

The Spirit of Health

September 2016

a monthly 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 wellbeing of the community.



A New Beginning

R. W. Matens, Executive Director

Welcome to the first issue of **The Spirit of Health**, the monthly newsletter from Consolidated Tribal Health Project, Inc.

Please let me express how truly honored I am to be here. The welcome and acceptance I have felt from board, staff and patients are truly heartwarming.

Our team will be undertaking a number of activities over the next several months.

- Our first step will be to ensure the stability of our current programs. Assessing each program will be essential; we need to know where we are before we can identify how to secure the future.
- After this initial assessment, we will need to look at how we can develop those areas which need improvement. To accomplish this task, Quality Improvement activities initiated by members of the Board and by staff will help us develop a plan on how to better serve our customers. A necessary component of this process will be input from the people who use our services.
- We will also identify service needs that are currently not being addressed and ways in which to expand into those areas where gaps exist.
- Our team will be identifying funding sources for our programs from government, corporate and private sources. Creating these public-private partnerships will be essential to meeting the immediate and long term needs of our community.

Improving quality of life is truly an issue in which the entire public is to be invested. Consequently, strengthening current partnerships and developing new ones will be a key to this expansion and choosing the correct partners for specific initiatives is essential. Collaboration and community engagement will be used to identify and discuss the needs of different areas in the county. Providing a way to help our clients to enhance their lives will result in the enrichment of the community as a whole. It is truly an honor for me to be a part of this process as we move forward to improve the well-being of the people we serve.



Head Lice Season

Doris Sloan



Head louse



Louse egg (nit) on hair

Now that it's back to school season it's also back to head lice season. Fall months are prime time for head lice and kids are easy targets because lice can more easily cling to their finer, thinner hair.

Head lice are commonly spread by head-to-head contact among children at school, home, playgrounds, and during activities like slumber parties, camps and sports activities. The most common symptom is itching, but other symptoms may include a tickling feeling or a sensation of something moving in the hair, irritability and sleeplessness or sores on the head caused by scratching.

A head lice infestation is diagnosed by finding live lice or their eggs on the scalp or hair. Under a bright light live lice will look like light brown sesame seed-sized bugs. Nits, or eggs, cling to the hair shaft close to the scalp. To treat an active infestation:

1. Use a medicated shampoo or rinse and
2. Wash recently used bedding, towels, clothing, combs and brushes in hot water that is at least 130 degrees.

Remember—Head lice is not related to cleanliness of the person or the person's environment!



TELEMEDICINE IS ALMOST HERE!

Amy Redmer, Medical Director

Yes Folks, we at CTHP are entering an age of technology used by The Department of Defense. It's Telemedicine! We have contracted with Telemedicine 2U and are in the final stages of implementing it. The specialties we are starting with are Endocrinology, Nutrition and Pain Management. This means shorter wait times to see these specialties and insurance coverage isn't an issue because CTHP is picking up the tab. And the best part is that you get to be seen here at CTHP and don't have to drive to Santa Rosa or San Francisco.

Increased Access and Appointments

After some head scratching and discussion, we have figured out a better way to run our providers schedules which will increase the number of daily appointments thereby improving better and faster access to care. But for this new process to work we need you the patient to help us by showing up 15 minutes before your appointment so we can get you checked-in and stay on track.

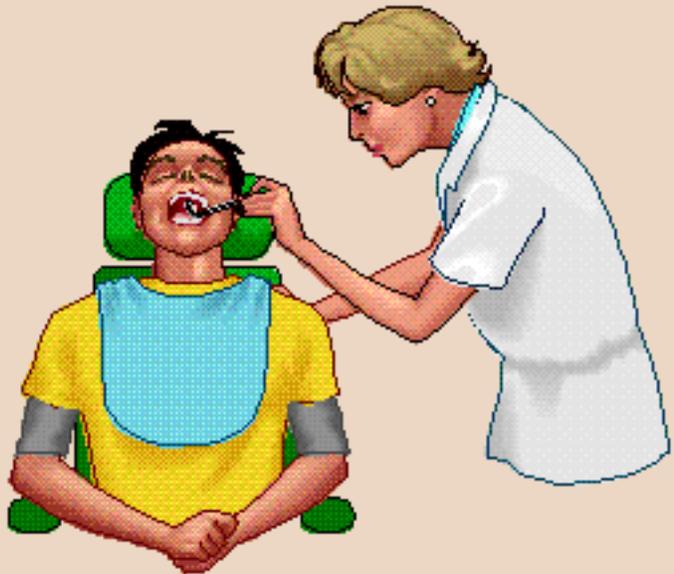
Dental Health at Any Age

Maryann Gonzalez, Dental Director

Awareness of the oral health condition you are likely to face at different stages of life can help you stay a step ahead of potential dental problems and build a lifetime of health smiles.

Pregnancy and Children: Expectant mothers can give children a head start eating an array of health foods and taking care of calcium supplements while pregnant. Expectant mothers should keep up on their dental care and especially get an exam and a cleaning to rule out any problems that could affect mother and in turn baby. Dental treatment is still performed on mothers who are pregnant. After baby's birth, parents should wipe the infant's gums with a soft, damp cloth after feedings, as this helps prevent the buildup of bacteria. When teeth come in usually around age six months parents should make a dental appointment to get the child familiar with the dentist and to discuss good oral hygiene habits at an early age.

Adults: Early detection is important, in the early stages tooth decay is often painless and can be picked up only during a dental exam with radiographs. A visible sign of the separate dental problem of periodontal disease is a loss of bone around the teeth and required a dentist's intervention as well. Risk factors for dental health are often tied to overall health. There is direct relation between gum disease and other diseases. If you have diabetes, high blood pressure, smoke or are taking medications for other medical conditions these can all affect your dental health. It is important to come in for regular checkups to evaluate your dental and periodontal status.



Older Adults: Even as people are living longer older adults are keeping their natural teeth. Older adults still need to visit a dentist regularly as they are at an increased risk of developing throat or oral cancers. Older adults may also see an increased risk of dry mouth and may be on a number of medications that affect oral health. For those with dentures, it is important to be evaluated yearly for good tissue health and to evaluate the condition of the dentures.

Again the best way to prevent dental problems is to become more aware of your oral health condition and schedule a dental exam and discussion about your dental needs with the dental department on a regular basis.

SUICIDE PREVENTION MONTH

Melanie Ulvila, Behavioral Health Director

September is Suicide Prevention month. In 2015, according to the CDC suicide was the second leading cause of death among Natives aged 10 to 34 years. Suicide risk factors include mental illness, substance abuse, recent loss or stressful life event, social isolation or history of trauma or abuse.

HERE ARE SOME POINTERS TAKEN FROM HELPGUIDE.ORG:

Talking to someone about suicide does not give them the idea to harm themselves!

Ways to start a conversation about suicide:

I have been feeling concerned about you lately.

I wanted to check in with you because you haven't seemed yourself lately.

Recently, I have noticed some differences in you and wondered how you are doing.

How can I support you right now?

Have you thought about getting help?

What you can say that helps:

You are not alone in this. I'm here for you.

You may not believe it now, but the way you're feeling will change.

I may not be able to understand exactly how you feel, but I care about you and want to help.

When you want to give up, tell yourself you will hold off for just one more day, hour, minute—whatever you can manage.

Be yourself, listen, be sympathetic and non-judgmental. Reassure them that help is available and that they are important to you.

Do not:

Argue, tell them to "look on the bright side", tell them that suicide is wrong or lecture about the value of life.

Promise confidentiality because you may need to speak to a professional and you don't want to have to break your word.

Offer to fix their problems, give advice because it isn't about the problem, it's about how much the person is hurting.

Blame yourself! You cannot fix someone and your loved one's happiness or lack of is not your responsibility.

If you are interested in attending an educational training please call BH at 707-467-5607

In an emergency please call: Suicide Prevention Hotline: 1-855-587-6373, County Crisis 800-555-5906 or 911.

Consolidated Tribal Health Project, Inc.

Contact Us:

Main Number: 707-485-5115

Medical Appointments: 707-467-5649

Dental Appointments: 707-467-5601

Behavioral Health Appointments: 707-467-5645



Mailing Address:

P.O. Box 387

Calpella, CA 95418

Street Address:

6991 North State Street

Redwood Valley, CA 95470

Web Address:

www.cthp.org