

# The Spirit of Health

A monthly newsletter of  
Consolidated Tribal Health Project, Inc.

October 2016  
Issue

## Moving Forward in Native American Mental Health Richard W. Matens, Executive Director



### Mission Statement

Consolidated Tribal Health Project, Inc. is committed to healthy lifestyles and honoring traditional Native American values to maintain physical, mental, emotional, spiritual and social wellbeing of the community.

### CTHP's Governing Tribal Consortium:

Cahto Tribe of the Laytonville Rancheria  
Coyote Valley Band of Pomo Indians  
Guidiville Rancheria of California  
Hopland Band of Pomo Indians  
Pinoleville Pomo Nation  
Potter Valley Tribe  
Redwood Valley Band of Pomo Indians  
Sherwood Valley Rancheria of Pomo Indians of California  
Yokayo Provisional Council Tribe of Indians (*ex officio*)



*Healthy Individuals  
Healthy Families  
Health Communities*

According to the American Psychiatric Association, Native Americans experience psychological distress 1.5 times more than the general population.

Furthermore, more than 1/3 of Indian Health

Service patient care contacts are related to mental health or substance abuse disorders.

On October 4th, in response to the severe need among Native American communities, the California Department of Public Health (CDPH) announced that the State intended to award more than \$1.9 million in grant funding to help reduce mental health disparities among Native Americans in the state.

The funding will be provided to the **California Rural Indian Health Board (CRIHB)** via the **California Reducing Disparities Project (CRDP)**.

CRDP focuses on reducing disparities among five target communities, including Native Americans, African Americans, Asians and Pacific Islanders, Latinos, and Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ).

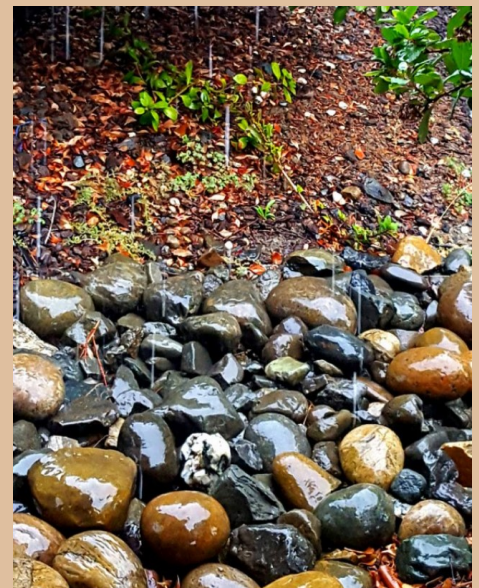
Through this funding, CRIHB is being charged with helping to ensure that the CRDP resources reach communities and individuals in need of services.

The organization works to improve the health status and social conditions of Native Americans by providing advocacy, shared resources, training, and technical assistance.

CRIHB will provide technical assistance to community projects that are implementing prevention and early intervention programs focused on reducing mental health disparities, which may include increasing cultural awareness in Native American communities.

Funding to implement behavioral health programming is sorely needed for our Native American populations.

Hopefully, this funding will foster more initiatives to reduce the existing disparities in our communities.



# Enhancing Access To Care

## Amy Redmer, M.D., Medical Director

### Telemedicine

Telemedicine has been successfully launched!

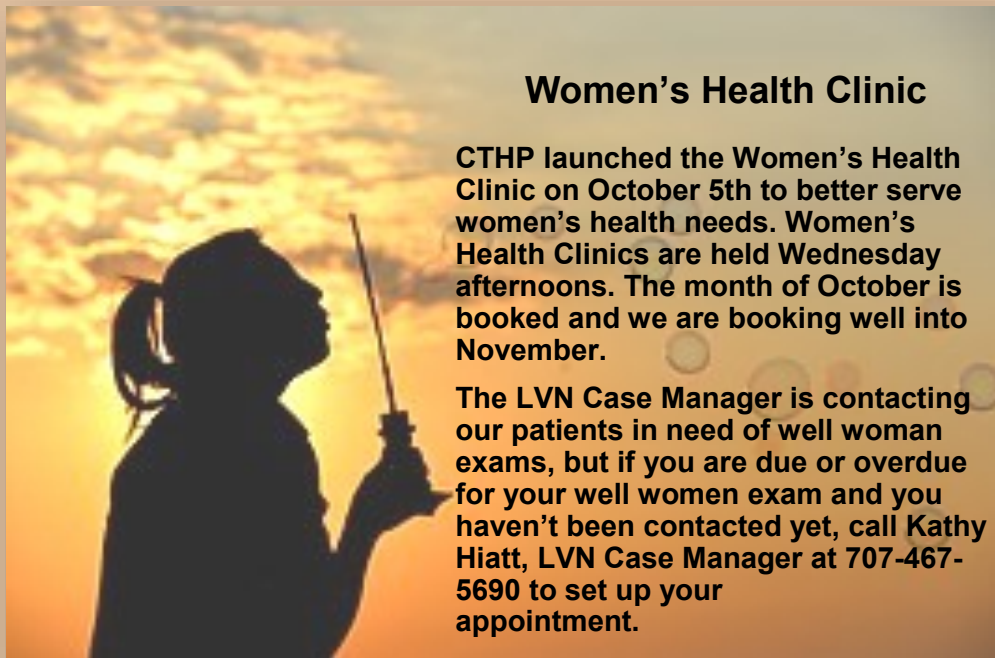
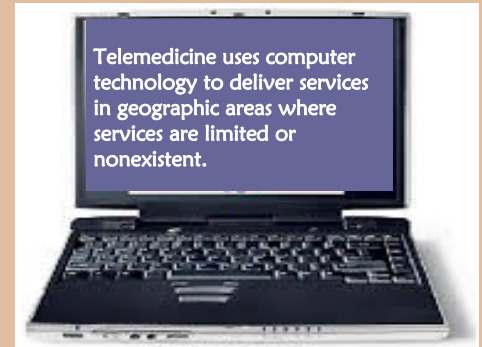
Telenutrition services will occur on October 6th.

Tele-endocrinology will be done on October 13th.

Telepsychiatry will be offered on October 20<sup>th</sup>

Pain management will occur on October 27<sup>th</sup>.

This cycle will rotate as above every Thursday, affording increased access to specialties that are minimally available in this area.

A silhouette of a woman in profile, facing right, holding a long pointer. She is set against a bright, glowing sunset or sunrise sky with orange and yellow clouds. The overall image has a warm, golden tone.

### Women's Health Clinic

**CTHP launched the Women's Health Clinic on October 5th to better serve women's health needs. Women's Health Clinics are held Wednesday afternoons. The month of October is booked and we are booking well into November.**

**The LVN Case Manager is contacting our patients in need of well woman exams, but if you are due or overdue for your well women exam and you haven't been contacted yet, call Kathy Hiatt, LVN Case Manager at 707-467-5690 to set up your appointment.**

### Clinical Screening Standards

Cervical cancer screening (paps) standard have changed.

Screenings start at the age of 21.

If test results are normal, screenings are done every three years until the age of 30.

After the age of 30, if pap results are normal, screenings are done every five years until 65 years of age.

### Appointments



Starting November 1st, appointments are changing to improve patient access to care. This means that some appointment times may be shorter than patients are used to, but time with your provider will be better focused on one or two key issues per visit, with follow up visits scheduled at the end of the patient visit as needed.

Patients are key to making this approach successful. Patients should plan to arrive 10-15 minutes ahead of the scheduled appointment.

### Diabetic Wellness Day



On November 4, CTHP is planning hold a Diabetic Wellness Day from 8 to noon.

To schedule a medical appointment for that day, call Maria Salomon, LVN Case Manager at 467-5651.

For information about the event, contact Sonja Campbell at 707-467-5692.

# Beyond Teeth: What's Inside Your Mouth

Maryann Gonzalez, D.D.S., Dental Director



Good oral health goes beyond brushing and flossing.

Your mouth is made up of more than just teeth, so good oral health goes beyond good oral hygiene.

In addition to your teeth, your mouth is made up of gums, oral mucosa, the upper and lower jaw, the tongue, salivary glands, the uvula and the frenulum. All of these structures play an important part in good oral health and are routinely examined when you receive dental care.

**Oral Mucosa.** Everything that is not a tooth is covered by a protective lining called the oral mucosa, which is a mucous membrane. The oral mucosa plays an important role in maintaining oral health by defending your body from germs and other irritants that enter your mouth. A tough substance called keratin helps make the oral mucosa resistant to injury.

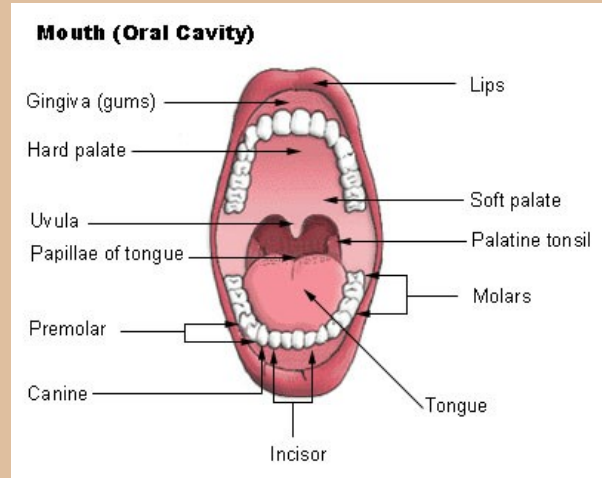
**Gums.** Your gums are the pinkish tissue that surrounds and supports your teeth. Also covered by oral mucosa, gums play a critical role in your health. Healthy gums are firm, cover the entire root of the tooth, and do not bleed when brushed or poked. Gum disease can lead to tooth loss, so taking care of your gums by daily flossing is as important as daily brushing.

**Upper and Lower Jaw.** Your jaws give your face its shape and your mouth the structure it needs for chewing and speech. Human jaws are comprised of several bones. The upper jaw has two bones that are fused to each other and to the skull while the lower jaw is separate from the rest of the skull and moves up and down as one unit when you talk and chew.

**Tongue.** The tongue is a powerful muscle covered in specialized tissue that includes your taste buds. It is responsible for moving food to your teeth and when you need to swallow the tongue moves it to the back of your throat so it can proceed into the esophagus. The tongue is also important in speech and shapes the sounds that come out of your mouth.

**Salivary Glands.** You have three sets of salivary glands in your mouth and neck—parotid, submandibular and sublingual glands. These glands produce sa-

liva that helps break down food making it easier to swallow. Saliva is good for overall health because it protects your teeth and gums by rinsing away food particles and bacteria and it helps counteract acidic food that can wear down the protective enamel on your teeth.



**Uvula.** The uvula is the small flap of tissue which hangs down at the back of your throat. It is comprised of muscle fibers as well as connective and glandular tissue. We are unsure of its full role but it does play a role in speech and in keeping the mouth and the throat moist.

**Frenulum Linguae.** The frenulum is a flap of oral mucosa that connects the tongue to the floor of the mouth. This tissue allows the tongue to move about.



The next time you are brushing your teeth, spend a minute or two looking at the parts of the mouth that lie farther inside the oral cavity.

Knowing what these structures do and what they look like and their function can help you maintain optimal oral health.



To book your next dental appointment, call 707-467-5601.





# October is Domestic Violence Month

## Melanie Ulvila, LCSW, Behavioral Health Director

### Facts and Tips About Domestic Violence

- ◇ Every *minute*, about *twenty* people are physically abused by an intimate partner in the U.S.
- ◇ One in three women and one in four men in the U.S. are victims of domestic violence at some point in their lives.
- ◇ Abuse is more common in dating relationships than in marriages.
- ◇ It can take seven to nine tries for a woman to leave a violent relationship.
- ◇ Women between the ages of 18 and 24 years of age are the most likely to experience domestic violence.

### What can a friend or family member do to help?

- ◆ Don't contact the abuser or post negative things online for others to see. It will only make the situation worse for the victim.
- ◆ **Be supportive**, don't criticize the abuser, and keep conversation focused on the victim.
- ◆ Many victims want the abuse to stop, but not the relationship.
- ◆ **Understand** that the victim may feel sad or lonely after the breakup.
- ◆ Don't post the victims whereabouts online as the abuser may use posts to contact or find the victim.



### What if your friend is the abuser?

- ◆ Don't support the abuser in blaming the victim or help to justify the abuse.
- ◆ **Don't ignore abuse** you see or hear about. Silence helps the abuser deny that their behavior is wrong.
- ◆ Set an example by having healthy relationships in your own life.
- ◆ **Offer to support** them in seeking help with a counselor.

### Red Flags Indicating a Potential Abuser.

- ◆ Your partner comes on as a real "charmer" and "loves" you instantly.
- ◆ Your partner wants your undivided attention at all times.
- ◆ Your partner has extreme highs and lows, both unpredictable.
- ◆ You feel controlled because your partner must always be "in charge".



Domestic violence is *never* the victim's fault.

Everyone deserves healthy and loving relationships.

Talk to young people about relationships and what is and what is not acceptable.

Model healthy relationships for loved ones.

Alcohol and drugs contribute to violence in relationships.

If you are in an abusive relationship, or if you are unsure whether or not your relationship is healthy, **seek help** through counseling.

### Project Sanctuary

Project Sanctuary offers a wide array of free services for Mendocino County victims of sexual assault and domestic violence. Project Sanctuary can also assist the loved ones of victims who need information. Services include...

- 24/7 Crisis Response.
- Individual Counseling, scheduled and walk-ins.
- Group Counseling for adults molested as children, anger management, and empowerment.
- Prevention Education: in schools grades K-12, college and in community settings.
- Temporary Restraining Order assistance.
- Hospital accompaniment for sexual assault evidence exams.
- Emergency confidential Shelter.
- Transitional housing.

**Domestic Violence  
Crisis Counselors**

**Inland:  
707-463-HELP**

**The Coast:  
964-HELP**



# Flu Vaccination

Erick Wahome, RN, Medical Clinic Manager

## Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death.

Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

"Flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population.

An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

## Who should get vaccinated?

Everyone six months of age and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza including:

- Children younger than 5 years, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women (*and women up to two weeks postpartum*)
- Residents of nursing homes and other long-term care facilities
- Healthcare workers
- American Indians and Alaskan Natives

## When should I get vaccinated?

Flu vaccination should begin soon after vaccine becomes available, if possible by October. However, as long as flu viruses are circulating, vaccination should continue to be offered throughout the flu season, even in January or later.

While seasonal influenza outbreaks can happen as early as October, during most seasons influenza activity peaks in January or later.

Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

## Why do I need a flu vaccine every year?

A flu vaccine is needed every season for two reasons.

First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection.

Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and sometimes updated to keep up with changing flu viruses.

For the best protection, everyone 6 months and older should get vaccinated annually.

## Does flu vaccine work right away?

**No.** It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection.

That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

## Can I get seasonal flu even though I got a flu vaccine this year?

**Yes.** There is still a possibility you could get the flu even if you got vaccinated.

The ability of flu vaccine to protect a person depends on various factors, including the age and health status of the person being vaccinated, and also the similarity or "match" between the viruses used to make the vaccine and those circulating in the community.

However, it's important to remember that even when the viruses are not closely matched, the vaccine can still protect many people and prevent flu-related complications.

## Can the flu vaccine give me the flu?

**No,** a flu vaccine cannot cause flu illness but while a flu vaccine cannot give you flu illness, there are different side effects that may be associated with getting a flu shot, including: soreness, redness, or swelling where the shot was given; fever (low grade); aches

Key Facts About Seasonal Flu Vaccine. (2016). Retrieved October 03, 2016, from <http://www.cdc.gov/flu/protect/keyfacts.htm>

**Call 707-467-5649 to book a Nurse-only visit to get your Flu IZ.**

This year, the pediatric vaccine contains 4 flu strains and the adult version contains 3 flu strains.

## Breast Cancer Awareness Month

Breast cancer is the most common cancer in women regardless of race or ethnicity and the third most common cause of death from cancer in American Indian women.

Mammograms are the best way to find breast cancer early, even before it is big enough to feel or cause symptoms. When found early breast cancer is easier to treat and can be treated more successfully.

### Current Screening Guidelines

Women aged 50 to 74 years with an average risk: screening mammogram every two years.

Women aged 40 to 49 years with an average risk: consult with your provider to determine when screening is appropriate.

### Risk Factors

- Age, most cancers are diagnosed after age 50.
- Family history of breast cancer.
- Not being physically active.
- Overweight or obese after menopause.
- Dense breasts.
- Drinking alcohol, the risk increases with the amount of alcohol consumed.
- Personal history of certain non-cancerous breast diseases.
- Personal history of breast cancer.
- Starting menopause after 55 years of age.
- Starting menstruation before 12 years of age.
- Late pregnancy, after 30 years of age, or no pregnancy.
- Hormone therapy after menopause.

Source: [https://www.cdc.gov/cancer/breast/basic\\_info/risk\\_factors.htm](https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm)



## Patient Transportation Services

To schedule transportation please call either transporter

Tanya Estrada: 707-467-5610

Johnathan Orr: 707-467-5658

Transporters will pick up patients 15 minutes earlier to ensure they arrive on time for their appointment.

Transporters will be utilizing a "Medication Delivery Log" which patients will sign to confirm receipt of all medications delivered.

To cancel a scheduled transport please **call** 24 hours in advance to notify the transporter.

Patients are responsible for contacting the clinic to cancel their appointment.

We value our patients. Patients can expect to be treated with respect and consideration by the transporters and in return we ask that our transporters also be treated respectfully.







**Indigenous Pink Day**, on **Friday October 21<sup>st</sup>**, is a national breast cancer awareness campaign for American Indians/Alaska Natives.

The American Indian Cancer Foundation asks men and women of all ages to wear pink and share photos on social media using the hashtag **#IndigenousPink** to spread breast cancer awareness.

Breast cancer is the second leading cause of cancer death and the most common cancer found in American Indian/Alaska Native women.

The goal of Indigenous Pink Day is to educate all indigenous people on the importance of early detection and remind men and women to keep up to date on their screenings. This is a national awareness campaign, so you can participate from wherever you are!

**How to celebrate Indigenous Pink Day**

- Wear pink to honor breast cancer warriors and survivors.
- Share a picture of yourself on social media wearing pink using **#indigenoupink**.
- Tell your friends and family about **Indigenous Pink Day** and ask them to wear pink.
- Encourage your organization or business to wear pink.

**Get Screened.** Book your appointment to get screened by calling **707-467-5649**.

<http://www.americanindiancancer.org/pink>

**CTHP Contact Information**

6991 N. State St. / Redwood Valley, CA 95470

P. O. Box 387 / Calpella, CA 95418

Main Line: 707-485-5115

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

After Hours Care.....707-485-5115; choose option 3

*Appointment Contacts*

- Behavioral Health .....707-467-5645
- Dental .....707-467-5601
- Medical .....707-467-5649

*Programs and Services*

- Case Management (family).....707-467-5690
- Case Management (adult).....707-467-5692
- Community Outreach Services.....707-467-5644
- Diabetes Wellness Program.....707-467-5692
- Health Records .....707-467-5638
- Patient Resource Advocate.....707-467-5641
- Patient Resource Advocate.....707-467-5604
- Traditional Healer Services.....707-467-5645
- Patient Transportation Services.....707-467-5610
- Patient Transportation Services.....707-467-5658
- Purchased & Referred Care.....707-467-5617
- Red Road to Wellness.....707-467-5645

*Administration & Operations*

- Billing.....707-467-5637
- Executive Director.....707-467-5616
- Human Resources .....707-467-5613
- Wellness Center Rental.....707-467-5693



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