



## PRESS RELEASE

Contact: Jennifer Ruiz, FAIHP Executive Director  
For Release: Oct 08, 2014 4:55 PM (559) 320-0490  
The Tule River Tribe in Partnership with Fresno American Indian Health Project (FAIHP) Awarded \$4 Million to Implement a Comprehensive System of Care for Native Americans in the San Joaquin Valley, California.

The Tule River Yokuts tribe, located near Porterville California, and the Fresno American Indian Health Project (FAIHP), an urban Indian health program in the City of Fresno was awarded a grant of \$4 million over the next four years from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The grant will allow the tribe and FAIHP to implement a trauma-informed comprehensive and holistic system of care for American Indian youth and families in the San Joaquin Valley, California. It will increase the availability of direct mental health and substance abuse services available for American Indian and Alaska Native people in the region. The project will also provide greater outreach and prevention services to reduce the stigma that surrounds mental health care, as well as promote information about the importance of accessing services. The service system will integrate traditional health practices and cultural services as well as a culture based wraparound approach for working with youth and families in need.

This project represents an unprecedented partnership between a tribal government and an urban Indian health program in the delivery of a system of care for behavioral health services for Native American families that will serve an eight county region. With over 93,000 estimated Native Americans in the San Joaquin Valley, this funding is critical to meet the needs of these rural and urban tribal communities. The grant proposal was developed in response to a comprehensive needs assessment of the Native American community, conducted by FAIHP and published in 2013, which found that 77% of respondents reported they did not

know how to access mental health services in their community. While access to care is clearly a barrier, 55% of American Indian youth reported having a friend or family member that used drugs/alcohol, and 43% knew a friend or family member who tried to end their own life.

“Despite the benefits of health care reform including Medi-Cal expansion, American Indian communities face some of the highest rates of health disparities, chronic disease, and lack of access to care, in the nation. Inaccurate public assumptions that tribal gaming revenues and the limited funding available through the Indian Health Service should be sufficient to meet the health needs of tribal and urban Indian communities can create barriers to securing the resources necessary to raise the quality and quantity of available care.” said Jennifer Ruiz, the Executive Director of FAIHP. For these reasons, the tribe and FAIHP are optimistic about this cooperative agreement with SAMHSA, and the partnership’s ability to sustain the services once the grant program is complete. For more information, please visit <http://www.faihp.org>.

Healthcare Open Enrollment, starts on Nov.15 - Feb.15. Now is the time to enroll, review your plan and/or make changes to an existing plan. Make an appointment today to see one of our Certified Enrollment Counselors. 559-320-0490



### INSIDE THIS ISSUE:

CoC Update	1
Clubhouse News	2
Nutrition News	3
Nursing Corner	4
CBANS News	5
MSPI Updates	6
Calendar	7

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We are looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

## YOUTH NEWS & EVENTS!

Fun filled activities and laughter is what Clubhouse has been filled with this past month. Ten of our youth ages 8-17 had the opportunity to participate in a basketball clinic with WNBA star Shoni Schimmel. After the basketball clinic there was a motivational speech, meet and greet, autograph session, and a raffle. The Clubhouse youth enjoyed coming together with many familiar youth from other Native communities.



Our Youth also participated in **The Big Fresno Fair**. They enjoyed the educational exhibits at the Fair along with the livestock, agriculture and gems exhibits. Many were also excited to see other youth their age have their artwork showcased at the Fair. Clubhouse youth were inspired by



the various forms of artwork and would like have their artwork showcased in the fair next year, so keep an eye out for our inspired Native artwork at next year's fair!

Our teen group enjoyed a paper-mache skulls workshop held at Fresno State by the Aztec Dance Club. The class was a hands-on, interactive workshop that taught them the traditional decorations and meaning behind the ancient indigenous traditions. Our teens really enjoyed the class and being on Fresno State's campus. We also participated in the Owens Valley Career Development Center's Fall Fest. The Youth enjoyed getting their faces painted, hair spray painted, games and all the great food! Clubhouse youth also enjoyed seeing and interacting with OVDC's youth group and families.



Our annual **Health Fair** was a great success here at Clubhouse, we had 83 individuals come through our doors. We had a Clubhouse pumpkin patch along with a pumpkin decorating table, face painting, a fishing pond, photo frame making and book markers station, coloring table, a photo booth and scary popcorn hand making table. Clubhouse youth and families enjoyed our cake walk and music as well. Many of our booths and tables of activities were ran by our youth council and teen group. Good job teens keep up the good work!



## Clubhouse Star Student

Clubhouse is pleased to announce that Aldo D. is our Star Student of the Month! Aldo, has become a great teen role model for many of our younger male youth. He is a great volunteer and has shown tremendous growth in his leadership skills. Aldo is not only a great, positive role model for the clubhouse youth but is also setting a great example for his younger siblings. Clubhouse is very honored to be present as he continue his growth into a positive Native male adult. Keep up the good work Aldo!



Toys 4 Tots sign-ups has begun!

Clubhouse will be closed the week of November 17th-21st & 26th-28th

Clubhouse is also taking teens to the Fresno City College Education Conference on November 13th

Clubhouse would also like to invite the Clubhouse youth and families to join us on November 25th for a ClubW.I.S.E family Thanksgiving lunch.

We would also like to invite Clubhouse families to join us on our FAIHP Veterans Day float! For more information please feel free to give us a call @ (559) 803-6977

# NOVEMBER IS DIABETES AWARENESS MONTH

A time to rally individuals, families and communities to join in the fight against diabetes.

## GENERAL DIABETES FACTS



NUMBER OF YEARS BY WHICH  
DIABETES CAN SHORTEN A  
PERSON'S LIFE SPAN



AVERAGE ANNUAL MEDICAL  
CARE COST FOR A PERSON WITH  
DIABETES



AVERAGE ANNUAL MEDICAL  
CARE COST FOR A PERSON  
WITHOUT DIABETES

## AWAKENING THE SPIRIT

Years ago, Native Americans did not have diabetes. Elders can recall times when people hunted and gathered food for simple meals. People walked a lot. Now, in some Native communities, one in two adults has diabetes. The national committee Awakening the Spirit: Pathways to Diabetes Prevention & Control shares important messages about diabetes:

- No one should have to fight diabetes alone.
- People with diabetes can manage it.
- People with diabetes can live full lives
- People with diabetes can be well enough to watch their grandchildren grow up.

Diabetes can affect any part of your body. The good news is that you can prevent most of these problems by keeping your blood glucose (blood sugar) under control, eating healthy, being physical active, working with your health care provider to keep your blood pressure and cholesterol under control, and getting necessary screening tests.

See more at: American Diabetes Association [www.diabetes.org](http://www.diabetes.org)

**Our Diabetes Program can help you be successful! Call for more information!**  
**Join our next Diabetes class November 20th, 2014 at 1:00 pm**

## In Celebration of National Diabetes Awareness Month Let's take care of our FEET!

**#1 - Inspect your feet every day, and seek care early if you do get a foot injury.**

**#2 – DON'T SMOKE!**

**Prevent serious foot problem by following these steps:**

Your health care provider should perform a complete foot exam at least annually - more often if you have foot problems.

Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).

If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely.

**Keep your feet healthy.**

- Take care of your diabetes. Keep your blood glucose in your target range.
- Check your feet every day. Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
- Be more active. Get moving, it helps blood flow, and makes you feel better.
- Wash your feet every day. Dry them carefully, especially between the toes.
- Keep your skin soft and smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
- If you can see and reach your toenails, trim them when needed. Trim your toenails straight across and file the edges with an emery board or nail file.
- Wear shoes and socks at all times. Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
- Protect your feet from hot and cold. Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.
- Keep the blood flowing to your feet. Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day.
- Get started now. Begin taking good care of your feet today.

**At our Diabetes Class on November 20th we will be discussing foot care, and perform foot checks for those who are interested!**

# FAIHP CBANS PROGRAM NEWS



CBANS and the Fresno American Indian Health Project (FAIHP) team made it out to another Pow Wow this month. It has been a great Pow Wow season, traveling to and visiting with the different Native American communities. We have been blessed to meet so



many new people along the way. It is always a great privilege for CBANS to provide the information on community services while promoting Mental Wellness and education.

This month the WISE support group was provided with useful material on energy savings and assistance programs. The information was provided by an Energy Specialist who informed the group on the different assistance programs through PG&E. From home improvements, showerheads, and water heaters the elders learned where they can start saving and what type of assistance is available for the coming winter months.



CBANS has returned to the Cold Springs Rancheria (CSR). CBANS always has a great time working with the elders at the CSR WISE. CBANS provided information to the group on Covered California and the tax exemption forms. CBANS provided

information on the benefits to having coverage and the protection for American Indians in the Health Insurance Marketplace, also known as Covered California. During this time the CSR elders were working on tie-blankets, to start getting ready for the cold months of winter. It is always good to see the elders being active and coming together, sharing laughs and those contagious smiles.



CBANS was very happy to be at the Big Fresno Fair this year to supply the children and families with wellness education, on "Education Day". CBANS has been actively engaging not only in the Native American communities but also with a wide range of Fresno County community members. There were many families that stopped by to visit and were interested in hearing about FAIHP. It is always our pleasure to share information and promote Mental Wellness. CBANS would like to thank Linda Descoteaux from the Agency on Aging for allowing us to present on our culturally based activities and services

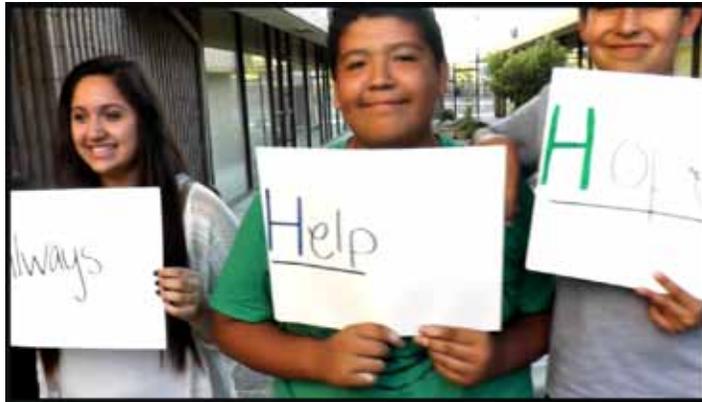
at the FAIHP. As always CBANS will be looking forward to making new connections and will continue serving our community in a good way.

**WISE Support Group: TBA Call for details**  
**Stress Management: TBA Call for details**  
**Tues.Tea: Twice a month TBA Call for details**  
**Wellbriety: Weds at 7:00pm - 9:30pm**  
 Times and Dates are Subject to change Please call Ruben Garcia at (559) 320-0490

# MSPI NEWS



During October the teen youth focused on the importance of confidence as a form of prevention. They expressed themselves by finishing their work on the public service announcement for bringing awareness to mental wellness.



drug-free environment. Also discussed was the need to support other youth. It's safe to say that the youth are growing into their roles of becoming strong leaders one day. In general, this was a great time for the male teens to come together and build stronger relationships while also having fun.

They were very vocal in acknowledging what kind of "feel" was necessary for the video in order to provide hope in serious and, sometimes, dark situations.

The male teens also went on a trip to Blackbeard's Family Entertainment Center with male staff and



volunteers. There was a talking circle and prayer that focused on the importance of being in a safe,

"Life is not easy for any of us. But what of that? We must have perseverance and above all, confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained."  
 Marie Curie  
 (first female Nobel Prize winner)

## NOVEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Fresno State Parking Fundraiser
2 Daylight Savings	3 JUST WALK 11-12PM at Manchester Mall	4 Stress Mang. Group 1-2pm Tuesday Tea 2-3:30	5 Exercise Class 11-12 Wellbriety 7:00-9:30pm	6 Fresno WISE 12-2pm	7	8 Fresno State Parking Fundraiser
9	10 JUST WALK 11-12PM at Manchester Mall	11 Veterans Day Office Closed	12 Exercise Class 11-12 Wellbriety 7:00-9:30pm	13	14 Youth Council 4:30pm-6pm	15
16	17 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	18	19 Exercise Class 11-12 Wellbriety 7:00-9:30pm	20 Diabetes Class 1pm-3pm	21	22
23	24 JUST WALK 11-12PM at Manchester Mall	25	26 Exercise Class 11-12 Wellbriety 7:00-9:30pm	27 Thanksgiving Office Closed	28	29 Fresno State Parking Fundraiser
30		October 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		December 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

## DECEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 JUST WALK 11-12PM at Manchester Mall	2	3 Exercise Class 11-12 Wellbriety 7:00-9:30pm	4	5	6
7	8 JUST WALK 11-12PM at Manchester Mall	9	10 Exercise Class 11-12 Wellbriety 7:00-9:30pm	11	12	13
14	15 Community Advisory Meeting 10-12 JUST WALK 11-12PM at Manchester Mall	16	17 Chanukkah Exercise Class 11-12 Wellbriety 7:00-9:30pm	18 Diabetes Class 1pm-3pm	19	20
21 Dec. Solstice	22 JUST WALK 11-12PM at Manchester Mall	23	24 Christmas Eve Office Closed	25 Christmas Day	26 Kwanzaa begins	27
28	29 JUST WALK 11-12PM at Manchester Mall	30	31 New Year's Eve Office Closed			
		November 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		January 2015 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

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

Based on our Community Advisory Board feedback there was a great interest in Native language classes, so FAIHP would like to promote OVCD's Native Language classes that are open to the community. All classes will be held at OVCD facilities please contact Raelene Osborne to find out more information and to sign up for classes at 559-738-8248

# Nüümü Yadoha Language Program

## 2014 Schedule Fresno County

### Tuesday

Fresno site -Community -Western Mono B 6-8 pm

Cold springs-Community-Western Mono A 5-7pm

### Wednesday

Fresno site-Community-Western Mono A 6-8 pm

Fresno site-Community-Yaqui 5-7 pm

Big Sandy site -Community -Western Mono 10-1pm

### Thursday

Big Sandy site-Community-Western Mono 5-7pm

Fresno site-Community -Conversational Mono 5:30pm-7:30pm

### Friday

Fresno site -Community -Western Mono B 6-8pm

### Location

**Big Sandy Rancheria**-37190 Jose Basin Rd Auberry, CA 93602  
(559) 855-7575

**Coldsprings**-32535 Sycamore Road Tollhouse, CA 93667  
(559) 855-7570

**Fresno** 5070 N Sixth St, Suite 110 Fresno, CA 93710  
(559) 226-2880

### Instructors

Big Sandy Rancheria-Marie Cohoe and Pearl Hutchins  
Western Mono A-Don Jack , Roberta Jack and Darlene Oliver

Western Mono B-Irene Osborne and Raelene Osborne  
Conversational Mono-Carly Tex

Yaqui- Diana Dominguez and Guadalupe Valenzuela



Visit our website for details and registration information <http://www.ovcdc.com/blog/locations/fresno/>

# Stew Lunch!

On November 14th from 11am to 2pm  
we will be selling beef and Vegetarian stew for lunch.

All proceeds go towards fundraising for our Gathering Of Native Americans event to help our youth learn more about their heritage and history, in a safe positive and fun environment. Help to support our GONA and many more to come!

**\$5.00 for Single Bowl**

Beef and vegetable

**\$7.00 Combo\***

\*Includes Drink and Dessert\*

- Pre-ordering available

\*Payment required at the time you order\*

Call us @ (559)320-0490

We are located at:

1551 E. Shaw Ave. Ste.139

Fresno Ca, 93710



**FAIHP**  
Fresno American Indian Health Project



# FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

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

**Follow Us on:**



## 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

### OUR BOARD OF DIRECTORS

Pedro "Pete" Molina, Pascua Yaqui  
Enrique Rudino, Apache/Tarahumara  
Mischelle Liscano, Chukchansi  
Gavin Begaye, Cold Springs Mono