

The Spirit of Health

February 2019

A newsletter from

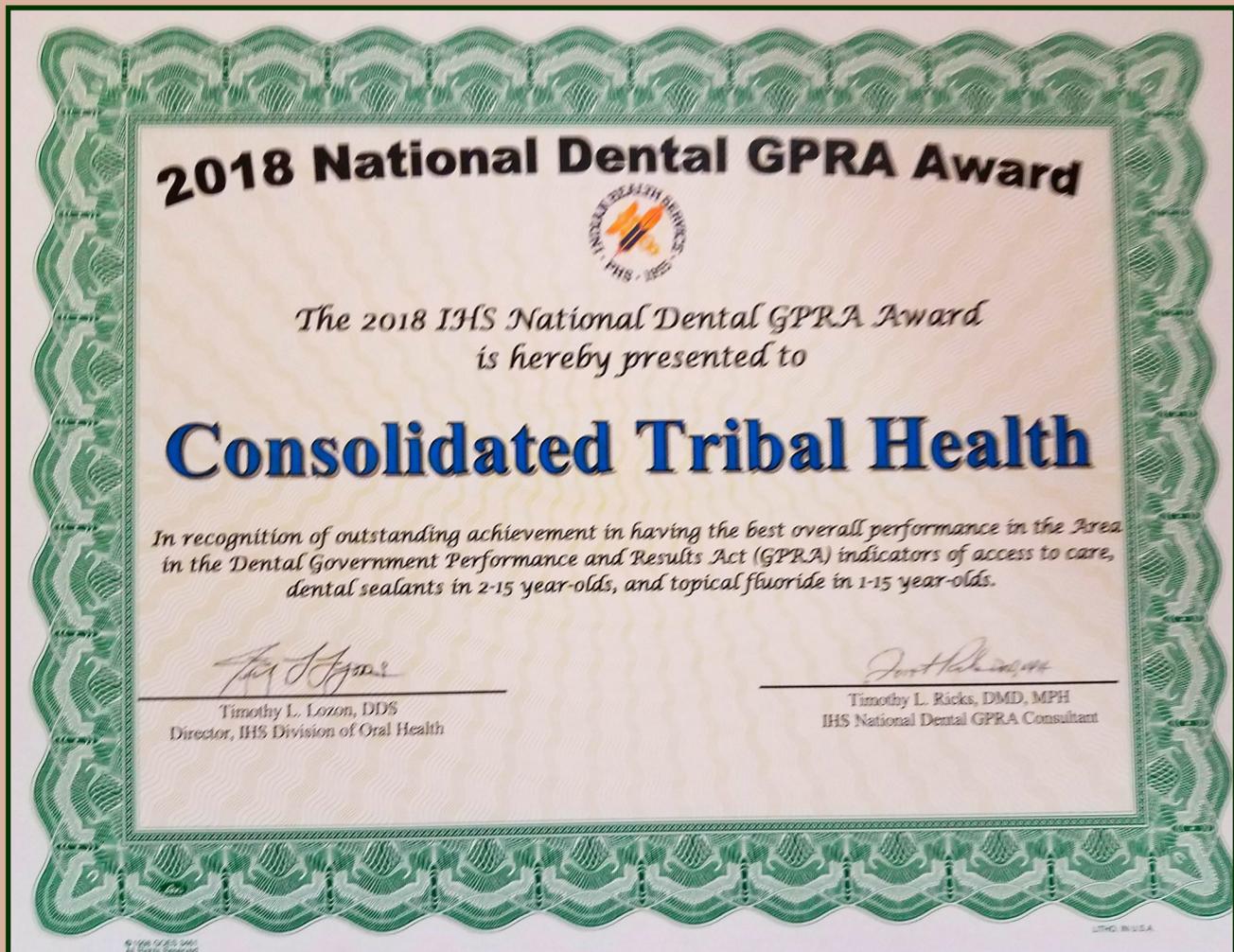
Consolidated Tribal Health Project, Inc.



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

CTHP RECOGNIZED AS TOP DENTAL PERFORMER IN THE NATION

CTHP is very proud to announce that we received notice from Indian Health Service that our Dental Program was awarded the 2018 IHS National Dental GPRA Award as having the "Best Overall Performance". We want to recognize Dr. Gonzalez and our entire Dental Staff for such consistently high performance in achieving this award.



Mailing Address: P.O. Box 387, Calpella, CA 95418

Street Address: 6991 North State St., Redwood Valley, CA 95470

Web Address: www.cthp.org

CTHP ANNUAL MEETING:

On Saturday January 26th, CTHP hosted 2019 Annual Meeting. The meeting afforded the Board and Staff to share the successes and opportunities for growth from the previous year as well as elect new officers. The meeting also offered us to recognize employees who have achieved milestone years of employment with CTHP.

2019 CTHP BOARD OFFICERS AND TRIBAL REPRESENTATION

Chair: Michael Knight—Sherwood Valley Band of Pomos

Vice Chair: Sonny Elliott—Hopland Band of Pomos

Treasurer: Tracy Wright—Sherwood Valley Band of Pomos

Secretary: Erica Carson, Jr.—Potter Valley Tribe

EMPLOYEE YEARS OF SERVICE RECOGNITION

Department	Hire Year	First Name	Last Name	Job Title	Years of Service
DENTAL	1998	ARLENE	YAZZIE	REGISTERED DENTAL ASSISTANT	20
MEDICAL	2003	PRISCILLA	AVALOS	CERTIFIED MEDICAL ASSISTANT	15
DENTAL	2003	KAREN	CHASE	DENTAL HYGIENIST	15
PRC	2008	EARLYJIM	JAMES	PATIENT RESOURCE ADVOCATE	10
MEDICAL	2008	DONNA	PEREZ	CERTIFIED MEDICAL ASSISTANT	10
OUTREACH	2013	RENEE	JIMENEZ	CHR/CMA	5
ADMINISTRATION/IT	2015	THOMAS	BURNETT	IT MANAGER	3
DENTAL	2015	CHENOA	CANTUA	REGISTERED DENTAL ASSISTANT	3
OUTREACH	2015	JONATHAN	ORR	TRANSPORTER	3

Medication Assisted Treatment for Addiction

Behavioral Health has been working with the Tele Psychiatry provider successfully for over seven months. Within that time we have been working carefully to develop a program where clients suffering from addiction can get help with Medication Assisted Treatment (MAT). SAMHSA states that “Medication-Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery”. In other words MAT can help with both withdrawal and cravings when coming off of opiates.

Most have heard about the opiate epidemic in this country. Within our own community there is a struggle with serious addiction to opiates and in some cases some have died from opioid overdose. Through Tele Psychiatry we are able to help those struggling with addiction through the use of Suboxone, a medication used in MAT. The Substance Abuse Counselor and Therapists will work with the Tele Psychiatry provider so that our clients are receiving both emotional and physical support to overcome this potentially deadly addiction.

THE PROS OF SUBOXONE



- Approved in 2002 as an effective treatment for opioid addiction
- It's used during detox to avoid “cold turkey” symptom withdrawals
- has a low risk of being abused because it does not give the patients a good feeling relaxation sensation.
- Helps detoxify the body from other drugs and substances.
- It does not cause long term damage on the patient's organs

The first step in overcoming this addiction is to meet with a provider in Behavioral Health. There the client will be assessed for the appropriate treatment. Along with any form of detox there needs to be a plan for some form of ongoing therapeutic treatment. This can be in the form of residential treatment or outpatient treatment at CTHP. There are many aspects of recovery that go into sustaining long term sobriety and we in Behavioral Health hope that for some this will be a new start.

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” – Carl Bard

Tiny Smiles

Baby teeth are important. They help your child chew, speak, and smile. They also help permanent teeth grow in the correct position.

Did you know that children can get cavities as soon as their first Teeth appear? Nearly one in four children ages 2-5 has cavities in their baby teeth. Cavities can hurt. Cavities also can cause children to have problems eating, speaking, learning, playing and sleeping.

Children learn health habits from their parents and caregivers. It is important to start your child's dental health on a positive note. Bring them in for an exam and oral hygiene check up as soon as they get their first tooth. This will allow the dental provider to discuss various phases of prevention for your child and will allow the child to get familiar with the dental setting.

It is never too early to start with good dental hygiene and habits.

HELP PREVENT CAVITIES!



February is National Children's Dental Health Month

BRUSH AND CLEAN IN BETWEEN TO BUILD A HEALTHY SMILE!

HEALTHY SMILE TIPS

- Clean between your teeth daily.
- Brush your teeth twice a day with a fluoride toothpaste.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

Visit MouthHealthy.org/SmileBuilders for activity sheets.

Oral Health Program
public health
HHSA of Mendocino County

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California Department of Public Health
OFFICE OF ORAL HEALTH

Protect Your Health & Your Future

WE CAN ALL TAKE STEPS TO STAY HEALTHY AND INDEPENDENT AS WE AGE

THE BASICS:

KEEP YOUR BODY AND MIND ACTIVE

- ◆ **Regular physical exercise can help reduce the risk for:**
 - ♥ Type 2 Diabetes
 - ♥ Heart Disease
 - ♥ Stroke
 - ♥ Some Cancers
- ◆ **Give your brain a workout**
 - ♥ Learn something new that is unfamiliar
 - ♥ Choose something that requires mental effort
 - ♥ Look for activities that allow you to start at an easy level and work your way to more challenging levels

CHOOSE HEALTHY FOODS

- ◆ **Drink plenty of liquids**
- ◆ **Limit portion sizes**
- ◆ **Eat a variety of vegetables**
- ◆ **Read nutrition labels**

GET ENOUGH SLEEP

- ◆ **Adequate sleep helps prevent illness**
- ◆ **Lowers your risk for health problems like diabetes and heart disease**
- ◆ **Reduces stress and improves your mood**
- ◆ **Helps you think more clearly and make good decisions**
- ◆ **Adults need 7 – 8 hours of good quality sleep each night**

TALK TO YOUR PROVIDER ABOUT ANY HEALTH CONCERNS

- ◆ **Make a list of goals and questions**
- ◆ **Bring medications and vitamins to your visits**
- ◆ **Bring a pen and paper to take notes**
- ◆ **Consider taking a family member, friend, or CHR to the appointment**

TAKE STEPS TO PREVENT ACCIDENTS IN THE FOLLOWING AREAS

- ◆ **Fire safety**
- ◆ **Electrical safety**
- ◆ **Heating and cooking**
- ◆ **Medicines and cleaners**
- ◆ **Outdoor safety**

For additional information please feel free to contact anyone in the Outreach Department at CTHP.

Medical Updates

The Flu shot is in! So either walk-in for a nurse only appointment if you have been seen within the last year or ask for it when you have an appointment. Remember, the flu vaccine is very important to decreasing complications with current chronic medical conditions (i.e. diabetes, asthma) and possible death in certain populations. Keep in mind, **THE FLU VACCINE CAN NOT GIVE YOU THE FLU! It is not a live virus, thus making it IMPOSSIBLE to give you influenza** because the vaccine is only a piece of the virus which the body creates immunity to so in future exposures, your body recognizes that protein and goes to attack the entire virus before it can spread. You may feel a bit of a fever or body aches, but that means your body is making immunoglobins (immunity cells) that will be stored for future attacks when exposed. If you do feel those symptoms after receiving the influenza vaccine, some Tylenol or Motrin will help you feel better which in comparison to the symptoms experience with the flu or complications is far easier to tolerate.



As to medication refills, if you are on a chronic medication you need to be seen every 3-6 months. Relying on the automatic electronic refills is not a good way to take care of your health as things can change (i.e. weight, lifestyle) which may affect dosing of medications or medication changes. For electronic medication refills our policy to try to renew a refill within 3-4 business days.

Also, in April we started a new template which has some 20 minute appointments for single, simple, straight forward issues like colds, flu, gastroenteritis, referrals and refills. We have also extended our hours to include lunch time appointments on Mondays, Tuesdays, Thursdays and Fridays. As always please arrive 10-15 minutes early for all appointments to get you checked in. Remember lines can be long and your appointment time is the time you should be in the room with the Provider, not the time you arrive at the clinic or are being checked-in at the front desk. If you are unable to make an appointment, please call and cancel so that we can possibly fill that appointment thereby providing better access. Lastly, bring all of your medications or a list of complete medications to each appointment so that we can reconcile your medication list, especially if you see outside providers.



We have a full provider staff but are in need of CMAs and are currently hiring for a Temporary CMA. So if you know of any budding, talented CMA let shelhe know of the position and apply.