

Yakutat Community Health Center

2nd Quarter Newsletter – April 2017

SAMHSA Yakutat Connections

Update by Lisa Nelson, *Native Connections Director*

The behavioral health department's team is off to a strong start with the Native Connections' Yakutat Youth Prevention and Intervention Project. This annual 200k grant was awarded in September 2016 for the purpose of reducing youth substance use, risk of suicide, and promoting protective factors in those up to age 24.

The Youth Coalition's Mission Statement:

“Creating healthy opportunities, building leadership, and having fun!”

It is paramount we demonstrate robust community support not only for grant activities but for the Yakutat Youth Coalition which serves as the grant Advisory Committee. These meetings occur every other Friday at 2:10 pm in the High School where the students have named “The Room”. Students, parents, family and community members are invited to attend. We try hard to make the meetings short, fun, and meaningful. To-date, four (4) meetings have been held with between 16-26 people attending. Two (2)

youth activities, Game Night (31 participants) and Movie Night featuring Moana (65 participants) have shown positive feedback along with project staff offering Homework Club. This grant is relatively small and does not leave a lot of money for extras like participation prizes and food. We have solicited for donations, done fundraising and plan to do more but if you would like to contribute, please contact any of our prevention team members. We are currently in the process of beginning “Family Fun” activities that will offer families the chance to proactively engage with each other in a healthy environment. Also in the works is a youth mentoring program (*see page 6*) which will allow youth and young adults the opportunity to relate and connect in a safe atmosphere. There is a thorough vetting process for volunteers to work with children and all activities will be structured and supervised. This program is a wonderful way to enrich the lives of our kids and young community members. All it takes is a little time to make a meaningful difference. Hope to see you soon!!



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Provider Schedule



Mark Schultz and Nancy Brew will be with us through the month of April.

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Ann Marie Dryden will be in Yakutat
March 23 – April 21.

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Debra Scheel will join us
April 30 – May 14
June 17 – July 11

*To make an appointment, please contact the
Front Desk at 784-3275 ext. 100*

Appointment Comment Sheets

Available in Exam Rooms & Waiting Room

We would like to hear about your appointment experience at the YCHC. The comment sheet is a short one-page survey asking for your feedback about your appointment, the encounter and your overall experience.

The Yakutat Community Health Center is dedicated to providing Quality Improvement for all of our patients. Quality Improvement is centered around continuous actions that lead to measurable improvement in health care services and the health status of our patients. We are striving to provide the best quality health care services for our patients.

**Thank you for your contribution
and feedback!**

Happy Birthday to the YCHC Behavioral Health Services!



One year ago this month we began the process of integrating Behavioral Health care into our clinic to meet the needs of our community. We are proud to report that we have a strong department offering: Psychiatric Evaluations, substance abuse assistance including referrals to treatment, behavioral health counseling, assistance with housing and financial needs, obtaining health care insurance, Veteran Care access, and connecting to available local, state and federal resources.

Since the inception of our program, we have had 334 Visits for behavioral health, substance abuse, tobacco cessation and community outreach.

Helped 11 individuals enroll in health insurance coverage.

Connected 91 individuals with psychiatric or other services in our clinic.



Thank you for trusting in our care to bring you the best care possible, it has truly been a joy and honor to work with you!

Health Corner

Prescription Refills and you: Keeping them coming smoothly in Yakutat

Prescription medications are highly effective tools that lengthen lives and alleviate debilitating symptoms. Their strength can be a double edged sword however, capable of causing harm to stomach, liver, kidneys, and other organs, as well as interactions.

If you are taking a medication long-term for blood pressure, diabetes, or other reason, and receive a message of no refills from your pharmacy, please know that this **does not mean** the medicine has been discontinued. It means you are due for a recheck to make sure each medication and dosage is still right for you. This is also an opportunity for you to ask questions you may have about your medicines and health.

If you are told you have no more refills on record, please call the YCHC immediately to schedule an appointment to renew your prescriptions. **In fact, please plan ahead and visit your provider at least 2-3 weeks before you run out of long term medications so you never run out.** We usually renew prescriptions for a year at a time if you are doing well, but may need to update your lab work first.



SEARHC Pharmacy refill line:
1-800-770-6337

Staff Highlight

Brenda Thayer, LPC

*Behavioral Health Case Manager/
SAMHSA Prevention Specialist*



We're welcoming Brenda Thayer, a Yakutat Alumni, back to Yakutat! 😊

Brenda, what have you been up to since you were last in Yakutat? My behavioral health journey began in New Mexico where I started working in a private adolescent facility. I loved that work and switched my major. After the adolescent facility, I went to work at the state hospital in NM working with men guilty of committing a crime but being insane, female population, and I also worked with the emerging sexual offending population there. ♦ After New Mexico I moved to Oregon and worked at the state hospital there for 15 years. My final four years at the state hospital were spent throughout the facility as a behavior health specialist. The majority of my days were spent working with adults that were deemed "treatment failures," whether it be due to their mental illness, violence, or developmental level. I ran a multitude of groups during my time there, and I also worked with individuals. ♦ Having worked in a violent program, I learned that respect is of the utmost importance. The four years I spent in the adolescent program, I was sent to the emergency room 9 times for being assaulted. Not once, in the remaining time spent at Oregon State Hospital, was I assaulted. ♦ I helped develop while in Oregon was called the "Safe Space" program for the LGBTQ (lesbian, gay, bisexual, transgender, queer or questioning) community who felt alone and had no advocates. Our program increased awareness for staff and patients, allowing those that were of the LGBTQ population to be able to reach out for advocacy and safety. ♦ After Oregon I decided to do a blind move to Texas; I ended up in Victoria, Texas where I took a job as a crisis worker. We covered 7 counties (over 300 miles) and we were on call alone. In addition to working full 8-hour days, there were nights where I was up all night responding to crisis calls. After a few months of working in crisis, I became the manager of the crisis department and of our short term residential program. ♦ In September 2016, I began my trek up to Yakutat ♦ Throughout my experiences I was also able to substitute teach at local schools, complete my certification for drug and alcohol counselor as well as become a supervisor for other folks that were wanting to become certified, completed my bachelor of science in human services management, and masters in mental health counseling. ♦ I am excited to continue on my personal and professional growth here in Yakutat.

What is your current role at YCHC? I work part-time as Behavioral Health Case manager/licensed professional counselor and part-time at the school as the youth prevention specialist.

What is your favorite part of living back in Yakutat?: Giving back! I have so many fond memories of growing up in Yakutat, it helped build who I am today. I noticed when I was living in Texas that my soul did not feel full, then this job at the clinic opened up and I jumped at it-needless to say that my soul is now getting filled and I couldn't be happier.

What is your favorite food? It was shrimp until I had an allergic reaction. I absolutely love mango and home-made soup.

Tell us a fun fact about yourself. Even though I have been to some great warm places, I have not nor will not scuba or snorkel—I do not want to know what I am swimming with. I have had the same best friend since age 10(ish)- we keep in contact weekly and see each other as often as we can.

Do you have a message for our readers?: Follow your instincts, stop and smell the flowers (whenever they bloom :) and don't forget to tell your loved ones that you love them.

The Breast Cancer Detection Center of Alaska

will be in

Yakutat

at the

Health Center

May 24-25, 2017



For appointments call:

1-907-784-3275 ext. 101

*Remember a health care professional's referral is required.
This service is provided regardless of ability to pay.*

EMERGING YOUTH MENTOR PROGRAM

- When you were young did you have someone in your life that always made time for you or was there when you needed them?
- Did you know how to study for a test or make plans for college? Do you remember wanting your first car or looking for a part-time job?
- Simple things that may seem easy or straightforward to you now may be a complete mystery to a young person.

1 IN 3 YOUNG PEOPLE WILL GROW UP WITHOUT A MENTOR

You could be a mentor and help us fill this need in our Yakutat Youth by signing up for our mentor program.

Studies have shown that young people who have experienced discrimination, family stressors, and abuse were less likely to break the law or engage in substance abuse if they had a positive mentoring relationship.

What makes a good mentor?

- You are supportive
- An active listener
- You push-just enough
- Have an authentic interest in youth as an individual
- You foster self-decision-making
- You lend perspective

Benefits

- Show Youth they matter and are important
- Improve their self-esteem
- Enhance their understanding of self
- Influence and encourage positive relationships
- Have fun!

Help our youth grow in self-confidence and self-awareness by signing up today.

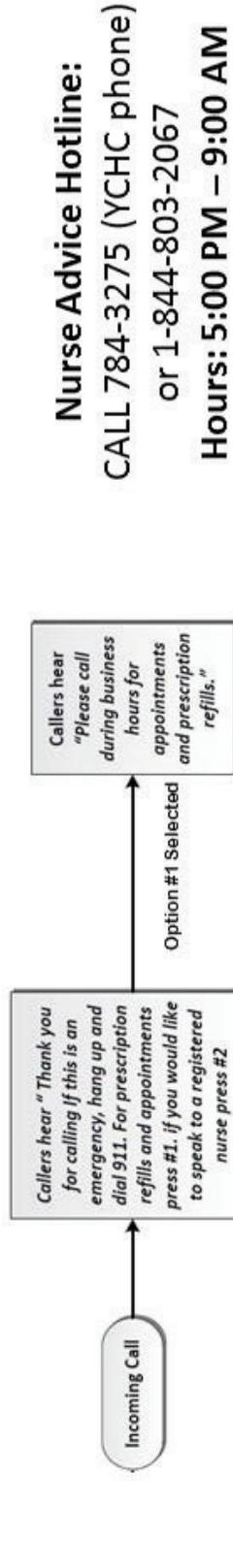
For more information, please contact Lisa Nelson at 784-3317
 email lnelson@y-chc.org
 or stop by the Yakutat High School

The YCHC is providing a new after-hours service known as *FONEMED*. Please rip out this page from your newsletter to use in your home as a reference.

Fonemed: Nurse Advice Hotline

A new after-hours service is now available to the community. The Nurse Advice Hotline is available to patients after hours when the YCHC is closed and a non-emergency medical issue arises. *Please call 911 if you need ambulance assistance to the clinic for a medical emergency.*

To Use Fonemed: Call the YCHC phone number or the Hotline number listed below. Your call will be transferred through an automatic call distribution to an available Registered Nurse (if the Registered Nurse is on another call, a Health Service Specialist will take your information and the Nurse will call you back). This service is to help you with medical issues that may not necessarily be an emergency when providers are unavailable. If the Nurse deems your situation an emergency, you will be advised to call 911.



Nurse Advice Hotline:
CALL 784-3275 (YCHC phone)
or 1-844-803-2067
Hours: 5:00 PM – 9:00 AM

Crisis Numbers *Who to call in these situations*

Crisis	Who to Call	Hours
Possible Poisoning	National Poison Control 800-222-1222	24/7
Thoughts of Suicide	Alaska Care Line 877-266-4357 SEARHC Suicide Hotline 1-877-294-0074	24/7
Sexual Assault, Abuse of Adult/Child	AWARE 800-478-1090	24/7
All other Emergencies	911	24/7

UPCOMING YOUTH EVENTS AND ACTIVITIES

April		June	
14th	Youth Coalition Meeting	TBD	Activity—Family Camp Out
21st	Activity—Family Cooking Together night	9th	Youth Coalition Meeting
28th	Youth Coalition Meeting * Youth Camp In	23rd	Youth Coalition Meeting
May		July	
12th	Youth Coalition Meeting	7th	Youth Coalition Meeting
19th	*last day of school*	21st	Youth Coalition Meeting
20th	Activity—Family Picnic		
26th	Youth Coalition Meeting		

Please contact Lisa Nelson, Native Connections Project Director, for more information. Or drop by the Yakutat High School, Monday–Friday, 11 AM – 5 PM.

If you have an outstanding balance at the YCHC, please come pay in full before we are forced to send your account to collections.

Yakutat Community Health Center
P.O. Box 112
Yakutat, Alaska 99689

Boxholder
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Yakutat, Alaska 99689