Rachel Ramirez at (558) 320-0490 for more information

GONA Youth and Parent Orientations

Find out what you can look forward to at GONA

Big Sandy Rancheria – Tuesday, July 7 at 1 p.m.
at the BSR Gym

Cold Springs Rancheria – Thursday, July 9 at 1 p.m.
at the CSR Wellness Center

Fresno and Clovis – Friday, July 10 at 1 p.m.
at FAIHP Clubhouse

ALCOHOLISM AND ALCOHOL ABUSE

It's not always easy to see when your drinking has crossed the line from moderate or social use to problem drinking. But if you consume alcohol to cope with difficulties or to avoid feeling bad, you're in potentially dangerous territory. Alcoholism and alcohol abuse can sneak up on you, so it's important to be aware of the warning signs and take steps to cut back if you recognize them. Understanding the problem is the first step to overcoming it.

Understanding alcoholism and alcohol abuse

Alcoholism and alcohol abuse are due to many interconnected factors, including genetics, how you were raised, your social environment, and your emotional health. Some racial groups, such as American Indians and Native Alaskans, are more at risk than others of developing alcohol addiction. People who have a family history of alcoholism or who associate closely with heavy drinkers are more likely to develop drinking problems. Finally, those who suffer from a mental health problem such as anxiety, depression, or bipolar disorder are also particularly at risk, because alcohol may be used to self-medicate.

Since drinking is so common in many cultures and the effects vary so widely from person to person, it's not always easy to figure out where the line is between social drinking and problem drinking. The bottom line is how alcohol affects you. If your drinking is causing problems in your life, you have a drinking problem.

If you think you may have an issue with alcoholism and/or alcohol abuse please contact the Behavioral Health Department, "All My Relations Community Wellness Center FAIHP" for services.



Source: active internet marketing



SOAR (Seeing Our Ability to Recover)

Start Date: Aug. 6th - Orientation

End Date: Oct. 29th - Certificate of Completion

Every Thursday from 6pm - 7:30pm

Outpatient Groups, 5 main topics:

Cause and Affects

Abuse vs. Addiction

Red Road 12 Steps

Relapse Prevention

Wellness Plan for Aftercare



FAIHP
Fresno American Indian Health Project

Contact: Anna-Marie Hinojosa or Michelle Cabral

1551 E. Shaw Ave. #139 Fresno CA 93710

(559) 320-0490 www.faihp.org

JULY 2015

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



FAIHP

Fresno American Indian Health Project

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www.faihp.org

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Fresno American Indian Health Project

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 or by logging on our website & utilizing the PayPal "donate" link.

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:

- Health Screenings
- Mental Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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