

# 2017 Mina Mskiki Gumik Annual Report



## LITTLE TRAVERSE BAY BANDS OF ODAWA INDIANS

Health Department



**Little Traverse Bay bands of Odawa Indians**  
1260 Ajijaak Ave.  
Petoskey, MI 49770

## MISSION STATEMENT

It is the responsibility of Health Administration for overall planning, development, implementation and management of the services provided by the LTBB Health Department.

To develop expand services for direct medical care, preventative medicine, community health, included in Indian Health Services (I.H.S.) 638 Contract and all other health grants and contracts.

To plan and organize activities related to clinical services to ensure patient needs are met in accordance with medical standards and health care administrative standards.

To develop partnerships and coordinate activities with other health service agencies to increase services and extend program dollars.

To develop programs and access resources to incorporate wellness and disease prevention activities for LTBB Tribal Members.

To maintain budget based on appropriate workload and anticipated revenues. As closely as possible without jeopardizing the Health Services that are delivered.

To monitor and control health department costs to maintain expenditures within allocations and budget.

To develop, implement, and evaluate methods to ensure effective and efficient use of staff, facilities, equipment, and other resources while maintaining program standards.



In December we filled prescriptions for 583 patients and a total of 2012 prescriptions dispensed. This number is slightly ahead of our initial estimates.

Now prescriptions that are called in ahead of time or sent to us electronically from your doctor's office are usually filled and waiting for you when you arrive. Wait times for walk-ins are normally less than five minutes.

In addition to filling your prescriptions we are planning to provide MTM services (medication therapy management). One of our pharmacists will review your medications, medical diagnosis, and other health factors to ensure your medication therapy is optimized and you won't have bad interactions among your medications.

With two pharmacists on staff we are never too busy to answer any questions you have about your medications. Please do not hesitate to call us.

LTBB Odawa pharmacy phone number is 231-242-1750 and is opened from 8 a.m. to 6 p.m. Monday through Friday.



On November 27<sup>th</sup> we hired pharmacist Mark Dawson and pharmacy technician Maria Sargent.

Mark comes to us with over 25 years as the pharmacy manager at the Petoskey Walgreens. Mark was born and raised in Petoskey. He brings his decades of experience in serving the Petoskey community to our pharmacy.

Maria worked in Purchased and Referred Care and knows most of the patients from her experience there. She is enjoying her new position and we are very happy she has joined the pharmacy staff.



The LTBB Pharmacy officially opened on December 4, 2017! Things were hectic those first few weeks. Every prescription that had been filled at other pharmacies had to be transferred to our pharmacy. This was a time-consuming process but everyone was very understanding. It was also a very exciting time for both tribal citizens and the pharmacy staff. After several years of discussion and planning the pharmacy was now a reality.

# Departments

## Health Administration

Health Director – Jody Werner

## Business Office

Business Office Manager – Christina DuBois

## Health Clinic

Medical Director – Dr. Samuels

## Dental Clinic

Dentist-Manager – Dr. Selden, DMD

## Behavioral Health

Behavioral Health Manager – Malcolm Wilson, MSW

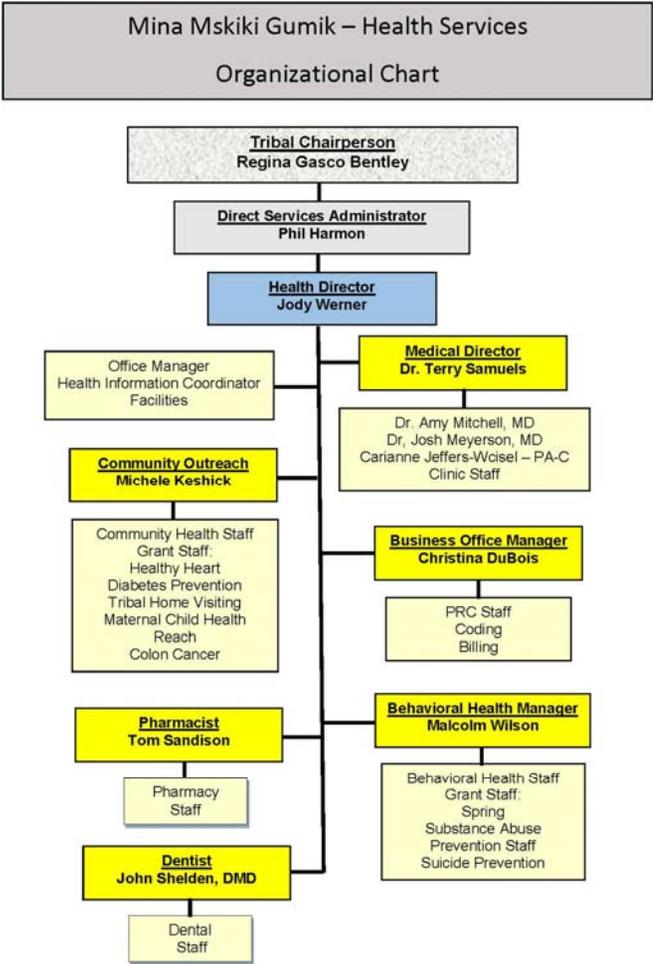
## Community Health

Community Health Manager – Michele Keshick, RN

## Pharmacy

Chief Pharmacist – Tom Sandison, RPH

# PHARMACY



The LTBB Health Department hired Chief Pharmacist Tom Sandison in May 2017. Tom came to us with over 10 years of experience operating an FQHC (federally funded health center) pharmacy, which is similar to the LTBB Pharmacy. He was looking for a new career challenge and this was a great opportunity for him and good fit for LTBB.

The summer and fall of 2017 was spent finalizing the layout and remodeling of the space for the pharmacy, obtaining the required permits, and all the things that are needed to operate a pharmacy.

This was also when the data was analyzed to determine approximately how many prescriptions we should expect to be filling per day. It soon became apparent that the pharmacy would need to hire an additional pharmacist and pharmacy technician.



**Laugh, Learn and Live classes** are hosted once a month and are sponsored by SDPI prevention and control and healthy heart. These classes have been very well attended, averaging about 15 people. The feedback has been positive. We are also incorporating the educational and activity that participants have suggested. These classes focus on stress reduction and building a sense of community. We also demonstrate healthy food choices and provide a nutritional educational component each class. The nutritional component is led by our registered dietician Carla Gordon. This class has decreased feelings of depression and social isolation in several of our patients.

**The aquatic exercise program is offered September-June.** This continues to be a successful program. It is taught by Sheran Paton. Classes are held Tu/Th @ 530 pm at Odawa hotel. Classes run September through May/June (when school is out). They are between 5-7 people at each class.



## HEALTH DEPARTMENT FUNDING

The Little Traverse Bay Bands of Odawa Indians (LTBB) Health Department is majorly funded under a 638 contract with the US Indian Health Service. This contract (Annual Funding Agreement) outlines the core services that we provide, such as Health Administration, Health Clinic, Purchased/Referred Care, Community Health, Dental and Behavioral Health. In addition, special programs are provided through grants obtained from various funding entities, which allow us to expand and augment the services provided by the LTBB Health Department. The pharmacy started in December 2017. The development phase was funded by third party revenue, and the pharmacy will be self-sustaining ongoing.

<b>2017 Health Department Budget</b>	
I.H.S. Funding	\$5,368,0000
3 <sup>rd</sup> Party Funding	\$888,484.00
ATR Budgeted	\$12,517
<b>Total</b>	<b>\$6,269,001</b>
<b>Total Expenditures</b>	<b>\$5,515,581.91</b>
<b>Revenue</b>	
3 <sup>rd</sup> Party	\$890,100
Dental	\$105,455
ATR	\$96,160
<b>Total Revenue</b>	<b>\$1,091,715</b>

## HEALTH ADMINISTRATION

The biggest news in 2017 was the opening of the LTBB Pharmacy. With support from the Executive and Tribal Council, we opened a pharmacy in the Health Department in December 2017. This is a wonderful service for patients of the LTBB Clinic.

There were several construction projects completed during 2017. The Behavioral Health area was remodeled to increase office space and add a conference room; the pharmacy space was designed and created; and a new sewer line was drilled to resolve the sewage flow issues to the behavioral health area. Another construction project was the closing of the former health department entrance and opening the new entrance, which brings cars into the health department through a new road as part of the Victories Square retail development project. Staff and patients were displaced as these projects were completed; we appreciated everyone's patience as we worked through construction!

Due to the construction, the LTBB Health Department has a new address, although our location has not changed. Our new mailing address is 1260 Ajijaak Avenue, Petoskey, MI 49770.

The Health Department has been restructured to include a Business Office, led by Business Office Manager Christina DuBois. The Business Office oversees the entire third party revenue cycle, as well as the Purchased and Referred Care program.

**Home grown project-** It is a multigenerational project that is sponsored by community health, diabetes, and healthy heart and health administration. It is a part of our vision to have food sovereignty. This program has been very successful. We continue to encourage families to harvest and preserve foods, as well as, planting gardens at their homes. Carol Kiogima is monitoring the harvests. We have contracted Berg Farms again 2018. Harvesting will still be on Monday evenings. Carol Kiogima will be monitoring the harvest which are slated to begin at the end of July 2018. We will be hosting food preservation classes as well. Watch the Odawa newsletter for upcoming events.

**Native Way One and Two** is currently supported by third party funds. It is still our long-term goal to relocate the gym to a site that is not so isolated. tribal member's volunteers lead most of the classes. This helps us build sustainability of the programs currently offered. Regina Brubacker-Carver is the Yoga instructor. Approximately 4-8 regular attendees. Yoga is held at Native Way there are 4-8 regular attendees. Tae kwon do classes continues to be successful with approximately 15 regular participants. Youth boxing has resumed and is currently recruiting. We can look forward to Tai chi classes in the very near future. There are 145 card holders to Native Way.



There are four Project Period Objectives (PPO)- 1) increasing the number of people with improved access to smoke-free and/or tobacco-free environments, 2) increase the number of people with improved access to environments with healthy food and beverage options, 3) increase the number of people with improved access to physical activity opportunities and 4) increase the number of people with improved opportunities for chronic disease prevention, risk reduction or management through clinical and community linkages. This is the fourth season for Odawegamigohns (tribal farmers market) and will begin in June 2018. Theresa Keshick has agreed to be the market manager. Odawegamigohns will be located near LTBB Pow Wow grounds just off Pleasant View.

**Colon Cancer Project-Billi jo Head and Regina Brubacker-Carver** are co-coordinators. The primary focus of this grant is to increase colon cancer screenings for our patients.



**MTFAC-Michigan Tribal Food Alliance Collaborative Project Billi Jo is the coordinator of this grant as well.** The primary goal of this project is to increase the number of children ages 3-11 that are screened for BMI and that are referred to nutritional resources (RD). We work with community health and the clinic to accomplish this goal.

## BUSINESS OFFICE

In the first quarter of 2017, the Health Business Office was created within the LTBB Health Department. The Indian Health Service has had the Business Office division in place for many years and tribes across the United States have created a Business Office within their Health Department. The Business Office contains Purchased/Referred Care and the Health Department Revenue Cycle Team, which consists of a medical coder and medical biller who process our provider visits and bill them to insurance whenever possible. Uniting these teams together has proven very beneficial to the LTBB Health Department. The Patient Benefits Specialist, Central Registration Clerk, and Medical Billing Specialist work closely together to assure that patient's health insurance is billed whenever possible. This coordination has increased efficiency, accuracy, and ultimately revenue for the LTBB Health Department.



Business Office Staff (from left): Chris Wemigwase, Marcia Sutton, Valorie Glazier, Jade Kiogima, Sandra DuBois, Dawn McNamara, Christina DuBois, Jennifer Yuhn.

### Data for Purchased Referred Care

End of Year Data 2017	
Patient Benefits Specialist- Members Assisted	339
Reference Numbers Issued	12,201
Number of bills paid	6,534
Amount paid to Providers	\$816,945
<b>Prescription Costs:</b>	
340-B Drug Program Amerisource Bergen	\$ 154,499
Prescription Services	\$ 138,507
Rite Aid	\$ 133,630
<b>TOTAL Prescription Costs:</b>	<b>\$426,636</b>
Revenue Received from Capture Rx	\$654,960



They provide education, parenting classes, breast feeding support, transportation to appointments if needed, as well as, emotional support and referrals as needed. In addition, in return for their attendance, the clients can receive assistance with diapers, clothing, breast feeding supplies along with other items if a need is shown and supported by the grant. Cribs, Pac N Plays, strollers, high chairs and other items are available on as needed basis.

Carol and Ashley are both certified from the National Child Passenger Safety Training Program and are able to distribute car seats to help keep our children safe. The car seats are obtained from a State Government program. Both of them are also trained in the SCRIPT Program which is a program to help mother's decrease or quit smoking. Carol is also a certified lactation counselor and certified in perinatal bereavement. Healthy Start and Tribal Home Visiting grants work together to implement the Family Spirit Curriculum from John Hopkins University. This year they will be hosting several family events which will include two father's events.

**The REACH Journey to Wellness Grant – Billi Jo Head** coordinator. This grant is funneled through Tribal Council of Michigan to us and is funded by the Centers for Disease Control and Prevention and the Department of Health and Human Services. It was slated to end in September, 2017, however, we were granted another year. Journey to wellness is an initiative to improve the health and quality of life of Native Americans in Michigan.



### **Tribal Home Visiting Grant Report Project Year 3 of 5- Ashley**

**Dominic, family spirit educator.** This project is funded by the Federal Agency for Children and Families and LTBB is a sub-grantee partnering with the Inter-tribal Council of Michigan. This grant is an extension of the Healthy Start grant. Ashley and Carol Sodmon-Morris RN MSN Maternal Child Health Nurse work closely together to implement the Family Spirit Curriculum. Project Director is Michele Keshick, RN BS. Tribal Home Visiting and Healthy Start are available to any American Indian child ages 0-5, as well as, prenatal and postnatal moms (dads too). There are no income guidelines. Both programs provide parenting education through evidence based curriculum called Family Spirit primarily on an individual basis either in the home or office setting. Breast feeding is promoted and supported-Carol is a lactation counselor. Incentives such as infant and toddler clothing, diapers, transportation and other materials for moms, dad, and babies are available for participation in home visits, assessments and events.

**Maternal Child Health/Healthy Start- (year 18) Carol-Sodmon-Morris RN. BSN.** For the year 2017, they had 115 active clients in this program, 47 new ones were admitted and a total of 224 visits were conducted. The primary goal of this program is to reduce infant mortality.



### **Purchased and Referred Care (PRC)**

LTBB Purchased and Referred Care is a federally funded (IHS) program that helps eligible Tribal Citizens pay for health care services that are referred from our LTBB Clinic. PRC pays insurance co-pays and deductibles, or the agreed upon reimbursement rates for our uninsured patients.

In Fiscal Year 2017, Purchased/Referred Care experienced increases in volume of reference number requests and the number of bills paid. However, we have been able to realize significant savings in prescription costs through the Capture Rx program that directs insurance monies from 340B sales back to the tribe. As the table shows above, Capture Rx revenues have more than covered our other prescription costs. With the opening of the LTBB Pharmacy in the fourth quarter, our Capture Rx revenue has gone down, however our prescription costs have dropped significantly, as patients are able to get their medications through the LTBB Pharmacy with no out of pocket costs.

### **Revenue Cycle Team**

The Revenue Cycle Team consists of a Medical Coding Specialist and a Medical Billing Specialist. It is their task to translate patient visits in our Medical, Dental, and Behavioral Health departments into billable encounters that are sent to a patient's insurance. The patient's insurance reviews our request for payment and issues payment if the claim is accurate, complete, and a covered benefit. This process creates revenue from the services we offer here at the LTBB Health Department. This is an integral part of the Health Department's operations and allows us to grow and offer more programs for our clients. In FY 2017, the LTBB Health Department generated \$357,352. In addition, our Medical Billing Specialist worked with the State of Michigan to receive \$250,763 in settlement monies from claims that were not paid at the correct rate from FY09-FY14.

## HEALTH CLINIC

The Mina Mskiki Gumik (Health Clinic) is a full service primary care clinic. Health services are provided five days per week. Office hours are 8 a.m. to 5 p.m. with patient care hours from 9 a.m. to 5 p.m. Dr. Terry Samuels, MD, Medical Director, is a family medicine physician who sees patients Wednesday through Friday. As an LTBB tribal member, Dr. Samuels has been with the clinic since 2002. Dr. Meyerson our pediatrician will finish his last days of clinical care in January 2018 as his position as Medical Director of Emmet and Charlevoix County Health Departments has required much more of his time as of late. Dr. Amy Mitchell, MD, is a family medicine physician who sees patients four days per week at the clinic. Dr. Mitchell attended residency at the University of Michigan and has been on staff since 2/17. We are actively seeking a replacement for Dr. Meyerson. Cari Anne Jeffers-Wcisel, MS, PA-C, is a physician assistant has been with the clinic since 2002. Mina Mskiki Gumik Health Clinic also employs one Registered Nurse, two Medical Assistants, and three front office staff.



The health clinic saw **1448** patients in 2017 with over **4739** visits.

Our Health Promotion and Disease Prevention efforts continue through education and screening. We continue to improve documentation of health indicators such as smoking status, alcohol screening, domestic violence and obesity among others. Improved reporting is a necessary component of treatment and

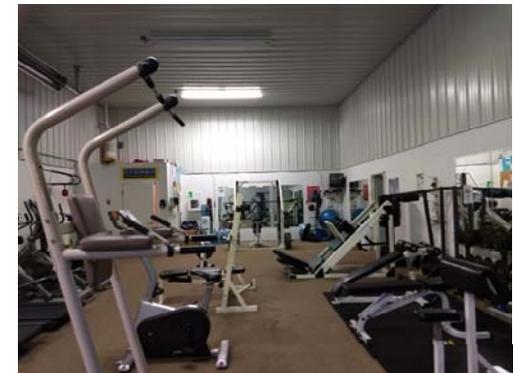
prevention. We promote healthy behaviors that include exercise, nutrition and safer sex.

This program is also a Homegrown partner. We contract Daniel Berg at Berg Farm to grow and tend produce for our community members to harvest throughout the growing season. We offer food preservation workshops in conjunction with SDPI-prevention and control education. These classes put fresh local produce in the hands of our people. They learn how to eat better and how to preserve foods the seasons bounty to help sustain their families throughout the winter.

In addition, Marlene and Regina became trained Tai Ji instructors as part of our collaboration with the Elder's department on a fall prevention project. We are mirroring this grant so that 55 and younger can participate as well. Marlene has classes for the Elder's twice a week.



*Fitness is not about being better than someone else...it's about being better than you used to be.*



**SDPI-Diabetes prevention and control-Regina Brubacker-Carver, Health Educator.** Since 2005 Regina Brubacker-Carver has been the role of Health Educator focusing on 5 main areas: education and risk reduction in the areas of obesity, diabetes and tobacco abuse, increasing knowledge of and access to the benefits of physical activity, and expanding our programming to impact the health of our children. Regina is responsible for staff trainings in HIPAA (HHealth IInformation Portability and Accountability Act), Standard Precautions, CPR trainings, and Native Way orientations. Individual appointments are available for general health education, health assessments, as well as, the development of personal wellness plans. Regina leads yoga class twice a week. She also is a member of the MSUE federally Recognized Tribes Education Program (FRTEP)'s Advisory Board, as well as, being actively involved in horticulture and Small-Scale Agriculture work group. This involvement is a stepping stone in the process that will lead our community to obtaining food sovereignty in the future while increasing the availability of healthy, locally grown foods for our community. We are looking forward to the 2018 growing season.

We are promoting healthy food choices, increasing family participation in physical activity and stress reduction that is presented in a culturally appropriate manner. We also offer traditional services of Jake and Mary Pine and Registered Dietician services of Charla Gordon, both of whom are contracted in part by SDPI. All of the aforementioned programming is infused into all areas of community health.

Addressing these areas will also decrease cardiovascular risk factors for our clients and their families. We will continue to work to reduce the cardiovascular risk factors for all of our people regardless of age, diagnosis. We will continue to focus programming that encourages clients and families to increase the time spent being physically active and making healthier food choices. Our mantra is 'move more eat better'.



## DENTAL CLINIC

The Dental program offers the full range of Dental services including dental hygiene (cleaning) and restorative services such as filling, simple root canals, crowns, bridges, and dentures. The Dental Clinic is staffed with a full time Dentist, Dental Assistant, Dental Hygienist, and Dental Front Desk Assistant. The Dental Clinic schedules appointments five days per week.

In May, 2017, Dr. John N. Selden joined the LTBB Dental Clinic. Dr. Selden graduated from the University of Michigan Dental School in 1993. Dr. Selden brings a broad base of dental experience to LTBB Dental, having previously worked in private practice and with the Indian Health Service.

The Health Systems Director has completed quality improvements for 2017 such as: new dental equipment which allows for improved service along with monitoring and quality control of sterilization techniques.

Approximately 1,300 dental appointments were provided in 2017. In order to continue with both quality and quantity of service provided, LTBB Dental Clinic will be upgraded with modern functional dental equipment in two work rooms. Additional upgrades to the sterilization work space will allow for the clinic to hire a second Dentist.

We look forward to continual improvements as we work to meet the needs of LTBB Tribal Members.



## BEHAVIORAL HEALTH

It was a very busy year in 2017 in Behavioral Health/Substance Abuse Program. We have not only upgraded our looks with the new construction, which has created additional offices and meeting rooms.

Our major accomplishment and are proud that we have passed another Commission on Accreditation of Rehabilitation Facilities (CARF) with high honors. This places us in the upper three percent of all CARF accredited entities internationally. This accreditation is valid through August 31, 2020.

In the year 2018 we are implementing the Wellbriety movement and materials into our matrix groups. We will continue to strengthen our team with trainings such as Rational Emotive Behavior Therapy (REBT), Eye Movement Desensitization & Reprocessing (EMDR), White Bison healing resources and will continue to integrate the culture, knowledge, values to individuals, families, and the whole community.

In 2017 the Behavioral Health/Substance Abuse received 240 patients which totaled over 2097 visits.

### MISSION STATEMENT

*"We hereby commit to provide the most highly qualified health personnel and services to insure a holistic approach respecting and intertwining both modern and traditional healing."*

**Community Health Administrative Assistant-Angeline Roberts.** Ange is the go to person for scheduling appointments and medical transportation. She can be reached at 231.242.1601. She pretty much keeps our department afloat!

**Registered Dietician-Charla Gordon's** is contracted to provide nutritional assessments, nutritional counseling, and medical nutrition for individuals and groups. She teaches the nutritional component of our Laugh, Learn and Live Well classes and group nutrition education classes.

**Traditional Healer services- Jake and Mary Pine** are contracted to provide traditional teachings, medicines, healing and ceremonies three days a month. Appointments can be made by calling Angeline Roberts at 231.242.1601

## COMMUNITY HEALTH GRANTS

**Special Diabetes Program for Indians – Mno Ode (Healthy Heart) Officially ended September 30, 2017. Marlene Gasco, administrative assistant. Regina Brubacker-Carver RN, Health Educator, and Michele Keshick Program Director**

Marlene stayed on to transition clients from Healthy Heart to Mnozhyadaa. We have had very few join Mnozhyadaa from Healthy Heart. They tell us that they need a break from the rigors of Healthy Heart program. We have improved outcomes for our client's by decreasing the burden of participation, giving our clients the tools that they need to make positive lifestyle changes and alleviate stress. Mnozhyadaa is a program that is open to individuals and their families.



- Yoga-2 classes/week (approx.52) 2-4 faithful participants
- Aquatic exercise- 2x week x 36 weeks=72 classes with 5-7 people each class
- Woman's nights- education and physical activity- 6 classes avg. 4 participants
- Men's night-co-ed group recruited from Native Way
- Homegrown-Weekly harvests July-October (16 wks.) with10-75 people per harvest
- Youth events-Sweet grass harvest, strawberry jam and sweet corn harvest 15-18 youth
- Canning classes 5 with 6-10 people per class
- Bills Farm Market Tour and Hayride-Education 10 participants



**Home Health Nurse- Michelle Deland RN** provides the following services: home visits, wellness checks, medication monitoring and set up, lab draws, catheter changes, wound assessments and dressings, and health assessments. In addition, this person will also help her patients navigate the health care systems, as well as, accompany her patients to medical appointments as needed.

**CHR's- Carol Kiogima, Cathy Gibson and Howard Martel.** CHR's continue to do home visits, as well as, work in foot clinic 2 days a week. They accompany patients to their doctor appointments and help them navigate the health care systems. They are able to provide wellness checks, set up medication/medication monitoring and other home health tasks ordered by their doctor and/or nursing supervisor. All three CHR's provide medical transportation as well. They also assist with all the community health events throughout the year.

This program offers the following services:

- Screenings and assessments for mental health and substance abuse/addictions
- Outpatient counseling to include:
  - Addictions Recovery Counseling – Individual and Groups
  - Mental Health Counseling
  - Anger Management groups
  - Individual & Family Counseling
  - Prevention & Education Services
  - Children and Adolescent Counseling preschool thru adult
  - Couples Counseling
  - Aftercare & Follow-up Counseling
  - Access to Recovery (ATR)

## BEHAVIORAL HEALTH GRANTS

### Department of Justice Grant - Substance Abuse Prevention

In 2016, the Behavioral Health department launched a new adolescent program aimed at reaching at-risk teens, as well as their chosen parents/mentors. The group meets for 44 weeks with the focus being placed building the 40 developmental assets as identified by the Search Institute and educating the adolescents on culture. The CTAS project began in January of 2016 and will continue to run until September of 2018.

In this project year, the program is regularly getting referrals from LTBB Tribal Court and local area court systems to provide services to youth who are struggling from Substance Use Disorders and/or youth who struggle with truancy or incorrigibility. This program provides the positive peer interaction that these adolescents need to deal everyday life. It also provides positive adult role mentors to model appropriate behavior.

Some of the participants have benefited from the program by remaining substance free and completing their obligations with the local court systems. Most other participants have benefited by lowering and, in some cases, eliminating their depression and suicidal ideations. The program doesn't only offer a group therapy, but also offers each individual access to one-on-one counseling sessions to help improve their lives.

Working alongside with the Traditional Advisor, the clinician has been able to use cultural teachings, traditional ceremonies, and cultural education to instill the 40 assets into the adolescents that participate in group. Some of these teachings, ceremonies, and education include: Manoomin tools for harvesting, medicine gathering, naming ceremonies, sweat lodges, moccasin making, coming of age traditional rites passages of Anishinaabe youth, and many more things.

For example, one of the 40 assets from the Search Institute is *Youth as Resources*. The youth that have graduated from the program have continued on in the group as peer mentors. Their stability and continued



healing have demonstrated there is hope in those that come in and feel hopeless about their lives. These peers help facilitate Talking Circles. They also help with all the preparations and clean-up for group. The peer mentors demonstrate appropriate behaviors and a strong dynamic in the healing of the

group process. In the pictures above, the peer mentors are making "Knockers" for the Manoomin harvest.

We also host and assist many events throughout the year. Below is a list of events and the number of participants:

- The Annual Tribe to Tribe Challenge 56 participants. We took second place in 2017.
- The Odawa Casino Resort Health and Wellness fair
- Fall Encampment-120
- Year End celebration-98
- Annual Labor Day Bear River Bridge Walk-15
- Goongenibig-120 participants
- Michigan Family Olympics-145 participants
- Project Connect-Fall prevention 390 attendees
- Class-Laugh, Learn and Live Well (series) 1 class/month avg. 12 per class
- Massage-4 days/6 clients/day=24
- Canning classes 5 with 6-10 participants each class
- Crock pot Cooking classes- 4 sessions total of 48 participants
- Knife skills 101 classes -2 classes with 23 participants
- Flu clinics- 50 injections



## COMMUNITY HEALTH

We are dedicated to the health and wellness of our community. The restoration of harmony that we once enjoyed as a people is paramount to this process. We work towards this by incorporating tradition and culture into our programming. as we focus our programming on education, stress reduction, lifestyle changes- improving food choices and increasing time spent with family being physically active are roads that lead to mnobimaadizwin-good way of life.

We provide community members with the following:

- Home Health Nurse-limited home health services such as medication set up and monitoring, wellness checks, nursing assessments as ordered.
- CHR's accompany patients to doctor's appointments assuring continuity of care  
Provide assistance with navigating the health care system-548
- medical transportation-805
- registered dietician Charla Gordon-155
- Gchinendam Zidan (foot clinic)- 267
- Access to traditional healer (healing) 390 clients
- Native Way Wellness Center 1 & Too 145 users averaging 205 clients accessing in one month. It was accessed 2457 times during 2017

**Mnozhiyaa**  
(Live in good health)

In the future, youth have been asked to take on more of a role in different leadership positions to carry on the medicines, teachings, and ceremonies of the Anishinaabe Culture. The youth have been asked to apprentice with pipe ceremonies, tending fire at sweat lodges, and Stick-man at the second annual Round Dance.

One of the most important assets that the group focuses highly on is *Adult Role Models*. Many members of the community come together to be a strong support system for the adolescents in the group. The approach behind bringing in adult role models on a regular basis is to offer the adolescents someone to reach out to in times of need. Numerous adults have stepped up to offer a strong positive support for the adolescents that are in a time of need.

Jake and Mary Pine work with the adolescents to help gather medicine at the Wilderness State Park. The group members were educated on different medicines that help with different ailments and helped to harvest them. In the picture above on the right, Tony Miron and Joe Mitchell helped adolescents dig for Sumac Walking Sticks and in return the adolescents harvested Sumac Berries for tea as an appreciation for Tony Miron. This demonstrates how important the give and take is in the *Adult Role Model* asset. In return, the adolescents are using the asset of *Youths as Resources*.



*Interpersonal Competence* is another asset that the adolescents use in the group setting and beyond. With this asset, a young person has empathy, sensitivity, and friendship skills. All of the group members reach out and encourage and show empathy, sensitivity, and friendship skills to other members, as well as, new members entering group. In the pictures below, the group members bond and come together. Not just in group, but also in school and life. They reach out to each other in times of need and maintain friendships that will last a lifetime.

As a result of integrating more cultural traditions, teachings, and cultural education into the curriculum, the adolescents are engaged each week and learning more about their ancestral heritage. This has helped in other areas of healing. Not only do the adolescents connect on their culture, but also have other peers that can relate to the various circumstances that each adolescent is facing daily. The adolescents don't feel alone in their walking of two lives, that of the Native American and White.

In the future, the group is going to be attending the Michigan Indian Family Olympics, maintaining the medicine garden, doing a team building activity, making hand drums along with contracting to teach the adolescents Anishinaabe Native songs to sing and drum, and a program end celebration at Wolverine Camp in Wolverine, Michigan. At this camp, the adolescents will be learning more cultural teachings, survival skills, zip lining, ropes, and many, many more educational tools to take with them in life. This will only reinforce the assets that they were being taught throughout the length of the group.

As expected, this project growth increased to 30 adolescents who actively participate in the group on a weekly basis. The Behavioral Health department anticipates this growth to continue at a steady pace as word circulates about the effectiveness of this form of a therapeutic approach to at-risk adolescents with Mental Health issues or Substance Use Disorders.

*“My dreams are my dress rehearsals for my future.”*

*David Copperfield*

**SPRING's Annual Survey:** SPRING continues to update our Epidemiological profile for the Little Traverse Bay Bands of Odawa Indians. The SPRING Project implements an annual survey each grant year. The 2017 SPRING survey collected approximately 111 youth surveys that will be put into a data base system, they will be analyzed, and we will have the results placed within a finished report. This was our first year to deliver an Rx Adult survey. We received 588 adult surveys. The SPRING team came up with the intervening variables meaning strategies were chosen to reduce the misuse and abuse of prescription drugs.

#### **Capacity building:**

SPRING continues to build capacity with community partners and we are a part of an existing coalition entitled, Substance Abuse Free Environment of Northern Michigan, commonly known as SAFE SPRING also works closely with other tribal departments to build capacity, promote cultural aspects of prevention and plan sustainability to continue after the grant ends. SPRING has two main events throughout the year for capacity building. The Year-End Celebration; the schools gather together at the LTBB Government Center for a full day of cultural teachings, typically there are at least 100 students and school representatives who participate for that day. The second event is a fall encampment; the encampment is full of cultural activities where we bring families together to interact with one another in a fun and positive way. Both events are in collaboration with other LTBB departments.



## Nish Fish

This program started out being a summer youth program. Nish Fish has now turned also turned into an after-school program. The goal of Nish Fish: LTBB youth live successful healthy lives by making the choice to stay drug free. In order to know if we are moving toward our goal, we explored:

*“For our target population, youth aged 12-16 in the Nish Fish program, what does success look like for us?”*

### Youth:

- Have a positive outlook and attitude on their community and their culture
  - Increase self-acceptance and a pride in who they are
  - Have a personal sense of positive future and feel they are the locus of control in their lives
  - Develop new skills, hobbies, and interests
  - Increase in self-awareness (maturity and smarter choices)
  - Are more aware of SPRING prevention messages
- SPRING Prevention Team:
- Reach a consistent number of youth who regularly attend Nish Fish
  - Discovers effective methods to teach culture



If you are interested in being a part of the Summer Nish Fish Program contact Angie Woodin, 231-242-1649 or Davis Timmer at 231-242-1710.

## Department of Health & Human Services - Significant Prevention Resulting in New Generations (Spring) & SPF RX Grants

The Little Traverse Bay Bands of Odawa Indians (LTBB) was awarded the Strategic Prevention Framework Tribal Incentive Grant (SPF TIG) at the end of July 2009. This project, known locally as SPRING (Significant Prevention Resulting in New Generations) is the first substance abuse prevention effort in which the tribe has participated.

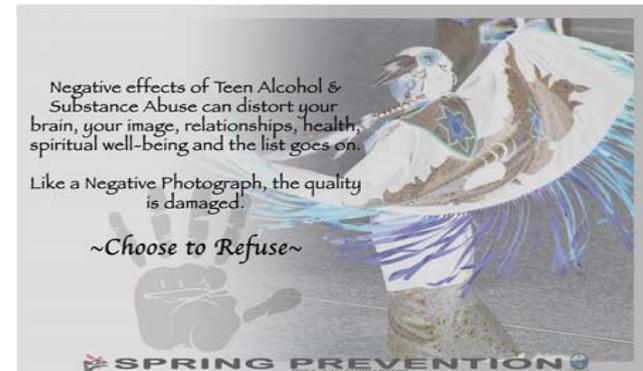
SPRING is currently working under two grants this year. The first is the Partnerships For Success Grant (currently third year) and the other is the Prescription Drug Prevention grant (currently in first year), commonly referred to as the Rx Grant.

The target population for the PFS Grant is 12 through 20 years old and the Rx Grant targets ages 12 and above.

SPRING currently has four full time staff members:

- Coordinator: Angie Woodin, hired on October 24, 2011.
- Community Organizer: Davis Timmer, hired on July 16, 2015
- Outreach Worker: Kenny Dewey, hired on October 20, 2017
- Outreach Worker: Sunnese Granados, hired on November 20, 2017

The priorities for the Rx Grant are to raise awareness about prescription drug misuse, the dangers of sharing medications and work with pharmaceutical and medical communities on the risks of overprescribing to young adults.



The Six strategies SPRING staff is currently working on include:

**Parents Who Host Lose the Most:** This is an environmental strategy that was voted in by SPRING's Advisory Council on June 28, 2011.

"Parents Who Host Lose the Most" campaign brings forth a sense of community awareness about the legal consequences for those who provide alcohol to youth under the age of 21 years old.

The seven communities (Petoskey, Harbor Springs, Alanson, Pellston, Mackinaw City, Inland Lakes, and Wolverine) receive signs twice each year. The first implementation phase is during the homecoming times of surrounding schools. The second time signs are implemented is during the period of graduation and prom for the schools. There are homes and businesses that have committed towards the importance of keeping our youth safe.

**Moose Track Media** is an environmental strategy that was voted in by SPRING's Advisory Council on June 28, 2011. SPRING has grown into expanding their social media and social marketing aspect. They have the following items banners that are placed at high school football fields, Bathroom media that are posters with prevention messages that can be found within the LTBB Governmental Center bathrooms, Facebook and Instagram, Flat Screen media, and Hall of Fame.

**Vertical ID Tribal Enrollment Cards:** An environmental strategy that SPRING's Advisory Council voted in on March 20, 2012. This strategy was implemented in the summer of 2012. There have been approximately 146 tribal enrollment cards issued to minors during 2017 to date. The vertical ID cards also help in the prevention of creating false ID cards, due to the ghost image approach that makes it harder for duplication.

**Fact Sheets:** The fact sheets consist of various facts and statistics that are gathered as well as our contributing factors. These are submitted monthly to the Odawa Trails for publication. The SPRING team worked with their evaluator to finalize details of their first three fact sheets based on prevention messages and facts around underage drinking and usage of marijuana among the youth. The fact sheets will be submitted in to the Tribal Odawa Trails.

## **Paddle Into New Generations**

The Little Traverse Bay Bands of Odawa Indians are considered to be water people. From generations, various Odawa people live around or near the Great Lakes of Michigan. The water is very precious and holds a strong connection to the Odawa Nation. Programs and activities generally are held close to water ways in celebration of a reminder of how important water is to their culture.

Paddle into New Generations components: Lessons including the Seven Grandfathers Teachings, prevention messages, and discussion of what they have learned. Second: a hands on project (this is optional) and the third is experiencing a jiimaan journey (this is optional).

During each session, community members will join them to talk about our heritage, culture, values and the healthy life choices for themselves and our community. The project will culminate in a Jiimaan (canoe) journey. The focuses on reducing underage drinking among the youth by addressing the aspect of our intervening variables: social access, social norms-acceptance of underage drinking, and low perception of risk of underage drinking. This project emphasizes the idea that one must be substance abuse free strong, meaning that one must work toward achieving not only physical strength, but also mentally, emotional, spiritual grounded. The community members will take part in hands on project and Jiimaan, lending their support and expertise and offer a sense of empowerment to the youth.

*Paddle into New Generation's curriculum:*

There will be seven weeks for the individuals to work on completing their hands on product. Each session will be in honor of the teachings of the Seven Grandfathers: Humility, Respect, Truth, Honesty, Wisdom, Love, and Bravery and how each one fits into the philosophy of this project.

